

# NOVEMBER 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 Fitness: Boot Camp	November 4	8:30am - 9:15am
North Suburban	Family Fitness: Yoga	November 5, 12, 19 & 26	8:00am - 8:45am
Parkway Community	Family Event: Thank You Letters to Vets	November 8	6:00pm - 7:30pm
Dorchester	Family Event: What are you Thankful For?	November 8	5:30pm - 6:30pm
Parkway Community	Family Fitness: Dodgeball	November 9	6:00pm - 8:00pm
Waltham	Family Event: Paint Night	November 10	6:00pm - 7:00pm
Roxbury	Family Fitness: Boot Camp	November 11	11:15am - 12:00pm
Waltham	Family Aqua Event: Bird Bath Swim	November 11	1:00pm - 2:00pm
Dorchester	Family Aqua Event: Noodle Boat Race	November 12	1:00pm - 1:45pm
North Suburban	Family Aqua Event: Bird Bath Swim	November 12	1:00pm - 2:30pm
Charles River	Family Event: Thankful For... Event	November 12	12:00pm - 2:00pm
Parkway Community	Family Aqua Event: Family Swim	November 12	12:30pm - 1:45pm
Burbank	Family Event: What are you Thankful For? Board	November 13-24	All Day
North Suburban	Family Event: What are You Thankful For? Board in Lobby	November 13-24	All Day
North Suburban	Family Sports: Flag Football	November 13	5:00pm - 6:00pm
Burbank	Family Sports: Relay Races	November 14	7:00pm - 8:00pm
Roxbury	Family Event: Thankful For... Event	November 14	6:00pm - 7:00pm
Waltham	Family Fitness: Turkey Zumba	November 16	3:30pm - 4:00pm
Charles River	Family Aqua Event: Family Swim	November 18	2:00pm - 3:00pm
Roxbury	Family Sports: Flag Football	November 18	12:00pm - 2:00pm
Dorchester	Family Sports: Flag Football	November 19	1:00pm - 1:45pm
Waltham	Family Sports: Flag Football	November 22	2:00pm - 3:00pm
Dorchester	Family Fitness: Turkey Burn Boot Camp	November 24	11:00am - 12:00pm
Roxbury	Family Aqua Event: Football Swim	November 25	2:45pm - 3:45pm
Burbank	Family Aqua Event: Aqua Sports	November 25	1:30pm - 3:30pm
Charles River	Family Fitness: Turkey Burn Boot Camp	November 26	12:00pm - 12:45pm
Charles River	Family Sports: Obstacle Course	November 30	3:00pm - 4:00pm

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