



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA YOUTH PROGRAMS

2019 SPRING SESSION: March 3–April 27*

*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

TUMBLING & GYMNASTICS

Tumbling 2s (2 years & parent/guardian)

This class is designed to engage our youngest tumblers with the help of a parent or guardian. 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 as parents/guardians help to engage their child.

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. Showcase at the end of the session, Saturday, April 27 at 5:00 pm.

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. Showcase at the end of the session, Saturday, April 27 at 5:00 pm.

Tuesday: 6:15–7:00 pm

Saturday: 10:45–11:30 am

Member: \$80 • Non member: \$112

Gymnastics Open Gym & Skills Camp (ages 3–11 years, must be potty trained)

Come join us in the gym for an evening to try out our gymnastics program! We will work on basic gymnastics skills, play games, have open gym time, and eat pizza. This event is limited to 20 participants, so sign up today!

Saturday, March 16: 4:30–6:30 pm

Saturday, April 20: 4:30–6:30 pm

Member: \$20 • Non member: \$30

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

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

**REGISTRATION OPENS – Members: February 18 • Non members: February 22
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

Soccer, Volleyball & Flag Football Pre-Season Clinics (K-8th grade)

March 9 & 10: Time TBD
\$20/participant



•• 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.

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