





Meadowlands Family Success Center

100 Washington Avenue
 Little Ferry, NJ 07643
 201-464-4714



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Sports League 1 1:30 – 3:00 PM English Essentials I 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Council Meeting 2 11:30 AM – 12:30 PM Playtime 11:30 – 12:30 PM Zumba 1:00 – 2:00 PM HMWK Help 1:00 – 2:30 PM	Sports League 3 1:30 – 3:00 PM English Essentials I 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Story Time! 4 12:00 AM – 12:30 PM Arts & Crafts 12:30 – 1:30 PM Tournament: Card Games 2:00 – 3:00 PM	Afternoon Movie 12:00 – 1:30 PM
6	Homework Help 7 1:00 – 2:30 PM Yoga 6:00 – 7:00 PM	Sports League 8 1:30 – 3:00 PM English Essentials I 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Munchkin Water Play 9 11:30 – 12:30 PM Homework Help 1:00 – 2:30 PM Zumba 1:00 – 2:00 PM	Sports League 10 1:30 – 3:00 PM English Essentials I 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Story Time! 11 12:00 AM – 12:30 PM Tournament of Champions: Family Feud 2:00 – 3:00 PM	CLOSED 12 
13	Homework Help 14 1:00 – 2:30 PM Yoga 6:00 – 7:00 PM	Sports League 15 1:30 – 3:00 PM English Essentials I 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Munchkin Playtime 16 11:30 – 12:30 PM Zumba 1:00 – 2:00 PM	Sports League 17 1:30 – 3:00 PM English Essentials I 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Story Time! 18 12:00 AM – 12:30 PM Arts & Crafts 12:30 – 1:30 PM	Afternoon Movie 12:00 – 1:30 PM
20	Yoga 21 6:00 – 7:00 PM	Sports League 22 1:30 – 3:00 PM English Essentials I 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Munchkin Water Play 23 11:30 – 12:30 PM	Sports League 24 1:30 – 3:00 PM English Essentials I 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Story Time! 25 12:00 AM – 12:30 PM	CLOSED 26 
27	Yoga 28 6:00 – 7:00 PM	Sports League 29 1:30 – 3:00 PM English Essentials I 1:00 – 2:30 PM English Essentials II 3:30 – 5:00 PM	Munchkin Playtime 30 11:30 – 12:30 PM Water Skirmish 1:30 – 3:00 PM	MFSC Closed Admin Day 31	Need to Fax or Print? Stop by our computer lab for free computer use! Free Wi-Fi throughout the Family Success Center! Have a suggestion? Stop by our center and tell us what you would like to see in <i>your</i> community!	



@MeadowlandsFSC

[*See Back for Details*](#)



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The Meadowlands Family Success Center is operated by the Meadowlands Area YMCA with state funding.

Hours of Operation:

Mon & Wed 11 AM – 7 PM

Tues, Thurs, & Fri 11 AM – 6 PM

2 Saturdays a month 10 AM – 2 PM

Family Health

Sports League

Tuesdays & Thursdays, 1:30 – 3:00 PM

Calling all children to join us for sports out on the lawn this summer! Every week we will be focusing on a different sport.

Location: MFSC Lawn

Yoga

Monday, 6:00 – 7:00 PM

Relieve stress and stretch with this low impact workout that will get those muscles moving. Yoga mats will be provided. **Consult your physician before beginning this or any exercise program.**

Location: Main Floor

Zumba

Wednesday, 1:00 – 2:00 PM

Get active and dance your way through our Zumba classes led by Lateefah Flemming of EmpowerFit! **Consult your physician before beginning this or any other exercise program.**

Location: Main Floor

Parent & Child

Arts & Crafts

Friday, 12:30 – 1:30 PM

Create fun crafts with your children! Projects vary every season. **Pre-registration is encouraged. Parents must stay on premises and assist their child if necessary.**

Location: Main Floor

Munchkin Playtime

Wednesday, 11:30 AM – 12:30 PM

Parents with small children come and use our play space to promote socialization and to have fun. **Parents must stay on premises. Parental supervision is required throughout the event.**

Location: Main Floor Play Area

Munchkin Water Play

Wednesday, 11:30 – 12:30 PM

Bring your little ones to enjoy the summer sun and socialize with other children as they play with water toys! **Pre-registration is preferred. Parental supervision is required.**

Location: Main Floor Play Area

Story Time!

Friday, 11:30 AM – 12:00 PM

Enjoy snacks and stories your toddler will love! This interactive activity will help your toddler develop a love for literature! **Parents must stay on premises.**

Location: Main Floor Play Area

Afternoon Movie

Saturday, 12:00 – 1:30 PM

Enjoy a feature length movie with light refreshments provided. **Parents are required to stay on the premises for this event.**

Location: Main Floor

Life Skills

Water Skirmish

Wednesday, 1:30 – 3:00 PM

Beat the summer heat and slip into fun! Join us for outdoor water play with water balloons!

Location: MFSC Lawn

Tournament of Champions

Friday, 2:00 – 3:00 PM

Compete for honor and glory in our winner-take-all weekly tournament series! Prepare yourself, for there will be a new challenge to put your skills to the test every Friday.

Location: Main Floor

Homework Help

Mondays & Wednesdays, 1:00 – 2:30 PM

Want to get your homework out of the way so you can enjoy your summer? Our tutors from Jersey Cares can help! Children will have a quiet environment where they can do homework and ask questions if they get stuck. There will be **approximately 1 tutor per 5 students** available to assist with school work.

Location: Conference Room 2nd Floor

English Essentials I & II

Tuesdays & Thursdays

Formerly known as ESL, these classes are designed for all to learn the English language.

English Essentials I (Intermediate) 1:00 – 2:30 PM

English Essentials II (Beginner) 3:30 – 5:00 PM

Location: Conference Room 2nd Floor

Advocacy

Meadowlands Council Meeting

Wednesday, 11:30 AM – 12:30 PM

Find out how you can get involved with the FSC. Plan activities, workshops, and be a part of the decision-making process at the MFSC & within your community.

Location: 2nd Floor