



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA YOUTH & FAMILY PROGRAMS

## 2018 SECOND SUMMER SESSION: July 1-August 25\*

\*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**

### Birthday Parties (1-12 years)

Host your next party at The Downtown YMCA! Our three party packages to choose from are Bounce House, Pool and Sports Parties. Each party includes a host and a party room perfect for pizza and cake!

**Saturdays & Sundays: 2 hour parties**

Member: \$125/12 children • Non member: \$150/12 children

### 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.**

### Summer Day Camp Art Show

Our YMCA Campers will be creating Art Projects that will be available for purchase. All proceeds from this event will support sending Campers to Summer Camp!

**July 23-July 28**

**Donations accepted; Free for the community**

### End of Summer Community Carnival

Join us for a fun event to wrap up the summer! We will have a bounce house, light food, summer games and a face painter!

**August 10**

**Free for the community**

### YOUTH PROGRAMMING CONTACT:

Tyler Walker, Youth & Family Director  
402-977-4297 • [twalker@metroymca.org](mailto:twalker@metroymca.org)

REGISTRATION OPENS - Members: June 18 • Non members: June 22  
Register at the Downtown YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)