



DODGE Y YOUTH CLASS SCHEDULE

July 1 - August 25 2019

Registration Begins - Members: June 15 & Community: June 22

EARLY CHILDHOOD CLASSES (registration required)

*Toddler Time is free for Family Members ONLY & \$15 for Non-Members & Youth Members

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM-9:45AM	*Toddler Time Gym		*Toddler Time Gym			Youth Basketball League 10AM -3:30PM (gym) Please see flier for more information
10:00 AM-10:45 AM	Rumble & Tumble Gym (18mo-3yrs)	Kindersports Jr. Gym (18mo-2yrs)	Rumble & Tumble Gym (18mo-3yrs)	Little Feet Wise Heart yoga Studio C (2yr - 5yrs)	Little Painters - Arts & Crafts Conference Rm. (16mo-5yrs)	
						SUNDAY
11:00 AM-11:45 AM	Rumble & Tumble Xtreme Gym (3yrs-5yrs)	Drumming, Percussion & Sing Along Gym (18mo-4yrs)	Rumble & Tumble Jr. Gym (6mo-17mo)	MAD SCIENCE - Little Scientists Conference Rm. (2yrs-5yrs)	Soccer JR. Gym (2yrs-5yrs)	*Toddler Time Gym 10 AM - 12:00 PM
	Exciting News! We've updated our Rumble & Tumble Equipment and Features.					

YOUTH SPORTS CLASSES (registration required)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3:30 PM-4:15 PM	Basketball Gym (3-5yrs)	Tennis Gym (3-5yrs)	Basketball Gym (6-7yrs)	Basketball Gym (9-10yrs)	Soccer Spikes Gym (3-5yrs)	Summer Camp Registration started! Kinder Camp Day Camp Sports Camp Dance Camp Science Camp LEGO Camp
		Ballet Studio B (3-6yrs) 4-4:45PM	Ballet Studio B (3-6yrs)			
4:30 PM-5:15 PM	Soccer Spikes Gym (3-5yrs)	Tennis Gym (6-8 yrs)	Basketball Gym (6-8yrs)	Basketball Gym (3-5yrs)	Soccer Spikes Gym (6-8yrs)	



DODGE YMCA YOUTH & FAMILY CLASS DESCRIPTIONS

All Youth Sports
Classes are \$165 for
Members & \$230 for
Non-Members.



TAP & JAZZ

Members: \$165 / Community \$230

This energetic and exciting class is a combo class designed to provide young dancers an introduction into the fundamentals of tap & jazz dance. Classes emphasize musicality, body alignment, conditioning, stretch and strengthening, rhythm and stylization while having fun dancing to clean and appropriate music.



LITTLE PAINTERS ARTS & CRAFTS

Members: \$165 / Community \$230

Mixing paints and using crayons and markers, while learning basic drawing skills.



MAD SCIENCE

Members: \$175 / Community \$240

Preschoolers enjoy captivating demonstrations, perform simple science experiments and discover science.



KINDERSPORTS

Members: \$165 / Community \$230

Introduce your child to the world of sports and early fitness. Perfect for young athletes.



DRUMMING, PERCUSSION & SING-ALONG

Members: \$175 / Community \$240

These hands-on weekly classes are filled with joy and laughter as children and family members play instruments, sing, learn body percussion and dance. All ages and levels welcome! Instruments and activity materials provided and bi-lingual elements will be woven into the activities



RUMBLE & TUMBLE

Members: \$165 / Community \$230

This class develops motor skills & movement throughout our obstacle course, ball play & songs.



LITTLE FEET WISE HEART YOGA

Members: \$165 / Community \$230

Little bodies love to move and learn about the world around them! This class is a great introduction to the world of yoga geared for kids moving in the world. We'll read books and integrate yoga poses, learn songs, play games, play with sound and quiet, develop the art of savasana or rest pose and plant the seeds of mindfulness in little bodies and minds! So much to learn and explore- join us!



ACRO/ TUMBLING

Members: \$165 / Community \$230

Acro (acrobatics/tumbling) is centered on fundamental acrobatic technique to increase flexibility, strength, balance, coordination, endurance, timing, body awareness, self-discipline, and confidence. Classes focus on proper hand placement and body alignment with emphasis on the muscles and flexibility required to perform proper technique.