



# FRIDAY NIGHTS AT THE YMCA

Come spend your Friday Night's at the North Suburban YMCA as a family! We have created an all-encompassing schedule of fun FREE activities!

Registration Required on Motionvibe!

| DATE | THEME                    | ACTIVITY 1<br>3:30 - 6:30PM | ACTIVITY 2<br>5 - 5:45PM              | ACTIVITY 3<br>6 - 6:45PM                            |
|------|--------------------------|-----------------------------|---------------------------------------|---|
| 7/10 | LEGO Night               | Family Swim                 | LEGO Building Challenges              | LEGO Mini Figure Crafts                             |
| 7/17 | Mythical Creatures Night | Family Swim                 | DIY Dragon & Unicorn Craft            | Family Movie Night @ 7pm (How to Train Your Dragon) |
| 7/24 | Sports Night             | Family Swim                 | Family Kickball Game                  | Family Pizza Party                                  |
| 7/31 | Parent VS Kids Night!    | Family Swim                 | Parents VS Kids Trivia Game           | Parents VS Kids Relay Races                         |
| 8/7  | Pajama Party Night       | Family Swim                 | DIY Pajamas Craft                     | Popsicle Party                                      |
| 8/14 | Family Water Fun!        | Family Swim                 | Slip n Slide & Sprinkler on the field | Make your own Ice Cream Sundae                      |
| 8/21 | Hawaiian Night           | Family Swim                 | Learn to Hula Dance                   | DIY Flower Leis                                     |
| 8/28 | Outer Space Night        | Family Swim                 | DIY Astronaut Craft                   | Rocket Ship Craft                                   |