



We build strong kids, strong families, strong communities.

**Jerry L. Garver YMCA - 614-834-9622**

Brad McCain : [bmccain@ymcacolumbus.org](mailto:bmccain@ymcacolumbus.org)

**Summer 2010 June 14 - August 1, 2010**

**Registration begins: Metro Members - May 15**

**Program Member - May 22**

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P								
<b>Dance</b>										
Ballet	25	65	309A				4:00-4:30 PM			
Creative Dance	25	65	309				4:45-5:15 PM			
<b>Gymnastics</b>										
Tumbleweeds	25	65	303A			6:00-6:45 PM				
Tumbleweeds	25	65	303B							9:00-9:45 AM
Rollers 1 & 2	25	65	305A			6:45-7:30 PM				
<b>Youth Sports</b>										
Pee Wee T-ball	25	65	310				6:30-7:15			
<b>Martial Arts</b>										
Tae Kwon Do - Beg.	25	65	304M			6:00-7:00 PM				
Tae Kwon Do - Beg.	25	65	304S							9:00-10:00 AM
Tae Kwon Do - Adv.	30	70	304MA			7:00-8:00 PM				
<b>Youth Fitness</b>										
Iron Teens	25		110					6:00-7:00 PM		
Youth Conditioning	FREE		110Y			6:00-7:00 PM				
Youth Conditioning	FREE		110YC		6:00-7:00 PM					
Youth Conditioning	FREE		110YM							9:00 - 10:00 AM

**M = YMCA Metropolitan Member    P = YMCA Program Member (must have active Program Membership)**  
**FREE = Free for Metropolitan Members**

*Register online at [ymcacolumbus.org](http://ymcacolumbus.org)*

Our mission: To serve the whole community through programs expressing  
 Judeo-Christian principles that build a healthy spirit, mind and body.

5/21/2010



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**Classes:**

**Ballet**

**Ages 5–8**

This class will provide instruction on basic ballet postures and positions, fundamental movements and basic ballet vocabulary and then build these basics into ballet steps and combinations. Children will continue to explore the fun of dance. Classes may be split based on age.

**Creative Dance**

**Ages 3–5**

This class will focus on a variety of dance and movement techniques.

**Tumbleweeds**

**Ages 4–5**

Basic gross motor and fine motor development is emphasized as youth learn the fundamentals of gymnastic moves on the floor and apparatus. No Saturday class on January 9.

**Rollers**

**Ages 6-12**

Basic training in gymnastics with an emphasis placed on basic body mechanics and skill development on the floor and apparatus. At the end of the session the instructor will either recommend the youth to move up to Rollers 2 or continue in Rollers 1 again to meet Swingers requirements.

**Pee Wee T-Ball**

**Ages 3-5**

YMCA Pee Wee classes focus on the physical and social development of our youngest athletes. Participants will be introduced to basic skills of the various sports and social skills involved in youth sports. Parent participation is required. Space is limited.

**Tae Kwon Do**

**Ages 6-Adult**

Youth and adults learn the basic skills and discipline of Tae Kwon Do. There are additional fees for testing and uniforms.

**Iron Teens [aka Teen Conditioning]**

**Ages 11–15**

Youth will learn how to use the cardiovascular and strength machines safely, structure a workout, and safe stretching techniques. Class completion is a requirement prior to using the fitness center without adult supervision. 100% attendance is mandatory to successfully complete this program. Youth must be at least age 11 to participate.

**Youth Conditioning**

**Ages 9–10**

Class will teach kids how to safely use the cardiovascular and strength equipment, structure a workout and stretching techniques, as well as safety information and rules for the fitness center. Class completion is required prior to using the fitness center with adult supervision.

**Youth T-Ball / Baseball (Summer League)**

**Ages 5-12**

YMCA Youth T-ball / Baseball League focuses on basic skills of the sport and enforces the Core Values of the YMCA. The leagues are co-ed and are split into three divisions (5-6 T-ball, 7-9 Coach Pitch, 10-12 Player Pitch). **Some travel throughout central Ohio may be required.** Registration ends June 1. Practices begin the week of June 7.

On Tuesday, June 1 from 6-7pm, we will be hosting a free open house for families who are interested in finding out more about the league. We will run some drills and games for the youth as well as answer any questions or parents. The open house will take place in the back field of the Garver YMCA.

**Youth Soccer (Fall League)**

**Ages 5-12**

YMCA Youth Soccer League focuses on basic skills of the sport and enforces the Core Values of the YMCA. The leagues are co-ed and are split into three divisions (5-6, 7-9, and 10-12) Practices and home games are played at the Dayspring Community Church (3919 Brice Rd. Canal Winchester). **Some travel throughout central Ohio will be required.**

Registration begins July 19. Practices begin the week of September 6.

**Teen Volleyball League (Fall League)**

**Ages 11-15**

YMCA Teen Volleyball League focuses on basic skills of the sport and enforces the Core Values of the YMCA. The league is co-ed. **Travel throughout central Ohio will be required.**

Registration begins July 26. Practices begin the week of September 13.

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