



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMBRUST YMCA YOUTH PROGRAMS

2018 1ST FALL SESSION: September 2–October 27*

*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.

September 5–October 24: 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.

September 5–October 24: Wednesday: 6:10–6:55 pm

Member: \$64 • Non member: \$96

DANCE & CHEER

Itty Bitty Ballet (ages 3–4 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.

September 10–November 12: Monday: 5:30–6:00 pm

Member: \$95 • Non member: \$165

Recital fee: \$25

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.

September 10–November 12: Friday: 10:00–10:45 am

Member: \$48 • Non member: \$72

Recital fee: \$25

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
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REGISTRATION OPENS – Members: August 13 • Non members: August 17
Register at the Armbrust YMCA Welcome Center or online: www.metroymca.org