



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 | August 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Group Swim Lessons: 9am to 11am - Ending 8/8</b></p> 					<p><b>CPR/AED</b> 5:30pm - 8pm 8/9 only</p> 	<p><b>Group Swim Lessons</b> 9:00am - 11:00am</p> 
	<p><b>Y-Creative Movement</b> 10:00am - 10:50am</p>	<p> <b>Science Explorers</b> 4:30pm - 5:15pm <i>8/20 only</i></p>	<p><b>Y-Kids Dance Fit</b> 4:15pm - 5:00pm</p>	<p> <b>Youth &amp; Gov't Club</b> 2pm - 3pm 8/22 Only</p> <p> <b>Youth Track</b> 6:30pm - 7:30pm Ends 8/24</p>		<p><b>Y-Family Dance Fit</b> 10am - 11am</p> 
	<p><b>Swim League</b> 6:30pm - 7:30pm</p> 		<p><b>Swim League</b> 6:30pm - 7:30pm</p> 			<p><b>ART</b> 11:00pm - 12:30pm 8/24 only</p>
<p><b>Group Swim Lessons: 6pm to 8pm - Ending 8/8</b></p> 						

### Toddlers (18m to 4yr)

Group & Private Swim Lessons  
Y-Creative Movement  
Y-Family Dance Fit

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

Group & Private Swim Lessons  
Splash Ball  
Swim League  
Y-Family & Kids Dance Fit  
Youth Track

### Teen (12yr to 16yr)

Group & Private Swim Lessons  
Swim League  
Y-Family Dance Fit  
Youth & Government (FREE)  
Youth Track

### EVENTS

- 8/10 - Movies in the park- "Mary Poppins Returns"
  - Bob Bryant Park @ Sunset



### NEWS

Fall Programming is kicking off in a big way:

- Gymnastics and Ballet are back! This season we will be working towards a Christmas show this year!
- Soccer & Volleyball are open for registration!
- Volleyball Clinic - Get warmed up for the season!

### 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: 7/31/2019

Bastrop YMCA Family Branch | 512.321.9622 | www.BastropYMCA.org | Facebook: AustinYMCA.Bastrop

# YOUTH & FAMILY

## CLASS DESCRIPTIONS

**\*Art** - Oil paints are one of the most popular artistic mediums and for good reason. They are versatile, archival and economical. This class is an introduction to the proper materials needed to begin working with and blending oils.

**\*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.

**\*Science Explorers-** Calling all aspiring Inventors! In this session we are going to create secret documents using invisible ink! Learn how to decipher these documents and why it works. Cost: \$5 members, \$10 community. Location: Bastrop YMCA Main Street Office (1112 Main Street)

**\*Track** - This league is designed to teach the basics of correct running techniques in a team environment. Practice on Thursday evening. (6:30pm). Meets will be on Saturday mornings (9 am).

**\*Swim League** - Swim League is for children who enjoy swimming and are interested in learning the basics of competitive swimming. Our coaches work to improve swimmers' skill level, endurance and promote a healthy lifestyle. Practices will focus on stroke technique refinement and learning competitive starts and turns. Swimmers will have the opportunity to participate in monthly association-wide swim meets.

Swim Lessons - Introduces swimmers to the pool and helps them develop safe water habits. Each stage lays a foundation which allows for the child's to continue to progress in swimming.

**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

**\*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**