



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARTS

## CULTIVATE CREATIVITY AND IMAGINATION



### BALLET

This class will encourage imagination, creativity, musicality, and graceful movement. Participants are taught basic ballet positions and movement while learning class etiquette and how to follow instructions in an enjoyable environment.

#### Saturdays

Ages 2-4                      9:00am-9:50am  
Ages 5-7                      10:00am-10:50am  
Ages 8-12                    11:00am-11:50am

Fees: \$60 Member; \$85 Non-Member

### AFRICAN DANCE

This is a high energy class that teaches traditional African dance. The class will focus specifically, on the regions of West Africa, the Caribbean and the African Diaspora. Participants will be educated about African culture and dance along with the rhythm of the Djembe drum and a variety of other African instruments.

#### Saturdays

Ages 8-12                      11:30am-12:30pm

Fees: Free for Full Members \$85 Non-Member

### DANCE, DANCE, DANCE Ages 4-7

Introduction to dance and creative movement. A fun and gentle introduction to dance and movement exploration. Children will learn the basics of ballet, jazz and other dance movements.

Saturdays                      12:00pm-12:50pm

Fees: \$60 Member ; \$85 Non-Member

### LIVE LIGHT LIVE RIGHT

This program provides structured physical activity and promotes a healthy lifestyle including proper exercise and eating habits.

Wednesdays & Fridays      5:00pm-6:30pm

Fees: \$25 Ages 6-11; \$72 Ages 12-17

### GYMNASTICS

Children are introduced to the sport of gymnastics and learn the fundamentals of movement. Young gymnasts will develop skills in overall coordination, balance, strength and flexibility. Class framework supports children interacting with peers and making friends.

#### Saturdays

Ages 2-4                      10:00am-10:50am  
Ages 5-7                      11:00am-11:50am  
Ages 8-12                    12:00pm-12:50pm  
Intermediate                1:00pm-1:50pm

Fees: \$60 Member; \$85 Non-Member

### PIANO

Group piano lessons provide age appropriate instruction while also developing listening skills. Skills focus on keyboard techniques, pitch matching, rhythm, music theory and music appreciation. Individual keyboards will be provided for use during class.

#### Saturdays

Beginners                      1:30pm-2:20pm  
Intermediate                    12:30pm-1:20pm  
Adult                              11:30am-12:20pm

Fees: \$80 Member; \$100 Non-Member

WINTER SESSION January 2nd—February 23rd



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# YOUTH SPORTS

## DEVELOP CONFIDENCE AND CHARACTER



### PEE WEE BASKETBALL (Ages 4-6)

Each 50 minute class will incorporate instruction and fundamental skill development with an emphasis on structured drills, fun lead up games and sportsmanship. Games may include competitions, relays and other activities. Your child will develop skills in dribbling, shooting, passing and throwing.

**Saturdays 9:00am-9:50am**

**Fees: \$60 Member; \$85 Non-Member**

### JR. KNICKS

Jr. Knicks is a basketball league sponsored by the New York Knicks and ran by the Flatbush YMCA. The program is open to boys and girls between the ages of 7-18 years old.

**Fee : \$45**

**\*\*Last Day of Registration: January 25th**

**Clinic Dates: January 2nd-February 1st**

**Games Begin February 8th**

**Ages 7-8 8:00am-9:00am**

**Ages 9-11 12:30pm-1:30pm**

**Ages 12-14 1:30pm-2:30pm**

**Ages 15-18 2:30pm-3:30pm**

### SOCCER CLINIC

The Soccer clinic is designed to develop fundamental soccer skills while learning teamwork, strategy and sportsmanship. Children will learn basic fundamentals, strategies and rules of the game and much more! Players will also be introduced to small sided soccer games to help develop in-game confidence.

**Saturdays**

**Ages 4-6 10:00am-10:50am**

**Ages 7-12 11:00am-11:50am**

**Fees: \$40 Member; \$55 Non-Member**

### GET FIT KIDS \*NEW!

During these high energy classes, children are encouraged to work as a team, while improving their individual coordination, flexibility and agility skills. Activities include, sports, obstacle courses, relay races, games and more. Participants will learn the FUNdamentals of each sport.

**Kindercise — Ages 3-5**

**Tuesdays 5:00pm-5:50pm**

**Cardio Kids — Ages 6-9**

**Tuesdays 6:00pm-6:50pm**

**Fees: Free for Full Members; \$55 Non-Member**

### KARATE

Participants will develop balance, coordination, self confidence and discipline through this martial art form. Classes focus on the development of the youth's positive attitude, behavior and character through building self-esteem and self-discipline while instilling respect for themselves and others.

**Ages 4-6**

**Wednesdays 4:00pm-5:00pm**

**Saturdays 2:00pm-3:00pm**

**Ages 7 and up**

**Wednesdays 5:00pm-6:00pm**

**Saturdays 3:00pm-4:00pm**

**Fees: \$80 Member; \$100 Non-Member**

**\*\*First Day of Class for both Days will be Saturday, January 4th**

**WINTER SESSION January 2nd—February 23rd**