



General programming - suggested activities and ideas

This document supports YMCA-managed centres during the Premier's Active April 2019 in implementing general and family friendly programming. Each Y needs to ensure there is a minimum of 12 programming opportunities on offer during the 4-week period (min. of three per week). Use the following list as a guide. Each centre should prepare a timetable of family friendly programs scheduled each week of Premier's Active April. These should be:

- Displayed prominently at the centre
- Issued to all individuals and families that present their 10 free YMCA passes
- Available for download on your local website and promoted via all relevant social media channels.

Health and Wellness	
Activity	Description
Dance for Fun	Family dance class held 04/04 from 12:30pm – 1:30pm in our Childcare room.
Family Friendly	Access to Family Friendly classes – as per Group Fit timetable.
Aquatics	
Activity	Description
AquaPlay sessions	Aqua Sensory held at 12:15pm on 3/4 and 17/12