



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SARPY YMCA YOUTH PROGRAMS

## 2018 WINTER SESSION: January 7 – March 3\*

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

### DANCE

#### Youth Dance (ages 3–8 years)

Youth will learn beginning tap, ballet and jazz in a fun environment. Classes run monthly.

**3–5 years: Saturday: 9:15–9:45 am**

**Member: \$20/month • Non member: \$40/month**

**6–8 years: Saturday: 9:45–10:30 am**

**Member: \$20/month • Non member: \$40/month**

#### Youth Dance with Recital (ages 3–8 years)

The dance program is designed to provide children (ages 3–8) with a great experience in dance. This is a great way to enhance coordination, poise, confidence and self-expression. Dancers will learn the basics of dance (tap and ballet) and display their skills in a mini recital. Session runs January – March.

**3–5 years: Saturday: 10:30–11:00 am**

**Member: \$70/session • Non member: \$130/session**

**6–8 years: Saturday: 11:00–11:45 am**

**Member: \$70/session • Non member: \$130/session**

### MARTIAL ARTS

#### Tang So Doo (ages 5 years – Adult)

The YMCA Tang Soo Do martial arts program is taught by certified Black Belt instructors. The class will help promote self-defense, physical fitness and a sense of achievement all while having fun. Testing available quarterly. Classes run monthly.

**5–7 years: Tuesday: 5:15–6:00 pm**

**Member: \$20/month • Non member: \$40/month**

**8 & up (includes adults):**

**Tuesday: 6:00–7:00 pm or Thursday: 6:00–7:00 pm**

**Member: \$20/month • Non member: \$30/month**

### YOUTH FITNESS

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

For youth members who are interested in keeping themselves fit and healthy by using equipment on the wellness floor. Participants will learn safety and proper technique of equipment, 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 & 3rd Saturday of each month: 10:30 am–12:30 pm**

**Member: \$25/first child, plus \$10/each additional child**

Contact Allyssa Schamp, Health & Wellness Director:

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### YOUTH PROGRAMMING CONTACT:

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