



INDIANOLA YMCA

YOUTH PAID PROGRAMS—Fall 2018

Back to School Fun!!

Youth Sports Clinics

Youth Sports Clinics are instructional programs designed to get your child moving, provide a place to explore a new activity, teach fundamental skills, and to make sure that kids know that sports should be fun!

Youth Volleyball

Learn and experience the high flying sport of volleyball in an instructional and non-competitive setting. Participants will learn fundamental skills using age appropriate equipment and skill development based games and scrimmages.



Ages: 7-12, Boys & Girls

Dates: September 8—October 20

Time: Saturday Mornings
9:00—9:50am OR 10:00—10:50am

Cost: Members—\$37.50 Non-Members—\$57.50

Registration Deadline: September 5th

Mini Tumblers

Does your child have tons of energy to spare? If so, maybe tumbling should be a part of their weekly activities. In introduction to tumbling, children will learn basic tumbling skills and balance. Coordination will be taught through fun and games. This program is designed for children who don't have any previous tumbling experience. Proper form for cartwheels, rolls, backbends, and other introductory skills will be covered.

Ages: 4-6yr old Girls and Boys

Dates: September 8th—October 13th

Time: 9:00-9:50am

Cost: Members: \$37.50 Non-Members: \$52.50

Registration Deadline: September 5th

KID'S MOVING MOVIE NIGHT

Let your kids join us for a movie night! We will watch a different age appropriate movie each month, and play movie themed games in the gym. We will also create movie themed crafts throughout the night. So take this opportunity to enjoy a night out on the town, grab a bite to eat or just enjoy a nice evening of peace and quiet while your children are engaged with other kids and fun, responsible Y staff in a safe and structured environment! We will supply popcorn and drinks for movie time.

Program Time: 6:00 pm—9:00 pm, 3rd Friday of each Month

Member ages 2-8 yrs: \$15/child, Non-Member: \$25/child

Tiny Tumblers

All kids like to rock and roll! Let's not forget about the little kids! This program is designed for children 2-3yrs. Parent/adult participation during this class is required.

Ages: 2-3 yr old Girls and Boys

Dates: September 8th—October 13th

Time: 8-8:30am

Cost: Members: \$25 Non-Members: \$35

Registration Deadline: September 5th

Little Cheer

Little Cheer is designed to introduce younger children to cheerleading. Kids will be taught by instructors with high school and college cheerleading experience. Kids will learn an age appropriate routine and have fun in the process.

Ages: 3-6yr old Girls and Boys

Dates: September 8th—October 13th

Time: 10:00-10:50am

Cost: Members: \$37.50 Non-Members: \$52.50

Registration Deadline: September 5th

Super Hoopers Basketball Clinic

Super Hoopers is an instructional youth basketball program. Participants will learn fundamental skills and rules in a non-competitive setting using age appropriate equipment and skill development based drills, games, and scrimmages. *Volunteer Coaches needed!*

A 1st/2nd grade instructional league program will be offered in Jan/Feb 2019

Ages: 4-8 yr old Boys & Girls

Dates: November 3rd—December 22th

No Practice November 24th

Time: Saturday Mornings

4 & 5 yrs: 8:00-8:50am or 9:00-9:50am

6-8 yrs: 10:00—10:50am or 11:00—11:50am

Cost: Members—\$37.50 Non-Members—\$57.50

Registration Deadline: October 31st



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Fall Swim Lessons

Swim lessons are about more than just safety. Participants learn new skills, increase physical activity, gain a sense of achievement, and learn to work in a small group setting.

Ages: Preschool 3-5yrs (1:4 instructor to student ratio)
School Age 6-12yrs (1:6 instructor to student ratio)

Monday & Wednesday Lessons

4 weeks - 2 days a week - 8 lessons
Pre-school - 5:30pm - 6:00pm
School Age - 6:15pm - 7:00pm

Fee: \$60/members | \$120/non-members

- *Fall 1: Sept 5- Oct 1 (Starts on Wed due to Labor Day)
- *Fall 2 - Oct 8-Nov 5 (No Lessons Halloween)
- *Fall 3 - Nov 12- Dec 5

Tuesday & Thursday Preschool Only Lessons

4 weeks - 2 days a week - 8 lessons
Preschool-4:00pm-4:30pm
Preschool- 4:45pm-5:15pm

Fee: \$60/members | \$120/non-members

- *Fall 1 -September 4-September 27
- *Fall 2—October 9-November 1
- *Fall 3—November 13-December 6

Private Swim Lessons:

Private Swim Lessons are available for all ages and swimming ability! Participants will work with a swim lesson instructor to find the perfect time for your session. The classes are 30 minutes long and 4 classes are included in one program.

If you are interested in private swim lessons please stop by the Indianola YMCA and fill out a private swim lesson request form.

Saturday Morning Mini Lessons

4 weeks - 1 day a week - 4 lessons
Pre-school - 9:45am - 10:15am
School Age - 10:30am - 11:15am

Fee: \$30/members | \$60/non-members

Fall 1—September 8-29

Fall 2—October 13-November 3

Fall 3—November 17-December 8

Waterbabies- 6 MONTHS—24 MONTHS

4 weeks - 1 day a week - 4 lessons
Tuesday OR Thursday - 6:30pm - 7:00pm
Saturday - 9:00am - 9:30am

Fee: \$10/members | \$20/non-members

Fall 1

Tue: Sept 4-Sept 25
Thu: Sept 6-Sept 27
Sat: Sept 8- Sept 29

Fall 2

Tue: Oct 9-30
Thu: Oct 11-Nov 1
Sat: Oct 13- Nov 3

Fall 3

Tue: Nov 13- Dec 4
Thu: Nov 15- Dec 6
Sat: Nov 17-Dec 8

Fall Swim Team 2018

We are looking for swimmers that love the water and are able to swim 2 lengths of the pool unassisted. Contact Head Coach Aaron Strain or Tiffany Scovel to arrange a time to meet before or during practice if unsure.

Age: 6-21 years old

Registration: All registrations must occur online at <https://www.teamunify.com/ymca-2165>

Time: Sunday-Thursday- times depend on which color group your child is placed in

Season Dates: September 5th 2018 to March 2019. Can join anytime up until November 2018. For a full practice schedule please refer to the Indianola YMCA website or contact head Coach Tiffany Scovel

Fee: \$60-\$75 monthly, depending on your training group. Training group and other information can be found on the team website under the Practice Site- Indianola YMCA tab along the top of <https://www.teamunify.com/ymca-2165>

Contact: Tiffany Scovel at tiffany.scovel@dmymca.org
Aaron Strain at aaron.strain@dmymca.org

This is not an Indianola Community Schools publication and is being provided to you as a courtesy to inform you of community opportunities and activities.

Financial assistance is available for those who qualify. For more information on Y programs and services For more information on Y Programs and services, please visit our website, www.dmymca.org or contact us directly at: 515-777-7746, Indianola@dmymca.org, or 306 E. Scenic Valley Ave, Indianola, IA 50125