



EXPLORE THE YMCA!

**PROGRAM
SCHOLARSHIPS
AVAILABLE**

similar to free &
reduced lunch

FREE Youth / Teen Center Grade 5 - 12

Monday - Friday 3:00pm - 7:00pm

Supervised space for kids 10+. Activities include Art Club, Book Club, Soccer Club and access to the Wood Gym. **FREE** bussing from IJ/Ellis.

School Age Childcare Grade K - 4

Enrollment now open | \$10/day or \$35/week

Children are given the opportunity to express their individual talents in a safe and well-supervised atmosphere and parents are free from worry about their children's care while they are at work. **FREE** bussing from Woodson and all Elementary Schools.

Preschool Age 3-5 yrs.

Enrollment now open | Starting at \$137

Our licensed program offers preschool education with an emphasis on social emotional development as well as preparing students academically for kindergarten. All students receive a session of swimming lessons at no additional cost. There's still space in our afternoon Pre-K class: Mon. - Fri. 12:00pm - 2:30pm **MUST be 4 by 9/1/23*

Gymnastics Age 18mo.+

Session: offered monthly

Recreational gymnastics classes that focus on gymnastics fundamentals, flexibility, coordination, body control, balance and skills on all Olympic events.

CPR/First-Aid Training Age 14+

Session: offered monthly

This training provides basic life-saving training, including CPR, the use of an AED and the relief of choking for an adult, child and infant victims. The goal of this skills-based training is to help students develop the knowledge, skills and confidence to respond in a medical emergency.

Swimming Lessons All Ages, Parent/Child

Session: offered monthly

Our lessons are designed to help your swimmer overcome fears, build confidence in the water and develop skill that will last a lifetime.

Aqua Pack Swim Team Age 5+

Session: September 5 - March 31 | Starting at \$60

Becoming a member of the YMCA Aqua Pack Swim Team means fun, fitness and teamwork. The swim team is a developmental swim program run by trained coaches to improve swimmers' competitive skills and endurance through progression rather than intense competition.



APPLY TODAY





ymcaatacrc.org
info@ymcaatacrc.org



Parents' Night Out

5:00pm - 8:00pm

Friday, November 17

Treat yourself to an evening out while your kids enjoy games, food, crafts, and fitness activities in a safe, healthy environment. Pizza and snacks provided. If any special dietary needs, please pack a sack lunch for your child.

Cost: \$15 first child \$10 each additional child \$45 max per household



visit our website for
more information

EXPLORE THE YMCA!

Girls Basketball Camp Age 8-11

Session: October 18 - 20 | 9:00am - 12:00pm | \$45/\$60

With youth basketball, every child has a chance to participate in practices and games! In this three-day camp designed for girls, we will help players progress through the skills of basketball: dribbling, passing, shooting, and defensive skills, and end the day with an hour in our swimming pool to bond and build relationships with other campers.

Halloween After Hours Lock-in Age 10 - 17

Friday, October 27 | 7:00pm - 10:00pm | \$5/youth

This party will take place in the Teen Center. Once signed-in, Teens won't be able to leave until a parent/guardian has picked them up! There will be snacks, pizza, a costume contest, games, and more Halloween fun!

Halloween at the Y Age 15 & younger

Monday, October 30 | 5:00pm - 7:00pm | \$5/child

Come one, come all, to this spooktacular event! Join us for an evening of games, candy, drawings, and haunted activities! All children ages 15 and under must be registered. Parents/guardians attend for free!

®

Youth Volleyball Age 8-13

Session: November 7 - 29 | Tuesday & Wednesday | \$50/\$65

Volleyball at the Y gives kids a solid foundation in fitness while they learn the right skills to play one of the world's most exciting, fastest growing sports. Kids start with basic passing and setting techniques, footwork and ball contact. Higher-level classes teach serving, hitting and blocking footwork, and incorporate small scrimmages. All classes are grouped by age.

Safe Sitter Grade 6 - 8

Session: November 18 & 19 | \$100

Safe Sitter® prepares students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice choking rescue and CPR!

Lifeguard Training Age 15+

Session: December 15 - 17 | \$150

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. The blended learning format allows students to work independently on theory through a series of informational videos and tutorials. They then present what skills they learned in a hands-on class.

Christmas at the Y Age 15 & younger

Monday, October 30 | 5:00pm - 7:00pm | \$5/child

Come one, come all, to this spooktacular event! Join us for an evening of games, candy, drawings, and haunted activities! All children ages 15 and under must be registered. Parents/guardians attend for free!