



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONTINUE THE FUN THIS FALL AT YOUR Y

2016 Aug - Oct Program Schedule
(Fall Session I)



MICHIANA FAMILY YMCA

1201 Northside Blvd.,
South Bend, IN 46615
(P) 574 287 9622
(W) www.michianaymca.org

EDISON LAKES FAMILY YMCA

205 W. Edison Road
Mishawaka, IN 46545
(P) 574 287 9622
(W) www.michianaymca.org

BEFORE & AFTER SCHOOL

Before & After School

Ages: Kindergarten-Grade 8

Join our Youth Development Team for a safe, fun and exciting after school experience at the Michiana Family YMCA. We understand that parents today are working hard to provide for their families. That's why we work with **Xavier School of Excellence, Veritas Academy, Perley Primary Fine Arts Academy, and South Bend Community School Corporation** to provide kids, in kindergarten through Grade 8, a safe and fun place to find nurturing care outside of school hours.

On-site care is held at Xavier School of Excellence and Veritas Academy only.

Buses arrive at Michiana Family YMCA from South Bend schools: Hamilton, Jefferson, Kennedy, LaSalle, & Nuner. Transportation from other schools is not provided, but all kids in K-8 are welcome.

For prices and/or to register please visit our website or stop by the YMCA.

YOUTH SPORTS

KICKS Tae Kwon Do

KICKS teaches effective techniques for discipline, self-confidence, self-control, healthy living and service to our community. This program is designed to instill students with the basic tenets of success, integrity, honor, discipline, self-confidence and becoming a master of their weaknesses.

Little Dragons

Ages: 4 & 5

This fun and exciting program will be sure to get the children kicking! Kids learn the basic tenets of Tae Kwon Do: discipline, listening skills, stranger danger, bully defense, building the little warrior ethos and basic Tae Kwon Do techniques. Students earn up to 9 stripes as they progress.

Golden Dragons

Ages: 6 & 7

This program is great for developing the young athlete. Kids learn the basic tenets of Tae Kwon Do: discipline, helping others, listening skills, stranger danger, "bully boot-camp," building the little warrior ethos, and basic TKD techniques. Students start as White Belt and can earn up to a Blue Belt.

Beginner Tae Kwon Do*

Ages: 8 & older

The KICKS Tae Kwon Do program is for all students 8 & older. You start as a White or Yellow Belt and can earn up to a Black Belt. Unlock your potential and learn to master your own weaknesses.

Advanced Tae Kwon Do*

Ages: 7 & older

Already a Green Belt or higher? This program helps develop weapons defense, take-downs, advanced sparring and forms. You can earn up to a Black Belt.

Hapkido

Ages: 15 & older

Hapkido is the art of coordinated harmony of energy which teaches advanced locks, throws, and takedowns. This art focuses on proven street level tactics that go to the core of self defense. You will learn to fall properly, strike quickly and decisively, and holds to subdue an attacker quickly. Note, this is a physical class that involves falling, rolling, and ground combative skills.

*Students who have earned a rank at a different school may be able to start at that rank!

Fees: (Full Member/Non Member)	Before Aug 15	After Aug 15
1-Day Dragons	\$30/65	\$40/75
2-Day Dragons	\$40/85	\$50/95
Beginner 2-Day	\$45/95	\$55/105
Advanced & Hapkido 2-Day	\$50/105	\$60/115

Homeschool P.E.

Ages: 4-18

Homeschool children will learn the fundamentals of fitness and swimming. Students will participate in numerous activities that focus on physical fitness, team building, conditioning and learning to swim or working on stroke development and technique. We encourage each child to adopt a healthy lifestyle, which includes swimming and physical fitness.

Dates: September 22 - December 2

Times: Thursdays 10:00a-12:00p; Fridays 12:45-2:45p

Fees: (Full Member/Non Member)

Before September 1: \$50/90 After September 1: \$90/120

Michiana Family YMCA Tae Kwon Do Fall I Schedule

September 6 - October 29 (8 weeks)

	Monday	Thursday
5:00-5:30P	1-Day Little Dragons Track A 2-Day Little Dragons	1-Day Little Dragons Track B 2-Day Little Dragons
5:30-6:00P	1-Day Golden Dragons Track A 2-Day Golden Dragons	1-Day Golden Dragons Track B 2-Day Golden Dragons
6:00-6:45P	Beginner	Beginner
6:45-7:30P	Advanced	Advanced
7:30-8:15P	Hapkido	Hapkido

Edison Lakes Family YMCA Tae Kwon Do Fall I Schedule

September 6 - October 29 (8 weeks)

	Tuesday	Saturday
11:00-11:30A		1-Day Little Dragons Track B 2-Day Little Dragons
11:30A-Noon		1-Day Golden Dragons Track B 2-Day Golden Dragons
Noon-12:45P		Beginner
12:45-1:30P		Advanced
1:30-2:30P		Hapkido
5:00-5:30P	1-Day Little Dragons Track A 2-Day Little Dragons	
5:30-6:00P	1-Day Golden Dragons Track A 2-Day Golden Dragons	
6:00-6:45P	Beginner	
6:45-7:30P	Advanced	
7:30-8:15P	Hapkido	



YOUTH SPORTS cont.

Dance

Basic Dance Skills

Ages: 3-5

Introduce your child to the world of dance! This class will utilize basic dance techniques to help children learn balance, form, and more!

Beginner Ballet

Ages: 3-6

Students will learn the basics of ballet as we discover movements, techniques and combinations of the dance through fun games and exercises, along with floor exercise.

Ballet II

Ages: 6-8

Students will continue to build upon rhythm and coordination skills while incorporating more difficult movement. There will be an increase in ballet vocabulary and the class will alternate between center and barre work. Stretching, strengthening and floor exercises are incorporated. Along with the expanded ballet vocabulary, this class places an emphasis on musicality and its movement application. Students will practice dancing alone, with a partner, as a group and for each other while having fun and building self-confidence.

Tap

Ages: 6-12

Students will develop dance skills and learn combinations as we make fun and musical rhythms with our feet. Tap Shoes Required

Jazz/Hip Hop Fusion

Ages: 5-11

Jazz and Hip-Hop both have American roots. Both are hybrids of several dance forms and are driven by popular music and culture. Jazz incorporates isolation's of the torso and head as well as arms and legs. Hip-Hop movements are percussive and strong. This class is a beginner class for where we will focus on both Hip Hop and Jazz Fundamentals! All ages and experiences welcome.

Fees:	(Full Member/Non Member)
Before August 15 th	\$20/45
August 16 th - September 6 th	\$25/50
After September 6 th	\$35/60

Michiana Family YMCA Dance Fall I Schedule

September 6 - October 29 (8 weeks)

	Friday	Saturday
9:45-10:15A		Jazz/Hip Hop Fusion
10:25-10:55A		Basic Dance Skills
4:30-5:00P	Ballet II	
5:15-5:45P	Beginner Ballet	

Edison Lakes Family YMCA Dance Fall I Schedule

September 6 - October 29 (8 weeks)

	Tuesday	Friday	Saturday
10:00-10:30A			Beginner Ballet
10:45-11:15A			Ballet II
11:30A-Noon			Jazz
5:00-5:30P		Tap	
5:30-6:00P	Beginner Ballet		
5:45-6:15P		Beginner Ballet	
6:15-6:45P	Ballet II		
7:00-7:45P	Jazz		

Tumbling/Gymnastics/Cheerleading

Tumbling/Gymnastics

Ages: 2-6

Introduce your child to the basics of gymnastics in a fun, nurturing environment. Somersaults, introduction to handstands, balance and flexibility are just some of the skills introduced in this course. 30 minute classes. ***parent participation is required**

Cheerleading

Ages: 7-12

Ready for your child to learn choreographed moves? This class develops jumps and cheers, works on flexibility and range of motion, and will focus on jumps and mounts.

Fees:	(Full Member/Non Member)
Before August 15 th	\$20/45
August 16 th - September 6 th	\$25/50
After September 6 th	\$35/60

Michiana Family YMCA

Tumbling/Gymnastics/Cheerleading Fall I Schedule

September 6 - October 29 (8 weeks)

	Tuesday	Wednesday	Saturday
11:15-11:45A			Tumbling 2-3 yrs
12:00-12:30P			Tumbling 4-6 yrs
4:45-5:15P	Tumbling 2-3 yrs		
5:30-6:00p	Cheerleading	Tumbling 2-3 yrs	
6:15-6:45p		Tumbling 4-6 yrs	

Edison Lakes Family YMCA

Tumbling/Gymnastics/Cheerleading Fall I Schedule

September 6 - October 29 (8 weeks)

	Monday	Thursday
5:00-5:30P	Tumbling (2-3 yrs)	Tumbling (2-3 yrs)
5:45-6:15P	Tumbling (4-6 yrs)	Tumbling (4-6 yrs)



YOUTH SPORTS Cont.

Sport Classes

Archery

Ages: 5-12

Participants can learn or practice Archery Skills. The Michiana Family YMCA will provide all of the equipment needed to participate. Learn all about Archery, the parts of the bow and the arrow and practice shooting. Limited spots available per class.

Basketball Skills Class

Ages: 4-9

Learn/work on basketball skills. No experience necessary. Work on defense and offensive skills, shooting, footwork, and much more! ***4-6 year olds class is 30 minutes**

Pre-Y Basketball Class

Ages: 2-3

Be part of this fun exciting class for boys and girls where emphasis is placed on the child's development in Basketball skills, while also working on gross motor skill development. Parents work side by side with their child to help their child build confidence.

Parent Participation is required for this class. *Class only 30 minutes

Pre-Y Multi-Sport Class

Ages: 4-6

Not sure what sport to try? Come out and try all of the YMCA Youth Sports. We will cover basic gym games, soccer, basketball, and t-ball! Great way to stay active this spring!

Pre-Y Soccer

Ages: 2-3

Be part of this fun exciting class for boys and girls where emphasis is placed on the child's development in Soccer skills, while also working on gross motor skill development. Parents work side by side with their child to help their child build confidence. **Parent Participation is required for this class. *Class is only 30 minutes**

Pre-Y T-Ball

Ages: 4-6

Come out and try T-ball! Learn the basic's of t-ball while practicing catching and hitting!

Volleyball

Ages: 8-12

This class is for all skill levels who have never played before or want to build on their skills. We will go over passing, setting, serving underhand, calling the ball, and general rules of the game.

Sport Classes Fees: (Member/Non Member) \$25/50

Michiana Family YMCA Sport Classes Fall I Schedule

September 6 - October 29 (8 weeks)

	Monday	Tuesday	Wednesday	Thursday
5:00-6:00P	Pre-Y Soccer*	Archery	Pre-Y Soccer*	Archery
5:45-6:15P	Pre-Y Basketball	Pre-Y T-Ball	Pre-Y Basketball	Pre-Y T-Ball
6:00-7:00P	Pre-Y Multi-Sport		Pre-Y Multi-Sport	
6:30-7:30P	Volleyball	Basketball Skills 4-6 yrs*	Volleyball	Basketball Skills 4-6 yrs*
7:15-8:00P		Basketball Skills 7-9 yrs		Basketball Skills 7-9 yrs

Edison Lakes Family YMCA Sport Classes Fall I Schedule

September 6 - October 29 (8 weeks)

	Monday	Tuesday	Wednesday	Thursday
5:00-5:30P		Pre-Y Soccer*		Pre-Y Soccer*
5:30-6:00P	Basketball Skills 4-6 yrs*		Basketball Skills 4-6 yrs*	
5:45-6:45P	Pre-Y Multi-Sport	Pre-Y Basketball*		Pre-Y Basketball* Pre-Y Multi-Sport
6:15-7:00P	Basketball Skills 7-9 yrs		Basketball Skills 7-9 yrs	

Sports Leagues

Coed Outdoor Soccer League **Ages: 4-13**

Youth Soccer is an exciting sport combining team play and individual skills. YMCA youth soccer promises no try outs, no getting cut and no bench warmers! Every child plays at least half of every game while making friends and learning new techniques. Practice is held once a week with games on Saturday mornings.

Dates: September 6-October 29

Times: Saturday Games

Fees: (Full Member/Non Member)

Before August 20th \$25/50

After August 20th..... \$35/60

Plus \$18 One time jersey fee. Jersey can be used for multiple sessions and multiple sports.

KIDS NIGHT OUT

Kids Night Out

Join the Youth Development team on the first Saturday of every month, starting in October, for Kids Night Out. Kids Night Out is an awesome, fun-filled event JUST FOR KIDS. Featuring games, delicious dinners, movies and lots more, it's the perfect way for kids and their parents!) to spend Saturday night.

Date: October 1st

Theme: Fall Harvest Party

Food: Chicken Nuggets & Mixed Veggies

Times: 5:00-9:30p

Date: November 5th

Theme: Music Mania

Food: Turkey Dogs & Veggie Sticks

Times: 5:00-9:30p

Fees:

Member \$15

Non Member \$25



Look for these programs in our upcoming Fall II Program Guide:

- Winter Break Day Camp
- Indoor Soccer League

YOUTH SWIM LESSONS

In swim lessons at the Y, your child will learn and practice new swimming skills and feel a sense of achievement that comes from mastering something new they can enjoy the rest of their lives. Participating in fun water sports and games will increase your child's physical activity level.

Preschool/Progressive Lessons **Ages: 3-13**

Classes are 45 minutes

Fees: \$37 Full Member; \$74 Non Member

Parent/Tot Class **Ages: 6 months-3yrs**

We play games, sing songs, lightly splash in the water and blow bubbles to learn to feel comfortable in the water. Remember to bring rubber pants or swim diapers. Minimum of 5 per class.

*These classes are 30 minutes, beginning at the same time as the Youth lessons and ending 15 minutes earlier.

Fees: \$27 Full Member; \$54 Non Member

Teen/Adult **Ages: 13yrs +**

It's never too late to learn to swim, improve your skills or add swimming for cross training. Improve your swimming abilities with our certified instructors. From beginning to advanced levels you will improve your strokes, dives & flip turns. Classes are 45 minutes.

Fees: \$33 Full Member; \$66 Non Member

Competitive Swim Lessons **Ages: 5yrs +**

Truly meant for any age who have lap swimming experience and are just starting out on their journey for either a swim team or to work up to a triathlon. Contact Aquatic Director with any questions

Dates & Times:

Tue/Thu: Sept. 6 - Sept. 29, 3:45-4:45p

Tue/Thu: Oct. 4 - Oct. 27, 3:45-4:45p

Fees: (Member/Non Member)

\$48/\$72

YOUTH SWIM LESSONS FALL I SCHEDULE MICHIANA FAMILY YMCA

September 6 - October 29 (8 weeks)

	Monday	Tuesday	Wednesday	Thursday	Saturday
9:00-9:45a					Parent/Tot*, Preschool & Progressive
10:00-10:45a	Parent/Tot* & Preschool	Parent/Tot* & Preschool		Preschool	Parent/Tot*, Preschool & Progressive
11:00-11:45a					Parent/Tot*, Preschool & Progressive
3:45-4:45p		Competitive Swim Lesson		Competitive Swim Lesson	
4:00-4:45p	Preschool & Progressive	Preschool & Progressive	Preschool & Progressive	Preschool & Progressive	
5:00-5:45p	Preschool & Progressive		Preschool & Progressive		
6:30-7:15p	Parent/Tot*, Preschool & Progressive		Parent/Tot*, Preschool & Progressive		
7:15-8:00p	Teen & Adult Swim Lessons				

SAFETY CLASSES

Lifeguarding Class **Ages: 15+**

Fee: \$100/Member \$125/Non Member

A: Date: September 19-November 14

Time: Monday 6:30p-9:45p

B: Date: Sept. 30, Oct. 1, 2, 7, 8 & 9

Time: Fri. 5:30-10pm; Sat. Noon-4pm; Sun. 1-5pm

CPR/AED for the Professional Rescuer **Ages: 16+**

Fee: \$50/Member \$75/Non Member

Date: Sunday, September 11 1:00-6:00p

Saturday, October 8 1:00-6:00p

Friday, November 4 8:30a-1:30p

Must be registered two days before start of class. Bring sack lunch.

First Aid **Ages: 16+**

Fee: \$30/Member \$50/Non Member

Date: Saturday, August 20 1:00-4:00p

Friday, September 16 6:00-9:00p

Sunday, October 16 2:00-5:00p

Saturday, November 12 1:00-4:00p

SWIM TEAM

Stringrays Swim Team **Ages: 5-18**

Competitive Swimmers build friendships and self-confidence, gain valuable experiences through teamwork and develop individual excellence. Kids may join the Stingrays at any time of the year. Swim team members must be Full Members of the Y. Additional information about schedules and registration forms are available online.

Parents Meeting: Thur., September 1, 6:30pm at YMCA

1st Practice: September 6

Ages: 8 and under

At YMCA:

Tue & Thur 4:50-5:55p

Friday 4:00-5:30p

Saturday 7:00-8:00a

Ages: 9 and up

At YMCA:

Tue & Thur 6:00-8:30p

Friday 4:00-5:30p

Saturday 7:00-8:50a

Ages: All ages

At Washington*:

Mon & Wed TBA

Fees:

\$62 per month (\$382 for the season)

\$10 Tech Fee

10% discount for each additional child

\$200 High School Students

\$10 2 week trial

\$15 joiner fee for new families

Contact us at swimteam@michianaymca.org for more details.

*Pool at Washington High School, W. Washington St.