



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PLAY. LAUGH. LEARN.

## Child Watch and Playground Schedules effective August 16–October 20, 2017

Monday - Friday			Saturday - Sunday		
Ages 18 months–2 years	Ages 3 - 5 years	Kids Zone Ages 6 - 12 years	Ages 18 months–2 years	Ages 3 - 5 years	Kids Zone Ages 6 - 12 years
<p><b>The following activities are ongoing:</b></p> <p>Stories</p> <p>Arts &amp; Crafts</p> <p>Interactive Games</p> <p>Creative Play</p> <p><b>Playground Time</b> 9:00–10:00 am</p> <p><b>Evening Playground Time</b> 6–6:30 pm</p>	<p><b>7:30–9:00 am</b> Creative Play/Center Time</p> <p><b>9:00–9:30 am</b> Circle Time</p> <p><b>9:30–10 am</b> Story Time</p> <p><b>10–11 am</b> Playground</p> <p><b>*Monday-Friday</b> <b>10:30–11:30 am</b></p> <p><b>11 am–Noon</b> Gym</p> <p><b>Noon–1 pm</b> Interactive Play</p> <p><b>1–2 pm</b> Center Play</p> <p><b>2–3 pm</b> Story Time/ Arts &amp; Crafts</p> <p><b>3–5 pm</b> Creative Play</p> <p><b>5–6 pm</b> Playground</p> <p><b>6–6:30 pm</b> Story Time/ Arts &amp; Crafts</p> <p><b>6:30–8 pm</b> Creative Play</p> <p><b>8–8:45 pm</b> Interactive Games</p>	<p><b>8:30–11:30 am</b> Fit Kids (ages 5–11) meet in the gym on days KISD is not in session</p> <p><b>The following activities are offered from 4–8:45 pm:</b></p> <p>Books</p> <p>Wii</p> <p>Board Games</p> <p>Arts &amp; Crafts</p> <p>Playground</p> <p>Back Field</p> <p>Interactive Games</p> <p><b>Homework Help</b> (4–5 pm)</p> <p><b>*See FREE Kids Fitness Class (ages 3–4) schedule on back (space is limited)</b></p>	<p><b>The following activities are ongoing:</b></p> <p>Stories</p> <p>Arts &amp; Crafts</p> <p>Interactive Games</p> <p>Creative Play</p>	<p><b>7:30–9:30 am</b> Creative Play</p> <p><b>9:30–10 am</b> Story Time</p> <p><b>10–10:30 am</b> Playground</p> <p><b>10:30–11:30 am</b> Gym</p> <p><b>11:30 am–Noon</b> Story Time/ Arts &amp; Crafts</p> <p><b>Noon–1 pm</b> Interactive Games</p> <p><b>The following activities are offered from 1–6 pm:</b></p> <p>Story Time</p> <p>Arts &amp; Crafts</p> <p>Playground</p> <p>Interactive Games</p> <p>Creative Play</p> <p>Sunday Gym Time 3–4 pm</p>	<p><b>The following activities are offered Saturday 7:30 am–6 pm and Sunday 1–6 pm:</b></p> <p>Books</p> <p>Wii</p> <p>Board Games</p> <p>Arts &amp; Crafts</p> <p>Playground</p> <p>Back Field</p> <p>Interactive Games</p> <p>Sunday Gym Time 3–4 pm</p>

**MONTY BALLARD YMCA AT CINCO RANCH**  
22807 Westheimer Parkway, Katy, TX 77494  
281-392-5055 • ymcahouston.org



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.  
Everyone is Welcome.

<h2 style="text-align: center;">Child Watch Activity Descriptions and Playground Schedule</h2>	<h2 style="text-align: center;">Child Watch Fitness Class Schedule</h2>		
<p><b>Arts &amp; Crafts</b> Children will create a simple art project using various craft supplies including paint, glue, crayons, glitter, etc.</p> <p><b>Back Field</b> Kids (ages 5-12) will be taken to the grassy field, outside the Express Entrance (west side of the building) for free play and group games, weather permitting. *If the temperature is below 30 degrees, we will stay inside.</p> <p><b>Center Time</b> Children will engage in a variety of table activities that may include coloring, puzzles, Play Dough, magnets, etc.</p> <p><b>Creative Play</b> Children are free to play throughout the room.</p> <p><b>Fit Kids</b> Fun activities and group games for kids ages 5-11 are offered when KISD is not in session. Activities include mat ball, dodge ball, basketball, volleyball, and more! Our coaches will also take the kids outdoors for fun activities!</p> <p><b>Interactive Play</b> Children will engage in activities with teacher instruction. Activities include board games or a group organized game such as Treasure Hunt, Parachute, Simon Says, Kids Yoga, Duck, Duck, Goose, 4 Corners, Minute to Win It, Trivia, etc.</p> <p><b>Playground</b> Children will have free play at the playground, weather permitting. *If the temperature is below 30 degrees, we will stay inside.</p> <p><b>Story Time</b> Child Watch Staff will read stories using books, puppets or storytelling.</p> <p><b>Wii</b> Age appropriate interactive video games.</p>	<p>Space is limited to 15 children. See schedule below.</p> <p><b>Please check your child in at the Child Watch desk.</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Mondays/Wednesdays/Fridays <b>Yoga</b> 10:30-11:30 am Kids Zone</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Tuesdays/Thursdays <b>Zumba®</b> 10:30-11:30 am Kids Zone</p> </td> </tr> </table> <p><b>or</b></p> <p>Monday-Friday 11 am-Noon (Gym).</p> <p><b>Kids Yoga</b> - This beginning and continuing class is for students 3-5 years old without major physical limitations who know the basics of yoga practice and enjoy a more active workout.</p> <p><b>Zumba® Kids</b> - Perfect for our younger Zumba® fans! Kids 3-5 years old get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.</p>	<p>Mondays/Wednesdays/Fridays <b>Yoga</b> 10:30-11:30 am Kids Zone</p>	<p>Tuesdays/Thursdays <b>Zumba®</b> 10:30-11:30 am Kids Zone</p>
<p>Mondays/Wednesdays/Fridays <b>Yoga</b> 10:30-11:30 am Kids Zone</p>	<p>Tuesdays/Thursdays <b>Zumba®</b> 10:30-11:30 am Kids Zone</p>		

## Playground Schedule

The playground is open to Y members during facility operational hours only.

The playground is reserved during the hours below for children checked into Child Watch.

Monday-Friday	Saturday	Sunday
9-11:30 am 1-3 pm 4:30-7 pm	9-11:30 am 2-3 pm	2-4 pm

**Rules**

- Playground use is limited to YMCA members only.
- Children under the age of 10 must be directly supervised by an adult.
- Children under the age of 5 should be given hands on assistance at all times.
- Please scan your card inside the facility before entering the playground.
- Flat soled shoes must be worn at all times. No high heels or cleats.
- Play at your own risk.

**Schedules subject to change.**  
**No electronics allowed in Child Watch.**