



# NURTURE - INSPIRE - MOTIVATE

## Youth & Teen Registration Information & Program Guide

6-17 years old | **SESSION 4: April 17-June 4, 2022** Schedule is subject to change.

The Y will be closed Monday, May 30 for Memorial Day



Learn More

**SCHOOL VACATION CARE** • 4/18 • 4/19 • 5/13 7:00AM-6:00PM Cost per day: \$35/Member | \$50/Non-member

**SAVE THE DATES!** Healthy Kids Day Sat., April 30<sup>th</sup>; 11:00AM-2:00PM | Summer Kick Off Family Night Fri., May 20<sup>th</sup>; 6:00PM-9:00PM

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

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

### SWIM LESSONS

Group Swim Lessons meet twice a week for 4 weeks (7 lessons) unless otherwise noted.

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

Session 4 Swim Lesson Registration: Member: Apr. 1-11 | Non-Member: April 4-11

Classes run Apr. 18-May 10 (7 Lessons/4 weeks)

GROUP SWIM LESSONS		AGES	DAY			TIME	MEMBER/NON-MEMBER	
YOUTH/TEEN	1/ Water Acclimation	6-17 yrs		TU	&	TH	6:05PM-6:35PM	\$55 / \$100
	2/ Water Movement	6-17 yrs	M	&	W		5:25PM-5:55PM	\$55 / \$100
				TU	&	TH		5:25PM-5:55PM
	3/ Water Stamina	6-17 yrs	M	&	W		6:05PM-6:35PM	\$55 / \$100
				TU	&	TH		4:45PM-5:15PM
	4/ Stroke Introduction	6-17 yrs	M	&	W		4:45PM-5:25PM	\$55 / \$100
	5&6/ Stroke Development & Mechanics	6-17 yrs	M	&	W		5:30PM-6:15PM	\$55 / \$100
Fundamentals Of Competitive Swimming	6-9 yrs	M	&	W		4:45PM-5:25PM	\$55 / \$100	
	10-17 yrs	M	&	W		5:30PM-6:15PM	\$55 / \$100	

### HEALTH & FITNESS

[resyhealthyliving@bcfymca.org](mailto: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 proper bike fit.

Session 4 Health & Fitness Program Registration: Member: Feb. 25-Apr. 11 | Non-Member: Feb. 28-Apr. 11

Classes run Apr. 17-June 4 (7 weeks)

CLASS & AGES (Youth Health & Fitness classes run for 7 weeks)	DAY	TIME	MEMBER / NON-MEMBER (DROP-IN)
Above & Beyond 10-15 yrs	M & W *no class 5/30	4:30PM-5:15PM	*\$90 / \$180 (\$10)
Speed And Agility Performance Training	7-10 yrs	TU	\$55 / \$120 (\$10)
	11-15 yrs	TU	\$55 / \$120 (\$10)

### HOMESCHOOL GYM & SWIM

[resysports@bcfymca.org](mailto:resysports@bcfymca.org) | Makali Carson, Sports Coordinator

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

Session 4 Homeschool Gym & Swim Program Registration: Member: Feb. 25-Apr. 11 | Non-Member: Feb. 28-Apr. 11 Classes run Apr. 17-May 18 (5 weeks)

COURSE	AGES	DAYS	TIME	MEMBER/ NON-MEMBER
Homeschool Swim	6-17 yrs	M & W	1:00PM-2:00PM	\$35 / \$50
Homeschool Gym	5-12 yrs	TU (4/19-5/17)	1:00PM-2:00PM	\$20 / \$30
	12-17 yrs	TU (4/19-5/17)	2:00PM-3:00PM	\$20 / \$30

### YOUTH & FAMILY

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

Session 4 Youth & Family/Sports Program Registration: Member: Feb. 25-Apr. 11 | Non-Member: Feb. 28-Apr. 11

Classes run Apr. 17-May 18 (5 weeks)

KEYSTONE MARTIAL ARTS	AGES	DAY	TIME	MEMBER/NON-MEMBER
Youth Beginner	7-13 yrs	TU, TH & SA	TU & TH: 6:30PM-7:30PM / SA: 10:00AM-11:00AM	Monthly: \$65 / \$110
Teen & Adult	13+ yrs	TU, TH & SA	TU & TH: 7:30PM-8:30PM / SA: 11:00AM-12:00PM	Monthly: \$65 / \$110

ARTS & HUMANITIES	AGES	DAY	DATES	TIME	MEMBER/NON-MEMBER
Art Club: Emerging Artists	5-8 yrs	TH	4/21-5/19 (5 weeks)	5:00PM-6:00PM	\$25 / \$40
Art Club: Art Masters	8-12 yrs	TH	4/21-5/19 (5 weeks)	6:30PM-7:30PM	\$25 / \$40
Parents Night Out	3-12 yrs	F	• 4/29 • 5/6 • 5/13 • 5/27	5:00PM-9:00PM	Each date: \$15 / \$25
Youth Can Cook	6-12 yrs	W	4/20-5/18 (5 weeks)	6:00PM-7:00PM	\$30 / \$45
Youth STEM	6-12 yrs	TU	4/19-5/17 (5 weeks)	6:30PM-7:30PM	\$25 / \$40

[resysports@bcfymca.org](mailto:resysports@bcfymca.org) | Makali Carson, Sports Coordinator

YOUTH/TEEN SPORTS	AGES	DAY	DATES	TIME	MEMBER/NON-MEMBER
Youth Basketball	6-7 yrs	M	4/18-5/16 (5 weeks)	6:00PM-7:00PM	\$30 / \$45
	8-10 yrs	M	4/18-5/16 (5 weeks)	7:00PM-8:00PM	\$30 / \$45
Youth Baseball/Softball	6-8 yrs	TU	4/19-5/17 (5 weeks)	6:00PM-7:00PM	\$30 / \$45
Youth/Teen Volleyball	Beginner 8-13 yrs	W	4/20-5/18 (5 weeks)	5:00PM-6:00PM	\$30 / \$45
	Intermediate 10-15 yrs	W	4/20-5/18 (5 weeks)	6:00PM-7:00PM	\$30 / \$45
	Competitive 13-17 yrs	W	4/20-5/18 (5 weeks)	7:00PM-8:00PM	\$30 / \$45
Youth Outdoor Soccer	6-7 yrs	SA	4/23-5/28 (5 weeks) *no class 4/30	10:00AM-11:00AM	\$30 / \$45
	8-10 yrs	SA	4/23-5/28 (5 weeks) *no class 4/30	11:00AM-12:00PM	\$30 / \$45
	11-13 yrs	SA	4/23-5/28 (5 weeks) *no class 4/30	11:00AM-12:00PM	\$30 / \$45
<b>PRIVATE SPORT INSTRUCTION</b>	6-17 yrs	Sports Offered: Basketball & Soccer   Schedule dates with instructor			\$185 / \$225