



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA YOUTH PROGRAMS

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

*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.

Offered each Saturday: 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

DANCE

Dance (3–12 years)

Our dance classes help teach students, poise, balance, confidence and self expression. Dancers will learn skills as well as full dance routines that they will get to share at a dance recital. Price does not include the \$25 recital fee.

Itty Bitty Ballet (3–4 years):

Tuesday: 9:45–10:15 am or Thursday: 5:30–6:00 pm

Combo Ballet/Tap (5–6 years): Thursday: 6:05–6:55 pm

Hip Hop Don't Stop (7–12 years): Tuesday: 5:30–6:15 pm

Member: \$95 • Non member: \$165

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

*****More programming on the reverse side!**

**YOUTH PROGRAMS CONTACT:
Southwest YMCA, 402-334-8487**

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

Youth Gladiator Class (ages 10-12 years)

Youth Gladiator camp focuses on the physical skills and strength it would take to go through Army training, police and fireman academy, and to be a professional athlete! Learn the agility, speed, conditioning, and strength to become a pro. These programs were made in conjunction with a certified personal trainer along with an Army officer, a local fireman, and a college athlete/strength and conditioning coach. Each month you will be a different class that focuses on one of the areas we mentioned.

4 week program - begins January 8

Tuesday & Thursday: 6:45-7:30 pm

Member: \$30 • Non member: \$50

Summer Day Camp:

Registration starts soon! Register in the month of March and pay no registration fee. Pick up a Camp Guide for details.

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