



## YOUTH, FAMILY, PRESCHOOL & ADVENTURE PROGRAMS

Fall I Session: Sept 3–Oct 20      Fall II Session: Oct 21–Dec 15

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

### **NEW! Doodle Bugs- Parent/Child Class (Ages 1 1/2-4yrs)**

**Wednesdays 9:15-10 am**

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: \$30 | Community: \$48**

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

### **Stay and Play- Parent/Child Class (Ages Walking-5yrs)**

**Tuesdays 9:15-10:15 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.

**Fall I Fee: Member: Free | Community: Youth day pass (No class Sept 10)**

**Fall II Fee: Member: Free | Community: Youth day pass**

### **NEW! Seasonal Fun (Ages 2-4yrs)**

**Mondays 9:15-10 am**

Come explore the four seasons with Ms. Paulette! We will learn about the weather, traditions and fun you can have in all of the seasons.

**Fall I Fee: Member: \$30 | Community: \$48 (No class Sept 9)**

**Fall II Fee: Member: \$40 | Community: \$64**

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

**Thursdays 5-5:45pm**

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: \$30 | Community: \$48 (No class Sept 12)**

**Fall II Fee: Member: \$30 | Community: \$48 (No class Oct 31 and Nov 28)**

### **NEW! What's in a Book? (Ages 3-5yrs)**

**Thursdays 9:15-10 am**

Calling all superheroes, 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.

**Fall I Fee: Member: \$30 | Community: \$48 (No class Sept 12)**

**Fall II Fee: Member: \$35 | Community: \$56 (No class Nov 28)**

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

**Fall I Fee: Member: \$30 | Community: \$48 (No class Sept 12)**

**Fall II Fee: Member: \$30 | Community: \$48 (No class Oct 31 and Nov 28)**

### Cheerleading (Ages 6-12yrs)

**Saturdays 10:30 am-12 noon | Veterans Park**

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

**Fall I Only Fee: Member \$30 | Community: \$48**

### NEW! Mad Scientists (Ages 6-12yrs)

**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 volcanoes and many more crazy projects!

**Fall I Fee: Member: \$30 | Community: \$48 (No class Sept 9)**

**Fall II Fee: Member: \$40 | Community: \$64**

### Karate: (Ages 6yrs.-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: \$42 | Community: \$72 OR Friday: Member: \$56 | Community: \$96**

**Fall II Fee: Monday: Member: \$49 | Community: \$84 OR Friday: Member: \$49 | Community: \$84 (No class Nov 29)**

## ADVENTURE PROGRAMS

### Wibit Aqua Track (Ages 8yrs-Adult)

**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: Nov 16 | 12:30-2:30 pm

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

### Youth Rock Climbing Club (Ages 6-14yrs)

**Fall I Only: Saturdays 10-10:45am | Sept 7-Oct 19**

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 Rock Climbing (Ages 8yrs-Adult)

**Fall I: Tuesdays 5:30-7:30 pm | Saturdays 10:45 am-12:30 pm**

**Fall II: Tuesdays 5:30-7:30 pm | Saturdays 12:15-2:30 pm (No session Nov 30)**

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