

WINTER 1 | JANUARY 6TH - FEBRUARY 23RD

REGISTRATION DATES | YMCA MEMBERS (YM) DECEMBER 9TH & COMMUNITY MEMBERS (CM) DECEMBER 16TH

WINTER 2 | FEBRUARY 24TH - APRIL 5TH

REGISTRATION DATES | YMCA MEMBERS (YM) FEBRUARY 10TH & COMMUNITY MEMBERS (CM) FEBRUARY 17TH

YOUTH FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>LITTLE NINJAS</p> <p>WINTER 1 YM PRICE \$23 CM PRICE \$49</p> <p>WINTER 2 YM PRICE \$20 CM PRICE \$46</p>	10:30-11:00 AM PR 4				
<p>LITTLE NINJAS PLUS</p> <p>WINTER 1 YM PRICE \$23 CM PRICE \$49</p>			4:30-5:00 PM PR 1		
<p>LITTLE WARRIORS (HOME SCHOOL)</p> <p>WINTER 1 YM PRICE \$18 CM PRICE \$39</p> <p>WINTER 2 YM PRICE \$16 CM PRICE \$37</p>	11:30-12:00 GYM 1				
<p>MINI MOVERS</p> <p>WINTER 1 YM PRICE \$28 CM PRICE \$59</p> <p>WINTER 2 YM PRICE \$24 CM PRICE \$55</p>				10:30-11:15 AM PR 2	
<p>GIRLS ON THE GO</p> <p>WINTER 2 YM PRICE \$33 CM PRICE \$69</p>				6:00-7:00 PM PR 3	
<p>HEART SMART KIDS</p> <p>WINTER 1 YM PRICE \$33 CM PRICE \$69</p> <p>WINTER 2 YM PRICE \$29 CM PRICE \$65</p>		6:45-7:45 PM PR1			
<p>HEART SMART KIDS (HOME SCHOOL)</p> <p>WINTER 1 YM PRICE \$26 CM PRICE \$55</p> <p>WINTER 2 YM PRICE \$23 CM PRICE \$52</p>				9:15-10:15 AM GYM 1	

YOUTH FITNESS

WINTER 1 | 7 WEEKS | JANUARY 6 - FEBRUARY 23
WINTER 1 REGISTRATION DATE | YMCA MEMBERS
DECEMBER 9TH & COMMUNITY MEMBERS DECEMBER
16TH

WINTER 2 | 6 WEEKS | FEBRUARY 24 - APRIL 5
WINTER 2 REGISTRATION DATE | YMCA MEMBERS
FEBRUARY 10TH & COMMUNITY MEMBERS FEBRUARY
17TH

LITTLE NINJAS

(3-4 YEARS OLD) Your child will be introduced to exercises, games and fun activities that will keep them active and moving just like little ninjas!

WEEKLY LITTLE NINJAS | MONDAYS 10:30-11:00
AM

LOCATION | PROGRAM ROOM 4

YMCA MEMBER PRICE | WINTER 1 - \$23 | WINTER
2 - \$20

COMMUNITY MEMBER PRICE | WINTER 1 - \$49 |
WINTER 2 - \$46

LITTLE NINJAS PLUS

(4-6 YEARS OLD) 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.

WEEKLY LITTLE NINJAS PLUS | WEDNESDAYS
4:30-5:00 PM (WINTER 1 ONLY)

LOCATION | PROGRAM ROOM 1

YMCA MEMBER PRICE | WINTER 1 - \$23

COMMUNITY MEMBER PRICE | WINTER 1 - \$49

LITTLE WARRIORS (HOME SCHOOL)

(5-7 YEARS OLD) Fun and creative agility challenges and obstacle courses to get your little warrior moving! This is the next level up after our Little Ninjas class.

WEEKLY LITTLE WARRIORS | MONDAYS 11:30-12:00
PM

LOCATION | GYM 1

YMCA MEMBER PRICE | WINTER 1 - \$18 | WINTER
2 - \$16

COMMUNITY MEMBER PRICE | WINTER 1 - \$39 |
WINTER 2 - \$37

MINI MOVERS

(5-7 YEARS OLD) Helping little ones find their inner rhythm while learning different dances from around the world. Get them moving, grooving, and having fun!

WEEKLY MINI MOVERS | THURSDAYS 10:30-11:15
AM

LOCATION | PROGRAM ROOM 2

YMCA MEMBER PRICE | WINTER 1 - \$28 | WINTER
2 - \$24

COMMUNITY MEMBER PRICE | WINTER 1 - \$59 |
WINTER 2 - \$55

GIRLS ON THE GO

(9-11 YEARS OLD) 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.

WEEKLY GIRLS ON THE GO | THURSDAYS 6:00-7:00
PM

LOCATION | PROGRAM ROOM 3

YMCA MEMBER PRICE | WINTER 2 - \$33

COMMUNITY MEMBER PRICE | WINTER 2 - \$69

HEART SMART KIDS

(8-11 YEARS OLD) This class is a progression from our Fitness FUNdamentals class provided through our Youth Wellness coaching program. This class promotes youth fitness through curriculum focusing both on physical education and activity. Kids will learn the importance of developing positive habits to lead a healthier lifestyle. Fitness and nutrition topics will be covered each week as well as participation in fitness-based activities.

WEEKLY HEART SMART KIDS | TUESDAYS 6:45-7:45
PM

LOCATION | PROGRAM ROOM 1

YMCA MEMBER PRICE | WINTER 1 - \$33 | WINTER
2 - \$29

COMMUNITY MEMBER PRICE | WINTER 1 - \$69 |
WINTER 2 - \$65

HEART SMART KIDS (HOME SCHOOL)

(8-11 YEARS OLD) This class is a progression from our Fitness FUNdamentals class provided through our Youth Wellness coaching program. This class promotes youth fitness through curriculum focusing both on physical education and activity. Kids will learn the importance of developing positive habits to lead a healthier lifestyle. Fitness and nutrition topics will be covered each week as well as participating in fitness-based activities.

WEEKLY HOME SCHOOL HEART SMART KIDS |

THURSDAYS 9:15-10:15 AM

LOCATION | GYM 1

YMCA MEMBER PRICE | WINTER 1 - \$26 | WINTER 2 - \$23

COMMUNITY MEMBER PRICE | WINTER 1 - \$55 | WINTER 2 - \$52

YOUTH WELLNESS COACHING

(8-11 YEARS OLD AND 12-14 YEARS OLD) We are expanding our Youth Conditioning program to include two free coaching sessions with Youth Wellness Coaches to help your child, ages 8-14, to develop some basic fitness goals and also make your child feel more comfortable utilizing our cardio and strength equipment on the Wellness Center floor. After the two coaching sessions, you can register your child at the Wellness Desk for the Kids Circuit class and/or they can attend our Fitness FUNdamentals class with their coach. Why not sign up now and get your child engaged in a healthy lifestyle? Brochures explaining our step-by-step process are in our Multi-Gen room and at our Wellness Desk.

YEAR ROUND CLASS | YMCA MEMBERS ONLY

YMCA MEMBER PRICE | FREE