



Summer 1 Youth Class List Bremerton Family YMCA

Class Descriptions on Reverse Page

Registration: June 15 - 22

Session Dates: June 24 - July 28

****Registration is on a first come, first served basis****

***(\$XX Fee)* Denotes a Fee Based Class**

SPORTS AND MOVEMENT PROGRAMS (REGISTRATION REQUIRED)

| | | | |
|--|----------|------------|-------|
| Botokukan Karate Beginner (Ages 7-Adult) | M/W | 6pm-7pm | Annex |
| Botokukan Karate Advanced (Ages 7-Adult) | M/W | 7pm-8pm | Annex |
| Hapkido (Ages 7- Adult) | Tue/Thur | 6pm-7:30pm | Annex |
| Tang Soo Do (Ages 7- Adult) | Tue/Thur | 8pm-9pm | Annex |

DANCE PROGRAMS (REGISTRATION REQUIRED | CLASSES ONLY IN WEEKS 1 AND 5)

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|---|-----------|------------|-----------|
| Ballet/Tap Combo (\$8 Fee) (Ages 3-5) | Monday | 4pm-4:45pm | Annex |
| Jazz 1 (\$8 Fee) (Ages 4-7) | Monday | 5pm-6pm | Annex |
| Parent and Child Creative Movement (Ages 1-3) | Tuesday | 4pm-4:30pm | Annex |
| Beginning Tap 1 (\$8 Fee) (Ages 4-7) | Tuesday | 5pm-6pm | Annex |
| Beginning Ballet 1 (\$8 Fee) (Ages 4-7) | Wednesday | 4pm-5pm | Room 2 |
| Beginning Ballet 2 (\$8 Fee) (Ages 7-10) | Wednesday | 5pm-6pm | Room 2 |
| Jazz 2 (\$8 Fee) (Ages 7-10) | Wednesday | 6pm-7pm | P.O. Deck |
| Pre-School Hip-Hop (Ages 3-5) | Friday | 4pm-4:45pm | Room 2 |
| Beginning Hip-Hop (\$8 Fee) (Ages 6-10) | Friday | 5pm-6pm | Room 2 |

GYMNASTICS PROGRAMS (REGISTRATION REQUIRED | CLASSES ONLY IN WEEKS 1 AND 5)

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|---------------------------------|----------|------------|-----------|
| Preschool Gymnastics (Ages 3-5) | Thursday | 5:30pm-6pm | Gymnasium |
|---------------------------------|----------|------------|-----------|

MUSIC, CULINARY AND VISUAL ARTS PROGRAMS (REGISTRATION REQUIRED)

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|-------------------------------------|----------|---------------|-----------------|
| Guitar 1 (\$30 Fee)(Ages 6-12) | Monday | 11am-12pm | P.O. Deck |
| Ukulele 1 (\$30 Fee)(Ages 6-8) | Monday | 5pm-6pm | P.O. Deck |
| Ukulele 1 (\$30 Fee)(Ages 9-12) | Monday | 6pm-7pm | P.O. Deck |
| Guitar 1 (\$30 Fee)(Ages 6-8) | Tuesday | 4pm-5pm | P.O. Deck |
| Guitar 1 (\$30 Fee)(Ages 9-12) | Tuesday | 5pm-6pm | P.O. Deck |
| Ukulele 1 (\$30 Fee)(Ages 13-Adult) | Tuesday | 6pm-7pm | P.O. Deck |
| Culinary Kids (\$30 Fee)(Ages 9-12) | Monday | 5:30pm-6:30pm | Activity Center |
| Culinary Kids (\$20 Fee)(Ages 5-8) | Thursday | 5pm-5:30pm | Activity Center |

HOMESCHOOL (REGISTRATION REQUIRED)

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|-----------------------------|-----|------------|------|
| HomeSchool PE (Ages 6-8) | M/F | 11-11:45am | Gym |
| HomeSchool PE (Ages 9-12) | M/F | 12-12:45pm | Gym |
| HomeSchool Swim (Ages 9-12) | M/F | 11-11:45pm | Pool |
| HomeSchool Swim (Ages 6-8) | M/F | 12-12:45pm | Pool |

CLASS DESCRIPTIONS

Botokukan Karate stems from the fluid movements of the Chinese styles. Participants will focus on the Karate emphasis of breath control, correct posture, and balance

Hapkido: This Korean martial arts class teaches self-defense, using kicking, throwing, and joint-lock moves.

Beginning Tap: Children learn the basics of Tap technique. Classes are designed as an introduction only prior to participating in regular tap classes.

Adult Ballet: Ballet curriculum for adults. Progressive based of skill and experience. All levels are welcome.

Tang Soo Do: Promotes confidence, physical fitness, flexibility, mind and body discipline, and self-defense skills.

Learn, Play, Grow: Children are read an engaging story 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 Hip Hop: Children learn the basics of Hip Hop technique. Classes are designed as an introduction only prior to participating in regular hip hop classes.

Beginning Ballet: Beginning students learn preparatory exercises, focusing on creativity and exploration of movement. More advanced students engage in placement, technique, and musicality through barre, center, and enchainment (combination) exercises.

Ballet | Tap Combo: Learn introductory skills and techniques in both ballet and tap.

Beginning Hip Hop: Children learn the basics of Hip Hop technique. Classes are designed as an introduction only prior to participating in regular hip hop classes.

Intro to Jazz: Channel your inner Broadway dancer in this challenging and engaging class that emphasizes syncopation, expression, body alignment, and strength.

Performance Team: Members are selected from YMCA dance programs and participate in two performance seasons a year.

Intro to Ballet: Children learn the basics of ballet technique. Classes are designed as an introduction only prior to participating in regular pre-ballet and ballet classes.

Private Dance Lessons: For ages 4 and up. Private dance lessons come in 1, 3 or 5 lesson bundles focusing on a style or goal you have for dance.

Guitar Lessons: Various lessons are available for ages 6 and above separated by skill and age. Lessons are geared towards progressive skill and technique for the students.

Homeschool P.E.: Age appropriate skill development drills teach general fitness, sports, balance, teamwork, and more. Open to all homeschooled children during the school year and included in your YMCA membership. Age ranges of 6-9 and 9-14.

Homeschool Visual Arts: Learn to create art projects while also learning techniques and history.

Homeschool Swim: A student-centered learning and exploration experience allows progressive success and an enjoyable experience. The five core components are personal safety, personal growth, stroke development, and water games and sports.

Culinary Arts: Learn to prepare and cook nutritious meals in a fun environment.