



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA YOUTH & FAMILY PROGRAMS

2018 WINTER SESSION: January 7 – March 3*

*Some programming runs on a different session schedule. See description for more information.

DANCE

Ballet (ages 3–4 years)

Get ready to move and groove with our ballet class! Your child will learn the basic steps of dance and combine them for a great recital at the end of the session.

Saturdays: January 6–March 10: 8:30–9:00 am

Recital date: TBD

Member: \$100 • Non member: \$150

Recital fee: \$20

Hip Hop (ages 5–7 years)

Get ready to move and groove with our hip-hop class for children ages 5–7! Your child will learn the basic steps of dance and combine them for a great recital at the end of the session.

Mondays: January 1–March 5: 5:00–5:45 pm

Recital date: TBD

Member: \$100 • Non member: \$150

Recital fee: \$20

Hip Hop (ages 8–12 years)

Get ready to move and groove with our hip-hop class for children ages 8–12! Your child will learn the basic steps of dance and combine them for a great recital at the end of the session.

Wednesdays: January 3–March 7: 5:00–5:45 pm

Recital date: TBD

Member: \$100 • Non member: \$150

Recital fee: \$20

Youth Fitness Training (10–14 years)

Youth will gain the following:

- Strength Equipment Orientation
- Cardio Equipment Orientation
- Fitness Floor Rules & Policies
- Nutritional Education
- YMCA Fitness Floor Etiquette

Saturday: 9:00 am or by appointment

Members: \$55/child, plus \$25 for each additional child

Valentine's Dance

Come dance the night away at our Valentine's Day themed dance! Light snack will be provided.

February 2018; Date TBD

FREE for the community.

Kid Friendly Group Exercise Classes

Classes that youth can participate in include: Yoga, Barre/Pilates, Core & More, Mixedfit, Aqua Zumba, STRONG by Zumba, Aquasize, Deep Water, Rhythm & Sweat, and Dancefit. For safety reasons, children 8–11 years old must be accompanied by an adult. Ages 12+ may attend on their own.

See the Group Exercise schedule for available classes.

YOUTH PROGRAMMING CONTACT:

Shannon Mettling, Youth & Family Coordinator
402-977-4297 • smettling@metroymca.org

REGISTRATION OPENS – Members: December 11 • Non members: December 15
Register at the Downtown YMCA Welcome Center or online: www.metroymca.org