



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA YOUTH PROGRAMS

**2018 2<sup>ND</sup> FALL SESSION: October 28–December 22\***

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

## Youth Fitness Training (10–14 years)

Youth will gain the following:

- Strength Equipment Orientation
- Cardio Equipment Orientation
- Fitness Floor Rules & Policies
- Nutritional Education
- YMCA Fitness Floor Etiquette

**By appointment only.**

**Members: \$55/child, plus \$25 for each additional child**

## Birthday Parties (1–15 years)

Host your next party at the Downtown YMCA! Our three party packages to choose from are Bounce House, Pool and Sports Parties. Each party includes a host and a party room perfect for pizza and cake!

**Saturdays & Sundays: 2 hour parties**

Member: \$125/12 children • Non member: \$150/12 children

## Kid Friendly Group Exercise Classes

Group exercise schedule is TBD, but the classes that youth can participate in include: Yoga, Barre/Pilates, Core and More, Mixxedfit, Aqua Zumba, Aquacise, Deep Water, Dancefit. For safety reasons, children 8–11 years old must be accompanied by an adult. Ages 12+ may attend on their own.

**See the Group Exercise schedule for available classes.**

**Included with your membership.**

## Challenge Club (ages 5–12 years)

Join our challenge club as we do various team building activities each week. Each day of challenge club will result in a team based project, a healthy snack and lots of fun! Runs with the fall session dates.

**Saturday: 9:00–9:45 am**

Member: \$15 • Non member: \$30

## DANCE

### Ballet (ages 3–5 years & 6–8 years)

Get ready to move and groove with our ballet class!

Your child will learn basic steps of dance and have the opportunity to participate in a recital at the end of the fall session!

**3–5 years: Saturday: 8:30–9:00 am**

**6–8 years: Saturday: 8:00–8:30 am**

Member: \$45 • Non member: \$80

Recital fee: \$20

### Hip Hop (ages 5–7 years)

Get ready to move and groove with our Hip Hop class for children ages 5 to 7! Your child will learn the basic steps of dance and combine them for a great recital at the end of the fall session!

**Monday: 5:00–5:45 pm**

Member: \$45 • Non member: \$80

Recital fee: \$20

## YOUTH PROGRAMMING CONTACT:

Samantha Chloupek, Senior Program Director  
402-977-4327 • [schloupek@metroymca.org](mailto:schloupek@metroymca.org)

**REGISTRATION OPENS – Members: October 15 • Non members: October 19**  
Register at the Downtown YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)