



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Youth Programs Schedule

R. F. WILKINSON FAMILY YMCA  
Spring 2 Session  
May 1-June 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Munchkin Cooking 9:30am-10:15am Kitchen Ages: 3-4 Fee:\$29/\$65		Cheerleading 10:30am-11:15am Gymnasium Ages: 5-7 Fee: \$28/\$35
					*Pre-School Ballet 10:45-11:15 am Multi-Purpose Room Age 3 Fee: \$35/\$65
					Cheerleading 11:30am-12:15pm Gymnasium Ages: 8-10 Fee: \$28/\$65
					Kids in the Kitchen 11:30am- 12:15pm MPR Kitchen Ages 6 - 8 Fee: \$28/\$65
				*Pre-School Ballet 2:45pm- 3:15pm Group Exercise Room Ages 3 Fee: \$35/\$65	*Princess Ballet 11:30-12:15 pm Group Exercise Room Ages 4 - 5 Fee: \$35/\$65
		Basketball 2 4:30pm-5:15pm Gymnasium Ages: 11-13 Fee: \$28/\$65	*Beg. Jazz 3:30pm-4:15pm Group Exercise Room Ages: 4-5 Fee: \$35/\$65	*Princess Ballet 3:30-4:15 pm Group Exercise Room Ages 4 - 5 Fee: \$35/\$65	*Princess Ballet 12:15pm- 1:00pm Group Exercise Room Ages 4 - 5 Fee: \$35/\$65
	*Hip-Hop 1 5:30-6:15 pm Multi-Purpose Room Ages 7- 9 Fee: \$35/\$65	Basketball 1 5:15pm-6:00pm Gymnasium Ages: 8-10 Fee: \$28/\$65	*Hip Hop 2 5:30-6:15 pm Multi-Purpose Room Ages 10 - 13 Fee: \$35/\$65	*Ballet 1 4:30-5:15 pm Group Exercise Room Ages 6 - 8 Fee: \$35/\$65	*Ballet 1 1:00pm-1:45pm Group Exercise Room Ages 6 - 8 Fee: \$35/\$65
					* Jazz 1 1:45pm-2:30pm Group Exercise Room Ages 6 - 8 Fee: \$35/\$65

\* Designates classes that are part of the YMCA Dance School

All Youth Programs require an extra fee. Please register and pay for programs at the Welcome Center. Rates: Member/Non-member

Youth Programs run once a week for an 8-week session. Registration for the Summer Session begins June 4th for members, June 7th for non-members.

Program Descriptions on next page.

301 Sentara Circle, Williamsburg, VA 23188 757 229 9622

A branch of Peninsula Metropolitan YMCA - 101 Long Green Blvd., Yorktown, VA 23693

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3/29/2012



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## Youth Programs Schedule

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Spring 2 Session

### CLASS DESCRIPTIONS

**Not accepting New Dancers for all other dance classes until Summer 2012!**

**\*Designates classes that are part of the YMCA Dance School.**

<p><b>*Hip-Hop 1 (YMCA Dance School):</b> Introduces kids to the latest Hip-Hop moves, while learning combinations to today's newest beats. <b>Ages 7-9</b></p> <p><b>*Hip-Hop 2 (YMCA Dance School):</b> Teaches students more advanced Hip-Hop combinations while dancing to today's newest beats. <b>Ages 10-13</b></p>
<p><b>*Pre-School Ballet (YMCA Dance School):</b> Children experience the beauty of dance, while developing musicality, rhythm, flexibility, and balance. Pre-School Ballet allows your child to learn about body coordination. All students must wear a leotard, pink tights, and pink leather ballet shoes. <b>Age 3</b></p>
<p><b>*Princess Ballet (YMCA Dance School):</b> This class allows your child to learn the foundation of classical ballet training. Students learn the basics of stretching and ballet across the floor. All students must wear a leotard, pink tights, and pink leather ballet shoes. <b>Ages 4-5</b></p>
<p><b>*Ballet 1 (YMCA Dance School):</b> Students learn proper class etiquette while building technique at the ballet barre and in the center. All students must wear a leotard, pink tights, and pink leather ballet shoes. <b>Ages 6-8</b></p>
<p><b>*Beg. Jazz (YMCA Dance School):</b> This class teaches kids the foundation of Jazz dance. <b>Ages: 4-5</b></p> <p><b>*Jazz 1 (YMCA Dance School):</b> This class focuses on teaching kids jazz at a more intermediate level. <b>Ages 6-8</b></p> <p><b>*Jazz 2 (YMCA Dance School):</b> This class focuses on teaching jazz at a slightly more advanced level. Students will learn about how jazz dance evolved on Broadway into a new, smooth style that is taught today and known as modern Jazz. <b>Ages 9-13</b></p>
<p><b>Kids in the Kitchen:</b> Students create a cookbook, learn about basic utensils, appliances, recipes, and food products all while preparing dishes for breakfast, lunch, and dinner. <b>Ages 6-8</b></p>
<p><b>Basketball 1:</b> Learn the foundation of basketball in this instructional class. This class is taught by one of our trained YMCA basketball coaches. <b>Ages: 8-10</b></p> <p><b>Basketball 2:</b> Learn the foundation of basketball in this instructional class at a more advanced level. This class is taught by one of our trained YMCA basketball coaches. <b>Ages 11-13</b></p>
<p><b>Cheerleading:</b> Students get the opportunity to learn all about cheerleading safety, stunts, tumbling, and cheers! <b>Ages 5-7, 8-10</b></p>