



6th Grade Membership

Marion Family YMCA
740-725-9622

JULY 6G ACTIVITIES

All free 6 Grade Members are required to attend two "6G" activities per month. You may attend more... attend as many as you'd like, but you must attend at least two. We want to get to know you and the best way to do this is to have you come to our activities.

6G Activities always include all Y youth programs for which you have to register such as Day Camp, swim lessons, swim team, Martial Arts, youth strength training and more. These programs also have a fee and you are responsible for paying the member fee when you register.

Each month we will also have additional activities designated as "6G". These are free and you don't need to register, just pop on in. These activities are also open to other people. Some are for teens, some are for youth & adults. Please read the description so that you understand more about each activity or class before you participate.

Activities are subject to change. Changes will be announced through Instagram and Remind.

Summer Youth Activities: Free activities for youth & teens ages 11 – 14 (slightly younger & slightly older may also participate) every Tuesday, Thursday & Friday 11:00 am – 3:00 pm. We're also providing a free lunch. You may attend all four hours, or as little as 45 minutes (minimum of 45 minutes to count as one of your 6G activities for the month). Look for us in the gym at 11:00 am. If you come later and we're not in the gym, ask at the Service Center.

Adult Group Exercise classes which you may attend – these are free. You must introduce yourself to the instructor to sign in & participate in the full class (there will be adults of all ages in the classes):

Zumba Exercise Class Tuesday & Thursday 6:45-7:30 pm

Combine high energy and motivating Latin and international music with unique moves that are easy and fun.

Grooves Exercise Class Tues. & Thurs. 5:55-6:40 pm & Sat. 10-11 am

Get your heart pumping in this full out dance class. Latin, Hip hop, and pop music inspire you to shake it & burn calories. Children 7 and up may attend, must be accompanied by their parent, and must stay in the classroom the entire time.

Barre Blend Exercise Class Monday 4:45-5:30 pm

This class fuses exercises from ballet, cardio training, Pilates and yoga into one class to challenge and tone the entire body.

Cross Fire Exercise Class Tuesday & Thursday 5:30-6:30 pm

A complete workout with boot camp style exercises with the multi-function of TRX training stations and other equipment.

Dance Fusion Exercise Class Wednesday 5:30-6:15 pm

Fun dance workout that fuses a variety of dance styles including Bolly, hip hop, and Latin into easy to follow steps.

The Y. For a Better Us.