



Youth and Family Programs
*We build strong kids, strong families,
 strong communities*

Hays Communities
 Family Branch
 (512) 523-0099

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-9am Homeschool P.E.		7:30-9am Homeschool P.E.			
9:30am-1:30pm Mothers Day Out	9:30am-1:30pm Mothers Day Out	9:30am-1:30pm Mothers Day Out	9:30am-1:30pm Mothers Day Out	9:30am-1:30pm Mothers Day Out	
4-4:40pm Youth Fit	3:40-4:25pm Little Dancers	4-4:40pm Youth Fit			
	4:30-5:15pm Little Dancers	4:45-5:40pm Tiny Tumblers	4:30-5:15pm Tiny Tumblers		
	5:20-6:05 Dance Zone	5:40-6:25pm Basic Tumblers	5:25-6:10pm Tiny Tumblers		

Sports
 Sports

Mothers Day Out, Drama, Dance & Tumbling	Portable
Youth Fit	Yellow Room
Home school P.E.	Blue Room

	Fee-based Programs
	Free Programs to members

Sign up NOW!

Arts
 Arts

March
 2012

Youth and Family programs run on a monthly or session basis. This means that for free or fee based programs you need to register for the class every month or session. Classes will be open for registration on the 1st of each month prior to class starting.

If your child is not registered for the class then they will not be able to take part in the class unless there is space available.

- Spaces are limited.
- Please try and have your child take 100% participation as we usually have children on a waiting list.

* All programs can be registered for online at www.austinyymca.org (except Mother's Day Out)

Revised 2/2/12

Class Descriptions

Tiny Tumblers - Learn the basics of tumbling within a safe and fun environment. The children will learn the techniques of forward and backward rolls, handstands and cartwheels. As the children develop they will be able to do these unaided. 3-6 years.

Basic Tumblers - Learn the basics of tumbling within a safe and fun environment. The instructors will work with the children at their level as they learn the techniques and skills of tumbling. 6-9 years.

Little Dancers - Little Dancers is a four week class for 3-9 year old and is designed to teach the basics of dance movement. This is a creative movement education program that uses progressive skill development that emphasizes body part awareness, coordination and posture.

Basic Dancers - Basic Dancers is designed to expose students to the diverse world of dance. Participants explore the many physical, artistic and creative skills inherent in learning dance. 8-12 years.

Youth Fit - Youth Fit will incorporate a warm-up along with body weight exercises. The class will also develop youth agility, balance and coordination. Youth Fit will finish with some stretches and yoga poses to increase flexibility. 8 – 11 years.

Mother's Day Out - A program designed for parents wanting to expose their children to socialization benefiting both child and parents. Children will learn basic classroom skills such as numbers, colors, alphabet and related themes, focusing on fun games, group crafts and activities. 3-5 years.

Home school P.E. - Do you Home school? Then we have the answer. The Hays YMCA is offering a Home school physical education program for school age kids from 1st ? 8th grades. Each month we will cover a different sport ranging from basketball to bocce ball. In addition to the fit side of the program, we offer a swim component as well. Participants will be given a 45-minute period where we focus on stroke development and water safety. Swim & Fit operates the same calendar as HCISD. 5-13 years.