

HOME SCHOOL ACTIVITIES

Home School Fitness & Swim-Ages 7-12 yr. olds

Join us for a fun morning of organized physical fitness activities including our Bounce Center. Sign in your child with us and come back at noon for pick up. Our staff will stay with your child through the program.



TUESDAYS Jan. 5-Feb. 16
9:45am- NOON

SCHEDULE

9:45-10:15 Fitness Activity

10:15-10:45 Bounce Center

10:45 Change for Swimming

11-Noon 30 Minute lesson/30 Minute recreational swim

NOON Parent Pick UP on the Pool Deck

FEE: \$75 Member \$150 Non-Member

Power Lifting 101

Work in a small group setting with a certified Personal Trainer who holds several world records in Power Lifting. You will learn proper form and technique and basic safety skills. Learn the basics of attending meets and responsibilities that are required. 7 week session Ages 14 & UP

Spots are limited to 10 kids. Minimum 3

Wednesday 7-7:45PM

Members \$65 Non-Members \$95

Jan. 20-March 2

Instructor: Chris



Youth Activities

YMCA of Cecil County 25YMCA Blvd. Elkton, MD.

410-392-YMCA

www.ymcacecil.org



WINTER 2016 YMCA YOUTH KARATE

Isshinryu Karate Basics 7-14 Years 7 Week Session

Jan. 4- Feb. 17 Feb. 29- April 13

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.



Isshinryu Advanced Karate 7-14 Years 7 Week Session

Jan. 4- Feb. 17 Feb. 29- April 13

Monday & Wednesday

7:30-8:15pm

Your child will learn advanced techniques, kata and sparring.

Must have permission of instructor.

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

Instructor: David L. Caldwell,

2nd Degree Black Belt,

Order of Isshinryu 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.

Winter 2016

SAFESITTER™ CLASSES..

Have your child become a babysitting expert. Our trained and Certified SafeSitter™ instructor will help your child feel confident in their ability to be a safe sitter. Course covers topics such as; choking prevention, first aid, injury prevention, behavior problems, hynliech maneuver, and running their babysitting as a business and so much more!



January 24
February 28
Sunday
10am-4pm
All day event
FEE: \$70 Member
\$85 Non-member
Please pack a lunch!
Instructor: Melissa Pratt

Winter 2016

Youth Athletic Strength Training

There are many benefits to enrolling your child in this class! 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 Olds Saturday Noon-1pm
Jan. 2-Jan. 30 Feb. 6-Feb. 27 March 5-March 26 April 2-April 30
Members \$50 Non-Members \$80

BOUNCE CENTER

Don't forget about our BOUNCE CENTER

And

Our



PARK.



Kids Weigth Room Fitness class

This class is designed for 12-13 year olds 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. ***Pre-registration is required!**

Sessions: Tuesday & Friday 7:00 to 8:00 PM
Jan. 5-Jan. 15 Feb. 2-Feb. 12 March 1-March 11
April 5-April 15

FEE : \$25 Members Only



Please Check out the separate fliers for the YMCA's Gymnastics and Dance Classes.

