

# Winter I-2020 Program Catalog

## Kids Yoga

Now kids can do Yoga too! This special 30 minute class is easy to follow with simple yoga positions and fun game play. Benefits include increased flexibility, balance, coordination and strength. Ages 3 to 6.

DATES	DAY	TIME	#	MEMBERS / COMMUNITY
1/13/2020 - 2/17/2020	M	9:15 AM - 9:45 AM	57897	\$30/\$60

## Indoor Playground

Come and let your child get their wiggles out. The whole gym is set up with indoor active play equipment, bounce house, ball play, craft, etc. All ages welcome

DATES	DAY	TIME	#	MEMBERS / COMMUNITY
1/18/2020 - 1/18/2020	Sa	9:30 AM - 12:30 PM	73860	Member Benefit/\$5
2/8/2020 - 2/8/2020	Sa	9:30 AM - 12:30 PM	73861	Member Benefit/\$5

## Parents Night Out

Parents can enjoy some much deserved time to themselves with the peace of mind that their children are in a safe, fun environment. Kids will enjoy arts & crafts, sports, and much more with an engaging and qualified staff. Free for members \$25 first child - Community Participants (\$10 per child after first) Ages 6 to 12

DATES	DAY	TIME	#	MEMBERS / COMMUNITY
1/10/2020 - 1/10/2020	F	5:00 PM - 9:00 PM	73862	Member Benefit/\$25
2/14/2020 - 2/14/2020	F	5:00 PM - 9:00 PM	73863	Member Benefit/\$25

## Adult Basketball

With an emphasis on teamwork and cooperation, our Adult Basketball League offers this recreational sport for those who want to have fun in the camaraderie of others while getting an excellent workout. Ages 18 and up.

DATES	DAY	TIME	#	MEMBERS / COMMUNITY
1/13/2020 - 2/24/2020	M	6:45 PM - 8:30 PM	73097	\$40/\$60
3/2/2020 - 4/13/2020	M	6:45 PM - 8:30 PM	73098	\$40/\$60

## Youth Basketball Clinic

This clinic is designed for all skill levels. Beginners can learn the fundamentals and more experienced can practice and enhance their skills. Ages 5 to 13

DATES	DAY	TIME	#	MEMBERS / COMMUNITY
1/15/2020 - 2/26/2020	W	6:30 PM - 7:30 PM	73394	\$40/\$75

## Youth Sports Sampler Winter II

Lakeshore Family YMCA's Youth Sampler program is an introduction to different sports. Children learn socialization with kids their own age, while gaining basic skills of the weekly sport. This program will focus on popular winter sports such as hockey, basketball, and

# LAKESHORE FAMILY YMCA

soccer. Ages 6 to 12

DATES	DAY	TIME	#	MEMBERS / COMMUNITY
3/3/2020 - 4/21/2020	Tu	5:00 PM - 5:45 PM	74732	\$35/\$65

## Preschool Sports Sampler Winter I

Lakeshore Family YMCA's Preschool Sampler program is an introduction to different sports. Children learn socialization with kids their own age, while gaining basic skills of the weekly sport. This program will focus on popular winter sports such as hockey, basketball, and soccer. Ages 3 to 5.

DATES	DAY	TIME	#	MEMBERS / COMMUNITY
1/16/2020 - 2/27/2020	Th	10:00 AM - 10:45 AM	74444	\$35/\$65

## Tae Kwon Do - Adult

Imagine a classroom filled with happy, healthy, highly motivated people, training in traditional Tae Kwon Do, learning skills that will stick with them for the rest of their lives. You will never feel intimidated or physically vulnerable; in fact, we do not tolerate nor welcome individuals with negative intentions. Our ego-free team atmosphere is contagious and one-of-a-kind. At the YMCA we take pride in our unique curriculum and approach to teaching! For decades we have been training in the martial arts and developing teaching techniques that are unparalleled in our industry, our Sr. Instructors Mark Losinski and Kate Woods are Arming your child with a sharp mind, responsible reasoning and effective self-defense. A uniform is required for class. Children 4-6yrs, Youth 7-15yrs, Adults 16 & Up.

DATES	DAY	TIME	#	MEMBERS / COMMUNITY
1/16/2020 - 2/27/2020	Th	7:30 PM - 8:30 PM	74733	\$40/\$80

## Tae Kwon Do - Preschool- Tiny Tigers

Imagine a classroom filled with happy, healthy, highly motivated people, training in traditional Tae Kwon Do, learning skills that will stick with them for the rest of their lives. You will never feel intimidated or physically vulnerable; in fact, we do not tolerate nor welcome individuals with negative intentions. Our ego-free team atmosphere is contagious and one-of-a-kind. At the YMCA we take pride in our unique curriculum and approach to teaching! For decades we have been training in the martial arts and developing teaching techniques that are unparalleled in our industry, our Sr. Instructors Mark Losinski and Kate Woods are Arming your child with a sharp mind, responsible reasoning and effective self-defense. A uniform is required for class. Children 4-6yrs, Youth 7-15yrs, Adults 16 & Up.

DATES	DAY	TIME	#	MEMBERS / COMMUNITY
1/16/2020 - 2/27/2020	Th	5:30 PM - 6:15 PM	72437	\$45/\$85

## Tae Kwon Do - Beginner

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DATES	DAY	TIME	#	MEMBERS / COMMUNITY
1/16/2020 - 2/27/2020	Th	6:30 PM - 7:30 PM	72433	\$50/\$90