



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAPLE STREET YMCA YOUTH PROGRAMS

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

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

### TUMBLING

#### Mighty Mightys – Level 1 (ages 3–4 years)

This is a beginners class for those who want to get comfortable in a tumbling environment. Children will learn basic skills for coordination and balance including forward/backward rolls. Parents are encouraged to play an interactive role in the class.

**Monday: 4:50–5:20 pm**

Member: \$44 • Non member: \$88

#### Mighty Mightys – Level 2 (ages 3–4 years)

Basic skills for coordination and balance including forward/backward rolls, jumping, and working on hand eye coordination with skipping and agility. Kids must be able to follow basic instructions in a classroom environment.

**Monday: 5:25–5:55 pm**

Member: \$44 • Non member: \$88

#### Superstars – Levels 1 & 2 (ages 5–6 years)

Basic skills are continued as the advanced tumbler starts to learn bridges, straddle rolls, handstands and cartwheels. Children have playing and interacting with other children. Song and game time are included.

**Monday: 6:00–6:30 pm or 6:35–7:05 pm**

Member: \$44 • Non member: \$88

### MARTIAL ARTS

#### JuJitSu (ages 3–13 years)

3–5 years:

**Beginner: Wednesday: 4:30–5:00 pm**

**Intermediate: Wednesday: 5:00–5:30 pm**

Member: \$16/month • Non member: \$23/month

6–8 years:

**Beginner: Wednesday: 5:30–6:15 pm**

**Intermediate: Wednesday: 6:15–7:00 pm**

Member: \$22/month • Non member: \$32/month

9–13 years:

**Advanced: Wednesday: 7:00–7:45 pm**

Member: \$29/month • Non member: \$36/month

### DANCE & CHEER

#### Dance (ages 3–12 years)

The dance program is designed to provide children with a great experience in dance whether it is their first time or if they are experienced dancers. Dancers will get to learn about ballet, jazz, and even hip hop. This is a great way to enhance coordination, poise, confidence, and self-expression. There will be a recital at the end of the session to showcase everything they have learned. **The Spring Dance session begins in January 2019.**

**3–4 years: Tuesday: 6:15–6:45 pm; Saturday 9:00am–9:30 am**  
Member: \$88 • Non member: \$114

**5–7 years: Tuesday: 6:45–7:30 pm; Saturday 9:30–10:15 am**  
Member: \$96 • Non member: \$140

**8–12 years: Tuesday: 7:30–8:15 pm; Saturday 10:15–11:00 am**  
Member: \$96 • Non member: \$140

#### Cheer (ages 5–12 years)

The cheer program is to provide a fun and educational experience whether your child is a beginner or advanced. Cheerleaders will learn basic skills like motions, jumps, simple stunts as well as learn a routine that will be performed at the end of the session to showcase what they have learned. Poms and a t-shirt are included in the price.

**5–8 years: Thursday: 5:00–5:45 pm**  
Member: \$76 • Non member: \$110

**9–12 years: Thursday: 5:45–6:30 pm**  
Member: \$88 • Non member: \$125

### YOUTH PROGRAMMING CONTACT:

**Kelsay Combs–Brown, Youth & Family Manager**  
402-393-3700 • kbrown@metroymca.org

**REGISTRATION OPENS – Members: December 10 • Non members: December 14**  
Register at the Maple Street YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)