

Y CHILDREN'S CLASSES

We build strong kids, strong families, strong communities

FEBRUARY 2010

Dance

Class	Day	Age	Time	Price	Code
Classical Ballet	Tuesday	3-5 yrs	3:30-4:15	\$40 mem./ \$56 non mem.	40DN T330
Ballet/ Jazz Combo	Tuesday	4-6 yrs	4:15-5:00	\$40 mem./ \$56 non mem.	40DN T415

Gymnastics

Class	Day	Age	Time	Price	Code
Gym Bugs	Monday	3-4 yrs	3:30-4:15	\$40 mem./ \$56 non mem.	40GY M330
Tumble Bugs	Monday	3-4 yrs	4:30-5:15	\$40 mem./ \$56 non mem.	40GY M430
Gym Bugs	Friday	5-8 yrs	3:30-4:15	\$40 mem./ \$56 non mem.	40GY F330
Level I	Friday	9-12 yrs	4:15-5:00	\$40 mem./ \$56 non mem.	40GY F415

Martial Arts

Class	Day	Age	Time	Price	Code
Growing Tigers	Wednesday	4-14 yrs	4:00-4:45	\$40 mem./ \$56 non mem.	40MA W400
Growing Tigers II	Wednesday	4-14 yrs	4:45-5:30	\$40 mem./ \$56 non mem.	40MA W445
Sparing	February 12th	4- Adult	5:15-6:15	\$10 mem./ \$14 non mem.	40MA F515
Advanced Karate	Friday	4- Adult	5:30-6:15	\$40 mem./ \$56 non mem.	40MA F530
Family Karate	Friday	4- Adult	6:20-7:05	\$40 mem./ \$56 non mem.	40MA F620

Specialty Classes

Class	Day	Age	Time	Price	Code
Sign Language	Monday	3-5 yrs	2:30-3:15	\$40 mem./ \$56 non mem.	40SI M230
Sign Language	Wednesday	3-5 yrs	12:00-12:45	\$40 mem./ \$56 non mem.	40SI W1200
Yoga Story Time Adventure	Friday	2-5 yrs (Parent/Child)	10:00-10:45	\$40 mem./ \$56 non mem.	40SI F1000
Basketball Fundamentals	Friday	7-12 yrs	4:00-4:45	\$40 mem./ \$56 non mem.	40SI F400

JOE AND MARY MOTTINO FAMILY YMCA

The YMCA is for Everyone! Financial Assistance available for those who qualify!

CLASSES	AGES	CLASS DESCRIPTIONS
<i>GYMNASTICS</i>		
<u>Gym Bugs</u>	2-4 years	Teaches children fun fitness to sharpen motor skills and listening skills. Class format will vary using tumbling, games, and preschool level learning skills.
<u>Tumble Bugs I</u>	3-4 years	Introduces basic gymnastics skills. Children will learn skills and increase confidence and coordination.
<u>Tumble Bugs II</u>	5-6 years	Success, security, and fun will be enjoyed by students in this level. By increasing strength, coordination, and experience, children will learn more challenging skills in tumbling as well as on the equipment.
<i>DANCE</i>		
<u>Classical Ballet</u>	3-5 years	This class focuses on the basics of ballet. The children will be learning beginning techniques, positions and poise.
<u>Jazz/Ballet Combo</u>	4-6 years	This class is great for young children. The class provides a fun learning environment that focuses on jazz dance and ballet techniques.
<i>KARATE</i>		
<u>Growing Tigers</u>	4-14 years	Students develop natural powers such as endurance, strength, discipline, and self-esteem. Children will test for belts.
<u>Growing Tigers II</u>	4-Adult	Students develop and enhance natural powers such as endurance, strength, discipline, and self-esteem. Children will begin increasing their Karate skills, techniques and knowledge.
<u>Sparring</u>	4-Adult	This class will focus on self defense and sparring techniques.
<u>Adult/Family Karate</u>	4-Adult	This is a family class where all students will develop endurance, strength, discipline, and self esteem.
<u>Advanced Karate</u>	4-Adult	Students must have their yellow belts or higher to take this class. In this class students will focus on increasing their Karate skills, techniques and knowledge.
<i>SPECIALTY</i>		
<u>Basketball Fundamentals</u>	7-12 years	This is an interactive class will focus on teaching the fundamentals of Basketball. Children will participate in drills and hands on instruction.
<u>Yoga Story Time Adventure</u>	2-5 years with a parent	New! Bond with your child through poses, songs, stories and games as they actively engage their mind and body. Watch your little one express their natural curiosity as they learn in fun, playful activities that foster body awareness and confidence. Deepen your connection to your child through the wonders of yoga.
<u>Sign Language</u>	3-5 years	Children will learn finger spelling, basic sentence structures, questioning, the number system, as well as various signs that can be used in every day life.

- Member registration begins January 17th. Non member registration begins January 19th.
- A \$5 late fee will go into effect 2 calendar days prior to the start of class.
- After the program begins, program credit will only be given with a doctor's not. No refunds will be given.
- If a child is unwilling to participate or attend the classes no credits or refunds will be given.

JOE AND MARY MOTTINO FAMILY YMCA

FACILITY AND MEMBER SERVICE HOURS

Mon-Thurs	5:00am-10:00pm
Friday	5:00am-9:00pm
Saturday	7:00am-6:00pm
Sunday	9:00am-5:00pm

YMCA MISSION STATEMENT

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind, and body.

CONTACT Us!

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