



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA YOUTH PROGRAMS

2018 SPRING SESSION: March 4–April 28*

*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

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. Showcase at the end of the session.

Tuesday: 6:30–7:15 pm

Thursday: 5:15–6:00 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. Showcase 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 & CHEERLEADING

Dance Remix (ages 7–12 years)

Get ready move and groove with Dance Remix! In this class we will explore different styles of dance each week and we will have a performance at the end of the session.

April 16–May 26: Tuesday: 5:30–6:15 pm

Member: \$48 • Non member: \$84

Cheerleading (ages 3–12 years)

Go team Go! Learn basic motions, cheers, chants and more!

April 16–May 26

Pre-Cheer (3–5 years): Thursday: 5:30–6:00 pm

Youth Cheer (6–12 years): Thursday: 6:05–6:55 pm

Member: \$48 • Non member: \$84

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.

March 3, 17, 24, or 31: 8:00–10:00 am

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

YOUTH PROGRAMMING CONTACT:

Contact the Southwest YMCA Welcome Center
Visit or call: 402-334-8487

REGISTRATION OPENS – Members: February 19 • Non members: February 23
Register at the Southwest YMCA Welcome Center or online: www.metroymca.org