



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BASTROP YMCA FAMILY BRANCH

1112 Main St. Bastrop, TX 78602

CALENDAR | March 2019

YOUTH & FAMILY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2  Track 9am - 10am
3	4  Y - Take Home Craft 4:00pm - 5:00pm	5  Ballet 5:30pm - 6:20pm 6:30pm - 7:20pm	6  Y - Kindness Rocks 4:30pm - 5:30pm	7  Creative Movement 10:00am - 10:50am Kids Dance Fit 4:15pm - 5:00pm Gymnastics 5:30pm - 6:20pm 6:30pm - 7:20pm	8	9
10	11	12  Science Explorers 4:30pm - 5:15pm Ballet 5:30pm - 6:20pm 6:30pm - 7:20pm	13  Y - Kindness Rocks 4:30pm - 5:30pm	14  Creative Movement 10:00am - 10:50am Kids Dance Fit 4:15pm - 5:00pm Gymnastics 5:30pm - 6:20pm 6:30pm - 7:20pm	15  CPR/AED Class 5:30pm - 7:30pm	16  Parents Night Out 5:00pm - 9:00pm
17	18  Y - Take Home Craft 4:00pm - 5:00pm	19	20  Y - Kindness Rocks 4:30pm - 5:30pm	21  Creative Movement 10:00am - 10:50am Soccer—Meet & Greet 5:30pm - 6:30pm	22	23  Soccer 5:30pm - 8:00pm
BISD - Spring Break Week						
24	25	26  Ballet 5:30pm - 6:20pm 6:30pm - 7:20pm Soccer 5:30pm - 8:00pm	27  Parents Day Out 11:00am - 3:00pm Y - Kindness Rocks 4:30pm - 5:30pm	28  Creative Movement 10:00am - 10:50am Kids Dance Fit 4:15pm - 5:00pm Soccer 5:30pm - 8:00pm Gymnastics 5:30pm - 6:20pm 6:30pm - 7:20pm	29	30  Soccer 8:00am - 12:00pm

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

YOUTH & FAMILY

CLASS DESCRIPTIONS

*Art - Coming soon!

*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!

*Gymnastics - **Parent & Me:** We will work on gross motor skill development & and basic, fun gymnastics skills. **Pre-school:** Log rolls, donkey kicks, forward/backward rolls are just a few of the things your child will be doing. **Level 1:** Cartwheels, hand-stands, 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 school age kids from 1st-6th grades. No need to pre-register, walk-ins welcome! Homeschool P.E. classes will be at Fisherman's Park. Classes are FREE for members and \$5.00 per class for non-members.

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

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!

***Science Explorers**- Calling all future or inspiring engineers! In this session of Science Explorers we will be exploring the concept of weight distribution. Come join us as we use our knowledge of structural design concepts to support our body weight by paper cups. Location: Bastrop YMCA Main Street Office (1112 Main Street)

***Soccer**- Designed to teach the fundamentals of soccer in a fun, non-competitive atmosphere, as well as instilling the importance of sportsmanship, cooperation, and teamwork in each participant.

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***