



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAM SCHEDULE—Winter 1

YMCA OF THE NORTHWOODS

YOUTH PROGRAMS

WINTER 1:
Schedule begins
Jan. 7 and ends
Feb. 24

Registration:
Members: **Dec 10**
General Public:
Dec. 17

Updated
12/11/2018

This schedule
is subject to
change

We do our best to
keep the schedule
updated online and
through handouts.

Classes may be
cancelled if
consistently average
below six
participants on a
regular basis.

A minimum number
of participants must
be registered for the
instructor to teach
the class. You need
to register for these
classes prior to
attending.

Prices for the
Roster Classes
are for the
entire 7-week
session.

MVP
These classes are an
Annual Member
benefit and are free.
Members need to
register, at the Front
Desk or online, and
are first come first
served. Members
must attend one of
the first two weeks of
the session to
maintain a spot in a
Youth MVP Class.
General Public may
register for \$25 if
there is space
available.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>8:30 AM Preschool Tumbling 45 Min Age: 3-5 yrs. ROSTER Gymnastics Studio Instructor: Matt/ Amanda</p> <p>9:30 AM Little Movers 45 Min Age: 2-4 yrs. MVP Gymnastics Studio Instructor: Amanda</p> <p>10:30 AM Home School Sports of All Sorts 45 Min Age: 6-12yrs. ROSTER GYM Instructor: Andrew</p> <p>3:15 PM Power Zone* 130 Min GYM</p> <p>3:30 PM Level 1/2 Boys Gymnastics 55 Min ROSTER Gymnastics Studio Instructor: Matt</p> <p>4:00 PM Progressive / Competitive Target Archery 60 Min Grade: 3rd-8th ROSTER GYM Instructor: John/Laurie/ Austin</p> <p>4:30 PM Level 2/3 Gymnastics 55 Min ROSTER Gymnastics Studio Instructor: Kristina</p> <p>5:00 PM Preschool Sports of All Kinds 30 Min Age: 2-5 yrs. MVP Outside/Gym Instructor: Austin</p> <p>5:30 PM Level 1 Gymnastics 55 Min ROSTER Gymnastics Studio Coach: Abby</p>	<p>8:30 AM Little Movers 45 Min Age: 2-4 yrs. MVP Gymnastics Studio Instructor: Rachel</p> <p>9:30 AM Preschool Tumbling 45 Min Age: 3-5 yrs. ROSTER Gymnastics Studio Instructor: Rachel</p> <p>10:30 AM Home School Gymnastics 55 Min Age: 6-12 yrs. ROSTER Gymnastics Studio Instructor: Rachel</p> <p>4:00 PM Youth Basketball 60 Min ROSTER GRADES 1-2 GYM Instructor: Matt / Austin</p> <p>4:15 PM Zumba® Kids Jr. 45 Min ROSTER Age: 4 – 6 Aerobics Studio Instructor: Veronika</p> <p>4:30 PM Level 3+ Gymnastics 55 Min ROSTER Gymnastics Studio Instructor: Kristina</p> <p>5:00 PM Youth Basketball 60 Min ROSTER GRADES 3-4 GYM Instructor: Matt / Austin</p> <p>5:30 PM Level 2 Gymnastics 55 Min ROSTER Gymnastics Studio Instructor: Tammy</p> <p>6:30 PM Level 3 Gymnastics 55 Min ROSTER Gymnastics Studio Instructor: Tammy</p>		<p>3:15 PM Power Zone* 130 Min Aerobic Studio</p> <p>3:30 PM Level 1 Gymnastics 55 Min ROSTER Gymnastics Studio Instructor: Matt</p> <p>4:00 PM Competitive Target Archery 60 Min Grade: 5th-8th ROSTER GYM Instructor: John/Jim/Austin</p> <p>4:30 PM Level 1 Gymnastics 55 Min ROSTER Gymnastics Studio Instructor: Rachel</p> <p>5:30 PM Preschool Tumbling 45 Min Age: 3-5 yrs. ROSTER Gymnastics Studio Instructor: Matt</p>	<p>9:00 AM Mess-A-Roos 30 Min Age: 2-3 yrs. ROSTER MPR Instructor: Amanda</p> <p>10:00 AM Preschool Readiness 45 Min Age: 4-6 yrs. ROSTER MPR Instructor: Amanda</p> <p>5:30 PM HOT CHOCOLATE SNOW BASH* Gym January 25 Only</p> <p>6:00 PM Y Zone* Pool / MPR / Gym January 11 February 8</p> <p>Roster Pricing: Member / General Public PS Tumbling: \$26/\$48 Messy Play: \$26/\$48 PS Readiness: \$26/\$48 55 Minute Gymnastic Classes: \$37/\$62 Progressive Target Archery \$18/\$40 Competitive Target Archery \$36/\$80 Kidz Moves: \$12/\$28 Kids Zumba@: \$12/\$28 HS Sports: \$12/\$28 Basketball: \$18/\$40 Soccer: \$18/\$40</p> <p>* Please check event flyers for special event pricing and more information.</p>	<p>9:00AM Youth Co-ed Soccer 55 Min ROSTER GRADES K-1 GYM</p> <p>10:00AM Youth Co-ed Soccer 55 Min ROSTER GRADES 2-3 GYM</p> <p>2:00 PM Family Zone* Pool / MPR / Gym</p> <p>5:30 PM Father Daughter Dance* Hodag Banquet Center February 16 Only</p>

For more information check out our
website www.ymcaofthenorthwoods.org
or call 715-362-9622



FOR YOUTH DEVELOPMENT
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FOR SOCIAL RESPONSIBILITY

Ignite Your Fire

Youth and Family Programing Details

Special Events

Hot Chocolate Snow Bash

Friday, January 25, 5:30-7:30 PM

YMCA of the Northwoods

Festivities will begin at 5:30 pm with a hot chocolate and cookie social. There will be live entertainment from the youth rock-n-roll bands of the Tunesmith Academy. The event will feature specialty raffle prizes, crafts, and games.

Father Daughter Dance

Saturday, February 16, 5:30-8:00 PM

Hodan Banquet Center

An evening for every Princess and her Prince. The 2019 Father Daughter Dance, "To the Moon and Back" will be a night to remember. Dinner, DJ, photo booth, and memories that will last a lifetime!

Power Zone: Ages 8-12

Power Zone creates a fun, safe, energy-burning recreational time for youth ages 8-12 years, participating in activities such as dodgeball, basketball, and kickball, obstacle courses, or fitness challenges.

Family Zone

Our Family Zone includes activities like swimming, gym time, bounce house, games, play, and a special weekly activity or program facilitated by our friendly Y team members.

Y Zone: 4th-7th Grade

Specific nights designated for youth to participate in a variety of activities in a supervised SAFE and FUN environment.

Youth MVP

Little Movers: Ages 2-4

Little Movers focuses on the development of gross motor skills, balance, and coordination while encouraging social interaction between toddlers. This class combines movement, play, exploration and creativity for a fun and enjoyable morning. Depending on the child's comfort level, parents are welcome and encouraged to come participate.

Preschool Sports of All Kinds: Ages 2-5

Participants ages 2-5 will enjoy gaining the knowledge and skills required to play a variety of sports and other activities at an age appropriate level. Sports skill will develop coordination, throwing, swinging, and speed. The class will foster an encouraging and supportive environment while focusing on sportsmanship and team work. The goal is to encourage youth to lead an active and healthy lifestyle!

Youth Sports

Youth Basketball: 1st - 4th Grade

YMCA youth basketball is great for all skill levels. Participants in grades 1st - 4th will enjoy learning the fundamentals of basketball in a noncompetitive environment. Each day of the program will feature a skills clinic and games where kids can practice what they have learned right away in a recreational setting!

Home School Sports of All Sorts: Ages 6-12

Participants will enjoy gaining the knowledge and skills required to play a variety of sports and other activities. Sports skill will develop coordination, throwing, swinging, and speed. The class will foster an encouraging and supportive environment while focusing on sportsmanship and team work. The goal is to encourage youth to lead an active and healthy lifestyle!

Kidz Moves: Ages 7-12

The Y wants to hook kids into healthy habits. Participants will learn a variety of fitness activities. When it comes to learning a whole lot of cool moves from dance, step, weight training, and yoga this class is the way to go. Anyone can do the moves and it's easy to get them right. Participants build physical skills and leave the class with a sense of achievement. Everything's more fun with friends. Participants gain strength and confidence from exercising in a group and feel motivated to push themselves just that little bit further.

Zumba Kids Jr.®: Ages 4-6

Zumba® Kids, Jr class is rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance, cultural awareness.

Progressive Target Archery: 3rd-8th Grade

Utilizing the National Archery in the Schools Program (NASP) the Y offers a Youth Target Archery class! The NASP archery curriculum is comprehensive in teaching skills as well as safety through the "Eleven Steps to Archery Success". The equipment used is a universal fit so that all students are successful no matter their size or ability level. The value of the archery program is to learn a "lifetime" skill, gain confidence, build character, and develop self-reliance. This course is for students 3rd grade through 8th grade.

Competitive Target Archery: 5th-8th Grade

This class expands the NASP archery curriculum to focus on competitive archery skills. Safety remains at the forefront of teaching the "Eleven Steps to Archery Success". The equipment used is a universal fit so that all students are successful no matter their size or ability level. It is important that each archer is committed to the mental vigor involved in competitive side so this 2 day a week program is limited to students in 5th grade through 8th grade. Each participant will be given the option to compete at several weekend competitions against archers across the state.

Youth Soccer: K - 3rd Grade

The Indoor Youth Soccer Program is for boys and girls of all skill levels in Kindergarten through 3rd grade. The program stresses the importance of sportsmanship and teamwork as the participants learn the game and have fun. Beginners will enjoy learning and building on the fundamentals of soccer. Basic skills of dribbling, shooting, passing and team play will be taught.

Early Learning Classes

Mess-A-Roos: Ages 2-3

Children can get their little hands dirty while making new friends. Age-appropriate, carefully supervised, and messier than a mob of monkeys in an art supply store, this class offers a structured environment for kids to get their hands dirty while making new friends and wild creations. We'll make projects using everything from bubbles, paint, mud, shaving cream and more. The best part is the Y keeps the mess.

Preschool Readiness: Ages 4-6

Preschool Readiness is an educational experience intended to give children skills that will help them build a foundation for school readiness. Your child will develop early writing, literacy, and math skills. Children will learn letter, shape and color recognition. Each day will also focus on the use of writing tools, body awareness, language development, and socialization skills. Enrollment is limited to ensure a quality, fun experience for all participants.

Y Progressive Gymnastics

The Y gymnastics program progressively develops sports specific skills in a safe, educational and fun environment that encourages teamwork, sportsmanship, and respect for others. Due to the progressive nature of the sport of gymnastics, participant's class level is based on skill ability and mastery, not on age. We use the opinions of coaches and certain evaluation tools to determine level placement of participants. Please contact the welcome center if you have questions about what level to register your child.

Preschool Tumbling: Ages 3-4

Children explore beginning tumbling skills that develop balance, body awareness, coordination, and motors skills while utilizing equipment stations. The class will emphasize having fun and growing self-confidence in a social atmosphere. Parents are welcome and encouraged to help their child during class.

Beginning Gymnastics - Level 1

This program is for children, at least 5 years of age, with little or no prior gymnastics experience. Basic gymnastics skills on the floor, bars, beam, and vault will be taught including: forward and backward rolls, handstands and cartwheels.

Gymnastics - Level 2

This program is for children with beginning level gymnastics experience who have mastered the skills required in a Level 1 gymnastics class. The class stresses form and body control of basic gymnastics skills on all apparatus. More challenging skills of tumbling including back walkovers and front and back handsprings will be introduced.

Gymnastics - Level 3 +

Participants must master skills required in level 2 prior to registration. This class stresses form, body control, and perfection of advanced gymnastics skills on the floor, vault, beam, and bars. Class includes working advanced skill mastery on floor exercise, including front and back handsprings, as well as, an introduction of higher level skills, such as cart wheels on the balance beam and kips on the bars.

Boy's Gymnastics - Level 1/2

Boys are welcome in all our gymnastics classes but this class is design to make it more comfortable for boys to try gymnastics. Participants will learn Gymnastics skills at their current ability level to match their progress from levels 1 or 2 gymnastics class.