

YOUTH PROGRAMS



Bowling Family YMCA

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YOUTH PROGRAM GUIDE – BOWLING FAMILY YMCA – WINTER

CHESS



Ages 4 years – 15 years

Class is Sunday 1:00 pm – 2:00 pm

This program is set up to teach children the strategies, skills and rules on how to play the game of Chess.

Whether you are a beginner or have knowledge of the game, the instructor will enhance the game. The first part of the class will focus on how – tos of the game, then finishing the hour with game play.

Free for family members / \$32 for Non-members

CHEERLEADING

Ages 8 years and up

Class is Thursday 7:00 pm – 7:45 pm

This program will teach children basic cheers and chants, along with basic moves. The program will include dance routines.

Free for family members / \$32 for Non-members

GYMNASTICS

Ages 18 months and up

Classes are Tuesdays, Thursdays or Saturdays

Times vary depending on level, see the schedule.

Parent/Child 18m - 2 years Saturday

Parent/Child 3 - 4 years Thursday

Preschool 3 – 5 years Tuesday or Saturday

Level 1 – 6 years & up Tuesday or Saturday

Level 2 – 6 years & up Thursday or Saturday

Free for family members / \$32 for Non-members



DANCE

CREATIVE MOVEMENT

Ages 3 – 5 years old

Class is Monday 5:15 pm – 5:45 pm

HIP HOP

Ages 3 - 4 years old

Class is Friday 5:15 pm – 5:45 pm

Ages 5 – 7 years old

Class is Friday 5:45 pm – 6:15 pm

Ages 8 years & up

Class is Friday 6:15 pm – 7:15 pm



JAZZ

Ages 3 – 5 years old

Class is Wednesday 5:15 pm – 5:45 pm

Level 1 Ages 6 years & up

Class is Wednesday 5:45 pm – 6:15 pm

Level 2 Ages 6 years & up

Class is Wednesday 6:15 pm – 7:15 pm

BALLET

Ages 6-7 years old

Class is Monday 5:45pm – 6:15 pm

Ages 8 years & up

Class is Monday 6:15 pm – 7:00 pm

Free for family members / \$32 for Non-members



JUDO

Ages 5 years & up

Classes are Tuesday & Thursday 6:00 – 7:00 pm

This program is set up to train individual's skills for building self-confidence, self-discipline, and self-defense. This is a sanctioned club through the United States Judo Association. This class runs for three months at a time.



\$85 members / \$135 for Non-members

WRESTLING

Ages 3 years and up

Classes are Saturdays

This program will teach children basic holds, skills and maneuvers for wrestling.

INTRO TO WRESTLING

3 – 5 years old 9:00 am – 9:30 am

6 years & up 9:30 am – 10:30 am

WRESTLING

3 years & up 10:30 am – 11:30 am

Free for family members / \$32 for Non-members

SESSIONS

Most classes are four days.

January 2 – January 28

January 30 – February 25

February 27 – April 1 (no classes Spring Break)

April 3 – April 29

May 1 – May 27

May 30 – June 24

June 26 – July 29 (no classes week of July 4)

July 31 – August 26

August 28 – September 23

September 25 – October 21

October 23 – November 18

(No classes week of Thanksgiving)

November 27 – December 23

(No classes during Christmas week)

Children can be signed up for one class each level each month, unless after first class of month, there is room.

ARTS

Ages 3 years & up

Classes are Saturdays

Pre-School 3 to 5 years old – 9:00 am—9:30 am

The focus of this class is mostly arts and crafts and basics such as cutting with scissors, finger painting, etc. The kids are able to experience all the excitement of a creative art class with lots of active and often messy fun. We draw, paint, cut, paste, thread, stamp, print, model with clay, and lots more. In a class you could see us painting, making a mask or threading beads onto a caterpillar.

Little Artists 6 to 8 years old – 9:30 am—10:15 am

This process oriented class is geared towards developing their art making skills through projects in painting, drawing, and collage. We will focus on color and shape through abstract painting. Drawing by composing pictures both from their imagination and observation, and explore texture and pattern through collage making. This fun, supportive environment nurtures children's creative expression, improves their fine motor skills, and provides an opportunity to engage in imaginative art making.

Artist 9 to 13 years old – 10:15 am—11:00 am

This is a basic drawing and painting class designed to introduce new students to the skills required to accurately render what they see. It is also an opportunity for the children's to gain some visual and creative practice in drawing and painting. The class objective is to provide the "tools" necessary to draw and paint with confidence and to develop within the student the ability to see the world the way artists' see.

Free for family members / \$32 for Non-members

