

## YOUTH AND FAMILY PROGRAM SCHEDULE (effective through 9/30/17)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dance and Gymnastics</b>	<b>Y Dance 3-7 yrs.</b> 4:10-5:00pm Shawn/Leigh	<b>Level 1 Gymnastics (5-9 Years)</b> 5:00-6:00pm Maxie	<b>Performance Dance</b> 4:10-5:10 Karen			<b>Level 1 Gymnastics (5-9)</b> 9:00am-10:00am Maxie	
	<b>Y Dance 7-12 yrs.</b> 5:10-6:00pm Shawn/Amy/Leigh	<b>Level 1 Gymnastics (5-9 Years)</b> 6:15-7:15pm Maxie	<b>Pre-school Gymnastics</b> 5:00-6:00pm Maxie			<b>Pre-school Gymnastics</b> 10:15am-11:15am Maxie	
			<b>Level 1 Gymnastics (8-12 yrs)</b> 6:15-7:15pm Maxie				
<b>Tae Kwon Do</b>	<b>Beginners 5-6yrs</b> 4:10pm-4:40pm Master Branch/Ms. Wagner/Mr Wagner		<b>Beginners 5-6yrs</b> 4:10pm-4:40pm Master Branch/ Ms. Wagner				
	<b>Beginner 7yr-adult</b> 4:50pm-5:30pm Master Branch/ Ms. Wagner/Mr Wagner		<b>Beginner 7yr-adult</b> 4:50pm-5:30pm Master Branch/ Ms. Wagner				
	<b>Int./Advanced 8yr-Adult</b> 5:35pm-6:25pm Master Branch/ Ms. Wagner/Mr Wagner		<b>Int./Advanced 8yr-Adult</b> 5:35pm-6:25pm Master Branch/ Ms. Wagner				
<b>Fitness</b>	<b>Family Fitness Hours</b> 11am-1pm		<b>Family Fitness Hours</b> 11am-1pm		<b>Family Dance</b> 6:15-7:00pm Cynthia	<b>Family Yoga</b> (Zen Room) 9:30 - 10:15am Mamta	<b>Family Fitness Hours</b> 2pm-5pm
						<b>Family Fitness Hours</b> 3pm-6pm	
<b>Art</b>							
	<b>Parent and me 3:15-4 5-9 yrs. 4-5pm</b>		<b>All art classes require pre-registration</b>				

\*\*Denotes drop-in programs

Youth and Family programs run on a monthly or session basis. This means that for most free or fee based programs you need to register for the class every month or session. Y Dance is now a drop-in program through child watch.

Classes that require registration will be available for registration during the 1st week of each month prior to class starting.

Please check at the time of registration for exact class dates.

If your child is not registered for the class then they will not be able to take part in the class unless there is space available.

It is important that you attempt to have your children participate in 100% of the classes as many of them have waiting lists.

\* All programs can be registered for online at [www.austinyymca.org](http://www.austinyymca.org)

If you have any questions, please ask our welcome desk or ask for Jay Heinrich, our Youth and Family Director.



September  
2017

**Family Fitness Hours** - Designed for 8-11 year olds to accompany their parents in the fitness center and workout under the direct supervision of their parents. Family fitness hours are the only time 8-11 year olds are allowed in the fitness center (except for Youth Fit).

**Y Dance**- Y Dance is a class for 3-12 year olds and is designed to teach the basics of dance movement. This is a creative movement education program that uses progressive skill development that emphasizes body part awareness, coordination and posture. Participants explore the many physical, artistic and creative skills inherent in learning dance. All participants must be checked into child watch as this is a designated child watch pull-out program.

**Youth Fit** - Youth Fit will incorporate a warm-up along with body weight exercises. The class will also develop youth agility, balance and coordination. Youth Fit will finish with some stretches and yoga poses to increase flexibility. 8 – 11 years. Class meets in Group X Room B.

**Tae Kwon Do** - A self-Defense program to build self esteem and promote good citizenship at home and at school. **Taekwondo** is a Korean martial art and the national sport of South Korea. In Korean, *tae* means "to strike or break with foot"; *kwon* means "to strike or break with fist"; and *do* (means "way", "method", or "path". Thus, *taekwondo* may be loosely translated as "the way of the hand and the foot." Classes are taught by 6th degree black belt Master Branch and 3rd degree black belt Ms. Wagner. **\*Fee-based class. 4:10 and 4:50 classes are held in the gymnasium. 5:35 class held in Zen Room. Instructor resume available upon request.**

**Art Classes** - All classes will be on a monthly basis. Mommy and me art is **free**, but still **requires registration**. 5-9 classes are **\*fee based\*and require registration**.

**Performance Dance (Ages 5-7)** - This class will take on an exciting introduction to essential dance technique. In this class, the students will learn the basics of ballet and modern dance all while becoming comfortable in class behavior, technique, vocabulary, and performance. Over the course of the program, the students will use the techniques learned to prepare for a recital at the end of the 8 weeks. This will give the students a feeling of achievement and a goal for the class and to give them an idea of prepping for a performance. If your student seems ready to explore dance further and parents are ready to see their student hard work performed in a recital then this is the class for you. **\*\*\*Fee based class**

**Gymnastics**- Preschool age classes, (ages 3-4) and Level 1 classes for ages 5-7 and 8-12. The Hays YMCA is proud to now offer gymnastics! Gymnasts will develop strength, flexibility and coordination all while having a fun experience. They will be introduced to bars, balance beam, floor, and the concept of vault.

