



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA YOUTH PROGRAMS

2018 2ND FALL SESSION: October 28–December 22*

*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.

Registration is open the 15th of the prior month.

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, 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)

This class is designed to engage our youngest tumblers. It is a fun introduction to basic tumbling skills and concepts. Your child will learn early skills such as rolls, jumps, positions, walk on the balance beam, and more. The class will also focus on teaching social skills such as taking turns, waiting in line, and following directions.

Thursday: 5:30–6:00 pm

Saturday: 10:00–10:30 am

Member: \$64 • Non member: \$96

Tumbling Tots (ages 3–4 years)

This class focuses on learning and improving basic tumbling skills such as rolls, jumps, the balance beam, and more. They will begin to develop skills such as cartwheels, handstands, and splits. The class will also focus on teaching social skills such as taking turns, waiting in line, and following directions.

Thursday: 6:00–6:30 pm

Saturday: 10:30–11:00 am

Member: \$64 • Non member: \$96

Tumbling Stars (ages 4–5 years)

This class focuses on teaching new tumbling and gymnastics skills while improving current ones. This class will prepare your child to begin the Beginner Gymnastics classes. Learn basic tumbling including front and back rolls, cartwheels, splits and bridges.

Thursday: 6:30–7:00 pm

Saturday: 11:00–11:30 am

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. Competition at the end of the session.

Tuesday: 5:30–6:15 pm

Saturday: 10:00–10:45 am

Member: \$80 • Non member: \$112

Beginner Gymnastics – Level 2 (ages 6–11 years)

Continuation of intermediate skills including cartwheels, handstands, front/back handsprings and tucks. Jumps with vault and balance beam. Competition at the end of the session.

Tuesday: 6:15–7:00 pm

Saturday: 10:45–11:30 am

Member: \$80 • Non member: \$112

YOUTH PROGRAMS CONTACT:

Amber Winter, Youth Activities Supervisor
402-334-8487 • awinter@metroymca.org

REGISTRATION OPENS – Members: October 15 • Non members: October 19
Register at the Southwest YMCA Welcome Center or online: www.metroymca.org