



YOUTH SPORTS & PROGRAMS



**SPRING I
SESSION**



Mar 2 to Apr 26

GREATER VALLEY YMCA, SUBURBAN NORTH BRANCH

gv-ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

SPRING I SESSION 

Mar 2 to Apr 26

REGISTER ONLINE
or at the Welcome Center



TUMBLING TOTS

Ages 18 months to 3 years. Introductory tumbling class helps little ones start moving on the gymnastics mat learning basic movement, while under close supervision. **Parents must be present at all times during class.**

Friday	6 PM to 6:45 PM
Member	FREE
Non Member	\$48

SPORTS SAMPLER

Ages 3 to 6 years. Learn the fundamentals of soccer, basketball, kickball and tennis.

Saturday	10 AM to 10:45 AM
Member	FREE
Non Member	\$24

TANG SOO DO

Ages 5 to 17 years. Focus on traditional Korean martial arts and emphasis self-defense, self-discipline, endurance and spirit.

Mon & Wed	7 PM to 8 PM
Member	\$60
Non Member	\$105

PRINCESS BALLET

Ages 3 to 6 years. Learn beginner ballet steps and different princesses! Explore movement through imagination and creative play while improving social skills, balance, coordination and flexibility.

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

ACRO 1

Ages 4 to 10 years. Learn beginner skills such as forward rolls, hand stand preparation, and cart wheels, all while improving strength and balance, flexibility and coordination.

Monday	6 PM to 6:45 PM
Member	\$48
Non Member	\$96

ACRO 2

Ages 10 years and older. Fusion of gymnastic skills and dance. Learn acro skill levels in the elements of balancing, limbering, and tumbling. Improve flexibility and coordination.

Tuesday	6:45 PM to 7:45 PM
Member	\$48
Non Member	\$96

IRON TEENS

Ages 12 to 18 years. Learn weight lifting techniques, and form while pumping up those muscles.

Wed	5 PM to 5:45 PM
Members Only	FREE

TEEN CYCLING

Ages 12 to 18 years. No complicated moves to learn, motivated group environment and great music that begs your legs to pedal.

Wed	6:15 PM to 7 PM
Member Only	FREE

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. To sign up bring valid school id, and parent to complete all paperwork.

Mon to Thu	Sep 1 to Jun 30 2:30 PM to 4 PM
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FAMILY RECREATION TIME

Spend time together during Family open gym. Play basketball kickball, hula hoop or games as a family at our Y. Family gym time is a great time to meet other families and make new friends.

Sun	11 AM to 12 PM
Members Only	FREE

MIDDLE SCHOOL DANCE

Grades 5th to 8th. Come out and celebrate St. Patrick's Day! Wear your neon green! This is a blacklight dance party. Pre register required.

March 13	6 PM to 8 PM
Member	FREE
Non Member	\$5

SCRAMBLED EGGS

Ages 18 months to 10 years. Ages 5 and under must be accompanied by a parent. Join us for an indoor Easter Egg hunt, and craft.

April 3	6 PM to 7 PM
Members	FREE
Non-members	\$5

REGISTRATION OPEN

Member	Feb 10
Non Member	Feb 17



FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY