



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA YOUTH PROGRAMS

SPRING SESSION 2020

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: \$32/month • Non member: \$58/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 weight machines, as well as 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.

Saturdays: 8:00-10:00 am

Thursdays: 5:30-7:30 pm

Group sessions: \$25/child, plus \$10/each additional child

Individual sessions: \$55/child, plus \$15/each additional child

Generation Pound/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.

May 5-June 27:

Tuesday: 5:30-6:00 pm or Saturday: 10:00-10:30 am

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.

May 5-June 27:

Tuesday: 6:00-6:30 pm or Saturday: 10:30-11:00 am

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.

May 5-June 27:

Tuesday: 6:30-7:00 pm or Saturday: 11:00-11:30 am

Member: \$64 • Non member: \$96

Beginner Gymnastics - Level 1 (ages 6-11 years)

This class will work on beginner gymnastics skills including rolls, cartwheels, handstands, jumps with vault and balance beam walks.

May 5-June 27:

Tuesday: 5:30-6:15 pm or Saturday: 10:00-10:45 am

Member: \$80 • Non member: \$112

Beginner Gymnastics - Level 2 (ages 6-11 years)

An intermediate beginner class that will continue to improve on skills from the level 1, such as cartwheels, round-offs, handstands, bridges, back kick-overs, and introduce front and back handsprings. Intermediate balance beam skills.

May 5-June 27:

Saturday: 10:45-11:30 am

Member: \$80 • Non member: \$112

Beginner Gymnastics - Level 3 (ages 6-11 years)

This class is an advanced level gymnastics class. They will continue to improve their cartwheels, roundoffs, handstands, and be introduced to front and back walkovers and handsprings, and advanced balance beam skills. Must have progressed through Level 2.

May 5-June 27:

Tuesday: 6:15-7:00 pm

Member: \$80 • Non member: \$112

****Additional programming on the reverse side.**

YOUTH PROGRAMS CONTACT:

Bailie Meissner, Youth & Family Director
402-334-8487 • bmeissner@metroymca.org

Register at the Southwest YMCA Welcome Center or online: metroymca.org

Youth Gladiator Class (ages 10-15 years)

Youth Gladiator is a strength and conditioning class that mixes traditional calisthenics, interval training, body weight exercises and strength training. Kids will have fun while focusing on skills that increase cardio capacity, strength, balance and improved bio-mechanics. Registration will open the 15th of the month prior. Contact Kiaja for questions, kkenard@metroymca.org.

4 week program (monthly) - visit the Welcome Center for dates.

Tuesday & Thursday: 6:45-7:30 pm

Member: \$60/month • Non member: \$120/month

Dance (ages 5-12 years)

Our dance classes help teach students, poise, balance, confidence and self expression. Dancers will learn skills as well as full dance routines that they will get to share at an in house dance recital on the last day of class.

Session: April 14-May 21

Ages 6-12: Tuesday: 5:30 pm

Ages 3-5: Thursday: 5:30 pm

Member: \$95 • Non member: \$165



•• YMCA SUMMER CAMP ••

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YMCA Summer Camp NOW at any location.**

Check out all our camps, including Day Camp, Specialty
Camps & YMCA Camp Platte: metroymca.org/camp.



Register at the Southwest YMCA Welcome Center or online: metroymca.org