



YOUTH, FAMILY, PRESCHOOL & ADVENTURE PROGRAMS

Winter Session: Jan 2–Feb 25 Spring I: Feb 26–Apr 15 Spring II: Apr 16–June 3
Some days programs will not be meeting due to holidays, fees will be pro-rated.

YOUTH & FAMILY PROGRAMS

NEW! Giggle & Wiggle (Ages 1-3)

Tuesdays: 9-9:45 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.

Winter Fee: Member: \$32 | Community: \$48 (8 weeks)

Spring I Fee: Member: \$24 | Community: \$36 (No class Mar 27)

Spring II Fee: Member: \$28 | Community: \$42 (7 weeks)

Art Galore (Ages 6-12)

Mondays: 6-7pm

Kids can explore their creative side in this artsy after school program! Create fun projects each week including collages, painting, abstract patterns, recycled creations, button art, drawing and more!

Winter Fee: Member: \$32 | Community: \$48 (8 weeks)

Spring I Fee: Member: \$24 | Community: \$36 (No class Mar 26)

Spring II Fee: Member: \$24 | Community: \$36 (No class May 28)

Tumbling: (6-12yrs)

Thursdays: 6-7 pm

This fun class will increase your child's agility, balance, strength, and coordination while developing skills in forward/back rolls, straddle rolls, bridges, cartwheels, hand-stand holds, hand-stand/forward roll combination, stationary round offs and basic walking styles on the balance beam. Children will be divided into groups based on skill level.

Winter Fee: Member: \$32 | Community: \$48 (8 weeks)

Spring I Fee: Member: \$24 | Community: \$36 (No class March 29)

Spring II Fee: Member: \$28 | Community: \$42 (7 weeks)

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.

Winter Fee: Member: \$48 | Community: \$72 (8 weeks)

Spring I Fee: Member: \$42 | Community: \$63 (No class Mar 26 or 30)

Spring II Fee: Member: \$42 | Community: \$63 (No class May 25 or 28)

YOUTH & FAMILY PROGRAMS CONT.

Mad Scientists (Ages 6-12)

Mondays: 5-6 pm

Prepare to get messy! Kids are introduced to scientific concepts while getting their hands dirty! Make oobleck and cloud dough, play with gel beads, erupt volcanos and many more crazy projects!

Winter Fee: Member: \$32 | Community: \$48 (8 weeks)

Spring I Fee: Member: \$24 | Community: \$36 (No class Mar 26)

Spring II Fee: Member: \$24 | Community: \$36 (No class May 28)

Cheerleading (Ages 6-12)

Thursdays: 5-5:45pm, Spring I & II

Calling all boys and girls that want to learn cheers and chants, how to perform sharp cheer motions and basic stunting skills, cheerleading jumps and tumbling skills.

Spring I Fee: Member: \$24 | Community: \$36 (No class Mar 29)

Spring II Fee: Member: \$28 | Community: \$42 (7 weeks)

New! Y Night are Back!

Friday, January 19 | 5:30-7:30pm (Grades 5th-7th)

Open swim with the Wibit. Waivers must be signed. Concessions will be available for purchase.

Friday, May 18 | 5:30-7:30 pm (Grades 4th-6th)

Glow in the dark dance party! Concessions will be available for purchase.

Fee: Member: \$2 | Community: \$6

PRESCHOOL ENRICHMENT PROGRAMS

Mini Chefs (Ages 3-6, Children must be potty trained)

Fridays: 9:15-10:15 am

Put on your aprons kids! This hands-on class will be a blast with recipes that are quick, easy and healthy. Max enrollment 8.

Winter Fee: Member: \$32 | Community: \$48 (8 weeks)

Spring I Fee: Member: \$24 | Community: \$36 (No class Mar 30)

Spring II Fee: Member: \$28 | Community: \$42 (7 weeks)

NEW!! Kinder-Gym (Ages 3-5yrs)

Thursdays: 5-5:45 pm, Winter

Wednesdays: 5-5:45 pm, Spring I & II

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.

Winter Fee: Member: \$32 | Community: \$48 (8 weeks)

Spring I Fee: Member: \$24 | Community: \$36 (No class Mar 28)

Spring II Fee: Member: \$28 | Community: \$42 (7 weeks)

NEW!! Storytellers (Ages 3-5yrs)

Tuesdays: 10-10:45am

Calling all superheros, princesses, knights, rescuers and more! In this fun class, your child will be inspired to become a part of the story. We will act, sing, dance and craft our way through the page of books and other familiar characters.

Max enrollment 8

Winter Fee: Member: \$32 | Community: \$48 (8 weeks)

Spring I Fee: Member: \$24 | Community: \$36 (No class Mar 27)

Spring II Fee: Member: \$28 | Community: \$42 (7 weeks)

ADVENTURE PROGRAMS

Wibit Aqua Track

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.

Available: Jan 20, Feb 17, Mar 17, Apr 21, May 19 12:30-2:30pm

Tackle the Wibit as a family or reserve it for a birthday party or group event!

YMCA Climbing Wall: Open Climbs

The wall features 4 runs that vary in difficulty and auto-belay systems. Trained Y staff will be available during open climb times to lead your climbing adventure. Days and times are subject to change, go to our website for updated information.

Winter Open Climb (Jan 2- Feb 25)

T: 5:30 –7 pm

W: 6-7:30 pm

Sat: 12:30-2pm

Spring I & II Open Climb (Feb 26-Apr 15)

T: 5:30-7 pm

W: 6:00-7:30 pm

Sat: 11am-12:30 pm

Youth Rock Climbing Club (Ages 6-18)

Saturdays 10-10:45 am Spring I & II Only

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.

Fee: Member: \$28 | Community: \$48 (No class 3/31 or 5/28)

***If you or your family would benefit from Y programs, but cannot afford our standard fees, please complete a Financial Assistance Form found on our website or at the Y Front Desk**