

March Annex Schedule | Bremerton Family YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
9am	Parent/Child Tumbling* Rese . 9:30am - 10am	Little Learners* YMCA Staff 9:30am - 11:30am	Little Learners* YMCA Staff 9:30am - 11:30am	Little Learners* YMCA Staff 9:30am - 11:30am	Little Learners* YMCA Staff 9:30am - 11:30am	Ballet/Tap Combo* Emily G. 9am - 9:45am	
10am	Parent/Child Tumbling* Rese . 10am - 10:30am						
12pm		Learn, Play, and Grow* YMCA Staff 12pm - 12:45pm	Little Einsteins Learning Program* YMCA Staff 12pm - 12:45pm	Learn, Play, and Grow* YMCA Staff 12pm - 12:45pm	Little Einsteins Learning Program* YMCA Staff 12pm - 12:45pm		
4pm	Ballet/Tap Combo* Emily G. 4pm - 4:45pm		Preschool Tumbling* Rese . 4pm - 4:30pm		Preschool Tumbling* James F 4pm - 4:40pm		
			Beginner Tumbling* Rese . 4:40pm - 5:10pm				
5pm		Ballet/Tap Combo* James F 5pm - 6pm		Beginning Ballet* Gabrielle B. 5pm - 6pm	Beginner Tumbling* James F 5pm - 6pm		
6pm	Butokukan Karate* Tony A. 6pm - 7pm	Hapkido* Frank C. 6:15pm - 7:45pm	Butokukan Karate* Tony A. 6pm - 7pm	Hapkido* Frank C. 6pm - 7:30pm	Beginning Hip Hop* James F 6:15pm - 7:15pm		
7pm	Butokukan Karate* Tony A. 7pm - 8pm		Butokukan Karate* Tony A. 7pm - 8pm				
8pm		Tang Soo do Karate* Bob C. 8pm - 9pm		Tang Soo do Karate* Bob C. 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.

Please note, instructors have 15 minutes before and after class time for preparation, member engagement and cleanup.

Winter 2 Session: February 24 - March 29

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.