

PRESCHOOL

KARATE

Increase confidence, hand-eye coordination, discipline, concentration and self-control. Learn self-defense, kata, sparring and theory of martial arts. Belts required for belt testing. Speak with instructor prior to purchasing.

KARATE I (Ages 4-5)

New & White Belt
F 3:30-4:15PM

Full Privilege **\$46**, Basic **\$78**

KARATE II (Ages 4 - 5)

Prerequisite - Complete 3 ten week classes of Karate 1

TU 4:15-5:00PM (I & II Combined)
F 4:15-5:00PM

Full Privilege **\$46**, Basic **\$78**

KINDER GYMNASTICS (Ages 3½-5)

Introduction to equipment including balance beam, bars, vault, mini trampoline and tumbling. Developing basic skills, coordination, flexibility, safety knowledge and listening skills are emphasized.

W 1:15-2:15PM
TH* 3:15-4:15PM - No class 11/24

Full Privilege **\$46**, Basic **\$78**

*Thursday class: Full Privilege **\$41**, Basic **\$70**

MINI SPORTS (Ages 3½-5)

Opportunity to experience basic skills in Hockey and Basketball.

W 1:30-2:30PM
SA 10:00-11:00AM

Full Privilege **\$48**, Basic **\$81**

MINI SPORTS w/PARENT (Ages 2-3½)

SA 12:00-12:30PM

Full Privilege **\$31**, Basic **\$57**

TUMBLING TODDLERS w/PARENT (Ages 2-3½)

A parent/child class where instructor guides the parent and parent works with their child to develop and learn basic skills of tumbling, balance beam, bars and movement activities.

W 11:30-12:00PM
TH* 9:45-10:15AM - No class 11/24

Full Privilege **\$31**, Basic **\$57**

*Thursday class: Full Privilege **\$27**, Basic **\$51**

YOUTH

3 ON 3 BASKETBALL (Ages 8-14)

Basketball clinic offers instruction, participation and fun for all! Everyone plays an equal amount of time.

November 7 - January 22
at YMCA

W 7:45-8:45PM

Full Privilege **\$48**, Basic **\$81**

BASKETBALL (Ages 8-14)

The name of the game is values. Emphasis on instruction, skills, participation and fun! Everyone plays with eight person teams. Each player participates an equal amount of time and receives a T-shirt.

January 7 - March 10
at East Dover Elementary School

SA 12:15-1:30PM (8-10 yrs.old)
SA 1:30-2:45 (11-14 yrs. old)

Clinic for all Players will be held on Saturday, December 17 at East Dover Elementary School.

Volunteer coaches needed - contact
Ruth Hausvater @ 731 341 9622 ext 2211

Full Privilege **\$51**, Basic **\$76**
Register in person at YMCA

JUDO (Ages 8 & up)

Judo, "the way of gentleness" is a Martial Art that involves throws and grappling. Judo can be applied to self-defense. No kicking or punching.

M 4:30-5:15PM
W 4:30-5:30PM

Full Privilege **FREE**, Basic **\$81**



SPORTS

KARATE

Increase confidence, hand-eye coordination, discipline, concentration and self-control. Learn self-defense, kata, sparring and theory of martial arts. Belts required for belt testing. Speak with instructor prior to purchasing.

KARATE I (Ages 6 & up)

New & White Belt

TU 5:00-5:45PM

Full Privilege **\$46**, Basic **\$78**

KARATE II (Ages 6 & up)

Prerequisite- Complete 3 ten week classes of Karate 1

TU 5:45-6:30PM

Full Privilege **\$46**, Basic **\$78**

KARATE I & II COMBINED (Ages 6 & up)

All levels

F 5:00-5:45PM

Full Privilege **\$46**, Basic **\$78**

SPORTS (Ages 6-8)

Opportunity to experience basic skills in Hockey and Basketball.

SA 11:00-12:00PM

Full Privilege **\$48**, Basic **\$81**

TARGET ARCHERY (Ages 6 & up)

Learn proper shooting technique and scoring. Safety is the #1 priority.

TH 5:15-6:00PM - No class 11/24

Full Privilege **\$41**, Basic **\$70**

YOUTH GYMNASTICS (Ages 6-8)

Introduction to equipment including balance beam, bars, vault, mini trampoline and tumbling. Developing basic skills, coordination, flexibility, safety knowledge and listening skills are emphasized. New stunts and skills will be learned based on individual abilities.

TH 4:15-5:15PM - No class 11/24

Full Privilege **\$41**, Basic **\$70**

ADULT

JUDO

Judo, "the way of gentleness" is a Martial Art that involves throws and grappling. Judo can be applied to self-defense. No kicking or punching.

M 5:15-6:00PM

Full Privilege **FREE**, Basic **\$81**

5K RUNNING, THE BASICS and RUNNING CONDITIONING, Intermediate/Advanced

Full listings start on page 28



GYM SCHEDULE

November 7 – January 22, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:15AM Open Gym	5:45-7:30AM Open Gym	5:45-7:15AM Open Gym	5:45-7:30AM Open Gym	5:45-7:15AM Open Gym	7:00-7:50AM Open Gym	8:00-1:45PM Open Gym
	7:30-9:25AM Adult Basketball Pick-Up Games		7:30-8:55AM Adult Basketball Pick-Up Games			
11:15-12:45PM Open Gym				11:15-12:45PM Open Gym		
1:45-3:15PM Open Gym	2:00-4:00PM Open Gym	2:30-3:15PM Open Gym	2:00-3:00PM Open Gym	1:45-3:15PM Open Gym		1:45-5:45PM Open Gym
					3:00-4:45PM Open Gym	*Birthday Parties may use gym
8:45-9:45PM Youth & Adult Pick-Up Games	8:45-9:45PM Youth & Adult Pick-Up Games	8:30-9:45PM Open Gym	8:15-9:45PM Youth & Adult Pick-Up Games	8:00-9:45PM Youth & Adult Pick-Up Games		

Youth & Adult Basketball

Full Privilege **FREE**
 Basic AM & PM, **\$69**
 Basic AM or PM, **\$42**
 Registration is required every ten weeks.

Maximum 11 point pick-up games are allowed to give all players an opportunity to play.

The Y reserves the right to make schedule changes when necessary. Notification will be made whenever possible. Check with Member Services for extra open gym times when classes may be cancelled.

Use of Fitness & Cardio Areas

Full Privilege Members only. Youth under 16 must complete strength training class and obtain a wristband from Member Services daily for usage during Floor Trainer hours:
 M-F 9:30AM-1:00PM
 M-F 4:30-8:00PM
 SA 7:00AM-6:00PM
 SU 8:00AM-6:00PM

Please Note

11/24 No classes on Thanksgiving Day
 12/25 No classes on Christmas Day
 12/26 - 1/1 No classes during holiday break week