

Open Family Swim

Bring your family to the YMCA and enjoy our indoor swimming pool year round. Open Family Swim is offered through out the week and on the weekends. Please see our pool schedule on our website or in our lobby for specific days and times.

Open Family Gym

Bring your family to the YMCA every Sunday 12:00-2:00 PM November – March for Family Gym. Our staff will organize a game for your entire family to enjoy. Games change on a regular basis and are geared for a variety of age groups.

Virtual Gym

Come to the YMCA and check out the newest fitness technology in our virtual gym. Try your luck at the Sports Wall Challenge, Trazer or the Xerdance pads as you workout, stay active and have fun as a family all at the same time. The Virtual Gym is during the week and on Sundays. Please see our schedule in the lobby for specific hours of operation and rental information.

Hiking at YMCA Camp Sloper

Bring your family to YMCA Camp Sloper and enjoy one of the many hiking trails around our 143 acre outdoor facility. Hikes include different marked routes varying in difficulty and length. We also have specialty hikes that include a Tree Identification Hike, Wildlife Identification Hike, Historical Hike, Seven Natural Wonders Hike and the Wetlands Hike. Trail maps are available at Southington Community YMCA and at YMCA Camp Sloper Outdoor Center.

Flippin' Families at the YMCA Gymnastics Center

Come see our 5000 sq ft Gymnastics Center and have fun trying out all of our equipment. Equipment includes a spring floor, balance beam, tumble track, climbing rope and low bar. Flippin Families is every Sunday beginning in the fall and ending in the spring.

Family Value Weeks

During our family value weeks the YMCA offers structured activities for families to participate in at no additional cost. Activities includes, craft projects, fitness classes, board games, kickball games, puppet shows, virtual gym time, open swim, open time at our gymnastics center and much more.

November, The week before Thanksgiving

December, During the week between Christmas and New Years

February, During Vacation Week

April, During Vacation Week

LINKS

<http://familydoctor.org/online/famdocen/home/healthy/aim/food/866.html>