



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA YOUTH PROGRAMS

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

\*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.

#### Tiny Tiger Taekwondo (ages 5–7 years)

Students discover martial arts in a fun and informative way while learning coordination, discipline and self-control. Participants will be required to purchase a uniform. Instructors will cover the necessary information on the first day of class.

Tuesday and/or Thursday: 5:45–6:35 pm

1 day/week: Member: \$37/month • Non member: \$64/month

2 days/week: Member: \$50/month • Non member: \$90/month

### YOUTH PROGRAMMING CONTACT:

Paula Buthorne, Youth & Family Director  
402-896-4200 • pbuthorne@metroymca.org

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