



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARTS & FAMILY PROGRAM SCHEDULE



WINTER SESSION: 1/2 - 2/24

MON	TUES	WED	THURS	FRI	SAT
9:00-11:30 am Indoor Playground Up to 3 years w/ adult Gymnasium	9:45-10:30 am Art & Play* Ages: 2-3 w/ adult Elisa, MP2	9:00-11:30 am Indoor Playground Up to 3 years w/ adult Gymnasium	9:00-11:30 am Indoor Playground Up to 3 years w/ adult Gymnasium	REGISTRATION Members: December 15 Community: December 22 *Registration required for fee-based classes.	
10:00-12:00 pm Family Art 18 mos. - 3 years Elisa & Abby, MP2		10:00-12:00 pm Family Art 18 months - 3 years Elisa & Abby, MP2	10:15 - 11:00 am Ready, Set, Science* NEW! Ages: 3-4 Denise, MP2		
11:00-11:45 am Story, Song & Shimmy Up to 4 years w/ adult Christina, Studio A	10:45-11:30 am Tiny Toes Ballet* Ages: 3- 4 years Sarah, Studio B	11:00-12:30 pm Prenatal Yoga Cheryl, Studio B	10:00-10:45 am NEW! Block Party Ages: 2-3 w/ adult Elisa, Studio B	11:00-12:00 pm Tot & Me Yoga 10 months - 2 years Elyce, Studio A	10:00-11:00 am Prenatal Yoga Kate, Studio B
11:00-12:30 pm Prenatal Yoga Kate, Studio B			11:00-12:00 pm Baby & Me Yoga 1-10 months Kate, Studio B		
1:00-2:00 pm Baby & Me Yoga 1-10 months Elyce, Studio B		2:05-3:05pm Baby & Me Yoga 1-10 months Cheryl, Studio B			NEW Classes!
	3:00-3:45 pm Tiny Toes Ballet* Ages: 3-4 years Sarah, Studio B		3:30-4:15 pm Tiny Tumblers* Ages: 4-5 years Ray, Gym	3:00-3:40 pm Tiny Toes Ballet* Ages: 3-4 years Phoebe, Studio B	
3:45-4:30 pm Tiny Toes Ballet* Ages: 3-4 years Sarah, Studio A	3:30-4:30 pm Beginner I Karate* Ages: 4-8 years Yasser, Studio A	3:45-4:25pm Tiny Toes Ballet* Ages: 3-4 Sarah, Studio A	3:30-4:30 pm Beginner I Karate* Ages: 4-8 years Yasser, SA	3:45-4:25 pm Tiny Toes Ballet* Ages: 3-4 years Phoebe, SB	
NEW! 4:00-4:45 pm Build, Build, Build* Ages: 3-4 years Denise, MP2	3:45-4:30 pm Kids Ballet* Ages: 5-7 years Sarah, Studio B	4:30-5:15 pm Kids Ballet* Ages: 5-7 years Sarah, Studio A	4:30-5:30 pm Intermediate Karate* Ages: 5-10 years Yasser, Studio A		
	4:30-5:30 pm Beginner II Karate* Ages: 5-10 years Yasser, Studio A	FOR MORE INFORMATION: Leah Kriebler Arts & Culture Director LKriebler@ymcanyc.org 212.912.2588		4:30-5:15 pm Kids Ballet* Ages: 5-7 years Phoebe, Studio B	4:00-5:30 pm Prenatal Yoga Kate, Studio B
NEW! 4:30-5:15 pm Kids Ballet II* Ages: 5-7 years Sarah, Studio A	4:30-5:15 pm Tiny Toes Ballet* Ages: 3-4 years Sarah, Studio B			NEW! 4:30-5:15 pm Kids Ballet II* Ages: 7-9 years Sarah, Studio A	

FAMILY PROGRAMS

Prenatal Yoga

Member Fee: Free, Community Fee: \$30/visit

This yoga class is especially kind and gentle to the body and is specifically designed to help expecting mothers feel more comfortable during pregnancy and prepare physically, mentally, emotionally and spiritually for labor, birth and motherhood.

Baby & Me Yoga

Member Fee: Free, Community Fee: \$30/visit

A great way to bond with your baby! This class is designed to help new moms regain strength and vitality, while incorporating baby in the process. Also, provides opportunity to build relationships with other new parents.

Story, Song & Shimmy

Member Fee: Free, Community Fee: \$30/visit

Bond with your little one while they develop social, motor and cognitive abilities. Stories and singing will be followed by fun and dancing with scarves and instruments.

Family Art

Member Fee: Free, Community Fee: \$30/visit

Art projects develop your child's creativity and artistic side while refining their fine motor skills. Children can follow a guided project or explore with different mediums on their own. Remember to wear your messy clothes!

Indoor Playground

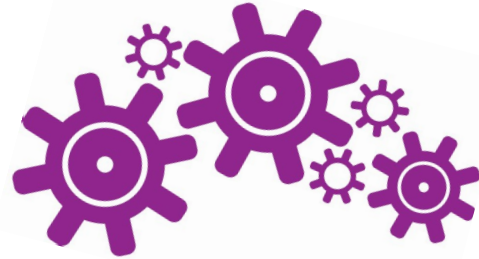
Members Only

Allow children to run, climb and socialize in a safe space. Perfect for the winter months when the park is too cold.

Tot & Me Yoga

Member Fee: Free, Community Fee: \$30/visit

Strengthen the bond between you and your child while getting fit at the same time! Parent/Tot yoga is also a great venue to develop lasting friendships with other parents and children.



ARTS & CULTURE PROGRAMS

Art & Play

Members fee: \$130, Community Fee: \$210

Kids have a great time mixing paints and using crayons and markers while learning basic drawing skills. A variety of projects will be created using different materials and techniques. Be warned – this class can get messy!

Tiny Toes Ballet

Members: \$125, Community Fee: \$180

A wonderful way to introduce children to movement. Children can twirl and leap with friends, developing confidence, coordination, and body awareness while having fun.

Kids Ballet

Members: \$125, Community Fee: \$180

This program is a fun and active way for children to learn ballet! Students will learn ballet techniques, build strength, and learn choreography. The last week, students will put on a performance showcasing what they have learned.

NEW! Kids Ballet Level II

Members: \$125, Community Fee: \$180

Ready to challenge yourself to the next level? This class is for students who have taken ballet before and are ready to advance. Students will learn more advanced ballet techniques and continue to develop their skills. In the last week, students will put on a performance showcasing what they have learned. * Please note that Level II Ballet is an invitation only. Not sure if your child is ready for Level II? Please contact Leah Kriebel if you're interested *

Tiny Tumblers

Members: \$190, Community Fee: \$260

Ready to explore gymnastics and develop your skills in a small group setting? Learn coordination, develop flexibility, and practice jumping, tumbling, balancing, and more! This class gives children the opportunity to build confidence, develop their own strength, and explore

NEW! Ready, Set, Science

Members: \$135 Community: \$215

From erupting volcanoes to experimenting with matter in different forms, this class invites children to explore the wonders of science! Your child will be able to test his or her own scientific theories and engage in experiments expanding their knowledge and interests. Students will learn about scientific theories, participate in science projects, and record their findings through observational drawings.

NEW! Block Party

Members: \$130, Community Fee: \$210

Join the party on the block, and explore building! Use your imagination to create a world of your own through different building activities each week. Develop spatial reasoning, problem solving and motor skills together!

NEW! Build, Build, Build

Members: \$130, Community Fee: \$210

Each week, students have the opportunity to build their own creations using their imagination. Students will build 3-D sculptures, robots, cars, castles, planes and more!

Karate

Members: \$150, Community Fee: \$210

Karate develops physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance. Level is determined by the instructor. *Please note there is a \$40 fee for the karate uniform for all students & there is a belting fee that goes directly to the National Karate Association for those who qualify and choose to belt.

