



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Coordinator – Nikki Simmons
Health & Fitness Coordinator – Jesse Spriggs

Youth Programs Fall II 2017

Program Segment: Monday, October 23rd – Sunday, December 17th
Registration Begins: Sunday, October 1st

Parent/ Child Programs Ages 18 months to 3 years

Fun and Fundamentals, Ages 18 mo. To Pre K – This high energy class works on developing gross motor skills, coordination, balance and body control, while encouraging confidence and social interaction. The kids work on taking turns and sharing, as well as learn opposites associated with actions, such as up and down, over and under, in and out, etc.

Friday 9:30-10:00 AM or 10:15-10:45 AM, Main gym (\$28/\$56 - 7 weeks)

Youth Programs Ages 3 to 7

Gym and Swim Movement Class, Ages 3 to 6 – YMCA Gym & Swim is a great way to introduce your child to the gym and pool. After 30 minutes of structured games and activities the class will transition to the pool for a beginner level swim lesson. Parent participation is not required for this class.

Tuesday 5:15-6:30 PM (5:15-5:45 gym, 15 min change time 6 pm pool) (\$35/\$70 - 7 weeks)

Sunday 12:30-1:45pm (12:30-1:00 gym, 15 min change time 1:15 pm pool) (\$28/\$63 - 6 weeks)

Gymnastics Level I, Ages 3 to 5 – Floor exercises and balance beam with introduction to gymnastic fundamentals including body position, basic movements, form and technique.

Thursday 5:30-6:15 PM, Main gym (\$32/\$64 - 7 weeks)

Saturday 10:15-11:00 AM, Main gym (\$32/\$64 - 7 weeks)

Gymnastics Level II, Ages 5 to 7 – **Must have completed Gymnastics Level I or meet age minimum.** Floor exercises and balance beam with introduction to gymnastic fundamentals including body position, basic movements, form and technique.

Thursday 6:15-7:00 PM, Main gym (\$32/\$64 - 7 weeks)

Preschool Little Leaguers, Beginners, Ages 3 to 5 - This class is designed as an introduction to the youth sports skills of soccer and basketball. Children will work on basic fundamentals of sports which include stretching, locomotion, coordination, passing, dribbling and shooting. Goals of the program are to get children comfortable in the class setting and to learn terminology as well as begin to master the skills.

Wednesday 5:30 to 6:15 PM, Main gym (\$32/\$64 - 7 weeks)

(NEW) Baton Twirling Club, Ages 5 to 11 - Baton twirling is an international recreational and competitive sport that encompasses the physical stamina and agility of gymnastics and dance, the beauty of ballet and figure skating, and the technical skill of twirling a baton.

Baton twirling is a fun activity for both children and adults! It is a sport that is enjoyable both as an individual and when part of a group. Baton skills are learned along with dance and twirling routines to fun music. This class is a great way to meet new friends, get exercise, and increase flexibility.

Pilot 5 week, Tuesday 5:30- 6:15 PM, Main Gym (Pilot rate \$20/\$40). Begins Tuesday Nov 14th.



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Youth Programs Ages 5 to 14

Minor League, Ages 6 to 8 - At this level, we will work on the skills of basketball, soccer, baseball and racquetball. Children will work on basic fundamentals of sports which include stretching, locomotion, coordination, passing, dribbling and shooting. The goals of the program are to get children comfortable with the sports and improve individual skills while working on the mechanics to master these skills.
Monday 5:15 to 6:00 PM, Main gym (\$32/\$64 - 7 weeks)

Basketball Conditioning, Ages 6 to 12 - In this class, children will work on skills and fundamentals of basketball in a fun environment. Our goal here is to continuously develop skills so that students will be able to focus on offensive and defensive techniques when playing in actual games. There are no organized games, leagues, or standings in this class, only development and coaching.
Monday 6:00-6:45 PM, Main gym (\$32/\$64 - 7 weeks)

Gymnastics Level III, Ages 8 and Up - Beginning and Intermediate level Gymnastics progression with emphasis on gymnastic fundamentals, terminology, body position, basic movements, form and technique.
Thursday 7:00 to 7:45 PM, Main gym (\$32/\$64 - 7 weeks)

(New) Baton Twirling, Ages 5 to 11 – **SEE OTHER SIDE FOR PROGRAM DESCRIPTION.**

Iron Teens (Health & Fitness), Ages 11 to 15 - Youth ages 11 & up will learn how to use cardiovascular and strength machines safely, structure a workout, and safe stretching techniques. **Class completion is a requirement prior to using the fitness center without an adult supervising.**
Tuesday 6:15-7:00 PM, Training room (**MEMBERS ONLY** \$32 – 5 weeks)

Sports Boot Camp (Health & Fitness), Ages 9 to 14 – Does your child need a bit more conditioning or too young for weight training? This 45 minute “boot camp” style program is for them and will make conditioning a little more fun with music and a variety of exercises and drills using body weight, medicine balls, battle rope and more We will conduct a pretest and post-test to set goals and measure results.
Tuesday and Thursday 5:15-6:00 PM, Training room (\$40/\$80 – 7 weeks)

Leaders Club, Ages 11 to 14 – Teen Leaders club meets weekly to discuss teen activities, volunteering, and other social activities. **FREE!!!** Contact Paul Weber at **PWeber@springfield-ymca.org** to register.

Karate Classes held at our YMCA taught by Mukin Shori Karate. Special rates are available for members. Class times are Tues, Thurs, and Sat. See front desk for info.

Family Nights and Parents Nights Out are regularly scheduled events at the YMCA. We encourage spending quality family time as well as quality parent time. Check out our schedule for these events at our Welcome Center! **Next Event: Family Fall Festival - Saturday, October 21st from 3:00-5:00 PM.**

Questions: Youth and Family: NSimmons@springfield-ymca.org
Health & Fitness: JSpriggs@springfield-ymca.org