



NURTURE – INSPIRE – MOTIVATE

Youth & Teen Registration Information & Program Guide

Session 7 August 28-October 1, 2022 (5 weeks)

6–17 years old | Registration: Member: Aug 12-22 | Non-Member: Aug 15- Aug 22

The schedule is subject to change

*The Y will be closed on September 5th for Labor Day



Learn More

SCHOOL VACATION CARE • 9/2 • 10/5 • 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)

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

resyaquatics@bcfymca.org | x218

Session 7 Swim Lesson Registration: Member: Aug. 12 | Non-Member: Aug. 15

Group Swim Lessons start Aug 29 meet twice a week for 4 weeks (7 lessons) unless otherwise noted

GROUP SWIM LESSONS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
1 Water Acclimation	6-17yrs	Monday & Wednesday (*Off 9/5)	4	4:30PM-5:00PM	\$60 / \$105
2 Water Movement	6-17yrs	Monday & Wednesday (*Off 9/5)	4	5:10PM-5:40PM	\$60 / \$105
3 Water Stamina	6-17yrs	Monday & Wednesday (*Off 9/5)	4	5:50PM-6:20PM	\$60 / \$105
4 Stroke Introduction	6-17yrs	Monday & Wednesday (*Off 9/5)	4	4:30PM-5:10PM	\$60 / \$105
5&6 Stroke Development & Mechanics	6-17yrs	Monday & Wednesday (*Off 9/5)	4	5:20PM-6:00PM	\$60 / \$105

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.

Session 7 Health & Fitness Program Registration: Member: Aug. 12 | Non-Member: Aug. 15

Classes run Aug.28 – Oct1 (5 weeks)

CLASS & AGES	AGES	DAY	# Of Weeks	TIME	MEMBER / NON-MEMBER (DROP-IN)
Above & Beyond	10-15yrs	Monday & Wednesday (*Off 9/5)	5	4:30PM-5:15PM	\$70 / \$140 (\$10)
Speed And Agility Performance Training	7-10yrs	Tuesday	5	5:15PM-6:00PM	\$45 / \$90 (\$10)
	11-15yrs	Tuesday	5	4:30PM-5:15PM	\$45 / \$90 (\$10)

HOMESCHOOL SWIM

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

Session 7 Homeschool Gym & Swim Program Registration: Member: Aug.12 | Non-Member: Aug. 15

Classes run Aug 28-Oct.1 (5 weeks)

SWIM	AGES	DAYS	# OF Weeks	TIME	MEMBER/ NON-MEMBER
Homeschool Swim	6-17yrs	Tuesday	5	11:00PM12:00PM	\$40 / \$60

YOUTH & FAMILY

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

Session 7 Youth & Family/Sports Program Registration: Member: Aug 12 | Non-Member: Aug.15

Classes run Aug. 28-Oct. 1 (5 weeks)

KEYSTONE MARTIAL ARTS	AGES	DAY	TIME	MEMBER/NON-MEMBER
Youth Beginner	7-13yrs	Meets 3x per week: Tuesday, Thursday, Saturday	TU & TH: 6:45PM-7:45PM SA: 8:30AM-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

ARTS & HUMANITIES	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
Creative Kids	3-6yrs	Wednesday (8/31-9/28)	5	9:30AM-10:15AM 5:00PM-5:45PM	\$30 / \$40
Art Exploration	6-12yrs	Wednesday (8/31-9/28)	5	6:00PM-7:00PM	\$35 / \$45
Art Exploration Drop In	6-12yrs	Wednesday (8/31-9/28)	5	6:00PM-7:00PM	\$10 / \$15
Parents Night Out	3-12yrs	Friday (9/16,9/23,9/30)	1	5:00PM-9:00PM	\$15 / \$25 each date
Kids Can Cook	3-6yrs	Thursday (9/1-9/29)	5	5:00PM-5:45PM	\$40 / \$50
Youth Can Cook	6-12yrs	Thursday (9/1-9/29)	5	6:00PM-7:00PM	\$40 / \$50
Youth STEM	6-12yrs	Tuesday (8/30-9/27)	5	6:00PM-7:00PM	\$35 / \$45
YAG Youth and Government	13-18yrs	Monday	(Open registration)	6:15PM-8:00PM	\$50

SPORTS

resysports@bcfymca.org | Makali Carson, Sports Coordinator

YOUTH/TEEN SPORTS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
Youth Basketball Clinic	6-8yrs	Monday (8/29-9/26) (*Off 9/5)	4	6:00PM-7:00PM	\$24 / \$36
	9-11yrs	Monday (8/29-9/26) (*Off 9/5)	4	7:00PM-8:00PM	\$24 / \$36
Youth Baseball/Softball Clinic	6-8yrs	Tuesday (8/30-9/27)	5	6:00PM-7:00PM	\$30 / \$45
	8-13yrs	Wednesday (8/31-9/28)	5	5:00PM-6:00PM	\$30 / \$45
Youth/Teen Volleyball Clinic	Intermediate	10-15yrs	5	6:00PM-7:00PM	\$30 / \$45
	Competitive	13-17yrs	5	7:00PM-8:00PM	\$30 / \$45
	6-8yrs	Thursday (9/1-9/29)	5	6:00AM-7:00PM	\$30 / \$45
Youth Outdoor Soccer	9-11yrs	Thursday (9/1-9/29)	5	7:00PM-8:00PM	\$30 / \$45