



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH PROGRAM SCHEDULE—Winter 2

## YMCA OF THE NORTHWOODS

### YOUTH PROGRAMS

**WINTER 2:**  
Schedule begins  
**Feb. 25** and ends  
**Apr. 14**

**Registration:**  
Members: **Feb 11**  
General Public:  
**Feb. 18**

**Updated**  
**2/11/2019**

**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
		<b>8:30 AM Preschool Tumbling</b> 45 Min Age: 3-5 yrs. ROSTER Gymnastics Studio Instructor: <b>Matt / Amanda</b>	<b>8:30 AM Little Movers</b> 45 Min Age: 2-4 yrs. MVP Gymnastics Studio Instructor: <b>Rachel</b>	<b>8:30 AM Preschool Tumbling</b> 45 Min Age: 3-5 yrs. ROSTER Gymnastics Studio Instructor: <b>Matt</b>		
		<b>9:30 AM Little Movers</b> 45 Min Age: 2-4 yrs. MVP Gymnastics Studio Instructor: <b>Amanda</b>	<b>9:30 AM Preschool Tumbling</b> 45 Min Age: 3-5 yrs. ROSTER Gymnastics Studio Instructor: <b>Rachel</b>	<b>9:30 AM Little Movers</b> 45 Min Age: 2-4 yrs. MVP Gymnastics Studio Instructor: <b>Matt</b>		
		<b>10:30 AM Home School Sports of All Sorts</b> 45 Min Age: 6-12yrs. ROSTER GYM Instructor: <b>Andrew</b>	<b>10:30 AM Home School Gymnastics</b> 55 Min Age: 6-12 yrs. ROSTER Gymnastics Studio Instructor: <b>Rachel</b>			
	<b>3:30 PM Level 1 Gymnastics</b> 55 Min ROSTER Gymnastics Studio Instructor: <b>Raven</b>	<b>3:15 PM Power Zone*</b> 130 Min GYM	<b>3:30 PM Level 2 Gymnastics</b> 55 Min ROSTER Gymnastics Studio Instructor: <b>Heather</b>	<b>3:15 PM Power Zone*</b> 130 Min Aerobic Studio		
	<b>4:00 PM Progressive / Competitive Target Archery</b> 60 Min Grade: 3rd-8th ROSTER GYM Instructor: <b>John/Laurie/ Austin</b>	<b>3:45 PM Level 1/2 Boys Gymnastics</b> 55 Min ROSTER Gymnastics Studio Instructor: <b>Matt</b>	<b>4:15 PM Zumba® Kids Jr.</b> 45 Min ROSTER Age: 4 - 6 Aerobics Studio Instructor: <b>Veronika</b>	<b>3:30 PM Level 1 Gymnastics</b> 55 Min ROSTER Gymnastics Studio Instructor: <b>Raven</b>		
	<b>4:00 PM Youth Club Moves</b> 55 Min ROSTER Age: 10 - 17 Aerobics Studio Instructor: <b>Robyn</b>	<b>4:30 PM Kidz Moves</b> 45 Min ROSTER Age: 7 - 12 Aerobics Studio Instructor: <b>Matt/ Robyn</b>	<b>4:30 PM Level 3+ Gymnastics</b> 55 Min ROSTER Gymnastics Studio Instructor: <b>Kristina</b>	<b>4:00 PM Competitive Target Archery</b> 60 Min Grade: 5th-8th ROSTER GYM Instructor: <b>John/Austin</b>		
	<b>4:30 PM Level 2/3 Gymnastics</b> 55 Min ROSTER Gymnastics Studio Instructor: <b>Kristina/ Raven</b>	<b>4:45 PM Level 2 Gymnastics</b> 55 Min ROSTER Gymnastics Studio Coach: <b>Rachel</b>	<b>5:30 PM Level 1 Gymnastics</b> 55 Min ROSTER Gymnastics Studio Instructor: <b>Abby</b>	<b>4:30 PM Level 1 Gymnastics</b> 55 Min ROSTER Gymnastics Studio Instructor: <b>Rachel/ Raven</b>		
	<b>5:00 PM Preschool Sports of All Kinds</b> 30 Min Age: 2-5 yrs. MVP Outside/Gym Instructor: <b>Austin</b>	<b>6:00 PM Level 1 Gymnastics</b> 55 Min ROSTER Gymnastics Studio Coach: <b>Katelyn</b>		<b>5:30 PM Preschool Tumbling</b> 45 Min Age: 3-5 yrs. ROSTER Gymnastics Studio Instructor: <b>Raven</b>		
	<b>5:30 PM Level 2 Gymnastics</b> 55 Min ROSTER Gymnastics Studio Instructor: <b>Raven</b>					
					<b>9:00 AM Mess-A-Roos</b> 30 Min Age: 2-3 yrs. ROSTER MPR Instructor: <b>Amanda</b>	<b>9:00AM Youth Co-ed T-Ball</b> 45 Min ROSTER Age: 3-4 GYM Instructor: <b>Coach Joe Waksmonski</b> <b>NO CLASS</b> <b>4/13/19</b>
					<b>10:00 AM Preschool Readiness</b> 45 Min Age: 4-6 yrs. ROSTER MPR Instructor: <b>Amanda</b>	<b>10:00AM Youth Co-ed T-Ball</b> 45 Min ROSTER Age: 5-6 GYM Instructor: <b>Coach Joe Waksmonski</b> <b>NO CLASS</b> <b>4/13/19</b>
						<b>2:00 PM Family Zone*</b> Pool / MPR / Gym
					<b>6:00 PM Y Zone*</b> Pool / MPR / Gym March 29 April 12	
						<b>Roster Pricing: Member / General Public</b>
						<b>PS Tumbling:</b> \$26/\$48 <b>Mess-A-Roos:</b> \$26/\$48 <b>PS Readiness:</b> \$26/\$48 <b>55 Minute Gymnastic Classes:</b> \$37/\$62 <b>Progressive Target Archery</b> \$18/\$40 <b>Competitive Target Archery</b> \$36/\$80 <b>Kidz Moves:</b> \$12/\$28 <b>Kidz Zumba@:</b> \$12/\$28 <b>HS Sports:</b> \$12/\$28 <b>Youth Club Moves:</b> \$12/\$28 <b>T-ball:</b> \$18/\$40
						* Please check event flyers for special event pricing and more information.

For more information check out our  
website [www.ymcaofthenorthwoods.org](http://www.ymcaofthenorthwoods.org)  
or call 715-362-9622



FOR YOUTH DEVELOPMENT  
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# Ignite Your Fire

## Youth and Family Programing Details

### Special Events

#### **TEEN CHARACTER AWARDS**

**Monday, April 8, 2019**

**Hodag Banquet Center, Rhinelander**

The Teen Character Awards is a celebration of outstanding teens from Oneida, Vilas, Forest, and Northern Lincoln counties. The teens are recognized for strengthening their community through demonstrating exemplary character and living the Y's core values of caring, honesty, respect and responsibility. The Teen Character Awards are a chance for us to show gratitude for the hard work and dedication of our local teens.

#### **HEALTHY KIDS DAY**

**Saturday, April 27, 2019**

**YMCA of the Northwoods**

On April 21, the Y will celebrate Healthy Kids Day, our national initiative to improve the health and well-being of kids. Join the Movement in hosting one of the nation's largest health days for children! FREE to everyone! Face painting, demonstrations, giveaways, activities. Fun for the whole family!

#### **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 Club Moves: Ages 10-17**

Youth Club Moves features today's top dance hits and funky upbeat moves. We will practice several warm up songs to get you comfortable with the basic dance moves used throughout the class. This class is perfect for the person wanting to have fun and "get down" with exercise.

#### **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 Co-ed T-Ball**

Join the Y and RHS Baseball Coach, Joe Waksmonski, in this Winter 2 session of indoor co-ed youth t-ball. This program will focus on sportsmanship and teamwork while these young athletes learn the fundamentals of the sport. The boys and girls will enjoy learning and progressing the basic skills of throwing, catching, batting and learning the field. Parents are encouraged to come, help encourage their child and share in the love of the game.

### 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.