



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA YOUTH PROGRAMS

**2018 WINTER SESSION: January 7 - March 3\***

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

## TUMBLING

### Tumbling Stars (3-5 years)

Learn basic tumbling including front and back rolls, cartwheels, splits and bridges.

**Wednesday: 5:35-6:05 pm**

Member: \$64/month • Non member: \$96/month

### Tumbling (ages 6-8 years)

Students will learn balance, strength, motor control and flexibility in an engaging atmosphere. Participants receive an introduction to foundational gymnastics skills.

**Wednesday: 6:10-6:55 pm**

Member: \$64 • Non member: \$96

## DANCE

### Itty Bitty Ballet (ages 3-4 years)

In this beginning dance class your child will develop the basic skills involved in ballet. There is a dance recital at the end of the session.

**Monday: 5:30-6:00 pm**

Member: \$95 • Non member: \$165

Recital fee: \$25

### Combo Ballet & Tap (ages 5-7 years)

In this class, you child will learn basic fundamental skills for ballet and tap dancing. There is a dance recital at the end of the session.

**Monday: 6:05-6:55 pm**

Member: \$95 • Non member: \$165

Recital fee: \$25

### Youth Fitness Training (ages 10-14 years)

For youth members who are interested in keeping themselves fit by using equipment on the wellness floor. Participants will learn safety and proper technique of all wellness floor equipment, including free weights, as well as discussion of character development, weight room etiquette, basic nutrition and anatomy. Led by certified personal trainers. Parents do not need to be present for class.

**1st Thursday (5:30 pm) or**

**2nd Saturday (10:00 am) of every month.**

Member: \$25 for the first child, \$10 for each additional child on the same account.



### YOUTH PROGRAMMING CONTACT:

Paula Buthorne, Youth & Family Director  
402-896-4200 • pbuthorne@metroymca.org

REGISTRATION OPENS - Members: December 11 • Non members: December 15  
Register at the Armbrust YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)