



# NURTURE - INSPIRE - MOTIVATE

## YOUTH & TEEN Registration Information & Program Guide

Session 8 October 2-November 5, 2022 (5 weeks)



Learn More

6-17 years old | Registration: Member: Sept. 9-19 | Non-Member: Sept. 12-19 The schedule is subject to change

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

**SCHOOL VACATION CARE** 10/5 • 10/10 • 10/28 | Ages 5-12 | 7:00AM-6:00PM | Cost per day: \$40/Member | \$60/Non-member

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

**FAMILY NIGHT** Our FREE Family Night is a Bingo and Dive-in Movie Halloween-themed event! October 28 | 5:00PM-10:00PM | FREE

**TRUNK OR TREAT** Join us for our annual Trunk or Treat event! October 15 | 3:00PM-5:00PM | Member Free | Non-Member \$10 | Ages 0-16

**PARENTS NIGHT OUT** 10/7 • 10/14 • 10/21 • 11/4 | 5:00PM-9:00PM | MEMBER \$15 | NON-MEMBER \$25 EACH DATE | AGES 3-12YRS

### SWIM LESSONS

resyaquatics@bcfymca.org | x218

Session 8 Swim Lesson Registration: Member Sept. 9-19 | Non-Member: Sept. 12-19 Group Swim Lessons start Oct. 3 and meet twice a week for 4 weeks (8 lessons) unless otherwise noted

GROUP SWIM LESSONS	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
1   Water Acclimation	6-17yrs	Monday & Wednesday	4	4:45PM-5:15PM	\$60 / \$105
2   Water Movement	6-17yrs	Monday & Wednesday	4	5:20PM-5:50PM	\$60 / \$105
3   Water Stamina	6-17yrs	Monday & Wednesday	4	6:05PM-6:35PM	\$60 / \$105
4   Stroke Introduction	6-17yrs	Monday & Wednesday	4	4:45PM-5:15PM	\$60 / \$105
5&6   Stroke Development & Mechanics	6-17yrs	Monday & Wednesday	4	5:25PM-6:05PM	\$60 / \$105
Swim Team Development Class	6-17yrs	Monday & Wednesday	4	5:20PM-6:00PM	\$60 / \$105
Get Fit Families, Fall Triathlon Swim	6-18yrs	Tuesday, Thursday, Saturday	8	TU & TH: 6:15PM-7:45PM SA: 3:00PM-4:30PM	\$168.00 \$10 Drop-In

### HOMESCHOOL SWIM

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

SWIM	AGES	DAYS	# OF Weeks	TIME	MEMBER/NON-MEMBER
Homeschool Swim	6-17yrs	Tuesday	5	11:00PM-12:00PM	\$40 / \$60

### YOUTH & FAMILY

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

ARTS & HUMANITIES	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER	
Art Clubs:	Creative Kids	3-6yrs	Wednesday (10/5-11/2)	5	9:30AM-10:15AM   5:00PM-5:45PM	\$30 / \$40
	Art Exploration	6-12yrs	Wednesday (10/5-11/2)	5	6:00PM-7:00PM	\$35 / \$45
	Art Exploration Drop In	6-12yrs	Wednesday (Oct. 5, 12, 19, 26, Nov. 2)	1	6:00PM-7:00PM	\$10 / \$15
Kids Can Cook	3-6yrs	Thursday (10/6-11/3)	5	5:00PM-5:45PM	\$40 / \$50	
Youth Can Cook	6-12yrs	Thursday (10/6-11/3)	5	6:00PM-7:00PM	\$40 / \$50	
STEM:	Youth STEM	6-12yrs	Tuesday (10/4-11/1)	5	6:00PM-7:00PM	\$35 / \$45
	Youth STEM Drop In	6-12yrs	Tuesday (Oct. 4, 11, 18, 25, Nov. 1)	1	6:00PM-7:00PM	\$10 / \$15
YAG Youth and Government	13-18yrs	Monday	(Open registration)	6:15PM-8:00PM	\$50	

### SPORTS

resysports@bcfymca.org | Makali Carson, Sports Coordinator

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-10:30AM	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	# Of Weeks	TIME	MEMBER/NON-MEMBER	
Youth Basketball League	6-8yrs	Monday (10/3-12/12) Off 10/31	10	6:00PM-7:30PM	\$50 / \$70	
	9-11yrs	Monday (10/3-12/12) Off 10/31	10	7:30PM-9:00PM	\$50 / \$70	
Youth/Teen Volleyball Clinic	Beginner	8-13yrs	Wednesday (10/5-11/2)	5	5:00PM-6:00PM	\$30 / \$45
Youth/Teen Volleyball League	12-17yrs	Wednesday (10/5-12/14)	11	6:30PM-9:30PM	\$50 / \$70	
Youth Outdoor Soccer	6-8yrs	Saturday (10/8-12/17) off 12/10	10	10:00AM-11:30AM	\$50 / \$70	
Youth Outdoor Soccer Clinic	9-11yrs	Saturday (10/8-11/5)	5	11:30AM-12:30PM	\$30 / \$45	

### 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	\$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)