

SHASTA FAMILY YMCA YOUTH GROUP EXERCISE & ACTIVITY SPRING BREAK SCHEDULE

Effective: April 10 - April 15, 2023

NEW or CHANGES

KIDS' CLASSES

S = STUDIO #		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00	am			D DISCOVERY PLAYGROUP** 3-5 yrs Aimee		
10:30	am		5 LITTLE TUMBLERS** 1-5 yrs (45M) Thomas		5 MUSIC & ME** 0-5 yrs (45M) Aimee	
			1 FUN IN MOTION 6-12 yrs Daniel		1 GAMERCIZE 6-12 yrs Matilda	4 YOUTH YOGA 6-12 yrs Sarah
12:00	pm			5 GENERATION POUND 6-12 yrs Shannon		
4:30	pm	1 FUN & FIT 6-12 yrs (45M) Thomas			1 FUN & FIT 6-12 yrs (45M) Thomas	
			5 YOUTH KARATE* 7-13 yrs \$55		5 YOUTH KARATE* 7-13 yrs \$55	

SATURDAY GROUP EXERCISE SCHEDULE

S = STUDIO	SATURDAY	CLASS AND INSTRUCTOR
10:30 am 4	15-Apr	YOUTH YOGA (6-12 yrs) - Sarah

5 = Y South Building FC = Fitness Center BR= Y South Back Room O= Outdoor Sports Court

*Indicates paid program **Registration Required

FUN & FIT: This class is geared towards youth 6-12 years old and is focused around games and exercises that show kids that exercising can be fun! It gets young kids moving, increases lung capacity, burns fat, and increases flexibility and balance.

DISCOVERY PLAYGROUP: Introducing to and familiarizing children with the idea of a classroom in an engaging way through music, movement, crafts, and reading. It's gentle and fun, perfect for ages 2-5!

MUSIC AND ME: Music Programs at the Y stimulate personal growth, creative expression, and skill development through hands-on learning. This parent/child class incorporates movement while introducing music to children and creating a fun connecting experience for you and your child.

LITTLE TUMBLERS: Let your children explore obstacle courses and more with this introduction to movement class. Appropriate for ages 1-5 years. Hang out as your kids play and you socialize with other parents.

YOUTH YOGA: Through yoga, your child will learn self-regulation, have a greater awareness of their body and self, learn to concentrate better, build body strength, and practice ways to cope with stress & anxiety that so often pops up in day-to-day life.

GAMERCISE: This fun and engaging class will combine fitness with the elements of play through interactive games.

FUN IN MOTION: Have fun while you move in this P.E. style class.

GENERATION POUND: A youth-oriented program that fuses movement and music! By combining exercise and interactive activities, kids will learn new ways to explore movement, embrace creativity and ROCK OUT.