



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

BASTROP YMCA FAMILY BRANCH























CALENDAR | SEPTEMBER 2018

1112 Main St. Bastrop, TX 78602

www.bastropymca.org

512.321.9622

# YOUTH & FAMILY

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 <b>Labor Day</b> Office – Closed Pool—Open 12:00pm – 8:00pm 	4  <b>Ballet</b> 5:45pm OR 6:45pm <b>Swim League</b> 6:00pm – 7:00pm	5  <b>Family Yoga</b> 4pm – 4:30pm <b>Y – Kindness Rocks</b> 4:30pm – 5:30pm	6  <b>HS Art (Age 10-17)</b> 3:00pm – 4:00pm <b>Kids Dance Fit</b> 4:15pm – 5:00pm <b>Art (Age 6-11)</b> 4:30pm – 5:30pm	7	8 <b>Swim League</b> 12:30pm – 1:30pm <b>Movie in the Park:</b> "Cars" 
9	10  <b>Home School P.E.</b> 1:10pm – 2:00pm <b>Y – Take Home Craft</b> 4:00pm – 5:00pm <b>Swim Lessons</b> 6:00pm – 6:40pm	11  <b>Ballet</b> 5:45pm OR 6:45pm <b>Swim Lessons</b> 6:00pm – 6:40pm <b>Swim League</b> 6:00pm – 7:00pm	12  <b>Family Yoga</b> 4:00pm – 4:30pm <b>Y – Kindness Rocks</b> 4:30pm – 5:30pm <b>Youth &amp; Government</b> 5:00pm – 6:00pm <b>Swim Lessons</b> 6:00pm – 6:40pm	13  <b>HS Art (Age 10-17)</b> 3:00pm – 4:00pm <b>Kids Dance Fit</b> 4:15pm – 5:00pm <b>Art (Age 6-11)</b> 4:30pm – 5:30pm <b>Swim Lessons</b> 6:00pm – 6:40pm	14	15  <b>Swim League</b> 12:30pm – 1:30pm <b>Parents Night Out</b> 5:30pm – 8:30pm
16	17  <b>Home School P.E.</b> 1:10pm – 2:00pm <b>Swim Lessons</b> 6:00pm – 6:40pm	18  <b>Ballet</b> 5:45pm OR 6:45pm <b>Swim Lessons</b> 6:00pm – 6:40pm <b>Swim League</b> 6:00pm – 7:00pm	19  <b>Family Yoga</b> 4:00pm – 4:30pm <b>Y – Kindness Rocks</b> 4:30pm – 5:30pm <b>Youth &amp; Government</b> 5:00pm – 6:00pm <b>Swim Lessons</b> 6:00pm – 6:40pm	20  <b>HS Art (Age 10-17)</b> 3:00pm – 4:00pm <b>Kids Dance Fit</b> 4:15pm – 5:00pm <b>Art (Age 6-11)</b> 4:30pm – 5:30pm <b>Soccer Practice</b> 5:30pm – 7:30pm <b>Swim Lessons</b> 6:00pm – 6:40pm	21	22  <b>Soccer Game</b> 8:00am <b>Swim League</b> 12:30pm – 1:30pm
23 <b>Swim League Meet</b> Southwest Branch Austin Tx Time: TBD	24  <b>Home School P.E.</b> 1:10pm – 2:00pm <b>Y – Take Home Craft</b> 4:00pm – 5:00pm <b>CPR/AED Class</b> 5:30pm – 8:00pm 	25  <b>Ballet</b> 5:45pm OR 6:45pm <b>Swim League</b> 6:00pm – 7:00pm	26  <b>Family Yoga</b> 4:00pm – 4:30pm <b>Y – Kindness Rocks</b> 4:30pm – 5:30pm <b>Youth &amp; Government</b> 5:00pm – 6:00pm	27  <b>HS Art (Age 10-17)</b> 3:00pm – 4:00pm <b>Kids Dance Fit</b> 4:15pm – 5:00pm <b>Art (Age 6-11)</b> 4:30pm – 5:30pm <b>Soccer Practice</b> 5:30pm – 7:30pm	28	29  <b>Soccer Game</b> 8:00am <b>Swim League</b> 12:30pm – 1:30pm <b>Movie in the Park:</b> "Spirit" Sunset/Dark 
30						<b>*Legend: "Y" = Free to ALL</b>

# YOUTH & FAMILY

## CLASS DESCRIPTIONS

**\*Art** - Kids will have a blast working with terra-cotta clay, chalk pastels, different types of paints and more! Each session children will bring home multiple art pieces to show off to family and friends. Class is held at the Bastrop YMCA, 1112 Main St.

**\*Ballet** - 8 week session with a recital for family on the last day! This class will introduce your dancer to the basic techniques of ballet. They will increase their creativity, coordination and confidence. Ballet shoes are required. Location: YMCA Main Street Office: 1112 Main Street

**\*CPR/AED Training** - No other certifications required. Students are required to attend the entire scheduled time of the course and must participate in all required skills in order to receive the certification. A skills test will be conducted at the end of the course to which the students must pass to receive certification. \$40 for all. Location: YMCA Main Street Office: 1112 Main Street

**Family Yoga** - A basic yoga class suitable for all levels and ages! Join us as we tell a fun story through yoga poses to promote family togetherness. Free to members, \$5 for non-members Location: Kerr Center, 1308 Walnut,

**Homeschool P.E.**-The Bastrop YMCA is offering a physical education program for school age kids from 1st-6th grades. No need to pre-register, walk-ins welcome! Homeschool P.E. classes will be at Fisherman's Park. Classes are FREE for members and \$5.00 per class for non-members. Location: YMCA Main Street Office: 1112 Main Street

**Kids Dance Fit** -This program features age-appropriate music and moves that get kids moving to the beat. Registration is NOT required. Class is FREE to members; \$5/class for non-members. Non-members may pay by credit card online (print and bring receipt for each class) or with exact change or check on-site. Members, please bring your key fob to be scanned. Location: Kerr Center, 1308 Walnut,

**Kindness Rocks** -The Kindness Rock Project is an effort to spread good vibes by painting rocks with positive message and pictures for others to find! Think this is something your family would enjoy? Stop by our office on Wednesdays from 4:15-5:00pm for this FREE activity. \*No Registration Required! Location: YMCA Main Street Office: 1112 Main Street

**\*Parents Night Out**- Get away while the kids play! Parents need time off too. Enjoy a quiet night on the town, while the kids play games and realize their artistic potential. Located in historic downtown Bastrop, walking distance from many restaurants and the river walk. Healthy snacks provided. Location: YMCA Main Street Office: 1112 Main Street

**Take Home Craft**- we'll be hosting a opportunity for members of the Bastrop Y to come in and make a craft! This program is FREE for Everyone! This class requires no registration, members can simply walk in and get crafting! Location: YMCA Main Street Office: 1112 Main Street

**\*Soccer** - Designed to teach the fundamentals of soccer in a fun, non-competitive atmosphere, as well as instilling the importance of sportsmanship, cooperation, and teamwork in each participant. Teams coached by volunteers. Location: YMCA Bob Bryant Park

**\*Swim League** - is a recreational and competitive program that focuses on the development of swimmers ages 6 to 14. Our coaches work to improve swimmers' skill level, endurance, and promote a healthy lifestyle. Location: YMCA - Bastrop State Park Pool. 100 Park Rd 1A Bastrop, TX

**\*Swim Lessons** - Bastrop Group Swim lessons. Students will be evaluated on first lesson day and instructor will determine the correct level of class for the group. There will be a total of 8 lessons over the course of two weeks. Each lesson will be 40 minutes in length, so please arrive on time and ready to begin. Depending on groups evaluation, the instructor will be teaching one of the following levels. Water Acclimation, Water Movement or Water Stamina. Location: YMCA - Bastrop State Park Pool. 100 Park Rd 1A Bastrop, TX

**Youth & Government** - Democracy must be learned by each generation. YMCA Youth & Government is a statewide civic education and leadership program in which schools, civic organizations and Ys involve kids in hands-on learning experiences. Location: YMCA Main Street Office: 1112 Main Street

**\* Registration is required for all programs marked with an asterisk\***