

KIDS & FAMILY PROGRAMS



YMCA OF GREATER
NEW YORK

Where there's a Y,
there's a way.

WINTER I SESSION: JANUARY 2, 2020 – FEBRUARY 23, 2020

PARENT & CHILD

- BORN TO MOVE**
(Ages 1 - 5 years)
SUNDAY 10:00am - 10:45am
- Y MUSICAL JAMBOREE**
(Ages 1 - 5 years)
SATURDAY 10:00am - 10:45am
- GIGGLE & GROOVE**
(Ages 2 - 4 years)
TUESDAY 11:00am - 11:45am
- MOMMY & ME FUN TIME**
(Ages 1 - 5 years)
WEDNESDAY 11:00am - 11:45am
- BUILDING BUDDIES**
(Ages 2 - 4 years)
THURSDAY 11:00am - 11:45am
- ZUMBINI**
(Ages 0 - 5 years)
SUNDAY 11:00am - 11:45am
MONDAY 10:00am - 10:45am

ARTS

- YOUNG CHEFS**
(Ages 6 - 12 years)
THURSDAY 5:00pm - 6:00pm
- PASSPORT TO ART**
(Ages 5 - 12 years)
FRIDAY 5:00pm - 6:00pm
- LET'S GO PAINT**
(Ages 6 - 12 years)
WEDNESDAY 5:15pm - 6:00pm
- GAME PLAY**
(Ages 7 - 12 years)
TUESDAY 4:30pm - 5:15pm
- PRIVATE GUITAR LESSONS**
(Ages 5 - 14 years)



DANCE

- TINY TOES**
(Ages 3 - 5 years)
SATURDAY 1:30pm - 2:15pm
& SUNDAY 1:15pm - 2:00pm
- BALLET/TAP/HIP HOP**
(Ages 6 - 12 years)
SATURDAY 2:15pm - 3:15pm
OR SUNDAY 2:00pm - 3:00pm

MARTIAL ARTS

- PRE-K KARATE**
(Age 4 years)
SATURDAY 9:15am - 10:00am
- TAE KWON DO**
(Ages 5 - 7 years)
TUESDAY 4:00pm - 5:00pm
FRIDAY 4:00pm - 5:00pm
SATURDAY 10:00am - 11:00am
- TAE KWON DO**
(Ages 7 - 14 years)
TUESDAY 5:00pm - 6:00pm
FRIDAY 5:00pm - 6:00pm
SATURDAY 11:00am - 1:00pm

- TOURNAMENT TRAINING**
SATURDAY 1:00pm - 2:15pm
- ADVANCED TAE KWON DO**
SATURDAY 2:15pm - 4:15pm

FITNESS

- UPPER CUTTERS**
(Ages 7 - 14 years)
SUNDAY 12:15pm - 1:15pm
- NINJA WARRIOR**
(Ages 6 - 12 years)
THURSDAY 3:30pm - 4:30pm
- KIDS ZUMBA**
(Ages 7 - 12 years)
TUESDAY 5:45pm - 6:30pm
OR SATURDAY 10:45am - 11:15am
- KIDS YOGA FIT**
(Ages 6 - 12 years)
TUESDAY OR WEDNESDAY
5:00pm - 5:45pm
- CATCH**
(Grades 1 - 5)
WEDNESDAY 4:00pm - 5:00pm

KIDS & FAMILY CONTINUED

SPORTS

- SPORTS SAMPLER**
(Ages 4 - 6 years)
FRIDAY 3:30pm - 4:30pm
- BEGINNER FLAG FOOTBALL**
(Ages 4 - 7 years)
TUESDAY 5:00pm - 6:00pm
- SEMI-PRO FLAG FOOTBALL**
(Ages 8 - 12 years)
TUESDAY 6:00pm - 7:00pm
- TRACK**
(Ages 5 - 8 years)
MONDAY 6:00pm - 7:00pm
- TRACK**
(Ages 9 - 12 years)
MONDAY 7:00pm - 8:00pm
- JUNIOR PICKLEBALL**
(Ages 8 - 16 years)
TUESDAY 3:30pm - 4:30pm
- ROOKIE BASKETBALL**
(Ages 4 - 6 years)
MONDAY OR WEDNESDAY
3:30pm - 4:00pm



- STARTER BASKETBALL**
(Ages 7 - 9 years)
MONDAY 4:00pm - 5:00pm
WEDNESDAY 4:00pm - 5:00pm
SATURDAY 9:30am - 10:30am
- ALL STAR BASKETBALL**
(Ages 9 - 12 years)
MONDAY 5:00pm - 6:00pm
WEDNESDAY 5:00pm - 6:00pm
SATURDAY 10:30am - 11:30am
- MVP BASKETBALL**
(Ages 13 - 15 years)
MONDAY OR WEDNESDAY
6:00pm - 7:00pm
- LIL KICKS SOCCER**
(Ages 4 - 6 years)
THURSDAY 4:00pm - 4:30pm
- INSTRUCTIONAL SOCCER**
(Ages 5 - 7 years)
THURSDAY 4:30pm - 5:30pm
- INTERMEDIATE/ADVANCED SOCCER**
(Ages 8 - 12 years)
THURSDAY 5:30pm - 6:30pm
- YOUTH TENNIS**
(Ages 6 - 8 years)
FRIDAY 5:00pm - 6:00pm
- YOUTH TENNIS**
(Ages 9 - 12 years)
FRIDAY 6:00pm - 7:00pm

SCIENCE

- MAD SCIENTIST**
(Ages 6 - 12 years)
MONDAY 4:00pm - 4:45pm
- Y-BOTICS**
(Ages 6 - 12 years)
MONDAY 5:00pm - 6:00pm

GYMNASTICS

- TUMBLING TOTS**
(Ages 3 - 5 years)
FRIDAY 3:30pm - 4:15pm
- TUMBLING STARS**
(Ages 6 - 10 years)
FRIDAY 4:15pm - 5:00pm

TEENS

- LEADERS CLUB**
(Ages 11 - 16 years)
FRIDAY 6:00pm - 7:00pm
- TEENS TAKE THE CITY**
(Ages 14 - 17 years)
FRIDAY 7:00pm - 8:00pm
- YOUTH & GOVERNMENT**
(Ages 13 - 16 years)
SUNDAY 1:00pm - 2:30pm
- TEEN CENTER**
(Ages 11 - 15 years)
FRIDAY 7:30pm - 9:45pm

QUESTIONS?

Please contact **Meghan Sinback**,
Youth & Family Director,
at 718-227-3200 or
msinback@ymcanyc.org.



MEMBERS: DECEMBER 14TH
COMMUNITY: DECEMBER 21ST



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