



# YOUTH ACTIVITIES Mukwonago Y

## FALL 1 SESSION | September 4 - October 28, 2018



PROGRAM AREA	CATEGORY	CLASS NAME	AGES	FEES M/PP	CLASS LENGTH	MON	TUES	WED	THURS	FRI	SAT
SPORTS	PARENT & CHILD	Basketball Skills	2 - 3	\$26/\$48	30 min		5:00 PM				
		Flag Football	2 - 3	\$26/\$48	30 min				5:30 PM		
		Soccer Skills	2 - 3	\$22/\$42	30 min	5:00 PM*					
		Sports Sampler	2 - 3	\$26/\$48	30 min				5:15 PM		
	PRESCHOOL SPORTS	Basketball Skills	4 - 5	\$38/\$72	45 min		5:30 PM				
		Flag Football Skills	4 - 6	\$38/\$72	45 min				6:00 PM		
		Soccer Skills	4 - 5	\$34/\$63	45 min	5:30 PM*					
		Swim & Gym	3 - 6	\$58/\$96	90 min					9:30 AM	
	SCHOOL AGE SPORTS SKILLS	Adaptive Swim & Play	5 - 15	\$19/\$36	45 min			5:45 PM			
			Basketball Skills	6 - 8	\$38/\$72	45 min		6:15 PM			
			9 - 12	\$38/\$72	45 min		7:00 PM				
		Dodgeball Skills	6 - 10	\$38/\$72	45 min				6:45 PM		
		Home School Gym Class	5 - 14	\$34/\$63	45 min	11:00 AM*					
		Soccer Skills	6 - 8	\$39/\$73	60 min	6:15 PM*					
			9 - 13	\$39/\$73	60 min	6:15 PM*					
	Volleyball Skills	6 - 10	\$38/\$72	45 min				6:00 PM			
	SPECIALTY SPORTS	Junior Parkour	5 - 9	\$61/\$74	45 min		7:00 PM				
		Parkour I	10 - 14	\$69/\$85	60 min		7:45 PM				
		Tiny Tots Tae Kwon Do	3 - 5	\$79/\$109	30 min					5:30 PM	
		Tae Kwon Do	6 - 12	\$79/\$109	60 min					6:15 PM	
13+			\$79/\$109	60 min					7:30 PM		
DANCE & GYMNASTICS	PRESCHOOL	Pre-Ballet	3 - 5	\$35/\$53	30 min	5:00 PM*					
		Turn `n Tumble	3 - 5	\$50/\$73	45 min					9:30 AM	
	SCHOOL AGE	Gymnastics for All	6 - 12	\$61/\$89	60 min					10:15 AM	

CLASSES MEET ONCE A WEEK FOR 8 WEEKS | M: Members PP: Program Participants

Updated: 7/12/18

PERIODIC OFFERINGS	CLASS NAME	AGES	FEES M/PP	TIME	DATES OFFERED
SPECIAL EVENT	Floating Pumpkin Patch	All Ages	FREE!	5:30 PM - 7:30 PM	October 18
SCHOOL'S OUT FUN DAY	School's Out Fun Day	4 - 12	\$32/\$40	7:00 AM - 6:00 PM	September 24, October 25, October 26, November 21, December 3, December 26, December 27, December 28
Y NIGHT	Parents' Night Out	6 weeks - 12 years	\$10/\$15	6:00 PM - 9:00 PM	September 15, October 20
YOUTH SAFETY TRAININGS	Babysitting Training	11 - 17	\$50/\$75	9:00 AM - 3:00 PM	September 15
	Home Alone	8 - 12	\$16/\$24	10:00 AM - 12:00 PM	September 15
	Stranger Danger	4 - 8	\$8/\$12	9:00 AM - 10:00 AM	September 15

### FALL SPORTS LEAGUES

CROSS COUNTRY	Grades 1 & Older	August 25 - November 3	Saturdays 10:30 - 11:30 AM	\$66/\$99
SOCCER	K4 - K5	August 25 - November 3	Saturdays 10 - 11 AM	\$66/\$99
	Grades 1 - 2	August 25 - November 3	Saturdays 11 AM - 12:30 PM	\$84/\$126
	Grades 3 - 4	August 25 - November 3	Saturdays 11 AM - 12:30 PM	\$84/\$126

FALL 1 REGISTRATION OPENS: Monday, August 6, 2018 for Members and Monday, August 13, 2018 for Program Participants

\* The Y will be closed on Monday, September 3 for Labor Day. All Monday programs will be prorated.

Program availability is subject to change based on enrollment. Please visit "Find a Program" on GWCYMCA.ORG for the most updated offerings or visit the Business Office.

MUKWONAGO YMCA 245 E Wolf Run, Mukwonago, WI 53149 | REGISTRATION: Online at GWCYMCA.ORG or call 262-363-7950



# YOUTH ACTIVITIES DESCRIPTIONS

## PARENT & CHILD SPORTS

### BASKETBALL SKILLS W/ PARENT

Have fun and practice hand-eye coordination. Individual and team skills will help your child learn how to run, jump, balance, throw, and catch.

### FLAG FOOTBALL W/ PARENT

Have fun and practice hand-eye coordination. Individual and team skills will help your child learn how to run, jump, balance, throw, and catch.

### SOCCER SKILLS W/ PARENT

This is a parent and child class intended for one child and one parent or guardian. Have fun and practice foot-eye coordination. Individual and team skills will help your child learn how to run, jump, balance and kick.

### SPORTS SAMPLER W/ PARENT

Have fun introducing your child to a variety of sports including t-ball, soccer, and basketball.

## PRESCHOOL SPORTS

### BASKETBALL SKILLS

Introduction to the game of basketball using age appropriate skills and drills. Individual and team skills will be worked on throughout the class.

### FLAG FOOTBALL SKILLS

Practices will focus on further developing the foundational flag football skills learned in toddler and preschool classes. Individual and team skills will be worked on throughout the class.

### SOCCER SKILLS

Have fun and practice foot-eye coordination. Individual and team skills will help your child learn how to run, jump, balance, and kick in a soccer setting.

### SWIM & GYM

This class provides children with two unique experiences a fun introduction to a variety of sports in the gym as well as a swim lesson and free swim in the pool. Children will arrive with their swimsuits under their gym clothes. An instructor will facilitate activities in the gym designed to get children moving, building coordination skills, and having fun. Then, they will quickly remove their gym shoes and clothes as their instructor brings them to the pool. In the pool, an instructor will provide a 30-minute swim lesson followed by a brief supervised free swim time. Parents MUST pick up their children from the pool at the end of free swim. Ages 3-6 years.

## SCHOOL AGE SPORTS

### ADAPTIVE SWIM & PLAY

This class is designed for children with special needs. Develop individual coordination, physical fitness, basic swimming skills, and safety. Must be able to function in a small group setting. Staff to child ratio 1:3. Ages 5-15 years.

### BASKETBALL SKILLS

Practices will focus on further developing the foundational basketball skills learned in toddler and preschool classes. Individual and team skills will be worked on throughout the class.

### DODGEBALL SKILLS

Have fun with this gym-time classic. We use sting-proof dodgeballs. The session will include creating goals and working in teams, which leads into various styles of the game.

### HOME SCHOOL GYM CLASS

Home School Gym Class will provide an opportunity to kids seeking academic achievement from home, the chance to get into a gym and work on fitness, health, and teamwork. Games will vary each week in order to introduce different sports and games to the children.

### SOCCER SKILLS

Practices will focus on further developing the foundational soccer skills learned in toddler and preschool classes. Individual and team skills will be worked on throughout the class.

## VOLLEYBALL SKILLS

We're rallying for all volleyball players looking to improve their skills. Each class will focus on fundamentals, while also enjoying game play to implement their skills.

## SPECIALTY SPORTS

### TINY TOTS TAE KWON DO

The Tiny Tot class is designed for preschool aged children, focused on teaching how to interact in a group experience through life skills training.

### TAE KWON DO

Through Tae Kwon Do, participants will grow and improve in self-confidence and discipline. Our progressive programs teach proper techniques, self-defense awareness, and practical application.

### PARKOUR

Parkour a l'art du deplacement (sometimes referred to as freerunning) reinforces gross motor development with coordination and control through crawling, jumping, climbing, and swinging. Students will learn how to safely overcome any obstacle with controlled and efficient techniques. Classes are taught by an ADAPT certified coach from Axiom Parkour.

## GYMNASTICS & DANCE

### PRE BALLET

Introduction to ballet positions, barre, stretching, and center combination.

### TURN 'N' TUMBLE

A combination of gymnastics and fitness, including aerobic games, active play, and light gymnastics-focused conditioning.

### GYMNASTICS FOR ALL

This class is a blend of gymnastics, dance, and acrobatics. This class encourages unity, ability, and fun.

## PERIODIC OFFERINGS

### SCHOOL'S OUT FUN DAY

The Y offers safe, quality care for your child when their school is closed. Join us for fun games, sports, swimming, arts & crafts, and fun! Bring a lunch, two snacks, water bottle, swimsuit, and towel. Dress children appropriately as we may go outdoors. Various ages may be grouped separately. Register in advance to ensure availability.

### PARENTS' NIGHT OUT

Need a night out, but don't know what to do with your children? Let the Y help. A night of fun in our facility awaits your children while you are enjoying yourself - kid free! Children will participate in a variety of age appropriate activities. Dinner will be provided.

### STRANGER DANGER

Learn how to be safe when home alone. Guardians join us for the last 30 minutes to develop a 'Personal Family Booklet'. Basic first aid included.

### HOME ALONE

Children work on recognizing who a stranger is and what to do when a stranger makes you feel uncomfortable. Guardians join us for the last 15 minutes of the course.

### YMCA BABYSITTING TRAINING

Learn how to interview for a babysitting job, practice leadership & communication skills, learn developmental stages of a child & gain safety tips & basic first aid knowledge.

## SPORTS LEAGUES

Youth Cross-Country is a program for kids who enjoy running, want to explore the outdoors, and hope to improve their running abilities. Our group will have the opportunity to run in scheduled meets with other local YMCAs. Meet dates are as follows: October 6th, October 20th and November 3rd. Meet times TBA. YMCA staff and volunteers coach our teams in skill improvement, while leading them in character development using the YMCA's core values. All athletes receive a team jersey.

Youth Soccer League meets once per week for 45-minute practices and 45-minute games. Practices include sport-specific drills to help children develop motor skills and improve coordination. Most importantly, all of our YMCA leagues emphasize teamwork, fair play, self-confidence, and fun. At the Y, everyone plays! YMCA staff and volunteers coach our teams in skill improvement, while leading them in character development using the YMCA's core values. Shin guards recommended. All athletes receive a team jersey.