



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA YOUTH PROGRAMS

## SPRING SESSION 2020

### TUMBLING

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

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

**April 1-May 6: Wednesday: 5:35-6:05 pm**

Member: \$48 • Non member: \$72

#### 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.

**April 1-May 6: Wednesday: 6:10-6:55 pm**

Member: \$48 • Non member: \$72

#### 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: \$40/month • Non member: \$65/month

2 days/week: Member: \$55/month • Non member: \$95/month

#### Taekwondo (ages 8 years & up)

This is a traditional Taekwondo class that offers students the opportunity to learn a variety of skills while allowing them to tailor their class experience to their level of fitness. Our instructors utilize a number of different tools, including physical skill development and scientific technique dissection to engage students personally to help them develop to their full potential.

**Tuesday and/or Thursday: 6:35-7:25 pm**

1 day/week: Member: \$40/month • Non member: \$65/month

2 days/week: Member: \$55/month • Non member: \$95/month

#### 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.



### •• 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](http://metroymca.org/camp).

### YOUTH PROGRAMMING CONTACT:

**Paula Buthorne, Youth & Family Director**  
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Register at the Armbrust YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)