



FALL 2017
SESSION I: Sept. 11 - Oct. 29, 2017
SESSION II: Oct. 30 - Dec. 17, 2017

SWIM, SPORTS AND PLAY

YOUTH/PRESCHOOL FITNESS –SPORTS

All kids deserve opportunities to discover who they are and what they can achieve. That's why, through the Y, youth today are cultivating the values, skills, and relationships that lead to positive behaviors and better health.

MARTIAL ARTS

Build coordination, agility, control, self-confidence through this program. Belt tests are offered. Martial Arts uniform is recommended for the class at an additional fee of \$35.00



BEGINNING MARTIAL ARTS (Ages 5-12)

Monday & Wednesday
 6:00-6:40 PM
 FEE: Members: \$35
 Program Participant: \$70

INTERMEDIATE MARTIAL ARTS (Ages 5 up to 12)

Monday & Wednesday
 6:45-7:25 PM
 FEE: Members: \$35 Program Participant: \$70

ADVANCED MARTIAL ARTS (Ages 5 up to adult)

Monday & Wednesday 7:30-8:15 PM
 FEE: Members: \$35 Program Participant: \$70

ADULT MARTIAL ARTS (Ages 18 plus)

Saturday 10:15 - 12:15PM
 FEE: Members: \$40 Program Participant: \$75

TUMBLING (Ages 3-4 and 5-8)

Learn. Thrive. Grow. Meet others while improving coordination, balance and flexibility.
 Wednesday
 Ages 3-4 6:00—6:30 PM
 Ages 5-8 6:30—7:00 PM
 FEE: Members \$15 Program Participant \$30

YOUTH STRENGTH TRAINING (Ages 8-13)

This class is for kids that are interested in learning how to begin their strength training program. The participants will build strength through the use of dumbbells, barbells, resistance tubes and the *STRIVE* equipment in the Family Wellness Center.
 Tuesday & Thursday 5:15-6:00 PM
 FEE: Members: \$15 Program Participant: \$30

KIDS KICKBOXING (Ages 8-14)

Bring your own gloves to this 30 minute cardio workout for kids!
 Tuesday & Thursday 4:45 - 5:15PM
 FEE: Members: \$15 Program Participant: \$30

PRESCHOOL SPORTS (Ages 3-5)

A monthly program to teach preschool age children the fundamentals of different sports. Program will run once per week with a different sport each month. Sign-up for one month or every month!

September - Football
October - Basketball
November - Kickball
December - Soccer

Sat. 9:15 - 9:45 AM
 FEE: Members: \$12 per month
 Program Participant: \$24 per month

YOUTH SOCCER

Session Date: August 19- October 17, 2017
 Ages 3-4/5-6/7-9/10-12

FEE: Members \$35 Program Participant \$60
 Soccer Games will be at Marion General Hospital Soccer Fields



YOUTH FLAG FOOTBALL



Flag football is fun for everyone and a safer alternative for parents who might hesitate letting their child start tackle football.

Location coming soon.
Session Date:
August 26- October 14, 2016
 Ages 5-6/7-9/10-12
 FEE: Members \$35
 Program Participant \$60

CHEERLEADING

Motions, movements, and stunting in a safe environment along with basic tumbling skills. Participants will cheer at YMCA Flag Football games, weather permitting. Price includes Poms and t-shirt.

Ages 4-6/7-9
 FEE: Members \$35
 Program Participant \$60

YOUTH BASKETBALL - Fall II and Winter I

BUILD TEAMWORK AND CONFIDENCE
Session Date: October 28 - December 19, 2017
 Ages 5-6/7-8/ 9- 12
 FEE: Members \$35 Program Participant \$60

Check with the Service Center for more details

