



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH CLASSES!

LAKESWOOD FAMILY YMCA

AUGUST-OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Family Tumbling **</b> 9:15-10:00a 1-4 years old Studio B		<b>Family Tumbling **</b> 9:15-10:00a 1-4 years old Studio B		<b>Ballet ^^</b> <b>Beginning</b> 9:15-10:00am 4-6 years old <b>Intermediate</b> 10:00-10:45am 7-12 years old Yoga Studio  Sept 2- Oct 21
<b>Ballet ^^</b> <b>Beginning</b> 4:15p-5:00pm 4-6 years old <b>Intermediate</b> 4:15p-5:00pm 7-12 years old Yoga Studio  Aug 28-Oct 23	<b>Family Fitness*</b> 6:00p-6:45p Ages 5-12 Studio B			<b>Zumba® Kids**</b> 5:00p-6:00pm 7-11 years old Group Ex Studio	<b>Youth Yoga **</b> 12:00-12:30pm 5-12 years old Yoga Studio



\*\*Classes are included in your family membership

^^ Classes are fee based

Please see reverse side for more details



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## Class descriptions:

### Classes below are “Included” with your family membership:

**Family Tumbling:** Family Tumbling is an opportunity for parents to help their young children explore the gymnastics gym under the guidance of trained gymnastics staff. Young children will work on developing motor skills, body awareness, hand eye coordination and improving flexibility. Parent participation is required.

**Family Fitness:** Our Family Fitness Program will help youth and their families develop healthy exercise and wellness habits that will help them maintain a healthier lifestyle as they grow. Family fitness teaches every aspect of fitness including strength, cardiovascular, flexibility and core training. No experience is ever necessary and classes are suitable to any fitness level. Classes will use many areas of the Y, including the Family Adventure room, Teen Center, Wellness Center, and outside grass area when weather permits.

**Youth Yoga:** Here you child ages 5 and up will develop flexibility, focus and coordination for a happy, healthy, balanced life. Parents are welcome to join.

**Zumba® Kids:** A weekly class that features kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities, and cultural exploration elements into the class structure. Every child gets to participate and the activities are safe, exciting and fun. We encourage fair play, positive competition and family involvement. 7-11 year olds get the chance to be active and jam out to their favorite music.

### Classes below are “Fee Based classes”

**Ballet:** Our Ballet classes are designed to be age appropriate and to teach youth dance techniques and routines by skilled dance instructors. We also teach the four core values of Caring, Honesty, Respect and Responsibility. Children should dress in comfortable clothing that they can move in or may wear optional dance leotards and dance skirts. Children in the ballet class must wear ballet slippers.