



## YOUTH, FAMILY, PRESCHOOL & ADVENTURE PROGRAMS

Fall I: Session: Aug 28-Oct 22    Fall II: Oct 23-Dec 17

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

### YOUTH & FAMILY PROGRAMS

#### **New! Mom To Mom** **Tuesdays 10-11 am**

Mom to Mom is a safe place for moms to share the joys and frustration of motherhood and to explore the purposes and promises God gives us as parents. Each week is a mixture of large group teaching time, small group and heart-to-heart discussions on various topics relating to parenting. (Free Child Care Provided)

**Fall I & II Fee: Member: \$32 | Community: \$56**

#### **Remarkable Art (Ages 5-8)** **Wednesdays 4:30-5:15 pm**

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!

**Fall I Fee: Member: \$32 | Community: \$56**

**Fall II Fee: Member: \$28 | Community: \$48 (No class Nov 22)**

#### **Basic Tumbling: (7-12yrs)** **Thursdays 6-7 pm Fall I Only**

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.

**Fee: Member: \$32 | Community: \$56**

#### **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: Member: \$42 | Community: \$63 (no class Sept 1 or 4)**

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

**Fall II Friday Fee: Member: \$42 | Community: \$63 (no class Nov 24)**

#### **NEW! Mad Scientists (Ages 7-12)** **Wednesdays 5:30-6:15 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!

**Fall I Fee: Member: \$32 | Community: \$56**

**Fall II Fee: Member: \$28 | Community: \$48 (no class Nov 23)**

## YOUTH & FAMILY PROGRAMS CONT.

### **NEW! Upcycled Art** (9-13)

**Mondays 5-6 pm**

Come learn how to turn ordinary items into extraordinary creations. Making upcycled art is a fun way to express creativity by looking at old materials in new ways.

**Fall I Fee: Member: \$28 | Community: \$48 (no class Sept 3)**

**Fall II Fee: Member: \$32 | Community: \$56**

### **Cheerleading/Tumbling** (Ages 6-12)

**Thursdays 6-7 pm, Fall II Only**

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.

**Fee: Member: \$28 | Community: \$48 (no class Nov 23)**

### **New! YMCA Cheer** (Ages 6-12)

**Saturdays 10:30-12 noon Sept 9-Oct 21**

**Time is Coordinated with Flag Football/Located at Veteran's 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: \$36 | Community: \$54**

### **Y Night! Cabin Fever** (Grades 4<sup>th</sup>-6<sup>th</sup>)

**Friday, November 17 | 5:30-7:15 pm**

Open gym, swim and rockwall! Concessions will be available for purchase.

**Fee: Member: Free | Community: \$6**

## PRESCHOOL ENRICHMENT PROGRAMS

### **NEW! Snack Attack** (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 snacks that are loved by kids of all ages.

**Fall I Fee: Member: \$32 | Community: \$56**

**Fall II Fee: Member: \$28 | Community: \$48 (no class Nov 24)**

### **NEW!! Kinder-Gym** (Ages 4-6yrs)

**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: \$32 | Community: \$56**

**Fall II Fee: Member: \$28 | Community: \$48 (no class Nov 23)**

### **NEW! Toddler-Gym (Walking-3)**

#### **Tuesdays 9-9:45 am Parent and child class**

Join in activities that build hand-eye coordination, motor skills and social development. For walking children beginning to discover coordination.

**Fall I & II Fee: Member: \$32 | Community: \$56**

## 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: Sept 16, Oct 21, Nov 18, Dec 16 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.

#### **Fall I Open Climb (Aug 28-Oct 22)**

T: 6:30 – 7:30 pm

W: 5:30 – 7:30 pm

Sat: 11 am -12 noon

#### **Fall II Open Climb (Oct 23-Dec 17)**

T: 6:30-7:30 pm

W: 6:00-7:30 pm

Sat: 12:30-2:30 pm

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

#### **Saturdays 10-10:45 am Fall I 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: \$32 | Community: \$56**

### **Summit Challenge (Ages 6-18)**

#### **Tuesdays 5:30-6:30 pm**

Climb a vertical mile on our rock wall! Log your climbs to work towards a whole mile! Limited space.

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

**\*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**