



YOUTH & FAMILY PROGRAMS

TOWNLAKE YMCA | Winter/Spring 2012

9 week session: Jan 9 - March 10

Class size is limited, so please sign up at child watch and arrive early to guarantee a spot
One cannot sign up until 30 minutes before the class begins.

Welcome to the TownLake Y!



	MON	TUE	WED	THU	FRI	SAT
A M	<u>Little Musicians</u> 9:30-10:15 Ages 3-5	<u>Little Leaguers</u> 9:30-10:15 Ages 3-5	<u>Little Rollers</u> 9:30-10:15 Ages 3-5	<u>Kid-Aerobics</u> 9:30-10:15 Ages 3-5	<u>Poquito Picassos</u> 9:30-10:15 Ages 3-5	<u>Baby Ballet</u> 10:00-10:45am Ages 3-5
	<u>Tap & Jazz</u> 10:30-11:15 Ages 3-5	<u>KinderDance</u> 10:15-10:45 Ages 3-5	<u>Little Chefs</u> 10:15-10:45 Ages 3-5	<u>Zumba</u> 10:15-10:45 Family Program, all ages	<u>Creative Dance</u> 10:30-11:15am Ages 3-5	<u>Baby Ballet</u> 11:00-11:45am Ages 3-5
		<u>Mommy & Baby Yoga</u> 11:15-12:00pm Family Program	<u>Baby Ballet</u> 11:00-11:45am Ages 3-5			

**P
M**

<u>Little Rollers</u> 4:30-5:15pm Ages 4-6	<u>Kids Culinary</u> 4:30-5:15pm Ages 6-12	<u>Little Leaguers</u> 4:30-5:15pm Ages 4-6	<u>Little Einsteins</u> 4:30-5:15pm Ages 3-6
<u>Homework Helper</u> 5:15-5:45pm All Ages	<u>Homework Helper</u> 5:30-6:30pm All Ages	<u>Creative Minds</u> 5:15-6:00pm Ages 6-12	<u>Basic Ballet</u> 4:30-5:15pm Ages 6-8
<u>Art</u> 6:00-6:45pm Ages 6-12		<u>GymZone</u> 6:00-6:45pm Ages 6-12	<u>Theatre Dance</u> 5:30-6:15pm Ages 6-12
<u>Dancin' Kids</u> 6:45-7:30 Ages 6-12	<u>YouthFit</u> 6:30-7:30pm Ages 8-12	<u>Lego Creations</u> 6:15-7:00pm Ages 5-12	<u>YouthFit</u> 6:30-7:30pm Ages 8-12
	<u>Tae-Kwon-Do</u> 7:00-8:00 Ages 8 & up		<u>Tae-Kwon-Do</u> 7:00-8:00 Ages 8 & up

<u>Parent's Night Out</u> 5:30-10:00pm Ages 4-12 (Must be 4)
February 11,

<u>Family Night Out</u> 6:00-10:00pm Family Program
January 14,

<u>Teen Night</u> 7:00-10:00pm Ages 12-15
January 21,

All programs are free for YMCA members, unless you see --- **red block**

Ages 3-6	These classes tailored to children that are developmentally capable of participating on their own. Children must be able to follow instructions and participate in class activities in a group setting independent of parents.	<i>Note: Class locations are subject to change without notice</i>
Ages 6-12	Participants will focus on activities that are age appropriate and encourage interaction & character development within a group setting.	
Ages 8 & up	Participants will focus on advanced activities and will encourage participation and character development.	
Family	Fun programs/events for the whole family to enjoy. Parents must accompany children	
Locations	AMP Room Yoga Room Kimbat Hall	