



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

BASTROP YMCA FAMILY BRANCH














1112 Main St. Bastrop, TX 78602

www.bastropymca.org

512.321.9622

# YOUTH & FAMILY

## CALENDAR | MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Gymnastics: Parent &amp; Me</b>  9:00am - 9:50am 5/13 & 5/20	 <b>Science Explorers</b> 4:30pm - 5:15pm 5/14 only	 <b>Y-Kindness Rocks</b> 4:00pm - 5:00pm	<b>Y-Creative Movement</b> 10:00am - 10:50am  <b>Y-Kids Dance Fit</b> 4:15pm - 5:00pm		 <b>Y-Family Dance Fit</b> 10am - 11am
	 <b>Volleyball</b> 6:00pm - 8:00pm Ends 5/18	 <b>Ballet</b> 5:30pm - 6:20pm 6:30pm - 7:20pm Ends 5/14	<b>Gymnastics</b>  5:30pm - 6:20pm 6:30pm - 7:20pm Ends 5/22	<b>Gymnastics</b>  5:30pm - 6:20pm 6:30pm - 7:20pm Ends 5/23		 <b>Art</b> 11am - 12:30pm 5/11 & 5/18
		 <b>Soccer</b> 5:30pm - 8:00pm Ends 5/18		 <b>Soccer</b> 5:30pm - 8:00pm Ends 5/18		 <b>Soccer</b> 8:00am - 12:00pm Ends 5/18
						 <b>Volleyball</b> 9:00am - 12:00pm Ends 5/18

### Toddlers (18m to 4yr)

Ballet (4+)  
Y-Creative Movement  
Y-Family Dance Fit  
Y-Kindness Rocks (FREE)  
Gymnastics: Parent & Me  
Gymnastics: Preschool (4+)  
Soccer: Parent & Me (3+)



### Grade school (5yr to 11yr old)

Ballet  
Y-Family Dance Fit  
Gymnastics  
Y-Kids Dance Fit  
Y-Kindness Rocks (FREE)  
Soccer  
Volleyball (8+)

### Teen (12yr to 16yr)

CPR/AED Class  
Y-Family Dance Fit  
Y-Kindness Rocks (FREE)  
Soccer (12 - 14)  
Volleyball (12 - 15)  
Youth & Government (FREE)

### EVENTS

- 5/4 - Healthy Kids Day
  - Bob Bryant Park @ 9am to 2pm
- 5/11 - Movies in the Park - "Sing" 
  - Bob Bryant Park @ Sunset
- 5/18 - Splash Day—FREE POOL ACCESS 

### NEWS

**Swim Lessons**  
Registration opens in April.

**Themed Summer Mini Camps**  
Mon - Thurs, 9am to 1pm. Themes include Cheer, Nature, All Sports, Creative Arts & Swimming camps.

### OUR MISSION

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.

Updated: 4/8/2019

# 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. Cost: \$5 members, \$10 for community per session. Location: Bastrop YMCA, 1112 Main St.

**\*Ballet** - Watch your child's confidence soar as we introduce the age appropriate techniques of ballet! Cost: \$30 members, \$60 for community per month. Location: Bastrop YMCA, 1112 Main St.

**\*CPR/AED Training** - No other certifications required. 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. Cost: \$40. Location: Bastrop YMCA, 1112 Main St.

**\*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, handstands, forward/backward rolls are just a few of the skills they will master as they progress through Level 1. Cost: \$30 members, \$60 for community per month. Location: Bastrop YMCA, 1112 Main St.

**\*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. Cost: \$5 members, \$10 community. 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. Cost: \$55 members, \$110 for community per season. Location: Bob Bryant Park 600 Charles Blvd, Bastrop, TX 78602

**\*Volleyball** - Designed to teach the fundamentals of volleyball in a fun and supportive atmosphere, as well as instilling the importance of sportsmanship, cooperation, and teamwork in competition. Cost: \$45 members, \$90 for community per season. Location: Bastrop Middle School, 725 Old Austin Hwy, Bastrop, TX 78602

**Y-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! Cost: \$0 members, \$5 for community, adult is free. Location: Bastrop YMCA, 1112 Main St.

**Y-Family Dance Fit** - Exercise is not just for mom and dad, get the whole family working out! This program features music, dance and fun for the whole family. We will experience a fun aerobic workout led by Coach Tracie at our Outdoor Fitness unit and enjoy fresh air. Registration is NOT required. Class is FREE to members; \$5/class for non-members. Non-members may pay by credit card. Members, please bring your key fob to be scanned. Location: Bob Bryant Park 600 Charles Blvd, Bastrop, TX 78602

**Y-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. Members, please bring your key fob to be scanned. Cost: \$0 members, \$10 for community. Location: Ker Center 1308 Walnut, Bastrop TX 78602

**Y-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 4:00-5:00pm for this FREE activity. \*No Registration Required! Location: YMCA Main Street Office: 1112 Main Street

**Y-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! Cost: FREE Location: Bastrop YMCA, 1112 Main St.

**\*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. Cost: FREE Location: Bastrop YMCA, 1112 Main St.

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