



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**EXERCISE YOUR HEART  
IN MORE WAYS THAN ONE.**

## Our Programs

Financial assistance is available.

**When you join the Y,** you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community.

At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

**For more than a workout. For a better us.**

**Riverview Family YMCA**  
1201 Northside Blvd, South Bend

**Edison Lakes Family YMCA**  
205 W Edison Rd, Mishawaka

[michianaymca.org](http://michianaymca.org)  
574.287.9622

# OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



# HEALTHY LIVING

## Smart Start

This program engages you on a personal level and is FREE for all members. Through the program, you will receive up to four one-on-one sessions with a YMCA Wellness Coach. Coaches will introduce you to the ActivTrax online tool as well as orient you to the YMCA.

## LIVESTRONG at the YMCA

This is a small-group program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis by working with certified LIVESTRONG at the YMCA Instructors on cardiovascular endurance, strength training, balance, and flexibility.

Thanks to generous community support, we are able to offer this program at no cost and include a complimentary household membership. Please email [livestrong@michianaymca.org](mailto:livestrong@michianaymca.org) for more details.

## YMCA'S Diabetes Prevention Program

This program helps individuals with prediabetes learn how to make simple changes to lose weight, live healthier, and hopefully avoid the onset of type 2 diabetes. A trained lifestyle coach provides facilitated group support and guidance on tactics to improve eating habits, physical activity, and other life choices over the course of 25 one-hour sessions.

Please email [ydp@michianaymca.org](mailto:ydp@michianaymca.org) for more information.

## Personal Fitness

### Personal Training

Our personal trainers can help you with weight loss, body toning, sport-specific training, injury prevention, rehabilitation, and more. Individual sessions start at \$35 for members. Please visit [michianaymca.org](http://michianaymca.org) for details.

### Group Exercise

We offer over 70 group exercise classes at each location every week to serve every fitness level and interest. Check out our latest group exercise schedules for details.

### Aquatics

We offer swim lessons and water aerobics as well as open lap swimming. Please see our current pool schedule for details.

### Youth Strength Training

Twelve to fourteen year olds work with a wellness coach for three sessions to earn the right to exercise in our fitness centers on their own.

# YOUTH DEVELOPMENT

## Classes

### Basketball Skills Class: Ages 4-9

Learn and develop basketball skills. We work on defensive and offensive skills, shooting, footwork, and much more. No experience necessary.

### Pre-Y Basketball Class: Ages 2-3

Be part of this fun class for boys and girls where emphasis is placed on the child's development in basketball skills, while also working on gross motor skill development.

**Parent participation is required.**

### Pre-Y Multi-Sport Class: Ages 4-6

Not sure what sport to try? Come out and try them all. We will cover basic gym games, soccer, basketball, and t-ball!

### Volleyball: Ages 8-12

This class is great for all skill levels. We practice passing, setting, serving underhand, calling the ball, and general rules of the game.

### Cheerleading: Ages 7-12

This class develops cheers, works on flexibility and range of motion, and will include jumps and mounts.

### Tumbling/Gymnastics: Ages 2-6

Introduce your child to the basics of gymnastics. We teach somersaults, introduction to handstands, balance, and flexibility. **Parent participation is required.**



# YOUTH DEVELOPMENT

## Tae Kwon Do

Tae Kwon Do teaches effective techniques for discipline, self-confidence, self-control, healthy living, and service to our community. This program is designed to instill students with the basic tenets of success, integrity, honor, discipline, and mastering weaknesses.



### Little Dragons: Ages 4 & 5

Kids learn the tenets of Tae Kwon Do: discipline, listening skills, stranger danger, bully defense, building the little warrior ethos, and basic Tae Kwon Do techniques. Students earn up to 9 stripes as they progress through the program.

### Golden Dragons: Ages 6 & 7

Participants learn the tenets of Tae Kwon Do: discipline, helping others, listening skills, stranger danger, bully defense, building the little warrior ethos, and basic techniques. Students start as White Belts and can earn up to a Blue Belt in this program.

### Beginner Tae Kwon Do: Ages 8 & Older

Kids start as a White or Yellow Belt and can earn up to a Black Belt in this program. They will learn to master their weaknesses. Students who have earned a rank at a different school may be able to start at that rank.

### Advanced Tae Kwon Do: Ages 8 & Older

Already a Yellow with Green Stripe or Green Belt or higher? This program helps develop weapons defense, take-downs, advanced sparring, and forms. Students can earn up to a Black Belt in this program. Those who have earned a rank at a different school may be able to start at that rank.

### Hapkido: Ages 15 & Older

Hapkido is the art of coordinated harmony of energy, which teaches advanced locks, throws, and take downs. This art focuses on proven street-level tactics that go to the core of self-defense. Students learn to fall properly, strike quickly and decisively, and to perform holds to subdue an attacker quickly. Note, this is a physical class that involves falling, rolling, and ground combative skills.

## Sports Leagues

When kids play Y-Sports, they develop more than skills; they develop character. Our volunteer coaches model fairness and hard work while emphasizing teamwork, cooperation, and developing good values in this non-competitive program.

Basketball and soccer leagues are offered. See current schedule.

We offer a convenient way to communicate with parents about Y youth sports teams, coaches, game times, and practice schedules. Check out [MichianaYSports.org](http://MichianaYSports.org) for more information!

## Dance

### Beginner Ballet: Ages 3-6

Students will learn the basics of ballet as we discover movements, techniques and combinations through games and exercises.

### Ballet II: Ages 6-8

Students will continue to build upon rhythm and coordination skills while incorporating more difficult movement. There will be an increase in ballet vocabulary, and the class will alternate between center and barre work. Stretching, strengthening, and floor exercises are incorporated. Along with the expanded ballet vocabulary, this class places an emphasis on musicality and its movement application. Students will practice dancing alone, with a partner, and as a group.



### Jazz: Ages 7-12

Jazz is a hybrid of several dance forms and is driven by popular music and culture. Students will learn isolation of the torso and head as well as arms and legs.

### Tap: Ages 6-12

Students will develop dance skills and learn combinations as they make musical rhythms with their feet. **Tap shoes required.**

# YOUTH DEVELOPMENT

## Swim Team

### Riverview Family YMCA Only

#### Stingrays Swim Team (5 - 18 Years)

We are very proud of our 11-time Indiana YMCA State Championship team, not only for their wins, but also for their self-confidence developed through teamwork and individual excellence.

Kids may join the Stingrays any time of the year. Our seasons are September through March and May through July. Your child may join the team when able to swim a minimum of 2 lengths (50 yards) of both front crawl and backstroke and has been introduced to breast stroke.

Swim team members must be full members of the YMCA of Michiana. For more information or questions email [swimteam@michianaymca.org](mailto:swimteam@michianaymca.org)

## Safety Classes

### Riverview Family YMCA Only

#### Lifeguard Training

Training in lifesaving skills such as lifeguarding and CPR present opportunities for youth to take on greater responsibility for themselves and others. Learn the skills necessary to handle emergencies.

For more information, contact Amy Milliman, Aquatics Director, at [amilliman@michianaymca.org](mailto:amilliman@michianaymca.org).

#### CPR/AED & First Aid

You will learn infant, child & adult CPR, rescue breathing, clearing an obstructed airway as well as how to use an AED. You will also learn basic first aid skills: control bleeding, basic splinting, F.A.S.T., R.I.C.E., and more. You must participate in 100% of the class and show competency in performing the skills in order to obtain certification. This is a 2-year certification. Bring a lunch. There is a minimum of 4 participants, and you must be registered two days in advance of class date.

## Youth Swim Lessons

### Riverview Family YMCA Only

#### Parent-Tot Swim Lessons

6 months - 3 years old with parent or adult guardian

We play games, sing songs, lightly splash in the water and blow bubbles to learn to feel comfortable in the water. Remember to bring rubber pants or swim diapers. Parent-Tot swim lessons are 30 minutes, beginning at the same time as the Progressive Lessons and ending 15 minutes earlier.

\*Minimum of 5 participants per class.

### Preschool / Progressive Swim Lessons

Our swim lessons are family friendly. You pick the day and time that works for you, and we do the rest. On the first day of class, we'll test and divide the kids by skill. Once divided, they will be with this group for the whole session. Parents are allowed on deck the first and last classes only.

#### PRESCHOOL LESSONS (3 - 5 years)

These lessons include levels: Mini Pike, Pike, Mini Eel and Ray.

#### PROGRESSIVE LESSONS (6 - 13 years)

These lessons include levels: New Polliwog, Experienced Polliwog, Guppy, Minnow, Fish, Flying Fish, and Shark.

#### Private Swim Lessons: Ages 5 Years+

Can't make our class schedule? Prefer more attention? You can set up an appointment for one lesson or more! Each lesson is 30 minutes and may be private, with a certified instructor, or family and friends can learn together in groups of 2 or 3 with one instructor. Available for ages 5 and up. Punch cards are available.

Please contact [amilliman@michianaymca.org](mailto:amilliman@michianaymca.org) for more information.

#### Teen/Adult Swim Lessons

It's never too late to learn to swim, improve your skills or add swimming for cross-training. Improve your swimming abilities with our certified instructors. From beginning to advanced levels, you will learn about water hazards, boating safety, floating, jumping into water, return-to-entry-point, glides, and breathing skills. You will improve your backstroke, front/back crawl, breaststroke, butterfly, sidestroke, dives, flip turns, and gain confidence in and around the water.

## Child Care

### Before & Afterschool Care

During the school year, we provide a recreation-based program designed to fill time gaps before and after school with creative and constructive activities. Kids will have opportunities to foster their creativity and express their talents in many areas of interest taking advantage of all the Y has to offer.

### Child Watch

Enjoy a good workout while your children play, explore, and learn with experienced, caring YMCA staff. We offer free drop-in childcare for up to two hours for those with full family memberships.

### Family Programs: Drop-Off Child Care

Each month, we offer opportunities for free drop-off childcare if you need to run errands or just want some time to yourself. Available to those with full family memberships only.

### Kids Night Out

On the first Saturday of each month during the school year, we offer Kids Night Out when we are open exclusively for kids. Children will choose between games, arts & crafts, Nintendo Wii, gym games, racquetball, and swimming. Dinner and a snack are provided.

### SOYI: School's Out, Y's In!

While we follow the South Bend school calendar, we are OPEN when the schools are closed, even on snow days! You can rely on us to provide a fun-filled day program for your kids. From arts & crafts to games to swimming, all kids in grades K-6 can find a safe place to learn, play and grow. Just remember to bring a sack lunch, swimsuit, and towel.

# YOUTH DEVELOPMENT

## DAY CAMPS

**Friendship • Accomplishment • Belonging**

At the YMCA of Michiana, we offer day camps during major school breaks to help keep kids active and learning while school is out.

Our day camps offer a mix of fun and educational activities aimed at improving kids' well-being. Our activities help children:

- Learn and master skills
- Build friendships
- Find a place to belong

## Summer Day Camp

### Locations

Camp Cooper at the Riverview Family YMCA.  
Edison Lakes Day Camp at The Res in Mishawaka.

### Age-focused Camper Huddles

**K1 Huddle for Campers Entering 1st Grade:** This group is for our youngest campers. Campers and staff spend time together playing games and working on activities specifically designed to focus on motor skill and emotional development while fostering a sense of independence.

**2/3 Huddle for Campers Entering 2nd and 3rd Grade:** This is one of our biggest groups. This age group spends their afternoons engaging in activities that encourage goal setting and team building. Campers in this age group are really coming into their own in terms of likes and dislikes. We want to make sure that we are helping your child foster a strong sense of self-confidence, while learning to accept the differences in others as well.

**4/6 Huddle for Campers Entering 4th-6th Grade:** This group focuses on the needs of our oldest campers. Campers will participate in programs that fit the needs of an older age group. We focus on teamwork, sportsmanship, and fostering positive relationships with peers. We provide a safe place for these campers to be independent and provide them plenty of opportunities to choose specific activities.

**Leaders Huddle for Teens Entering 7th or 8th Grade:** Counselors in Training, CIT, is for our campers who aren't quite old enough to stay home alone all day and who want to learn responsibility in a camp setting over the summer months. CITs get to work side-by-side with our camp staff and coordinators to help plan/run activities, assist in our daily camp operations and much more. Campers will be given opportunities to learn job skills as well as take on responsibilities that are different from being just a camper.

## Spring and Winter Break Day Camps

We offer day camp services during the South Bend School Corporation's spring and winter breaks at the Riverview Family YMCA.

## Spring Break Sports Camps

### Pre-Y Sports Camp: Ages 4-6 yrs

Get a taste of all our YMCA Sports programs during Spring Break Week. Monday - Thursday. Basketball, football, soccer, and t-ball.

### School Age Sports Camp: Ages 7-12

Get a taste of all the sports programs the Y has to offer. Monday - Thursday. All skill levels welcome. Basketball, football, soccer, and baseball.

## YMCA Camp Eberhart

The Y has a long, proud history in camping activities and YMCA Camp Eberhart has been committed to nurturing youth development for more than 100 years. Not only do we provide a lifetime's worth of skills and experiences, but YMCA Camp Eberhart also strengthens the foundations of our communities by helping our campers become better people.

We are a haven for learning and achievement for all children with the core values of caring, honesty, respect, and responsibility at the heart of everything we do.

We offer day camp, overnight camp, and specialty camps for kids. We even offer backpacking trips to provide a truly unique opportunity to learn self-reliance and confidence.

In addition to youth camping, we offer outdoor education for youth and adults, family camps, and corporate team building.

Please visit [ymcacampeberhart.org](http://ymcacampeberhart.org) for more information.



# SOCIAL RESPONSIBILITY

In addition to offering the equipment and facilities that you would expect at a fitness facility, the Y offers so much more to make you and your community stronger.

Here are a couple of programs that we offer to help improve lives and build strong individuals and families. These programs are provided free of charge and are supported by charitable donations and grants.

Please note that these programs are not currently open enrollment as we work directly with local schools to recruit children.

## Summer Learning Loss Prevention

We know that resource-challenged kids who don't read at grade level by the third grade are significantly less likely to graduate high school. Our Summer Learning Loss Prevention Program provides literacy instruction to first and second graders reading below grade level to help them succeed in school and life.

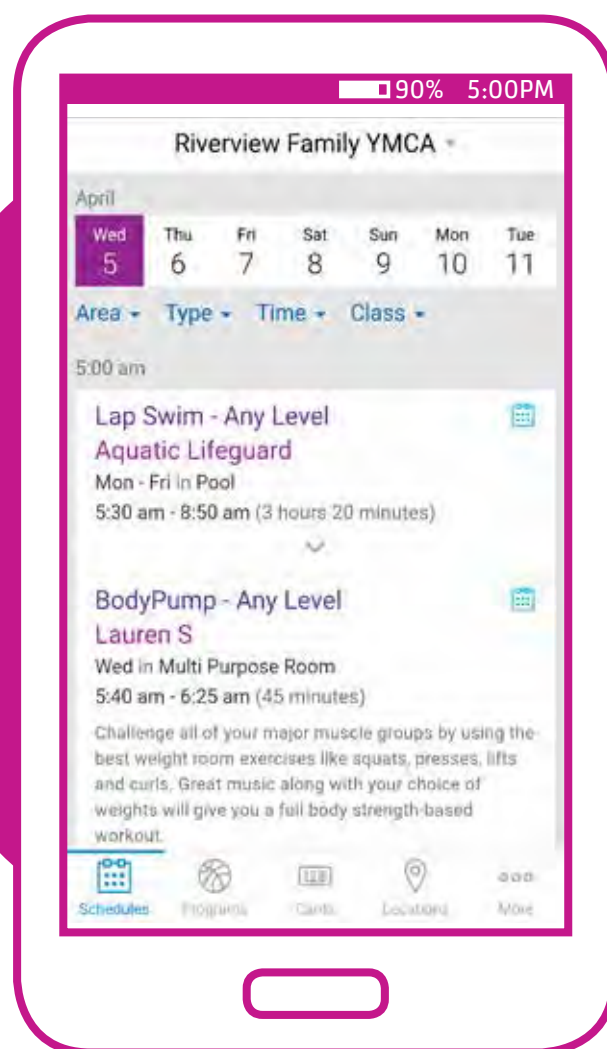
## Michiana Swims

For children ages 1-14, fatal drowning is the second-leading cause of unintentional injury-related death.

Michiana Swims saves lives by providing local second graders with free swim lessons to teach them safety and confidence around water.

**Download our app to view current group exercise and pool schedules as well as youth programs.**

**Search for YMCA of Michiana in your app store.**



## All aquatics classes are located at the Riverview Family YMCA

### Swim Lessons

#### Parent/Tot Class

**Fees:** \$30/\$60 (Full Member/Non Member)

#### Times and Session Dates:

##### No classes July 1-4

Monday 6:30-7:00p, June 12 - August 07, 2017

Wednesday 6:30-7:00p, June 14 - August 07, 2017

Saturday 9:00-9:30a, 10:00-10:30a, 11:00-11:30a

June 17 - August 12, 2017.

#### Preschool Swim Lessons

**Session Dates, Times, Fees** (Full Member Fee/Non Member Fee)

##### No Classes July 1-4

**Summer A:** June 12 - 22; M - Th; 10:45 - 11:30 am; \$37 / \$74

**Summer B:** June 26 - July 6; M - Th; 10:45 - 11:30 am; \$33 / \$66

**Summer C1:** July 10 - 20; M - Th; 9:45 - 10:30 am; \$37 / \$74

**Summer C2:** July 10 - 20; M - Th; 10:45 - 11:30 am; \$37 / \$74

**Summer D1:** July 24 - Aug. 3; M - Th; 9:45 - 10:30 am; \$37 / \$74

**Summer D2:** July 24 - Aug. 3; M - Th; 10:45 - 11:30 am; \$37 / \$74

**Summer E1:** Aug. 7 - 11; M - F; 9:45 - 10:30 am; \$22 / \$44

**Summer E2:** Aug. 7 - 11; M - F; 10:45 - 11:30 am; \$22 / \$44

**Summer E3:** Aug. 7 - 11; M - F; 5:00 - 5:45 am; \$22 / \$44

**Summer F1:** June 12 - July 5; M/W; 4:00 - 4:45 pm; \$33 / \$66

**Summer F2:** June 12 - July 5; M/W; 5:00 - 5:45 pm; \$33 / \$66

**Summer F3:** June 13 - July 6; T/Th; 4:00 - 4:45 pm; \$33 / \$66

**Summer G1:** July 10 - Aug. 2; M/W; 4:00 - 4:45 pm; \$37 / \$74

**Summer G2:** July 10 - Aug. 2; M/W; 5:00 - 5:45 pm; \$37 / \$74

**Summer G3:** July 11 - Aug. 3; T/Th; 4:00 - 4:45 pm; \$37 / \$74

**Summer H1:** June 12 - Aug. 7; Mon; 6:30 - 7:15 pm; \$37 / \$74

**Summer H2:** June 14 - Aug. 9; Wed; 6:30 - 7:15 pm; \$41 / \$82

**Summer H3:** June 17 - Aug.12; Sat; 9:00 - 9:45 am; \$37 / \$74

**Summer H4:** June 17 - Aug.12; Sat; 10:00 - 10:45 am; \$37 / \$74

**Summer H5:** June 17 - Aug.12; Sat; 11:00 - 11:45 am; \$37 / \$74

#### Progressive Lessons

**Session Dates, Times, Fees** (Full Member Fee/Non Member Fee)

##### No Classes July 1-4

**Summer A:** June 12 - 22; M - Th; 10:45 - 11:30 am; \$37 / \$74

**Summer B:** June 26 - July 6; M - Th; 10:45 - 11:30 am; \$33 / \$66

**Summer C1:** July 10 - 20; M - Th; 9:45 - 10:30 am; \$37 / \$74

**Summer C2:** July 10 - 20; M - Th; 10:45 - 11:30 am; \$37 / \$74

**Summer D1:** July 24 - Aug. 3; M - Th; 9:45 - 10:30 am; \$37 / \$74

**Summer D2:** July 24 - Aug. 3; M - Th; 10:45 - 11:30 am; \$37 / \$74

**Summer E1:** Aug. 7 - 11; M - F; 9:45 - 10:30 am; \$22 / \$44

**Summer E2:** Aug. 7 - 11; M - F; 10:45 - 11:30 am; \$22 / \$44

**Summer E3:** Aug. 7 - 11; M - F; 5:00 - 5:45 pm; \$22 / \$44

**Summer F1:** June 12 - July 5; M/W; 4:00 - 4:45 pm; \$33 / \$66

**Summer F2:** June 12 - July 5; M/W; 5:00 - 5:45 pm; \$33 / \$66

**Summer F3:** June 13 - July 6; T/T; 4:00 - 4:45 pm; \$33 / \$66

**Summer G1:** July 10 - Aug. 2; M/W; 4:00 - 4:45 pm; \$37 / \$74

**Summer G2:** July 10 - Aug. 2; M/W; 5:00 - 5:45 pm; \$37 / \$74

**Summer G3:** July 11 - Aug. 3; T/Th; 4:00 - 4:45 pm; \$37 / \$74

**Summer H1:** June 17 - Aug. 12; Sat; 9:00 - 9:45 am; \$37 / \$74

**Summer H2:** June 17 - Aug. 12; Sat; 10:00 - 10:45 am; \$37 / \$74

**Summer H3:** June 17 - Aug. 12; Sat; 11:00 - 11:45 am; \$37 / \$74

#### Adult/Teen Swim Lessons

##### 10 Week Session Time and Dates:

##### No classes July 1-4

Mondays 7:15 - 8:00 pm; June 12 - August 17, 2017

**Fees:** \$45/\$90 (Full Member/Non Member)

##### 5 Week Session Times and Dates:

##### No classes July 1-4

Mondays 7:15 - 8:00 pm

Session 1: June 12 - July 10, 2017

Session 2: July 17 - August 14, 2017

**Fees:** \$23/\$45 (Full Member/Non Member)

#### Competitive Swim Lessons

**Fees:** \$48/\$76

(Full Member/Non Member)

##### Times and Session Dates:

Tuesday and Thursday, 3:45 - 4:45p, June 6 - June 29, 2017

### Safety Classes

#### Lifeguard Training

**Fees:** \$100/\$125

(Full Member/Non Member)

##### Times and Session Dates:

##### No class June 11

June 7 - 13

June 7, 8, 9, 12, 13: 5:00-10:00p; June 10: 2:30-6:00p

#### First Aid/CPR/AED

**Fees:** \$50/\$75

(Full Member/Non Member)

##### Times and Session Dates:

Saturday June 10, 2017; 1:00-7:00p

### Stingray Swim Team

#### Two Week Trial

**Fees:** \$15/15

(Full Member/Non Member)

Available from April 18 - June 30, 2017

#### Camp Fever: High School and by invitation

**Fees:** \$325/\$375

(Full Member/Non Member)

**One time joiner fee of \$15 if new to the swim team**

##### Session Dates:

April 18 - August 12, 2017. Joinable at any time.

#### Level 1 and 2 Swim Team

**Fees:** \$260

(Full Member Only)

**One time joiner fee of \$15 if new to the swim team**

##### Session Dates:

April 18 - July 22, 2017. Joinable at any time.



# YOUTH SPORTS

## Sports Classes

**Session Dates: June 12, 2017 – August 05, 2017**

**Fees:** \$25/\$50 (Full Member/Non Member)

### Basketball Skills Times

Edison Lakes Family YMCA:

Mondays & Wednesdays 5:30-6:00p (4-6 yrs)

Mondays & Wednesdays 6:15-7:00p (7-9 yrs)

### Pre-Y Basketball Times

Edison Lakes Family YMCA

Tuesdays & Thursdays 5:45-6:15p

Riverview Family YMCA

Mondays & Wednesdays 5:00-5:30p

### Pre-Y Multi-Sport Times

Edison Lakes Family YMCA:

Tuesdays & Thursdays 6:30-7:00p

Riverview Family YMCA:

Mondays & Wednesdays 5:45-6:15p

### Volleyball Times

Riverview Family YMCA:

Mondays & Wednesdays 6:30-7:30p

## Tae Kwon Do

**Session Dates: June 12, 2017 – August 05, 2017**

**Fees:** (Full Member/Non Member)

1-Day Little Dragons (Track A or B) \$35/\$70

2-Day Golden Dragons \$45/\$90

Beginner 2-Day \$50/\$100

Advanced 2-Day \$55/\$110

Hapkido 2-Day \$55/\$110

### 1-Day Little Dragons Track A Times

Edison Lakes Family YMCA: Tuesdays 5:00-5:30p, 5:30-6:00p

Riverview Family YMCA: Mondays 5:00-5:30p, 5:30-6:00p

### 1-Day Little Dragons Track B Times

Edison Lakes Family YMCA: Saturdays 11:00-11:30a,

11:30a-12:30p

Riverview Family YMCA: Thursdays 5:00-5:30p, 5:30-6:00p

### 2-Day Golden Dragons Times

Edison Lakes Family YMCA: Tuesdays 5:00-5:30p, 5:30-6:00p

Saturdays 11:00-11:30a, 11:30a-Noon

Riverview Family YMCA: Mondays & Thursdays 5:00-5:30p,

5:30-6:30p

### Beginner 2-Day Times

Edison Lakes Family YMCA: Tuesdays 6:00-6:45p

Saturdays Noon-12:45p

Riverview Family YMCA: Mondays & Thursdays 6:00-6:45p

### Advanced 2-Day Times

Edison Lakes Family YMCA: Tuesdays 6:45-7:30p

Saturdays 12:45-1:30p

Riverview Family YMCA: Mondays & Thursdays 6:45-7:30p

### Hapkido 2-Day Times

Edison Lakes Family YMCA: Tuesdays 7:30-8:15p

Saturdays 1:30-2:30p

Riverview Family YMCA: Mondays & Thursdays 7:30-8:15p

## Edison Lakes Family YMCA Sports Class Schedule

Times	Mon	Tues	Wed	Thur
5:30-6:00p	Basketball Skills (4-6 yrs)		Basketball Skills (4-6 yrs)	
5:45-6:15p		Pre-Y Basketball		Pre-Y Basketball
6:15-7:00p	Basketball Skills (7-9 yrs)		Basketball Skills (7-9 yrs)	
6:30-7:00p		Pre-Y Multi-Sport		Pre-Y Multi-Sport

## Riverview Family YMCA Sports Class Schedule

Times	Monday	Wednesday
5:00-5:30p	Pre-Y Basketball	Pre-Y Basketball
5:45-6:15p	Pre-Y Multi-Sport	Pre-Y Multi-Sport
6:30-7:30p	Volleyball	Volleyball

## Edison Lakes Family YMCA Tae Kwon Do Schedule

Times	Tuesday	Saturday
11:00-11:30a		1-Day Little Dragons Trk B 2-Day Golden Dragons
11:30a-Noon		1-Day Little Dragons Trk B 2-Day Golden Dragons
Noon-12:45p		Beginner
12:45-1:30p		Advanced
1:30-2:30p		Hapkido
5:00-5:30p	1-Day Little Dragons Trk B 2-Day Golden Dragons	
5:30-6:00p	1-Day Little Dragons Trk B 2-Day Golden Dragons	
6:00-6:45p	Beginner	
6:45-7:30p	Advanced	
7:30-8:15p	Hapkido	

## Riverview Family YMCA Tae Kwon Do Schedule

Times	Monday	Thursday
5:00-5:30p	1-Day Little Dragons Trk A 2-Day Golden Dragons	1-Day Little Dragons Trk B 2-Day Golden Dragons
5:30-6:00p	1-Day Little Dragons Trk A 2-Day Golden Dragons	1-Day Little Dragons Trk B 2-Day Golden Dragons
6:00-6:45p	Beginner	Beginner
6:45-7:30p	Advanced	Advanced
7:30-8:15p	Hapkido	Hapkido

See other side for more information and schedules

## Dance/Tumbling/Cheerleading Classes

**Session Dates: June 12, 2017 – August 05, 2017**

**Fees: \$25/\$50** (Full Member/Non Member)

### Beginner Ballet Times

Edison Lakes Family YMCA: Tuesdays 5:30–6:00p,  
Fridays 6:20–6:50p, Saturdays 10:00–10:30a

Riverview Family YMCA: Fridays 5:15–5:45p

### Ballet II Times

Edison Lakes Family YMCA: Tuesdays 6:05–6:35p,  
Fridays 7:00–7:30p, Saturdays 11:00–11:30a

Riverview Family YMCA: Fridays 4:30–5:00p

### Jazz Times

Edison Lakes Family YMCA: Saturdays 11:45a–12:15p

Riverview Family YMCA: Fridays 6:00p–6:30p

### Tap Times

Edison Lakes Family YMCA: Beginner Tap is Fridays 5:00–5:30p,  
Intermediate Tap is Fridays from 5:40–6:10p

### Cheerleading Times

Riverview Family YMCA: Tuesdays 5:30–6:00p

### Tumbling Times

Edison Lakes Family YMCA: Mondays 5:30–6:00p (2–3yrs),  
Mondays 6:15–6:45p (4–6yrs), Thursdays 5:30–6:00p (2–3yrs),  
Thursdays 6:15–6:45p (4–6yrs)

Riverview Family YMCA: Wednesdays 5:30–6:00p (2–3yrs),  
Wednesdays 6:15–6:45p (4–6yrs), Saturdays 11:15–11:45a (2–3yrs),  
Saturdays 12:00–12:30p (4–6yrs)

## Edison Lakes Family YMCA Class Schedule

Times	Mon	Tues	Thur	Fri	Sat
10:00–10:30a					Beginner Ballet
11:00–11:30a					Ballet II
11:45a–12:15p					Jazz
5:00–5:30p		Beginner Tap			
5:30–6:00p	Tumbling (2–3yrs)	Beginner Ballet	Tumbling (2–3yrs)		
5:40–6:10p				Intermediate Tap	
6:05–6:35p		Ballet II			
6:15–6:45p	Tumbling (4–6yrs)		Tumbling (4–6yrs)		
6:20–6:50p		Beginner Ballet			
7:00–7:30p				Ballet II	

## Riverview Family YMCA Class Schedule

Times	Tues	Wed	Fri	Sat
11:15–11:45a				Tumbling (2–3yrs)
12:00–12:30p				Tumbling (4–6yrs)
4:30–5:00p	Ballet II			
5:15–5:45p			Beginner Ballet	
5:30–6:30p	Cheerleading	Tumbling (2–3yrs)		
6:00–6:30p			Jazz	
6:15–6:45p		Tumbling (4–6yrs)		

