



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHARLES E. LAKIN YMCA YOUTH & TEEN PROGRAMS

2018 WINTER SESSION: January 7 – March 3*

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

YOUTH

Youth Fitness Training (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.

Second Saturday of every month from 10:00 am–12:00 pm

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

Contact Janon Tufte for more information: jtufte@metroymca.org

Marvelous Messes (ages 4–8 years)

Fun, silly, messy and creative projects with paints, glues, glitter, and more!

Wednesday: 5:30–6:30 pm

Member: \$30 • Non member: \$40

Contact Sabrina Stevens for more information:

sstevens@metroymca.org

Reading Rockstars (ages 4–5 years)

Sign your preschooler up for themed reading fun.

Each session will focus on a certain series of books with weekly activities and crafts. This would be a great program to introduce your child to the excitement of reading!

Tuesday: 10:00–11:00 am

Member: \$30 • Non member: \$40

Contact Sabrina Stevens for more information:

sstevens@metroymca.org

Reading Rockstars Petite (ages 2–3 years)

Sign your toddler up for themed reading fun. Each session will focus on a certain series of books with weekly activities and crafts. This would be a great program to introduce your child to the excitement of reading!

Thursday: 9:30–10:30 am

Member: \$30 • Non member: \$40

Contact Sabrina Stevens for more information:

sstevens@metroymca.org

TEEN

Teen Room (ages 12–16 years)

Full of state of the art gaming consoles with additional space to do homework.

Monday–Friday: 3:00–7:00 pm

Saturday: 12:00–4:00 pm

Sunday: 3:00–6:00 pm

Teen Nights (ages 12–16 years)

Fun and exciting organized events for teens to enjoy!

5:00–9:00 pm

January 19, February 16, March 16

Member: FREE • Non member: \$5

YOUTH & TEEN PROGRAMMING CONTACT:

Sabrina Stevens, Youth & Family Director
712-322-6606 • sstevens@metroymca.org

REGISTRATION OPENS – Members: December 11 • Non members: December 15
Register at the Charles E. Lakin YMCA Welcome Center or online: www.metroymca.org