



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SARPY YMCA YOUTH PROGRAMS

## WINTER 2019

### DANCE

#### Youth Dance (ages 3-8 years)

Youth will learn beginning tap, ballet and jazz in a fun environment. Classes run monthly.

**3-5 years: Saturday: 9:00-9:30 am**

**Member: \$20/month • Non member: \$40/month**

**6-8 years: Saturday: 9:35-10:20 am**

**Member: \$20/month • Non member: \$40/month**

#### Youth Dance with Recital (ages 3-8 years)

The dance program is designed to provide children (ages 3-8) with a great experience in dance. This is a great way to enhance coordination, poise, confidence and self-expression. Dancers will learn the basics of dance (tap and ballet) and display their skills in a mini recital. Session runs January - March.

**3-5 years: Saturday: 10:20-10:50 am**

**Member: \$70/session • Non member: \$130/session**

**6-8 years: Saturday: 10:55-11:45 am**

**Member: \$70/session • Non member: \$130/session**

Amanda Sindelar, 402-339-9861, [asindel@metroymca.org](mailto:asindel@metroymca.org)

### MARTIAL ARTS

#### Tang Soo Do (ages 5-7 years or 8 years-adult)

The YMCA Tang Soo Do martial arts program is taught by certified Black Belt instructors. The class will help promote self-defense, physical fitness and a sense of achievement all while having fun. Testing available quarterly. Classes run monthly.

**5-7 years (any level): Tuesday: 5:00-5:45 pm**

**Member: \$23/month • Non member: \$40/month**

**8 & up (includes adults, any level):**

**Tuesday: 6:00-7:00 pm**

**Member: \$23/month • Non member: \$40/month**

#### Tang Soo Do (ages 8 years - adult)

Tang Soo Do at the YMCA will help promote self-defense skills, physical fitness, a sense of achievement and having fun to both children and adults. A uniform is not required for the class but very loose fitting clothing is not recommended. **For ages 8-up beginners and Jr. Belts (10th-8th Gup or White belt to Orange belt).**

**8 & up (includes adults): Thursdays: 5:00-5:55 pm**

**Member: \$23/month • Non member: \$40/month**

#### Advanced Gup Tang Soo Do (ages 8 years - adult)

This class is not for beginners to the program and participants must be approved by the instructor prior to registering. Tang Soo Do at the YMCA will help promote self-defense skills, physical fitness, a sense of achievement and having fun to both children and adults. **For 7th Gup or Green/Orange Belt and up.**

**8 & up (includes adults): Thursdays: 6:00-6:55 pm**

**Member: \$23/month • Non member: \$40/month**

Martial Arts contact:

Amanda Sindelar, 402-339-9861, [asindel@metroymca.org](mailto:asindel@metroymca.org)

#### Youth Fitness Training (ages 10-14 years)

For youth members who are interested in keeping themselves fit and healthy by using equipment on the wellness floor. Participants will learn safety and proper technique of 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.

**1st & 3rd Saturday of each month: 10:30 am-12:30 pm**

**Member: \$25/first child, plus \$10/each additional child**

Contact Allyssa Schamp, Health & Wellness Director:

402-339-9861 • [aschamp@metroymca.org](mailto:aschamp@metroymca.org)

#### Youth Zone (ages 8-12 years)

The Youth Zone is a space where youth can come and participate in activities such as Nintendo Wii games, board games, and crafts. Questions? Contact Cassie Wertz at [cwertz@metroymca.org](mailto:cwertz@metroymca.org) 402-339-9861

**Monday-Thursday: 5:00-7:30 pm**

**Saturday: 8:30-11:30 am**

**Member: FREE**

#### Birthday Parties (all ages)

Come celebrate with us! Party includes 1 hour in the party room and 1 hour in the pool or bounce house room, 1 large pizza, juice for each child and plates. Questions? Contact Cassie Wertz at [cwertz@metroymca.org](mailto:cwertz@metroymca.org) 402-339-9861

**Friday: 6:00-8:00 pm**

**Saturday: 12:00-2:00 pm or 2:00-4:00 pm**

**Sunday: 1:00-3:00 pm**

**Member: \$140 • Non member: \$160**

Register at the Sarpy YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)