



# RIDGEWOOD Y - Kids & Family Programs Spring I 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30am-2:50pm Pre-K for All Children born in 2014					11am-11:45am Zumba Kids Ages 7-11 yrs.
	Child Watch Ages 6 months-6 years, <i>Members Only</i> 9:00am-12:00pm Mon, Tues, Thurs, Sat; Sundays: 10a-1p					12pm-12:50pm Zumba Kids Jr. Ages 4-6 yrs.
12:00pm-12:50pm Meditation for Kids Ages 6-9 yrs	9am-10:15 am Let's Get Ready Ages 2-3 years					12pm-12:50pm Fit Kids Ages 5-12 yrs.
12:00pm-12:50pm Basketball League Ages 10-12 yrs	10:25am-11:10 am Art & Play Ages 2-4 years					12pm-12:50pm Ballet Ages 2-3 yrs.
1:00pm-1:50pm Basketball League Ages 12-14 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)					2:00pm-2:50pm Peewee Sports Ages 2-4 yrs.
<b>SAVE THE DATES:</b> <b>Heart Filled Family Fun Sunday</b> Feb. 10, 1p-3p <b>Annual Campaign Kick Off Breakfast 3/9</b> <b>19-20 PRE-K Registration</b> Begins Feb 4 <sup>TH</sup> <i>Priority given if enrolled</i> <b>SUMMER CAMP REGISTRATION NOW OPEN</b> Camp Open House 10a-3p, 3/23 <b>Holiday Camp also available</b> 2/18-2/28 <b>Parent Night Out Available:</b> 2/14, 2/15, 3/14		3:00pm-3:30pm Peewee Sports Ages 2-4 yrs.	 	3:00pm-3:30pm Peewee Sports Ages 2-4 yrs.		3:00pm-3:50pm Basketball League Ages 4-6
		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.		4:00pm-4:50pm Basketball League Ages 7-9 yrs
	5:15pm-6pm Family Stretch Ages 5-12 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.		2pm-2:50pm Ballet Ages 4-6 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-Beginner Ages 5-14 yrs.		5pm-5:50pm Kids Chefs & Co. Ages 7-10 yrs.	3pm-4:20pm Gymnastics Ages 7-13 yrs.
	6:10pm-7pm Meditation for Kids Ages 7-12 yrs	6:30pm-7:20pm Youth Karate-Intermediate 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)					7:00pm-7:50pm Teens Take The City Ages 14-18 yrs.
	6pm-8:30pm Y Kids Zone! Ages 7-12 years (Family Members only)					8:00pm-11:00pm TEEN CENTER Ages 11-19 yrs.

**Programs Effective:**  
**February 25, 2019-**  
**April 21, 2019**  
*Program Break*  
*Apr.22-Apr.28- no classes*

**Fee-Based Classes**  
**require registration**

**Member Registration**

**February 9**

**Non-Member Registration**

**February 16**

**Contact Information**

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# Session Dates: February 25—April 21, 2019

Program break— No Classes April 22—April 28

# RIDGEWOOD Y Kids Programs Spring 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\*\*

Beginners - White, Yellow, Orange belts; Intermediate - Green, Blue belts; Advanced - Purple, Brown, Black belts

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

### 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

### MEDITATION FOR KIDS - 7- 12yrs

For ages 6-12yrs old, Our meditation classes will progress through a series that introduce mindfulness, awareness, contemplation and compassion. Each class will include time for meditation instruction, a group story (that revolves around mindfulness or ethics) and playful activities such as arts/crafts, songs, games and a brief meditation. Pick a day that best suits your child and register TODAY.

\$124 Members; \$146 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

## RIDGEWOOD Y BASKETBALL LEAGUE- Ages 4-14 yrs.

*Formerly known as Jr.Knicks*—Learn and master the basics of passing, dribbling and shooting, while practicing your offense and defense in fun scrimmages. Outdoor playing time also scheduled this spring! \$60 Members; \$90 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

