



Serving families has always been at the heart of the Y. We are a place they can find respite from social, economic and educational challenges, and learn how to overcome them. We desire for every family to build stronger bonds, achieve a greater work/life balance, and become more engaged within the community.



## Hays Communities YMCA

465 Buda Sportsplex Drive

Buda, TX 78610

(512) 523-0099

[www.austinyymca.org](http://www.austinyymca.org)

### Jay Heinrich

Youth and Family Director  
[Jay.Heinrich@austinyymca.org](mailto:Jay.Heinrich@austinyymca.org)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Youth and Family Programs



## Childcare



### ChildWatch

ChildWatch is offered as a free service for members with a family membership. Our program offers children and babies the chance to get the most out of their own visit to the Y through playing, learning, and staying physically active.

#### Hours:

**Monday - Friday:** 8am - 1pm and 4pm - 8pm

**Saturday:** 8:00am - 12:00pm

**Sunday:** 2:00pm - 6:00pm



### Mothers' Day Out

Mothers' Day Out provides a play group for your child and help to expand his or her social skills and sharing with others. Children will learn basic classroom skills such as numbers, colors, alphabet with a focus on fun games, group crafts and activities. Children will also participate in weekly swim lessons!

#### Days and Times:

- 3-4 years old\*  
Tuesday/Thursday,  
9:30 AM - 2:00 PM
- 4-5 years old\*  
Monday/Wednesday/Friday  
9:30 AM - 2:00 PM

For more info, contact Jay at  
Jay.Heinrich@austinyymca.org

**\*Fee Based Program**

## Classes



### Art

In Art class, we focus on working with our hands, fine motor skills, and being creative. Our method of teaching is guiding children to feel free to create art in their way through paint, watercolor, collage, drawing, clay, and pastels.

- Ages 5-9\*
- Parent and Me



### Dance

Dancers explore the many physical, artistic and creative skills inherent in learning dance. We offer dance classes for various ages and skill levels, whether your kiddo is a beginner or more advanced.

- Y Dance: ages 3-7
- Y Dance: ages 7-12
- Performance Dance: ages 5-7\*



### Gymnastics

We teach kids to tumble, run, jump and twist in our kid-friendly Gymnastics programs. Gymnasts learn movement skills, fine motor skills, tumbling skills and advanced gymnastics elements.

- Preschool
- Level 1 : ages 5-7
- Level 1 : ages 8-12



### Taekwondo

Taekwondo includes blocking, punching, kicking, sparring and form practice. Our curriculum is certified and belt ranks are awarded through skills testing with certified instructors.

- Beginner: ages 5 - 6\*
- Beginner: ages 7 - adult\*
- Int./Advanced: ages 7 - adult\*

## Family Fitness



Children must be at least 12 years old to be in the Fitness Center. 12-15 year olds must be within arms reach of an adult, unless they have completed our F.A.S.T. program.

8-11 year olds may **only** be in the Fitness Center during "Family Fitness Hours" if they are accompanied by an adult.

#### **Family Fitness hours:**

**Tuesday & Thursday:** 11:00 am – 1:00 pm

**Saturday:** 3:00 pm – 6:00 pm

**Sunday:** 2:00 pm – 5:00 pm



### Group Exercise Classes

- Family Dance: Fridays, 6:15pm - 7:15pm
- Family Yoga: Saturdays, 9:30 am - 10:15am

Those ages 12-15 can attend our regular group exercise classes when accompanied by a parent or have completed F.A.S.T.