

COUNTY YMCA

Winter 2012

Program Information

Registration begins: Dec 19

Session Begins: Jan 9

Session End: March 3

SPORTS & PLAY

Art & Gym

The Art and Gym program combines an art project with gym time. Each portion of the class is 15 minutes in length. Open to children ages 3-5. Class begins Jan 10th.

Fees: YMCA Member Free
Non-Member \$50

Days	Time
Tues	10:30 am

Tumbling

The tumbling program will help teach the fundamentals of tumbling, which give an important foundation for learning more complex tumbling skills. Skills such as rolls, handstands, cartwheel, round offs, walk-overs, and the beginning stages of back handspring will be taught.

Tiny Tumblers

Sing, dance, tumble and giggle. Games and songs will teach your preschooler new ways to move. All activities geared for parents and preschoolers to do together. Open to children ages 1-2 years old. Class begins Jan 12th & Jan 14th.

Fees: YMCA Member Free
Non-Member \$50

Days	Time
Thurs	11:30 am
Sat	10:30 am

Kinder Tumbling

This class teaches basic mat skills for strength, flexibility and technique, including gymnastics and movement education. Open to children ages 5-6. Class begins Jan 12th & Jan 14th.

Fees: YMCA Member Free
Non-Member \$56

Days	Time
Thurs	12:30 pm
Sat	12:00 pm

School-Age Tumbling

This class teaches basic mat skills for strength, flexibility and technique, including gymnastics and movement education. Open to children ages 6-12. Class begins Jan 10th.

Fees: YMCA Member Free
Non-Member \$56

Days	Time
Tues (Coed Ages 6-12)	4:00pm

Tumbling Tots

This class teaches basic mat skills for strength and technique, including gymnastics and movement education. Open to pre-school children ages 3-4. Class begins Jan 12th & Jan 14th.

Fees: YMCA Member Free
Non-Member \$56

Days	Time
Thurs	10:30 am
Sat	11:15 am

Youth Sports Philosophy

The County YMCA Youth Sports philosophy is, "everybody plays, everybody wins." In our leagues children will work on individual skill development, learn how to work as a team and be introduced to sports specific team strategies. All of our youth sports programs are lead by caring and supportive volunteer coaches.

Iddy Biddy Sports

(4 & 5 yr olds)

The County YMCA is committed to providing a fun, educational first sports experience for your child. Our Iddy Biddy Sports program will introduce your child to the games, rules and fundamentals of sports. Our program also concentrates on teaching sportsmanship, positive competition and building positive relationships between participants.

Iddy Biddy Soccer

This six week class will help develop fundamental soccer skills. All the basics from dribbling to shooting as well as goalkeeping will be covered. The class is 45 minutes in length.

Class begins Jan 9th.

Fees: YMCA Member Free
Non-Member \$56

Day	Time
Mon	1:30pm

Iddy Biddy Basketball

This six week class will help develop fundamental basketball skills. All the basics will be covered from dribbling and shooting to passing and defense. The class is 45 minutes in length.

Class begins Jan 9th.

Fees: YMCA Member Free
Non-Member \$56

Day	Time
Mon	1:30pm

Hot Tots Sports Clinic

This six week class for 3 year olds will teach very basic skills in the sports of soccer, basketball and tee ball. The class is 30 minutes in length. Class begins Jan 9th.

Fees: YMCA Member Free
Non-Member \$50

Day	Time
Mon	11:00am

Coed Instructional Basketball

This program will help children develop fundamental basketball and teamwork skills while having fun. All the basics will be covered from dribbling and passing to shooting. This is designed for all skill levels. Skills and drills are held on Saturday. Ages 5—12. Program runs Jan 14th through March 3.

Fees:	Metro Member	Free
	CTY Member	\$15
	Non-Member	\$56

Coed Floor Hockey

This program will help kids develop basic hockey skills, rules, strategies and sportsmanship. Seven games are played on Saturdays with a 30 minute practice during the week. Ages 4—12. Program runs Jan 11th thru March 3.

Fees:	Metro Member	Free
	CTY Member	\$15
	Non-Member	\$56

Cheerleading

It's time to dance, cheer and learn creative moves. Boys and girls, it's time to step to the beat! Basic cheerleading skills such as jumps, tumbling and cheering routines will be taught. Ages 7-14. Class begins Jan 14th.

Fees:	YMCA Member	Free
	Non-Member	\$56

<u>Days</u>	<u>Time</u>
Sat	1:30pm

Basic and Brief

A 10 week beginner, basic class in a small group setting. The group will work for 30 minutes two times a week utilizing free weights and the stability ball. Class begins on Jan 9.

Fee:	YMCA Member	Free
	Non-Member	\$60

<u>Days</u>	<u>Time</u>
Mon/Wed	9:30am

Y Music Fun

A time to march, beat the drums and sing. A fun program with parent/child interaction. Exposure to a variety of instruments and styles of music. Let's learn the beat and we might even sing. Open to children ages 6 weeks to 5 years. Class begins January 13th.

Fees:	YMCA Member	Free
	Non-Member	\$50

<u>Days</u>	<u>Time</u>
Fri (6 wks.-18 mos.)	10:30 am
Fri (19 mos.-3 yrs.)	11:05 am
Fri. (4-5yrs. Old)	11:45 am

Junior Karate

A certified Black Belt level instructor guides your child through the various levels of body control, technique and responsibility. Ages 5-12. Class begins Jan 9th.

Fees:	YMCA Member	Free
	Non-Member	\$56

<u>Days</u>	<u>Time</u>
Mon	4:15 pm

HEALTH & WELL-BEING

Youth Fitness Certification

This class is designed to teach proper usage of the Fitness Center equipment. A written test is mandatory for completion.

Ages: 11-14

Please register at the Front Desk.

ASHI CPR PRO AND BASIC FIRST AID

Classes are offered the third Thursday of every month at 6:30pm.

FEES:	YMCA Member	25 per class
	Non-Member	\$30 per class

Please register at the Front Desk.

ADULT SPORTS

Pick-up Volleyball

Come enjoy a game of pick-up volleyball.

Fees:	YMCA Member	Free
	Non-Member	\$2/visit
	Year Pass	\$45

<u>Days</u>	<u>Times</u>
Fri	6:00-7:00am

Pick-up Basketball

Come enjoy a pick-up game of basketball. Program begins Monday, Dec. 19th.

Fees:	YMCA Member	Free
	Non-Member	\$3/visit
	Year Pass	\$200

<u>Days</u>	<u>Times</u>
Mon/Wed/Fri	12:00-2:00pm

Adult Basketball League

This 10 week 5 on 5 basketball league is for men over 16 years of age. All teams will play 8 regular season games with playoffs to the teams who qualify. You may sign up as a team or an individual. Registration will begin March 1, 2012.

Fees:	YMCA Member	\$40
	Non-Member	\$75
	Team Fee	\$150

<u>Days</u>	<u>Times</u>
Tues	7:00-11:00pm

Women On Weights

A women only strength class. This six week program will teach participants the proper use of free weights and machines to achieve balanced muscle development. Class begins on Jan 10th.

Fees:	YMCA member	Free
	Non-Member	\$60

<u>Days</u>	<u>Time</u>
Tues/Thurs	10:30am