

Infant & Toddler Programs

Music and More (6months - 3 years)

Sing, dance and thrive with our talented and fun new children's music instructor. Your child will learn about rhythm and rhyme while exploring simple musical instruments.

Parents stay for the class and enjoy helping their child grow through the magic of music.

Wednesdays 9:45 - 10:30am Members: \$53, Program Members: \$66

Wiggle Worms (2 - 4 years)

Jump and wiggle with this fun beginner gymnastics class. An introduction to basic gymnastics skill Including rhythmic movement, rolls, jumps, landings and stands.

Fridays 11:00 - 11:30am Members: \$35, Program Members: \$53

Pre-School Programs & Sports

Hoop-A-Cise (2 1/2 - 5 years)

Dance, jump, turn and hop with hula hoops, music, friends and fun!

Tuesdays 9:45 - 10:15am Members: \$35, Program Members: \$53

Pee Wee Soccer (2 1/2 - 3 1/2 years)

Play and grow while learning the fundamentals of soccer in this specialized version of Kinder Kickers. Basic soccer skills are introduced in a fun play environment with an emphasis on being active, following directions and having fun!

Fridays at the Y, Saturdays at the Littell Center 10:00 - 10:30am Members: \$35, Program Members: \$53

Kinder Kickers Soccer (4 - 6 years)

Play and grow while learning the fundamentals of soccer.

This is a fun, small games soccer development class where your child can learn basic soccer skills and grow in the confidence and coordination.

Saturdays at the Littell Center 9:00 - 9:45am Members: \$53, Program Members: \$80



Specialty Programs

Little Chefs (2 1/2 - 5 years)

Your child will learn age appropriate culinary skills, colors, numbers, nutrition and manners while making snacks to both sample in class and take home.

Mondays 10:00 - 10:45am Members: \$66, Program Members: \$97

Crafty Kids (2 1/2 - 5 years)

Wonder, explore and create seasonal and holiday themed crafts. Design your own marshmallow bus, paint a pumpkin pink or arrange an edible apple face! This is a hands-on creative class for children who enjoy making and giving seasonal and holiday crafts.

Tuesdays 9:00 - 9:30am Members: \$44, Program Members: \$66

PreSchool Time (2 - 4 years)

Make new friends, learn and grow with the comfort of mommy or daddy by child's side. This class is a great introduction to pre-school. Each theme based class includes music, craft, games, story and circle time. Parents stay with his/her child.

Wednesdays 11:00 - 11:45am, Members: \$53, Program Members: \$80



Little Ninjas (3 - 4 years)

Build self-confidence, coordination of mind and body, and self-discipline with the specialized pre-school Karate/Self Defense class.

Mondays 5:30 - 6:00pm Members: \$35, Program Members: \$53

Little Dancers (2 - 4 years)

Express, dance and thrive with this beginner dance class. Your child will learn the basics of dance and rhythm, including tap, jazz, ballet and hip-hop.

Thursdays 10:00 - 10:30am Members: \$35, Program Members: \$53

Youth Sports & Enrichment

Fall I Classes: 9/6 - 10/30/11, Fall II Classes: 10/31 - 12/24/11



School Age Programs

Bear Basketball (7 –9 years)

Learn the fundamentals of basketball through exciting games and new drills. An emphasis is placed on participation, sportsmanship, teamwork, skill development and having fun!

Saturdays at the Littell Center 10:45 - 11:30am Members: \$53, Program Members: \$80

Karate I (5 – 8 years)

Teaches personal development by learning self-defense, safety, awareness, self-esteem and communication.

Mondays 6:00 - 7:00pm Members: \$80, Program Members: \$120

Karate II (9 –15 years)

Teaches personal development by learning self-defense, safety awareness, self-esteem and communication.

Mondays 7:00 - 8:00pm Members: \$80, Program Members: \$120

Tough Kidda (5 –14 years)

Your child will experience a full body workout running through this challenging fun obstacle course that will work cardio, resistance balance and coordination skills

Wednesdays 4:00 - 5:15 Members: \$56, Program Members: \$84

Funner to be a Runner (5 –16 years)

Come prepare to have some fun running & getting fit. Running exercises will vary from relays, running games to drills & more!

Mondays 4:00 - 5:30pm FREE for Members & Program Members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Chefs 10:00-10:45am *** Funner to be a Runner (5-8 years) 4:00-4:30pm (9-12 years) 4:30-5:00pm (13-16 years) 5:00-5:30pm Little Ninjas 5:30-6:00pm Karate I 6:00-7:00pm Karate II 7:00-8:00pm	Crafty Kids 9:00-9:30am Hoop-A-Cise 9:45-10:15am	Music & More 9:45-10:30am PreSchool Time 11:00-11:45am *** Tough Kidda (5-8 years) 4:00-4:30pm (9-14 years) 4:30-5:15pm	Little Dancers 10:00-10:30am	Pee Wee Soccer 10:00-10:30am Wiggle Worms 11:00-11:30am	Kinder Kickers Soccer (Littell Center) 9:00-9:45am Pee Wee Soccer 10:00-10:30am (Littell Center) Bear Basketball (Littell Center) 10:45-11:30am Sunday