



# MAY 2026

## MONROE/SKY VALLEY FAMILY YMCA FAMILY CALENDAR



### TRY THIS AT HOME!

**The "Mountain Goat" Balance Challenge**  
"Goats are the masters of balance! Challenge your family to a 'Mountain Hike' at home. Use a curb, a piece of string on the carpet, or a sturdy low beam and see who can walk across it without 'falling off the mountain.' To make it harder, try it backward or with a 'kid' (your toy or a pillow) on your back!

### THIS MONTH'S THEME

## Creatures Big & Small

This month, we're exploring animals as well as celebrating our Month of Belonging! From tiny insects to ocean giants, kids will discover that every creature, and every person, plays an important role. Join us for crafts and activities focused on kindness and inclusion.

## BRANCH ACTIVITIES

Friday, May 8 - 5-6:30 pm

Family Lego Night - Register online or in branch

Fri. May 15 & Sat. May 16 - 4:30-8:30 pm

Kids Night Out - Register online or in branch

Saturday, May 9 - 1-2 pm

Swim-a-Palooza - FREE water safety event - Registration required.

Monday, May 25: Kids Zone CLOSED

### KIDS ZONE HOURS:

MONDAY - FRIDAY: 8:45 am-12:15 pm

MONDAY - THURSDAY: 5-8 pm

SATURDAY: 8:45 am-Noon

## SWING INTO SUMMER: ROOKIE T-BALL & COACH PITCH!

Bring your young ball player (ages 3-8) to the diamond for a season of home runs and high-fives! Whether it's Rookie T-Ball or Coach Pitch, your child will have a blast learning to hit, catch, and run the bases with new friends. It's all about building confidence, teamwork, and having fun. Each player gets a team hat and shirt!

