



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September-October-November 2022 Youth Program Calendar

Berkshire Family YMCA – Bennington Branch

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

DATE/TIME	EVENT	DESCRIPTION
1st & 3rd Fridays begins September 16 6:00-8:00 PM	Kids Night Out	Kids will enjoy a night of activities, games, pizza, and play or swim! Benn Rec \$3-\$10
Mondays-Thursdays Times & locations vary See Schedule	Playgroups	Socialization and gross motor play with peers ages 0-6, & caregivers. Various themes and activities. See schedule for full details.
Mondays, Begins September 19 5:45-6:30 PM	Strength & Conditioning	Instruction and coaching for young athletes through age-appropriate cardio & strength workouts. Ages 8-13 Sports Center Free with membership
Saturdays September 10-October 29 10:00-11:00 AM	Outdoor Fall Soccer	Fundamentals of soccer for PreK-K youth. Develop skills, teamwork, and fun. Rec Lawn \$35-45 (with swag!)
Tuesdays September 20-October 25 5:45-6:30 PM	Sports & Play	Introduction to a new sport/activity each week for young athletes age 3-6. Benn Rec \$35-45 (with swag!)
Days & Times vary See schedule	Swim Lessons	Swim lessons for beginners through stroke development! Fees vary
Saturday, October 22 Register for time slot	Pumpkin Splash	The pool becomes the pumpkin patch! Family swim, pick a pumpkin to take home, goodie bags, and more. FREE with membership!

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
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