



**FOR YOUTH DEVELOPMENT®**  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Summer Youth Program Calendar

June, July, August 2022

**Berkshire Family YMCA – Bennington Branch**

Damon Young, Youth Program Manager, [damonyoung@bfymca.org](mailto:damonyoung@bfymca.org)

DATE/TIME	EVENT	DESCRIPTION
<b>Friday, June 3</b> 6:00-8:00 PM	<b>End of School Year Kid Night Out Party</b>	The last KNO of the school year! Benn Rec   Free with membership
<b>Saturday, June 11</b> 1:00-3:00 PM	<b>Kick Off to Summer</b>	A special day to celebrate the start of summer with the Y! Yard games, music, and snacks!
<b>Mondays, June 13-TBD</b> 5:30-7:00 PM	<b>Family Nights on the Rec Lawn</b>	Join us on Monday evenings for yard games, music, and fun. Bring a picnic blanket and food if you'd like! All ages Free with membership
<b>Tuesdays, June 14-July 12</b> 4:30-5:30 PM	<b>Flag Football</b>	An hour of pick up flag football. No experience needed. This is an active time for youth ages 8-13 to develop skills, teamwork, and game IQ. Benn Rec   Free with membership
<b>Thursdays, June 16-July 7</b> 4:15-5:00 PM	<b>Strength &amp; Conditioning</b>	Instruction and coaching for young athletes through age-appropriate cardio & strength workouts. Ages 8-13 Rec Lawn   Free with membership
<b>Thursdays, July 14-August 11</b> 4:15-5:15 PM	<b>Teen Fitness Training</b>	More advanced Strength & Conditioning program for ages 12+. Utilizing the weightroom at the Rec. Benn Rec   \$20 for 5 week session
<b>Tuesdays, July 19-August 23</b> 4:30-5:15 PM	<b>Ultimate Frisbee</b>	Fundamentals of ultimate Frisbee. Ages 8-13. Develop skills, teamwork, and fun. Rec Lawn   Free with membership
<b>Tuesdays, July 19-August 23</b> 5:30-6:15 PM	<b>Summer Sports &amp; Play</b>	Introduction to a new sport/activity each week for young athletes ages 3-8, grouping based on age. Benn Rec   \$35 (with swag!)
<b>Thursdays, July 14-August 11</b> 5:15-6:30 PM	<b>Summer Rec Baseball</b>	Continue baseball fun through the summer! Casual "rec" scrimmages for players continuing from Little League or wanting to try it out. Ages 6-11 Benn Rec   \$25 (with swag!)

Active BFYMCA membership required and Programs are included with membership at no additional fee unless noted. For more information and to register: [www.bfymca.org/programs](http://www.bfymca.org/programs).

**Watch for pop-up event program announcements!**

**BERKSHIRE FAMILY YMCA:** [www.bfymca.org](http://www.bfymca.org)

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