



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAMS

CANSLER FAMILY YMCA

Free programs for Y Members; no registration required:

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Child Watch (ages 6wks - 10yrs)	8:45-12pm 5-8pm	8:45-12pm 5-8pm	8:45-12pm 5-8pm	8:45-12pm 5-8pm	8:45-12pm	8:45-12:15pm
Youth Fitness (ages 5-12) Gym	Youth Fitness 6:00-6:50pm	Youth Fitness 6-6:50pm		Youth Fitness 6-6:50pm		

YMCA Paid Programming; inquire at front desk for registration:

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Homeschool PE (ages 5-12)		10-12:00pm		10-12:00pm		
AM Dance Programs (ages 3-5)				Tumble Bugs 10:00-10:45am		
PM Dance Programs (ages 3-5)		Tiny Taps (Tap Dance) 6:15-7:00pm		Tumble Bugs (Advanced) 6:15-7:00pm		
Group Swim Lessons (ages 6mo - 17yrs)	Swim lessons return in January					

Paid Programming by Community Partners:

TOT Basketball (ages 3-5)			4:15-4:45pm			
Soccer Shots						9-10am
TTJC Martial Arts (all ages)				5:30-7:30pm		
The Knight School (Chess)		4:45-6:00pm				

To Register for YMCA Programs visit ymcaknoxville.org/register

To register for community partner-run programs, visit:

- **TOT Basketball:** teamsoftomorrow.com
- **Soccer Shots:** knoxville.soccershots.com
- **TTJC Martial Arts:** 865-777-BEST
- **The Knight School Chess:** tksknoxville.jumbula.com

CANSLER FAMILY YMCA
616 Jessamine St. Knoxville, TN 37917
P 865 637 9622
W www.ymcaknoxville.org