



YOUTH ACTIVITIES West Suburban Y

SUMMER SESSION | June 10 - August 18, 2019



CATEGORY	CLASS NAME	AGES	FEES M/PP	CLASS LENGTH	5 WEEK SESSIONS Summer 1 Session: June 10 - July 13* Summer 2 Session: July 15 - August 17							
					MON	TUES	WED	THURS	FRI	SAT	SUN	
PARENT & CHILD DANCE	Toddler Twirl w/ Parent	1 - 3	\$25/\$38	30 min	5:00 PM							
	Tiny Rollers	2 - 3	\$25/\$38	30 min			9:30 AM					
PRESCHOOL DANCE & GYMNASTICS	Pre Ballet	3 - 5	\$32/\$46	45 min	5:45 PM							
	Hip Kids	3 - 5	\$25/\$38	30 min						9:30 AM		
	Little Leapers	3 - 4	\$32/\$46	45 min			5:00 PM					
	Mini Tumblers	4 - 5	\$32/\$46	45 min				5:00 PM*				
SCHOOL AGE DANCE & GYMNASTICS	Beginning Ballet	5 - 8	\$32/\$46	45 min	6:45 PM							
	Gymnastics 1	6 - 12	\$32/\$46	45 min						10:30 AM		
	Gymnastics/Dance Combo	7 - 12	\$32/\$46	45 min						11:30 AM		
PARENT & CHILD ENRICHMENT	Stay & Play	Small Child & Parent	Free: Members Only	60 min	10:00 AM							
	Kindergym	2 - 4	\$25/\$38	30 min					11:00 AM*			

SUMMER CLASSES ARE DIVIDED INTO TWO MINI-SESSIONS: MINI SESSIONS MEET ONCE A WEEK FOR 5 WEEKS | M: Members PP: Program Participants
 Summer 1 Session runs June 10 - July 13* | Summer 2 Session runs July 15 - August 17
 Updated: 3/31/19

PROGRAM AREA	CATEGORY	CLASS NAME	AGES	FEES M/PP	TIME	DATES
PERIODIC OFFERINGS	Y NIGHT	Parents' Night Out	6 weeks - 12 years	\$10/\$15	5:00 - 8:00 PM	Saturday, July 13
		Youth Night	6 - 12	\$5/\$8	5:30 - 8:00 PM	Saturday, June 15; Saturday, August 10
YOUTH SAFETY TRAININGS	YOUTH SAFETY TRAININGS	Babysitting Training	11 - 17	\$50/\$75	9:30 AM - 3:30 PM	Saturday, July 27
		Home Alone	8 - 12	\$16/\$24	6:00 - 8:00 PM	Wednesday, June 12
		Stranger Danger	4 - 8	\$8/\$12	4:30 - 5:30 PM	Thursday, July 18

PRESCHOOL READINESS	AGES	FEES PER WEEK M/PP	DAYS OF THE WEEK	TIME	3-WEEK SESSIONS (Meets 2x per week on Tuesday & Thursday)
KINDER CAMP	3 - 5	\$75/\$120	Tuesdays & Thursdays	9:00 - 11:30 AM	Session 1: June 11 - June 27 Session 2: July 9 - July 25 Session 3: July 30 - August 15

SUMMER REGISTRATION OPENS: Monday, May 13, 2019 for Members and Monday, May 20, 2019 for Program Participants

* The Y will be closed on Thursday, July 4 for Independence Day. All Thursday 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.



YOUTH ACTIVITIES DESCRIPTIONS

PARENT & CHILD DANCE

TODDLER TWIRL W/PARENT

A parent and child class that builds motor skills and excitement for ballet.

PRESCHOOL GYMNASTICS & DANCE

PRE BALLET

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

HIP KIDS

Hip hop and jazz in a light and fun class.

TINY ROLLERS

Introduction to gymnastics and movement. Must be potty trained.

LITTLE LEAPERS

Continued instruction in gymnastics and movement or Tiny Rollers (Beginner) graduate.

MINI TUMBLERS

Advanced skills for preschool gymnasts or Little Leapers (Intermediate) graduate.

SCHOOL AGE GYMNASTICS & DANCE

BEGINNING BALLET

Curriculum of center combinations, as well as ballet positions of arms, legs, feet, and head.

GYMNASTICS 1

Little or no gymnastics experience is required. Athletes work on basic gymnastics skills.

GYMNASTICS 2

Skill requirements: backward roll, handstand, cartwheel, front support, casting.

GYMNASTICS/DANCE COMBO

A combination of beginning ballet and gymnastics.

JUNIOR JAZZ

Learn proper dance techniques such as isolations of the body and complex rhythms and patterns.

INTERMEDIATE BALLET

Beginner Ballet graduate or previous experience. Continued beginner ballet with the addition of more complex jumps, turns, and leaps.

PARENT & CHILD ENRICHMENT

STAY & PLAY

Take a play break! Join this drop-in play group with your child. We will provide equipment, silly music, and together you will create some fun.

PRESCHOOL ENRICHMENT

KINDERGYM

This is the perfect class for the young and wiggly! Your child will have a great time exploring the fun of fitness with other kids their own age. Activities and games help develop coordination, socialization, group play, and sharing. This is a great opportunity to foster independence and listening skills.

PERIODIC OFFERINGS

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.

YOUTH NIGHT

Open gym, open swim, movies, games, and more. Come dressed for fun and don't forget your swim suit and towel. Register in advance through the Business Desk. No entry after 7:30 PM and no re-entry once you leave.

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.

HOME ALONE

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.

STRANGER DANGER

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.

KINDER CAMP

Welcome to Kinder Camp! Join us each session as we use themes and age appropriate activities to help children develop academically, grow socially, master skills, make friends, and have fun. Together we'll get ready for preschool!