



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAM SCHEDULE

WESTSIDE FAMILY YMCA

Fall 2017

Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Preschool Ballet Intro 4:00-4:30		Preschool Ballet Intro 4:00-4:30		
Parent/Child Gymnastics 4:00-4:30	Preschool Gymnastics Intro 4:00-4:30	Intro tumbling 4:15-4:45	Intro Youth Gymnastics 4:00-4:30		
Preschool Gymnastics Intro 4:30-5:00	Rollers 1 4:30-5:30	Rollers 2 4:45-5:45	Rollers 1 4:30-5:30		
	Youth Ballet Intro 4:30-5:00	Preschool Intro Hip Hop 5-5:30	Youth Ballet Intro 4:30-5:00		
Intro Youth Gymnastics 5:00-5:30	Tumbling 1 5:30-6:30	Sticky Fingers 5:00-5:30	Rollers 2 5:30-6:30		
	Preschool Ballet Level 1 5:15-5:45	Youth Hip Hop Intro 5:30-6:00	Preschool Ballet Level 1 5:15-5:45		
Intro Boxing (5-7) 5:30-6:00		Kids Fit (5-8) 5:30-6:00			
Kids Fit (5-8) 5:30-6:00		Tumbling 2 5:45-6:45			
Intro Tumbling 5:45-6:15		Creative Mess 6:00-6:30			
	Youth Ballet Level 1 5:45-6:30	Preschool Modern Dance 6:00-6:30	Youth Ballet Level 1 5:45-6:30		
Intro Boxing (8-11) 6:15-6:45		Youth Modern Dance Intro 6:30-7:00			
Kids Fit (9-12) 6:15-7:00		Kids Fit (9-12) 6:15-7:00			

August 28th-September 23rd
September 25th-October 21st
October 23rd-November 18th



Intro Preschool/Youth Ballet–Focus on coordination, rhythm and creative moment

Preschool/Youth Level 1 Ballet– Coordination, rhythm, alignment basics of Ballet & terminology

Parent/Child Gymnastics–This is a parent participation class. Basic gymnastics skills, teaching coordination, movement and balance.

Preschool Gymnastics–Children will be participating on their own. Basic gymnastics skills teaching coordination, movement and balance

Intro Gymnastics– Basic gymnastic skills include teaching coordination, movement and balance

Roller 1– A class structured to learn the basics of gymnastics in a fun way by tumbling on the floor, balancing on the beam and performing on the vault

Rollers 2– This class is for those students that have mastered the skills of intro and level 1. This class needs instructor approval.

Intro Tumbling– This class will teach the basic fundamentals of tumbling. They will work on their forward rolls, backward rolls, handstands, handstand drills, cartwheels, and round-offs.

Tumbling 1– This class is geared for students who have mastered the basic tumbling skills and are ready to move on.

Tumbling 2– Students registering for this class must be able to perform the skills in levels 1. This class needs instructor approval.

Intro Boxing– The class will teach basic boxing skills, and techniques. It will help increase strength and endurance. The class will work on stance, guard, movement, jab, cross and hook.

Sticky Fingers– The children will explore their creative side painting, drawing, gluing, cutting and sculpting using many different materials.

Creative Mess– The children will explore their creative side painting, drawing, gluing, cutting and sculpting using many different materials.

Modern Dance Youth and Preschool– Movement revolutionized by taking classics ballet movement and combining it with non traditional in order to create a technical and visually expressive movement natural to the human body.

Intro Hip Hop Youth and Preschool– Series of isolation movements used to express attitude and popular culture in hip hop

Kids Fit Class –A program combining fun and physical activity. Kids will participate in activities and games for strength, flexibility and balance.