



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARTS & FAMILY PROGRAM SCHEDULE



SPRING II SESSION: 4/29 - 6/23

MON	TUES	WED	THURS	FRI	SAT
9:00-11:30 am <b>Indoor Playground</b> Up to 3 years w/ adult Gymnasium	9:45-10:30 am <b>Art &amp; Play*</b> Ages: 2-3 w/ adult Elisa, MP2	9:00-11:30 am <b>Indoor Playground</b> Up to 3 years w/ adult Gymnasium	9:00-11:30 am <b>Indoor Playground</b> Up to 3 years w/ adult Gymnasium	<b>REGISTRATION</b>  <b>Members: April 13</b> <b>Community: April 20</b>  *Registration required for fee-based classes.	
10:00-12:00 pm <b>Family Art</b> 18 mos. - 3 years Elisa & Abby, MP2		10:00-12:00 pm <b>Family Art</b> 18 months - 3 years Elisa & Abby, MP2	10:15 - 11:00 am <b>Ready, Set, Science*</b> <b>NEW!</b> Ages: 3-4 Denise, MP2		
11:00-11:45 am <b>Story, Song &amp; Shimmy</b> Up to 4 years w/ adult Essence, Studio A	10:45-11:30 am <b>Tiny Toes Ballet*</b> Ages: 3- 4 years Sarah, Studio B	11:00-12:30 pm <b>Prenatal Yoga</b> Cheryl, Studio B	10:00-10:45 am <b>NEW! Block Party</b> Ages: 2-3 w/ adult Elisa, Studio B	11:00-12:00 pm <b>Tot &amp; Me Yoga</b> 10 months - 2 years Elyce, Studio A	10:00-11:00 am <b>Prenatal Yoga</b> Kate, Studio B
11:00-12:30 pm <b>Prenatal Yoga</b> Kate, Studio B	11:00-12:00 pm <b>Tot &amp; Me Yoga</b> 10 months - 2 years Elana, Studio A		11:00-12:00 pm <b>Baby &amp; Me Yoga</b> 1-10 months Kate, Studio B		
1:00-2:00 pm <b>Baby &amp; Me Yoga</b> 1-10 months Elyce, Studio B		2:10-3:10pm <b>Baby &amp; Me Yoga</b> 1-10 months Cheryl, Studio B			<b>NEW Classes!</b>
	3:00-3:45 pm <b>Tiny Toes Ballet*</b> Ages: 3-4 years Sarah, Studio B		3:30-4:15 pm <b>Tiny Tumblers*</b> Ages: 4-5 years Ray, Gym	3:00-3:40 pm <b>Tiny Toes Ballet*</b> Ages: 3-4 years Phoebe, Studio B	
3:45-4:30 pm <b>Tiny Toes Ballet*</b> Ages: 3-4 years Sarah, Studio A	3:30-4:30 pm <b>Beginner I Karate*</b> Ages: 4-8 years Yasser, Studio A	3:45-4:25pm <b>Tiny Toes Ballet*</b> Ages: 3-4 Sarah, Studio A	3:30-4:30 pm <b>Beginner I Karate*</b> Ages: 4-8 years Yasser, SA	3:45-4:25 pm <b>Tiny Toes Ballet*</b> Ages: 3-4 years Phoebe, SB	
<b>NEW!</b> 4:00-4:45 pm <b>Build, Build, Build*</b> Ages: 3-4 years Denise, MP2	3:45-4:30 pm <b>Kids Ballet*</b> Ages: 5-7 years Sarah, Studio B	4:30-5:15 pm <b>Kids Ballet*</b> Ages: 5-7 years Sarah, Studio A	4:30-5:30 pm <b>Intermediate Karate*</b> Ages: 5-10 years Yasser, Studio A		
	4:30-5:30 pm <b>Beginner II Karate*</b> Ages: 5-10 years Yasser, Studio A	<b>FOR MORE INFORMATION:</b> Denise Francis Arts & Culture Director DFrancis@ymcanyc.org 212.912.2588		4:30-5:15 pm <b>Kids Ballet*</b> Ages: 5-7 years Phoebe, Studio B	3:00-4:20 pm <b>Prenatal Yoga</b> Elena, Studio B
<b>NEW!</b> 4:30-5:15 pm <b>Kids Ballet II**</b> Ages: 5-7 years Sarah, Studio A	4:30-5:15 pm <b>Tiny Toes Ballet*</b> Ages: 3-4 years Sarah, Studio B			<b>NEW!</b> 4:30-5:15 pm <b>Kids Ballet II**</b> Ages: 7-9 years Sarah, Studio A	**Ballet II - 16 week class

# 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

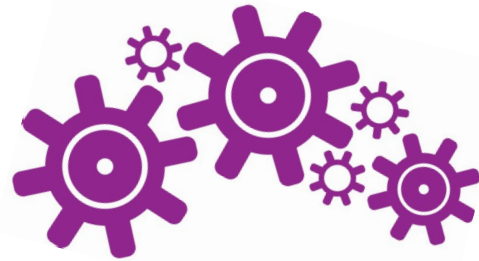
**Members Only**

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: \$250, Community Fee: \$360**

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.

