



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMBRUST YMCA YOUTH PROGRAMS

SECOND FALL SESSION 2019

TUMBLING

Tumbling Stars (3-5 years)

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

October 27-December 21: Wednesday: 5:35-6:05 pm

Member: \$64/month • Non member: \$96/month

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.

October 27-December 21: Wednesday: 6:10-6:55 pm

Member: \$64 • Non member: \$96

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.

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: \$37/month • Non member: \$64/month

2 days/week: Member: \$50/month • Non member: \$90/month

Millard Fall Break Mini Camps (ages 6-12 years)

Sweets & Snacks: Come join us for a morning of cooking Fall sweets and snacks. Your child will learn basic kitchen safety, measuring, prepping, and preparing. If you have any food allergies, please contact pbuthorne@metroymca.org before the camp.

Wednesday, October 16: 9:00 am-12:00 pm

Member: \$35/child • Non member: \$45/child

Pumpkin & Swim: Come join us for a morning of carving pumpkins & swimming. Each child will be provided a pumpkin to carve and then will be supervised in the pool for an hour of swimming.

Thursday, October 17: 9:00 am-12:00 pm

Member: \$35/child • Non member: \$45/child

Babysitting Class (ages 10-14 years)

Is your child ready to take on more responsibility and receive training in baby-sitting skills? During this course your child will develop their babysitting skills through basic childcare information, basic first aid, and hands on experience in our child watch program. Participants will need to bring a lunch and snacks.

Saturday, October 12: 8:00 am-2:00 pm

Member: \$75 • Non member: \$95

YOUTH PROGRAMMING CONTACT:

Paula Buthorne, Youth & Family Director
402-896-4200 • pbuthorne@metroymca.org

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