



# NURTURE - INSPIRE - MOTIVATE

## Youth & Teen Registration Information & Program Guide

6-17 years old | **SESSION 5: June 5-July 9, 2022** Schedule is subject to change.

The Y will be closed Monday, July 4 for Independence Day.

Session 5 Registration FOR ALL PROGRAMMING: Member: May 20-30 | Non-Member: May 23-30



Learn More

**SAVE THE DATES!** Movie in the Field (Family Event!) Fri., July 1st 5:00PM-10:00PM

**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

Classes run June 6-28 (7 Lessons/4 weeks)

GROUP SWIM LESSONS		AGES	DAY			TIME	MEMBER/NON-MEMBER
YOUTH/TEEN	1/ Water Acclimation	6-17 yrs	M	&	W	4:30PM-5:00PM	\$55 / \$100
	2/ Water Movement	6-17 yrs	M	&	W	5:10PM-5:40PM	\$55 / \$100
	3/ Water Stamina	6-17 yrs	M	&	W	5:50PM-6:20PM	\$55 / \$100
	4/ Stroke Introduction	6-17 yrs	M	&	W	4:30PM-5:10PM	\$55 / \$100
	5&6/ Stroke Development & Mechanics	6-17 yrs	M	&	W	5:15PM-5:55PM	\$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.

Classes run June 5-July 9 (5 weeks) unless otherwise noted.

CLASS & AGES (Youth Health & Fitness classes run for 7 weeks)	AGES	DAY	TIME	MEMBER / NON-MEMBER (DROP-IN)
Speed And Agility Performance Training	11-15 yrs	TU	4:30PM-5:15PM	\$35 / \$70 (\$10)
Kids Yoga ***NEW***	6-9 yrs	M *no class 7/4	10:30AM-11:15AM	*\$30 / \$60 (\$10)

## YOUTH & FAMILY

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

KEYSTONE MARTIAL ARTS	AGES	DAY	TIME	MEMBER/NON-MEMBER
Youth Beginner	7-13 yrs	TU, TH & SA	TU & TH: 6:00PM-7:00PM / SA: 9:00AM-10:00AM	Monthly: \$65 / \$110
Youth Advanced	7-13 yrs	TU, TH & SA	TU & TH: 7:00PM-8:00PM / SA: 10:00AM-11:00AM	Monthly: \$65 / \$110
Teen & Adult	14+ yrs	TU, TH & SA	TU & TH: 8:00PM-9:00PM / SA: 11:15AM-12:30PM	Monthly: \$65 / \$110

Classes run June 5-July 9 (5 weeks), unless otherwise noted.

ARTS & HUMANITIES	AGES	DAY	DATES	TIME	MEMBER/NON-MEMBER
Parents Night Out	3-12 yrs	F	• 6/10 • 6/17 • 6/24	5:00PM-9:00PM	Each date: \$15 / \$25
Youth Workshops	6-12 yrs	TH	Open Makerspace: 6/9	6:00PM-7:30PM	\$5 / \$10
		TH	Messy Stem: 6/16	6:00PM-7:30PM	\$5 / \$10
		TH	Guided Canvas Painting: 6/23	6:00PM-7:30PM	\$5 / \$10
		TH	Wearable Creations: 6/30	6:00PM-7:30PM	\$5 / \$10
		TH	Fun & Games: 7/7	6:00PM-7:30PM	\$5 / \$10

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

YOUTH/TEEN SPORTS	AGES	DAY	DATES	TIME	MEMBER/NON-MEMBER
Youth Basketball League	6-7 yrs	M	6/6-8/15 (10 weeks) *No games 7/4	6:00PM-7:30PM	\$50 / \$70
	8-10 yrs	M	6/6-8/15 (10 weeks) *No games 7/4	7:30PM-9:00PM	\$50 / \$70
Recreational Co-Ed Baseball League	6-8 yrs	TU	6/7-8/9 (10 weeks)	6:00PM-8:00PM	\$50 / \$70
Youth/Teen Volleyball League	Recreational 9-13 yrs	W	6/8-8/10 (10 weeks)	4:30PM-6:30PM	\$50 / \$70
	Competitive 13-17 yrs	W	6/8-8/10 (10 weeks)	6:30PM-8:30PM	\$50 / \$70
Youth Outdoor Soccer League	6-7 yrs	TH	6/9-8/11 (10 weeks)	6:00PM-7:30PM	\$50 / \$70
	8-10 yrs	SA	6/11-8/13 (10 weeks)	10:00AM-11:30AM	\$50 / \$70
	11-13 yrs	SA	6/11-8/13 (10 weeks)	11:30AM-1:00PM	\$50 / \$70
PRIVATE SPORT INSTRUCTION	6-17 yrs	Sports Offered: Basketball & Soccer   Schedule dates with instructor			\$185 / \$225