YOUTH FITNESS CLASS DESCRIPTIONS

**Baby & Me**

**AGE GROUPS**
- Rollie Pollios: 8 wks-8 months OR Babies on their backs not yet crawling
- Wiggles: 8-16 months OR Babies crawling not yet walking
- Waddlers: 16-24 months OR New walkers
- Racers: 2-3 years, Confident walkers

**Little Groovers**

Children will engage in dance and music activities that help them develop their gross motor skills and creative expression.

**Sensational Sensory**

Enhance your child’s touch, smell, sight, hearing, and movement all through activities and play!

**Infant Massage**

Learn to have a greater connection with your baby through Infant Massage and play! It’s great for babies from birth to 12 months!

**Preschool (3-5yrs old)**

**Ballet/Tap Combination**

Ballet and tap basic techniques will be taught through creative and energetic songs and activities.

**Hip Hop**

Teaching fun and age appropriate dance moves, kids will work on coordination, rhythm, and self-confidence!

**Little Crafters**

Learn fine motor skills, color knowledge, self-expression, and much more with exciting craft projects.

**Spanish**

Learn basic words and phrases through engaging activities and songs.

**Youth Classes (5-7yrs old)**

**Beginning Ballet**

Learn ballet technique, vocabulary, and choreography. Each level of ballet will challenge the student with appropriate exercises and choreography.

**NOTE:** Instructor will assess student in order to ensure proper class placement.

**Ballet**

Learn ballet technique, vocabulary, and choreography. Each level of ballet will challenge the student with appropriate exercises and choreography.

**NOTE:** Instructor will assess student in order to ensure proper class placement.

**Beginning Jazz**

Learn and develop jazz technique, vocabulary, and interesting choreography. Each level of Jazz/Contemporary will challenge the student with appropriate exercises and choreography.

**NOTE:** Instructor will assess student in order to ensure proper class placement.

**Jazz**

Learn and develop jazz technique, vocabulary, and exciting choreography. Each level of Jazz/Contemporary will challenge the student with appropriate exercises and choreography.

**NOTE:** Instructor will assess student in order to ensure proper class placement.

**Hip Hop**

Pop, lock, and drop into our awesome hip hop class! Young dancers will learn exciting dance moves, improve rhythm and coordination, all while gaining confidence!

**Beginning Tap**

Learn beginner tap moves and techniques while improving rhythm.

**NOTE:** Instructor will assess student in order to ensure proper class placement.

**Intro to Musical Theater**

Students will not only learn songs from popular musicals but choreography and acting will be added into the mix for a complete musical theater.

**Master Chefs**

Students in our cooking class will get creative with food and learn about the importance of nutrition, and work on fine motor skills.

**Family YOGA**

Come learn fun dance moves and work up a sweat as a family!

**FRIENDLY REMINDERS...**

- Every child is allowed to register in a maximum of 2 classes per session.
- 2 absences, excused or unexcused, will result in a drop from the class.
  - **Mandatory:** Students must attend the first class of the session unless the absence has been excused by Youth and Family Director. IMPORTANT! If you cannot attend the first class but do plan to attend all other classes in the session, you must reach out to Tori Cusack, tcusack@seymca.org in advance. Otherwise you will be dropped.
  - **All classes have a 5 minute grace period.** No student will be allowed to enter the class after 5 minutes and this will result in a recorded absence.
  - All students MUST be registered to participate in the class. A parent will receive an email if their child is placed in the class.
- **PLEASE have students use the restroom before class begins.**

**At Yarrow Family YMCA we build relationships, impact lives, and strengthen community through:**

- Healthy Living
- Social Responsibility
- Youth Development
# Yarrow Family YMCA
## Youth Enrichment Schedule

### YMCA Hours
- **Monday - Thursday**: 5am - 9pm
- **Friday**: 5am - 7pm
- **Saturday**: 7am - 5pm
- **Sunday**: 7am - 5pm

### Kids’ Zone Hours
- **Monday-Thursday**: 8am-1pm; 3pm-6:30pm
- **Friday**: 8am-1pm; 3pm-6:30pm
- **Saturday**: 8am-1pm
- **Sunday**: 8am-1pm

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><strong>BABY &amp; ME</strong></td>
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<tr>
<td>9:00am Parent Meet Up</td>
<td>10:00am Little Groovers Racers</td>
<td>10:30am Little Groovers Racers</td>
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<td>10:15am Sensational Sensory Racers</td>
<td>10:00am Parent Meet Up</td>
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<tr>
<td>Stephanie (1hr) S1</td>
<td>Tori (30m) S1</td>
<td>Tori (30m) S1</td>
<td>Tori (30m) S1</td>
<td>Stephanie (30m) S1</td>
<td>Stephanie (1hr) S1</td>
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<td><strong>PRESCHOOL (3-5 YRS OLD)</strong></td>
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<tr>
<td>3:30pm Tiny Chefs Ryan (30m) CA</td>
<td>2:30pm Little Groovers 3-5yrs Natalia (30m) S1</td>
<td>9:30am Ballet/Tap Combo Tori (45m) S4</td>
<td>3:30pm Little Crafters Cara (30m) S1</td>
<td>10:30am Sensational Sensory Racers Stephanie (30m) S1</td>
<td>3:30pm Little Groovers Racers Stephanie (30m) S1</td>
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<td>Ballet/Tap Combo Tori (45m) S1</td>
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<td>Ballet/Tap Combo Tori (45m) S4</td>
<td>Ballet/Tap Combo Natalia (45m) S1</td>
<td>Ballet/Tap Combo Stephanie (30m) S4</td>
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<td>4:30pm Hip Hop 3-5yrs Tori (30m) S1</td>
<td>3:30pm Little Groovers 3-5yrs</td>
<td>3:30pm Little Groovers Racers Tori (30m) S1</td>
<td>4:30pm Spanish Pat (30m) CR</td>
<td>12:30pm Infant Massage Stephanie (30m) S1</td>
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<td><strong>5-7 YRS OLD</strong></td>
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<td>3:30pm Master Chefs 5-7yrs Ryan (45m) CA</td>
<td>3:30pm Crafting 5-7yrs Sheryl (45m) S1</td>
<td>3:30pm Hip Hop 5-11yrs Ryan (50m) S3</td>
<td>3:30pm Intro to Musical Theater Natalia (50m) S4</td>
<td>10:15am Sensational Sensory Racers Stephanie (30m) S1</td>
<td>3:30pm Intro to Musical Theater Natalia (45m) S4</td>
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<td>6:30pm Family Yoga 5-7yrs Abigail (25m) S4</td>
<td>Intro to Gymnastics 5-7yrs Pavel (50m) S3</td>
<td>4:30pm Hip Hop 5-11yrs Ryan (50m) S3</td>
<td>4:30pm Crafting Cara (45m) S1</td>
<td>11:00am Sensational Sensory Racers Stephanie (30m) S1</td>
<td>4:30pm Beginning Tap Natalia (30m) S1</td>
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<td><strong>S1</strong> Studio 1</td>
<td>Let’s Explore 5-7yrs Cara (45m) S4</td>
<td>5:30pm Beginning Jazz 5-1yrs Natalia (50m) S4</td>
<td><strong>S4</strong> Studio 4</td>
<td><strong>CR</strong> Conference Room</td>
<td><strong>CA</strong> Café</td>
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<td><strong>L</strong> Lounge</td>
<td>Jazz 1 5-11yrs Pavel (50m) S3</td>
<td>5:30pm Spanish Pat (30m) CR</td>
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<td>5:30pm Beginning Ballet 5-11yrs Pavel (50m) S3</td>
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<td>6:30pm Karate 1 5-7yrs Fumiko (45m) S4</td>
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