



HASELWOOD FAMILY YMCA | 360-698-YMCA

Monday-Thursday: 4:30am-10pm

Friday: 4:30am-9pm

Saturday: 6:30am-8:30pm

Sunday: 8am-8pm

YOUTH MULTIPURPOSE ROOM

EFFECTIVE THROUGH MARCH 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:45am Preschool Games Ages 3-6	9:15-9:45am Toddler Music and Motion Ages 1-3	9:30-10:45am Preschool Games Ages 3-6	9:15-9:45am Toddler Music and Motion Age 1-3	9:30-10:45am Preschool Games Ages 3-6	9-9:35am Intermediate Preschool Tumbling Ages 3-6	
11-11:35am Preschool Tumbling Ages 3-5	10-10:30am Toddler Sports Mix Age 1-3	11-11:35am Preschool Tumbling Ages 3-5	10-10:30 Toddler Gym Ages 1-3	11-11:45am Progressive Pre Ballet 2(\$) Ages 4-5	9:45-10:30am Progressive Pre Ballet 1&2(\$) Ages 3-5	
11:45-12:20pm Preschool Tumbling Ages 3-5		11:45-12:20pm Preschool Tumbling Ages 3-5			10:45-11:45am Progressive Beginning Ballet 2/ Beginning Ballet 1 (\$) Ages 8-14 *Age 7 Instructor permission Required	11:30-12:15pm Progressive Pre Ballet 1 (\$) Ages 3-4
12:25-12:55pm Parent/Child Tumbling Ages 2-3	1:30-2:30pm Learn Play Grow Age 3-5	1:30-2:30pm Y Builders Age 3-5	1:30-2:30pm Learn Play Grow Age 3-5	1:30-2:30pm Learn Play Grow Age 3-5	12-1pm Progressive Beginning Ballet 1 (\$) Ages 6-7	12:30-1:15pm Progressive Pre Ballet 2(\$) Ages 4-5
	4:15-4:45pm Preschool Fitness Fun Ages 3-6	4:15-4:45pm Preschool Sports Skill Ages 3-4		4:15-4:45pm Preschool Sports Mix Ages 3-6	1:15 - 2:15pm Advanced Tumbling Ages 5 - 12 Youth Multipurpose Room *Instructor Permission Required	1:30-2:15pm Progressive Pre-Tap (\$) Ages 3-5
4:15-5pm Little Dragons Under 8	5-6:30pm Progressive Intermediate/Adv Ballet (\$) Ages 8-14 *Instructor Permission Required	5:15-6pm Progressive Beginner Hip Hop Ages 6-7	4:30-5:15pm Preschool Tumbling Ages 3-6	4:45 - 5:30pm Little Dragons Under 8	2:30-3:30pm Youth Tumbling Ages 7-12	
5:30-6:30pm Progressive Beginner Tap/ Intermediate Tap 1 (\$) Ages 6-10	6:45-7:45pm Performance Cheer(\$) Ages 7-14	6:15-7:15pm Progressive Intermediate Hip Hop Ages 8-14 *Ages 6-7 Instructor Permission required	5:30-6:15pm Progressive Pre Ballet 2 (\$) Ages 4-5	5:30-6:30 Competition Taekwondo (\$) Beginner 7 and older		
6:45-7:45pm Progressive Beg. Ballet 2/ Beginning Ballet 1 (\$) Ages 8-14 *Age 7 Instructor Permission Required		7:30-8:30pm Progressive Advanced Hip Hop Ages 8-14 *Instructor Permission required	6:45-7:45pm Progressive Beginner Contemporary Ages 8-14 * Instructor Permission required	6:30-7:30 Competition Taekwondo (\$) Advanced 7 and older		
			8-8:30pm Dance Company Ages 8-12	7:30-8:00pm Reserved for Taekwondo		

REGISTERED PROGRAM

Winter 2 Session:
February 23 - March 28
Spring 1 Registration:
March 29 - April 1

Parent's Night Out held every 3rd Friday of each month. Gym will be unavailable.

CLASS DESCRIPTIONS

PRESCHOOL GAMES	Ages 3-6: This drop-in preschool class will give your child an opportunity to learn how to play different types of sports and games for a fun filled hour and fifteen minutes.
INTRO TO Ballet	Ages 3-6: Beginning students learn preparatory exercises, focusing on creativity and exploration of movement.
PRESCHOOL SPORTS SKILLS	Ages 3-4 and 5-6: Participants learn, practice, and develop skills in one particular sport each session.
LITTLE LEARNERS (\$)	Ages 3-5: Little Learners Pre K program provides an opportunity for youth ages to grow in spirit, mind, and body through a variety of learning experiences based on Y values. For children learning a topic for the first time or to enhance and reinforce existing skills, this class includes instruction in reading, writing, counting and simple math, science, music, art, Spanish, and more. Children must be potty trained. Little Learners Pre K program provides an opportunity for youth ages 3-5 years old to grow in spirit, mind, and body through a variety of learning experiences based on Y values. For children learning a topic for the first time or to enhance and reinforce existing skills, this class includes instruction in reading, writing, counting and simple math, science, music, art, Spanish, and more. Children must be potty trained. Little Learners Pre K program provides an opportunity for youth ages 3-5 years old to grow in spirit, mind, and body through a variety of learning experiences based on Y values. For children learning a topic for the first time or to enhance and reinforce existing skills, this class includes instruction in reading, writing, counting and simple math, science, music, art, Spanish, and more. Children must be potty trained.
PROGRESSIVE DANCE (\$)	Ages 3-5 and 4-7: This fee based offering teaches students beginner-intermediate skills and techniques in either ballet, contemporary, hip hop or ballet/Jazz combination. Students who commit to this offering from September to December sessions will be eligible for priority registration and to participate in the 2016 Christmas Show case at the Bremerton Y.
LEARN PLAY GROW (\$)	Ages 3-5: This class has a \$5 dollar art supply fee. Children are read a story, create an art project, and get physical education in a variety of activities and games.
INTERMEDIATE PRESCHOOL TUMBLING (Instructor Permission Required)	Ages 3-6: 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.
PRESCHOOL TUMBLING	Ages 3-4 and 5-6: Classes provide activities that include an aerobic warm-up and stretching. Children will work on developing motor skills, body awareness, hand-eye coordination, and improve their strength and flexibility.
CHEERLEADING	Ages 4-6 and 7-12: This class will teach the beginning skills associated with cheerleading. These little athletes will have fun while extending their knowledge and ability of this dynamic sport.
PRESCHOOL FITNESS FUN	Ages 3-6: A complete fitness class for children that introduces them to full body strength and conditioning training. Training includes push-ups, squats, agility ladder, and jump rope.
TODDLER SPORTS MIX	Ages 1-3 years: Instructors and parents will have the opportunity to introduce toddlers to a variety of traditional and playground style games .
TODDLER GYM	Ages 1-3 years: Toddler Gym is an opportunity for parents to help their young children explore the gymnastics equipment under the guidance of the staff. Parent participation is required.
PARENT/CHILD CREATIVE MOVEMENT (\$)	Ages 2-3: This fee based class teaches basic ballet or tap movements and music concepts are introduced through the teaching of imagination, self-expression, and group or parent /child interaction.
PARENT/CHILD TUMBLING	Ages 2-3: 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. Parent participation is required.
TODDLER MUSIC AND MOTION	Ages 1-3 years: Explore basic rhythm, marching songs, dancing and theatrical plays in this class designed for preschoolers.