



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHARLES E. LAKIN YMCA YOUTH & TEEN PROGRAMS

FIRST FALL SESSION 2019

YOUTH

Youth Fitness Training (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.

Second Saturday of every month from 10:00 am-12:00 pm

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

Contact Adam Loftis: aloftis@metroymca.org

Marvelous Messes (ages 4-8 years)*

Fun, silly, messy and creative projects with paints, glues, glitter, and more! 5 week sessions.

Wednesday: 5:30-6:30 pm

Member: \$32 • Non member: \$48

Contact Sabrina Stevens for more information:

sstevens@metroymca.org

Culinary Kids (ages 4-6 years or 7-10 years)*

An introduction for youth to learn how to follow directions, develop basic measurement skills and enjoy their final projects!

Ages 4-6 years: Monday: 5:00-6:00 pm

Ages 7-10 years: Monday: 6:00-7:00 pm

Member: \$32 • Non member: \$48

Contact Sabrina Stevens for more information:

sstevens@metroymca.org

***Marvelous Messes and Culinary Kids classes run for 5 weeks. Please ask the Welcome Center staff for session dates.**

TEEN

Teen Room (ages 12-16 years)

Full of state of the art gaming consoles with additional space to do homework.

Monday: 1:00-6:00 pm

Tuesday-Friday: 3:30-6:00 pm

Saturday: 3:00-6:00 pm

Sunday: Closed

Youth Nights (ages 9-13 years)

Fun and exciting organized events for youth to enjoy!

5:30-8:30 pm

September 14

Member: FREE • Non member: \$5

Sabrina Stevens, Youth & Family Director
712-322-6606 • sstevens@metroymca.org

Register at the Charles E. Lakin YMCA Welcome Center or online: metroymca.org