



YOUTH & FAMILY PROGRAM GUIDE

Child Watch Hours:

<u>Monday-Friday</u>	<u>Saturday</u>
8am-1pm	8am-1pm
4pm-8:30pm	

Ages: 6 weeks to 8 years old

For more information about Child Watch, please see our Child Watch Brochure.

Teen Center Hours:

<u>Monday-Friday</u>	<u>Saturday</u>
8am-2pm ¹	8am-2pm
4pm-8:30pm	

Ages:

8-12 year olds only from 4-6PM

8-18 year olds from 6-8:30PM

¹ Only when AISD is out of session/on break

CONTACT:

Carol Felan
Youth Development Coordinator
(Child Watch & Teen Center)
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BASIC PROGRAMS:

These programs are free for members as value-added programs. They focus on teaching the basics of their subject area while having fun.

Y Adaptive Sports (Ages 6&up)

This class is designed to teach kids and teens basics of sports through the experience of using a wheelchair. We will have kids participate in activities, sports games and team building exercises. Older teens may participate, through leadership roles. Contact joe.fischer@austinyymca.org for more information.

Y Play Fit (Ages 3-7)

Imagination, fitness, and fun! We'll play games and have fun while staying active.

Y Dance (Ages 4-12)

Explore dance, movement, creativity, and music!

Y Parent-Child Art (Ages 18 mon-4 years)

Explore art, develop basic motor skills, and have fun with the family. One time supply fee associated for class. (\$10/M, \$20/NM).

ADVANCED PROGRAMS:

These programs are fee-based and are open to both members and nonmembers. Build skills and knowledge in the 4 week class session. (Session dates on back page).

Hip Hop- Level 1 (Ages 4-11)

\$20/members \$45/nonmembers
Have fun with fitness and learn some sweet dance moves! Hip Hop gets you moving while building self-esteem and involving teamwork in a fun environment.

Tae Kwon Do (Ages 8 & up)

\$40/members \$85/nonmembers
Learn self-defense and mental discipline through this Korean martial art. 8 classes/4 weeks.

Gymnastics- Level 1 & 2 (Ages 5-12)

\$20/members \$45/nonmembers
Become a tumbling star by building a strong foundation of skills while having fun. Sign up for Level 2 once you are able to comfortably and confidently do a cartwheel.

Junior Chefs (Ages 5-13)

\$20/members \$45/nonmembers
An intro to cooking with fun and easy recipes. Kids get hands on experience creating healthy dishes and trying new things!

Ballet- Level 1 (Ages 4-12)

\$20/members \$45/nonmembers
Classical ballet exercises for creative dancing. Two classes offered- Both are beginner level classes.

It's More Than Yoga! (Ages 6-13)

\$20/members \$40/nonmembers
Join us for a class that focuses on yoga practice and education. Great for homeschoolers/non-traditional schoolers. Drop-ins welcome!

Young World Artist (Ages 6-12)

\$20/members \$40/nonmembers
Travel the world through artistic expression! From Japanese origami to Peruvian weaving, we'll delve into other cultures by practicing and learning their artistic styles and techniques. Sewing basics will also be taught in the class.



SPECIALTY, EVENTS & FAMILY PROGRAMS:

These programs are open to both members and nonmembers. In general, they are either one-day programs or are only available for a limited time.

Parent's Night Out (Ages 4-12)

Drop the kids off at the Y for fun and games while you take some time off. The kids will get to enjoy activities like swimming, playing group games, hanging in the Teen Center, and more! Pizza dinner provided.

When: Every 2nd and 4th Saturday of the month, 6-10:30pm (excluding holiday weekends)

First Child: \$20/M, \$40/NM Add. Child(ren): \$10/M, \$20/NM



YOUTH SPORTS

We are now taking registrations for youth soccer. Our league is co-ed and open to all skill levels and abilities from age 4 to 10! Visit the Welcome Center or our website for more details! \$65/M, \$115/NM.

***Not available for all programs.*

YOUTH AND FAMILY SCHEDULE AT A GLANCE

FEB
2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM-10:45AM Y Play Fit AGES 3-5 [GYMNASIUM]	9:30AM-11AM It's More than Yoga! AGES 6-13 [COMMUNITY RM]	10:30-11:15AM Parent-Child Art AGES 18M-4YRS [COMMUNITY RM]	9:00am-11:00am Young World Artist AGES 6-12 [COMMUNITY RM]	4:30PM-5:15PM Gymnastics- Level 1 AGES 5-12 [GYMNASIUM]	2:30-3:30PM Ballet- Level 1 AGES 4-6 [MIND & BODY]
5:30PM-6:15PM Y Dance AGES 4-12 [COMMUNITY RM]	6:30PM-7:30PM Junior Chefs AGES 5-13 [KITCHEN]	5:00-5:45PM Y Play Fit AGES 3-7 [GYMNASIUM]	5:00PM-5:45PM Y Dance AGES 4-12 [COMMUNITY RM]	5:30PM-6:15PM Gymnastics- Level 2 AGES 5-12 [GYMNASIUM]	3:30-4:30PM Ballet- Level 1 AGES 4-12 [MIND & BODY]
	6:00-7:00PM Y Adaptive Sports Ages 6&Up [GYMNASIUM]	7:15PM-8:15PM Tae Kwon Do AGES 8 & UP [MIND & BODY]	6:00PM-6:45PM Hip Hop- Level 1 AGES 4-11 [COMMUNITY RM]	7:15PM-8:15PM Tae Kwon Do AGES 8 & UP [MIND & BODY]	

This schedule is for February 2017. Class bundles will be back in March!

Keep an eye open for updated schedules as we are looking to add more classes soon!

Session dates for fee-based programs:

February: Feb 6 – Mar 4

“Y” at the beginning of the name indicates that the program is free. Free classes are first come, first serve and are only open to Y members unless marked otherwise. Registration is located at the Child Watch desk. Due to limited space we recommend you sign up 10 to 15 minutes before class starts.

Please see our website for full program registration and cancellation policies for our fee-based programs, which require prior registration in order to participate.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FALL INTO FUN!

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COA/YMCA North Austin Community Recreation Center
FEB 2017