



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMBRUST YMCA YOUTH PROGRAMS

WINTER 2019

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

DANCE

Itty Bitty Ballet (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.

January 7-March 11

Monday: 5:30-6:00 pm

Member: \$95 • Non member: \$165

Recital fee: \$25

Combo Ballet & Tap (ages 5-7 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.

January 7-March 11

Monday: 6:05-6:55 pm

Member: \$95 • Non member: \$165

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

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, February 2:

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