

# YOUTH & FAMILY PROGRAMS

## Spring I Session: Feb 25–Apr 14 | Spring II Session: Apr 15–June 2

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

### 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.

**Spring I Fee: Monday: Member: \$49 | Community: \$84**

**Friday: Member: \$49 | Community: \$84**

**Spring II Fee: Monday: Member: \$49 | Community: \$84**

**Friday: Member: \$42 | Community: \$72**

### Basic Tumbling (Ages 6–12)

**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, handstand holds, handstand/forward roll combination, stationary round offs and basic walking styles on the balance beam.

**Spring I Fee: Member: \$30 | Community: \$48 (no class 3/28)**

**Spring II Fee: Member: \$35 | Community: \$56**

### Art Galore (Ages 6–12)

**Mondays: 5–6 pm**

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

**Spring I Fee: Member: \$30 | Community: \$48 (no class 3/25)**

**Spring II Fee: Member: \$35 | Community: \$56**

### Y NIGHT! (Grades 4th–6<sup>th</sup>)

**April 12**

Open gym, rockwall, dodgeball

**5:30–7:30 pm**

**Members \$3 | Community \$6**

### Toddler Open Gym (Ages 12–35 months)

**Parent/Child Class**

**Tuesdays: 9:15–10 am**

Indoor playtime where children can interact with each other. Children will develop relationships with peers, work on their balance and coordination, and get their wiggles out.

**Spring I Fee: Member: \$30 | Community: \$48 (no class 3/26)**

**Spring II Fee: Member: \$35 | Community: \$56**

### Storytellers (Ages 2–4)

**Thursdays: 11–11:45 am**

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

**Spring I Fee: Member: \$30 | Community: \$48 (no class 3/28)**

**Spring II Fee: Member: \$35 | Community: \$56**

### Messy Bees (Ages 1 ½–4)

**Wednesdays: 9:15–10 am**

**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!

**Spring I Fee: Member: \$30 | Community: \$48 (no class 3/27)**

**Spring II Fee: Member: \$35 | Community: \$56**

### Mini Chefs (Ages 3-5, 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. Max enrollment: 8 Instructor: Kathy Phillips

**Spring I Fee: Member: \$30 | Community: \$48 (no class 3/29)**

**Spring II Fee: Member: \$35 | Community: \$56**

### Kinder-Gym (Ages 3-5)

**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.

**Spring I Fee: Member: \$30 | Community: \$48 (no class 3/28)**

**Spring II Fee: Member: \$35 | Community: \$56**

### ABC's & 123's With Miss Larson (Ages 2-4)

Have fun meeting new friends as a different theme is presented each month. Minimum eight to run.

**Saturdays 9-10 am**

**March 9 | April 13 | May 11**

**Members: \$5 | Community: \$8**

## 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: Mar 16 | Apr 20 | May 18**

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

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

### Youth Rock Climbing Club (Ages 6-17)

**Spring I: 3/2-4/13 | Spring II 4/20-6/1**

**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: \$35 | Community: \$56**

### Open Climb Times (Ages 8+)

**Spring I: Feb 25-Apr 14 | Spring II: Apr 15-June 2**

**Spring I | Spring II: Tuesdays 5:30-7:30 pm | Saturdays 10:45-12:30 pm**

**Members: 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.

# GROW WITH US!