



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA YOUTH PROGRAMS

FALL 2018

## TUMBLING

### Tumbling Stars (3-5 years)

Learn basic tumbling including front and back rolls, cartwheels, splits and bridges.

**Begins in late October: 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.

**Begins in late October: Wednesday: 6:10-6:55 pm**

Member: \$64 • Non member: \$96

### 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

### Babysitting Class (ages 10-15 years)

Is your child ready to take on more responsibility and receive training in baby-sitting skills? During this course your child will develop their babysitting skills through basic childcare information, basic first aid, and hands on experience in our child watch program. Participants will need to bring a lunch and snacks.

**Saturday, October 27 or Saturday, December 1:**

**8:00 am-3:00 pm**

Member: \$75 • Non member: \$95



## YOUTH PROGRAMMING CONTACT:

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

Register at the Armbrust YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)