



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Spring Break Schedule 2024

TIME	DAY	DATE	ACTIVITY	STAFF	LOCATION
10:30-11:15 AM	Monday	4/1	Youth Taekwondo (6-12yrs)	Thomas	Studio 2
4:30-5:15 PM	Monday	4/1	Fun & Fit (6-12yrs)	Thomas	Studio 1
10:30-11:15 AM	Tuesday	4/2	Little Tumblers (0-5yrs)	Thomas	Studio 5
10:30-11:15 AM	Tuesday	4/2	Art with Aimee (6-12yrs)	Aimee	Y Club
4:30-5:15 PM	Tuesday	4/2	Creative Movement (6-12yrs)	Kathrina	Studio 2
9:00-10:00 AM	Wednesday	4/3	Discovery Playgroup (3-5yrs)	Aimee	Enrichment Space
10:30-11:15 AM	Wednesday	4/3	Youth Taekwondo (6-12yrs)	Thomas	Studio 2
4:30-5:15 PM	Wednesday	4/3	HIIT Jr. (6-12yrs)	Maddie	Studio 1
10:30-11:15 AM	Thursday	4/4	Music & Me (0-5yrs)	TBA	Studio 5
10:30-11:15 AM	Thursday	4/4	Youth Pilates (6-12yrs)	Hannah	Studio 1
4:30-5:15 PM	Thursday	4/4	Fun & Fit (6-12yrs)	Thomas	Studio 1
10:30-11:15 AM	Friday	4/5	Youth Circuit (6-12yrs)	Hannah	Studio 2
5:30-8:30 PM	Friday	4/5	**Family Game Night	Sharon	Y Club

YOUTH GROUP EXERCISE AND ENRICHMENT - SPRING BREAK:

YOUTH CLASSES 6-12 YEARS

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.

CREATIVE MOVEMENT: Explore holistic and individual movement skills to music and rhythm in a playful manner with the use of commonly used gymnastic equipment such as balls, hoops or a rope.

HIIT JR: An introduction to basic exercise movements in a HIIT format with games incorporated for fun and excitement.

TAE KWON DO: A Korean martial art involving punching and kicking techniques. Benefits include organization, vision, body development, and mental awareness. Non-contact.

YOUTH PILATES: Enjoy body conditioning exercises that involve strengthening the core, balance, flexibility, and mindfulness.

CIRCUIT TIME: In this low-level HIIT style class you will experience endurance, resistance, high-intensity aerobics, and abdominal work in a circuit format.

ART WITH AIMÉE: Discover your inner creator during this immersive experience. Learn techniques to create a unique piece of art that you will be proud to display.

ENRICHMENT 0-5 YEARS

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 3-5!

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.