



# Red Wing YMCA Youth Program Information: March-April

## SCHOOL AGE & PRESCHOOL YOUTH PROGRAMS (3 YEARS OLD - 6th GRADE)

### INDOOR SOCCER

Athletes need opportunities to try new things, explore and test new abilities—just for fun! Athletes will be able to sample a variety of basic sports that will enhance skills, build self-confidence and have fun. Our ultimate goal is to spark an interest in order to navigate the young athlete to their desirable sport(s) of choice.

#### DATES AND TIMES

Saturday, March 16-April 27  
Pre-K (Adult and Child) 9:00-10:00am  
Kindergarten 10:00-11:00am  
First Grade 11:00am-12:00pm

**LOCATION:** Gym A/B



### 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, or tight fitting clothing. No socks, jewelry or earrings, and have their hair in a ponytail away from their face.**

#### DATES AND TIMES

Mondays-register per Monthly Session  
Feb 4, 11, 18, 25  
March 11, 18, 25  
April 1, 8, 15, 22  
**Beginners (ages: 3-5):**  
4:00-4:30pm, or 4:30-5:00pm  
**Intermediate/Advanced (ages: 6-7):**  
5:00-5:45pm

**LOCATION:** Gym A/B

#### FEE:

February and April  
\$45 Y Members/\$50 Non-Members  
March Session:  
\$35 Y Members/ \$40 Non-Members

### 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.

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

**LOCATION:** Large Studio

#### DATES AND TIME

Wednesdays, March 13-April 24  
4:00-5:00pm  
**AGES** 7-12 years

\*\*Classes are limited to 12 students so individual attention is possible.



### 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. 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 [glynch@redwingymca.org](mailto:glynch@redwingymca.org) to register your child.

**REGISTRATION FOR ALL PROGRAMS BEGINS FEBRUARY 8TH**

## RED WING Y BUILDING CHECK IN PROCEDURES

The YMCA is updating its security procedures so we are asking all members and program participants to be registered in our computer system and use a key tag to enter the building. This will take a bit of work on the front end, but in the long run will make entry easier for all and ensure a safer surrounding for everyone who enjoys our YMCA.

### What you need to know:

- If you are not a member of the Y, but participating in a program you will need to complete an application.
- If you are a member of the Y, but you have family members who will be entering the facility in order to pick up a child or watch a program, those non-members will also need to register.

All paperwork will be given out as registration takes place. You will have time to complete the paperwork and return to the YMCA at least a week before the program is set to begin.

Our staff are more than happy to help you with any questions. Thank you for your time and patience as we move forward.

## SWIMMING LESSONS (Ages 1 & Up)

### PARENT & CHILD Level A & B

Mondays: 5:30-6:00pm; Tuesdays: 5:55-6:25pm;  
And Wednesdays: 9:30-10:00am

### SWIM LESSONS AND WHAT AGE IS BEST

PS = PRESCHOOL AGES 3-5  
SA = SCHOOL AGES 5+

When registering, please choose the correct age and level for your child.

## SESSION DATES: March 11 - April 27

### MORNING LESSONS

#### Wednesdays

9:30-10:00am Level A/B, (PS 1, 2, 3)  
10:05-10:35am (PS 1, 2, 3)

#### Saturdays

9:00-9:30am  
9:35-10:05am (PS 1, 2, 3)  
9:35-10:15am SA 4  
10:10-10:40am (PS 1, 2, 3)  
10:20-11:00am (SA 5, 6)  
10:45-11:15am (SA 1, 2, 3)  
11:05-11:35am SA 4  
11:20-11:50am (PS 1, 2, 3)

### EVENING LESSONS

#### Mondays

4:10-4:40pm (PS 1, 2, 3), (SA 2, 3)  
4:45-5:25pm SA 4  
4:45-5:15pm (PS 1, 2), (1, 2, 3)  
5:20-5:50pm (PS 1, 2, 3)  
5:30-6:00pm SA 4  
5:30-6:10pm (PS 2, 3)  
5:55-6:25pm (Levels A, B) (PS 1, 2)  
6:05-6:45pm (SA 5, 6)  
6:30-7:00pm (SA 1, 2, 3)  
6:50-7:30pm (SA 5, 6)  
7:05-7:35pm (SA 1, 2, 3)

#### Wednesdays

4:10-4:40pm (SA 1, 2, 3)  
4:45-5:15pm (PS 1, 2, 3)  
5:20-5:50pm (SA 2, 3)  
5:20-6:00pm SA 4  
5:30-6:10pm (PS 2, 3)  
5:55-6:25pm (Levels A, B) (PS 1, 2)  
6:05-6:45pm (SA 5, 6)

#### Thursdays

4:10-4:40pm (PS 1, 2, 3)  
4:45-5:15pm SA 3  
4:45-5:25pm (SA 5, 6)  
5:20-5:50pm (PS 1, 2)  
5:30-6:10pm SA 4  
5:55-6:25pm (SA 2, 3)  
6:15-6:55pm (SA 5, 6)

#### Tuesdays

4:10-4:40pm (PS 1, 2), (SA 1, 2, 3)  
4:45-5:15pm (PS 1, 2, 3)  
4:45-5:25pm SA 4  
5:20-5:50pm (SA 1, 2, 3)  
5:30-6:10pm (SA 5, 6)  
5:55-6:25pm (Levels A, B) (PS 1, 2)  
6:15-6:55pm SA 4

### 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 1, 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 Nickie Swenson at [nswenson@redwingymca.org](mailto:nswenson@redwingymca.org) to set up your lessons!



**COST OF PROGRAMS**

Program Fee	Y MEMBERS		NON-MEMBERS	
	EARLY BIRD FEE: February 8—March 5	Starting March 6	EARLY BIRD FEE: February 8—March 5	Starting March 6
Swim Lessons	\$35 Levels A/B: \$10	\$50 Levels A/B: \$25	\$55 Levels A/B: \$35	\$70 Levels A/B: \$50
Soccer	\$20	\$35	\$45	\$60
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, or 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**

- JUNE 3-JULY 27 Registration begins: April 22nd

**SPECIAL EVENTS**

**PARENTS NIGHT OUT**

**Friday, February 15th 5:00-8:00pm**

Deadline to register: February 13th

**Friday, April 19th 5:00-8:00pm**

Deadline to register April 17th

Bring your kids to the Y for a night of fun while you enjoy an evening out!

Each night will include Swimming and Games  
Swimming time: 5:30-6:30pm

Light snack is included. Please bring snack/dinner for meal time. PJs are encouraged to change into after swimming.

Member Fee: 1 child is \$30, each additional child is \$5  
Non-Member Fee: 1 child is \$40, each additional child is \$5

**BRUNCH WITH THE BUNNY**

**Saturday, April 6, 10:00am-12:00pm**

At YMCA Camp Pepin, we make it our job to provide family time by bringing families together to have fun and grow together. Create unforgettable memories with your family this holiday season and join us for a fun-filled morning including: fellowship, a delicious pancake breakfast, egg hunting, and of course, the Easter Bunny! Don't forget your camera!

Fee: \$5 per person/\$20 maximum per family

**BREAKFAST AT CAMP PEPIN**

**BRING YOUR FRIENDS AND FAMILY!**

**Saturday, March 2, 9:30-11:30am**

Come enjoy breakfast at camp! Try some of Camp Pepin's most loved activities! Learn how Camp can enhance your child's summer! If your child has a friend who is interested in going to camp for the first time, this is a great opportunity to bring them along to check camp out and meet the staff!

There will be an opportunity to tour Camp, get registered and pick up fundraising packets.

No registration is required and all are welcome!



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

**DEVELOPING  
THE WHOLE CHILD**



**REGISTRATION FOR ALL  
PROGRAMS BEGIN  
February 8th!**

**SPRING 2019  
YOUTH PROGRAMS  
MARCH-APRIL  
RED WING FAMILY YMCA**

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