

COMPLETE PROGRAM GUIDE: YOUTH & FAMILY

At the Y, we have so many different options for you to choose from when it comes to healthy and active programming. From registration-based classes like swim lessons and flamenco dance classes to value-added options like HangTime, there's something for everyone. We worked hard to bring all of those options to one central space for you to use as a resource in the coming months. Check out what's coming your way, and start signing up for your favorites today!

YOUTH & FAMILY:

Note to parents: We will be hosting classes on MLK Day and during Spring Break, but other than these two exceptions, we will not be hosting any classes on other holidays.

Value Added Programming:

- Hangtime Jr. (Ages 3-5): Monday-Thursday 9:30am-11:30am
- Hangtime (Ages 5-12): Monday-Thursday 4:30pm-6:30pm
- Hangtime (Ages 5-12): Saturdays 9:30am-11:30am

Instead of hosting individual Youth Programs, we will be embedding those concepts and activities into Hang Time. This should make attendance more doable and convenient as participants can drop in anytime during the two hours of each Hang Time session. For more information or if you have questions, feel free to reach out to Amanda at Amanda.Hickey@AustinYMCA.org.

Fee-based classes:

Parent's Night Out: We've got date night covered! Enjoy a kid-free evening while we provide a fun-packed night for your kiddos. Activities include arts and crafts, sports, games, and the ever-popular (and always G-rated) movie at the end of the night. Of course the pizza and snacks are on us! In order for this class to make, we must have a minimum of 10 participants and a maximum of 35 participants. [Register now!](#)

- Dates | January 28, February 25, March 25, April 29, and May 20
- Times | 4:30-9pm
- *Expectations: Children must be three years old and up as well as potty-trained and emotionally ready to leave parents. Kids range in age from 3-12 years old. Parents must be available in the event that we need to reach out for any reason. Registration for Parents' Night Out opened up December 1 and closes the day before each event.*

Youth Boxing: Our heart-pumping boxing classes will introduce the foundation of boxing skills while building strength, endurance, and confidence. Gloves and 106 inch wraps will be provided, but students are welcome to bring their own equipment. Wear comfortable athletic wear and athletic shoes. In order for this program to make, we must have a minimum of 3 participants and a maximum of 10 participants. Ages range from 8-16 years old. Registration opened on December 1 and will close the day before each session begins. [Learn more and register now!](#)

- Dates | January 7-28th; February 4-25th; March 4-25th; April 1-29th; May 6-27th
- Times | Saturdays 9:30am-10:30am

Homeschool Fit: Our [homeschool fit](#) program is designed to provide the physical component of wellness for our young community members attending school at home. We will spend the first 40 minutes in the pool exploring the many different ways to be active in the water. After a quick snack break, activity will resume for 60 minutes of heart-pumping PE games. Join us as we get active, make friends, and instill a

love of exercising! Ages range from 5–12 years old. Registration opened on December 1 and will close the day before each session begins. In order for this program to make, we must have a minimum of 4 participants and a maximum of 15 participants. [Register now!](#)

- Requirements: Bring a snack, swimsuit, towel, athletic wear, and athletic shoes.
- Dates | January 10–31st; February 2–28th; March 2–30th; April 4–27th
- Times: Tuesdays and Thursdays 1–3pm

Dance Programming:

**Note: Performances classes last for 16 weeks. Classes must have at minimum 4 participants and maximum 12 participants to make. Registration opened on December 1 and will close on January 8 for performance classes and the day before the class begins for non-performance classes.*

Non-Performance Classes Run Dates:

- **Flamenco**
 - 1/12–1/26
 - 2/2–2/23
 - 3/2–3/30
 - 4/6–4/27
- **Creative Movement**
 - 1/14–1/28
 - 2/4–2/25
 - 3/4–3/25
 - 4/1–4/29
- **Performance Classes Run Dates:**
- **Flamenco:** Flamenco is a unique, high energy, and beautiful form of dance with Spanish roots. In this class, students will experience traditional flamenco music while improving rhythm and coordination. Techniques in this class include posture, hand, body, and footwork. Students will learn a choreographed dance to perform in our spring recital. Join us as we clap, tap, and twirl to the beat! **Dancers must have Flamenco shoes for this program.*
 - Dates: Mondays January 9–April 29th; Recital held on April 30th
 - Note: We will not host class on Saturday, April 15th (Easter Weekend)
 - Times:
 - 4–4:30pm for 3–5 year olds
 - 4:30–5:15pm for 6–10 year olds
- **Ballet and Tap:** The ballet and tap combo class introduces students to two of the most widely known forms of dance. The ballet portion of class introduces foundations of movement and terminology, while focusing on body awareness and control. The tap portion of class will be spent learning combinations and improving rhythm and coordination. Students will learn both a ballet *piece and tap number to perform at our spring recital.* **Dancers must have ballet slippers and/or tap shoes for this program.*
 - Dates: Thursdays January 9–April 29th; Recital held on April 30th
 - Note: We will not host class on Saturday, April 15th (Easter Weekend)
 - Times: 4–4:30pm for 3–5 year olds
- **Flamenco (Non-Performance):** Flamenco is a unique, high energy, and beautiful form of dance with Spanish roots. In this class, students will experience traditional flamenco music while improving rhythm and coordination. Techniques in this class include posture, hand, body, and footwork. Join us as we clap, tap, and twirl to the beat. **Dancers must have shoes with a short/sturdy heel or Flamenco shoes.*
 - Dates: Thursdays January 9–April 29th
 - Note: We will not host class on Saturday, April 15th (Easter Weekend)

- Times: 4:30-5pm for 3-5 year olds
- Ballet: Calling all aspiring prima ballerinas and primo ballerinos! Students in our ballet classes will gain a foundation in terminology and fundamentals, while learning essential skills like body control, body awareness, and spatial awareness. Students enrolled in performance classes will learn a choreographed piece to perform at our spring recital. **Dancers must have ballet slippers for this program.*
 - Dates: Saturdays January 9-April 29th; Recital held on April 30th
 - Note: We will not host class on Saturday, April 15th (Easter Weekend)
 - Times:
 - 9-9:30am for 3-5 year olds
 - 9:30-10am for 3-5 year olds
 - 10-10:30am for 3-5 year olds (Non-Performance)
 - 10:30-11:15am for 6-10 year olds
 - 11:15-12pm for 6-10 year olds (Non-Performance)

Creative Movement: Join us as we express ourselves through various forms of dance. We will get our creative juices flowing with a variety of musical styles while we focus on balance, coordination, and introductory dance steps. This class is perfect for the free-spirited child looking for a less structured environment to groove with friends. **Dancers must wear comfortable clothing and athletic shoes.*

- Dates: 10:30-11am for 3-5 year olds (Non-Performance)
- Times: 11-11:45am for 6-10 year olds (Non-Performance)

Hip Hop: Come learn the latest hip hop moves as we get funky to our favorite dance songs. We will move to the beat as we learn body control and coordination. Students will learn a choreographed piece to perform at our spring recital. **Dancers must wear comfortable clothing and athletic shoes.*

- Dates: 11-11:45am for 6-15 year olds

[Register](#) for one (or more) of these fun dance programs today!

Youth Sports

Check out the full 2017 Youth Sports Schedule with registration and season dates below:

Winter 2017

- Basketball (Ages 4-17): Regular Registration through December 11 | Season January 13-March 4
- Track (Ages 6-14): Regular Registration through January 8 | Season January 28-March 4
- Flag Football (Ages 4-14): Regular Registration through January 8 | Season January 28-March 4

Spring 2017

- Soccer (Ages 4-15): Early registration January 23-February 5 | Regular registration February 6-March 5 | Season March 25-May 20
- Volleyball (Ages 8-15): Regular registration January 23-March 19 | Season April 8-May 20
- Coach Pitch/T-Ball (Ages 4-7): Regular registration January 23-March 19 | Season April 8-May 20

Summer 2017

- Basketball (Ages 4-17): Regular registration April 10-May 14 | Season June 9-July 15
- Track (Ages 6-15): Regular registration April 10-May 14 | Season June 9-July 15
- Volleyball (Ages 8-15): Regular registration April 10-July 2 | Season July 22-August 26
- Flag Football (Ages 4-15): Regular registration April 10-July 2 | Season July 22-August 26

Fall 2017

- Soccer (Ages 4-15): Early registration July 24-August 6 | Regular registration August 7-September 4 | Season September 16-November 4
- Baseball (Ages 4-7): Regular registration July 24-September 17 | Season October 7-November 11
- Volleyball (Ages 8-15): Regular registration July 24- September 17 | Season October 7-November 11

[Register](#) your little athlete today!

AQUATICS

Registration Note: No Classes on MLK Day, Presidents' Day, AISD Spring Break, Easter Weekend, Memorial Day Weekend/Day. January - March registration will open first. April and May registration should open on March 1st to members. Each month, non-members will be able to sign up the on the 15th prior to the lessons starting.

Pike Swim Lessons (Ages 3-5): Designed for new swimmers 3-5 years old. Basic paddle stroke and kicking skills, safety, flotation and bubbles will be taught. To pass, must paddle on front and back 5 feet without instructional flotation device & 10 yards with float. [Learn more and register today!](#)

Eel Swim Lessons (Ages 3-5): Ray is for the intermediate preschooler who can already swim 15 feet unassisted using a paddle stroke on their front, side, and back. Participants work on rotary breathing, backstroke development with proper technique, and elementary backstroke. There is also continued work on treading water, deep water swimming, basic diving, floating, endurance, and pool safety. Must be able to paddle front and back for 25yds while wearing a flotation device and 15 feet without one and be able to float on front and back for 10 seconds. [Learn more and register today!](#)

Ray Swim Lessons (Ages 3-5): Ray is for the intermediate preschooler who can already swim 15 feet unassisted using a paddle stroke on their front, side, and back. Participants work on rotary breathing, backstroke development with proper technique, and elementary backstroke. There is also continued work on treading water, deep water swimming, basic diving, floating, endurance, and pool safety. Must be able to paddle front and back for 25 yards while wearing a flotation device and 15 feet without one and be able to float on front and back for 10 seconds. [Learn more and register today!](#)

Starfish Swim Lessons (Ages 3-5): Advanced preschoolers will work on continuing independence in the water. Stroke technique and endurance will be the main focus in freestyle, backstroke, elementary backstroke, and breaststroke for the entire 25 yards of the lap pool. Swimmers must be able to swim 20 feet independently in all strokes to be in the class. [Learn more and register today!](#)

Polliwog Swim Lessons (Ages 6-12): Designed for the school-age beginner who has little or no experience. Emphasis is placed on water adjustment, kicking on front and back, basic paddle stroke, floating on front and back, basic backstroke, and pool safety. There are no prerequisites for enrollment other than age requirement. [Learn more and register today!](#)

Guppy Swim Lessons (Ages 6-12): This level is for school-age advanced beginner that can swim 15 feet on their own but need to work on their freestyle technique. Rotary breathing will be introduced, as well as a more advanced technique for backstroke and elementary backstroke. Participants will work on floating on front and back, treading water, deep water swimming, pool safety, and introduction to diving. Swimmers must be able to swim 25yd with flotation device, 20 feet without, on both front and back, float independently front and back for 30 seconds as well as demonstrate a sense of comfort in the water. [Learn more and register today!](#)

Minnow Swim Lessons (Ages 6-13): For the intermediate school age swimmer. Prerequisite for Minnow is 25 yards (one length in lap pool) freestyle, backstroke with good form and technique. Focus is more

endurance and yards with Freestyle and Backstroke and introducing Breast stroke. Continued work on elementary backstroke, safety, treading water, deep water swimming, and diving and diving safety. Swimmers must be able to swim 25 yard (one length of lap pool) freestyle AND complete 25 yards backstroke, both with great form & technique or completed the Guppy level requirements. Must be ages 6-13 years, or turning 6 in the month in which the class starts. [Learn more and register today!](#)

Parent/Child Swim Lessons (Ages 6 mo-36 months): The Parent-child class is designed to introduce babies and parents to the aquatic environment. This class will help parents learn realistic developmental expectations, introduce basic aquatic safety to parent and child, and provide a fun and positive first experience in the water. The class will help babies with basic motor skills and basic paddle stroke. Skills include blowing bubbles, floating on front and back, kicking on front and back, social interaction through songs, voluntary submersion, and basic aquatic safety knowledge for parents. A portion of each class will focus on mommy independence - your child will spend a little time with our instructor to ease the transition between parent/child classes and our Preschool Levels. This is a fun class that will help prepare your child for future swim classes! Minimum age 6 months, baby should be able to hold head up when lying on their stomach. [Learn more and register today!](#)

Seaturtles Swim Team – Beginner (Ages 6-9): The beginner swim league is for children who enjoy swimming and are interested in learning the basics of competitive swimming. Practices will focus on stroke technique and refinement, and learning competitive starts and turns. Children will have the opportunity to participate in monthly association-wide swim meets. *Prerequisites: Children must be able to swim at least 25 yards freestyle with rotary breathing (breathing to the side), 25 yards backstroke and have some knowledge of breaststroke and butterfly.* [Learn more and register today!](#)

Seaturtles Swim Team – Intermediate/Advanced (Ages 8-16): The Intermediate and Advanced groups are for children who have some previous competitive swimming experience. Children will be divided into lanes based on ability and will follow workouts designed to improve swimming technique and increase stamina. This group will continue to focus on competitive swimming fundamentals including legal starts, turns and finishes. Attending at least 3 days/week is recommended. Children will have the opportunity to participate in monthly association-wide swim meets. *Prerequisites: Children must be able to swim at least 50 yards freestyle with rotary breathing (breathing to the side), 50 yards backstroke, 50 yards breaststroke and 25 yards butterfly.* [Learn more and register today!](#)