



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA YOUTH PROGRAMS

FIRST SUMMER SESSION 2019: May 5-June 29*

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

Youth Fitness Training (10-14 years)

Youth will gain the following:

- Strength Equipment Orientation
- Cardio Equipment Orientation
- Fitness Floor Rules & Policies
- Nutritional Education
- YMCA Fitness Floor Etiquette

By appointment only.

Members: \$55/child, plus \$25 for each additional child

Birthday Parties (1-15 years)

Host your next party at the Downtown YMCA! Our three party packages to choose from are Bounce House, Pool and Sports Parties. Each party includes a host and a party room perfect for pizza and cake!

Saturdays & Sundays: 2 hour parties

Member: \$150/12 children • Non member: \$175/12 children

Kid Friendly Group Exercise Classes

Group exercise schedule is TBD, but the classes that youth can participate in include: Yoga, Barre/Pilates, Core and More, Mixxedfit, Aqua Zumba, Aquacise, Deep Water, Dancefit. For safety reasons, children 8-11 years old must be accompanied by an adult. Ages 12+ may attend on their own.

See the Group Exercise schedule for available classes.

Included with your membership.

DANCE

Ballet (ages 3-5 years & 6-8 years)

Get ready to move and groove with our ballet class!

Your child will learn basic steps of dance and have the opportunity to participate in a recital at the end of the session!

3-5 years: Saturday: 8:30-9:00 am

6-8 years: Saturday: 8:00-8:30 am

Member: \$45 • Non member: \$80

Recital fee: \$20



•• 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:

Christian Schwab, Youth & Family Director
402-977-4297 • cschwab@metroymca.org

REGISTRATION OPENS - Members: April 15 • Non members: April 19
Register at the Downtown YMCA Welcome Center or online: www.metroymca.org