

# JANUARY 2023 FAMILY CALENDAR

## YMCA OF GREATER BOSTON



### FAMILY EVENT

You are invited to a special YMCA event where we will have different themed activities for the whole family

### FAMILY AQUA EVENT

Enjoy a family free swim with a special pool party twist, each month the theme is different and special

### FAMILY FITNESS

Enjoy family fitness classes with some of your beloved instructors, everyone ages 3 and up are welcome to participate in family exercise. Some options may include: Family Zumba, Family Pound, Family Yoga or in some cases caregiver with infant/toddler times

### FAMILY SPORTS

Use this time to bring the whole family and take part in gym and backyard games in the gymnasium or outdoors

YMCA Location	Event	Date	Time
Burbank	Family Event: Resolution Sharing Board	January 1-8	All Day
Roxbury	Family Event: Resolution Sharing Board	January 2-9	All Day
Parkway Community	Family Event: Spa Day Pool Party	January 5	6:00pm - 8:00pm
Charles River	Family Sports: Obstacle Course	January 5	4:00pm - 6:00pm
Burbank	Family Aqua Event: New Years Splash	January 7	1:00pm - 2:30pm
North Suburban	Family Event: Noon Years Eve Party	January 8	10:00am - 12:00pm
Charles River	Family Event: Winter Fun Day	January 8	12:00pm - 3:00pm
Parkway Community	Family Fitness: Spa Day Pool Party	January 8	12:00pm - 1:45pm
Roxbury	Family Fitness: Yoga	January 9	5:00pm - 6:00pm
Burbank	Family Sports: World Cup Soccer	January 14	1:30pm - 3:00pm
North Suburban	Fam Aqua Event: New Years Splash	January 14	1:00pm - 3:00pm
Charles River	Family Fitness: Super Hero Day	January 15	1:00pm - 2:00pm
Parkway Community	Family Aqua Event: Tropical Swim	January 15	
North Suburban	Family Fitness: Boot Camp	January 21	9:00am
Burbank	Family Fitness: Boot Camp	January 21	8:30am - 9:15am
Charles River	Family Fitness: Snowman Freeze		
Parkway Community	Family Sports: Gym Time	January 21	3:00pm - 4:00pm
Roxbury	Family Aqua Event: New Years Splash	January 21	2:45pm - 3:45pm
Roxbury	Family Sports: Dodgeball	January 23	5:30pm - 6:30pm

● = Waltham YMCA  
 ● = North Suburban YMCA  
 ● = Burbank YMCA  
 ● = Roxbury YMCA  
● = Parkway Community YMCA  
 ● = Charles River YMCA  
 ● = Dorchester YMCA