



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 | September 2019

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|--|---|--|-----|---|
| | Y-Creative Movement 10:00am - 10:50am Volleyball Clinic 6:00pm - 7:30pm 9/9 & 9/16 Only Volleyball League 6:00pm - 8:00pm Starting 9/30 | Science Explorers 4:30pm - 5:15pm <i>9/17 only</i> Ballet/Jazz 5:30pm - 6:20pm 6:30pm - 7:20pm Soccer 5:30pm - 8:00pm Starting 9/24 | Y-Kids Dance Fit 4:15pm - 5:00pm Gymnastics 5:30pm - 6:20pm 6:30pm - 7:20pm | Youth & Gov't Club 2pm - 3pm 9/5, 9/19 Only Gymnastics 9:30am - 10:20am 5:30pm - 6:20pm 6:30pm - 7:20pm Soccer 5:30pm - 8:00pm Starting 9/19 | | Y-Family Dance Fit 10am - 11am ART 9/28 Only 11am - 12:30pm Soccer 9:00am - 12:00pm Starting 9/21 |

Toddlers (18m to 4yr)

- Ballet (4-5)
- Private Swim Lessons
- Gymnastics: Parent & Child
- Gymnastics (3 - 5)
- Soccer (3 - 4)
- Y-Creative Movement
- Y-Family Dance Fit

Grade school (5yr to 11yr old)

- Ballet (4-8)
- Private Swim Lessons
- Gymnastics (6 - 12)
- Soccer (5 - 11)
- Science Explorers
- Volleyball (8-11)
- Y-Family & Kids Dance Fit

Teen (12yr to 16yr)

- Private Swim Lessons
- Soccer (12 - 14)
- Volleyball (12-15)
- Y-Family Dance Fit
- Youth & Government (FREE)

EVENTS

- 9/14 - Movies in the park- "Thor"
 - Fisherman's @ 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!
- Youth & Government Club has begun in Bastrop!

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: 9/10/2019

YOUTH & FAMILY

CLASS DESCRIPTIONS

***Art** - Bring your family, bring your friends, this program is open for all ages. Come learn with us! In this session we will explore one stroke painting. One stroke painting is a popular and interesting decorative painting technique where double and multi-loading of a brush is used to achieve highlights, shadows and color changes in one stroke.

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

***Gymnastics**- The gymnast will develop strength, flexibility and coordination all while having a fun experience. 3 levels available (Parent/Child Gymnastics, Pre-School Gymnastics, Gymnastics)

***Science Explorers**- Calling all aspiring Inventors! Have you ever been memorized the bubbles in a lava lamp? Have you ever wondered how a lava lamp is made? In this session we are going to create lava lamps! Cost: \$5 members, \$10 community. Location: Bastrop YMCA Main Street Office (1112 Main Street)

***Soccer League**- 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. Teams coached by volunteers

***Volleyball Clinic**- Skills based clinic coached by YMCA Staff. No Teams or games during the clinic. We will focus on improving skills preparing for the volleyball league.

***Volleyball League**- 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. - Teams coached by volunteers.

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**