

# **ADULT SPORTS**



# **Holiday Pickleball Series**

Let's get into the holiday spirit while playing pickleball! This is a self-officiated series. Players will get a number each week and play round-robin style (sign up as an individual play as doubles). Play up to 7 games in a timeframe.

Feel free to join in our dress up days; WEEK 1: holiday socks, WEEK 2: wear red or green, WEEK 3: holiday spirit. The final night of each division there will be a group social from 5:00-6:00 pm. YMCA will provide hot chocolate.

**Location: YMCA Community Gym** 

Fees: \$20 Member \$40 Community Participant

**MEN ONLY:** CO-ED:

WOMEN ONLY: Monday: December 2, 9 & 16 Tuesday: December 3, 10 & 17

Wednesday: December 4, 11 & 18

6:00-8:00 pm 6:00-8:00 pm

6:00-8:00 pm

# **YOUTH SPORTS**

REGISTER 📉

## **Sports Mania**

Come explore the world of sports! Children will engage in drills and small group activities. We foster a positive and nurturing environment where children can discover their love for sports while developing essential body awareness skills. Each day we will focus on a different team sport.

Monday/Wednesday: December 2, 4, 9 & 11 9:15am-10:00 am

Grades: 3K-4K **Location: YMCA Family Gym** Fees: \$25 Member \$50 Community Participant

# **GYMNASTICS**



### **Progressive Gymnastics Clinics**

Join our one hour clinics to build skills on two events each session, focusing on technique, progress and building confidence!

#### **MONDAY. DECEMBER 2ND:**

4:00-5:00 pm Bars & Beam 5:00-6:00 pm Floor & Vault

#### TUESDAY, DECEMBER 3RD:

4:00-5:00 pm Bars & Beam 5:00-6:00 pm Floor & Vault

## **WEDNESDAY, DECEMBER 4TH:**

4:00-5:00 pm Floor & Vault 5:00-6:00 pm Bars & Beam

#### THURSDAY, DECEMBER 5TH:

4:00-5:00 pm Floor & Vault 5:00-6:00 pm Bars & Beam

#### **MONDAY, DECEMBER 9TH:**

4:00-5:00 pm Bars & Beam 5:00-6:00 pm Floor & Vault

#### BEGINNER/INTERMEDIATE ADVANCED/ADVANCED II/REC

# **TUESDAY. DECEMBER 3RD:**

4:30-5:30 pm Bars & Beam 5:30-6:30 pm Floor & Vault

#### WEDNESDAY, DECEMBER 4TH:

4:30-5:30 pm Floor & Vault 5:30-6:30 pm Bars & Beam

## THURSDAY, DECEMBER 5TH:

4:30-5:30 pm Floor & Vault 5:30-6:30 pm Bars & Beam

#### **TUESDAY, DECEMBER 10TH:**

4:30-5:30 pm Bars & Beam 5:30-6:30 pm Floor & Vault

Location: YMCA Gymnastic Center (520 N. Main Street) Fees: \$10/class Member \$15/class Community Participant



# **PRESCHOOL CLASSES**



# Let's Get Rolling-Open Gym • Ages 0-5

Open Gym and Let's Get Rolling all together in one class!! Children will learn by seeing, hearing, touching, doing, and having fun. The parent participates with the child in climbing, jumping, and balancing (all equipment available). Coordination is learned and developed through fun and active activities. Learning to follow simple directions is emphasized. Classes are 45 minutes. You must register for this class.

Monday, December 2 & 9 9:15 am - 10:00 am Wednesday, December 4 & 11 9:00 am - 9:45 am Friday, December 6 & 20 10:00 am - 10:45 am

Location: YMCA Gymnastic Center (520 N. Main Street)

Fees: \$5/class Member

\$12/class Community Participant

#### Kinder Art Christmas

Come and join us for a fun filled class of Christmas crafts and activities! Your child can be dropped off to enjoy an hour of fun in this Christmas themed art class! We will be doing different activities and crafts that will get us into the Christmas spirit! **Geared for Preschool aged children 3 1/2-6 years old without a parent.** 

Thursday, December 5 5:30 pm - 6:15 pm Thursday, December 12 5:30 pm - 6:15 pm

Location: YMCA Multi-Purpose Room

Fees: \$8/class Member

\$18/class Community Participant

#### Parent/Child Christmas Art and Swim

Come and join us for a fun filled class of Christmas crafts and activities and swimming fun! Parents will participate with their child in this Christmas themed art class for the first 45 minutes, and then end class swimming and having water fun together in the Fish Slide area of the pool! You and your child will enjoy getting into the Christmas spirit by playing games, reading stories, singing Christmas carols, making Christmas crafts, and having playtime and socializing fun in the pool! Geared for ages 2–3 with a parent. Parent must be in the water with their child for this class!

Tuesday, December 3, 10 & 17 9:00 am - 10:30 am

Location: YMCA Multi-Purpose Room/Fish Slide Area -Family Pool

Fees: \$25/session Member

\$55/session Community Participant

# **Weekly Theme Christmas**

Come and join us for a fun filled hour of Christmas crafts and activities! We will have fun getting into the Christmas spirit by playing games, reading stories, singing Christmas carols and making Christmas crafts. Geared for Preschool aged children 3 1/2-6 years old without a parent. Child must be fully toilet-trained.

Tuesday, December 3, 10 & 17 9:15 am - 10:15 am

Location: YMCA Multi-Purpose Room Fees: \$30/session Member

\$65/session Community Participant

# **AQUATICS**

# **Winter Swimming Workshop**

A three-week holiday themed workshop that incorporates water skills and safety concepts. Class will meet twice a week and rotate between three stations each session: Swimming Skills, Safety Skills, and Engaging Games.

December 2 - December 19

Fees: \$30 Member \$60 Community Participant

PARENT/CHILD:Monday/Wednesday4:30 pm - 5:00 pmBEGINNER:Monday/Wednesday5:10 pm - 5:40 pmINTERMEDIATE:Tuesday/Thursday4:30 pm - 5:00 pmADVANCED:Tuesday/Thursday5:10 pm - 5:40 pm

#### **LEVELS:**

## **PARENT/CHILD**

Children 6 months-4 years old. Parent must be in the water with child.

### **BEGINNER**

Children 4 years old & up that are new to the water. Equivalent to: Stage 1-2

### **INTERMEDIATE**

Children 4 years old & up that are comfortable submerging face & swim using a life jacket.

Equivalent to Stage 3-4

#### **ADVANCED**

Children 6 years old and up that can swim entire pool length independently.

Equivalent to Stage 5-6

REGISTER ?