

YOUTH FITNESS

REGISTRATION DATES | MARCH 18 FOR MEMBERS AND MARCH 25 FOR PROGRAM MEMBERS
PROGRAM DATES | APRIL 8 - MAY 26

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
YOUTH CONDITIONING FREE - MEMBER		5:00 PM - 6:00 PM		5:00 PM - 6:00 PM	9:30 AM - 10:30 AM
HOMESCHOOL FITNESS FUNDAMENTALS 6 YRS - 9 YRS \$26 - MEMBER \$55 - PROGRAM MEMBER	9:15 AM-10:15 AM GYM 1A				
FITNESS FUNDAMENTALS 6 YRS - 10 YRS \$33 - MEMBER \$69 - PROGRAM MEMBER	4:30 PM - 5:30 PM PROGRAM ROOM 1				
LITTLE NINJAS 3 YRS - 5 YRS \$18 - MEMBER \$39 - PROGRAM MEMBER	10:30 AM - 11:00 AM PROGRAM ROOM 4 5:45 PM - 6:15 PM PROGRAM ROOM 1				
LITTLE NINJAS PLUS 3 YRS - 5 YRS \$18 - MEMBER \$39 - PROGRAM MEMBER			4:30 PM - 5:00 PM MULTI PURPOSE ROOM 1		
HOMESCHOOL FIT FOR KIDS 6 YRS - 12 YRS \$26 - MEMBER \$55 - PROGRAM MEMBER				9:15 AM - 10:15 AM PROGRAM ROOM 1	
HOMESCHOOL FIT FOR KIDS 10 YRS - 13 YRS \$26 - MEMBER \$55 - PROGRAM MEMBER	9:15 AM - 10:15 AM GYM 1B				
GIRLS ON THE GO 10 YRS - 14 YRS \$33 - MEMBER \$69 - PROGRAM MEMBER		5:45 PM - 6:45 PM PROGRAM ROOM 3			

YOUTH CONDITIONING | The Youth Conditioning Course was created as a benefit of membership to help children learn and understand the benefits of exercise and how to properly use the exercise equipment at our Y. Youth ages 8-14 will attend one class and pass a short quiz to use the facility. Youth ages 8-11 may use the Wellness Center and strength equipment with a parent after completing the class. A parent must be present at the Youth Conditioning class. If the child has taken the class and is 12-14 they may use the Wellness Center and strength equipment without a parent after meeting with a Wellness Center staff member

to ensure that the child remembers proper form on the equipment. If the child is taking the class for the first time and is 12-14 they must take the class and pass the quiz. Please pre-register for a time at the Wellness Desk. All youth under the age of 15 will need to have a proper Youth Conditioning Certification Card on a lanyard at all times while in the Wellness Center. Participants that are 15 years old or older can have access to the weights in the free weight area in addition to using the Wellness Center.

HOMESCHOOL FITNESS FUNDAMENTALS

| Burn off some extra energy while improving strength, agility, and a positive attitude. Class involves warm up, running laps in the gym or indoor track, and games. Learn the FUNdamentals of fitness with an emphasis on FUN!

6 YRS - 9 YRS | \$26 - MEMBER | \$55 - PROGRAM MEMBER

FITNESS FUNDAMENTALS | Burn off some extra energy while improving strength, agility, and a positive attitude. Class involves warm up, running laps in the gym or indoor track, and games. Learn the FUNdamentals of fitness with an emphasis on FUN!

6 YRS - 10 YRS | \$33 - MEMBER | \$69 - PROGRAM MEMBER

LITTLE NINJAS | Your preschooler will be introduced to exercises, games and fun activities that will keep them active and moving just like little ninjas!

3 YRS - 5 YRS | \$18 - MEMBER | \$39 - PROGRAM MEMBER

LITTLE NINJAS PLUS | Your preschooler can train like a little ninja with a certified martial arts instructor. The basic fundamentals of Tae Kwan Do will be introduced in a fun setting through games and exercises to get your kids to move like little ninjas. Same fantastic format as before, but in a martial arts setting.

3 YRS - 5 YRS | \$18 - MEMBER | \$39 - PROGRAM MEMBER

HOMESCHOOL FIT FOR KIDS | Have fun and exercise at the same time! Join our youth fitness instructor as they lead the class through different sets of drills to work on increasing speed, coordination, balance and strength through interval training, use of equipment, and games targeted on working specific muscle groups.

6 YRS - 12 YRS | THURSDAYS | \$26 - MEMBER | \$55 - PROGRAM MEMBER

10 YRS - 13 YRS | MONDAYS | \$26 - MEMBER | \$55 - PROGRAM MEMBER

GIRLS ON THE GO | Train for a 5K while learning about healthy eating and positive body image. This program fosters positive emotional, social, and spiritual development with a coach to guide your workouts and improve your overall health.

10 YRS - 14 YRS | \$33 - MEMBER | \$69 - PROGRAM MEMBER

FITNESS INCENTIVES

THE AMAZING RACE ADULT | It's The Amazing Race, YMCA Style. Form a two-person team and complete a list of challenges. For example the challenge for the week could be a list of exercise machines, 20 push-ups, a Group Exercise class, and a few laps around our outdoor track. Members will record or take photos and tag it on their social media with #KCYMCAAmazingRace. The teams that complete all the challenges will receive YMCA water bottles and top three finishers will receive YMCA T-shirts. It's a race to the finish line and everyone comes out on top!

18 YRS + | \$15 - MEMBER | \$10 - STAFF | APRIL 8TH - MAY 26TH

THE AMAZING RACE: KIDS EDITION | It's The Amazing Race, YMCA Style. Form a two-person team and complete a list of challenges. For example the challenge for the week could be a list of exercise machines, 20 push-ups, Machines and More class, and a few laps around our indoor track. Members will record or take photos and tag it on their social media with #KCYMCAAmazingRace. The teams that complete all the challenges will receive YMCA water bottles and top three finishers will receive YMCA T-shirts. It's a race to the finish line and everyone comes out on top!

12 YRS - 17 YRS | \$10 PER PERSON - MEMBER | APRIL 8TH - MAY 26TH

SPRING TOWARDS SUMMER CHALLENGE | Get Summer Break ready! Members tracking 210 minutes of physical activity per week for all seven weeks will receive a free YMCA tote-bag. You can record your workouts on the app or in the binder at our Wellness Desk.

18 YRS + | FREE | APRIL 8TH - MAY 26TH