



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMBRUST YMCA YOUTH PROGRAMS

SPRING 2019

TUMBLING

Tumbling Stars (3-5 years)

Learn basic tumbling including front and back rolls, cartwheels, splits and bridges.

March 6-April 24: Wednesday: 5:35-6:05 pm

Member: \$64/month • Non member: \$96/month

Tumbling (ages 6-8 years)

Students will learn balance, strength, motor control and flexibility in an engaging atmosphere. Participants receive an introduction to foundational gymnastics skills.

March 6-April 24: Wednesday: 6:10-6:55 pm

Member: \$64 • Non member: \$96

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, 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.

1st Thursday (5:30 pm) or

3rd Saturday (10:00 am) of every month.

Member: \$25 for the first child, \$10 for each additional child on the same account.

Tiny Tiger Taekwondo (ages 5-7 years)

Students discover martial arts in a fun and informative way while learning coordination, discipline and self-control.

Participants will be required to purchase a uniform.

Instructors will cover the necessary information on the first day of class.

Tuesday and/or Thursday: 5:45-6:35 pm

1 day/week: Member: \$37/month • Non member: \$64/month

2 days/week: Member: \$50/month • Non member: \$90/month

Spring Break Cooking Camp (ages 5-12 years)

Come join us for a morning of cooking yummy desserts.

Your child will learn basic kitchen safety, measuring, preparing desserts and decorating. If you have any food allergies, please contact pbuthorne@metroymca.org before the camp.

Wednesday, March 20: 9:00 am-12:00 pm

Member: \$35 • Non member: \$45

STEAM & Swim Camp (ages 5-12 years)

Come join us for a morning of hands on science, building, and art activities. We will end our morning with an hour of swimming.

Thursday, March 21: 9:00 am-12:00 pm

Member: \$35 • Non member: \$45



•• YMCA SUMMER CAMP ••

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

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

YOUTH PROGRAMMING CONTACT:

Paula Buthorne, Youth & Family Director
402-896-4200 • pbuthorne@metroymca.org

Register at the Armbrust YMCA Welcome Center or online: www.metroymca.org