



INDIANOLA YMCA

YOUTH PROGRAMS—Summer 2019

Summer Break 2019

Summer Day Programs

Let your child join us for a day of fun. Each day we will have fun activities and projects planned to help keep your child active and engaged during winter break.

Youth should bring a lunch, swimsuit, towel, and snacks.

Ages: 7-12yrs old

Time: 8:00am – 4:00pm

*Drop off: 7:30 - 8:00am Pick Up 4:00 - 4:30pm

Cost per Day: Member-\$37.50 Non-Member- \$52.50

Legos Mindstorm Challenge

Is your child interested in Legos and up for a challenge? Have them join us for a fun filled day of programming and robotics. This programming activity will help kids to problem solve and think critically.

Dates: T June 25th OR T July 9th OR W Aug 21st

Registration Deadlines: June 18th, July 2nd, Aug 14th

3,2,1 Blast off Rockets

3,2,1 blast off to the YMCA! Have your child join us for a day of learning about rockets, creating a rocket, designing the launch pad as well as other STEM activities. We will be using plastic bottles and water to create rockets.

Dates: W June 26th OR M July 8th OR F Aug 9th

Registration Deadlines: June 26th, July 1st, Aug 2nd

Wizarding 101

Does your child have a fond interest for wizardry? Let them spend the day with us in this Harry Potter themed program. We will learn about Hogwarts houses, conduct a potions class, and other classes using STEM activities, We will be creating our own wands and making invisible ink.

Dates: T June 18th OR F July 5th OR M Aug 12th

Registration Deadlines: June 11th, June 28th, Aug 5th

Wizarding 102

One day is not enough to learn about the magical world of Wizarding. Join us for another day of learning about the world of Harry Potter. Classes on the agenda for

this day program include Herbology, Care of Magical Creatures, and introduction to Quidditch.

Dates: T June 28th OR F July 17th OR M Aug 22nd

Registration Deadlines: June 21st, July 10th, Aug 15th

Crafty Creations

This day long program is designed to awaken your child's imagination. Kids will tap into their artistic side to create numerous art projects using different types of mediums. Things may get a bit messy, but that's part of the fun!

Dates: M June 10th OR F July 19th OR W Aug 14th

Registration Deadlines: June 3rd, July 12th, Aug 7th

WeDo 2.0 Legos

Who doesn't love to build robots? Join the Indianola YMCA for a full day of building WeDo 2.0 Lego bots. WeDo 2.0 is meant to introduce kids to robotics, engineering and programming, but it's almost meant as a tool for teaching STEM in general. This system uses low energy Bluetooth and a drag-and-drop iPad interface to allow kids to write basic code to make their bots come to life.

Dates: T June 11th OR M July 15th OR Th Aug 8th

Registration Deadlines: June 4th, July 8th, Aug 1

Mad Scientists

Does your child have an interest in doing experiments? Let them spend the day with us creating different types of slime, gak, flubber, and more. We will also do other fun experiments using common household items like baking soda, dish soap, shaving cream and more. This may be a bit messy!

Dates: M June 17th OR W July 31st OR Th Aug 15th

Registration Deadlines: June 10th, July 24th, Aug 8th

Twist, Knit, Loop & Braid Crafts

Spend the day creating all sorts of bracelets, water bottle holders, and other crafts. We will be using paracord, bracelet looms, and more. Please have your child bring their favorite water bottle and we will create a holder specifically for that bottle. Space is limited.

Dates: F June 21st OR T July 2nd

Registration Deadlines: June 14th, June 25th



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Under the Sea

Is your child interested in sea life? In this program we will learn about the amazing world under the water. We will make calming bottles that look like a small ocean. Of course the program wouldn't be an under the sea theme if it didn't include swimming! We will go on an underwater treasure hunt and more.

Dates: W June 12th OR Th July 18th OR M Aug 19th
Registration Deadlines: June 5th, July 11th, Aug 12th

Dance Party

Does your child or children love to dance? Sign them up for this day program! We will learn various dancing styles including tap, ballet, and jazz. We will also introduce baton to create our own routine. Sign up today by calling the Indianola YMCA at 515-777-7746!

Dates: Th June 27th OR T Aug 20th
Registration Deadlines: June 20th, Aug 13th

Beginning Botany

Do your kids love to be outside? Are they interested in growing their own plants? In this program we will learn all about plants and create our own mini gardens. Weather permitting, we will also plant a raised butterfly garden outside the Y.

Dates: W July 10th OR T Aug 13th
Registration Deadlines: July 3rd, Aug 6th

Exploring Circuits

Have your child join us for a fun program where we learn about circuits. In this program we will learn how electricity works. We will create our own circuits and will learn how a circuit turns a light on or off. Space is limited.

Dates: W June 19th OR Th July 11th OR T Aug 6th
Registration Deadlines: June 12th, July 4th, Jun 30th

Fornite Battle Royale

Are your children always playing Fortnite? If they are, sign them up for this Fortnite themed program! We will participate in a Fortnite dance party and have nerf gun missions. We will **not** directly play Fortnite, though. Space is limited.

Dates: Th June 20th OR F July 12th OR W Aug 7th
Registration Deadlines: June 13th, July 5th, June 31st

Click Capture Create

Is your child always wanting to take pictures? Let your child join us for a fun day of learning about the basics of photography and taking photos. We will find items to take photos of inside and outside here at the YMCA.

Dates: M June 24th OR F Aug 16th
Registration Deadlines: June 17th, Aug 9th

Ragbrai Ready

In case you haven't heard, Ragbrai is coming to Indianola! Ragbrai is the Register's Annual Great Bike Ride Across Iowa. In this youth program, we will spend the day tuning up our bikes and learning the correct way to Ride Right! Weather permitting, we will be spending time out on the trail. A bike and bike helmet is needed for this program. Participants' bikes will be tuned up and minor repairs will be made if needed.

Date: T July 16th
Registration Deadline: July 9th

All About Sports

In this program we will participate in a wide variety of sports from using the gym playing basketball to going outside and playing soccer to swimming in the pool. There is a sport or multiple for every child in this program! Sign your child up for a great experience learning about all sports in just one day!

Date: Mon July 1st
Registration Deadline: June 24th

Water World Science

What is water all about? Water is one hydrogen and two oxygen but what does that mean? Have your child join us for a fun day filled with science experiments that teach us more about water and how it interacts with other compounds and substances. In this program we will create lava lamps in a cup and we will create rain in a jar.

Dates: F June 14th OR W July 3rd OR M Aug 5th
Registration Deadlines: June 7th, June 26th, July 29th

Refund policy: No refund, system credit or transfer will be allowed after registration deadline



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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!

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: June 1st-29th OR July 13th-August 10th

Time: 9:00-9:50am

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

Registration Deadline: May 25th or August 3rd

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: June 1st-29th OR July 13th-August 10th

Time: 10:00-10:50am

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

Registration Deadline: May 25th or August 3rd

Floor Hockey

Thanks to a generous donation of equipment from the Iowa Wild, the Indianola YMCA is proud to offer an introduction to Floor Hockey program. This program focuses on participation, sportsmanship, physical activity, learning in small groups, friendship, and FUN! Children will learn the basics of stick handling, passing, shooting, and goal tending.

Ages: 6-9 yr old Boys & Girls

Dates: June 1st-29th OR July 13th-August 10th

Time: 9:00- 9:50am

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

Registration Deadline: May 25th or August 3rd

Youth Pickleball

Pickleball is a very popular sport among adults. However it's also a great sport for kids. Pickleball is a cross between tennis, badminton, and table tennis. We will go over all the basics and work on the skills needed to play single and doubles.

Ages: 7-12 yr old Boys and Girls

Dates: June 1st-29th OR July 13th-August 10th

Time: 10:00-10:50am

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

Registration Deadline: May 25th or August 3rd

Youth Disc Golf

Did you know that Indianola has one on the top ten Disc Golf Courses in the state of Iowa? Let your child join us for 5 weeks of learning how to play disc golf. We will use portable disc golf equipment here at the Y to teach your child everything they need to know in order to play at the 18 hole course located at Pickard Park.

Ages: 7-12 yr old Boys and Girls

Dates: June 1st-29th OR July 13th-August 10th

Time: 11:00-11:50am

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

Registration Deadline: May 25th or August 3rd

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.

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

Ages: 2-8 yrs

Cost: Members: \$15/child Non-Member: \$25/child

Registration Deadline: Monday before the program

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.dymymca.org or contact us directly at: 515-777-7746, Indianola@dymymca.org, or 306 E. Scenic Valley Ave, Indianola, IA 50125



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Youth Aquatics

Y Summer Swim Lessons

We believe that learning to swim is an essential skill for all children. In addition to developing new skills, learning to swim sets youth up for a lifetime of safety, confidence, and physical activity around water.

AGES: Preschool Lessons, 3-5 years, Boys & Girls
(1 to 4 instructor to participant ratio)

School Age Lessons, 6-12 years, Boys & Girls
(1 to 6 instructor to participant ratio)

REGISTRATION: Opens May 1st

COST: Members- \$60 Non-Members- \$120

Session 1:

Monday/Wednesday mornings: 2x/4wk

8:30am-9:00am Preschool

9:05am-9:45am School Age

June 10th- July 10th (no class 4th of July week)

Tuesday/Thursday mornings: 2x/4wk

8:30am-9:00am Preschool

9:05am-9:45am School Age

June 11th- July 11th (no class 4th of July week)

Monday-Thursday mornings: 4x/2wk

10:00am-10:40am School Age

10:45am-11:15am Preschool

June 10th-June 20th

June 24th- July 11th

Monday/ Wednesday evenings: 2x/4wk

5:30pm-6:00pm Preschool

6:05pm-6:45pm School Age

June 10th-July 10th (no class 4th of July week)

Session 2:

Monday/Wednesday mornings: 2x/4wk

8:30am-9:00am Preschool

9:05am-9:45am School Age

July 15th-August 7th

Tuesday/Thursday mornings: 2x/4wk

8:30am-9:00am Preschool

9:05am-9:45am School Age

July 16th- August 8th

Monday-Thursday mornings: 4x/2wk

10:00am-10:40am School Age

10:45am-11:15am Preschool

July 15th-July 25th

July 29th- August 8th

Monday/ Wednesday evenings: 2x/4wk

5:30pm-6:00pm Preschool

6:05pm-6:45pm School Age

July 15th-August 7th

New Lesson Names

Preschool:

Level 1= Pike

Level 2= Eel

Level 3= Ray/Star

School Age:

Level (1-3) = Polliwog

Level 4= Guppy

Level 5=Minnow/Fish

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.

Celebrate your Day with the Y!

Birthday parties are opportunities to gather with friends and family and create lasting memories for your child. Now you can plan your party at the Y! Swim in the pool, run in the gym, party in our Community Room!

- Sundays, 2:00-4:00pm Not all Sundays are available so call early to check on your preferred date
- Includes setting for 30 and 8 6ft folding tables
- Max of 30 people per group, no more than 15 kids, and you must have an adult of at least 18yrs old responsible for your group at all times
- Cost is dependent upon which areas of the Y are reserved

After-hours parties are available

Make your party memorable by planning it after hours at the Y! Your group will be the only group in the building, giving you exclusive access to the Community Room, Gym, and Pools! Available 6-8pm on Saturday and Sunday evenings, Call early to reserve your date!

Group Swim Information

If your group plans on swimming, you will need to review and sign our Group Swim Contract prior to your party date. This documents outlines pool safety and supervision requirements for your group.

For more information, contact Heather Hulen at 515-777-7746 or Heather.Hulen@dmymca.org



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