

# PNO PARENTS NIGHT OUT

## 2026 Schedule & Guidelines

DATE	THEME	REGISTRATION
1/17	THE BIG FREEZE	1/9
2/21	SWEETHEART CELEBRATION	2/13
3/21	EMERALD CITY	3/13
4/18	MOVE IT GROOVE IT	4/10
5/16	SUMMER KICKOFF	5/8
8/22	BACK INTO ACTION	8/14
9/19	COZY CAMPFIRE	9/11
10/17	MONSTER MASH	10/9
11/14	TURKEY TROTT	11/6
12/12	WHOVILLE HOLIDAY BASH	12/4

ENJOY A WELL-DESERVED BREAK WHILE YOUR CHILD ENJOYS A FUN-FILLED EVENING!

**FREE** with your family membership!

Registration ends day before PNO date.

Sign up at Member Services, online, or by calling 423-968-3133.

### YMCA OF BRISTOL

400 MLK Jr Blvd, Bristol, TN 37620  
P 423 968 3133  
W [bristolymca.net](http://bristolymca.net)



For ages 6 weeks - 12 years  
6:30 PM-9:30 PM

# PNO Guidelines

- Registration begins at 12:00 am on Friday, the week prior to the PNO date and ends at 9 pm the night before the event.
- No late registrations.
- Drop-off time is no earlier than 6:30 pm and no later than 7:00 pm.
- Pick-up time is no later than 9:30 pm.
- Bring a bag with a change of clothes/diapers, a healthy snack and drink.
- Bring diapers for children not potty trained.
- Please leave toys, money and electronics at home.
- Label all belongings with first and last name.
- Siblings in different age groups must pack snacks separately.
- Closed toed shoes only for all ages.
- Appropriate behavior and language is expected. If a child repeatedly uses inappropriate language or behavior after being warned, the parent will be called to pick up the child immediately. Multiple incidents may result in suspension from future programs.

Please contact Britnee Perez with any questions or concerns at [britnee@bristolymca.net](mailto:britnee@bristolymca.net) or 423 968 3133

