



New Pricing for 2019

RIDGEWOOD Y - Kids & Family Programs Winter I 2019

Programs Effective: January 2, 2019- February 24, 2019

Fee-Based Classes require registration

Member Registration December 15th

Non-Member Registration December 22nd

Contact Information Pre-K and Education Programs
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|---|---|
| | 8:30am-2:50pm Pre-K for All Children born in 2014 | | | | | |
| 10:00am-10:50am Capoeira for Kids Ages 6-12 yrs. | Child Watch Ages 6 months-6 years, <i>Members Only</i> 9:00am-12:00pm Mon, Tues, Thurs, Sat; Sundays: 10a-1p | | | | | |
| | 9am-10:15 am Let's Get Ready Ages 2-3 years | | | | | 12pm-12:50pm Fit Kids Ages 5-12 yrs. |
| | 10:25am-11:10 am Art & Play Ages 2-4 years | | | | | 12pm-12:50pm Ballet Ages 2-3 yrs. |
| | 11:20pm-12:05pm Ready, Set, Science Ages 2-4 yrs. | 11:20pm-12:05pm MUSIC & MOVEMENT Ages 2-4 yrs. | 11:20pm-12:05pm Ready, Set, Science Ages 2-4 yrs. | 11:20pm-12:05pm MUSIC & MOVEMENT Ages 2-4 yrs. | 11:20pm-12:05pm Ready, Set, Science Ages 2-4 yrs. | 1pm-1:50pm Ballet Ages 7-13 yrs. |
| 2:30pm-3:50pm Gymnastics Ages 5-9 yrs. | 12:15pm-2:00pm On Our Way Ages 3-4 years | | | | | 1pm-1:50pm Youth Karate Ages 5-14 yrs. |
| 4pm-5:20pm Gymnastics Ages 10-14 yrs. | 2:50pm-6:00pm Clubhouse Afterschool Ages 4-9 Years (PreK-5th grade) | | | | | |
| <p>SAVE THE DATES:</p> <p>YMCA Family Fun Sunday Jan. 13 1p-3p</p> <p>Open House Sat. Jan. 26 11a-2pm</p> <p>19-20 PRE-K Registration Begins Jan-Feb Priority will be given if enrolled in programs here</p> <p>CAMP REGISTRATION Begins FEB 1</p> | | 3:00pm-3:30pm Peewee Sports Ages 2-4 yrs. | | 3:00pm-3:30pm Peewee Sports Ages 2-4 yrs. | | 2pm-2:50pm Ballet Ages 4-6 yrs. |
| | | 4pm-4:50pm Kids Soccer Ages 5-7 yrs. | 5:15pm-6:00pm Fit Kids Ages 5-12 yrs. | 4pm-4:50pm Kids Basketball Ages 5-7 yrs. | | |
| | | 5pm-5:50pm Kids Soccer Ages 8-11 yrs. | 6:15pm-7:00pm Flex & Stretch Ages 7-13 yrs. | 5pm-5:50pm Kids Basketball Ages 8-11 yrs. | | |
| | 5:15pm-6pm Family Stretch Ages 5-12 yrs. | | | | 5pm-5:50pm Kids Chefs & Co. Ages 7-10 yrs. | 3pm-4:20pm Gymnastics Ages 7-13 yrs. |
| | 6:00pm-6:50pm Youth Art in Action Ages 5-12 yrs. | 6:30pm-7:20pm Youth Karate Ages 5-14 yrs. | 6:30pm-7:20pm Youth Karate Ages 5-14 yrs. | | 6pm-7:20pm Cheerleading Ages 7-13 yrs. | 6:00pm-6:50pm Leader's Club Ages 14-18 yrs. |
| | 5:30pm-8:30pm Child Watch Ages 6 months-6 years (Members Only) | | | | | |
| 6pm-8:30pm Y Kids Zone! Ages 7-12 years (Family Members only) | | | | | | 8:00pm-11:00pm TEEN CENTER Ages 11-19 yrs. |



Session Dates: January 2– February 24, 2019

RIDGEWOOD Y Kids Programs Winter I 2019

LETS GET READY! – Ages 2–3 yrs.

This class will help your child transition and become familiar with the classroom atmosphere and be better prepared to eventually attend classes independently.

3x/wk.: \$165 Members; \$221 Non-Members
2x/wk.: \$135 Members; \$183 Non-Members

ART & PLAY – Ages 2–4 yrs.

Kids will create projects using different materials and techniques. This class can get messy!

3x/wk.: \$178 Members; \$233 Non-Members
2x/wk.: \$147 Members; \$193 Non-Members

READY, SET, SCIENCE – Ages 2–4 yrs. An independent program with an introduction into a classroom setting where your child will experience science concepts. Children will explore science concepts through the use of hands on materials and manipulatives.

3x/wk.: \$165 Members; \$221 Non-Members

MUSIC & MOVEMENT – Ages 2–4 yrs. Enhance your child's development and love of music through song, dance, movement games, and instruments. Children will sing, listen to stories, play instruments, and more in this class for young children.

2x/wk.: \$135 Members; \$183 Non-Members

ON OUR WAY – Ages 3–4 yrs.

An introduction into a classroom setting where your child will experience activities such as Exploration time, arts/crafts, and Circle time. The objective of this class is for us to help your child learn the necessary skills to succeed in a school environment.

3x/wk.: \$165 Members; \$221 Non-Members
2x/wk.: \$135 Members; \$183 Non-Members

PEEWEE SPORTS – Ages 2–4 yrs.

Children have fun and learn the fundamentals of soccer and or basketball in a structured setting. Children will build confidence, develop teamwork and learn social skills and the basics of soccer/basketball in a positive and fun environment!

1x Week: \$73 Members; \$100 Non-Members
2x Week: \$140 Members; \$190 Non-Members

CHILD WATCH – Ages 6 month–6 yrs.

Children spend quality time with peers in play based interest areas while their parents workout on site for 2 hours a day.

FREE: Members Only

PRE-KINDERGARTEN FOR ALL – Full Day (Available to children born in 2014) September 5, 2018–June 14, 2019 Teachers introduce children to positive, fun activities that build education, social, and interpersonal skills. Children are taught by highly qualified, certified teachers and personnel. FREE: Members and Non-Members

CLUBHOUSE AFTERSCHOOL: PRE-K-5 September 10, 2018–June 14, 2019 Clubhouse is ready to take over during after school hours with daily activities that are structured, fun, and educational. Includes Sports on Tuesdays and Thursdays \$399 Members; \$473 Non-Members

Y KIDS ZONE! – Ages 7–12 yrs.

Kids spend quality time with peers, playing games and making crafts under staff supervision. FREE Members Only

YOUTH ART IN ACTION – Ages 5–12 yrs.

Join us for fun and crafty activities themed and engaging for the entire family. Registration is required for all participants. FREE Members; \$120 Non-Members

KIDS CHEFS & CO. – Ages 7–10 yrs.

Kids and their families learn about nutrition and culinary arts! Learn how to make a variety of tasty snacks and meals while spending quality time with their peers and family. Registration is required for all participants.

FREE Members; \$120 Non-Members

KIDS KARATE– Ages 5–14 yrs.

Learn basic punches, strikes, blocks and kicks while gaining focus, strength and coordination. Karate is all about teamwork, respect and patience—not combat or self-defense. **Benefits from participating 2x a week!

Classes partake in sparring with proper equipment only**

1x Week: \$75 Members; \$105 Non-Members
2x Week: \$143 Members; \$200 Non-Members

DANCE PROGRAM

BALLET – Ages 2–13 yrs.

Ballet is an essential foundation for all dance. The basics and more are introduced with patience and care, not to mention fun!

\$88 Members; \$120 Non-Members

Capoeira – Ages 6– 13 yrs.

Capoeira is a Brazilian art form which combines fight, dance, rhythm and movement. Please note that although Capoeira consists of combat, this is a no contact class. This is a fun class that focuses on body awareness, coordination, and music. Throughout class, kids work individually and in partners, teamwork is a fundamental part of training Capoeira.

\$88 Members; \$120 Non-Members

ZUMBA KIDS JR. – Ages 4–6 yrs.

It's a dance party for little feet where pint sized party animals get silly, dream big, and begin their journey to a healthy future.

FREE Members; \$105 Non-Members

ZUMBA KIDS – Ages 7–11 yrs.

The Zumba Kids program is the ultimate dance-fitness party for young Zumba fans ages 7-11 yrs where they can play it loud and rock with friends! Age-appropriate music moves and gets kids movin' to the beat.

FREE Members; \$105 Non-Members

FAMILY STRETCH – Adults with Children Ages 5+ yrs.

The whole family (Adults with Children 5+) can stretch together. Enjoy the fun and bonding that comes with family activities. Children should dress comfortably.

FREE Members; \$110 Non-Members

YOUTH SOCCER/BASKETBALL– Ages 5–11 yrs.

Get the ball rolling and develop and improve your skills through engaging warm-ups, activities and games, all while having fun! Outdoor playing time also scheduled this spring! \$73 Members; \$100 Non-Members

LEADERS CLUB– – Ages 14–18 yrs. helps to develop their self-confidence and leadership skills. The program also involves community service and service learning.

FREE to the Teens in our Community

TEEN TAKE THE CITY– Ages 14–18 yrs. Teens will discuss, participate in and focus on civic engagement. Teens in this program will go on a variety of different trips and will create a community advocacy project and have the chance to present it at City Hall.

FREE to the Teens in our Community

TEEN CENTER– Ages 11–19 yrs. is a drop in program that is open to all Teens. They can choose to participate from a variety of programs including Weight Training and Cardio workouts, Teen Dance, and Basketball.

FREE to the Teens in our Community

GYMNASTICS – Ages 5–14 yrs.

\$115 Members; \$142 Non-members

A fun, non-competitive program for children ages 5-14. Our active gymnasts will be geared up to advance in safe, consistent, and productive progressions.

CHEERLEADING – Ages 7–13 yrs.

This 8-week Cheerleading Program is a beginner class that teaches basic arm movements, jumps, stunting, and tumbling. Don't miss out on the fun!

\$115 Members; \$142 Non-Members

FIT KIDS! – Ages 5–12 yrs.

Run, jump, catch, dance, and have fun! This class is all about moving, staying healthy, and having fun.

FREE Members Only

FLEX & STRETCH – Ages 7–13 yrs

Join Coach Crystal for an 8-week program that will condition our dancers, cheerleaders, and gymnasts. This class will help our students gain strength and flexibility which will help with their overall performance.

\$88 Members; \$120 Non-Members