

# YOUTH FITNESS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS  
 REGISTRATION DATES | FALL 2: OCTOBER 4 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS  
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>YOUTH CONDITIONING</b> 8 YRS - 14 YRS  <b>FALL 1 - 8 WEEKS</b> SEPTEMBER 3 - OCTOBER 27 FREE - MEMBER  <b>FALL 2 -7 WEEKS</b> OCTOBER 28 - DECEMBER 22 \$FREE - MEMBER		5:00 PM		5:00 PM	9:30 AM
<b>LITTLE NINJAS</b> A.M. CLASS 3 YRS - 5 YRS P.M. CLASS 4 YRS - 6 YRS  <b>FALL 1 - 8 WEEKS</b> SEPTEMBER 3 - OCTOBER 27 \$27 - MEMBER \$53 - COMMUNITY MEMBER  <b>FALL 2 -7 WEEKS</b> OCTOBER 28 - DECEMBER 22 \$23 - MEMBER \$49 - COMMUNITY MEMBER	10:30 AM - 11:00 AM PR1 ROOM  6:00 PM - 6:30 PM PR1 ROOM				
<b>LITTLE NINJAS PLUS</b> 4 YRS - 6 YRS  <b>FALL 1 - 8 WEEKS</b> SEPTEMBER 3 - OCTOBER 27 \$27 - MEMBER \$53 - COMMUNITY MEMBER			4:30 PM - 5:00 PM PR1 ROOM		
<b>GUYS ON THE GO</b> 10 YRS - 14 YRS  <b>FALL 1 - 8 WEEKS</b> SEPTEMBER 3 - OCTOBER 27 \$30 - MEMBER \$59 - COMMUNITY MEMBER  <b>FALL 2 -7 WEEKS</b> OCTOBER 28 - DECEMBER 22 \$26 - MEMBER \$55 - COMMUNITY MEMBER		6:00 PM - 7:00 PM PR3 ROOM			
<b>GIRLS ON THE GO</b> 10 YRS - 14 YRS  <b>FALL 2 -7 WEEKS</b> OCTOBER 28 - DECEMBER 22 \$26 - MEMBER \$55 - COMMUNITY MEMBER				6:00 PM - 7:00 PM	
<b>HOMESCHOOL FITNESS            FUNDAMENTALS</b> 9 - 12 YRS OLD  <b>FALL 1 - 8 WEEKS</b> SEPTEMBER 3 - OCTOBER 27 \$30 - MEMBER \$59 - COMMUNITY MEMBER  <b>FALL 2 -7 WEEKS</b> OCTOBER 28 - DECEMBER 22 \$26 - MEMBER \$55 - COMMUNITY MEMBER			9:15 AM - 10:15 AM GYM 1A		

# YOUTH FITNESS CONT.

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS  
 REGISTRATION DATES | FALL 2: OCTOBER 4 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS  
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>HOMESCHOOL FIT FOR KIDS</b> 6 YRS - 9 YRS  <b>FALL 1 - 8 WEEKS</b> SEPTEMBER 3 - OCTOBER 27 \$30 - MEMBER \$59 - COMMUNITY MEMBER  <b>FALL 2 -7 WEEKS</b> OCTOBER 28 - DECEMBER 22 \$26 - MEMBER \$55 - COMMUNITY MEMBER	9:15 AM - 10:15 AM GYM 1				

## YOUTH FITNESS DESCRIPTIONS

**YOUTH CONDITIONING** | Our Youth Conditioning Course helps our young members 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.

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

**LITTLE NINJAS PLUS** | Your child can train like a little ninja with a certified martial arts instructor. The basic fundamentals of Taekwondo 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.

**GUYS ON THE GO** | Train for a 5k while learning about healthy eating, respect, responsibility and more! This program educates about proper running technique, skill and positive development with a coach that guides the way!

## YOUTH CAMPS

**SCHOOL BREAK CAMPS** | When school's out, we're in! Whether it's summer or a holiday or special event during the school year, YMCA School Break Camps let kids make new friends and take part in new activities that stimulate a healthy lifestyle, instill self-confidence, and inspire leadership. Children will have fun, be active, and let's face it, maybe even get a little dirty. Now let's have some fun! Enjoy an amazing time at the YMCA during your schools break.

**FALL BREAK CAMP** | SCHOOL AGE KIDS | 6:00 AM - 6:00 PM | OCTOBER 23 - OCTOBER 25 | \$20 A DAY - MEMBER | \$25 A DAY - COMMUNITY 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 health.

**HOMESCHOOL FITNESS FUNDAMENTALS** | Burn off some extra energy while improving strength and agility, all with a positive attitude. Class involves warm up, running laps in the gym or indoor track, learning the FUNDamentals of bodyweight movement like push ups, air squats, lunges and other plyometric movements keeping an emphasis on FUN!

**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 and games to work on increasing speed, coordination, balance and strength training.

**CHRISTMAS BREAK CAMP AT THE YMCA!** | SCHOOL AGE KIDS | 6:00 AM - 6:00 PM | DECEMBER 23, DECEMBER 26 - 30 AND JANUARY 2 - 3 | \$20 A DAY - MEMBER | \$25 A DAY - COMMUNITY MEMBER

**MARTIN LUTHER KING JR DAY CAMP!** | SCHOOL AGE KIDS | 6:00 AM - 6:00 PM | JANUARY 20 | \$20 A DAY - MEMBER | \$25 A DAY - COMMUNITY MEMBER