

**PLAYING TOGETHER FOR BETTER HEALTH  
YOUTH EXERCISE & SPORTS**

**CHEERBEARS**

**Ages 4-8**

The CheerBears Program, a nationally known program, includes cheers, chants, tumbling, pom routines, and stunting. This class is a great introduction for future cheerleaders!

**Ages 4-8**

Monday: 4:30 – 5:15 pm

**Family: \$ 150; Youth: \$ 165; Non-Member: \$ 210**

**Is your child 12 or older? Please see Teen Fitness, page 29 for more fitness classes.**

**YOGA BEARS**

**Ages 3-6 years**

The Yoga Bears creative approach to yoga can be very helpful for children whose bodies are still developing. The use of animated poses and basic stretching exercises promote strength, flexibility, coordination and body awareness. Breathing and visualization techniques teach kids how to focus, relax and develop self-control.

Kids will improve concentration and focus, stimulate their imagination and help to release energy in a fun, safe environment. Using interactive games and animated postures, kids learn about animals, nature and basic anatomy through yoga.

**Ages: 3-5**

Friday: 1:45 - 2:25 pm

**Ages: 5-6**

Tuesday: 3:30 – 4:15 pm

**Family: \$ 150; Youth: \$ 165; Non-Member: \$ 210**

**PARENT CHILD/YOGA & CREATIVE MOVEMENT**

**Adult with child ages 5-10 years**

Series of fun movements and games. An opportunity to stretch and learn poses while promoting strength and flexibility.

**Thursdays: 5:00-6:00 pm at the Wainwright House**

**Family: \$ 80; Youth: \$ 100; Non-Member: \$ 150**

**Fee includes one parent and one child**

**TWEEN YOGA**

**Grades 5-7**

This class will feature stretching postures, breathing techniques, meditation and cooperative yoga games that will promote health and well being.

**Thursday: 4:00 – 5:00 pm**

No registration necessary.

**Free to Members; Non-Members: \$2.00 (drop-in fee)**

**BABY SPORTS**

**Age 2-3**

This class will act as an introduction to sports in a free play setting. Parents are required to stay and play with their children as they explore the world of sports for the first time.

**Tuesday: 9:30-10:15 am**

**Friday: 9:30-10:15 am**

**Family: \$ 105; Youth: \$ 120; Non-Member: \$ 155**

**SPORTS SAMPLER**

**Age 3**

This fun filled class is designed to introduce three year olds to the concept of sports while focusing on the basics of movement and motor skills. The activities will stimulate their minds and bodies.

**Monday: 10:30-11:15 am**

**Tuesday: 10:45-11:30 am**

**Thursday: 10:45-11:30 am**

**Family: \$ 105; Youth: \$ 120; Non-Member: \$ 155**



**ROOKIES**

**Age 4**

This class focuses on the basic concepts needed for basketball, soccer, tee-ball, kickball and football. Participants learn to play together in a structured class setting with various obstacles and games. The class provides a foundation for children's growth and enjoyment in a variety of sports.

**Monday: 9:30-10:15 am**

**Tuesday: 1:15-2:00 pm**

**Thursday: 1:15-2:00 pm**

**Family: \$ 105; Youth: \$ 120; Non-Member: \$ 155**

**ALL STARS**

**Ages 4-5**

The class focuses on improving basic motor skills needed for an array of sports and games. Children learn the basics of basketball, soccer, tee-ball, football and kickball through different drills, obstacles and games.

**Monday: 1:15-2:15 pm**

**Wednesday: 1:15-2:15 pm**

**Thursday: 9:30-10:30 am**

**Friday: 1:15-2:15 pm**

**Family: \$ 110; Youth: \$ 125; Non-Member: \$ 160**

## **PRACTICING GOOD SPORTSMANSHIP YOUTH SPORTS**

### **SUPER SOCCER STARS**

Positive reinforcement is used to teach children soccer skills, in a fun, engaging, educational environment. Our age specific curricula is designed by a combination of early childhood, behavioral, soccer specialists to ensure that each child is learning, building self confidence, and having a blast from the time the whistle blows!

**Age 2**

**Sunday: 10:30-11:10 am**

**Ages 3 to younger 4**

**Sunday: 11:35 am-12:20 pm**

**Ages older 4-5**

**Sunday: 10:30-11:20 pm**

**Grades K-2**

**Sunday: 11:35-12:35 pm**

**Family: \$230; Youth: \$265; Non-Member: \$340**

### **KIDDY BOOT CAMP**

**Ages 4-5**

This physical fitness based class incorporates gym style games and organized sports. Children will work on increasing stamina, agility and speed.

**Friday: 10:30-11:15 am**

**Family: \$110; Youth: \$120; Non-Member: \$155**

### **GAME TIME**

**Ages 4-5**

This class will focus on games and team building activities including parachute games, relays, childhood games and much more.

**Wednesday: 10:45-11:30 am**

**Family: \$105; Youth: \$120; Non-Member: \$155**

### **ALL-SPORTS**

Enjoy and learn a variety of sports such as kickball, volleyball, tee-ball, football, soccer and dodge-ball. This class focuses on the fundamentals of each sport offered including teamwork and good sportsmanship.

**Ages 5-7**

**Tuesday: 3:30-4:30 pm**

**Thursday: 3:30-4:30 pm**

**Ages 4-5**

**Wednesday: 9:30-10:30 am**

**Family: \$110; Youth: \$125; Non-Member: \$160**



**ACTIVE FUN AND NEW SKILLS  
YOUTH SPORTS**

**YOUTH BASKETBALL**

This class focuses on the basic skills of dribbling, shooting and passing in a structured class setting. Provides a foundation for growth and the opportunity to further the enjoyment of basketball.

**Ages 5-7**

**Monday: 3:30-4:30 pm**

**Wednesday: 3:30-4:30 pm**

**Ages 8-11**

**Monday: 4:45-5:45 pm**

**Wednesday: 4:45-5:45 pm**

**Family: \$ 110; Youth: \$ 125; Non-Member: \$ 160**

**YOUTH RACQUETBALL**

**Ages 8-11**

Increase hand/eye coordination and racquet skills. This is an intermediate semi-competitive program for boys and girls.

**Racquetball Court**

**Thursday: 3:30-4:30 pm**

**Family: \$ 110; Youth: \$ 125; Non-Member: \$ 160**

The classes below take place at the Midland School, Midland Avenue, Rye - Session IV only.

**YOUTH SOCCER**

**Ages 5-7 - Midland School**

**Session IV Only**

This class focuses on the basic soccer skills of dribbling, shooting and goal tending in a structured class setting.

**Tuesday: 3:30-4:30 pm**

**Family: \$ 105; Youth: \$ 120; Non-Member: \$ 160**

**FLAG FOOTBALL**

**Ages 5-7 - Midland School**

**Session IV Only**

This class focuses on basic flag football skills such as passing, blocking, kicking and running in a structured class setting.

**Wednesday: 3:30-4:30 pm**

**Family: \$ 105; Youth: \$ 120; Non-Member: \$ 160**

**YOUTH TEE-BALL**

**Ages 5-7 - Midland School**

**Session IV Only**

This class focuses on the basic baseball skills of hitting and fielding in a structured class setting.

**Thursday: 3:30-4:30 pm:**

**Family: \$ 105; Youth: \$ 120; Non-Member: \$ 160**

**GOLF ENRICHMENT**

**At the Rye YMCA**

Play fun and interactive golf games with Total Golf Adventures! TGA provides all necessary equipment. Children will play games while learning fundamental and advanced techniques, rules and etiquette, and gain an understanding of the parts of the golf course. Enrollment is limited to 15 students.

**K-3rd Grade**

**Monday 3:30 - 4:30 pm**

**Family: \$205; Youth: \$220; Non-Member: \$285**

**PRIVATE SPORTS EXTRA**

One on one sports instruction for ages 3 and up to adult. Improve eye/hand coordination, soccer/basketball skills, or locomotor movements. Each lesson is 1/2 hour in length. Lessons can be arranged back to back for a one-hour session if desired. Contact Athletic Director at ext 300. Please Note: 24 hour cancellation notice is required for private and semi-private lessons.

**NO ONLINE  
REGISTRATION**

**Member: \$70 per half hour; Non-Member: \$85 per half hour**

**KARATE**

**YOUTH KARATE**

**Ages 5-15**

USA GOJU style karate taught by black belt instructor. Courses designed to enhance self-esteem, self-confidence, and self-discipline.

**PRE-KARATE**

**Ages 5-7**

Younger participants receive an orientation to karate training habits.

**Thursday: 6:00-6:45 pm**

**Saturday: 10:00-10:45 am**

**Saturday: 10:50-11:35 am**

**Family: \$ 105; Youth: \$ 120; Non-Member: \$ 155**

**YOUTH/TEEN KARATE**

**Ages 8-15 (or younger with a green belt or higher)**

Participants will develop their style and skills progressions.

**Thursday: 7:00-8:30 pm**

**Saturday: 11:40 am-1:10 pm**

**Family: \$ 115; Youth: \$ 135; Non-Member: \$ 175**