



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SARPY YMCA YOUTH PROGRAMS

FIRST FALL SESSION 2019

DANCE

Youth Dance (ages 3-8 years)

Youth will learn beginning tap, ballet and jazz in a fun environment. Classes run monthly.

3-5 years: Saturday: 9:15-9:45 am

Member: \$20/month • Non member: \$40/month

6-8 years: Saturday: 9:50-10:30 am

Member: \$20/month • Non member: \$40/month

Youth Dance with Recital (ages 3-8 years)

The dance program is designed to provide children (ages 3-8) with a great experience in dance. This is a great way to enhance coordination, poise, confidence and self-expression. Dancers will learn the basics of dance (tap and ballet) and display their skills in a mini recital. Session runs September-November.

3-5 years: Saturday: 10:35-11:05 am

Member: \$70/session • Non member: \$130/session

6-8 years: Saturday: 11:10 am-12:00 pm

Member: \$70/session • Non member: \$130/session

Amanda Sindelar, 402-339-9861, asindel@metroymca.org

MARTIAL ARTS

Tang Soo Do (ages 5-7 years)

The YMCA Tang Soo Do martial arts program is taught by certified Black Belt instructors. The class will help promote self-defense, physical fitness and a sense of achievement all while having fun. Testing available quarterly. Classes run monthly.

5-7 years: Tuesday: 5:00-5:45 pm

Member: \$23/month • Non member: \$40/month

Tang Soo Do (ages 8+, beginners & Jr. Belts)

The YMCA Tang Soo Do martial arts program is taught by certified Black Belt instructors. The class will help promote self-defense, physical fitness and a sense of achievement all while having fun. Testing available quarterly. Classes run monthly. For ages 8-up beginners and Jr. Belts (10th-8th Gup or White belt to Orange belt).

Thursday: 5:00-6:00 pm or Friday: 5:00-6:00 pm

Member: \$23/month • Non member: \$40/month

Advanced Gup Tang Soo Do (ages 8 years - adult)

This class is not for beginners to the program and participants must be approved by the instructor prior to registering. Tang Soo Do at the YMCA will help promote self-defense skills, physical fitness, a sense of achievement and having fun to both children and adults. **For 7th Gup or Green/Orange Belt and up.**

8 & up (includes adults):

Tuesday: 6:00-7:00 pm or Thursdays: 6:00-6:55 pm

Member: \$23/month • Non member: \$40/month

Martial Arts contact:

Amanda Sindelar, 402-339-9861, asindel@metroymca.org

Youth Fitness Training (ages 10-14 years)

For youth members who are interested in keeping themselves fit and healthy by using equipment on the wellness floor. Participants will learn safety and proper technique of 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.

1st & 3rd Saturday of each month: 10:30 am-12:30 pm

Member: \$25/first child, plus \$10/each additional child

Contact Allyssa Schamp, Health & Wellness Director:

402-339-9861 • aschamp@metroymca.org

Youth Zone (ages 8-12 years)

The Youth Zone is a space where youth can come and participate in activities such as Nintendo Wii games, board games, and crafts. Questions? Contact Cassie Wertz at cwertz@metroymca.org 402-339-9861

Monday-Thursday: 5:00-7:30 pm

Saturday: 8:30-11:30 am

Member: FREE

Birthday Parties (all ages)

Come celebrate with us! Party includes 1 hour in the party room and 1 hour in the pool or bounce house room, 1 large pizza, juice for each child and plates. Questions? Contact Cassie Wertz at cwertz@metroymca.org 402-339-9861

Friday: 6:00-8:00 pm

Saturday: 12:00-2:00 pm or 2:00-4:00 pm

Sunday: 1:00-3:00 pm

Member: \$140 • Non member: \$160