



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BECOME A BETTER YOU!

## YMCA WINTER SESSIONS

### WINTER I 2019

JANUARY 7- FEBRUARY 23, 2019

Member registration: Dec 15

Community registration: Dec 22

### WINTER II 2019

Member registration: Feb 11

Community Registration: Feb 18

## WINTER I

YOUTH BASKETBALL	MARTIAL ARTS	YOUTH PROGRAMS	ADULT PROGRAMS
Parent & Me Basketball (Ages 3-5) <ul style="list-style-type: none"> <li>• Wednesday</li> <li>• 6:30pm-7:15pm</li> <li>• \$40/75 non-member</li> </ul>	Beginner 6 & Up <ul style="list-style-type: none"> <li>• Tuesday/Thursday</li> <li>• 6:30pm-7:15pm</li> <li>• \$45/75 non-member</li> </ul>	Cooking for Fun (Ages 8-12) <ul style="list-style-type: none"> <li>• Saturday</li> <li>• 9:30am-11:30am</li> <li>• \$50/\$75 non-member</li> </ul>	Volleyball Pick-Up Game <ul style="list-style-type: none"> <li>• Monday</li> <li>• 7:15 pm -9 pm</li> <li>• \$20/40 non-member</li> </ul>
Beginner Basketball Skills (Ages 6-8) <ul style="list-style-type: none"> <li>• Wednesday</li> <li>• 6:30pm-7:15pm</li> <li>• \$40/75 non-member</li> </ul>	Advanced 6 & Up <ul style="list-style-type: none"> <li>• Tuesday/Thursday</li> <li>• 7:15pm-8:00pm</li> <li>• \$45/85 non-member</li> </ul>	Youth Strength Training (Ages 10-12) <ul style="list-style-type: none"> <li>• Wednesday 6:30-7:30pm</li> <li>• Saturday 10:00am-11:00am</li> <li>• \$30</li> </ul>	Introduction to Fly Fishing/Tying <ul style="list-style-type: none"> <li>• Tuesday</li> <li>• 6pm-8pm</li> <li>• \$50/100 non-member</li> </ul>
Intermediate & Advanced Basketball Skills (Ages 9-12) <ul style="list-style-type: none"> <li>• Wednesday</li> <li>• 7:30pm-8:15pm</li> <li>• \$40/75 non-member</li> </ul>	Ages 2-5 <ul style="list-style-type: none"> <li>• Saturday</li> <li>• 9:45am-10:15am (Ages 2-4)</li> <li>• 10:30am-11:00am (Ages 4-5)</li> <li>• \$40/75 non-member</li> </ul>	Fit Kids (Ages 8-12) <ul style="list-style-type: none"> <li>• Thursday</li> <li>• 7pm-7:45pm</li> <li>• \$45/\$85 non-member</li> </ul>	<b>ADAPTED PROGRAMS</b> Court Sports <ul style="list-style-type: none"> <li>• Thursdays</li> <li>• 10:50am-12pm</li> <li>• \$25/50 non-member</li> </ul>
Junior's Unified Team/Skills Class (Ages 8-12) <ul style="list-style-type: none"> <li>• Wednesday</li> <li>• 5:45pm-6:15pm</li> <li>• free</li> </ul>		Creative Writing/Poetry Class (Ages 12-17) <ul style="list-style-type: none"> <li>• Monday/Thursday</li> <li>• 6:00pm-6:45pm</li> <li>• \$35/\$55 non-member</li> </ul>	Introduction to Wellness <ul style="list-style-type: none"> <li>• Tuesdays/Thursdays</li> <li>• 10:50 am -12pm</li> <li>• \$25/50 non-member</li> </ul>
<b>YOUTH SOCCER</b> Co-ed Indoor Soccer League (Ages 6-7, 8-9, 10-12) <ul style="list-style-type: none"> <li>• Saturday</li> <li>• 8:30am, 9:30am, 10:30am</li> <li>• \$45/85 non-member</li> </ul>		S.T.E.A.M. For All (Ages 6-12) <ul style="list-style-type: none"> <li>• Tuesday</li> <li>• 3pm-4pm (ages 6-8)</li> <li>• 4pm-5pm (ages 9-12)</li> <li>• \$50</li> </ul>	Get Up & Get Active <ul style="list-style-type: none"> <li>• Tuesdays</li> <li>• 10:50 am - 12pm</li> <li>• \$25/50 non-member</li> </ul>
			Arts & Crafts <ul style="list-style-type: none"> <li>• Wednesdays</li> <li>• 10:50 am-12pm</li> <li>• \$25/50 non-member</li> </ul>

## TODDLER & PRESCHOOL

<b>ABC &amp; 123</b> Wednesday 3-5yrs 10:30 - 11:10 \$40/75 non-member	<b>LET'S EXPLORE</b> Tuesday 3-5 yrs 10:30-11:10 \$40/75 non-member	<b>SO BIG</b> Thursday 3-5yrs 9:45 - 10:30 \$40/75 non-member
<b>TINY TUMBLERS</b> Thursday 18mos to 3 yrs 10:45 - 11:15 Saturday 18mos to 2.5yrs 10:30 - 11:00 Saturday 2.5 to 5yrs 9:45 - 10:15 \$40/75 non-member	<b>ART-BOOK-COOK</b> Tuesday 3-5yrs 9:30-10:10 \$40/75 non-member	<b>PEEWEE P.E.</b> FRIDAY 2-5yrs 10:20 - 11:00 \$40/75 non-member

# SWIM LESSONS

## WINTER I

7 week session

1/7-2/23

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Parents/child 30 minute class Member \$45 Non-member \$85							
A (6 months-2yr)	9:30am		9:00am	9:30am		9:00am	
B (2 yrs-3yrs)			9:30am	9:00am		10:10am	
PRESCHOOL LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 minutes class 3-5 yrs Member \$45 Non-member \$85							
Pre-k 1	9:00am 10:00am 11:00am 3:30pm 4:00pm 5:00pm	9:00am 10:00am 4:30pm 5:30pm	10:00am 11:00am 3:30pm 4:00pm 5:00pm	10:00am 11:00am 4:00pm 5:00pm	12:30pm 1:30pm	8:00am 8:30am 9:00am 9:35am 10:10am 10:45am 11:20am 11:55am	
Pre-k 2	10:30am 4:30pm 5:30pm	9:30am 4:00pm 5:00pm	10:30am 4:30pm 5:30pm	10:30am 4:30am	1:00pm	9:35am 10:45am 11:20am	
Pre-k 3	4:00pm	4:30pm	4:30pm			9:00am 10:10am	
Pre-k 4	4:30pm	4:00pm	5:00pm			8:30am 10:10am	
YOUTH LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
45 minute classes 6-12yrs Member \$55 Non-member \$105							
Y1	4:15pm	5:00pm	4:15pm			8:15am 9:50am 11:30am	
Y2	5:00pm	4:15pm	5:00pm			9:00am 10:40am	
Y3	5:00pm	4:15pm	5:00pm	4:15pm		9:00am 10:40am	
Y4	4:15pm	5:00pm	4:15pm	5:00pm		8:15am 9:50am 11:30am	
Y5	5:45pm		5:45pm			8:15am	
Y6	5:45pm		5:45pm			8:15am	
Adult Beginner (13 & above) Member \$55 Non-member \$105						8:15am	