



NURTURE - INSPIRE - MOTIVATE

YOUTH & TEEN Program Guide

SESSION 4 April 30 - June 10, 2023

REGISTRATION: MEMBER: APR. 14 - 21 | NON-MEMBER: APR. 17 - 21 (Y Closed on 5/29 for Memorial Day)



Learn More

SPECIAL EVENTS

SCHOOL VACATION CARE 5/12 | AGES 5-12 | 7:00AM-6:00PM | COST PER DAY: \$40/MEMBER | \$60/NON-MEMBER

REACH & RISE® WE NEED MORE VOLUNTEER MENTORS TO OPEN OUR PROGRAM UP TO MORE YOUTH! Jessica Burr, Reach & Rise® Clinical Director: jburr@bcfymca.org

PARENTS NIGHT OUT | 5/19, 5/26, 6/2 | 5:00PM-9:00PM | MEMBER \$15 | NON-MEMBER \$25 EACH DATE | AGES 3-12

Healthy Kids Day | SATURDAY 5/6 | 11:00AM-2:00PM | FREE COMMUNITY EVENT

Family Gardening Night | FRIDAY 5/12 | MEMBER ONLY | FREE EVENT

Memorial Day | 5/29 | CLOSED

SWIM LESSONS

Group Swim Lessons meet twice a week for 4 weeks (8 lessons) unless otherwise noted

resyaquatics@bcfymca.org | x218

GROUP SWIM LESSONS	AGES	DAY	# Weeks	TIME	MEMBER/NON-MEMBER
1 Water Acclimation	6-17yrs	Monday & Wednesday OR Tuesday & Thursday	4	MW: 4:45PM-5:15PM TT: 4:45PM-5:15PM	\$70/\$115
2 Water Movement	6-17yrs	Monday & Wednesday OR Tuesday & Thursday	4	MW: 5:25PM-5:55PM TT: 5:25PM-5:55PM	\$70/\$115
3 Water Stamina (MUST be yellow band)	6-17yrs	Monday/Wednesday OR Tuesday/Thursday	4	MW: 6:05PM-6:35PM TT: 6:05PM-6:35PM	\$70/\$115
4 Stroke Introduction (MUST be green band)	6-17yrs	Monday & Wednesday	4	TT: 4:50PM-5:30PM	\$75/\$120
5&6 Swim Team Development & Mechanics (Green)	6-17yrs	Monday & Wednesday	4	5:40PM-6:20PM	\$75/\$120
Homeschool Swim	6-17yrs	Tuesday	5	11:00AM-12:00PM	\$40/\$60
Private Swim Instruction (Any Level)	3+	Saturday	5	12:30-1:00PM OR 1:00PM-1:30PM	\$140/\$200

YOUTH & FAMILY

resyyouth@bcfymca.org | Barbara Palmer, Youth & Family Director: x217

ARTS & HUMANITIES	AGES	DAY	# Weeks	TIME	MEMBER/NON-MEMBER
Enrichment Classes: Art					
Masterpiece Makers: "Animals, Color, and Henri Rousseau" All Access Pass	6-12yrs	Wednesday (5/3-5/31)	5	6:00PM-7:00PM	\$35/\$45
Masterpiece Makers Drop In	6-12yrs	Wednesday (5/3, 5/10, 5/17, 5/24, 5/31)	1	6:00PM-7:00PM	\$10/\$15
Enrichment Classes: Cooking					
Chefs in Training: Breakfast Club	6-12yrs	Thursday (5/4-6/1)	5	6:00PM-7:00PM	\$40/\$50
Youth Workshops					
Specialized One-Day Workshops	6-12yrs	Tuesday (5/2, 5/9, 5/16, 5/23, 5/30)	1	6:30PM-7:30PM	\$10/\$15

SPORTS

resyyouth@bcfymca.org | Barbara Palmer, Youth & Family Director: x217

KEYSTONE MARTIAL ARTS	AGES	DAY	TIMES	MEMBER/NON-MEMBER
Youth Beginner	7-13yrs	Meets 3x per week: Tuesday, Thursday, Saturday	TU & TH: 6:45PM-7:45PM SA: 9:30AM-10:30M	Monthly: \$65/\$110
Youth Advanced	7-13yrs	Meets 3x per week: Tuesday, Thursday, Saturday	TU & TH: 7:45PM-9:00PM SA: 10:30AM-12:00PM	Monthly: \$65/\$110
Teen & Adult	14+yrs	Meets 3x per week: Tuesday, Thursday, Saturday	TU & TH: 7:45PM-9:00PM SA: 10:30AM-12:00PM	Monthly: \$65/\$110

YOUTH/TEEN SPORTS	AGES	DAY	# Weeks	TIME	MEMBER/NON-MEMBER
Youth Indoor/Outdoor Soccer Clinic	6-8yrs	Saturday (5/6-6/2)	5	10:00AM-11:00AM	\$30/\$45
	9-11yrs	Saturday (5/6-6/2)	5	11:00AM-12:00PM	\$30/\$45
Youth Basketball Clinic	6-9yrs	Monday (5/1-5/29, off 5/29)	5	6:00PM-7:00PM	\$30/\$45
	9-13yrs	Monday (5/1-5/29, off 5/29)	5	7:00PM-8:00PM	\$30/\$45
Beginner Volleyball Clinic	6-10yrs	Wednesday (5/3-5/31)	5	5:00PM-6:00PM	\$30/\$45
Intermediate Volleyball Clinic	8-13yrs	Wednesday (5/3-5/31)	5	6:00PM-7:00PM	\$30/\$45
Competitive Volleyball Clinic	12-17yrs	Wednesday (5/3-5/31)	5	7:00PM-8:00PM	\$30/\$45
Youth Kickball League	10-16yrs	Saturday (5/13-7/15)	8	12:30PM-2:00PM	\$35/\$50
Outdoor Adventure Games	10-17yrs	Thursday	5	6:30PM-7:30PM	\$30/\$45
Private Sports Coaching/Instruction	8+yrs	Thursday	1	5:00PM-6:00PM	\$25/\$40

Homeschool	AGES	DAY	# Of Weeks	TIME	MEMBER/NON-MEMBER
Homeschool Swim & Gym	6-17yrs	Tuesday & Thursdays (5/2-6/1)	5	11:00AM-12:00PM	\$60 / \$80
Homeschool Gym	6-17yrs	Thursday (5/4-6/1)	5	11:00AM-12:00PM	\$30 / \$40

HEALTH & FITNESS (\$4)

resyhealthyliving@bcfymca.org | Kathy Hensler, Healthy Living Director: x226

14+ years old may attend group exercise and cycle classes! 12-13 years old may attend classes with a parent. Youth must be at least 4'4" for a proper bike fit.

CLASS & AGES	AGES	DAY	# Of Weeks	TIME	MEMBER / NON-MEMBER (DROP-IN)
Above & Beyond	10-15yrs	Monday & Wednesday	5	4:30PM-5:15PM	\$75/\$150* (\$10) *price modified for Memorial Day
Speed And Agility Performance Training	7-10yrs	Tuesday	5	5:15PM-6:00PM	\$46/\$92 (\$10)
	11-15yrs	Tuesday	5	4:30PM-5:15PM	\$46/\$92 (\$10)
Speed and Agility Performance Training	7-10yrs	Sunday	5	11:00 AM - 11:45AM	\$46/\$92 (\$10)
	11-15yrs	Sunday	5	11:45AM - 12:30PM	\$46/\$92 (\$10)

The schedule is subject to change Youth Program Policy: Youth 7 years and younger must have an adult 18+ remain in the facility during programs.

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