

## Annex Schedule - December | Bremerton Family YMCA

|             | MON  | TUE   | WED   | THU  | FRI   | SAT  | SUN |
|-------------|--|---|---|--|---|--|-----|
| <b>9am</b>  | <b>Parent/Child Tumbling*</b><br>Rese K.<br>9am - 9:45am | <b>Little Learners*</b><br>YMCA Staff<br>9:30am - 11:30am     | <b>Little Learners*</b><br>YMCA Staff<br>9:30am - 11:30am | <b>Little Learners*</b><br>YMCA Staff<br>9:30am - 11:30am                    | <b>Little Learners*</b><br>YMCA Staff<br>9:30am - 11:30am | <b>Ballet/Tap Combo*</b><br>Emily G.<br>9am - 9:45am |     |
| <b>12pm</b> |  | <b>Learn, Play, and Grow*</b><br>YMCA Staff<br>12pm - 12:45pm | <b>Little Einsteins*</b><br>YMCA Staff<br>12pm - 12:45pm  | <b>Learn, Play, and Grow*</b><br>YMCA Staff<br>12pm - 12:45pm                | <b>Little Einsteins*</b><br>YMCA Staff<br>12pm - 12:45pm  |  |     |
| <b>4pm</b>  | <b>Ballet/Tap Combo*</b><br>Emily G.<br>4pm - 4:45pm     |   | <b>Preschool Tumbling*</b><br>Rese K.<br>4pm - 4:30pm     | <b>Private and Semi-Private Dance Lessons*</b><br>James F<br>4:50pm - 5:50pm |   |  |     |
|             |  |   | <b>Tumbling*</b><br>Lauren K.<br>4:40pm - 5:10pm          |  |   |  |     |
| <b>5pm</b>  |  | <b>Ballet/Tap Combo*</b><br>Lauren K.<br>5pm - 5:45pm         | <b>Tumbling*</b><br>Lauren K.<br>5:15pm - 5:45pm          |  |   |  |     |
| <b>6pm</b>  | <b>Butokukan Karate*</b><br>Tony A.<br>6pm - 7pm         | <b>Hapkido*</b><br>Frank C.<br>6pm - 7:30pm                   | <b>Butokukan Karate*</b><br>Tony A.<br>6pm - 7pm          | <b>Hapkido*</b><br>Frank C.<br>6pm - 7:30pm                                  | <b>Hip-Hop 3*</b><br>James F<br>6:15pm - 7:15pm           |  |     |
| <b>7pm</b>  | <b>Butokukan Karate*</b><br>Tony A.<br>7pm - 8pm         |   | <b>Butokukan Karate*</b><br>Tony A.<br>7pm - 8pm          |  |   |  |     |
| <b>8pm</b>  |  | <b>Tang Soo do Karate*</b><br>Bob C.<br>8pm - 9pm             |   | <b>Tang Soo do Karate*</b><br>Bob C.<br>8pm - 9pm                            |   |  |     |

Please note that all classes are subject to change due to demand and participation. It is recommended that you consult your physician prior to starting any exercise program.

**Fall 2 Session:** November 11 - December 15

**Winter 1 Registration:** December 16 - January 12

**Winter 1 Session:** January 13 - February 16

## **Parent/Child Tumbling\***

This class emphasizes basic motor skills, listening, and following directions in a class setting. Children will work on their hand-eye coordination, body awareness, and improving their strength and flexibility.

## **Little Learners\***

Children enjoy instruction in reading, writing, counting, and simple math, science, music, art, and more. Ideal for children learning a topic for the first time or to enhance and reinforce existing skills.

## **Ballet/Tap Combo\***

Learn introductory skills and techniques in both ballet and tap. This is a progressive class. Recital eligible.

## **Learn, Play, and Grow\***

Children enjoy an engaging story read by Y staff, create an art project, and play games.

## **Little Einsteins\***

An educational enrichment program where children learn about the wonders of their environment through exploration and discussion.

## **Preschool Tumbling\***

Children work on developing motor skills, body awareness, hand-eye coordination, and improve their strength and flexibility. Activities include an aerobic warm-up and stretching.

## **Private and Semi-Private Dance Lessons\***

We offer private and semi-private dance lessons in half-hour sessions for dancers ages 7 and up. Private lessons are centered around each dancer's needs. The lessons can range in technique depending on the student's skill level and focus. Techniques offered are ballet, tap, jazz, and hip-hop. If the participant is under 18 the parent must be present. Students work toward their personal goals one-on-one with an experienced dance instructor.

## **Beginner Tumbling\***

Children work on developing motor skills, body awareness, hand-eye coordination, and improve their strength and flexibility. Activities include an aerobic warm-up and stretching.

## **Butokukan Karate\***

This form of martial arts comes from some of the fluid movements of the conventional Chinese styles, softening the traditional hard style from Okinawa.

## **Hapkido\***

This Korean martial arts class teaches self-defense using kicking, throwing, and joint-lock moves. Hapkido means the way of coordinated power and is a 'soft' martial art, as it follows the circular and water principles.

## **Beginning Hip Hop\***

Master your floor work and footwork in this high-energy class, with a focus on rhythms, musicality, and individual expression.

## **Tang Soo do Karate\***

Korean martial art emphasizing various blocks, punches, and kicking techniques to promote health, fitness, sport, and self-defense.