

# Enrichment Program Descriptions

## **BABY BALLET**

**Ages 18mths-4**

If your baby, toddler or child has the bug for ballet and wants to learn to dance, come and join the fun at baby ballet, preschool dance class.

## **TUMBLING TOTS**

**Ages 18mths-4**

A preschool activities fun class to develop the foundations of physical activities such as running, jumping, climbing and balancing. Tumbling Tots aims to increase children's confidence and self-esteem through physical challenge and achievement and to encourage co-operation and interaction with other children.

## **LITTLE NINJAS**

**Ages 3-5**

Instructors will introduce your child to the fundamentals of traditional martial arts. Skills gained in this program will help increase your child's fitness and prepare them for further levels of martial arts. **(uniform is required)**

## **Pee Wee Soccer**

**Ages 3-5**

Participants will learn soccer skills through exercises and games specifically designed for the young player. The emphasis is always on fun and learning.

## **The Y PRINCESS PAGEANT**

**Ages 3-10**

Is a pageant unlike any other! We understand children don't need elaborate costumes and Make-up to be beautiful. The Princess pageant is a joyful celebration of childhood, designed to bring families together and make the little royal love of your life have a magical day that they will treasure always. Every Little Girl Deserves To Be A Princess!!

## **Y PRE-SCHOOL AFTER SCHOOL PROGRAM**

**Ages 3-12**

The Y provides services in all Pre-school. We are state-licensed program staffed by certified degreed teachers with a stimulating environment for the mental, emotional and physical Development for 3, 4 or 5 year old preschool child. Our teaching style is based on multi sensory, hands on, play-to-learn approach.

## **Introduction to Gymnastics**

**Ages 4-6**

Introduction to gymnastics of combines flexibility, strength, balance and endurance through performed sequences of skills and movements.

## **Youth Ballet**

**Ages 5-7**

This level focuses on ages 5 - 7 years old. It a program establishing basic ballet technique, alignment, physical development and stretching and strengthening.

## **Y FIT!!**

**Ages 5-7**

Help promote and control healthy growth in your child with the assistance of certified personal trainers and group fitness instructors. It is our mission to keep your children active and fight childhood obesity.

## **Basketball Clinic**

**Ages 5-10**

A new and exciting introduction to basketball basic, participants will run through age-appropriate games and drills.

## **Soccer Clinic**

**Ages 5-11**

Soccer clinic will focus on skill development for young soccer players. Participants will learn soccer skills and techniques through exercises and games specifically designed for the young player. The emphasis is always on fun and learning.

## **Y School Age After School Program**

**Ages 5-12**

The YMCA provides services in all five Elementary Schools and both Middle Schools. The ages range from 5 to 13 years of age. During our fun-filled day participants enjoy a nutritious snack along with homework assistance and energetic activities.

## **SNAP Program**

**Ages 5-12**

Children with special needs and their families are invited to play and socialize in an informed and fun filled environment. Some games, crafts and entertainment will be provided but feel free to bring a toy, game or craft that you and your family would like to share. Swimming is the last Friday of every month. Free to ALL families with special needs. Please call to reserve a space as room is limited.

## **MARTIAL ARTS**

**Ages 5-13**

A complete course central to the YMCA mission of developing strong mind, body, and spirit. This mixed age class will be taught by multiple instructors to provide a more personal and meaningful experience than your typical class. **(Uniform required)**

## **Dancing at the Y!!!**

**Ages 6-9**

Contemporary hip hop, jazz, and modern dance. Classes start off with a basic warm-up. The instructor breaks the class down with a combination. Beginning dance is geared toward students who are beginner level. Beginner Basics is for those who are new to the dance style. In this class the instructor will lay out the basic foundations of the movement style.

## **FLAG FOOTBALL**

**Ages 7-10**

Come and join a summer of Flag Football. It's similar to touch football except plays end when the ball carriers flag has been pulled out of his/her belt.

**Super Sports****Ages 7-10**

The child interactive program is aimed at giving younger athletes a head start and general over-view of several different sports in a friendly environment.

**Kidz Zumba!!!****Ages 10-12**

Part aerobic workout and part salsa dance class, Zumba is the newest exercise craze sweeping gyms across the country. You don't have to know your way around the merengue to break a sweat.

**Y-Fashion Show****Ages 13-18**

A **Fashion show** designed to showcase the richness **Fashion Allure** is your source for the latest trends, designers and collections. We comment on beauty, celebrity style, clothing and accessories and shoes.

**ZUMBA!!!!****Ages 16+**

The ZUMBA!! Program fuses hypnotic Latin rhythms and easy-to-follow- moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**(NEW) Aqua Zumba****Ages 16+**

Is one big POOL PARTY workout for all ages! A safe and effective plus a challenging water-based workout, that integrates the Zumba into a great water fitness workout.

**KICKBOXING****Ages 16+**

Get FIGHTING fit!! Kickboxing classes are a combination of martial arts techniques and circuit training that will strengthen and tone every muscle in your body. It's a great way to burn fat and kicks your body into shape.

**Movie & Lunch****Seniors**

Come and enjoy an afternoon of fun!! Enjoy a lunch and a recently released, movie in our beautiful Y Theater. Please call for more details.

**Aqua Fitness****Seniors**

A fun hour of fitness for anyone who wants to ease into a new water exercise program. You'll get the heart pumping and blood flowing with each low-impact exercise presented in this program. Please view Group Exercise schedule for dates and times.

**Active Adult Social****Seniors**

Every 3<sup>rd</sup> Tuesday come and enjoy a mid-afternoon of fun fill activities such as games, reading and much more.

**Please see Enrichment browser for Program Fees and Schedule.**