



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA YOUTH PROGRAMS

2018 WINTER SESSION: January 7 – March 3*

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

TUMBLING & GYMNASTICS

Tumbling Twos (age 2 years)

A fun introduction to tumbling.

Tuesday: 5:30–6:00 pm

Saturday: 9:30–10:00 am

Member: \$64 • Non member: \$96

Tumbling Tots (ages 3–4 years)

Basic skills for coordination and balance including forward and backward rolls, bridges, cartwheels, tripods and low balance beam. Beginners welcome.

Tuesday: 6:00–6:30 pm

Thursday: 5:30–6:00 pm

Member: \$64 • Non member: \$96

Tumbling Stars (ages 4–5 years)

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

Thursday: 6:00–6:30 pm

Saturday: 10:00–10:30 am

Member: \$64 • Non member: \$96

Beginner Gymnastics – Level 1 (ages 6–11 years)

Intermediate skills including cartwheels, handstands, jumps with vault and high balance beam. Competition at the end of the session.

Tuesday: 6:30–7:15 pm

Saturday: 10:30–11:15 am

Member: \$80 • Non member: \$112

Beginner Gymnastics – Level 2 (ages 6–11 years)

Continuation of intermediate skills including cartwheels, hand stands, front/back handsprings and tucks. Jumps with vault and balance beam. Competition at the end of the session.

Thursday: 6:30–7:15 pm

Saturday: 11:15 am–12:00 pm

Member: \$80 • Non member: \$112

DANCE

Dance (ages 3–12 years)

Our dance classes help teach students, poise, balance, confidence and self expression. Dancers will learn skills as well as full dance routines that they will get to share at a dance recital. Session runs January 7–March 30. Dance Recital: April 4.

Itty Bitty Ballet (ages 3–4 years): Thursday: 5:30–6:00 pm

Combo Ballet/Tap (ages 5–6 years): Thursday: 6:05–6:55 pm

Hip Hop Don't Stop (ages 7–12 years): Tuesday: 5:30–6:15 pm

Member: \$95/session • Non member: \$165/session

Recital fee: \$25

MARTIAL ARTS

Youth Jujitsu (ages 5–12 years)

Jujitsu is a self-defense art that incorporates blocking, striking, kicking, grappling and throwing techniques.

Participants will test out at the end of the month if they are ready to advance.

Monday: 6:30–7:30 pm

Thursday: 6:00–7:00 pm

Member: \$28/month • Non member: \$44/month

YOUTH FITNESS

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.

Call the Southwest YMCA for days & times.

Group sessions: \$25/child, plus \$10/each additional child

Individual sessions: \$55/child, plus \$10/each additional child

Youth Kickboxing (for school age children)

Join us on Tuesdays for this youth group exercise class of kickboxing and body weight exercises.

Tuesday: 6:15–7:00 pm

Member: FREE

UNO Basketball Clinic (6–12 years)

Sunday, February 4; Cost: \$20/player

YOUTH PROGRAMMING CONTACT:

Contact the Southwest YMCA Welcome Center

Visit or call: 402-334-8487

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