



# NURTURE - INSPIRE - MOTIVATE

## YOUTH & TEEN Program Guide

SESSION 2 February 12-March 18, 2023

REGISTRATION: MEMBER: JAN. 27-FEB. 3 | NON-MEMBER: JAN. 30-FEB. 3



Learn More

### SPECIAL EVENTS

SCHOOL VACATION CARE 2/20 • 3/17 | 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)

SPRING FLING FAMILY DANCE 3/17 | 6:00PM-8:00PM | MEMBER \$10 | NON-MEMBER \$25 | AGES ALL

PARENTS NIGHT OUT 2/17 • 2/24 • 3/3 • 3/10 | 5:00PM-9:00PM | MEMBER \$15 | NON-MEMBER \$25 EACH DATE | AGES 3-12YRS

### SWIM LESSONS

Group Swim Lessons meet twice a week for 4 weeks (8 lessons) unless otherwise noted

resyaquatics@bcfymca.org | x218

GROUP SWIM LESSONS	AGES	DAY	# 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: 4:50PM-5:30PM	\$75 / \$120
5&6   Swim Team Development & Mechanics (Green)	6-17yrs	Tuesday & Thursday	4	5:40PM-6:20PM	\$75 / \$120
Homeschool Swim	6-17yrs	Tuesday	5	11:00AM 12:00PM	\$40 / \$60

### YOUTH & FAMILY

resyyouth@bcfymca.org | Barbara Palmer, Youth & Family Director: x217

ARTS & HUMANITIES	AGES	DAY	# Weeks	TIME	MEMBER/NON-MEMBER
Enrichment Classes: Art					
Masterpiece Makers "Pop Art" All Access Pass	6-12yrs	Wednesday (2/15-3/15)	5	6:00PM-7:00PM	\$35 / \$45
Masterpiece Makers Drop In	6-12yrs	Wednesday (Feb. 15, 22, Mar. 1, 8, 15)	1	6:00PM-7:00PM	\$10 / \$15
Enrichment Classes: Cooking					
Chefs in Training, Snacks & Sides	6-12yrs	Thursday (2/16-3/16)	5	6:30PM-7:30PM	\$40 / \$50
Youth Workshops					
Specialized One-Day Workshops	6-12yrs	Tuesday (Feb. 14, 21, 28, Mar. 7, 14)	1	6:30PM-7:30PM	\$10/\$15
Youth and Government	13-18yrs	Monday	Weekly	6:15PM-8:00PM	\$50

### SPORTS

resyyouth@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	# Weeks	TIME	MEMBER/NON-MEMBER
Youth/Teen	Beginner Clinic	8-13yrs	5	5:00PM-6:00PM	\$30 / \$45
	Recreational League	12-17yrs	5	6:00PM-9:00PM	\$50 / \$70
Volleyball	6-8yrs	Saturday (2/18-3/18)	5	10:00AM-11:00AM	\$30 / \$45
	9-11yrs	Saturday (2/18-3/18)	5	11:00AM-12:00PM	\$30 / \$45
Youth Indoor Soccer Clinic	6-9yrs	Saturday (2/18-3/18)	5	1:00PM-2:00PM	\$30 / \$45
Youth Basketball Clinic	9-13yrs	Saturday (2/18-3/18)	5	2:00PM-3:00PM	\$30 / \$45
Ultimate 3v3 Basketball Tournament	13-17yrs	Saturday (3/18)	1	3:30PM-5:30PM	\$20/\$30

Homeschool	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
Homeschool Swim & Gym	6-17yrs	Tuesday & Thursdays (2/14-3/16)	5	11:00AM 12:00PM	\$60 / \$80

### HEALTH & FITNESS

resyhealthyliving@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	\$67/\$133 (\$10)
Speed And Agility Performance Training	7-10yrs	Tuesday	5	5:15PM-6:00PM	\$40/\$80 (\$10)
	11-15yrs	Tuesday	5	4:30PM-5:15PM	\$40/\$80 (\$10)

The schedule is subject to change Youth Program Policy: Youth 7 years and younger must have an adult 18+ remain in the facility during programs.

ROSE E. SCHNEIDER FAMILY YMCA · 2001 Ehrman Rd. Cranberry Twp., PA 16066 · 724.452.9122 · http://rose.bcfymca.org