



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Winter I (01/01-02/15)

Sports & Youth Programs

Little Dribblers

The Little Dribblers class will teach the basic fundamentals of basketball: dribbling, shooting, passing and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 7:00 - 7:45pm	3-5	\$50.00/\$80.00

Parent participation may be required for some students.

Basketball - Youth (ages 6-8)

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 8:00 - 8:45pm	6-8	\$50.00/\$80.00

Basketball - Youth (ages 9-12)

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 8:00 - 8:45pm	9-12	\$50.00/\$80.00

Gymnastics - Wee Tumblers

Parent and child interactive class with an open-gym style organization. Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 4:00pm-4:45pm	1-3	\$55.00/\$90.00
Winter I	Tuesday 10:30am-11:15am	1-3	\$55.00/\$90.00
Winter I	Saturday 10:45am-11:30am	1-3	\$55.00/\$90.00

Gymnastics - Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 5:30pm - 6:15pm	3-4	\$55.00/\$90.00
Winter I	Thursday 10:30am - 11:15am	3-4	\$55.00/\$90.00
Winter I	Saturday 9:00am - 9:45am	3-4	\$55.00/\$90.00
Winter I	Saturday 11:30am - 12:15pm	3-4	\$55.00/\$90.00

Gymnastics - Beginners

The first level of progressive gymnastics classes offered. The first class for all children 5 years old and above who have never taken gymnastics. Beginners is an introduction of basic gymnastics skills, flexibility, and strength on all 4 events (Vault, Bars, Beam, Floor). Skills Taught: running & jumping form (vault), hanging shapes, bar holds & movements (bars), balancing holds, movements, & jumps (beam), jumping shapes, rolls, handstands, cartwheels (floor), strength, flexibility, listening, etc.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:00pm-6:00pm	5-17	\$75.00/\$105.00
Winter I	Monday 6:00pm-7:00pm	5-17	\$75.00/\$105.00
Winter I	Wednesday 4:30pm-5:30pm	5-17	\$75.00/\$105.00
Winter I	Wednesday 6:30pm-7:30pm	5-17	\$75.00/\$105.00
Winter I	Saturday 9:45am-10:45am	5-17	\$75.00/\$105.00
Winter I	Saturday 12:15pm-1:15pm	5-17	\$75.00/\$105.00

Gymnastics - Intermediate

The second progressive gymnastics class offered. Intermediate is the next step after testing out the Beginners class, unless the gymnast has prior experience from another gym (contact Gymnastics Coordinator to schedule an evaluation for placement). The Intermediate class is an advancement of the basic skills taught in Beginners. The events and skills learned will be progressed in addition to the introduction of new skills on all 4 events. Skills Taught: running & jumping form, vaulting technique and power (vault), hanging shape strength, bar holds, movements & circling skills (bars), advanced balancing holds, jumping shapes, advanced beam movements, handstand intro (beam), jumping shapes, turns, rolls, kick-overs, handstands, cartwheels, round-off intro (floor), strength, flexibility, listening, coachability, etc.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 7:00pm - 8:00pm	5-17	\$75.00/\$105.00
Winter I	Wednesday 4:30pm - 5:30pm	5-17	\$75.00/\$105.00
Winter I	Wednesday 5:30pm - 6:30pm	5-17	\$75.00/\$105.00
Winter I	Saturday 9:45am - 10:45am	5-17	\$75.00/\$105.00

Gymnastics - Advanced

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:30pm-8:00pm	6-17	\$80.00/\$110.00
Winter I	Saturday 11:00am-12:30pm	6-17	\$80.00/\$110.00

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Gymnastics - Elite

The fourth, and last progressive gymnastics class offered. Elite is the next step after testing out of the Advanced class. The Elite class is a progressed version after the Advanced class where previously learned skills are scaled to be more challenging as the gymnasts learn to refine & polish their skills as well as their independence in performing them. The gymnasts will also learn some additional new skills to introduce and prepare them for the next step, which is Pre-Team.

Skills Taught: gymnastics vaults, drilling, perfecting technique & form (vault), glide swings, pullovers, bigger bar casting, circling, squat-on (bars), jumps & connections, turns & leaps, handstands, dismounts (beam), jump connections, leaps, rolls, handstands, kick-overs, round-offs, backhandspring, increased & maintained strength, flexibility, coachability, concentration, focus, responsibility, etc.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 6:30pm-8:00pm	6-17	\$80.00/\$110.00

Karate - Youth

Karate class is designed for children to learn confidence, self-discipline and respect from a Black Belt instructor while in a fun environment. Karate is a unique form of physical activity using movements and exercises that are excellent for personal health

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:00 - 7:00pm	6-12	\$65.00/\$85.00

Rock Wall 101

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 5:00pm - 5:45pm	Winter I 4-99	\$0.00/\$35.00
Winter I	Wednesday 6:00pm - 6:45pm	Winter I 4-99	\$0.00/\$35.00
Winter I	Wednesday 7:00pm - 7:45pm	Winter I 4-99	\$0.00/\$35.00
Winter I	Saturday 9:00am - 9:45am	Winter I 4-99	\$0.00/\$25.00
Winter I	Saturday 10:00am - 10:45am	Winter I 4-99	\$0.00/\$25.00
Winter I	Saturday 11:00am - 11:45am	Winter I 4-99	\$0.00/\$25.00

Sporties For Shorties (ages 3-5)

Sporties for Shorties will introduce your child to a variety of sports while improving their motor skills and coordination (Basketball, Soccer, and Tball).

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:00 - 6:45pm	3-5	\$50.00/\$80.00
Winter I	Thursday 7:00 - 7:45pm	3-5	\$50.00/\$80.00

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