



# Red Wing YMCA Youth Program Information: March-April

## SCHOOL AGE & PRESCHOOL YOUTH PROGRAMS (3 years old - 6th GRADE)

### \*NEW\* TUMBLING

#### Beginners (ages: 3-5)

The beginner tumbling class will guide your child through creative movements. It is designed to build self-confidence, body awareness and social and motor skills while learning basic gymnastics fundamentals in a FUN environment.

#### Intermediate Tumblers (ages: 6-7)

The intermediate class will continue to work on the basic skills and fundamentals of gymnastics, in addition to adding more difficult acrobatics.

#### Advanced Tumblers (ages 7+)

The advanced class will be geared toward perfecting your child's basic gymnastics skills. We will also be challenging their body and mind to more advanced strength and acrobatic movements.

For safety purposes: Children are asked to wear a leotard, or tight fitting clothing. No socks, jewelry or earrings, and have their hair in a ponytail away from face.

#### DATES AND TIMES

Wednesdays, March 14-April 25 (No Class April 4th)  
Beginners (ages: 3-5): 4:00-4:30pm or 5:25-5:55pm  
Intermediate (ages: 6-7): 4:35-5:20pm  
Advanced (ages 7+): 6:00-6:45pm

#### LOCATION: Gym A



### KARATE

The YMCA Karate Program focuses on both physical techniques and personal growth. Using both drills and games, we learn punches, kicks, break falls and throws, self-defense techniques, kata and sparring. Physical benefits include: increased flexibility, coordination, balance and general fitness. We also work on focus, self-control, manners, confidence and respect.

The sessions are continuous throughout the year and build upon each other. However, children may join at anytime as classes are limited to 12 students to allow for as much individual attention as possible.

Sensei Sarah has been studying Karate since 2003, and teaching since 2011. She is a 2nd degree black belt in Shorin-Ryu Karate.

#### LOCATION: Large Studio

#### DATES AND TIME

Wednesdays, March 14-April 25  
4:30-5:30pm  
Ages: 7-12 years  
Location: Large Studio



### SPORTS CLINIC 101

Athletes need opportunities to try new things, explore and test new abilities—just for fun! Athletes will be able to sample a variety of basic sports that will enhance skills, build self-confidence and have fun. Our ultimate goal is to spark an interest in order to navigate the young athlete to their desirable sport(s) of choice.

#### DATES AND TIMES

Tuesdays, March 13-April 24  
Kindergarten 5:00-6:00pm  
Grades 1-3 6:00-7:00pm



### KIDS BOOT CAMP

This is a fun circuit workout that consists of sport drills, jump rope, boxing, body weight exercises, fun games, and interval training taught by certified group fitness instructors.

#### DATES AND TIMES

Mondays, March 12- April 23  
Age: 6-10 year olds 4:00-4:45pm

#### LOCATION: Gym c



## YMCA SCHOOL AGE CARE (GRADES K—5)

### BEFORE & AFTER SCHOOL CARE PROGRAM

At the YMCA After School Program, you will have the opportunity to dance, sing, create crafts, swim and so much more! This program provides skills for enrichments that go beyond the classroom. Join us while we help your children develop the YMCA core values of being caring, honest, respectful and responsible. Our staff is here to help make sure your child gets to all their YMCA activities.

No membership? No Problem! Come see what the YMCA can offer; For A Better us.

#### LOCATION: Red Wing YMCA

#### DATES AND TIMES:

Monday through Friday  
6-8am & 3-6pm

#### COST:

Members: \$7/am or pm care Non Members: \$9/am or pm care

### NO SCHOOL? No Problem!

Enjoy your time off from school at the Y! Join us for an action packed week filled with activities, games, crafts, sports, AND swimming. K-5th grades

#### LOCATION: Red Wing YMCA

#### DATES AND TIMES:

Friday, February 16th  
Monday, March 5th- Friday March 9th  
6am-6pm

#### COST:

Members: \$25 per day, Non Members: \$30 per day  
Contact twirrkala@redwingymca.org to register your child.

Check out the flyer for Kids Power Club featuring the YMCA's summer school age care information!

**REGISTRATION FOR ALL PROGRAMS BEGINS FEBRUARY 12TH**

## PRESCHOOL PROGRAMS (33 MONTHS-5 YEARS OLD)

### CREATIVE RHYTHM AND SWIM

We will explore creativity through songs, instruments, movement, and stories. Each week has a new theme with songs, listening, and interacting with a new story. This class will enhance your child's cognitive, literature, coordination, and creativity skills. Come join us, and get ready to get creative!

NEXT... To the pool we go! After some creative music and movement, we will work on our moves in the pool. We will have some fun getting comfortable and confident in the water!

**Please have your child dressed with their swim suit on, before dropping them off in the Multi-Purpose Room (Y-School Age Room).**

**MEMBERS: Parents may sign their child into child watch and go workout. Parents must stay in the building. Please pick them up at 10:30am in the pool to get dressed.**

**NON-MEMBERS: Must be present with their child at all times.**

#### LOCATION: Multi-Purpose Room and Pool

#### DATES AND TIMES

Tuesdays, March 13-April 24 (7 Weeks)  
9:00-9:30am Multi-Purpose Room 9:45am - 10:30am Pool

### MORE THAN SPORTS WITH A TWIST

We will spend an exciting fun-filled hour discovering sports, yoga, and team games. We spend our first half exploring a sport through age appropriate games and stations. We will explore 2 different sports each session and spend at least three weeks on each sport. After sports exploration, we will transition into yoga for 10-15 minutes. Each week we will add a few new stretches to our routine. We will spend the last 15-20 minutes learning how to play new team-building gym games. Come get your wiggles out with us in this highly active class!

**MEMBERS: Parents may sign their child into child watch and go workout. Parents must stay in the building.**

**NON-MEMBERS: Must be present with their child at all times.**

#### LOCATION: Gym A/B

#### DATES AND TIMES

Thursdays, March 15-April 26 (7 Weeks)  
9:30am-10:30am

## SWIMMING LESSONS (Ages 1 & Up)

### SESSION DATES: March 12-April 28

#### MORNING LESSONS

Wednesdays	
9:30-10:00am	Level 1, 2
10:05-10:35am	Levels 3
Saturdays	
9:00-9:30am	Levels 1, 2, 3
9:35-10:05am	Levels 3
9:35-10:15am	Level 4
10:10-10:40am	Level 1, 2
10:20-11:00am	Levels 5
10:45-11:15am	Level 1, 3
11:05-11:45am	Level 4
11:20-11:50am	Level 2, 3

#### EVENING LESSONS

Wednesdays	
4:00-4:30pm	Levels 1, 2
4:35-5:05pm	Level 2, 3
4:45-5:25pm	Level 4
5:10-5:40pm	Level 1, 2
5:30-6:00pm	Level A, B
5:30-6:10pm	Level 5
5:45-6:15pm	Levels 1, 2
6:15-6:55pm	Level 6
6:20-6:50pm	Level 1, 3
Tuesdays	
4:00-4:30pm	Levels 2, 3
4:35-5:05pm	Levels 1, 2
4:35-5:15pm	Level 4
5:10-5:40pm	Levels 1, 2
5:20-6:00pm	Level 5, 6
5:30-6:00pm	Levels A, B,
5:45-6:15pm	Levels 2, 3
6:05-6:45pm	Level 4
6:20-6:50pm	Levels 1, 3
Thursdays	
4:00-4:30pm	Levels 1, 3
4:35-5:05pm	Level 2
4:35-5:15pm	Level 5, 6
5:10-5:40pm	Level 1
5:20-6:00pm	Level 4
5:45-6:15pm	Level 2
6:05-6:35pm	Level 3
6:20-6:50pm	Level 2
6:35-7:15pm	Level 4

### \*\*NEW SWIM LEVELS\*\*

We have transitioned from fish names to numbers! Not only will this make it easier to keep track of what level is next, there is also new curriculum and swim instructor training.

Go online to see what level will work best for your child!

### PRIVATE LESSONS

Private lessons give participants individualized attention that helps them improve or master their swimming skills at every age and ability. The instructors, participants and parents work together to determine lesson goals. Private swim lessons are available in 3, 5 or 7 lesson packages, and can begin at any time.

For cost and other information visit us at [redwingymca.org](http://redwingymca.org)

Contact Brittany Hagen at [bhagen@redwingymca.org](mailto:bhagen@redwingymca.org)

### PARENT & CHILD

Level A & B  
Tuesdays & Wednesdays  
5:30-6:00

## COST OF PROGRAMS

Program	Member Fee: February 12– March 6	Member Fee: after March 6	Non-Member Fee: February 12– March 6	Non-Member Fee: after March 6
Swim Lessons	\$35 Levels A & B: \$10	\$50 Levels A & B: \$25	\$55 Levels A & B: \$35	\$70 Levels A & B: \$50
Tumbling, Kids Boot Camp Sport Clinic 101	\$20	\$35	\$45	\$60
Preschool Programs	\$18	\$18	\$28	\$28
Karate	\$50	\$65	\$80	\$95

### Personal Pricing Plan:

The YMCA welcomes all who wish to participate and annually raises scholarship funds to help make that possible. Please let us know if we may serve you or your family in this way. Personal Price Plan applications must be received one week prior to the registration deadline in order to be considered. For an application please stop in at the Red Wing Family YMCA.

## HOW TO REGISTER

Registration may be done in person at the YMCA, over the phone at (651) 388-4724, online at redwingymca.org. Payment is required at the time of registration. Please contact the YMCA staff at 651-388-4724, if you have any questions or concerns about any of our programs.

## PLAN AHEAD— NEXT YOUTH SESSION REGISTRATION DATES

- JUNE 4-JULY 28 Registration begins: April 23rd

## SPECIAL EVENTS

### SUMMER PROGRAM AND CAMP RALLY DAY

**Saturday, March 3, 10:00am-12:00pm**

Gear up for summer and come join the fun! Sign up for Camp Pepin, Kids Power Club, Summer Youth Programs and Summer Enrichment and Rec! Enter for a chance to win a FREE week at camp! Activities Include: Arts and Crafts, Gaga Pit, Climbing Wall, Music, Disc Golf, Hungry Hungry Hippo, and Log Rolling from 11:00-1:00

Gym activities will be from 10am-12pm, Pool activities from 11am-1pm with open swim from 12-4pm. This event is FREE and open to everyone in the community.



### PARENTS Night OUT

**Friday, February 16th 5:00-9:00pm**

**Friday, April 20th 5:00-9:00 pm**

Enjoy a night out while your kids enjoy games, gym time, crafts, and more! Please pack a healthy snack and a blanket or favorite stuffed friend for quiet reading time at the end of our evening.

Member Early Bird Fee	Non-Member Early Bird Fee
1 child \$25	1 child \$35
2 children \$30	2 children \$40
3 children \$35	3 children \$45
4 children \$40	4 children \$50

### BRUNCH WITH THE BUNNY

**Saturday, March 24, 10:00am-12:00pm**

At YMCA Camp Pepin, we make it our job to provide family time by bringing families together to have fun and grow together. Create unforgettable memories with your family this holiday season and join us for a fun-filled morning including: fellowship, a delicious pancake breakfast, egg hunting, and of course, the Easter Bunny! Don't forget your camera!

Fee: \$5 per person/\$20 maximum per family



### HEALTHY KIDS DAY

**Saturday, April 21, 10:00am-12:00pm**

Summer is the time for kids to get up, get out and grow. But for some kids, exposure to activities that stimulate the body and mind ends with the school year. In fact, research shows that kids are prone to gain more weight and fall behind in studies. The Y will celebrate Healthy Kids Day®, our national initiative to improve the health and well-being of kids. This FREE community event is open to all kids and families and will be filled with fun, active play and educational opportunities!



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# DEVELOPING THE WHOLE CHILD



**REGISTRATION FOR ALL  
PROGRAMS BEGIN  
February 12th!**

## SPRING 2018 YOUTH PROGRAMS MARCH-APRIL RED WING FAMILY YMCA

434 MAIN STREET, RED WING, MN 55066  
651.388.4724 / REDWINGYMCA.ORG