



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHARLES E. LAKIN YMCA YOUTH & TEEN PROGRAMS

YOUTH

Youth Fitness Training (10-14 years)

For youth members who are interested in keeping themselves fit and healthy by using equipment on the wellness floor. Participants will learn safety and proper technique of equipment, 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.

Second Saturday of every month from 10:00 am-12:00 pm

Member: \$25/child, plus \$10 each additional child

Fitness, Friends & Fun (8-14 years)

Weekly intramural, coed youth activities on Monday, Wednesday and Friday. This will include: Monday: Basketball, Wednesday: Volleyball, Friday: Dodgeball.

Monday, Wednesday, Friday: 1:00-3:00 pm

Member: FREE • Non member: \$5/child/day

Teen Bootcamp Training (8-14 years)

Teens and pre-teens will do circuit training on the MX4 machine with a personal trainer. This training is great to help with strength and agility.

Tuesday, Thursday

Member: \$20/session • Non member: \$20/session

Petite Picasso (ages 2-3 years)*

Perfect for your exploring toddler to use their art skills and explore the world of color, glue, paint and more! 5 week sessions.

Monday: 10:00-11:00 am or 5:00-6:00 pm

Member: \$5/class • Non member: \$7/class

Contact Sabrina Stevens for more information:
sstevens@metroymca.org

Marvelous Messes (ages 4-8 years)*

Fun, silly, messy and creative projects with paints, glues, glitter, and more! 5 week sessions.

Wednesdays: 10:00 -11:00 am or 5:30-6:30 pm

Member: \$5/class • Non member: \$7/class

Contact Sabrina Stevens for more information:
sstevens@metroymca.org

Culinary Kids (ages 5-8 years)*

An introduction for youth to learn how to follow directions, develop basic measurement skills and enjoy their final projects!

Mondays: 9:00-10:00 am or 5:00-6:00 pm

Member: \$5/class • Non member: \$7/class

Contact Sabrina Stevens for more information:
sstevens@metroymca.org

Reading Rockstars (ages 4-5 years)*

Sign your preschooler up for 5 weeks of themed reading fun. Each session will focus on a certain series of books with weekly activities and crafts. This would be a great program to introduce your child to the excitement of reading!

Wednesdays: 9:00-9:45 am

Member: \$5/class • Non member: \$7/class

Contact Sabrina Stevens for more information:
sstevens@metroymca.org

Reading Rockstars Petite (ages 2-3 years)*

Sign your toddler up for 5 weeks of themed reading fun. Each session will focus on a certain series of books with weekly activities and crafts. This would be a great program to introduce your child to the excitement of reading!

Wednesdays: 11:30 am-12:15 pm

Member: \$5/class • Non member: \$7/class

Contact Sabrina Stevens for more information:
sstevens@metroymca.org

***Please Note: For the Summer our Petite Picasso, Marvelous Messes, Reading Rockstars, Reading Rockstars Petite are priced on a weekly basis.**

TEEN

Teen Room (ages 12-16 years)

Full of state of the art gaming consoles with additional space to do homework.

Monday-Friday: 3:00-8:00 pm

Saturday: 3:00-6:00 pm

Sunday: Closed

Teen Nights (ages 12-16 years)

Fun and exciting organized events for teens to enjoy!

5:30-8:30 pm

June 16, July 21, August 18

Member: FREE • Non member: \$5

YOUTH & TEEN PROGRAMMING CONTACT:

Sabrina Stevens, Youth & Family Director
712-322-6606 • sstevens@metroymca.org

Register at the Charles E. Lakin YMCA Welcome Center or online: www.metroymca.org