

## Pre-Kindergarten Dance & Gymnastics

**Pre-Kindergarten Dance & Gymnastics - age 4 years by Dec. 2016** - It's recital time and we're having a 'Summer Beach Party'! All session 1 classes will be learning routines full of summer fun, to perform during our Healthy Kids Day event. There will be a costume fee (average \$25) payable to instructors, rehearsals Thu. May 18, or Fri. May 19, and performance Sat. May 20.

**Pre-Kindergarten Ballet/Tap Combo** - Continues with creative and interpretative dances, and introduces some classic ballet along with more tapping skills.

<b>Pre-K Ballet/Tap -</b>	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Tue. 9:30 - 10:15 am	Apr. 4 - May 20	May 23 - June 13
Sat. 9:30 - 10:15 am	Apr. 8 - May 20	May 27 - June 17

**Pre-Kindergarten Ballet/Tumbling Combo** - This popular class combines our Pre-K Ballet with Tumbling and Balance Beam from gymnastics class.

<b>Pre-K Ballet/Tumbling -</b>	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Thu. 4:30 - 5:15 pm	Apr. 6 - May 20	May 25 - June 15

**Pre-Kindergarten Gymnastics** - Tumbling, Balance Beam, Horizontal Bar, Trampoline, Spring Board, and Vault will all be part of this fun class for young gymnasts.

<b>Pre-K Gymnastics -</b>	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Mon. 9:30 - 10:15 am	Apr. 3 - May 20	May 22 - June 12
Wed. 4:00 - 4:45 pm	Apr. 5 - May 20	May 24 - June 14
Sat. 12:30 - 1:15 pm	Apr. 8 - May 20	May 27 - June 17

<b>Session 1 - 7 weeks - \$40 Member</b>	<b>\$70 Non-member</b>
<b>Session 2 - 4 weeks - \$24 Member</b>	<b>\$48 Non-member</b>

## YMCA YOUTH Karate....

Isshinryu Karate is a traditional Okinawan style Martial Art that focuses on total fitness, discipline and personal protection. One of the longest-running programs at the YMCA, taught in a family growth atmosphere. Participants will mentally and physically learn to improve focus, control,

discipline and confidence.

**Isshinryu Karate Basics 7-14 Years 7 Week Session April 25-June 8**  
*Tuesday & Thursday 6:30-7:15pm*

Your Child will learn basic striking skills in self defense using their hands and feet. Spots are limited pre-registration is recommended.

**Instructor: Nicki Pell**

**FEE: \$55Member \$85 Non-member**

### Isshinryu Advanced Karate

**7-14 Years 7 Week Session April 25-June 8**  
*Tuesday & Thursday 7:30-8:15pm*

Your child will learn advanced techniques, kata and sparring. Must have permission of instructor.

**Instructor: David L. Caldwell**

**2nd Degree Black Belt, Order of Isshinryu Karate**

**FEE: \$55Member \$85 Non-member**



# Youth Activities 2017



**YMCA of Cecil County** 25YMCA Blvd. Elkton, MD.

410-392-YMCA [www.YmCaCecil.org](http://www.YmCaCecil.org) March 2017



## Spring 2017 Gymnastics Classes - Summer Beach Party' Performance

**Youth Gymnastics Classes - ages 5 (Dec. 2016) & up** - It's recital time! All session 1 classes will be polishing their skills while learning routines full of summer fun, to perform during our Healthy Kids Day event. There will be a costume fee (average \$25) payable to instructors, rehearsals Thu. May 18, and/or Fri. May 19, and performance Sat. May 20. Session 2 will resume skill building - a great time to prepare for the summer break!

**Session 1 - 7 weeks - Performance - \$55 Member \$85 Non-member**

**Session 2 - 4 weeks - Skill Building - \$32 Member \$62 Non-member**

**Youth Gymnastics - Level 1** - Beginners Class - Emphasis will be on learning tuck, straddle, and pike positions, and using them in forward rolls and vaults; as well as beginning handstands and chek-offs.

<b>Gym. - Level 1</b>	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Wed. 5:00 - 6:00 pm	Apr. 5 - May 20	May 24 - June 14
Fri. 5:00 - 6:00 pm	Apr. 7 - May 20	May 26 - June 16
Sat. 1:30 - 2:30 pm	Apr. 8 - May 20	May 27 - June 17

**Youth Gymnastics - Level 2** - Beginner Two - This class reviews and adds variations to the level 1 skills, works on backward rolls and chek-offs, and increased backbend skills.

<b>Gym. - Level 2</b>	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Fri. 6:00 - 7:00	Apr. 7 - May 20	May 26 - June 16
Sat. 2:30 - 3:30	Apr. 8 - May 20	May 27 - June 17

**Youth Gymnastics - Level 3** - Adv. Beg. Class - Variations on the cartwheel and backward roll are the focus in this class, which will also continue work on strengthening backbend skills.

<b>Gym. - Level 3</b>	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Wed. 6:00 - 7:00 pm	Apr. 5 - May 20	May 24 - June 14
Fri. 7:00 - 8:00 pm	Apr. 7 - May 20	May 26 - June 16

**Youth Gymnastics - Level 4** - Intermediate Class - Acrobatics, including front and back limbers, are the emphasis in this class, which also works on round-offs, headsprings and handsprings.

<b>Gym. - Level 4</b>	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Mon. 5:00 - 6:00 pm	Apr. 3 - May 20	May 22 - June 12

**Youth Gymnastics - Level 5** - Intermediate Two - There will be a stronger emphasis on acrobatics - limbers and walkovers - in this class which will also continue working on front headsprings and handsprings.

<b>Gym. - Level 5</b>	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Mon. 6:00 - 7:00 pm	Apr. 3 - May 20	May 22 - June 12

**Youth Gymnastics - Level 6** - Advanced Class - More advanced acrobatics variations, including arabians and tinsicas, along with front and back handsprings, and some beginning aerial work make this class challenging.

<b>Gym. - Level 6</b>	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Mon. 7:00-8:00 pm	Apr. 3 - May 20	May 22 - June 12

**Free Gymnastics Practice Times** - Students enrolled in Gymnastics Classes at the YMCA may also come to the gym at these times for some extra practice to polish your skills.

Wed. 7:00 - 8:00 pm - Levels 3 - 6 only & Sat. 3:30 - 4:30 pm - All Levels

## Spring DANCE 2017

### Spring 2017 - Dance Classes - 'Summer Beach Party'

It's recital time! All session 1 classes will be polishing their skills while learning routines full of summer fun, to perform during our Healthy Kids Day event. There will be a costume fee (average \$25) payable to instructors, rehearsals Thu. May 18, and/or Fri. May 19, and performance Sat. May 20.

Session 2 will resume technique classes - a great time to prepare for the summer break!

**Primary Dance Combo** - ages 5 - 7 yrs. (by Dec. 2016) - A super-fun way to introduce beginners to music, movement, and dance - this class includes a primary level ballet class, basic tap, and tumbling, too!

<b>Primary Dance Combo</b> -	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Thu. - 5:30 - 6:30 pm	Apr. 6 - May 20	May 25 - June 15
Sat. - 10:15 - 11:15 am	Apr. 8 - May 20	May 27 - June 17

**Classical/ Lyrical Ballet** - ages 8 & up (Teens & Adults welcome to join in, too!) - Fusing classic and contemporary, in this class you will learn to move in a beautiful, graceful way. Class includes a classical ballet barre, stretching, and choreography in modern and classical styles.

<b>Classical/Lyrical Ballet</b> -	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Thu. - 6:30 - 7:30 pm	Apr. 6 - May 20	May 25 - June 15

**Jazz/Hip Hop Combo** - ages 8 & up (Teens & Adults welcome to join in, too!) - Get your groove on in this fun and funky class. Learn original hip hop combinations and get a chance to show off your own moves with some freestyling. Jazzy warm-ups and stretches, along with new choreography keep this high energy class exciting.

<b>Jazz/Hip Hop Combo</b> -	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Tues - 7:00-8:00 pm	Apr. 4 - May 19	May 23- June 13
Wed. - 6:00 - 7:00 pm	Apr. 5 - May 20	May 24 - June 14

**Session 1 - 7 weeks - \$55 Member - \$85 Non-member**  
**Session 2 - 4 weeks - \$32 Member - \$62 Non-member**

**Tap Dance** - ages 8 & up (Teens & Adults welcome to join in, too!) - Teach your feet to make music with this FUN and challenging style of dance for all skill levels, from beginner to advanced. \*Tap shoes are required.

<b>Tap Dance</b> -	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Wed. - 5:30 - 6:00 pm	Apr. 5 - May 20	May 24 - June 14
<b>Session 1 - 7 weeks - \$28 Member - \$56 Non-member</b>		
<b>Session 2 - 4 weeks - \$16 Member - \$32 Non-member</b>		

**Healthy Kids Day!!! May 20, 2017 9am-1pm**

**BE our Guest at our Healthy Kids Day.**

**Dance and Gymnastics recital,**

**Summer Beach Party,**

**Fun activities, face painting, Tye dying, balloons,  
food and FUN for the Family.**



## Spring 2017

### Toddler Gymnastics - age 1 ½ - 3 yrs. with Adult Participation

Even this young group can have fun with gymnastics - learning skills on balance beam, horizontal bar, springboard, vault, and tumbling.

<b>Toddler Gymnastics</b> -	<b>Session 1</b>	<b>Session 2</b>
Mon. 10:30 - 11:00 am - 2 - 3 yrs.	Apr 10 - May 1	May 8- June 5
Mon. 11:00 - 11:30 am - 1 ½ - 2 yrs.	Apr 10 - May 1	May 8- June 5
Wed. 10:00 - 10:30 am - 2 - 3 yrs.	Apr. 5 - Apr. 26	May 3 - May 24
<b>4 week sessions - \$15 Member \$30 Non-Member</b>		

**Pre-School Dance & Gymnastics** - age 3 years by Dec. 2016 - It's recital time and we're having a 'Summer Beach Party! All session 1 classes will be learning routines full of summer fun, to perform during our Healthy Kids Day event. There will be a costume fee (average \$25) payable to instructors, rehearsals Thu. May 18, or Fri. May 19, and performance Sat. May 20. Session 2 will resume technique classes until summer break.

**Pre-School Ballet/Tap Combo** - Young dancers explore music and movement through interpretative songs and creative dances, rhythm games and tapping steps.

<b>Pre-S Ballet/Tap</b> -	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Tue. 10:30 - 11:00 am	Apr. 4 - May 20	May 23 - June 13
Sat. 9:30 - 10:15 am	Apr. 8 - May 20	May 27 - June 17

**Pre-School Ballet/Tumbling Combo** - A favorite combo, this class has all the fun ballet songs and dances along with tumbling and even some balance beam.

<b>Pre-S Ballet/Tumbling</b> -	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Thu. 4:30 - 5:15 pm	Apr. 6 - May 20	May 25 - June 15

**Pre-School Gymnastics** - Tumbling, Balance Beam, Horizontal Bar, Trampoline, Spring Board, and Vault will all be part of this fun class for young gymnasts.

<b>Pre-S Gymnastics</b> -	<b>Session 1 (7 weeks)</b>	<b>Session 2 (4 weeks)</b>
Wed. 10:30 - 11:00 am	Apr. 5 - May 20	May 24 - June 14
Sat. Noon - 12:30 pm	Apr. 8 - May 20	May 27 - June 17

**Session 1 - 7 weeks - Performance - \$26 Member \$52 Non-member**  
**Session 2 - 4 weeks - Technique - \$15 Member \$30 Non-member**

### Kids Weight Room Fitness Class

This class is designed for 12-13 year old's and will teach them how to properly use the fitness equipment, cardio equipment, fitness etiquette and safety procedures. Upon successful completion of both **written** and **practical** exam, participants will be issued a card allowing access to the fitness center accompanied by an adult. **\*Pre-registration is required.**

**TUESDAY & FRIDAY 7-8PM Members ONLY \$25**  
**Sessions: April 4-April 14 May 2-May 11 June 6-June 15**



### Youth Athletic Strength Training

There are many benefits to enrolling your child in this class! Improve anaerobic capacity/increase vertical leaps/increase stamina/flexibility/improve strength on batting swings/more core power, whatever your **young athlete** needs to improve on, this class will do it! They will meet with a **Certified Sports Personal Trainer**. Maximum of 12 participants per session. **4 Week Sessions 12-18 Year Old's Saturday Noon-1pm** April 1-April 29 May 6-May 27 June 3-June 24 July 8-July 29  
**Members \$50 Non-Members \$80**