



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH PROGRAM SCHEDULE—SUMMER 1

## YMCA OF THE NORTHWOODS

### YOUTH PROGRAMS Summer 1

**Summer 1:**  
Schedule begins  
**June 3** and ends  
**July 21**

**Updated  
5/4/2012**

**This schedule  
is subject to  
change**

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

Ages are a recommendation, exceptions will be considered. Classes may be cancelled if consistently average below four participants on a regular basis.

Attendance is tracked via rosters and the sign in sheet. Be sure to sign into each class so we can accurately track enrollment.

A minimum of 2 participants must be present for the instructor to teach the class.

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

**Monday Tuesday Wednesday Thursday Friday Saturday**

**8:30AM  
Fit Kids**  
45 Min  
Age: 2-7yrs  
MVP  
GYM  
Instructor: **Shavon**

**9:30AM  
Sports of all Sorts**  
55min  
Age: 7-12 yrs  
MVP  
Y Field  
Instructor: **Dan**

**8:30AM  
FIT Kids**  
45 Min  
Age: 2-7yrs  
MVP  
GYM  
Instructor: **Shavon**

**3:30PM  
Y Dance Team**  
45 Min  
Age: 8-14yrs  
ROSTER  
Aerobics Studio  
Instructor: **Shavon**

**4:30PM  
Youth  
Resistance  
Training**  
30min  
Age: 9 and up  
MVP  
Wellness Center  
Instructor: **Dan**

**4:30PM  
Kickball**  
55min  
MVP  
Y Field  
Age: 7-12yrs  
Instructor: **Dan**

**3:30PM  
Y Dance Team**  
45 Min  
Age: 4-7yrs  
ROSTER  
Aerobics Studio  
Instructor: **Shavon**

**5:00PM  
Kids on Karate**  
Age: 7yrs and up  
45min  
ROSTER  
**Dave Sixel Studio  
Sugar Camp**

**6:00PM  
Self Defense and  
Mixed Martial  
Arts**  
Age: 12yrs and up  
45min  
ROSTER  
**Dave Sixel Studio  
Sugar Camp**

**5:30PM  
Family Night**  
FREE to  
Members, half  
price day pass  
for General  
Public

**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. General Public may register for \$25 if there is space available. Members: Free General Public: \$25 (space permitted)

**Roster Classes:**  
You need to register for these classes prior to attending. You may register at the Welcome Center or Online. Members receive a discount on registration fees. There is no charge to observe only.