



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA YOUTH PROGRAMS

2019 WINTER SESSION: January 6–March 2, 2019*

*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.

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
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REGISTRATION OPENS – Members: December 10 • Non members: December 14
Register at the Downtown YMCA Welcome Center or online: www.metroymca.org