



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMBRUST YMCA YOUTH PROGRAMS

2018 SPRING SESSION: March 4–April 28*

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

TUMBLING

Tumbling Stars (3–5 years)

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

June 6–August 1: Wednesday: 5:35–6:05 pm

Member: \$64/month • Non member: \$96/month

Tumbling (ages 6–8 years)

Students will learn balance, strength, motor control and flexibility in an engaging atmosphere. Participants receive an introduction to foundational gymnastics skills.

June 6–August 1: Wednesday: 6:10–6:55 pm

Member: \$64 • Non member: \$96

DANCE & CHEER

Fancy Dancers (ages 3–5 years)

In this beginning dance class your child will develop the basic skills involved in ballet. There is a dance recital at the end of the session.

June 8–July 27: Friday: 9:00–9:45 am

Member: \$48 • Non member: \$72

Combo Ballet & Tap (ages 6–8 years)

In this class, you child will learn basic fundamental skills for ballet and tap dancing. There is a dance recital at the end of the session.

June 8–July 27: Friday: 10:00–10:45 am

Member: \$48 • Non member: \$72

Spirit with Attitude (ages 3–5 years & 6–10 years)

This exciting combo class will teach students cheerleading fundamentals, hip-hop techniques, and choreography. Poms will be provided. There will be a performance on the last class!

June 11–July 16:

3–5 years: Monday: 5:30–6:00 pm

6–10 years: Monday: 6:05–6:50 pm

Member: \$48 • Non member: \$72

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.

1st Thursday (5:30 pm) or

3rd Saturday (10:00 am) of every month.

Member: \$25 for the first child, \$10 for each additional child on the same account.



YOUTH PROGRAMMING CONTACT:

Paula Buthorne, Youth & Family Director
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REGISTRATION OPENS – Members: April 16 • Non members: April 20
Register at the Armbrust YMCA Welcome Center or online: www.metroymca.org