



# YOUTH & TEEN SCHEDULE

## SPRING 2019 FLUSHING YMCA

SESSION 193 8 WEEKS 4/29/2019-6/23/2019

	TIME	CLASS	AGES	INSTRUCTOR	ROOM	FEE
<b>MONDAY</b>						
Boxing	5:00PM – 5:50PM	Teen Cardio Boxing	12-17	Joseph	Studio 3	***
Kids Zone	5:30PM – 6:20PM	Kids Zone	4-12	Darcie	Studio 4	***
Child Watch	5:45PM – 8:30PM	Child Watch	2-7	Y Staff	1 <sup>st</sup> Floor	***
<b>TUESDAY   WEDNESDAY</b>						
Child Watch	5:45PM – 8:30PM	Child Watch	2-7	Y Staff	1 <sup>st</sup> Floor	***
<b>THURSDAY</b>						
Kids Zone	5:30PM – 6:20PM	Kids Zone	4-12	Darcie	Studio 4	***
Child Watch	5:45PM – 8:30PM	Child Watch	2-7	Y Staff	1 <sup>st</sup> Floor	***
Yoga	6:30PM – 7:20PM	Family Yoga	5+	Darcie	Studio 2	***
<b>FRIDAY</b>						
Karate	4:00PM – 4:50PM	Youth Seido Karate	4-7	Craig / John	Studio 4	*
	5:00PM – 5:50PM	Youth Seido Karate	8-12	Craig / John	Studio 4	*
<b>SATURDAY</b>						
Ballet	9:00AM – 9:50AM	Pre-Ballet	3-6	Traequana / Kathy	Studio 4	*
	10:00AM – 10:50AM	Youth Ballet	7-12	Traequana / Kathy	Studio 4	*
Guitar	9:00AM – 9:50AM	Teen & Adult Beg. Guitar	13+	Joseph	Assembly Room	*
	10:00AM – 10:50AM	Youth Beginner Guitar	8-12	Joseph	Assembly Room	*
Child Watch	10:00AM – 2:00PM	Child Watch	2-7	Y Staff	1 <sup>st</sup> Floor	***
K-Pop	11:00AM – 11:50AM	K-Pop	6-14	Janet	Assembly Room	*
Kids Bop	12:00PM – 12:50PM	Kids Bop	5-12	Traequana	Assembly Room	**
Breakdance	1:00PM – 1:50PM	Breakdance / Hip Hop <sup>(new)</sup>	6-14	Geoffrey	Assembly Room	*
Soccer	12:00PM – 12:50PM	Youth Soccer	5-8	Jan	Basketball Court	*
	1:00PM – 1:50PM	Youth Soccer	9-12	Jan	Basketball Court	*
Karate	12:00PM – 12:50PM	Youth Seido Karate	4-7	Craig / John	Studio 4	*
	1:00PM – 1:50PM	Youth Seido Karate	8-12	Craig / John	Studio 4	*
	2:00PM – 2:50PM	Teen & Adult Seido Karate	13+	Craig / John	Studio 4	*
Basketball	2:00PM – 2:50PM	Youth Basketball	5-8	Kunjai / Jan	Basketball Court	*
	3:00PM – 3:50PM	Youth Basketball	9-12	Kunjai / Jan	Basketball Court	*
	4:00PM – 4:50PM	Teen Basketball Training	11-17	Kunjai / Jan	Basketball Court	*

as of 4.11



### FEES

FEE	MEMBER PRICE	PROGRAM MEMBER PRICE
*	<b>\$100</b>	<b>\$160</b>
**	Family Membership & Registration required	N/A
***	Included in Family Membership	N/A

### REGISTRATION DATES

MEMBERS	PROGRAM MEMBERS
2/9/2019	2/16/2019
Register in-person or <a href="http://register.ymcanyc.org">register.ymcanyc.org</a>	

### REMINDERS

Schedule is subject to change. Youth under 12 yrs must be accompanied by a parent or guardian.  
[ymcanyc.org/locations/flushing-ymca/schedules](http://ymcanyc.org/locations/flushing-ymca/schedules)

## SPORTS

### ◆ Basketball (Youths, Teens)

Learn and master the basics of passing, dribbling, and shooting. Also, practice your offense and defensive skills in fun scrimmages. For both girls and boys. Fee registration required.

- Saturdays 2:00PM – 2:50PM (Ages 5-8)
- Saturdays 3:00PM – 3:50PM (Ages 9-12)

### ◆ Basketball Sports Training (Teens)

Become a better player through specific drills of conditioning, strength, endurance, agility, and gameplay. For both girls and boys. Fee registration required.

- Saturdays 4:00PM – 4:50PM (Ages 11-17)

### ◆ Soccer (Youths)

Get the ball rolling. Develop and improve soccer skills through engaging warmups, activities, teamwork while having fun. For both girls and boys. Fee registration required.

- Saturdays 12:00PM – 12:50PM (Ages 5-8)
- Saturdays 1:00PM – 1:50PM (Ages 9-12)

### ◆ Cardio Boxing (Teens)

This high energy class blends athletic drills with boxing to create an intense cardiovascular workout. For both girls and boys.

- Mondays 5:00PM – 5:50PM (Ages 12-17)

## MARTIAL ARTS

### ◆ Seido Karate (Youths, Teens, Adults)

A form of karate to develop physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance. For both girls and boys. Uniforms can be purchased from the instructor. Fee registration required.

- Fridays 4:00PM – 4:50PM (Ages 4-7)
- Saturdays 12:00PM – 12:50PM (Ages 4-7)
- Fridays 5:00PM – 5:50PM (Ages 8-12)
- Saturdays 1:00PM – 1:50PM (Ages 8-12)
- Saturdays 2:00PM – 2:50PM (Ages 13+)



## WHILE YOU WORKOUT

### ◆ Child Watch (Ages 2-7)

- Mondays – Thursdays 5:45PM – 8:30PM
- Saturdays 10:00AM – 2:00PM

### ◆ Kids Zone (Ages 4-12)

- Mondays 5:30PM – 6:20PM
- Thursdays 5:00PM – 5:50PM

## DANCE

### ◆ Kids Bop (Youths)

Designed exclusively for youth. These classes are rocking, high energy, fitness packed parties with special choreographed, kid-friendly routines, and music. For both girls and boys. Included in family membership, registration required.

- Saturdays 12:00PM – 12:50PM (Ages 5-12)

### ◆ Pre-Ballet (Youths)

Ballet is an essential foundation for all dance. You will learn the basics while having so much fun. For both girls and boys. Fee registration required.

- Saturdays 9:00AM – 9:50PM (Ages 3-6)

### ◆ Ballet (Youths)

Ballet is an essential foundation for all dance. The basics and more are introduced with patience and care, not to mention FUN!!! For both girls and boys. Fee registration required.

- Saturdays 10:00AM – 10:50AM (Ages 7 - 12)

### ◆ Breakdance / Hip Hop (Youths, Early Teens) <sup>(new)</sup>

Building a focus on beginner Hip-hop foundation for B-boying, a.k.a "Breakdancing", by going over the fundamental aspects of the dance. Students will be taught to build patience, discipline, overall confidence and safety through the movement.

- Saturdays 1:00PM – 1:50PM (Ages 6-14) <sup>(new)</sup>

### ◆ K-Pop (Youths, Early Teens)

Come have fun dancing to the latest K-Pop songs! No previous experience required. K-Pop, short for Korean pop music, has become a global phenomenon where the melody, concept, and choreography all come together to create an entertaining experience for all. For both girls and boys. Fee registration required.

- Saturdays 11:00AM – 11:50AM (Ages 6-14)

## MUSIC

### ◆ Guitar Lessons (Youths, Teens)

Strum away on your first guitar as you fall in love with music. Guitars are available, but students are encouraged to bring their own. For both girls and boys. Limited availability (max 8 students). Fee registration required.

- Saturdays 9:00AM – 9:50AM (Ages 13+)
- Saturdays 10:00AM – 10:50AM (Ages 8-12)