



YOUTH SPORTS & PROGRAMS




**SPRING I
SESSION**



Mar 2 to Apr 26

GREATER VALLEY YMCA, NAZARETH BRANCH

gv-ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING I SESSION



Mar 2 to Apr 26

REGISTER ONLINE
or at the Welcome Center



We believe every child has potential, and we're here to nurture that potential. From youth sports to academic support to leadership development, the Y helps bring out the best in kids, and they keep surprising us with all they can do.

YOUTH TANG SOO DO

Ages 7 years to 17 years. The 2,000 year old traditional Korean martial art emphasizes self-defense, discipline, endurance and spirit.

Tue & Thu 6:30 PM to 7:30 PM
Member \$65
Mon Member \$105

PRINCESS BALLET

Ages 3 to 5 years. Children learn beginner ballet steps and different fairytale stories and princesses! Dancers will explore movement through imagination and creative play, while improving social skills, balance, coordination and flexibility.

Tuesday 10:30 AM to 11:15 AM
Member \$48
Non Member \$96

BALLET

Ages 5 to 9 years. Learn beginner ballet and tap technique and terminology, while improving their balance, flexibility and coordination.

Tuesday 5 PM to 5:45 PM
Tuesday 5:45 PM to 6:30 PM
Member \$48
Non Member \$96

HIP HOP

Ages 5 to 9. Learn basic hip hop technique and age appropriate style all while improving social skills, balance, and coordination !

Thursday 5:45 PM to 6:30 PM
Member \$48
Non Member \$96

MUSICAL THEATER

Ages 5 to 10 years. Focus on establishing strong dance technique and facial expressions while increasing strength, flexibility, and social skills to classic theatre songs.

Thursday 5 PM to 5:45 PM
Member \$48
Non Member \$96

PRE-ACRO

Ages 3 to 5 years. An introduction to Acro dance - a fusion of both gymnastic skills and dance. Learn beginner skills such as forward rolls, handstand preparations, and cartwheels.

Wednesday 5 PM to 5:45 PM
Member \$48
Non Member \$96

ACRO

Ages 6 to 9 years. A fusion of gymnastics skills and dance, learn the elements of balancing, limbering, and tumbling, all while improving their strength, flexibility, and coordination.

Wednesday 5:45 PM to 6:30 PM
Member \$48
Non Member \$96

NINJA ZONE

Ages 5 to 10 years. A mix of kickboxing and obstacle course moves all while improving coordination and flexibility. **NOTE:** Open finger kickboxing gloves required for this program-available for purchase at the Welcome Center of from your favorite retailer.

Monday Ages 5 to 7 years
5 PM to 5:45 PM
Monday Ages 7 to 10 years
5:45 PM to 6:30 PM
Member \$48
Non Member \$96

7TH GRADE INITIATIVE PROGRAM

Inspire youth to discover their passions, develop healthy lifestyles, and gain the assets needed to avoid risky behaviors and succeed in school and life. This FREE Y program is available to all students in 7th Grade within the Bethlehem Area School District. To sign up bring valid school id, and parent to complete all paperwork.

REGISTRATION OPEN
Member Feb 10
Non Member Feb 17



FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY