



YOUTH & FAMILY PROGRAM GUIDE

JAN 2018

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 Create (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).

*Children 18m-3years must be accompanied by a parent

Y Music & Movement (Ages 2-5)

Sing, dance, play and learn in this fun class that allows little ones to get moving and explore music and sounds.

Y Tiny Tumblers (Ages 3-5)

Basic gymnastics is utilized to develop coordination, balance, flexibility, as well as provide fun and social outlets for physical activity.

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/non-members

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/non-members

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/non-members

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/non-members

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/non-members

Classical ballet exercises for creative dancing. Two classes offered- Both are beginner level classes.

Jazz—Level 1 (Ages 7-12)

\$20/members \$45/non-members

Learn basic dance techniques and form along with choreography in this fun dance class that explores multiple genres.

Stretch & Wellness (Ages 7-12)

\$20/members \$45/non-members

Explore yoga and meditation techniques in this class that will allow children to be learn to be mindful of their bodies. They will learn fun alternative ways to be active and healthy.

Exploring Mediums (Ages 7-14)

\$25/members \$45/non-members

Let your creativity blossom in this class that is structured to explore a new art medium each week. Participants will learn through mediums such as acrylic paint, pastels, pencils, collage, and watercolor. Classes are structured to allow participants to explore techniques used with each medium and understand the medium through practice. No materials or previous art experience required to participate - just your creativity!



Youth Sports

The YMCA Youth Sports Program helps kids become not only better players, but better people as well. Soccer league registration is open through Monday, September 4th. Ages 4 -9 and open to all abilities.

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: JAN 13th, FEB 10th, MARCH 17th, & APRIL 14th
5:00PM—9:30PM

Cost:

First Child: \$30/M, \$60/NM
Additional Child(ren): \$15/M, \$25/NM

Child Watch Hours

Monday-Friday: 8am—1pm | 4pm—8:30pm
Saturday: 8am—1pm

Ages: 6 weeks to 8 years old

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

Teen Room Hours

Monday-Friday: 8am-1pm* | 4pm-8:30pm
Saturday: 8am-1pm

*Only when AISD is out of session/on break

Ages: 8-12 years olds from 6-8:30pm
8-18 year olds from 6-8:30pm

Contact: Carol Felan
Youth Development Coordinator
(Child Watch & Teen Room)
Carol.felan@austinyymca.org

YOUTH AND FAMILY SCHEDULE AT A GLANCE

JAN
2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM-10:45AM Y Play Fit AGES 3-7 [GYMNASIUM]	10:30AM-11:15AM Y Music & Movement AGES 2-5 [COMMUNITY RM]	7:15PM-8:15PM Tae Kwon Do AGES 8 & UP [MIND & BODY]	10:15AM-11AM Y Create AGES 18M-5years* [COMMUNITY RM]	7:15PM-8:15PM Tae Kwon Do AGES 8 & UP [MIND & BODY]	2:30PM-3:30PM Ballet—Level 1 AGES 4-12 [MIND & BODY]
5:30PM-6:15PM Y Dance AGES 4-12 [COMMUNITY RM]	5PM-6PM Exploring Mediums AGES 7-13 [COMMUNITY RM]		5PM-5:45PM Hip Hop—Level 1 AGES 4-12 [MIND & BODY]		3:30PM-4:30PM Ballet—Level 2 AGES 4-12 [MIND & BODY]
	6PM-7PM Y Adaptive Sports Ages 6&Up [GYMNASIUM]		5PM-5:45PM Gymnastics—Level 1 AGES 5-12 [GYMNASIUM]		
	6:30PM-7:30PM Junior Chefs AGES 5-13 [KITCHEN]		6PM-6:45PM Gymnastics—Level 2 AGES 5-12 [GYMNASIUM]		
			6PM-6:45PM Y Dance AGES 4-12 [COMMUNITY RM]		

The spring schedule runs from January 8th through April 28th and is subject to change.

Free programs are ongoing through the spring while fee based programs run on a reoccurring 4 week schedule.

Session dates for fee-based programs:

January: January 8th—February 3rd (No classes on January 15th)

February: February 5th—March 3rd

March: March 5th—31st (No classes March 12th-17th)

April: April 2nd—28th

“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.

*Y Create: Any children under the age of 4 must be accompanied by an adult for this class

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

CREATE MAGICAL MEMORIES



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COA/YMCA North Austin Community Recreation Center
JANUARY 2018