



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA YOUTH PROGRAMS

## FIRST SUMMER SESSION 2019

### TUMBLING

#### Tumbling Stars (3-5 years)

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

**June 30-August 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.

**June 30-August 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

#### Spirit with Attitude (ages 3-5 years)

This exciting combo class will teach students cheerleading fundamentals, hip-hop techniques, and choreography. Proms will be provided. There will be a performance on the last class!

**June 17-July 22: Monday: 5:30-6:00 pm**

Member: \$48 • Non member: \$72

#### Spirit with Attitude (ages 6-10 years)

This exciting combo class will teach students cheerleading fundamentals, hip-hop techniques, and choreography. Proms will be provided. There will be a performance on the last class

**June 17-July 22: Monday: 6:05-6:50 pm**

Member: \$48 • Non member: \$72



### •• YMCA SUMMER CAMP ••

For kids 5-12 years

**It's not too late! Register for  
YMCA Summer Camp NOW at any location.**

Check out all our camps, including Day Camp, full & half day  
Specialty Camps & Camp Platte: [metroymca.org/camp](http://metroymca.org/camp).

### YOUTH PROGRAMMING CONTACT:

**Paula Buthorne, Youth & Family Director**  
402-896-4200 • [pbuthorne@metroymca.org](mailto:pbuthorne@metroymca.org)

Register at the Armburst YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)