

Pre-Kindergarten Dance & Gymnastics

Pre-Kindergarten Dance & Gymnastics - age 4 years by Dec. 2017

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

Pre-K Ballet/Tap -	Session 1	Session 2	Session 3
Thu. - 6:00 - 6:45 pm	Sept. 7 - Sept. 28	Oct. 5 - Nov. 2*	Nov. 9 - Dec. 7**
Fri. - 9:30 - 10:15 am	Sept. 8 - Sept. 29	Oct. 6 - Nov. 3*	Nov. 10 - Dec. 8**
Sat. - 9:00 - 9:45 am	Sept. 9 - Sept. 30	Oct. 7 - Nov. 4*	Nov. 11 - Dec. 2

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

Pre-K Ballet/Tumbling -	Session 1	Session 2	Session 3
Wed. - 9:30 - 10:15 am	Sept. 6 - Sept. 27	Oct. 4 - Nov. 1*	Nov. 8 - Nov. 29
Fri. - 6:00 - 6:45 pm	Sept. 8 - Sept. 29	Oct. 6 - Nov. 3*	Nov. 10 - Dec. 8**

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

Pre-K Gymnastics -	Session 1	Session 2	Session 2
Tue. - 5:00 - 5:45 pm	Sept. 5 - Sept. 26	Oct. 3 - Oct. 31*	Nov. 7 - Nov. 28
Thu. - 9:30 - 10:15 am	Sept. 7 - Sept. 28	Oct. 5 - Nov. 2*	Nov. 9 - Dec. 7**
Sat. - 12:30 - 1:15 pm	Sept. 9 - Sept. 30	Oct. 7 - Nov. 4*	Nov. 11 - Dec. 2

All Pre-Kindergarten Classes - 4 week Sessions - \$24 Member \$48 Non-member

*No classes Oct. 23 - Oct. 28 ** No classes Nov. 23 & 24

Coming in Winter Session - "Rockin' Around The Christmas Tree" Dance & Gymnastics Performance Workshop -

Dancers and Gymnasts ages 5 yrs. and up will have the opportunity to polish their skills while learning choreographed routines and take part in an exciting performance.

Winter Session - Oct. 30 - Dec. 16 - Rehearsal Fri. Dec. 15 & Performance Sat. Dec. 16

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 Sept. 6-Oct. 23
Monday & Wednesday 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: David Caldwell

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

Isshinryu Advanced Karate

7-14 Years 7 Week Session Sept. 6-Oct. 23

Monday & Wednesday 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

September 2017



Fall 2017 Gymnastics

Youth Gymnastics Classes - ages 5 & up - These fun and challenging classes teach children the basics of gymnastics in a positive way that builds self-confidence along with skill. Each class includes work on tumbling and acrobatics, balance beam, horizontal bar, trampoline, spring board, and vault. This is a year round, progressive program - each session increases in difficulty as we build onto the skills from previous sessions.

7 week session - \$55 Member \$85 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.

Gym. 1 -	Tue. - 6:00 - 7:00 pm	-	Sept. 5 - Oct. 17
	Sat. - 1:30 - 2:30 pm	-	Sept. 9 - Oct. 21

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.

Gym. 2 -	Tue. - 7:00 - 8:00 pm	-	Sept. 5 - Oct. 17
	Sat. - 2:30 - 3:30 pm	-	Sept. 9 - Oct. 21

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

Gym. 3 -	Thu. - 5:00 - 6:00 pm	-	Sept. 7 - Oct. 19
	Sat. - 10:15 - 11:15am	-	Sept. 9 - Oct. 21

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

Gym. 4 -	Thu. - 6:00 - 7:00 pm	-	Sept. 7 - Oct. 19
	Sat. - 10:15 - 11:15am	-	Sept. 9 - Oct. 21

Youth Gymnastics - Level 5 - Intermediate Two - There will be a stronger emphasis on acrobatics, with variations on limbers and walkovers - in this class which will also continue working on front & back hand-springs.

Gym. 5 -	Friday - 5:00 - 6:00 pm	-	Sept. 8 - Oct. 20
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Youth Gymnastics - Level 6 - Advanced Class - More advanced acrobatics variations, including arabians and tinsicas, along with front and back tucks, and side aerials make this class challenging.

Gym. 6 -	Friday - 6:00 - 7:00	-	Sept. 8 - Oct. 20
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Free Gymnastics Practice Times - Students enrolled in Gymnastics Classes at the YMCA may also come to the gym these evenings for some extra practice time. Miss Dee & Miss Donna will both be there to help students at all levels polish their skills.

Thu. - 7:00 - 8:00 pm and Fri. - 7:00 - 8:00 pm

Fall DANCE 2017

Youth Dance Classes - ages 5 & up - These exciting classes teach children the basics of dance in a positive way that builds confidence along with poise. This is a year round, progressive program - each session increases in difficulty as we build onto the skills from previous sessions.

7 week Session - \$55 Member - \$85 Non-member

Primary Dance Combo - ages 5 - 6 yrs. (Kindergarten - 1st Grade) - A super-fun way to introduce beginners to music, movement, and dance - this class includes a primary level Ballet class, beginning Tap, and a little Jazz, too!

Primary Dance - Wed. - 5:00 - 6:00 pm - Sept. 6 - Oct. 18
Sat. - 9:45 - 10:45 am - Sept. 9 - Oct. 21

Elementary Dance Combo - ages 6 - 7 yrs. (1st - 2nd Grade) - This introductory dance class combines a classic Ballet class with basic Tap, and even has Jazz, too! It is a terrific way for students to gain confidence and poise as they become more familiar with different dance styles.

Elementary Dance - Wed. - 6:00 - 7:00 pm - Sept. 6 - Oct. 18
Sat. - 9:45 - 10:45 am - Sept. 9 - Oct. 21

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.

Classical/Lyrical Ballet - Wed. - 7:00 - 8:00 pm - Sept. 6 - Oct. 18

Jazz/Hip Hop Combo - 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.

Jazz/Hip Hop Combo - 8-12 yrs. - Tue. - 5:30 - 6:30 pm - Sept. 5 - Oct. 17
Teen/Adult - Tue. - 6:30 - 7:30 pm - Sept. 5 - Oct. 17
8 & up - Sat. - 11:30 - 12:30 pm - Sept. 9 - Oct. 21

Tap Dance - 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. **1/2 hr. classes.**

Tap Dance - 8-12 yrs. - Tue. - 5:00 - 5:30 pm - Sept. 5 - Oct. 17
Teen/Adult - Tue. - 7:30 - 8:00 pm - Sept. 5 - Oct. 17
8 & up - Sat. - 12:30 - 1:00 pm - Sept. 9 - Oct. 21
7 week Session - \$28 Member - \$56 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: Sept. 5-Sept. 15 Oct, 3-Oct. 13 Nov. 7-Nov. 17 Dec. 5-Dec. 15

Fall 2017

Toddler Dance & Gymnastics - age 18 - 36 months with Adult Participation

Toddler Ballet/Tumbling - This popular combo offers all the fun of interpretative and creative dances from ballet class, plus tumbling and balance beam from gymnastics class.

Toddler Ballet/Tumbling - age 24 - 36 months - Fri. - 11:00 - 11:30 am
Session 1 Session 2 Session 3
Sept. 8 - Sept. 29 Oct. 6 - Nov. 3* Nov. 10 - Dec. 8**

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

Toddler Gymnastics - age 18 - 30 months - Thu. - 10:30 - 11:00 am
Session 1 Session 2 Session 3
Sept. 7 - Sept. 28 Oct. 5 - Nov. 2* Nov. 9 - Dec. 7**

Toddler Gymnastics - age 24 - 36 months - Tue. - 10:00 - 10:30 am
Session 1 Session 2 Session 3
Sept. 5 - Sept. 26 Oct. 3 - Oct. 31* Nov. 7 - Nov. 28

Toddler Gymnastics - age 24 - 36 months - Sat. - 11:30 - 12:00 noon
Session 1 Session 2 Session 3
Sept. 9 - Sept. 30 Oct. 7 - Nov. 4* Nov. 11 - Dec. 2

Pre-School Dance & Gymnastics - age 3 years by Dec. 2017

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

Pre-S Ballet/Tap - Session 1 Session 2 Session 3
Thu. - 5:30 - 6:30pm Sept. 7 - Sept. 28 Oct. 5 - Nov. 2* Nov. 9 - Dec. 7**
Fri. - 10:30 - 11:30 am Sept. 8 - Sept. 29 Oct. 6 - Nov. 3* Nov. 10 - Dec. 8**
Sat. - 9:00 - 9:45 am Sept. 9 - Sept. 30 Oct. 7 - Nov. 4* Nov. 11 - Dec. 2

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.

Pre-S Ballet/Tumbling - Session 1 Session 2 Session 3
Wed. - 10:30 - 11:00 am Sept. 6 - Sept. 27 Oct. 4 - Nov. 1* Nov. 8 - Nov. 29
Fri. - 5:30 - 6:00 pm Sept. 8 - Sept. 29 Oct. 6 - Nov. 3* Nov. 10 - Dec. 8**

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

Pre-S Gymnastics - Session 1 Session 2 Session 3
Tue. - 9:30 - 10:00 am Sept. 5 - Sept. 26 Oct. 3 - Oct. 31* Nov. 7 - Nov. 28
Sat. - 12:00 - 12:30 pm Sept. 9 - Sept. 30 Oct. 7 - Nov. 4* Nov. 11 - Dec. 2

All Toddler and Pre-School Classes - 4 week sessions - \$15 Member \$30 Non-member
*No classes Oct. 23 - Oct. 28 ** No classes Nov. 23 & 24

Youth Athletic Strength Training

Enroll your child into this class and let them receive the many benefits that will take place in their lives! 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 Sept. 9-Sept. 30 Oct. 7-Oct. 28 Nov. 4-Nov. 25 Dec. 2-Dec. 30
Members \$50 Non-Members \$80