



JANUARY



United Way of Tri-County

Mon	Tue	Wed	Thu	Fri
3 Quiet Zone 2:30-3:30   STEAM 3:30	4 Quiet Zone 2:30-3:30 Arts & Crafts 3:30 Gardening 3:30	5 Quiet Zone 2:30-3:30   Quiet Zone Knock Out 3:30	6 Quiet Zone 2:30-3:30   KIDS AT WORK Boxing 3:30	7 Yoga 3:30   Weight Room 3:30
10 Quiet Zone 2:30-3:30   Quiet Zone Dodgeball 3:30	11 Quiet Zone 2:30-3:30 Arts & Crafts 3:30 Gardening 3:30	12 Quiet Zone 2:30-3:30 Therapy Dog Training 3:30  Four Square 3:30	13 Quiet Zone 2:30-3:30   Quiet Zone Boxing 3:30	14 Half Day Open Gym 10:30-3:00 
17 MLK Day MYC Closed 	18 Quiet Zone 2:30-3:30 Arts & Crafts 3:30 Gardening 3:30	19 Quiet Zone 2:30-3:30   Quiet Zone Pickleball 3:30	20 Quiet Zone 2:30-3:30   Quiet Zone Boxing 3:30	21 FitFun 3:30  Weight Room 3:30
24 Quiet Zone 2:30-3:30   Quiet Zone Nutrition 3:30	25 Quiet Zone 2:30-3:30 Arts & Crafts 3:30 Gardening 3:30	26 Quiet Zone 2:30-3:30   KIDS AT WORK Volleyball 3:30	27 Quiet Zone 2:30-3:30   Quiet Zone Boxing 3:30	28 FitFun 3:30  Weight Room 3:30
31 Quiet Zone 2:30-3:30   Quiet Zone STEAM 3:30			 FACE MASKS REQUIRED *Masks are required for entry* The Youth Center also offers a free snack and dinner program, due to the collaboration of CACFP, Hockomock Area YMCA and the Milford School Food & Nutrition Services department. We also have a commercial washer and dryer where youth can do their laundry for free.	



The Milford Youth Center is open for youth, ages 8-18 years old (who attend Milford Schools or reside in Milford), free of charge, from 2:15-6:00 pm Monday through Friday (unless otherwise noted on our calendar). MYC Registration & Emergency Contact information due on start date by 1PM. You can find these forms on-line at www.milfordyouthcenter.org (Available in English, Spanish and Portuguese). Dates and times are subject to change. Please review discipline, weather, health and traffic policies!