



# Red Wing YMCA Youth Program Information: January–February

## SCHOOL AGE & PRESCHOOL YOUTH PROGRAMS (3 years old – 6th GRADE)

### \*NEW\* TUMBLING

#### Beginners (ages: 3-5)

The beginner tumbling class will guide your child through creative movements. It is designed to build self-confidence, body awareness and social and motor skills while learning basic gymnastics fundamentals in a FUN environment.

#### Intermediate Tumblers (ages: 6-7)

The intermediate class will continue to work on the basic skills and fundamentals of gymnastics, in addition to adding more difficult acrobatics.

#### Advanced Tumblers (ages 7+)

The advanced class will be geared toward perfecting your child's basic gymnastics skills. We will also be challenging their body and mind to more advanced strength and acrobatic movements.

**For safety purposes: Children are asked to wear a leotard, no tights or socks, no jewelry or earrings, and have their hair in a ponytail away from face.**

### DATES AND TIMES

Wednesdays, January 10–February 21

Beginners (ages: 3-5): 4:00–4:30pm or 5:25–5:55pm

Intermediate (ages: 6-7): 4:35–5:20pm

Advanced (ages 7+): 6:00–6:45pm



### KARATE

The YMCA Karate Program focuses on both physical techniques and personal growth. Using both drills and games, we learn punches, kicks, break falls and throws, self-defense techniques, kata and sparring. Physical benefits include: increased flexibility, coordination, balance and general fitness. We also work on focus, self-control, manners, confidence and respect.

The sessions are continuous throughout the year and build upon each other. However, children may join at anytime as classes are limited to 12 students to allow for as much individual attention as possible.

Sensei Sarah has been studying Karate since 2003, and teaching since 2011. She is a 2nd degree black belt in Shorin-Ryu Karate.

**LOCATION:** Red Wing Y

### DATES AND TIME

Wednesdays, January 10–February 21

4:30–5:30pm

Ages: 7–12 years

Location: Large Studio



## YMCA SCHOOL AGE CARE (GRADES K—5)

### BEFORE & AFTER SCHOOL CARE PROGRAM

Are you looking for something exciting for your children after school? Look no further! Here at the After School Program, you will have the opportunity to dance, sing, create crafts, swim and so much more! This program provides skills for enrichments that go beyond the classroom. Join us while we help your children develop the YMCA core values of being caring, honest, respectful and responsible. Our staff is here to help make sure your child gets to all their YMCA activities. No membership? No Problem! Come see what the YMCA can offer; For A Better us .

**LOCATION:** Red Wing YMCA

### DATES AND TIMES:

Monday through Friday  
6–8am & 3–6pm

### COST:

Members: \$7/am or pm care Non Members: \$9/am or pm care  
Contact [twirkkala@redwingymca.org](mailto:twirkkala@redwingymca.org) to register your child.

### WINTER BREAK SCHOOL AGE CARE

Enjoy your time off from school at the Y! Join us for an action packed week filled with activities, games, crafts, sports, swimming, service projects and some local trips around our community.

**LOCATION:** Red Wing YMCA

### DATES AND TIMES:

Tuesday, December 26–Friday, December 29  
6am–6pm

### COST:

Members: \$25 per day Non Members: \$30 per day

Contact [twirkkala@redwingymca.org](mailto:twirkkala@redwingymca.org) to register your child.

## PRESCHOOL PROGRAMS (33 MONTHS–5 YEARS OLD)

### CREATIVE RHYTHM AND SWIM

We will explore creativity through songs, instruments, movement, and stories. Each week has a new theme with songs, listening, and interacting with a new story. This class will enhance your child's cognitive, literature, coordination, and creativity skills. Come join us, and get ready to get creative!

**NEXT... To the pool we go! After some creative music and movement, we will work on our moves in the pool. We will have some fun getting comfortable and confident in the water! Please have your child dressed with their swim suit on, before dropping them off in the Multi-Purpose Room (Y-School Age Room).**

**MEMBERS: Parents may sign their child into child watch and go workout. Parents must stay in the building. Please pick them up at 10:30am in the pool to get dressed.**

**NON-MEMBERS: Must be present with their child at all times.**

**LOCATION:** Multi-Purpose Room and Pool

### DATES AND TIMES

Tuesdays, January 9–February 20 (7 Weeks)

9:00–9:30am Multi-Purpose Room 9:45am – 10:30am Pool

### MORE THAN SPORTS WITH A TWIST

We will spend an exciting fun-filled hour discovering sports, yoga, and team games. We spend our first half exploring a sport through age appropriate games and stations. We will explore 2 different sports each session and spend at least three weeks on each sport. After sports exploration, we will transition into yoga for 10–15 minutes. Each week we will add a few new stretches to our routine. We will spend the last 15–20 minutes learning how to play new team-building gym games. Come get your wiggles out with us in this highly active class!

**MEMBERS: Parents may sign their child into child watch and go workout. Parents must stay in the building. NON-MEMBERS: Must be present with their child at all times.**

**LOCATION:** Gym A/B

### DATES AND TIMES

Thursdays, January 11–February 22 (7 Weeks)

9:30am–10:30am

## SWIMMING LESSONS (Ages 1 & Up)

### SESSION DATES: January 8–February 24

#### MORNING LESSONS

Wednesdays	
9:30–10:00am	Level 1, 2
10:05–10:35am	Levels 3
Saturdays	
9:00–9:30am	Levels 2, 3
9:35–10:05am	Levels 3
9:35–10:15am	Level 5
10:10–10:40am	Level 1
10:20–11:00am	Levels 4
10:45–11:15am	Level 3
11:05–11:35am	Level 2

#### EVENING LESSONS

Mondays		Wednesdays	
4:00–4:30pm	Levels 2, 3	4:00–4:30pm	Levels 2, 3
4:15–4:55pm	Level 4	4:35–5:05pm	Level 2, 3
4:35–5:05pm	Levels 1, 3	4:45–5:25pm	Level 4
5:00–5:40pm	Levels 5, 6	5:10–5:40pm	Level 1, 2
5:10–5:40pm	Levels 1, 2	5:30–6:00pm	Level A, B
5:45–6:15pm	Levels 1, 2, 3	5:30–6:10pm	Level 5
6:20–6:50pm	Level 2	5:45–6:15pm	Levels 1, 3
6:20–7:00pm	Level 4	6:15–6:55pm	Level 6
Tuesdays		Thursdays	
4:00–4:30pm	Levels 2, 3	4:00–4:30pm	Levels 1, 3
4:35–5:05pm	Levels 1, 2	4:35–5:05pm	Level 2
4:35–5:15pm	Level 4	4:35–5:15pm	Level 5, 6
5:10–5:40pm	Levels 1, 2	5:10–5:40pm	Level 1
5:20–6:00pm	Level 5, 6	5:20–5:50pm	Level 4
5:30–6:00pm	Levels A, B	5:45–6:15pm	Level 2
5:45–6:15pm	Levels 2, 3	6:05–6:35pm	Level 3
6:05–6:45pm	Level 4	6:05–6:35pm	Level 3
6:20–6:50pm	Levels 2, 3		

### \*\*NEW SWIM LEVELS\*\*

We have transitioned from fish names to numbers! Not only will this make it easier to keep track of what level is next, there is also new curriculum and swim instructor training.

Go online to see what level will work best for your child!

#### PRIVATE LESSONS

Private lessons give participants individualized attention that helps them improve or master their swimming skills at every age and ability. The instructors, participants and parents work together to determine lesson goals. Private swim lessons are available in 3, 5 or 7 lesson packages, and can begin at any time.

For cost and other information visit us at [redwingymca.org](http://redwingymca.org)

Contact Brittany Hagen at [bhagen@redwingymca.org](mailto:bhagen@redwingymca.org)

#### PARENT & CHILD

Level A & B  
Tuesdays & Wednesdays  
5:30–6:00

**REGISTRATION FOR ALL PROGRAMS BEGINS DECEMBER 4TH**

**COST OF PROGRAMS**

Program	Member Fee 12/5-1/2	Member Fee after January 2	Non-Member 12/5-1/2	Non-Member after January 2
Swim Lessons	\$35 Levels A & B: \$10	\$50 Levels A & B: \$25	\$55 Levels A & B: \$35	\$70 Levels A & B: \$50
Tumbling	\$20	\$35	\$45	\$60
Preschool Programs	\$18	No Price Difference	\$28	No Price Difference
Karate	\$50	\$65	\$80	\$95

**Personal Pricing Plan:**

The YMCA welcomes all who wish to participate and annually raises scholarship funds to help make that possible. Please let us know if we may serve you or your family in this way. Personal Price Plan applications must be received one week prior to the registration deadline in order to be considered. For an application please stop in at the Red Wing Family YMCA.

**HOW TO REGISTER**

Registration may be done in person at the YMCA, over the phone at (651) 388-4724, online at redwingymca.org. Payment is required at the time of registration. Please contact the YMCA staff at 651-388-4724, if you have any questions or concerns about any of our programs.

**PLAN AHEAD— NEXT YOUTH SESSION REGISTRATION DATES**

- MARCH 12-April 28 Registration begins: February 12th

**SPECIAL EVENTS**

**PARENTS DAY OUT**

**Saturday, December 16, 1:00-5:00pm**

Last minute shopping trip without the kids! Children will play games, gym time, crafts, and more! Please pack a healthy snack and a blanket, or favorite stuffed friend for quiet reading time at the end of our day.



Member Early Bird Fee	Non-Member Early Bird Fee
1 child \$25	1 child \$35
2 children \$30	2 children \$40
3 children \$35	3 children \$45
4 children \$40	4 children \$50

Create unforgettable memories with your family this holiday season and join us for a fun-filled morning including: fellowship, a delicious pancake breakfast, making a keepsake holiday ornament, and of course, SANTA! Don't forget your camera!

**DATE AND TIME**

Saturday, December 9  
10:00am-12:00pm

**LOCATION:** Camp Pepin

**COST:** \$5 per person, \$20 maximum per family



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

**DEVELOPING  
THE WHOLE CHILD**



**REGISTRATION FOR ALL  
PROGRAMS BEGIN  
DECEMBER 4TH!**

**WINTER 2018  
YOUTH PROGRAMS  
JANUARY-FEBRUARY  
RED WING FAMILY YMCA**

434 MAIN STREET, RED WING, MN 55066  
651.388.4724 / REDWINGYMCA.ORG