



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

BASTROP YMCA FAMILY BRANCH

CALENDAR | January 2019

1112 Main St. Bastrop, TX 78602

www.bastropymca.org

Facebook: AustinYMCA.Bastrop

# YOUTH & FAMILY

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2  Family Yoga 4:00pm - 4:30pm Y - Kindness Rocks 4:30pm - 5:30pm	3	4	5
6	7	8	9  Home School PE 10:00am - 11:00pm Family Yoga 4:00pm - 4:30pm Y - Kindness Rocks 4:30pm - 5:30pm	10  Kids Dance Fit 4:15pm - 5:00pm Gymnastics 5:30pm - 6:20pm 6:30pm - 7:20pm	11	12
13	14  Gymnastics: Parent & Me 9:00am - 9:50am	15  Science Explorers 4:30pm - 5:15pm	16  Home School PE 10:00am - 11:00pm Family Yoga 4:00pm - 4:30pm Y - Kindness Rocks 4:30pm - 5:30pm	17  Kids Dance Fit 4:15pm - 5:00pm Gymnastics 5:30pm - 6:20pm 6:30pm - 7:20pm	18  CPR/AED Class 5:30pm - 7:30pm	19  Parents Night Out 5:30pm - 8:30pm
20	21  MLK Day Schools Out Gymnastics: Parent & Me 9:00am - 9:50am Y - Take Home Craft 4:00pm - 5:00pm	22  Ballet 5:30pm - 6:20pm 6:30pm - 7:20pm	23  Home School PE 10:00am - 11:00pm Family Yoga 4:00pm - 4:30pm Y - Kindness Rocks 4:30pm - 5:30pm	24  Kids Dance Fit 4:15pm - 5:00pm Gymnastics 5:30pm - 6:20pm 6:30pm - 7:20pm	25  Youth & Govt Conf All day	26  Track 9am - 10am Youth & Govt Conf All day
27  Youth & Govt Conf All day	28  Gymnastics: Parent & Me 9:00am - 9:50am	29  Ballet 5:30pm - 6:20pm 6:30pm - 7:20pm	30  Home School PE 10:00am - 11:00pm Parents Day Out 11:00am - 3:00pm Family Yoga 4:00pm - 4:30pm Y - Kindness Rocks 4:30pm - 5:30pm	31  Creative Movement 10:00am - 10:50am Kids Dance Fit 4:15pm - 5:00pm Track 6pm - 7pm Gymnastics 5:30pm - 6:20pm 6:30pm - 7:20pm		
						*Legend: "Y" = Free to ALL

# YOUTH & FAMILY

## CLASS DESCRIPTIONS

**\*Art** - Kids will have a blast working with terra-cotta clay, chalk pastels, different types of paints and more! Each session children will bring home multiple art pieces to show off to family and friends. Class is held at the Bastrop YMCA, 1112 Main St.

**\*Ballet** - Watch your child's confidence soar as we introduce the age appropriate techniques of ballet!

**\*CPR/AED Training** - No other certifications required. CPR/AED for Community. Students are required to attend the entire scheduled time of the course and must participate in all required skills in order to receive the certification. A skills test will be conducted at the end of the course to which the students must pass to receive certification. \$40 for all. ***Does not meet requirements for healthcare workers.***

**\*Creative Movement** - The class introduces the child to locomotive movement and musicality while working with their parent. We will do basic stretching to familiar songs, working on rhythm, memory, social and motor skills. . It's a great opportunity to meet other parents and have fun with your little one!

**Family Yoga** - A basic yoga class suitable for all levels and ages! Join us as we tell a fun story through yoga poses to promote family togetherness. Free to members, \$5 for non-members

**\*Gymnastics - Pre-school:** Log rolls, donkey kicks, forward/backward rolls are just a few of the things your child will be doing. **Level 1:** Cartwheels, handstands, forward/backward rolls are just a few of the skills they will master as they progress through Level 1

**\*Homeschool P.E.**-The Bastrop YMCA is offering a physical education program for ages 8 to 16 years old. Registration is quarterly (4months at a time), meeting once weekly for one hour. Students will learn stretching, sports (Soccer, Basketball, Tennis, Cross-Country Running) and basic fitness techniques for good health. Location: YMCA Outdoor Fitness Unit 600 Charles Blvd, Bastrop, TX 78602

**Kids Dance Fit** -This program features age-appropriate music and moves that get kids moving to the beat. Registration is NOT required. Class is FREE to members; \$5/class for non-members. Non-members may pay by credit card online (print and bring receipt for each class) or with exact change or check on-site. Members, please bring your key fob to be scanned. Location: Kerr Center, 1308 Walnut,

**Kindness Rocks** -The Kindness Rock Project is an effort to spread good vibes by painting rocks with positive message and pictures for others to find! Think this is something your family would enjoy? Stop by our office on Wednesdays from 4:15-5:00pm for this FREE activity. \*No Registration Required! Location: YMCA Main Street Office: 1112 Main Street

**\*Parents Day Out**- Get away while the kids play! Parents need time off too. Do some shopping, run some errands, or have lunch with friends, while the kids play games and realize their artistic potential. Located in historic downtown Bastrop, walking distance from many restaurants and the river walk. Healthy snacks provided. Location: YMCA Main Street Office: 1112 Main Street

**\*Parents Night Out**- Get away while the kids play! Parents need time off too. Enjoy a quiet night on the town, while the kids play games and realize their artistic potential. Located in historic downtown Bastrop, walking distance from many restaurants and the river walk. Healthy snacks provided. Location: YMCA Main Street Office: 1112 Main Street

**\*Science Explorers**- Calling all future or inspiring engineers! Ready to show off your building skills? In this session of Science Explorers, we will be designing and building Spaghetti Skyscrapers ! Come join us as we use our knowledge of mechanical design concepts to reach for the sky. Location: Bastrop YMCA Main Street Office (1112 Main Street)

**Take Home Craft**- we'll be hosting a opportunity for members of the Bastrop Y to come in and make a craft! This program is FREE for Everyone! This class requires no registration, members can simply walk in and get crafting!

**Youth & Government** - Democracy must be learned by each generation. YMCA Youth & Government is a statewide civic education and leadership program in which schools, civic organizations and Ys involve kids in hands-on learning experiences.

**\* Registration is required for all programs marked with an asterisk\***