



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA YOUTH PROGRAMS

2018 1ST SUMMER SESSION: May 6–June 30*

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

Kids Fishing Clinic (for school age children)

Sponsored by the Nebraska Walleye Association and the Southwest YMCA. The Nebraska Walleye Association will teach casting, knot tying, bait and tackle, boating safety and fish identification. After the clinic each child will receive a fishing pole. Bait will be provided as well as fishing assistance. Lunch is provided

Saturday, May 26: Time TBD

Cost: \$8/child

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.

May 5, 12, or 19; June 2, 9, 16, or 23: 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

TUMBLING & GYMNASTICS

Tumbling 2s (2 years)

A fun introduction to tumbling.

Thursday: 5:30–6:00 pm

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.

Thursday: 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: 6:30–7:00 pm

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: 5:30–6:15 pm

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.

Tuesday: 6:15–7:00 pm

Member: \$80 • Non member: \$112

YOUTH PROGRAMS CONTACT:

Amber Winter, Youth Activities Supervisor
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REGISTRATION OPENS – Members: April 16 • Non members: April 20
Register at the Southwest YMCA Welcome Center or online: www.metroymca.org