



# INDIANOLA YMCA

## YOUTH PROGRAMS—Spring 2018

### Youth Sports & Programs

#### Mini Tumblers

Does your child have tons of energy to spare? If so, maybe tumbling should be a part of their weekly activities. In introduction to tumbling, children will learn basic tumbling skills and balance. Coordination will be taught through fun and games. This program is designed for children who don't have any previous tumbling experience. Proper form for cartwheels, rolls, backbends, and other introductory skills will be covered.

**Ages:** 4-6yr old Girls and Boys  
**Dates:** Saturday March 17th– April 21st  
**Time:** 8:30am–9:20am OR  
10:30am–11:20am

**Cost:** Members: \$35 Non-Members: \$50  
**\*fee includes a t-shirt for each participant**

#### Youth Indoor Soccer Clinic

Let your PreK– 3rd grade child join us for an instructional youth soccer program. Goals of this program are developing soccer skills, teaching sportsmanship & fair play, socializing among teammates, and staying active while enjoying soccer.

**Ages:** PreK-3rd grade old boys & girls  
**Dates:** March 17th – April 21st  
**Time:** PreK- K: 9:30 - 10:20am or 11:30 - 12:20pm  
1st-3rd: 8:30 - 9:20am or 10:30 - 11:20am  
**Cost:** Member-\$35 Non-Member- \$50

#### Youth Cheerleading

Do you have spirit? Cheerleading offers boys and girls the chance to be active and have fun building their skills through team building activities.

**Ages:** 3-10  
**Dates:** March 17th – April 21st  
**Time:** Saturday Morning  
3-6yrs: 9:30-10:20am  
7-10yrs: 11:30-12:20pm

**Cost:** Members-\$40 Non-Members-\$65  
**\*fee includes poms and a t-shirt for each participant**

#### Girls on the Run Spring 2018

Girls on the Run is a transformational physical activity based positive youth development program for girls in 3rd-8th grade. We teach life skills through dynamic interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. Participant registration opens February 15th. Sign up online at [www.dmyymca.org](http://www.dmyymca.org)

Season begins week of March 19th  
For more information, contact  
[christa.vanderleest@girlsontherun.org](mailto:christa.vanderleest@girlsontherun.org)

#### Kids Kayaking

This 2-hour course will introduce kids (6-9 year olds) to basic kayaking skills. Time will be spent teaching the basics while playing games and having fun on the water.

**Ages:** 6-9yr old  
**Dates:** Saturday, February 17th  
**Time:** 12pm-2pm  
**Cost:** Members: \$25 Non-Members: \$30

#### Kids SUP

This 1-hour course will introduce kids (6-9 year olds) to basic SUP skills. Time will be spent playing on the boards and developing balance. Kids will learn basic skills, terminology, and safety.

**Ages:** 6-9yr old  
**Dates:** Saturday, February 17th  
**Time:** 2pm-3pm  
**Cost:** Members: \$15 Non-Members: \$20

#### Kids Moving Movie Night!

Are you ready to take the night off? Enjoy a much needed break while your children enjoy a fun "KIDS NIGHT IN" with other kids in a safe and structured environment with our fun and responsible Y Staff.

**Date & Time:** Friday February 16th 6:00pm-9:00pm  
**Ages:** 2-8  
**Cost:** Member-\$15 Non-Member- \$25

**Registration is required.**