



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM, SPORTS AND PLAY

YOUTH/ PRESCHOOL FITNESS –SPORTS

Summer Session I
June 5 - July 8, 2017
Summer Session II
July 10 - August 13, 2017

MARTIAL ARTS

LEARN SELF- DISCIPLINE

Build coordination, agility, control, self-confidence through this program. Belt tests are offered. Martial Arts uniform is recommended for the class at an additional fee of \$35.00

BEGINNING MARTIAL ARTS (Ages 5-12)

Monday & Wednesday 6:00-6:40PM

FEE: Members: \$30 Program Participant: \$65

INTERMEDIATE MARTIAL ARTS (Ages 5 up to 12)

Monday & Wednesday 6:45-7:25PM

FEE: Members: \$30 Program Participant: \$65

ADVANCED MARTIAL ARTS (Ages 5 up to adult)

Monday & Wednesday 7:30-8:15PM

FEE: Members: \$30 Program Participant: \$65

PRESCHOOL SPORTS (Ages 3-4)

HAVE FUN AND BE ACTIVE

A monthly program to teach preschool age children the fundamentals of different sports. Program will be run once per week with a different sport each month. Sign-up for one month or every month!

June, July, and August Wednesdays

No Saturdays during the summer.

June – Whiffle ball

July – Football Wed. 6:00—6:30pm

August - Soccer

FEE: Members: \$12 per month

Program Participant: \$24 per month

YOUTH STRENGTH TRAINING (Ages 6-13)

This class is for kids that are interested in learning how to begin their strength training program. The participants will build strength through the use of dumbbells, barbells, resistance tubes and the STRIVE equipment in the Family Wellness Center.

Tuesday & Thursday 5:45—6:30pm Family Wellness Center

FEE: Members: \$10 Program Participant: \$22

KIDS KICKBOXING (Ages 6-14)

Bring your own gloves to this 30 minute cardio workout for kids!

Tuesday & Thursday 5:15 - 5:45pm Kickboxing Room

FEE: Members: \$10 Program Participant: \$22

READY FOR RECESS (Ages 4-7)

Learn the basics of fitness in this instructor led upbeat class. Kids will stretch and warm up for fun fitness and games to get their mini workout in this 30 minute class.

Tuesday & Thursday 4:30 - 5:00pm AS3

FEE: Members: \$10 Program Participant: \$22

YOUTH FOOTBALL

BUILD TEAMWORK AND CONFIDENCE

Flag football is fun for everyone and a safer alternative for parents who might hesitate letting their child start tackle football.

The YMCA Youth Flag Football League is a great way to learn basic skills in a fun and energetic environment. With games played every Saturday, the Youth Flag Football League is a TOUCHDOWN!

Ages 5-6/7-9/ 10-12

NEW this year is 10-12 divison

Saturdays 8/26 - 10/14

FEE: Members: \$35 Program Participant: \$60

Registration Forms can be picked up at the Y or downloaded at www.marionymca.org

CHEERLEADING

8/19 – 10/7

Ages 4-6 / 7-9

Motions, movements, and stunting in a safe environment along with basic tumbling skills. Participants will cheer at YMCA Flag Football games, weather permitting.

Price includes Poms and T-shirt.

Saturdays 8/26 - 10/14

FEE: Members: \$35 Program Participant: \$60

MARION FAMILY YMCA YOUTH SOCCER LEAGUE DEVELOP NEW FRIENDSHIPS AND SKILLS

Youth Soccer League is an exciting opportunity to learn the skills of the game while working on teamwork. With games played every Saturday, you'll get a KICK out of our Youth Soccer League!

Register by June 30 and receive a \$10.00 discount

Ages 3-4/5-6/7-9/10-12

Soccer Games will be at Marion General Hospital soccer fields

Saturdays 8/19 - 10/17

FEE: Members: \$35

Program Participant: \$60

Registration Forms can be picked up at the Y or downloaded at www.marionymca.org

YOUTH IN GOVERNMENT

Youth in government is a program where teens learn about the legislative process, how to write and research bills, and how to participate in elections. Their work culminates in teens serving as delegates at their state conference, debating bills on the floor of the legislature. Join a delegation today! For more information, contact Heather Wright at 740-725-9622.

