



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Springfield Family YMCA Youth Programs

Program Segment: January 7-February 22

Parent/ Child Programs Ages 18 months to 3 years

Fun and Fundamentals, Ages 18 mo. To Pre K – This high energy class works on developing gross motor skills, coordination, balance and body control, while encouraging confidence and social interaction. The kids work on taking turns and sharing, as well as learn opposites associated with actions, such as up and down, over and under, in and out, etc.

Friday 10:00-10:30 AM, Main gym (NM \$48 / M \$24 - 7 weeks)

Youth Programs

Gym and Swim Movement Class, Ages 3 to 6 – YMCA Gym & Swim is a great way to introduce your child to the gym and pool. After 30 minutes of structured games and activities the class will transition to the pool for a beginner level swim lesson. Parent participation is not required for this class.

Sunday 12:30-1:45pm (NM \$72 / M \$35 - 7 weeks)

Sports of All Sorts, Ages 4 to 6- This class focuses on the physical and social development of our youngest athletes. Participants will be introduced to the basic skills in basketball, soccer, and more.

Wednesday 5:30-6:15 PM, Main Gym, (NM \$64 / M \$32 – 7 weeks)

Beginner Gymnastics, The goal of this class is to perform gymnastics exercises and balance beam with introduction to fundamentals including body position, basic movements, form, terminology and technique.

Monday 5:30-6:15 PM, Main gym (NM \$64 / M \$32 - 7 weeks)

Saturday 9:00-9:45AM, Main gym (NM \$64 / M \$32 – 7 weeks)

Intermediate Gymnastics, This class is for participants that have mastered a front and back roll, handstand, back bend, and a cartwheel without a spot. Participants also must be able to hold themselves in front support on bars.

Monday 6:30-7:15 PM, Main gym (NM \$64 / M \$32 - 7 weeks)

Saturday 10:00-10:45AM, Main gym (NM \$64 / M \$32 – 7 weeks)

Advanced Gymnastics, Participants have mastered the skills from beginner and intermediate gymnastics, and can do a round off back bend kick over, front limber, and back roll to push up.

Saturday 11:00-11:45 AM, Main gym (NM \$64 / M \$32 - 7 weeks)

Beginning Ballet - This class is designed for the novice dancer with no previous experience or the student who wants to refine their technique at a basic level. Students will learn the basic positions, correct body alignment with both hands on the barre and an introduction to basic ballet terminology. ***Ballet shoes are recommended.***

Ages 3-5, Saturday 11:15-11:45 AM, Group Fitness Room (NM \$48/ M \$24 - 7 weeks)

Ages 6-8, Saturday 11:45 AM-12:30 PM, Group Fitness Room (NM \$64/ M \$32 - 7 weeks)

Beginning Tap, Ages 4-8 - Tap classes are designed to develop rhythm, style, and sound. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun. ***Tap shoes are recommended.***

Saturday 12:30-1:00 PM, Group Fitness Room (NM \$48 / M \$24 - 7 weeks)

S.E.T. Sports Enhancement Training, Ages 8-15 - S.E.T. is a sports enhancement class that will focus on building total body strength, cardiovascular endurance, agility, and flexibility. Our goal is to help athletes achieve their highest level of sports performance while getting stronger and faster.
Tuesday & Thursday, Fitness Center, 5:30-6:15 PM (NM \$84 / M \$42 - 7 weeks)

Iron Teens, Ages 11-15 - Participants will learn to use cardiovascular and strength machines safely, structure a workout, and safe stretching techniques. ***Class completion is a requirement prior to using the fitness center without adult supervision.***
Tuesday & Thursday, Fitness Center, 4:30-5:15 PM (Members Only \$32 - 5 weeks)

HIIT for Kids, Ages 8-15 - HIIT is High Intensity Interval Training for kids. The purpose is to push yourself at 100% with exercises bursts that give you minimal rest time in between.
Tuesday, 6:30-7:15 PM (NM \$64 / M \$32 - 7 weeks)

Little Doodlers, Ages 4-6 - The purpose of this course is to introduce children to the language and concepts of art through a story and a related art activity. Our focus is on social opportunities, creativity, and promoting literacy.
Saturday 9:00-9:45 AM, (NM \$64 / M \$32 - 7 weeks)

Masters of the Arts, Ages 7-15 - This art class will focus on inspiring participants to be creative, trust themselves, and problem solve through art. Students will explore a variety of art processes.
Saturday 10:00-10:45 AM, (NM \$64 / M \$32 - 7 weeks)

Swim Lessons - Lessons are offered at our YMCA. Contact the front desk for pricing and session information.

Karate Classes - Classes are held at our YMCA taught by Mukin Shori Karate. Special rates are available for members. Class times are Tues, Thurs, & Sat. See front desk for info.

Youth Sports Leagues

Basketball, Co-Ed, Ages U7 (5-7), U10 (8-10), U13 (11-13):

Our focus on youth development provides an environment that will help each child develop relationships, improve self-esteem and build character. Our staff and volunteers focus on teaching the fundamentals.
(NM \$55 / M \$40 / FM \$30)

YMCA Events

Parents Night Out - Enjoy a night out and let the kids enjoy a night of fun at the YMCA. Each Parents Night Out includes a healthy snack, fun themed activities, crafts, and pool time for children 8 years and older. **Next Event - Jan. 18th, 2019 from 5-8 PM (\$15/child, siblings \$10)**

Family Nights - Join us for some quality family time! **Next Event: Bingo - Feb. 15th from 5-7 (Free!)**

Winter Camp - Join us for holiday activities and games during winter break! Contact Tammie at tjacobs@springfield-ymca.org for more information.

Financial assistance available to families that qualify.

SPRINGFIELD FAMILY YMCA

300 S. Limestone St.
Springfield, OH 45505
(937) 323-3781
www.springfield-ymca.org

For more information about our programs, please contact:
Stacey Kohler, Program Director
skohler@springfield-ymca.org