



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE YOUTH JANUARY 9 – FEBRUARY 25

Winter I Session

7 weeks of classes
Jan 9 – Feb 25

Fitlinxx

Youth can also participate in Fitlinxx. Track your work out and earn points when you enter your workout into our Fitlinxx system.

Young Chef

Ages 5-12yrs
1 x week for 7 weeks
\$18 supply cost

Youth Fit Club

Ages 9-14yrs
2 x week for 7 weeks
Fitness training

Water Polo

Year round ages 8-13yrs
Up to 2 x week \$30/m

Times	Monday	Tuesday	Wednesday	Thursday	Friday
3:00p	ITTY BITTY BALLET Sallie (M)	ITTY BITTY TUMBLING Chantelle	ITTY BITTY BALLET Carin (M)	ITTY BITTY KARATE Mike (M)	ITTY BITTY TAP Sallie (M)
	INTRO TO MUSIC * Emma (CC)	INTRO TO GUITAR Staff (CC)	INTRO TO MUSIC * Emma (CC)	INTRO TO GUITAR Staff (CC)	
3:30p	IRISH DANCE Sallie (M)	KARATE Mike (M)	JAZZ KIDS (45 min) Carin (M)	KARATE Mike (M)	CHORUS * (45 min) Sallie (M)
		YOUTH FIT Julie (GYM)		YOUTH FIT Julie (GYM)	
4:00p	YOUTH BALLET Sallie (M)				INTERMEDIATE GUITAR Staff(CC)
4:30p	YOUNG CHEF * Emma (K)			YOUTH GYMNASTICS Chantelle	
7:30p	WATER POLO Coach Ripley		WATER POLO Coach Ripley		

No classes:

Monday, January 16
Monday, February 20

Class Minimum Policy:

Classes indicated with an * require at least 5 children to be enrolled in the class. If after the first week the youth class does not meet the minimum requirement, the class will be cancelled for the session. Any lab fees will be refunded to the member.

(M) = Multipurpose room
(CC)= Children Cove
(PS)= Preschool
(K)= Kitchen

MILLER FAMILY YMCA

320 Via Las Brisas, Newbury Park, CA 91320
P 805 480 0309 www.secyymca.org

CLASS DESCRIPTIONS

PRESCHOOL AGE 3.5 –5 YRS ITTY BITTY CLASSES

Itty Bitty Karate: Beginning karate that focuses on both Karate technique and instilling YMCA values.

Itty Bitty Tumbling: Tumble into fun on cool gymnastics equipment- balance beam, spring board, cheese wedge, and mats. Students will learn values of the Y while experiencing the fun and excitement of gymnastics!

Itty Bitty Ballet: Fun introduction to learning the fundamental movements of ballet with grace and the Y values!

Itty Bitty Tap: Early introduction to tap for our youngest dancers.

YOUTH CLASSES AGES 6–12 YRS

Chorus: Sing your heart away as you learn how to harmonize and sing with a group. Learn warm up and vocal techniques while building friendships.

Intro to Guitar: The perfect way to introduce kids to music. Kids will learn posture, terminology, how to interpret guitar tablature, and introduction to melody and harmony. Bring your own guitar or use one provided by the YMCA.

Intro to Music: Learn the basics of reading music and developing rhythm on a recorder. \$10 fee includes your own recorder to take home.

Youth Ballet: Fun introduction to the fundamentals of ballet while developing confidence, mental concentration, physical coordination, and grace.

Irish Dance: Introduction to the culture and fun of Irish folk dancing and the Y values!

Karate: Shotokan Karate is a martial arts class that not only focuses on Karate techniques but also on instilling YMCA values; students will receive uniforms and are able to test and progress through belt levels.

Young Chef: Whip up some self confidence and become a YMCA Young Chef! The class is designed for kids to learn the art of cooking and preparing healthy food. \$18 lab fee.

Jazz Kids: Children will learn basic jazz moves and put them together to form short dance routines to music.

Youth Gymnastics: Classes are designed to build self esteem, coordination and balance. Class will cover the fundamentals of gymnastics and tumbling skills.

Intermediate Guitar: For those students who have completed our beginning guitar class and are ready for the next level.

Water Polo Team: Come splash in the water and learn the great sport of water polo. \$30/month fee.

TEEN AND TWEEN CLASSES AGES 9–14 YRS

Youth Fit Club: Teens and tweens will train with our certified fitness coach. Classes will focus on building endurance, increasing muscular strength and flexibility all while having fun both inside and outside the fitness center. This class meets 2x per week.

Group exercise classes: are available to all teens! See Group exercise schedule

ACTIVE YOUTH CLASSES REGISTRATION POLICY

1. Youth classes are for Full Members of the Miller Family YMCA.
2. To participate in our youth class enrollment at the Member Center is required.
3. Participants who miss the first two classes without notification will forfeit their spots to those on the waiting list.
4. Classes need to start and end on time, if you are 5 min late child will not be able to participate.
5. Those on the waiting list will be notified within 2 weeks after the start of classes if they are able to be added.
6. Registration opens three weeks prior to the start of classes.
7. Priority registration will be given to participants enrolled in the prior session with good attendance and recommended by teacher.
8. Parents or guardians of children under the age 12 participating in classes must remain in the facility.

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