

YOUTH & TEEN PROGRAMS

YOUTH & TEEN FITNESS

On Drums Alive® Kids Beat

Improve your physical and mental fitness as you get your feet stomping and body moving through music and rhythm while you beat drumsticks on stability balls.

East

TH Ages 7-12 Activites Rm. 3:45-4:15pm
M FREE P \$40

Northeast

M/W Ages 7-12 Studio 3:45-4:15pm
M FREE P \$56

West

M Ages 7-12 Family Gym 4:00-4:45pm
M FREE (for members only)

On Teen One-on-One Strength & Conditioning

2-3 appointments with a Lifestyle Center Staff to certify teens for limited access to the Lifestyle Center. Register at the front desk and a Lifestyle Center Staff will call to schedule appointments.

East/Northeast/West

by appt. Ages 13-15 LSC Members Only \$45

On YKidzFit

This class includes games, sports, and fitness activities to engage youth and make good health fun.

East

M Ages 7-12 Activities Rm. 3:45-4:30pm

Northeast

TH Ages 7-12 Studio 3:15-4:00pm

West

W Ages 7-12 Family Gym 4:00-4:45pm
M FREE P \$32

On Youth Ballet

Have fun, develop coordination, rhythm and appreciation for music. No formal attire required.

East

TH Ages 5-7 Studio 4:35-5:05pm
M \$ 35 P \$70

Northeast

M Ages 5-7 Studio 4:30-5:15pm
M \$39 P\$78

West (first 6 weeks)

M Ages 8-12 Studio 3:30-4:30pm
M Ages 8-12 Advanced Studio 4:30-5:30pm
W Ages 6-12 Beginning Studio 4:30-5:30pm
M \$36 P \$72

On Youth Circuit Training

Utilize cable machines for beginner level strength training routine with a lifestyle center staff. Improve strength, flexibility and have fun!

East

M Ages 7-12 LSC 4:15-5:00pm
SA Ages 7-12 LSC 10:00-10:45am
SA Ages 7-12 LSC 11:00-11:45am

Northeast

T Ages 7-12 LSC 4:00-4:45pm
TH Ages 7-12 LSC 4:00-4:45pm
SU Ages 7-12 LSC 3:00-3:45pm

West

F Ages 7-12 LSC 4:00-4:45pm
SU Ages 7-12 LSC 3:00-3:45pm
M \$32 P \$64

On Youth Fun, Fitness and Games

Combine fitness with team-building games. Lots of fun.

East

W Ages 5-10 Activities Rm. 4:00-4:30pm
M \$ FREE P \$28

On Youth Jazz/Tap

Two styles of dance will be explored. Come join the fun. Formal attire not required. Tap shoes recommended.

East

TH Ages 7+ Studio 5:15-6:15pm
M \$42 P \$84

On Youth Yoga

Have fun while improving flexibility, strength and posture through yoga poses, breathing, and relaxation.

East

T Ages 5-12 Studio 5:30-6:15pm
M \$38 P \$74

Supervision of Children

The YMCA requires that all children under the age of 7 have adult supervision at all times.

**All fitness classes open
to members 13 and older.**

