


































FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL

BASTROP YMCA FAMILY BRANCH

1112 Main St. Bastrop, TX 78602

CALENDAR | February 2019

# YOUTH & FAMILY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2   Track 9am - 10am Y - Tennis Clinic 10:00am - 12:00pm
3	4    Gymnastics: Parent & Me 9:00am - 9:50am Y - Take Home Craft 4:00pm - 5:00pm	5  Ballet 5:30pm - 6:20pm 6:30pm - 7:20pm	6  Family Yoga 4:00pm - 4:30pm Y - Kindness Rocks 4:30pm - 5:30pm	7   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	8	9   Track 9am - 10am Y - Tennis Clinic 10:00am - 12:00pm Art - Coming Soon!
10	11	12   Science Explorers 4:30pm - 5:15pm Ballet 5:30pm - 6:20pm 6:30pm - 7:20pm	13  Family Yoga 4:00pm - 4:30pm Y - Kindness Rocks 4:30pm - 5:30pm	14   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	15 	16   Track 9am - 10am Y - Tennis Clinic 10:00am - 12:00pm Art - Coming Soon! Parents Night Out 5:00pm - 9:00pm
17	18   Presidents' Day Schools out Y - Take Home Craft 4:00pm - 5:00pm	19  Ballet 5:30pm - 6:20pm 6:30pm - 7:20pm	20  Family Yoga 4:00pm - 4:30pm Y - Kindness Rocks 4:30pm - 5:30pm	21   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	22	23   Track 9am - 10am Y - Tennis Clinic 10:00am - 12:00pm Art - Coming Soon!
24	25	26  Ballet 5:30pm - 6:20pm 6:30pm - 7:20pm	27  Family Yoga 4:00pm - 4:30pm Y - Kindness Rocks 4:30pm - 5:30pm	28   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		

Because our Mission is to serve **ALL** people, financial assistance is made available to any individual or family who wants to participate in a YMCA program or activity but who cannot afford the fee. Donations from our community help our Y live it's Mission every day.



\*Legend: "Y" = Free to ALL

Updated 1/10/18

# YOUTH & FAMILY

## CLASS DESCRIPTIONS

\***Art** - 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**- Cooking has more to do with science than you might think! Come and explore why some foods taste sweet and others sour in our Tasty Treats Science Explorers. 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\***