

## **SUMMER YOUTH GROUP EXERCISE AND ENRICHMENT PROGRAMS:**

Our youth group exercise classes are fun and appropriate for kids under 13 years old. You are welcome to sign in your children and enjoy a workout of your own! Youth ages 13 and older are welcome in all of our group exercise classes.

**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.

**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.

**RHYTHM & GROOVE:** Get your groove on as we dance through different styles of dance from around the world.

**BEGINNING TUMBLERS:** Learn the basics of gymnastics as you summersault and cartwheel. Two levels are available based on age and skill.