



# NURTURE - INSPIRE - MOTIVATE

## YOUTH & TEEN Program Guide SESSION 3 March 19-April 29, 2023



Learn More

REGISTRATION: MEMBER: MAR. 3 – MAR. 10 | NON-MEMBER: MAR. 6 – MAR. 10 (Y Closed on 4/7 & 4/9 for Easter)

### SPECIAL EVENTS

SCHOOL VACATION CARE 3/20 • 4/5, 6, 10, 11, 12   AGES 5-12   7:00AM-6:00PM   COST PER DAY: \$40/MEMBER   \$60/NON-MEMBER
SCHOOL VACATION CARE WEEK 4/5, 6, 10, 11, 12   AGES 5-12   7:00AM-6:00PM   COST WEEK: \$190/MEMBER   \$190/NON-MEMBER \$240
REACH & RISE® Our FREE youth group-mentoring program helps empower youth ages 6-17 in overcoming challenges. (See flyer)
EASTER EGG HUNT 4/1   9:30AM-1:30PM (3 TIME SLOTS)   MEMBER FREE   NON-MEMBER \$10   AGES ALL
PARENTS NIGHT OUT 3/34 • 3/31 • 4/14 • 4/21 • 4/28   5:00PM-9:00PM   MEMBER \$15   NON-MEMBER \$25 EACH DATE   AGES 3-12

### 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	Monday & Wednesday	4	TT: 4:50PM-5:30PM	\$75/\$120
5&6   Swim Team Development & Mechanics (Green)	6-17yrs	Monday & Wednesday	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
<b>Enrichment Classes: Art</b>					
Masterpiece Makers: "Flowers, Deserts, and Georgia O'Keeffe" All Access Pass	6-12yrs	Wednesday (3/22-4/26)	5	6:00PM-7:00PM	\$35/\$45
Masterpiece Makers Drop In	6-12yrs	Wednesday (Mar. 22, 29, 12, 19, 26)	1	6:00PM-7:00PM	\$10/\$15
<b>Enrichment Classes: Cooking</b>					
Chefs in Training, How Does your Garden Grow?	6-12yrs	Thursday (3/23-4/27)	5	6:00PM-7:00PM	\$40/\$50
<b>Youth Workshops</b>					
Specialized One-Day Workshops	6-12yrs	Tuesday (Mar. 21, 28, 4, 11, 18, 25)	1	6:30PM-7:30PM	\$10/\$15
<b>Youth and Government</b>	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 Hockey Clinic	Indoor Clinic	8-12yrs	Mondays (3/20-4/24)	5	5:30PM-6:30PM	\$30/\$45
	Indoor Clinic	12-15yrs	Mondays (3/20-4/24)	5	6:30PM-7:30PM	\$30/\$45
Youth Indoor Soccer Clinic	6-8yrs	Saturday (3/25-4/22)	5	10:00AM-11:00AM	\$30/\$45	
	9-11yrs	Saturday (3/25-4/22)	5	11:00AM-12:00PM	\$30/\$45	
Youth Basketball Clinic	6-9yrs	Saturday (3/25-4/29)	5	1:00PM-2:00PM	\$30/\$45	
Youth Basketball Clinic	9-13yrs	Saturday (3/25-4/29)	5	2:00PM-3:00PM	\$30/\$45	
Youth & Teen Volleyball Clinic	8-13yrs	Wednesdays (2/15-3/15)	5	5:00PM-6:00PM	\$30/\$45	
<b>Homeschool</b>						
Homeschool Swim & Gym	6-17yrs	Tuesday & Thursdays (3/21-4/20)	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	\$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)

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.

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