

YOUTH INSTRUCTIONAL PROGRAMS

SESSION DATES

Session I January 25th - March 5th

Session II March 15th - April 23rd

Home School P.E.

\$6/Members \$12/Potential

Designed for home schooled students, this program offers sports instruction, free swim time and socialization. Includes swimming and gym activities.

Ages 4-7 / 8-11 / 12+

Tuesday 10:00-11:00 AM

Youth Fitness Certification

\$25/YMCA Members \$50/Potential Members

Youth Fitness Certification is designed to give students the tools that they need to have safe, effective workout sessions. Successful students will gain a certification allowing them to use fitness facilities in the YMCA before they are 14

Ages 12-13

Tuesday/Thursday 5:30-6:30 PM

Instructional Karate

Deb Snook's Instructional Karate class teaches discipline and self-confidence. This program has been around for years and is a favorite every session. Stop by and speak with Deb for class times, fees and ages.

Tuesday/Thursday Beginning at 6:30 PM

Group Swim Lessons

\$52/YMCA Member \$72/Potential Member

Join our qualified staff to learn the skills of swimming. Start with the basics in our Nemo group and progress all the way through the most advanced skills of Bruce the Shark. Children will enjoy learning to swim with the lovable characters from Disney's "Finding Nemo"

PRESCHOOL: Mondays and Wednesdays 6:00pm-6:30pm

PROGRESSIVE: Mondays and Wednesdays 6:30pm-7:00pm

Instructional Gymnastics

\$42/YMCA Members \$68/Potential Members

Instructional Gymnastics is made up of 3 separate levels designed to teach participants gymnastics skills starting with the most basic and advancing through. The Instructional Gymnastics Program acts a "feeder system" for the competitive team. Sign-up today to assure your child's space in this program!

Tot Tumbling Ages 3-5 Tue/Thu 4:00-4:30 PM

Gymnastics I Ages 6+ Tue/Thu 4:30-5:30 PM

Gymnastics II Ages 6+ Tue/Thu 4:30-5:30 PM

Soccer Island

\$25/Members \$50/Potential

Soccer Island is a program developed and brought to us from LHU Men's Soccer, children will be taken on an adventure exploring imaginary places where they will learn all the basic skills of the game through magical games.

Ages 3-7

Strong Girls, Strong Minds

\$25/YMCA Members \$50/Potential Members

This is a great program for girls to gain a healthy understanding of what it means to be a strong, female in today's society. Girls will take part in a variety of activities like exercise programs, rock climbing, and community service projects.

Ages 8-12

Tuesday/Thursday 5:30-6:30 PM

Tot Time Gym

Free/Members \$2/Potential

Designed as a "play date" service, children can come to the YMCA gymnasium as a great substitute for a park on a rainy day. Parents, enjoy some time socializing with others like you, while your kids enjoy the toys and space to roam!

Ages 3-5

Monday/Wednesday/Friday 9:00-10:00 AM

Water Babies

\$38/YMCA Member \$58/Potential Member

This class is great for parent-child bonding and will set children up for a lifetime love of water. The class is a basic orientation to swimming for babies 6-36 months. Parents must get into the water too. Children will get acquainted with movement in the water and buoyancy with mommy and/or daddy helping along the way.

Saturday mornings 11:00am-11:45am

Private Swim Lessons

\$48/YMCA Members \$68/Potential Members

For children or adults, private lessons offer 1 on 1 attention from instructors. At the YMCA we understand that some individuals learn better in an intimate setting, instead of group situations. Therefore, we offer private lessons for any participant who wishes to take advantage of this program. Times for Private Lessons are based on participant, instructor and pool schedules. Each private lesson session consists of six (6) 30-minute classes.

Lessons are individually scheduled

If you have questions about Youth Programs offered at the YMCA, please contact Program Director, Chad Walsh at

cwalsh@lockhavenymca.com