



Mommy and Me

\$2/YMCA Member

\$4/Potential Member

This program is a great class for mothers and their babies to bond through a series of stretching, movement and gross motor developing exercises. This class is a pay-as-you-go class; participants must sign-in and pay at the front desk before each class. Mom and/or Dad must participate in this class; again this is a class to help parents and children bond while exercising.



Ages: 6-18 months

Tuesdays and Thursdays 10:00-11:00 AM

(Participants may use fitness punch cards for this program)



PROGRAM REGISTRATION FORM

For more information contact, Program Director, Chad Walsh at
cwalsh@lockhavenymca.com