



# NUTURE - INSPIRE - MOTIVATE

**WINTER II**

## Youth & Teen Registration Information & Program Guide

Schedule is subject to change.

**6-17 yrs old (or 18 yrs still enrolled in high school) | Winter II: February 24, 2019 – April 13, 2019 (7 weeks)****Registration: Member: February 9-21, 2019 | Non-Member: February 16-21, 2019**

Registration dates apply to all programs unless otherwise noted. Information for programs that do not require registration are available on the facility schedules.

### SAVE THE DATES

See flyers for details!

<b>Rally for the Y Expresso® Bike Challenge</b>	Feb. 1 <sup>st</sup> -28 <sup>th</sup>	Ride our Expresso® bikes to earn money for our Y! (see flyer for rules, etc.)	
<b>Ironman Challenge</b>	Feb. 1 <sup>st</sup> -28 <sup>th</sup>	Complete Ironman Distances throughout the month!	Registration: now – 2/15/19.
<b>Princess Ball (Father/Daughter Dance)</b>	Fri, Mar. 15 <sup>th</sup> , 6PM-8PM	Register now - 3/10/19.	Member: \$20   Non-Member: \$30
<b>Indoor Triathlon</b>	Sun., Mar. 17 <sup>th</sup> , 7AM	Pre-register 2/10/19 - 3/9/19.	Member: \$15   Non-Member: \$25
<b>Healthy Kids Day</b>	Sat., Apr. 27 <sup>th</sup> , 11AM-2PM	Event is free & open to the public!	Details to follow.

## AQUATICS

Karen Guise, Senior Program Director: x230 | kguise@bcfymca.org Michelle Gonzalez, Aquatics Coordinator: x218 | mgonzalez@bcfymca.org

### YOUTH/TEEN GROUP SWIM LESSONS Each level is split into Preschool (3-5 yrs) and School-Age (6+ yrs) classes.

Winter II Youth/Teen Group Swim Lessons: run for 7 weeks. Levels 1, 2, 3, &amp; 4 (30 min class): \$45 Member / \$90 Non-Member

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

*SWIM BASICS: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: 1.) Swim, float, swim— sequencing front glide, roll, back float, roll, front glide, and exit. 2.) Jump, push, turn, grab***1/ WATER ACCLIMATION:** Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.**2/ WATER MOVEMENT:** Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.**3/ WATER STAMINA:** Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.*SWIM STROKES: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.***4/ STROKE INTRODUCTION:** Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.**5/ STROKE DEVELOPMENT:** Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.**6/ STROKE MECHANICS:** Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Levels 5 &amp; 6 (45 min class): \$50 Member / \$100 Non-Member

5/ STROKE DEVELOPMENT	SA	9:00AM-9:45AM
6/ STROKE MECHANICS	SA	9:50AM-10:35AM

Teen Beginner (45 min class): \$50 Member / \$100 Non-Member

TEEN BEGINNER	TU	5:15PM-6:00PM
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**TEEN BEGINNER:** (13-17 years old) This class is for those that are still uncomfortable in the water, but feel they have aged out of our youth swim lessons. We will work on being comfortable in the water and how to progress through the strokes of swimming.

### PRIVATE SWIM LESSONS

**7 lessons (schedule with instructor) \$161 Member / \$240 Non-Member (3+ yrs)** Benefits include: Ability to focus better working one-on-one, individual guidance to perfect your stroke technique and convenience of scheduling with your own instructor. Registration: An application is required before registration. Please find the application at the Member Service Desk and return. After application is received, you will be contacted by the Aquatics Department.

### AMERICAN RED CROSS CERTIFICATIONS

COURSE & AGE	DAY & TIME	REGISTRATION	MEMBER/ NON-MEMBER
BABYSITTING 11-15 yrs	Saturday, March 9, 2019 (8:30AM-3:00PM)	Open through Mar. 3	\$70 / \$90
<b>Save money by registering for FIRST AID &amp; CPR/AED together! \$95 / \$115</b>			
CPR/AED (ONLY) 15+ yrs	Saturday, May 11, 2019 (9:00AM-1:00PM)	April 15 – May 10	\$70 / \$90
FIRST AID (ONLY) 15+ yrs	Saturday, May 11, 2019 (1:00PM-4:00PM)	April 15 – May 10	\$65 / \$75
<b>Must attend all days for Lifeguarding courses.</b>			
LIFEGUARDING 15+ yrs	Fri., Mar. 29 (4PM-9PM), Sat., Mar. 30 (8AM-6PM), & Sun., Mar. 31 (8AM-4PM)	Open through Mar. 25	\$200 / \$225

**BABYSITTING BASICS:** Participants will learn the necessary skills needed to care for infants through school-age children. The course will focus on injury prevention, basic child care, decision making, creative play, interviewing, and problem solving. Each student will receive a Babysitter's Training Handbook. Participants must attend the entire training and upon successful completion, will receive a printable certificate that they can share with potential employers. Participants should bring a packed lunch.**CPR/AED & FIRST AID:** Upon successful completion of the course, participant will be certified in American Red Cross CPR/AED and/or First Aid. All certifications last for 2 years. *Employee discount available - see supervisor for details.***LIFEGUARD CERTIFICATION:** Upon successful completion of the course, participants will receive their certification in Lifeguarding, First Aid, & CPR/AED for the Professional Rescuer. After registering for the course through the Y, participant must schedule and pass pre-test (must be successfully completed prior to the last day of registration). To schedule the pre-test, email the Aquatics Coordinator. **Pre-test skills include:** Swim 300 yds • Tread water for 2 minutes • Swim 15 yds, dive down to retrieve a 10 lb. brick & swim back to the wall in 1 min, 40 sec. The pre-test must be successfully completed for participant to attend the course.

## HEALTHY LIVING

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

14+ yr olds may attend group exercise and cycle classes! Policy: 12-13 yr olds may attend classes with a parent. Youth must be at least 4'4" for proper bike fit.

Winter II Healthy Living Programs run for 7 weeks, unless otherwise noted.

CLASS & AGE	DAY	TIME	MEMBER/NON-MEMBER (DROP-IN)
ABOVE & BEYOND 11-15 yrs	M & W	4:30PM-5:15PM	\$103 / \$118 (\$10)
SPEED & AGILITY 11-15 yrs	TU	4:30PM-5:15PM	\$48 / \$75 (\$10)
PERFORMANCE 7-10 yrs	TU	5:15PM-6:00PM	\$48 / \$75 (\$10)
TRAINING 7-10 yrs	TH	5:15PM-6:00PM	\$48 / \$75 (\$10)

**ABOVE AND BEYOND:** This small group training program will focus on Flexibility, Strength, and Total Body Conditioning. Technique, form, and function will be a big part of this small group training.

**SPEED AND AGILITY PERFORMANCE TRAINING:** Young athletes will be able to improve their explosiveness, acceleration, quick first step, reaction time and core strength throughout this training. It doesn't matter what sport you play. If you are looking for that competitive edge, this program will provide it.

## SPORTS & HUMANITIES

Ashley Vranick, Youth & Family Director: x217 | avranick@bcfymca.org

Winter II Youth & Teen Sports & Humanities classes run 6 weeks, unless otherwise noted.

CLASS & AGE	DAY	TIME	MEMBER/NON-MEMBER	
7 HEALTHY HABITS FOR TEENS BOOK CLUB 13-17 yrs	M	5:00PM-6:00PM	\$30 / \$45	
CREATIVE YOUTH 6-11 yrs	TH	6:15PM-7:15PM	\$40 / \$55	
CREATIVE YOUTH & TEEN MINI SESSIONS (3 weeks) 8-14 yrs	TH	5:15PM-6:00PM	\$20 / \$35	
		Harry Potter (2/28-3/14)	Fortnite (3/21 - 4/4)	
GIRLS GOT GAME 7-11 yrs	W	6:30PM-7:30PM	\$35 / \$55	
INDOOR SOCCER 7-10 yrs	W	5:30PM-6:30PM	\$35 / \$65	
YOUTH CAN COOK 6-11 yrs	TU	6:00PM-7:00PM	\$45 / \$65	
YOUTH CHEERLEADING 6-11 yrs	M	6:45PM-7:30PM	\$35 / \$50	
YOUTH/TEEN PICKLEBALL 8-14 yrs	M	5:15PM-6:00PM	\$35 / \$50	
YOUTH/TEEN VOLLEYBALL	Beginner 9-17 yrs	M	6:15PM-7:00PM	\$35 / \$55
	Intermediate 9-17 yrs	M	7:00PM-7:45PM	\$35 / \$55

**7 HEALTHY HABITS FOR TEENS BOOK CLUB:** The 7 Habits of Highly Effective Teens is a handbook that provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, and achieve their goals. Our mentors will help cover each topic in the book in a way that will connect with each teen. Book is included with the program.

**CREATIVE YOUTH:** Youth in this exciting class will examine, discuss, and create works of art focusing on a famous artist and author each week. This program will help feed the creative development of every youth and increase their emotional expression through different mediums.

### CREATIVE YOUTH & TEEN MINI SESSIONS:

Each mini session runs for 3 weeks; separate registration is required.

- Harry Potter:** Dive into the magical wizarding world where individuality and differences are celebrated and embraced! This mini session will include wand making, a sorting ceremony, and the development of a Patronus!

- Fortnite:** Teamwork is the focus of this mini session! Get ready to design your character and our own island that we will need to defend in the ultimate nerf gun battle. Open discussion about internet safety and fantasy vs. reality will occur as we make a favorite virtual escape into a fun activity with friends!

**GIRLS GOT GAME:** Created exclusively for girls, this program focuses on teamwork and leadership, while providing a social network to empower girls and encourage high self-esteem. Throughout the session we will focus on different sports and develop skills to improve our game play, but also develop character skills for off the court.

**INDOOR SOCCER:** This program is designed to introduce the basic skills of soccer as youth play and learn in a non-threatening environment. The program focuses on positive competition through attention to YMCA core values. Winning is down played while character development is highlighted.

**YOUTH CAN COOK:** Each week we will focus on a new recipe that helps the youth discover kitchen safety, cooking skills, and how to prepare a recipe from scratch. This class will be a hands on experience for youth as they explore new ingredients and ways to prepare food in the kitchen.

**YOUTH CHEERLEADING:** This program will teach, train, enhance sportsmanship and let the kids have fun and develop a love of cheerleading. Youth will learn basic cheerleading skills including motions, jumps, basic stunting, basic tumbling skills, chant, and dance, with a concentration on safety.

**YOUTH/TEEN PICKLEBALL:** Pickleball is a fun game that combines elements of tennis, badminton, and ping pong. The rules of the game are easy to learn. Games are played pick-up style in teams of two.

**YOUTH/TEEN VOLLEYBALL (Beginner):** If you've never played volleyball before or have played but never received any formal instruction, then this class is for you! This will be a slower paced class, as the focus is to teach youth/teens the right way to play volleyball so that they can build on these skills in future lessons, leagues, or any game play. The goal is to understand and get a strong foundation of passing and serving the volleyball correctly and accurately.

**YOUTH/TEEN VOLLEYBALL (Intermediate):** This class is for youth/teens that already have a good understanding of basic passing, serving, and hitting techniques. This will be a faster paced class with drills & activities to build on basic skills and more advanced skills like blocking, setting, and jump serving.

## KEYSTONE MARTIAL ARTS

(doesn't run on session) Monthly registration required.

Students in our programs learn Tang Soo Do for self-defense and self-betterment. We focus on core qualities such as integrity, perseverance, respect and humility. **Registration:** Registration must take place the month prior to the month you want to participate and is available the 15th through the end of the month, online or at the Member Service Desk.

**LITTLE DRAGONS:** For all new and continuing students.

**MIGHTY DRAGONS:** Advancing skills; stepping stone to traditional class. Instructor invitation required. (Little & Mighty Dragons classes are limited to 6 participants.)

**YOUTH BEGINNER:** For new or existing students with white, orange or green belts.

**YOUTH ADVANCED:** For existing students with brown, red, blue or black belts.

**TEEN & ADULT:** For beginner through advanced black belt.

LITTLE DRAGONS 4-6 yrs	TU	4:15PM-5:00PM	\$50 / \$95
	W	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
	TU, TH, & SA (3x per week)	TU/TH: 7:00PM-8:00PM SA: 10:00AM-11:00AM	\$60 / \$105
TEEN & ADULT 14+ yrs	TU, TH, & SA (3x per week)	TU/TH: 8:00PM-9:00PM SA: 11:15AM-12:30PM	\$60 / \$105

## HOME SCHOOL PHYSICAL EDUCATION PROGRAM

(5-12 yrs) Program meets Tues. & Thurs. 1:00PM-2:00PM weekly and runs on semesters, which overlap multiple Y sessions. Registration is required per semester.

**Spring Semester: Jan. 7 - May 24, 2019**

**Registration:** Spring registration is closed. Contact Karen Guise (kguise@bcfymca.org | x230) or Ashley Vranick (avranick@bcfymca.org | x217) with registration questions.

**Option 1:** Gym only (Gym on both Tuesdays & Thursdays)

**Option 2:** Gym & Swim (Gym on Tuesdays, Swim on Thursdays)

**SWIM:** Participants will work on increasing their comfort level in the water while learning the fundamentals of swimming. Classes will focus on improving endurance as well as the development and mechanics of swim strokes, rescue skills, and water safety.

**GYM:** Participants will engage in activities that will get their blood pumping. We will have various sports and exercises covered throughout the semester. Sports and Exercise activities will provide a complete physical education class. This is a great opportunity for each child to be physically active, social with other program participants, and willing to try new sports and exercises.