



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Nov-Dec 2022 | Youth Program Calendar

## Berkshire Family YMCA – Bennington Branch

DATE/TIME	EVENT	DESCRIPTION
<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Fridays</b> 6:00-8:00 PM	<b>Kids Night Out</b>	Kids will enjoy a night of activities, games, pizza, and play or swim! Benn Rec   \$3-\$10
<b>Mondays-Thursdays</b> Times & Locations vary. See separate schedule for offerings.	<b>Playgroups</b>	Socialization and gross motor play with peers ages 0-6, & caregivers. Various themes & activities!
<b>Mondays</b> 3:30-4:15 PM	<b>Strength &amp; Conditioning</b>	Instruction and coaching for young athletes through age-appropriate cardio & strength workouts. Ages 8-13 Sports Center   Free with membership
<b>Wednesdays</b> 2:30-4:30 PM <i>By appointment</i>	<b>Youth Fitness Center Orientations</b>	Youth go through a thorough orientation of fitness center equipment on proper use and behavior.
<b>Tuesdays</b> <b>November 8-December 13</b> 4:15-5:00 PM	<b>Wrestling Fundamentals</b>	Introduction to the fundamentals of wrestling: moves, etiquette, technique. Youth in K-2. Sports Center
<b>Days &amp; Times vary</b> November 26-December 22	<b>Swim Lessons</b>	Swim lessons for beginners through stroke development! - Fees vary
<b>Saturday, November 19</b> 8:00-10:00 AM Register for a time slot	<b>Turkey Tri</b>	Come as a family for an Indoor Tri (Bike-swim-run)! Benn Rec   Registration fee w/ swag!
<b>Saturday, December 17</b> 1:00-4:00 PM	<b>SplashMas</b>	Our holiday-themed pool event. Swim for prizes, decorations, snacks, music, and more. Benn Rec
<b>Tues &amp; Thur Evenings</b> <b>Sunday Mornings</b>	<b>Basketball</b>	Open gym, introductory skills, and more! Schedule of offerings will be announced soon – follow for updates!

**Host your POOL birthday with us! Party Room & Pool Rentals available.**

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)

*Thank you to Greylock Federal Credit Union for funding support of Special Family Events!*

Coming in January:

Safety-Around-Water series during the school half-days on Wednesdays 12:00-4:00 PM. Registration is OPEN!