



**Summer Schedule**  
**Room 3 @ Tom Taylor Family YMCA**  
 July 1st - September 30th

10550 Harbor Hill Drive  
 Gig Harbor, WA 98332  
 (253)853-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
7am	Summer Day Camp 7am - 9am	Summer Day Camp 7am - 11:45am	Summer Day Camp 7am - 9:15am	Summer Day Camp 7am - 10am	Summer Day Camp 7am - 9am		
9am	Kickboxing 9:15am - 10:15am		Boot Camp 9:30am - 10:30am		Yoga - Chair 9:15am - 10am	Registered Programming 9am - 5pm	
10am	Registered Programming 10:20am - 10:55am		Summer Day Camp 10:30am - 4:30pm	Registered Programming 10am - 11:15am	Summer Day Camp 10am - 4:30pm		
	Summer Day Camp 10:55am - 4:30pm						
11am				Summer Day Camp 11:20am - 4:30pm			
12pm		Dance Adult Tap 12pm - 1pm					
1pm		Summer Day Camp 1:15pm - 6:30pm					
4pm	Registered Programming 4:30pm - 7:15pm		Registered Programming 4:30pm - 7pm	Registered Programming 4:30pm - 6:15pm	Registered Programming 4:30pm - 6:15pm		
7pm		Martial Arts - Aikido 7:15pm - 9:15pm			Martial Arts - Aikido 7:15pm - 9:15pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

For further schedule information, including class description, instructor names, lap lane availability or program notifications please visit us at [www.ymcapkc.org](http://www.ymcapkc.org) or on our mobile application.

**Special hours of operation:**

- Independence Day | July 4, 7am – 1pm
- Summer Celebration | August 17, 4:45am – 5pm
- Labor Day | September 3, 7am-3pm

**Registered classes and Swim Lessons will not occur during these dates;**

- July 4
- July 29 - August 5
- September 3 -16

**Summer Day Camp | July 2 – August 31**



## Class Descriptions Tom Taylor Family YMCA

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**Boot Camp** - Join in boot camp style circuits in this fast-paced class that focuses on agility, strength, and cardio segments. This class may be offered outside, weather permitting.

**Dance Adult Tap** - Get ready to make some noise! A dance in which the rhythm is sounded out by clicking taps on the heels and toes of the dancer's shoes. Tap shoes required. For ages 15 and older.

**Kickboxing** - Focus on cardiovascular strengthening in this high energy class utilizing punches, kicks, and intervals set to music.

**Martial Arts - Aikido** - This unique system of combat includes punching, striking, and kicking, and focuses on controlling an attacker through locks, throws, and control techniques to guide his or her energy. Ages 15+

**Registered Programming** - This area is reserved for registered programming. Please visit our Welcome Center for more information.

**Summer Day Camp** - At day camp, children make friendships, gain self-confidence, and are encouraged to model the Y values of caring, honesty, respect, and responsibility.

**Yoga - Chair** - Chair support is offered to safely perform seated and standing postures designed to increase flexibility, balance, and range of movement. Breathing and relaxation exercises promote stress reduction and mental clarity.