

YOUTH PROGRAM SCHEDULE

WESTSIDE FAMILY YMCA

Winter 2018

Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Youth Rollers 1 4:30-5:30	Rollers 2 4:45-5:45	Rollers 1 4:30-5:30		
Youth Gymnastics Intro 5:00-5:30		Sticky Fingers 5:00-5:30			
Boxing (ages 5-8) 5:00-5:30					
Youth Tumbling Intro 5:30-6:00	Youth Tumbling 1 5:30-6:30		Rollers 2 5:30-6:30		
Boxing (ages 9-12) 5:45-6:30		Tumbling 2 5:45-6:45			
Preschool Ballet Intro 6:00-6:30		Creative Mess 6:00-6:30			
Youth Ballet Intro 6:30-7:00	Modern Dance 6:30-7:00		Preschool Ballet-Intro 6:30-7:00		
	Hip Hop 7:00-7:30		Youth Ballet- Intro 7:00-7:30		

January 7th-February 3rd
 February 4th- March 3rd
 March 4th- March 31st
 April 1st- April 28th

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

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.

Hip Hop -Series of isolation movements used to express attitude and popular culture in hip hop