



PRESCHOOL REGISTRATION INFORMATION

6 months through 5 years old Spring: April 15 – June 2, 2018 (7 weeks*)

*The Y will be closed Monday, May 28, 2018 (Memorial Day)

Registration: Member: March 31 – April 12, 2018 | Non-Member: April 7-12, 2018

Registration & Session dates apply to all programs unless otherwise noted.

Additional programs/classes that do not require registration may be available and will be on the facility schedules.

Program descriptions are available in the Preschool/Youth/Teen Program Guide. Schedule is subject to change.

YOUTH & TEEN
REGISTRATION
INFORMATION IS ON
THE REVERSE SIDE.

SAVE THE DATE!

(Member / Non-Member)

HEALTHY KIDS DAY®

Saturday, April 28, 2018

11:00AM-2:00PM

Free Community Event

CAMP ROSE 2018

Karen Guise, Senior Program Director: x230 or kguise@bcfymca.org | Nik Cubbison, Program Director: x217 or ncubison@bcfymca.org

Registration is open! Camp runs June 4 – August 24, 2018 and is available for students completing Kindergarten – 8th grade. Field trip schedule is available online. **Weekly rate** is \$185 per camper; \$15 sibling discount is available and will be applied in-house. \$25 non-refundable deposit is due upon registration. Please mark your calendars and attend our **Summer Day Camp Orientation on Wednesday, May 30, 2018, 6:30PM-7:30PM.**

AQUATICS

Michelle Gonzalez, Aquatics Coordinator: x218 or mgonzalez@bcfymca.org

PRIVATE SWIM LESSONS	Schedule with Instructor (7 lessons)
3+ yrs	\$161 Member / \$250 Non-Member

Spring Session Group Swim Lessons are \$38 Member / \$76 Non-Member and run for 6 weeks (April 16 – May 26, 2018).

LEVEL		DAY	TIME
PARENT/CHILD SWIM LESSONS	LEVEL A: WATER DISCOVERY	SA	9:35AM-10:05AM
	LEVEL B: WATER EXPLORATION	SA	10:10AM-10:40AM
	LEVEL A & B COMBINED	TH	1:00PM-1:30PM
1/ WATER ACCLIMATION	M		5:40PM-6:10PM
	W		5:05PM-5:35PM
	W		6:15PM-6:45PM
	TH		5:30PM-6:00PM
	SA		10:45AM-11:15AM
LEVEL 1 & 2 COMBINED	TH		12:15PM-12:45PM
2/ WATER MOVEMENT	M		4:30PM-5:00PM
	M		6:15PM-6:45PM
	W		4:30PM-5:00PM
	W		5:40PM-6:10PM
	TH		6:05PM-6:35PM
	SA		9:00AM-9:30AM
	SA		10:45AM-11:15AM
	SA		11:20AM-11:50AM
LEVEL 2 & 3 COMBINED	M		10:30AM-11:00AM
3/ WATER STAMINA	M		4:30PM-5:00PM
	W		4:30PM-5:00PM
	TH		5:30PM-6:00PM
	SA		9:00AM-9:30AM
	SA		11:20AM-11:50AM

HEALTHY LIVING

Kathy Hensler, Healthy Living Director: x226 or khensler@bcfymca.org

Spring Session Healthy Living Small Group Training Programs run for 7 weeks.

PARENT/CHILD PROGRAM	DAY	TIME	INSTRUCTOR	MEMBER/ NON-MEMBER (DROP-IN)
BABY & ME YOGA Ages: 8 wks – 18 mnths	SU	10:00AM-11:00AM	Anne	\$25 / \$44 (\$5)
PRENATAL YOGA	SU	11:00AM-12:00PM	Anne	\$25 / \$44 (\$5)

SPORTS & MOVEMENT

Nik Cubbison, Program Director: x217 or ncubison@bcfymca.org

Spring Session Sports & Movement programs run for 6 weeks.

CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
BITTY BASEBALL (Parent/child class) 3-5 yrs	M *No 5/28	5:45PM-6:30PM	\$35 / \$55
	W	5:30PM-6:15PM	\$35 / \$55
BITTY OUTDOOR ALLSTARS (Parent/child class) 3-5 yrs	TU	10:30AM-11:15AM	\$35 / \$55
GYM JAMBOREE (Parent/child class) 2-5 yrs	F	9:00AM-9:30AM	\$25 / \$45
	F	9:45AM-10:15AM	\$25 / \$45
	F	10:30AM-11:00AM	\$25 / \$45
KEYSTONE MARTIAL ARTS: (doesn't run on session) *Monthly registration required.			
Little Dragons 4-6 yrs	TU	4:15PM-5:00PM	\$50 / \$95+
Mighty Dragons 4-6 yrs	TH	4:15PM-5:05PM	\$50 / \$95+

ARTS & HUMANITIES

Nik Cubbison, Program Director: x217 or ncubison@bcfymca.org

Spring Session Sports & Movement programs run for 6 weeks.

CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
ART ADVENTURES 2-5 yrs	W	9:30AM-10:15AM	\$35 / \$55
	TH	11:05AM-11:50AM	\$35 / \$55
DRUMS ALIVE® 3-6 yrs	M *No 5/28	11:15AM-11:45AM	\$25 / \$45
KIDS CAN COOK 3-5 yrs	TU	9:30AM-10:30AM	\$50 / \$70
	TU	12:30PM-1:30PM	\$50 / \$70



YOUTH & TEEN REGISTRATION INFORMATION

5-17+ yrs old (*or 18 yrs still enrolled in high school) **Spring: April 15 – June 2, 2018 (7 weeks*)**

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Additional programs/classes that do not require registration may be available and will be on the facility schedules.

Program descriptions are available in the Preschool/Youth/Teen Program Guide. Schedule is subject to change.

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AMERICAN RED CROSS CERTIFICATIONS

Karen Guise, Senior Program Director: x230 or kguise@bcfymca.org
Michelle Gonzalez, Aquatics Coordinator: x218 or mgonzalez@bcfymca.org
See American Red Cross Certification flyers for course descriptions and prerequisites.

CLASS & AGE	DAY & TIME	REGISTRATION	MEMBER/ NON-MEMBER
Immediate Lifeguard positions & training reimbursement are available!			
LIFEGUARDING 15+ yrs	Fri., May 18 (4PM-9PM) Sat., May 19 (8AM-6PM) Sun., May 20 (8AM-3PM)	April 1 – May 1	\$200 / \$225
LIFEGUARD INSTRUCTOR 18+ yrs	Fri., June 18 (8AM-5PM) Sat., June 19 (8AM-5PM)	May 1 – June 1	\$250 / \$300
BABYSITTING 11-15 yrs	Thurs., June 21 (9:30AM-4PM)	May 15– June 21	\$70 / \$90
Save money by registering for FIRST AID & CPR/AED together! \$95 / \$115			
CPR/AED (ONLY) 15+ yrs	Thurs., May 10 (5PM-9:30PM)	April 1 – May 9	\$75 / \$95
FIRST AID (ONLY) 15+ yrs	Thurs., May 17 (5PM-9:30PM)	April 1 – May 9	\$65 / \$75
NEW COURSE OFFERED! See American Red Cross flyer for course description.			
WILDERNESS & REMOTE FIRST AID 14+ yrs	Sat., June 2 & Sun., June 3 (8:00AM-2:00PM) (must attend both days)	April 15 – May 25	\$95 / \$115

AQUATICS

Michelle Gonzalez, Aquatics Coordinator: x218 or mgonzalez@bcfymca.org

PRIVATE SWIM LESSONS 3+ yrs	Schedule with Instructor (7 lessons) \$161 Member / \$250 Non-Member
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Spring Session Group Swim Lessons are \$38 Member / \$76 Non-Member and run for 6 weeks (April 16 – May 26, 2018).

LEVEL	DAY	TIME
1/ WATER ACCLIMATION	SA	11:20AM-11:50AM
2/ WATER MOVEMENT	M	5:05PM-5:35PM
	M	5:40PM-6:10PM
	W	5:40PM-6:10PM
	SA	9:35AM-10:05AM
3/ WATER STAMINA	SA	10:10AM-10:40AM
	SA	10:45AM-11:15AM
	M	5:05PM-5:35PM
	W	5:05PM-5:35PM
4/ STROKE INTRODUCTION	SA	4:30PM-5:00PM
	W	4:30PM-5:00PM
	SA	9:35AM-10:05AM
5/ STROKE DEVELOPMENT	M	5:40PM-6:10PM
	W	5:05PM-5:35PM
	SA	9:00AM-9:30AM
	SA	10:45AM-11:15AM
6/ STROKE MECHANICS	M	5:05PM-5:35PM
	W	5:40PM-6:10PM
	SA	9:35AM-10:05AM
	SA	10:10AM-10:40AM

HEALTHY LIVING

Kathy Hensler, Healthy Living Director: x226 or khensler@bcfymca.org

Ages 14+ yrs can attend group exercise & cycle classes. Ages 12-13 yrs may attend **Land Group Exercise** classes with a parent*. Ages 11-13 yrs may attend **Group Cycle** classes with a parent*. *Youth must not be a distraction to the adult class. Please view Adult Program Guide for all class descriptions and the Land Group Exercise Schedule for class days and times.

Spring Session Healthy Living Teen programs run for 7 weeks.

CLASS & AGE	DAY	TIME	MEMBER/NON-MEMBER (DROP-IN)
YOUTH/TEEN FITNESS 7-17 yrs	*M TU W TH	4:30PM-5:30PM	\$39 / \$66 (\$3)
	· Mon: Cardio & Flexibility · Tues: Strength & Conditioning · Wed: Cardio & Flexibility · Thurs: Strength & Conditioning *No Class 5/28 Attend every day or as often as you can!		

SPORTS & HUMANITIES

Nik Cubbison, Program Director: x217 or ncubbison@bcfymca.org

PRIVATE SOCCER INSTRUCTION 8-17 yrs	Schedule with Instructor (6 lessons) (\$120 Member / \$180 Non-Member)
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Spring Session Sports & Humanities programs run for 6 weeks.

CLASS, LEVEL & AGE	DAY	TIME	MEMBER/ NON-MEMBER
BASEBALL/ SOFTBALL HITTING ACADEMY 7-9 yrs	TH	5:00PM-5:45PM	\$50 / \$70
10-16 yrs	TU	5:00PM-5:45PM	\$50 / \$70
INTRO TO RACQUET SPORTS 5-8 yrs	M *No 5/28	4:30PM-5:15PM	\$50 / \$70
NEW PROGRAM!	F	5:30PM-6:15PM	\$40 / \$60
KIDS CREATE 5-9 yrs	SA	3:15PM-4:00PM	\$40 / \$60
SPEED & AGILITY PERFORMANCE TRAINING 7-9 yrs	TH	4:15PM-5:00PM	\$50 / \$70
	10-16 yrs	W	4:30PM-5:15PM
VOLLEYBALL LEAGUE Youth 9-12 yrs	TU	6:30PM-8:30PM	\$50 / \$70
	Teen 13-17 yrs	TH	6:30PM-8:30PM

KEYSTONE MARTIAL ARTS: (doesn't run on session) Monthly registration required.

CLASS	AGE	DAY	TIME	MEMBER / \$95
Little Dragons	4-6 yrs	TU	4:15PM-5:00PM	\$50 / \$95
Mighty Dragons	4-6 yrs	TH	4:15PM-5:05PM	\$50 / \$95
Youth Beginner	7-13 yrs	TU, TH, & SA (3x per week)	TU/TH: 6:00PM-7:00PM SA: 9:00AM-10:00AM	\$60 / \$105
Youth Advanced	7-13 yrs	TU, TH, & SA (3x per week)	TU/TH: 7:00PM-8:00PM SA: 10:00AM-11:00AM	\$60 / \$105
Adult	14+ yrs	TU, TH, & SA (3x per week)	TU/TH: 8:00PM-9:00PM SA: 11:00AM-12:00PM	\$60 / \$105