



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHWEST YMCA YOUTH PROGRAMS

## SECOND SUMMER SESSION 2019: June 30–August 24\*

\*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 Kiaja at kkenard@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 & Parent (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.

**Tuesday: 5:30–6:00 pm or**

**Thursday: 5:30–6:00 pm**

**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.

**Tuesday: 6:00–6:30 pm or**

**Thursday: 6:00–6:30 pm**

**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.

**Tuesday: 6:30–7:00 pm or**

**Thursday: 6:30–7:00 pm**

**Member: \$64 • Non member: \$96**

#### Beginner Gymnastics – Level 1 (ages 6–11 years)

Intermediate skills including cartwheels, handstands, jumps with vault and balance beam.

**Tuesday: 5:30–6:15 pm**

**Thursday: 5:30–6:15 pm**

**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.

**Tuesday: 6:15–7:00 pm**

**Thursday: 6:15–7:00 pm**

**Member: \$80 • Non member: \$112**

#### 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 – visit the Welcome Center for dates.**

**Tuesday & Thursday: 6:45–7:30 pm**

**Member: \$50 • Non member: \$65**

### YOUTH PROGRAMS CONTACT:

Rachel Lowe, Youth & Family Director  
402-334-8487 • rlowe@metroymca.org

REGISTRATION OPENS – Members: June 17 • Non members: June 21  
Register at the Southwest YMCA Welcome Center or online: metroymca.org