



# NURTURE - INSPIRE - MOTIVATE

## YOUTH & TEEN Registration Information & Program Guide

### Session 1 January 1-February 11, 2023 (6 weeks)

[Learn More](#)

Session 1 FOR ALL PROGRAMMING Registration: Member: Nov. 25-Dec. 23 | Non-Member: Nov. 28-Dec. 23

The schedule is subject to change. Youth Program Policy (effective 09/12/2021): Youth 7 years and younger must have an adult 18+ remain in the facility during programs.

SCHOOL VACATION CARE 1/2 • 1/13 • 1/16 • 1/17 • AGES 5-12 | 7:00AM-6:00PM | COST PER DAY: \$40/MEMBER | \$60/NON-MEMBER

REACH & RISE® Our FREE youth group-mentoring program helps empower youth ages 6-17 in overcoming challenges. (See flyer for program details)

FAMILY NIGHT Our FREE Family Night is a Family PJ Party on January 13, screening DC League of Super Pets | 6:00PM-9:00PM

VALENTINES DAY BINGO on Family Night 2/10 | 6:00PM-8:00PM | MEMBER FREE | NON-MEMBER \$10 | AGES ALL

PARENTS NIGHT OUT 1/6 • 1/20 • 1/27 • 2/3 | 5:00PM-9:00PM | MEMBER \$15 | NON-MEMBER \$25 EACH DATE | AGES 3-12YRS

### SWIM LESSONS

[resyaquatics@bcfymca.org](mailto:resyaquatics@bcfymca.org) | x218

Session 1 Swim Lesson Registration: Member: Nov. 25-Dec. 1 | Non-Member: Nov. 28-Dec. 1 Group Swim Lessons meet twice a week for 4 weeks (8 lessons) unless otherwise noted

GROUP SWIM LESSONS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
1   Water Acclimation	6-17yrs	Monday & Wednesday OR Tuesday & Thursday	4	MW: 4:45PM-5:15PM TT: 4:45PM-5:15PM	\$70 / \$115
2   Water Movement	6-17yrs	Monday & Wednesday OR Tuesday & Thursday	4	MW: 5:25PM-5:55PM TT: 5:25PM-5:55PM	\$70 / \$115
3   Water Stamina (MUST be yellow band)	6-17yrs	Monday & Wednesday OR Tuesday & Thursday	4	MW: 6:05PM-6:35PM TT: 6:05PM-6:35PM	\$70 / \$115
4   Stroke Introduction (MUST be green band)	6-17yrs	Tuesday & Thursday	4	TT: 4:45PM-5:25PM	\$75 / \$120
5&6   Swim Team Development & Mechanics (Green)	6-17yrs	Tuesday & Thursday	4	5:35PM-6:15PM	\$75 / \$120
Homeschool Swim	6-17yrs	Tuesday	5	11:00AM-12:00PM	\$40 / \$60

### HOMESCHOOL SWIM & GYM

[resyouth@bcfymca.org](mailto:resyouth@bcfymca.org) | Barbara Palmer, Youth & Family Director: x217

SWIM	AGES	DAYS	# Of Weeks	TIME	MEMBER/NON-MEMBER
Homeschool Swim & Gym	6-17yrs	Tuesday & Thursdays	5	11:00AM-12:00PM	\$60 / \$80

### YOUTH & FAMILY

[resyouth@bcfymca.org](mailto:resyouth@bcfymca.org) | Barbara Palmer, Youth & Family Director: x217

ARTS & HUMANITIES	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
<b>Enrichment Classes: Art</b>					
Masterpiece Makers "Pop Art" All Access Pass	6-12yrs	Wednesday (1/4-2/1)	5	6:00PM-7:00PM	\$35 / \$45
Masterpiece Makers Drop In	6-12yrs	Wednesday (Jan. 4, 11, 18, 25, Feb. 2)	1	6:00PM-7:00PM	\$10 / \$15
<b>Enrichment Classes: Cooking</b>					
Chefs in Training, Delicious Desserts	6-12yrs	Thursday (1/5-2/2)	5	6:00PM-7:00PM	\$40 / \$50
<b>Youth Workshops</b>					
Specialized One-Day Workshops	6-12yrs	Tuesday (1/3, 1/10, 1/17, 1/24, 1/31, 2/7)	1	6:30PM-7:30PM	\$10/\$15
Guided Canvas Painting: "LOVE"	6-12yrs	Wednesday (2/8)	1	6:30PM-7:30PM	\$10/\$15
<b>Youth and Government</b>	13-18yrs	Monday	Weekly	6:15PM-8:00PM	\$50

### SPORTS

[resyouth@bcfymca.org](mailto:resyouth@bcfymca.org) | Barbara Palmer, Youth & Family Director: x217

KEYSTONE MARTIAL ARTS	AGES	DAY	TIMES	MEMBER/NON-MEMBER
Youth Beginner	7-13yrs	Meets 3x per week: Tuesday, Thursday, Saturday	TU & TH: 6:45PM-7:45PM SA: 9:30AM-10:30M	Monthly: \$65 / \$110
Youth Advanced	7-13yrs	Meets 3x per week: Tuesday, Thursday, Saturday	TU & TH: 7:45PM-9:00PM SA: 10:30AM-12:00PM	Monthly: \$65 / \$110
Teen & Adult	14+yrs	Meets 3x per week: Tuesday, Thursday, Saturday	TU & TH: 7:45PM-9:00PM SA: 10:30AM-12:00PM	Monthly: \$65 / \$110

YOUTH/TEEN SPORTS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER	
Youth/Teen Volleyball Clinic	Beginner	8-13yrs	Wednesday (1/4-2/1)	5	5:00PM-6:00PM	\$30 / \$45
	Intermediate	10-15yrs	Wednesday (1/4-2/1)	5	6:00PM-7:00PM	\$30 / \$45
	Competitive	13-17yrs	Wednesday (1/4-2/1)	5	7:00PM-8:00PM	\$30 / \$45
Youth Indoor Soccer Clinic	6-8yrs	Saturday (1/7-2/4)	5	10:00AM-11:00AM	\$30 / \$45	
	9-11yrs	Saturday (1/7-2/4)	5	11:00AM-12:00PM	\$30 / \$45	
Youth Basketball Clinic	6-8yrs	Mondays (1/2-1/30)	5	6:00PM-7:00PM	\$30 / \$45	
Youth Basketball Clinic	9-11yrs	Mondays (1/2-1/30)	5	7:15PM-8:15PM	\$30 / \$45	
Youth/Teen Pickleball Clinic	13-17yrs	Fridays (1/6-2/10) OFF 1/13	5	6:00PM-7:00PM	\$15/\$20	

### HEALTH & FITNESS

[resyhealthyiving@bcfymca.org](mailto:resyhealthyiving@bcfymca.org) | Kathy Hensler, Healthy Living Director: x226

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

CLASS & AGES	AGES	DAY	# Of Weeks	TIME	MEMBER / NON-MEMBER (DROP-IN)
Above & Beyond	10-15yrs	Monday & Wednesday	5	4:30PM-5:15PM	\$80 / \$160 (\$10)
Speed And Agility Performance Training	7-10yrs	Tuesday	5	5:15PM-6:00PM	\$46 / \$92 (\$10)
	11-15yrs	Tuesday	5	4:30PM-5:15PM	\$46 / \$92 (\$10)