

# YMCA YOUTH PROGRAMS

# SUMMER MINI-SESSIONS

Session I May 17 - June 11

Session II June 21 - July 16

## TOT TUMBLING

4:30-5:00 PM

**Tue/Thu**

For children ages 3-5, Tot Tumbling is a great way to burn some energy while learning some valuable skills such as balance, body control, attention, and socialization. Sign your youngster up for this great class at the YMCA!

\$30/YMCA Members

\$50/Potential Members

## SOCCER ISLAND

5:00-6:00 PM

**Mon/Wed**

Join our staff for this great program that kids can really get into as they travel to Soccer Island to play games and learn the skills of the game. LHU men's soccer players help to instruct this one-of-a-kind program for kids 3-7. At the Lock Haven Catholic School (assuming weather cooperates)

\$30/YMCA Members

\$50/Potential Members

## GYMNASTICS I/II

5:00-6:00 PM

**Tue/Thu**

For Children ages 6+, Gymnastics I and II is an extension of our Gymnastics Program where participants will progress through lessons and skills moving toward the "next level". A great option for keeping active this summer!

\$30/YMCA Members

\$50/Potential Members

## STRONG GIRLS, STRONG MINDS

5:30-6:30 PM

**Tue/Thu**

This is a great program for girls to gain a healthy understanding of what it means to be a strong, independent female in today's society. Girls, ages 8-12 will take part in a variety of activities such as; exercise programs, rock climbing, team building, crafts and community service projects.

\$15/YMCA Members

\$30/Potential Members

## GROUP SWIM LESSONS

6:00-7:00 PM

**Mon/Wed**

Just like our regular classes children will be broken up into groups based on age and ability. Children will love our Finding Nemo theme and parents will love having their kids gain a familiarity with the water for summer months!

PRESCHOOL LESSONS (ages 3-5) 6:00-6:30 PM  
PROGRESSIVE LESSONS (ages 6+) 6:30-7:00 PM

\$30/YMCA Members

\$50/Potential Members

## PRIVATE SWIM LESSONS

*Individually Scheduled*

If you would like to sign up for individual instruction in our pool, we can arrange that as well. This program is designed for families who's schedule doesn't work for lessons or for those who need some one-on-one attention.

\$48/YMCA Members

\$68/Potential Members

## ELEMENTARY DANCE

Friday, May 21st, 2010 @ 7:00 PM

Take some time to grab a bite, catch a movie or just relax knowing the kids are having fun and are safe at the YMCA. With a DJ, snacks and friends, what's not to love about YMCA Dances?

Grades 3-5

\$2/YMCA Members

\$4/Non-Members

For more information about these or any programs at the YMCA contact Program Director, Chad Walsh at [cwalsh@lockhavenymca.com](mailto:cwalsh@lockhavenymca.com) or (570) 748-6727