



## YOUTH, FAMILY, PRESCHOOL & ADVENTURE PROGRAMS

Fall I Session: Sept 4-Oct 21 Fall II Session: Oct 22-Dec 16

*Some days programs will not be meeting due to holidays, fees will be pro-rated.*

### YOUTH & FAMILY PROGRAMS

#### YMCA Cheerleading (Ages 6-12)

**Saturdays: 10:30am-12 noon Sept 8-Oct 20**

Time is coordinated with Flag Football, Located at Veterans Park. Come and cheer on the YMCA Co-ed Flag Football Teams! The first day we will practice our basic tumbling skills and learn some new cheers. The following weeks will start with 30 minutes of practice followed by cheering on our teams! Shirts included.

**Fee: Member: \$42 | Community: \$63**

#### Kenpo Karate: (7yrs.-Adult)

**Mondays: 7-8:30 pm OR Fridays 6-7:30 pm**

A self-defense based system designed to give students quick and simple techniques for protecting themselves and others. Classes are developed for kids, adults and families; it's a great activity to do together. Focus is basic martial arts skills and concepts including awareness, balance, form, power, confidence, character and self-discipline.

**Fall I Fee: Monday: Member: \$36 | Community: \$54 (No class Sept 3)**

**Friday: Member: \$42 | Community: \$63**

**Fall II Fee: Monday: Member: \$48 | Community: \$72**

**Friday: Member: \$42 | Community: \$63 (No class Nov 23)**

#### NEW! Hip Hop (Ages 6-12)

**Wednesdays: 5-5:45pm**

Our Hip Hop class is full of rhythm, body awareness and simple choreography all set to today's fun music! This class teaches the basic elements of jazz, modern and funk necessary to learn the Hip Hop style of dance.

**Fall I Fee: Member: \$28 | Community: \$42**

**Fall II Fee: Member: \$28 | Community: \$42 (No class Oct 31)**

#### Basic Tumbling (Ages 6-12)

**Thursdays: 6-7pm**

This fun class will increase your child's agility, balance, strength and coordination, while developing skills in forward/back rolls, straddle rolls, bridges, cartwheels, handstand holds, handstand /forward roll combination, stationary round offs and basic walking styles on the balance beam.

**Fall I Fee: Member: \$28 | Community: \$42**

**Fall II Fee: Member: \$28 | Community: \$42 (No class Nov 22)**

#### NEW! Oh My Drama (Ages 7-13)

**Wednesdays: 5-6pm Fall I Only**

Learn new acting skills and build on the skills you already have! Students will learn to give depth to their characters, breakdown a script, study scenes, master confidence on stage, discover the power in blocking and create memorable stage business. Great for beginners-intermediate actors.

**Fall I Fee: Member: \$28 | Community: \$42**

**NEW! Fun & Friends with Focus** (Grades 5<sup>th</sup>-8<sup>th</sup>)

**Thursdays: 6-7:30pm**

Girls, come build new relationships and enjoy some fun activities such as swimming, canvas painting and end of the session field trip. Together, we will grow in a healthy spirit, mind and body. Instructor: Monica Steele

**Fall I Fee: Member: \$42 | Community: \$63**

**Fall II Fee: Member: \$42 | Community: \$63 (no class Nov 22)**

**NEW! Improv 101** (Ages 18-99)

**Wednesdays: 6-7pm Fall II Only**

Learn the fundamentals of improvisation. Through interactive exercises this class builds listening and communication skills, heighten awareness and teaches you to be more playful, spontaneous and flexible.

**Fall II Fee: Member: \$28 | Community: \$42**

**PRESCHOOL ENRICHMENT PROGRAMS**

**Giggle & Wiggle** (Ages 1-3)

**Tuesdays: 9:15-10 am Parent and child class**

In this semi-structured class, the child and their grown up will be making friends and bonding over circle time, music, crafts and free play. This class is a great start to your Y experience with your child.

**Fall I Fee: Member: \$28 | Community: \$42**

**Fall II Fee: Member: \$32 | Community: \$48**

**NEW! Messy Bees** (Ages 1.5-4)

**Wednesdays 9:15-10am Parent and child class**

Explore art in this creativity class. Each week, we will introduce a new sensory station or a new technique in art. This class will put a smile on everyone's face and the best part is that we do all the clean-up. Dress for the mess!

**Fall I Fee: Member: \$28 | Community: \$42**

**Fall II Fee: Member: \$32 | Community: \$48**

**1,2,3...Cook With Me!** (Ages 3-6, Children must be potty trained)

**Fridays: 9:15-10:15 am**

Mmmm...What's cooking? Children will experiment and try new things as they measure and mix simple ingredients to make food that are loved by kids of all ages.

**Fall I Fee: Member: \$28 | Community: \$42**

**Fall II Fee: Member: \$28 | Community: \$42 (no class Nov 23)**

**Kinder-Gym** (Ages 3-5yrs)

**Thursdays: 5-5:45 pm**

This class will focus on stretching, ways to move your body and basic tumbling skills. Fun music and movement will be incorporated to exercise the child's mind and body.

**Fall I Fee: Member: \$28 | Community: \$42**

**Fall II Fee: Member: \$28 | Community: \$42 (no class Oct 31)**

## ADVENTURE PROGRAMS

### **Wibit Aqua Track (Ages 8+)**

#### **Select Saturdays**

Bounce on in and try out our YMCA Wibit inflatable obstacle course! The Wibit will be set up in the lap pool and will be open to ages 8+ who pass a swim test. Tackle the Wibit as a family or reserve it for a birthday party or group event!

**Available:** Sept 15 | Oct 20 | Nov 17 | Dec 15

**12:30-2:30 pm**

**Fee: Member: FREE | Community: Day Pass Fee**

### **Youth Rock Climbing Club (Ages 6-18)**

#### **Fall I Only: Saturdays 10-10:45 am**

Get your climb on in this instructional climbing and full body work out. Focus is teaching safety, teamwork, muscle strengthening, communication skills and problem solving with climbing games and endurance. This is a great way to build self-confidence! Limited space is available.

**Fee: Member: \$28 | Community: \$42**

### **Open Rock Climbing (Ages 8+)**

#### **Fall I: Tuesdays 5:30-7:30 pm | Saturdays 11 am-12:30 pm**

#### **Fall II: Tuesdays 5:30-7:30 pm | Saturdays 12:30-2 pm**

Mmmm...What's cooking? Children will experiment and try new things as they measure and mix simple ingredients to make food that are loved by kids of all ages.

**Fall: Member: FREE | Community: Day Pass Fee**

### **Family Open Gym**

#### **Tuesdays 5:30-7:30 pm**

#### **Jaycees Gym**

It's double the fun on Tuesdays! Take on the challenge of the Rock Wall and then enjoy shooting some hoops at the same time.