



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MILLS COUNTY YMCA YOUTH & FAMILY PROGRAMS

SPRING 2019

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 all wellness floor equipment, including free weights, 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.

Call to schedule an appointment.

Group Session: \$25 per child + \$10 each additional child

Individual 2-hour sessions: \$55 for one child + \$10 each additional child

Tumbling Tots (3-5 years)

Children must be 3 years old at registration. Beginners Welcome! Participants learn balance and flexibility in a fun, safe, and engaging environment! Basic muscle-building stretches and techniques are demonstrated and reinforced, as well as an intro to basic tumbling moves.

Monday: 6:15-6:45 pm

Member: \$60 • Non member: \$120

Tumbling (6-10 years)

Children must be 6 years old at time of registration. Beginners Welcome! Participants learn balance and flexibility in a fun, safe, and engaging environment! Basic muscle-building stretches and techniques are demonstrated and reinforced as well as an intro to basic tumbling moves.

Monday: 6:50-7:30 pm

Member: \$65 • Non member: \$130

Birthday Parties (all ages)

The Y is your place for birthday parties! Host a swimming party or open gym party. With a birthday party, you will get use of the pool, gym, and party room. You will have a Y staff assigned to assist at the event. Call the Y to schedule your party.

Swimming Party:

Member: \$90 for 10 guest + \$5/additional child

Non member: \$110 for 10 guest + \$5/additional child

Open Gym Party:

Member: \$75 for 10 guest + \$5/additional child

Non-member: \$95 for 10 guests + \$5 each additional child

Summer Camp Open House

Join us for a fun summer camp open house to learn more about camp at the Y, plus get registered!

Saturday, March 16: 10:00-11:30 am

•• YMCA SUMMER CAMP ••

Summer will be here before you know it! Register for YMCA Summer Camp NOW at any location.

For kids in Kindergarten-6th grade.

Check out all our camps, including Day Camp, Specialty Camps & Camp Platte: metroymca.org/camp.

YOUTH & FAMILY CONTACTS:

Alexis Unger, Senior Program Director
712-527-4352 • aunger@metroymca.org

Brittany Trimmer, Youth & Family Coordinator
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Register at the Mills County YMCA Welcome Center or online: www.metroymca.org