

STOICO/FIRSTFED YMCA PROGRAMS

September 6th– October 30th



WELLNESS

BOSU CLINIC

Mondays 5:30p or Thursdays 9a

The BOSU ball is an inflated rubber dome on a flat, round platform. This BOSU class can include aerobic and strength training routines, flexibility exercises and balance training. Take the challenge to increase the functional strength, stamina and balance of your entire body—particularly your core!
45-Minutes.

Members: \$60 | Program Participants: \$85

CHECK IN WITH A TRAINER

Meet monthly with a trainer for weigh-ins, bodyfat analysis, and measurements. Trainers will offer fitness and healthy eating tips to help you stay successful on your journey.

Members: \$35 | Program Participants \$50

YOUTH STRENGTH & CONDITIONING

Tuesdays or Thursdays at 5:30p

Whether you are an off-season athlete, or just looking to lead a more active lifestyle—this class will benefit you! This is accomplished with age-appropriate weight training, gymnastics, and metabolic conditioning workouts. We also aim at developing discipline and hard work that will help the athlete be successful in all areas of life. Under the eye of our certified trainers, proper weightlifting technique will be taught which will enhance strength and power, while also focusing on gymnastics (body relative movements), which will increase mobility, flexibility and agility. Ultimately we are Building Stronger Athletes! 45-Minutes.

Members: \$75 | Program Participants \$100

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PROGRAMS

HOME SCHOOL GYM CLASS

Wednesdays 11:00-12p • Ages 5-14

The Y is organizing an activity-based class for home-school families. Groups will meet once per week for seven weeks. Each week will focus on different activities and sports to get your students moving and sweating. Siblings are encouraged to register as well.

Members: \$49 | Program Participants: \$52

Additional Siblings: \$10

RUN KID RUN

Wednesdays 4:15-5p • Ages 7-12

Running brings people together to get into the rhythm of the running experience, helping to build endurance and speed. Especially with our programs for kids, we'll introduce stretching and warmup activities, along with mechanical concepts to improve technique.

Members: \$65 | Program Participants: \$85

PRESCHOOL ENRICHMENT

Tuesdays, Wednesdays, Thursdays 9-11:30a • Ages 2.9-5

Introduce your child to class style learning featuring hands-on exploration of math and literacy skills, plus plenty of creative center-based play time. Your preschooler will learn social skills while you workout and reach your health goals.

Members: \$80 weekly (7-week session)

Program Participants: \$90 weekly (7-week Session)

YOUTH VOLLEYBALL

Thursdays 5-6p • Ages 8-15

Have fun while learning the rules of volleyball, developing new skills and learning to play as a team through fun drills and games. Program focus will be on overall player development.

Members: \$75 | Program Participants: \$85

ADULT VOLLEYBALL

Thursdays 6-8p • Ages 16+

Scrimmage and develop skills while getting exercise and having fun. Join this wonderful group for awesome Thursday nights! Ages 15 and up!

Members: \$85 | Program Participants: \$95

YOUTH SOCCER

Thursdays 4-5p • Ages 5-8

This is COED instructional lessons. Learn new skills and drills on our outdoor fields. We cannot wait to have fun and play! This is instructional and will help provide a great foundation for the game.

Members: \$65 | Program Participants: \$75

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ROPES ADVENTURE

Tuesdays 5-7:30p • Ages 7-12

Take on your adventure course. That features pendulum swing, rock climbing wall and zip line! 14 elements in total. Will require teamwork and strategy to successfully accomplish. Limited space available so register early! *Must fit in hardness to participate in high ropes. Our goals and benefits include, trust building, goal setting, problem solving, teamwork, communication, fun and confidence building. (Weather permitting)

Members: \$65 | Program Participants: \$75

YOUTH ARCHERY

Mondays

Ages 7-9 • 4:30-5:15p

Ages 10-12 • 5:15-6p

Our Archery program gradually teaches the concentration and focus, patience, and confidence essential for safety and enjoyment of the sport. All equipment will be provided for this class.

Members: \$65 | Program Participants: \$75

MINI BASKETBALL

Mondays 4:00-4:45p • Ages 5-7

Learn fundamental basketball skills to improve your play while gaining the love of the game. This is a seven week program that builds every week.

Members: \$65 | Program Participants: \$85

INSTRUCTIONAL BASKETBALL

Fridays 4:45-5:45p • Ages 8-11

Kick start the Basketball season with some awesome basketball drills. Players will work on conditioning skills, ball handling and many drills in this 7 week program.

Members: \$75 | Program Participants: \$95

AXEL DANCE ACADEMY

Ages 18 months - Adults

Join us on the dance floor! We will offer classes September - June! With a year end recital in June. We offer Ballet, tap, acro, jazz, pointe and so much more!

Email axeldance@ymcasc.org for more information.

BASKETBALL 1-ON-1

Looking for more individual basketball training? We have you covered! Book an appointment today with our one of our basketball coaches! Packages include three sessions. Each session is 30 minute. Book your time slot today!

Member Price: \$75 | Program Participant: \$85

PICKLEBALL CLINIC

Pickleball Adult beginner 4-week clinic

September 10th, 17th, 24th, & October 1st

Saturday 8:00-9:00 am

Learn the basic skills to play pickleball in a fun environment. Limited balls and paddles are provided. Pickleball is a fun, low impact version of tennis played in our indoor basketball court. Pickleball welcomes participants of any age 16 years old and up and any skill level. Register now for this 4-week session.

Members: \$60 | Program Participants: \$80