



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH & FAMILY SCHEDULE

EAST COMMUNITIES YMCA

WINTER 2012

Session Dates:
January 2-28
Jan 28-Feb 25

All classes are FREE unless indicated with a star (*) marked next to the class name.

FREE classes are first come first serve, no registration needed. Due to limited space we recommend you show up 10 mins. before class starts.

Members can register four weeks in advance for paid classes, program participants can register two weeks in advance.

The mission of the YMCA of Austin is to put Christian principle into practice through programs that build healthy sprits, mind and body for all.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
9:00AM-1:00PM AM Childwatch 6months to 6 Years <u>[CHILDWATCH]</u>	9:00AM-1:00PM AM Childwatch 6months to 6 Years <u>[CHILDWATCH]</u>	9:00AM-1:00PM AM Childwatch 6months to 6 Years <u>[CHILDWATCH]</u>	9:00AM-1:00PM AM Childwatch 6months to 6 Years <u>[CHILDWATCH]</u>	9:00AM-1:00PM Childwatch 6months to 6 Years <u>[CHILDWATCH]</u>	3:00PM-5:30PM *Mixed All Ages Taekwondo* AGES 6+ <u>[BLUE ROOM]</u>
5:00PM-8:30PM Kids Zone AGES 7-12 <u>[COMPUTER LAB]</u>	5:00PM-8:30PM Kids Zone AGES 7-12 <u>[COMPUTER LAB]</u>	4:00PM-4:45PM *Parent-Child/Kinder Gymnastics* AGES 2-5 <u>[GYMNASIUM]</u>	5:00PM-8:30PM Kids Zone AGES 7-12 <u>[COMPUTER LAB]</u>	9:15AM-10:00AM Little Yogis AGES 4+ <u>[GREEN ROOM]</u>	
5:00PM-8:30PM PM Childwatch 6months to 6 Years <u>[CHILDWATCH]</u>	5:00PM-8:30PM PM Childwatch 6months to 6 Years <u>[CHILDWATCH]</u>	5:00PM-8:30PM Kids Zone AGES 7-12 <u>[COMPUTER LAB]</u>	5:00PM-8:30PM PM Childwatch 6months to 6 Years <u>[CHILDWATCH]</u>	9:30AM-10:30AM *Teen Strength & Conditioning* AGES 12-16 <u>[FITNESS CENTER]</u>	
5:00PM-6:00PM *Intermediate Taekwondo* AGES 6-12 <u>[GYMNASIUM]</u>	5:30PM-6:30PM Y Art on the Spot Parents & Children <u>[HALLWAY]</u>	5:00PM-8:30PM PM Childwatch 6months to 6 Years <u>[CHILDWATCH]</u>	FRIDAY		
6:45PM-7:45PM *Youth Boxing* AGES 10-17 <u>[GREEN ROOM]</u>	6:00PM-7:15PM Mixed All Ages Taekwondo <u>[BLUE ROOM]</u>	5:00PM-6:00PM *Intermediate Taekwondo* AGES 6-12 <u>[GYMNASIUM]</u>	9:00AM-1:00PM AM Childwatch 6months to 6 Years <u>[CHILDWATCH]</u>	10:30AM-12:00PM *Y Fine Arts* Parents & Children <u>[HALLWAY]</u>	10:45AM-11:30AM Little Rookies AGES 3-5 <u>[GYMNASIUM]</u>
		5:00PM-5:45PM *Gymnastics* AGES 6-12 <u>[GYMNASIUM]</u>		11:45AM-12:30PM Sports Zone AGES 6-12 <u>[GYMNASIUM]</u>	
		6:45PM-7:45PM *Youth Boxing* AGES 10-17 <u>[GREEN ROOM]</u>			

FREE CLASSES - DESCRIPTIONS

Childwatch: Your child(ren) will enjoy games, books, and toys in a fun and safe environment with trained YMCA staff while you work out. 1.5 hour time limit. Only offered to One Adult & Family Memberships.

Kids Zone: Young members will utilize the computer lab, have space to do homework and play age appropriate games with YMCA staff.

Little Yogis: Families can enjoy a new way to bond and enjoy playtime together by practicing Yoga. Increase family connections while utilizing strength, flexibility, and balance.

Little Rookies: Children participate on their own. Skills development in various sports. Emphasis on play.

Sports Zone: Baseball, basketball, football - learn the rules, appropriate skills and fundamentals of play. A perfect primer for those entering middle school sports.

Y Art on the Spot: A free art class for parents and children. Families will learn to use different techniques to unleash their artistic talents.

PAID CLASSES - DESCRIPTIONS

Register Online or at our Welcome Center

***Gymnastics:** Introductory gymnastics techniques are taught using floor exercise, beam, vaulting and bars.

***Y Fine Arts:** For parents and children. Each week students will learn to use a different medium to unleash their artistic talents. Classes are taught in 4-week sessions.

***Intermediate Taekwondo:** Practice the art of Taekwondo: kicking, punching, forms, self-defense. This empowering confidence-building class emphasizes developing strong minds, character and bodies for all.

***Mixed All Ages Taekwondo:** All-level adults, YELLOW BELT and youth ages 6+ learn the art of Taekwondo: kicking, punching, forms, self-defense, sparring and board breaking.

***Youth Boxing:** Learn the rules, appropriate skills and fundamentals of boxing. A great workout and a sport for life. NO SPARRING.

***Teen Strength & Conditioning:** Learn safe lifting techniques, proper body mechanics, and total health philosophy in a safe, attentive environment.

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