



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA YOUTH & FAMILY PROGRAMS

**2018 1<sup>ST</sup> SUMMER SESSION: May 6-June 30\***

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

## **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**

## **Family Fun Night - all ages welcome!**

Join us for Family Fun Night! Activities include swimming, bounce house fun, a healthy snack, and activities in the gym.

**Monday, May 7: 5:30-7:00 pm**

FREE for the community.

## **Kid Friendly Group Exercise Classes**

Group exercise schedule is TBD, but the classes that youth can participate in include: Yoga, Barre/Pilates, Core and More, Mixxedfit, Aqua Zumba, Aquacise, Deep Water, 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.**

**Included with your membership.**

## **YOUTH PROGRAMMING CONTACT:**

**Samantha Chloupek, Senior Program Director**  
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**REGISTRATION OPENS - Members: April 16 • Non members: April 20**  
Register at the Downtown YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)