



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA YOUTH & FAMILY PROGRAMS

**2018 SPRING SESSION: March 4–April 28\***

\*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: March 24–May 12: 8:30–9:00 am**

**Recital date: May 12**

Member: \$80 • Non member: \$120

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: March 19–May 12: 5:00–5:45 pm**

**Recital date: May 12**

Member: \$80 • Non member: \$120

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: March 21–May 12: 5:00–5:45 pm**

**Recital date: May 12**

Member: \$80 • Non member: \$120

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

**By appointment only.**

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

### Spring Festival

Come celebrate the beginning of spring with your family and play games, do arts & crafts and have a snack.

**Saturday, April 14: 10:00 am–12:00 pm**

**FREE for the community.**

### Kid Friendly Group Exercise Classes

Classes that youth can participate in include: Yoga, Barre/Pilates, Core & More, Mixxedfit, 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 Director  
402-977-4297 • smettling@metroymca.org

**REGISTRATION OPENS – Members: February 19 • Non members: February 23**  
Register at the Downtown YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)