



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January-February 2022 Youth Program Calendar

Berkshire Family YMCA – Bennington Branch

Damon Young, Youth Program Manager, damonyoung@bfymca.org

Active BFYMCA membership required unless noted. Programs are included with membership at no additional fee unless otherwise noted. For more information and to register: Call/visit the Welcome Center or Online at bfymca.org/programs.

DATE/TIME	EVENT	DESCRIPTION
Fridays: Jan. 7, 14, 21, 28 & Feb. 4, 11, 18, 25 5:30-8:00 PM	Kids Night Out	Kids will enjoy a night of activities, games, pizza, and swimming! Location: Benn Rec Center \$3 per night
Wednesdays: Jan. 26 & Feb. 2, 9, 16 6:15-7:00 PM	Rec Baseball	Great time to practice fielding skills and hitting mechanics, also having fun playing whiffle ball. Location: Benn Sports Center
Mondays: Jan. 24, 31 & Feb. 7, 14 4:00-5:00 PM	Flag Football	An hour of pick-up flag football, practicing skills and playing games. Location: Benn Sports Center
Thursdays: Jan. 27 & Feb. 3, 10, 17 4:30-5:30 PM	Strength & Conditioning	Learn the basics of exercising with body weight exercises and improve their conditioning with agility drills and cardio training. Location: Benn Sports Center
Fridays: Jan. 28 & Feb. 4, 11, 18 4:45-5:30 PM	Field Hockey Skills and Drills	Learn the basics of field hockey with different techniques and fundamentals. Location: Bennington Sports Center
Wednesdays: Jan. 12, 19, 26 & Feb. 2, 9, 16 10:30-11:30 AM	Playgroup	An hour of open play with toys, gymnastics mats & obstacles. Location: Benn Sports Center
Thursdays: Jan. 13, 20, 27 & Feb. 3, 10, 17 10:00-12:00 PM	Gym & Swim	10-11 am gross motor play and an hour of parent-child swim in the pool, from 11-12. Location: Benn Rec Center
Saturday, February 12 8:00-11:00 AM	Special Event: Valentine's Day Swim	Message in a Bottle special Valentine's Day themed swim. Enjoy a fun themed family swim time and take home a goodie bag! Location: Benn. Rec Center \$5/member \$10/non-member

KIDS DAY OUT & WINTER BREAK CAMP: Full-day care available when school is out! Monday, Jan 17 8am-4pm; Friday, Jan. 21 8am-4pm; Winter Break: February 21-24
Register early to secure a spot!

BERKSHIRE FAMILY YMCA: www.bfymca.org

Pittsfield (Corporate Office): 292 North Street, Pittsfield, MA 01201 **P:** 413-499-7650 **F (All Locations):** 888-965-0663

Northern Berkshire: 22 Brickyard Court, North Adams, MA 01247 **P:** 413-663-6529

Bennington Recreation Center: 655 Gage Street, Bennington, VT 05201 **P:** 802-442-1053