



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHWEST YMCA YOUTH PROGRAMS

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

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

### 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. Contact Shelby at sbottolfsen@metroymca.org.

**Saturdays: 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  
402-334-8487 • awinter@metroymca.org

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