



HASELWOOD FAMILY YMCA | 360-698-YMCA

Monday-Thursday: 4:30am-10pm

Friday: 4:30am-9pm

Saturday: 6:30am-8:30pm

Sunday: 8am-8pm

YOUTH ACTIVITIES

EFFECTIVE THROUGH MARCH 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3-4:30pm Teen Gym 12-16 YRS	3 - 3:45pm Youth Gym 7-12 YRS 3 - 3:45pm Teen Gym 12-16 YRS	12:30-1:30pm HSPE Progressive Beginning Ballet 2/Beginning Ballet 1 8+ (\$) Ages 8-12 Spirit Mind Body Room	3 - 3:45pm Youth Gym 7-12 YRS 3 - 3:45pm Teen Gym 12-16 YRS	3-4:45pm Youth Gym 7-12 YRS 3-4:45pm Teen Gym 12-16 YRS	10:45-11:45am Progressive Beginner Ballet 2 / Beginning Ballet 1 8+ (\$) Ages 8-12 Youth Multipurpose Room	
		1-1:45pm HSPE Theatre (\$) Ages 8-12 Community/Conference Room		1-1:45pm HSPE Theatre (\$) Ages 8-12 Community/Conference Room		
4:15-5pm Culinary Arts(\$) Ages 7-12 Community Room		1:45-2:45pm Homeschool PE Progressive Beginner Jazz/Tap(\$) Ages 6-12 Spirit Mind Body Room	2:45-3:45pm Progressive Beginning Ballet 1 Ages 6-12 Multipurpose Room 1		12-1pm Progressive Beg. Ballet 1 (\$) Ages 6-7 Youth Multipurpose Room	
4:15-5pm Little Dragons Under 8 Youth Multipurpose Room		3-3:45pm Teen Gym 7-16 YRS	4-6pm Pokémon Club Ages 8-18 Birthday Party Room	4:45-5:30pm Little Dragons Under 8 Youth Multi Purpose Room	12-1pm Progressive Int Jazz (\$) Ages 8 - 14 Spirit Mind Body Room	
4:30 - 5:30pm Intro to Theatre Ages 8-12 Birthday Party Room	5-6:30pm Progressive Int/Adv. Ballet (\$) Ages 8-14 Youth Multipurpose Room (Instructor Permission R.)	4:15 - 5:45 pm Y-Bakers(\$) Ages 7-12 Community Room	5-6:30pm Progressive Int/Adv. Ballet (\$) Ages 8-14 Multipurpose Room 1 (Instructor Permission R.)	5-6:30 Beg. Competition Taekwondo (\$) 7 and older	1:15 - 2:15pm Advanced Tumbling Ages 5 - 12 Youth Multipurpose Room *Instructor Permission Required	
5:30-6:30pm Progressive Beginner Tap/ Intermediate Tap 1 (\$) Ages 6-10 Youth Multipurpose Room	6:15-7pm Sports Mix Ages 7-12 Half Gym	5-5:45pm Progressive Beginner Hip Hop 1 (\$) Ages 6-7 Youth Multipurpose Room	6:15-7pm Sports Mix Ages 7-12 Half GYM	6:30-7:30 Competition Taekwondo (\$) Advanced 7 and older	1:15 - 2:15pm Progressive Beg Jazz (\$) Ages 6-7 Spirit Mind Body Room	
6:15 - 7:00 pm Youth Beginning 1 Drawing Ages 8 - 12 Community Room	6:45-7:45pm Performance Cheer(\$) Ages 7-14	6-7pm Progressive Intermediate Hip Hop (\$) Ages 8-14 Youth Multipurpose Room	6:45-7:30pm Progressive Beginner/Intermediate Hula 1(\$) Spirit Mind Body Room Ages 6-12	7:30-8:00pm Reserved for Taekwondo Demo Team	2:30 - 3:30 pm Youth Tumbling Ages 6-12 Gym	
6:15-7:15pm Y Bakers Ages 7-12 Community Room	6:45-7:45pm Prog. Int 2/ Adv. Jazz(\$) Ages 8-14 Spirit Mind Body Room (Instructor Permission R.)	6-7:30pm Beginning Climbing Ages 6 and Up Rock Wall	6:45-7:45pm Progressive Beginner Contemporary(\$) Ages 6-12 IPR Youth Multipurpose Room	9:15-11:15pm Teen Late Night Grades 9-12	8-10pm 678 Nite Grades 6-8	
6:45-7:45pm Progressive Beginning Ballet 2/ Beginning Ballet 1 8+(\$) Ages 8-12 Youth Multipurpose Room	6-7:30pm Intermediate Climbing Ages 6 and Up Rock Wall	7:15-8:15pm Progressive Adv. Hip Hop Ages 8-14 Youth Multipurpose Room (Instructor Permission R.)	8-8:30pm Dance Company Ages 8-12 IPR Youth Multipurpose Room			
	8-8:30pm Progressive Int 2/ Adv. Tap (\$) Ages 8-14 Spirit Mind Body Room (Instructor Permission R)					

REGISTERED PROGRAM
 Winter 2 Session:
 February 23 - March 28
 Spring1 Registration:
 March 29 - April 1
Parent's Night Out held every 3rd Friday of each month. Gym will be unavailable.
 *Instructor Permission Required

CLASS DESCRIPTIONS

COMPETITION TAE KWON DO	An Olympic style Taekwondo martial art program that teaches the art of kicking, punching, blocking, self-defense, and sparring in a structured environment. This class has advanced instruction to help students with belt advancement. Time will be spent on improving skills for those who wish to compete in local tournaments.
HOMESCHOOL PE	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
CHEER STUNTING AND TUMBLING	Ages 8-12: Participants learn cheers, chants, Stunting, Tumbling, jumps, and the concepts of teamwork in this dynamic sport.
INTERMEDIATE TUMBLING	Ages 4-6: Testing out of the Beginner level required. This class builds on the basic skills achieved in Beginner Gymnastics, and further develops coordination, strength, and flexibility.
LEGACY CREW	Legacy Crew gives teens the opportunity to learn real life leadership skills and apply them through fun and engaging hands on activities. Each session, a key leadership principle will be focused on. During each class throughout the session, teens will learn an individual facet of that same principle and apply it through activities such as team building, group game innovation, service projects, event planning and hosting, and team collaboration.
POKEMON CLUB	Calling all Pokémon trainers! Come have a blast learning how to play the Pokémon trading card game, and battle with other Pokémon trainers to earn points towards Pokémon rewards. No cards are required to join!
SPORTS MIX	Ages 7-12: Experience a variety of traditional sports and playground style games through warm ups, skills, drills, and scrimmages.
SPORT SKILLS	Ages 8-14: Participants learn, practice, and develop skills in one particular sport each session. This class builds off skills taught in preschool classes and progress as the session continues.
TEEN GYM	Ages 12-16: Teens will have the opportunity to play group games with other teens. Activities include dodge ball, basketball, volleyball, indoor soccer, and team building activities.
VISUAL ARTS	Ages 7-adult: Explore a variety of art mediums using creativity and imagination as the principles of art are introduced.
YOUTH FITNESS FUN	Ages 7-12: A complete fitness class for youth that introduces them to full body strength and conditioning training. Training includes pushups, squats, agility ladder, jump rope, and sports games.
YOUTH TUMBLING	Ages 7-12: This class is an introduction to basic tumbling skills and an opportunity for youth to learn new skills and improve coordination, strength, and flexibility.
INTRO TO THEATER	Ages 7-12: This class offers an introduction to the foundational elements of theater. Classes include elements of acting, stagecraft, and classical theater skills. This class also offers the quiet creative an opportunity to write stories and paint beautiful backdrop designs.
PROGRESSIVE DANCE (\$)	Ages 6-12: This fee based offering teaches students beginner-intermediate skills and techniques in either ballet, tap, hip hop or ballet, jazz, or Hula. Students who commit to this offering from October to June sessions will be eligible for priority registration and to participate in the 2019 Recital.
Y BAKERS (\$)	Ages 7-15: Join us as we explore baking through exciting hands-on instruction. Kids will learn the basics of baking from reading recipes, prepping and producing delicious goods. Instructors will also focus on the science behind baking, safety and proper kitchen sanitation.

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