

## Wednesday

### Youth Yoga

Youths will learn self-respect and respect for others with the practice of fun and challenging poses, partner and group poses, lots of yoga games, breathing and basic anatomy.

*Ages: 10+ years Wednesdays 7-7:50 pm*  
*Non-Members: \$60*

## Thursday

### Gym & Swim

Bring your youngster for a play in the gym from 9:30-10:15 am and a swim in the pool from 10:15-11 am.

*Ages: 5 & under*  
*Thursdays 9:30-10:15 am, 10:15-11 am*  
*Non Member Price: \$60*

### Beginner Jazz

This class will focus on learning proper jazz dance technique such as isolations, jumps, and kicks. Class will be layered with traditional jazz movement and will include a proper warm-up, stretches, across-the-floor progressions, and combinations.

*Ages: 6-12 years*  
*Thursdays 4:30-5:20 pm*  
*Non-Member Price: \$60*

### Pre-Advanced Lyrical Dance

This class is designed for intermediate to advanced students with some previous training in dance. Students will explore basic techniques and skills such as jumps, floor work, and kicks. This class emphasizes interpretation of music lyrics while telling a story with movement that can be fluid or abstract. As students progress, the class will become increasingly more complex and intricate.

*Ages: 10-15 years*  
*Thursdays 5:30-6:20 pm*  
*Non-Member Price: \$60*

### Babysitting

Prepare yourself for the important job of babysitting. This training course is focused on childcare, planning and preparation to be a babysitter.

*Ages: 11 years+*  
*Thursdays 5:30-7 pm*  
*Non-Member Price: \$60*

## Friday

### LEGO and Stories

Each week our child-care professional will read a different story and help the children bring the pages to life by building the scene with LEGO.

*Ages: 2-5 years Fridays 10-10:50 am*  
*Non-Members: \$60*

### Parent Free Zone - Babysitting at the YMCA!

Parents get to take Friday to enjoy a date, indulge in late-night shopping, catch up with friends or even get a head-start on the house-work while the little ones are entertained by our experienced team of leaders.

*Ages: 6 months-12 years*  
*Fridays 5:30-8:30 pm*  
**\*You must book your spot 24-hours before class**  
*Non-Members: \$5 each child*

*Take some time for you and let us watch the kids!*

## Saturday

### Yoga, Play, Music & Dance

An introduction to traditional yoga poses, inspired by animals and nature. Stories and music are used to promote imaginative play, dance and drama through yoga movement. Kids learn to stretch their bodies safely while exploring stories, shapes, animals, patterns and colors. Promotes relaxation and develops fitness skills.

*Ages: 2-5 years Saturdays 10:30-11:20 am*  
*Non-Member Price: \$60*

### Junior Tumble 'n' Cheer

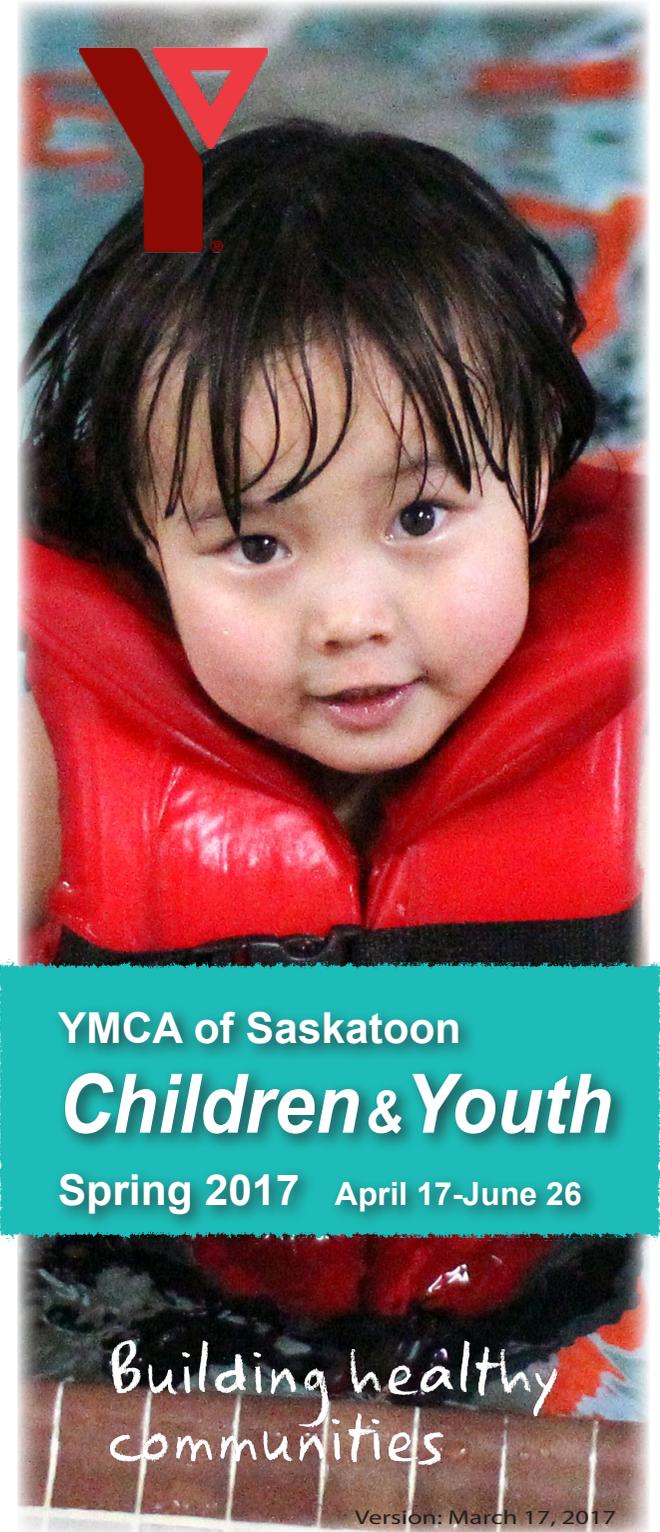
An introduction to the exciting sport of cheerleading. The participants will be introduced to various fundamental skills.

*Ages: 4-6 years Saturdays 2-2:50 pm*  
*Non-Members: \$60*

### Tumble 'n' Cheer

The participants will continue to learn how to stretch, warm-up, correct arm positions, simple cheers, chants, learn how to count for routines, proper jump technique as well as basic tumbling.

*Ages: 7-12 years Saturdays 3-3:50 pm*  
*Non-Members: \$60*



**YMCA of Saskatoon**  
**Children & Youth**  
**Spring 2017 April 17-June 26**

*Building healthy communities*

Version: March 17, 2017

## Aquatics programs begin April 17

Pre-school levels (Splashers-Dippers) Free for members! Non-member price: \$65.00  
 Learn to Swim (Otter-Swimmer) Free for members! Non-member price: \$70.00  
 Star Levels (Star 1-7) Free for members! Non-member price: \$75.00

Level	Monday	Friday	Saturday	Sunday
<b>Splashers/ Bubblers</b>	4:35-5:05	4:35-5:05	Noon-12:30	12:05-12:35
<b>Bobbers/ Floaters</b>	4:00-4:30 5:10-5:40	4:00-4:30 5:10-5:40	12:35-1:05 1:10-1:40 2:20-2:50	11:30- Noon 12:40 - 1:10
<b>Gliders/ Divers</b>	4:35-5:05 5:45-6:15	4:35-5:05 5:45-6:15	12:00-12:30 1:45-2:15	12:05-12:35 1:15 - 1:45
<b>Surfers/ Dippers</b>	5:10-5:40	5:10-5:40	1:10-1:40 2:55-3:25	12:40 - 1:10
<b>Otter</b>	4:00-4:30 5:45-6:15	4:00-4:30 5:45-6:15	12:35-1:05 2:20-2:50	11:30-12:00 1:15 - 1:45
<b>Seal</b>	4:35-5:05 6:20-6:50	4:35-5:05 6:20-6:50	12:00-12:30 1:45-2:15 2:20-2:50	12:05-12:35
<b>Dolphin</b>	5:10-5:40	5:10-5:40	1:10-1:40 2:55-3:25	12:40 - 1:10
<b>Swimmer</b>	5:45-6:15	5:45-6:15	12:35-1:05 1:45-2:15 2:55-3:25	11:30-12:00 1:15 - 1:45
<b>Star 1</b>	6:20-7:05	6:20-7:05	11:30-12:15	1:50 - 2:35
<b>Star 2</b>	6:20-7:05	6:20-7:05	11:30-12:15	1:50 - 2:35
<b>Star 3</b>	7:10-7:55	7:10-7:55	11:30-12:15	2:40-3:25
<b>Star 4</b>	7:10-7:55	7:10-7:55	11:30-12:15	2:40-3:25
<b>Star 5</b>	7:10-7:55		12:15-1:00	1:50 - 2:35
<b>Star 6</b>	7:10-7:55		12:15-1:00	1:50 - 2:35
<b>Star 7</b>		7:10-7:55	12:15-1:00	2:40-3:25

### Private Swimming Lessons

Private lessons are one-on-one and are student-led. This gives the student the ability to choose the skill they want to learn or improve upon. Private lessons are great for adults who want to get back into the water and also for children or youths who learn better individually rather than in a class.

Private lessons are available Saturdays 3:30-4 pm and Sundays 3:30-4 pm.

For more information, or to find out about more available times, please contact Aquatics Coordinator Rebecca Newson at 306-652-7515 ex 227 or rnewson@ymca-saskatoon.org.

## Non-aquatic programs begin April 24

### Monday

#### Arts, Crafts & Messy Play

Messy play is not only great fun, but is a perfect way for your child to learn new skills through sensory play, as well as learning to share, make new friends, develop greater confidence and boost communication skills.

*Ages: 2-5 years Mondays 10-10:50 am Non-Members: \$45*

#### Beginner Ballet

This class introduces classical ballet vocabulary, emphasizing musicality and individual creative expression in an innovative, fun and easy to learn manner for beginners.

*Ages: 4 - 6 years Mondays 4 - 4:50 pm Non Member Price: \$60*

#### Pre-Inter Hip Hop

This is a high-energy class that will infuse the latest styles of street dancing, breaking, popping, and locking. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements.

*Ages: 7 - 12 years Mondays 5 - 5:50 pm Non Member Price: \$60*

### Tuesday

#### Parent & Tot Aqua

A chance for parents and tots to spend time together in the pool.

*Ages: 5 & under Tuesdays 10 - 10:45 am Non Member Price: \$60*

#### Science and Lego

Boys and girls will discover the joy of building goal oriented LEGO models while learning science concepts. We will get hands-on time building moveable models, learning to problem solve and how things work. Budding engineers actively build, explore and learn all while having fun.

*Ages: 6 - 12 years Tuesdays 5:30 - 6:30 pm Non Member Price: \$60*

### Wednesday

#### Kinder Size Music & Dance Time

Our energetic dance instructor will engage your child in lots of fun movement to music.

*Ages: 2-5 years Wednesdays 10 am-10:50 am Non-members: \$45*

#### Arts & Crafts

These classes are a fun way to unleash creativity in children. From mixed media to beading to watercolors to junk-art and jewelry making students have a wide range of opportunity to express themselves.

*Ages: 6-12 years Wednesdays 6-6:50 pm Non-Member Price: \$60*

#### Children's Yoga

Improve strength, flexibility, and coordination. Children will learn how to focus and center themselves with various breathing and visualization techniques.

*Ages: 5-10 years Wednesdays 6-6:50 pm Non-Members: \$60*