



# Red Wing YMCA Youth Program Information: November-December

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

### YOUTH BASKETBALL

The Y and the Red Wing Basketball Association are collaboratively leading this basketball program that combines fun and skill development.



- The Mighty Mite Kindergarten ages will meet on Saturdays for a fun introduction to basketball skills and games.
- Youth grades 1-6 will meet on Thursdays for a team practice and have games on Saturdays at the Y. Each practice will be led by a volunteer coach and each basketball player will receive a personalized team Jersey!  
\*contact Brittany Hagen bhagen@redwingymca.org to register as a coach.

### SESSION DETAILS

Drill Workshop Thursday, November 2, 9 and 16  
Grades 1-2 5:00-6:00pm Grades 3-6 6:00-7:00pm

**Saturdays, November 18-January 27**

- Team Practice begins Saturday, November 18
- Games begin Saturday, December 2
- (No practices or games December 23 or 30)

### SATURDAY TIMES AND DATES

Saturdays, November 18-January 27  
Kindergarten 8:00am-9:00am  
1st and 2nd Grade Boys 9:00-10:00am  
2nd-6th Grade Girls 10:00-11:00am  
3rd-6th Grade Boys 11:00-12:00pm

### KARATE

The YMCA Karate Program focuses on both physical techniques and personal growth. Using both drills and games, we learn punches, kicks, breakfalls 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 so individual attention is 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, November 1st-December 13th  
4:30-5:30pm  
**AGES** 7-12 years



### GYMNASTICS

Gymnastics celebrates all the things kids love to do: jump, tumble, twist, turn, hop, balance, and move. Our classes focus on helping each child improve on the fundamentals of gymnastics and movement in a safe and energetic atmosphere. These classes teach fundamentals to advance skills of tumbling, and dance, along with skills on the beam, bar, and vault.

### DATES AND TIMES

Tuesdays, November 7-December 19  
Rising Stars 3-5 year olds  
4:00-4:30pm, 5:15-5:45pm  
Shooting Stars 5-6 year olds  
4:30-5:15pm  
Super Stars 6-8 year olds  
5:45-6:30pm  
Supernovas 8-12 year olds  
6:30-7:15pm



### KIDS BOOT CAMP

This is a fun circuit workout that consists of sport drills, jump rope, boxing, body weight exercises, fun games, and interval training taught by certified group fitness instructors.

### DATES AND TIMES

Thursdays, November 3-December 15  
Age: 4-6 year olds 3:40-4:10pm  
Age 7-10 year olds 4:20-5:00  
Age 11-14 year olds 5:10-6:00  
Location: Gym C



### BEFORE & AFTER SCHOOL CARE PROGRAM

Our school age child care program includes transportation from school, homework help, swim lessons, and healthy activity time. It also covers all no-school days, even weather cancellations. Children have a blast with peers while developing the YMCA core values of caring, honesty, respect, and responsibility.

**LOCATION:** Red Wing YMCA

### DATES AND TIMES:

Monday through Friday  
6-8am & 3-6pm  
Contact twirrkala@redwingymca.org to register your child.

## PRESCHOOL PROGRAMS (33 MONTHS - 5 YEARS)

### 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: October 31-December 12 (6 Weeks)  
9:00-9:30am Multi-Purpose Room 9:35 - 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 then like to take the last 15-20 minutes to learn and play a new team-building gym game. 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, November 2-December 14 (6 Weeks)  
9:30am-10:30am

## SWIMMING LESSONS (Ages 1 & Up)

### SESSION DATES: October 30—December 19

#### MORNING LESSONS

Wednesdays	
9:30-10:00am	Level 1
10:05-10:35am	Levels 2, 3
<b>Saturdays</b>	
9:00-9:30am	Levels 1, 3
9:35-10:05am	Levels 2, 4
10:10-10:40am	Level 1
10:20-11:00am	Levels 5, 6
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	4:00-4:40pm	Level 4
4:35-5:05pm	Levels 1, 3	4:35-5:05pm	Level 2, 3
5:00-5:40pm	Levels 5, 6	4:45-5:25pm	Level 4
5:10-5:40pm	Levels 1, 2	5:10-5:40pm	Level 1, 2
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 A, B, 1, 3
6:20-7:00pm	Level 4	6:15-6:55pm	Level 6
<b>Tuesdays</b>		<b>Thursdays</b>	
4:00-4:30pm	Levels 1, 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
5:10-5:40pm	Levels 2, 3	5:10-5:40pm	Level 1
5:20-6:00pm	Level 5	5:20-5:50pm	Level 4
5:45-6:15pm	Levels A, B, 2, 3	5:45-6:15pm	Level 1
6:05-6:45pm	Level 4	5:55-6:25pm	Level 3
6:20-6:50pm	Levels 2, 3		

**\*\*Tuesday Swim Lessons begin November 7 and end December 19**

### \*\*NEW SWIM LEVELS\*\* FALL 2017

We have transitioned from fish names to numbers! Not only will this be easier to keep track of what level is next, but there is 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 to help them improve or master their swimming skills at every age and ability. The instructor, 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  
Contact Brittany Hagen at bhagen@redwingymca.org to set up your lessons!

#### PARENT & CHILD

Level A & B  
Tuesdays & Wednesdays  
5:45-6:15

**REGISTRATION FOR ALL PROGRAMS BEGINS OCTOBER 9TH**

## COST OF PROGRAMS

Program	Member Fee 10/9-10/23	Member Fee after 10/23	Non-Member 10/9-10/23	Non-Member after 10/23
Swim Lessons	\$35 Levels A & B: \$10	\$50 Levels A & B: \$25	\$55 Levels A & B: \$35	\$70 Levels A & B: \$50
Preschool Programs	\$18	No Price Difference	\$28	No Price Difference
Gymnastics	\$20	\$35	\$45	\$60
Basketball	\$40 K Basketball: \$20	\$55 K Basketball: \$35	\$65 K Basketball: \$45	\$80 K Basketball: \$60
Kids Boot Camp	\$20	\$35	\$35	\$50
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.

## 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

- **JANUARY 8-FEBRUARY 24** Registration begins: December 4th
- **MARCH 12-APRIL 28** Registration begins: February 12th

## SPECIAL EVENTS

### PARENTS NIGHT OUT

Enjoy a night out while your kids enjoy games, gym time, crafts, and more! Please pack a healthy dinner or snack and a blanket or favorite stuffed friend for quiet reading time at the end of our evening.

#### DATES AND TIMES

Friday, November 17th, 5:00-9:00 pm  
Saturday, December 16th, 1:00-5:00pm  
Last minute shopping trip without the kids!

Member Fee	Non-Member 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

### TEEN DANCE

Open to teens in 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> grades from Red Wing and surrounding communities. They are chaperoned by YMCA staff. Show off you dance moves, compete in the group dance offs and hang out with your friends.

**Middle School ID is required to attend.**

#### DATE AND TIME:

Friday, November 10th, 8:00-10:00pm  
**COST:** \$5 per person

### FALL FEST

Join us for Fall Fest to play "creepy" carnival games, make crafts, jump in the jump house as well as many other activities. Event is open to the public and registration is not required. For ages 13 and younger. Children need to be accompanied by an adult. Halloween costumes are encouraged.

#### DATES AND TIMES

Friday, October 27th 6:30-8:30pm

**LOCATION:** Red Wing YMCA

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

### TRUNK OR TREAT

Trick or treat in the park from the trunks of local businesses and organizations. Enjoy wagon and train rides, 4H animals, kids activities and dancers. The Food Truck will also be there! This is a free public event. Contact Shelby Miller at smiller@redwingymca.org or Angela Frechette at afrechette@redwingymca.org

#### DATE AND TIME

Saturday, October 28th  
3:00-5:00pm

#### NEW LOCATION:

Bay Point Park

### BREAKFAST WITH SANTA

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  
October 9th!**

# FALL 2017 YOUTH PROGRAMS NOVEMBER - DECEMBER RED WING FAMILY YMCA

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

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