CHARLES E. LAKIN YMCA
YOUTH & TEEN PROGRAMS

SPRING SESSION 2020

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: 2:00-6:00 pm
Tuesday–Friday: 3:00–6:00 pm
Saturday: Closed
Sunday: Closed

Youth Nights (ages 9-13 years)
Fun and exciting organized events for youth to enjoy!
5:30–8:30 pm
Please check with the Welcome Center for dates &
more information.
Member: FREE • Non member: $5

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

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.

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