



# YOUTH & TEEN SCHEDULE

# SPRING 2020 FLUSHING YMCA

SESSION 202 9 WEEKS 2/24/20-4/26/20

	TIME	CLASS	AGES	INSTRUCTOR	ROOM	FEE
<b>MONDAY</b>						
Child Watch	5:45PM – 8:30PM	Child Watch	2-7	Y Staff	1st Floor	◆◆◆
<b>TUESDAY</b>						
Child Watch	5:45PM – 8:30PM	Child Watch	2-7	Y Staff	1st Floor	◆◆◆
<b>WEDNESDAY</b>						
Karate	5:30PM – 6:20PM	Seido Karate (Yellow Belt+)	12+	Craig / John	Studio 4	○○
Child Watch	5:45PM – 8:30PM	Child Watch	2-7	Y Staff	1st Floor	◆◆◆
<b>THURSDAY</b>						
Child Watch	5:45PM – 8:30PM	Child Watch	2-7	Y Staff	1st Floor	◆◆◆
<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>						
CATCH	9:00AM – 9:50AM	CATCH Kids Club	6-14	Y Staff	Assembly Room	◆
Ballet	9:00AM – 9:50AM	Pre-Ballet	3-6	Kathy	Studio 4	○○
	10:00AM – 10:50AM	Youth Ballet	7-12	Kathy	Studio 4	○○
Child Watch	10:00AM – 2:00PM	Child Watch	2-7	Y Staff	1st Floor	◆◆◆
K-Pop	11:00AM – 11:50AM	K-Pop	6-14	Janet	Assembly Room	○○
Soccer	12:00PM – 12:50PM	Youth Soccer	5-8	Nicole / Jon	Basketball Court	○
	1:00PM – 1:50PM	Youth Soccer	9-12	Nicole / Jon	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	Nicole / Jon	Basketball Court	○
	3:00PM – 3:50PM	Youth Basketball	9-12	Nicole / Jon	Basketball Court	○
	4:00PM – 4:50PM	Teen Basketball Training	11-17	Nicole / Jon	Basketball Court	○

### FEES

FEE	DESCRIPTION	MEMBER PRICE	PROGRAM MEMBER PRICE
○	8 Classes (no classes on 4/18)	\$105	\$170
○○	9 Classes	\$119	\$192
◆	Free with any paid class registration	Free	Free
◆◆	Family Membership & Registration required	Free	N/A
◆◆◆	Included in Family Membership	Free	N/A

### REGISTRATION DATES

MEMBERS 2/8/2020      PROGRAM MEMBERS 2/15/2020

Register in-person or [register.ymcanyc.org](http://register.ymcanyc.org)

### 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)



r2.6.2

## 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 with Nicole, our World Cup Soccer Player! 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)

## DANCE

### ◆ 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)

### ◆ 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)

## 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+)
- Wednesdays 5:30PM – 6:20PM (Ages 12+/Yellow Belt+)



## WHILE YOU WORKOUT

### ◆ Child Watch (Ages 2-7)

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

### ◆ CATCH Kids Club (Ages 6-14)

- Saturdays 9:00AM – 9:50PM