



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAPLE STREET YMCA YOUTH PROGRAMS

## 2018 1ST SUMMER SESSION: March 4–April 28\*

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

### TUMBLING

#### Tumbling Tots (2 years)

Basic skills for coordination and balance including forward rolls, log rolls, and jumping. Children have fun playing and interacting with other children. Song and game time included.

**Monday: 5:25–5:55 pm**

Member: \$44 • Non member: \$88

#### Mighty Mightys (ages 3–4 years)

Basic skills for coordination and balance including forward/backward rolls, jumping, and working on hand eye coordination with skipping and agility. Children have fun playing and interacting with other children. Song and game time included.

**Monday: 6:00–6:30 pm**

Member: \$44 • Non member: \$88

#### Superstars (ages 5–6 years)

Basic skills are continued as the advance tumbler starts to learn bridges, straddle rolls, handstands and cartwheels. Children have playing and interacting with other children. Song and game time are included.

**Monday: 6:35–7:05 pm**

Member: \$44 • Non member: \$88

#### Schoolers (ages 7–10 years)

Basic skills for coordination and balance including bridges, cartwheels, handstands, front and back rolls.

**Monday: 7:10–7:40 pm**

Member: \$56 • Non member: \$112

### MARTIAL ARTS

#### JuJitSu (ages 3–13 years)

3–5 years: **Wednesday: 5:15–5:45 pm**

Member: \$14 • Non member: \$21

6–8 years: **Wednesday: 5:50–6:30 pm**

Member: \$20 • Non member: \$30

9–13 years: **Wednesday: 6:35–7:30 pm**

Member: \$27 • Non member: \$34

### DANCE

#### Dance (ages 3–12 years)

The dance program is designed to provide children with a great experience in dance whether it is their first time or if they are experienced dancers. Dancers will get to learn about ballet, jazz, and even hip hop. This is a great way to enhance coordination, poise, confidence, and self-expression. There will be a recital at the end of the session to showcase everything they have learned.

**3–4 years: Tuesday: 6:15–6:45 pm, Saturday 9:00am–9:30 am**

Member: \$30/month • Non member: \$40/month

**5–7 years: Tuesday: 6:45–7:30 pm, Saturday 9:30–10:15 am**

Member: \$35/month • Non member: \$45/month

**8–12 years: Tuesday: 7:30–8:15 pm, Saturday 10:15–11:00 am**

Member: \$35/month • Non member: \$45/month

#### Youth Basketball Academy (1st–3rd grade)

This camp provides children with an introduction to the sport in the best environment. The camp introduces new skills, enhances pre-existing abilities and teaches the rules of BASKETBALL. Players will build their self-confidence, discover their personal best, and be a part of team to make new friends.

**June 7–July 14**

**Practice: Thursday: 6:00 pm • Games on Saturday**

Members: \$40 • Non members: \$80 (price includes a jersey)

#### Youth Cheerleading Camp (1st–3rd grade)

This camp provides children with a foundation for cheer while allowing participants the opportunity to showcase their skills during our Basketball Camp games. Participants will be introduced to sideline cheers, cheer dance and more as they prepare to perform for Saturday games. No tryouts or experience required.

**June 7–July 14**

**Practice: Thursday: 6:00 pm • Games on Saturday**

Members: \$40 • Non members: \$80 (price includes a jersey & poms)

### YOUTH PROGRAMMING CONTACT:

Lilly Rush, Youth & Family Director  
402-393-3700 • [lrush@metroymca.org](mailto:lrush@metroymca.org)

REGISTRATION OPENS – Members: April 16 • Non members: April 20

Register at the Maple Street YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)