



# RIDGEWOOD Y – Kids & Family Programs Summer 2018

**Programs Effective:**  
**July 2, 2018 –**  
**Aug. 26, 2018**

***No Classes Tues. July 4th***

**Fee-Based Classes**  
**require registration :**  
**Member Registration**

**June 16**

**Non-Member Registration**  
**June 23**

**Limited Spaces for**  
**Summer Camp are**  
**still Available**  
**REGISTER TODAY**

## Contact Information

**Ages 5yrs + & Families**  
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 Youth & Family Director  
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**Ages 2yrs – 4yrs**  
 Dolores Rappa  
 Early Childhood Director  
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**Dance & Fitness Classes**  
 Kiara Ross  
 Associate Healthy  
 Lifestyles Director  
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 Ridgewood, NY 11385  
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| SUNDAY                                                                                                         | MONDAY                                                                             | TUESDAY                                                                              | WEDNESDAY                                                                             | THURSDAY                                                                              | FRIDAY                                                                                | SATURDAY                                                                              |
|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 10am-1pm<br>Child Watch<br>6mths – 6yrs                                                                        | 9am-12pm<br>Child Watch<br>6mths – 6yrs                                            | 9am-12pm<br>Child Watch<br>6mths – 6yrs                                              |    | 9am-12pm<br>Child Watch<br>6mths – 6yrs                                               | 11:15am-12:15pm<br>Tot & Me Gymnastics<br>18mths-3yrs                                 | 9am-12pm<br>Child Watch<br>6mths – 6yrs                                               |
| Sign Up for<br>Summer Camp at<br>Ridgewood YMCA                                                                | Session 1:<br>July 2–July 13<br>8am-6pm                                            | Session 2:<br>July 16–July 27<br>8am-6pm                                             | Session 3:<br>July 30–Aug. 10<br>8am-6pm                                              | Session 4:<br>Aug. 13–Aug 24<br>8am-6pm                                               |    | 9am-12pm<br>Y Kids Zone!<br>Ages 7-12yrs                                              |
|                                                                                                                | 9am-10:15am<br>Let's Get Ready<br>Ages 2-3yrs                                      |                                                                                      | 9am-10:15am<br>Let's Get Ready<br>Ages 2-3yrs                                         |    | 9am-10:15am<br>Let's Get Ready<br>Ages 2-3yrs                                         | 11am-11:45am<br>Zumba Kids<br>Ages 7-11yrs                                            |
|                               | 10:25am-11:10am<br>Art & Play<br>Ages 2-4yrs                                       |    | 10:25am-11:10am<br>Art & Play<br>Ages 2-4yrs                                          |                                                                                       | 10:25am-11:10am<br>Art & Play<br>Ages 2-4 yrs                                         | 12pm-12:50pm<br>Zumba Kids Jr.<br>Ages 4-6yrs                                         |
|                                                                                                                | 11:20pm-12:05pm<br>Ready, Set, Science<br>Ages 2-4yrs                              |                                                                                      | 11:20pm-12:05pm<br>Ready, Set, Science<br>Ages 2-4yrs                                 |    | 11:20pm-12:05pm<br>Ready, Set, Science<br>Ages 2-4yrs                                 | 12pm-12:50pm<br>Fit Kids<br>Ages 5-12yrs                                              |
| 2:30pm-3:50pm<br>Gymnastics<br>Ages 5-9yrs                                                                     | 12:15pm-2:00pm<br>On Our Way<br>Ages 3-4yrs                                        |                                                                                      | 12:15pm-2:00pm<br>On Our Way<br>Ages 3-4yrs                                           |                                                                                       | 12:15pm-2:00pm<br>On Our Way<br>Ages 3-4yrs                                           | 12pm-12:50pm<br>Ballet<br>Ages 2-3yrs                                                 |
| 4pm-5:20pm<br>Gymnastics<br>Ages 10-14yrs                                                                      | Early Childhood<br>Camp<br>Ages 3-4                                                | Kinder Camp<br>Children<br>Born in 2013                                              | Day Camp<br>(3 groups)<br>Ages 6-10                                                   | Creative<br>Camp<br>Ages 9-11                                                         | Sports<br>Camp<br>Ages 9-11                                                           | 1pm-1:50pm<br>Youth Karate<br>Ages 5-14yrs                                            |
| <b>FAMILY EVENTS</b>                                                                                           |  | 3:30pm-4:00pm<br>Bitty Soccer<br>Ages 2-4yrs                                         |    | 3:30pm-4:00pm<br>Bitty Basketball<br>Ages 2-4yrs                                      |    | 1pm-1:50pm<br>Creative Movement<br>Ages 3-6yrs                                        |
| <b>Family Fun Day</b><br><b>Sun. Jun 17<sup>th</sup></b><br><b>1p-3p</b>                                       |                                                                                    | 4pm-4:50pm<br>Kids Soccer<br>Ages 5-7yrs                                             |   | 4pm-4:50pm<br>Kids Basketball<br>Ages 5-7yrs                                          | 5pm-5:50pm<br>Flex & Stretch<br>Ages 7-13yrs                                          | 2pm-2:50pm<br>Ballet<br>Ages 4-6yrs                                                   |
| <b>Summer Showcase</b><br><b>Sat. Jun 23</b><br><b>@1pm</b>                                                    |                                                                                    | 5pm-5:50pm<br>Kids Soccer<br>Ages 8-11yrs                                            | 5pm-5:45pm<br>Fit Kids<br>Ages 5-12yrs.                                               | 5pm-5:50pm<br>Kids Basketball<br>Ages 8-11yrs                                         | 6:10pm-7pm<br>Cheerleading<br>Ages 7-13yrs                                            | 3pm-4:20pm<br>Gymnastics<br>Ages 7-13yrs                                              |
| <b>Camp Families:</b><br><b>Don't Forget</b><br><b>to attend</b><br><b>*Camp Parent</b><br><b>Orientation:</b> | 5:15pm-6pm<br>Family Stretch<br>Ages 5-12yrs                                       |  |  |  | 5pm-5:50pm<br>Kids Chefs & Co.<br>Ages 7-10 yrs                                       |  |
|                                                                                                                | 6pm-6:50pm<br>Youth Art in Action<br>Ages 5-12yrs                                  | 6:30pm-7:20pm<br>Youth Karate<br>Ages 5-14yrs                                        | 6:30pm-7:20pm<br>Youth Karate<br>Ages 5-14yrs                                         |                                                                                       |  |                                                                                       |
|                                                                                                                | 6pm-9:00pm<br>Y Kids Zone!<br>Ages 7-12yrs                                         | 6pm-9:00pm<br>Y Kids Zone!<br>Ages 7-12yrs                                           | 6pm-9:00pm<br>Y Kids Zone!<br>Ages 7-12yrs                                            | 6pm-9:00pm<br>Y Kids Zone!<br>Ages 7-12yrs                                            | 6pm-9:00pm<br>Y Kids Zone!<br>Ages 7-12yrs                                            |                                                                                       |
|                                                                                                                | 6:00 pm-9:00pm<br>Child Watch<br>6mths – 6yrs                                      | 6:00 pm-9:00pm<br>Child Watch<br>6mths – 6yrs                                        | 6:00 pm-9:00pm<br>Child Watch<br>6mths – 6yrs                                         | 6:00 pm-9:00pm<br>Child Watch<br>6mths – 6yrs                                         | 6:00 pm-9:00pm<br>Child Watch<br>6mths – 6yrs                                         |                                                                                       |



Limited Spaces still  
available for  
**SUMMER CAMP**  
Aug. 13–Aug 24

**Session Dates:**  
**July 2, 2018—Aug. 26, 2018**

# RIDGEWOOD Y Kids Programs Summer 2018

## LETS GET READY! – Ages 2–3yrs

**ONLY 3-Day Program offered**

This class will help your child transition and become familiar with the classroom atmosphere and be better prepared to eventually attend classes independently.

3x/wk.: \$156 Members; \$210 Non-Members

## ART & PLAY – Ages 2–4yrs

**ONLY 3-Day Program offered**

Kids will use create projects using different materials and techniques. This class can get messy!

3x/wk.: \$168 Members; \$220 Non-Members

## READY, SET, SCIENCE – Ages 2–4yrs \*

**ONLY 3-Day Program offered**

An independent program with an introduction into a classroom setting where your child will experience science concepts. Children will explore science concepts through the use of hands on materials and manipulatives.

3x/wk.: \$156 Members; \$210 Non-Members

## ON OUR WAY – Ages 3–4yrs \*

**ONLY 3-Day Program offered**

An introduction into a classroom setting where your child will experience activities such as Exploration time, arts/crafts, and Circle time. The objective of this class is for us to help your child learn the necessary skills to succeed in a school environment.

3x/wk.: \$156 Members; \$210 Non-Members

## BITTY SOCCER & BASKETBALL – Ages 2–4yrs

Children have fun and learn the fundamentals of soccer and or basketball in a structured setting. Children will build confidence, develop teamwork and learn social skills and the basics of soccer/basketball in a positive and fun environment!

\$69 Members; \$95 Non-Members

## CHILD WATCH – Ages 6 month–6yrs

Children spend quality time with peers in play based interest areas while their parents workout on site for 2 hours a day.

**FREE:** Members Only

**PRE-KINDERGARTEN FOR ALL – Full Day (Available to children born in 2013) September 5, 2018—June 13, 2019** Teachers introduce children to positive, fun activities that build education, social, and interpersonal skills. Children are taught by highly qualified, certified teachers and personnel.

**FREE:** Members and Non-Members

**\*\*Registration for 2018–2019 (for children born in 2014)**

## CLUBHOUSE: PRE-K–5TH GD– September 10, 2018—June 2019

Clubhouse is ready to take over during after school hours with daily activities that are structured, fun, and educational. Includes Bitty Soccer on Tuesdays and Bitty Basketball on Thursdays.

Mon–Fri, 2:50pm–6:00pm; follows our site's PreK calendar

\$399 Members; \$473 Non-Members

## KIDS SOCCER – Ages 5–11yrs

Get the ball rolling and develop and improve your skills through engaging warm-ups, activities and games, all while having fun! Outdoor playing time also scheduled this spring!

\$69 Members; \$95 Non-Members

## KIDS BASKETBALL – Ages 5–11yrs

Learn and master the basics of passing, dribbling and shooting, while practicing your offense and defense in fun scrimmages. Outdoor playing time also scheduled this spring!

\$69 Members; \$95 Non-Members

## KIDS KARATE – Ages 5–14yrs

Learn basic punches, strikes, blocks and kicks while gaining focus, strength and coordination. Karate is all about teamwork, respect and patience—not combat or self-defense. \*\* Benefits from participating 2x a week!

Classes partake in sparring with proper equipment only\*\*

1x Week: \$71 Members; \$100 Non-Members

2x Week: \$136 Members; \$190 Non-Members

## DANCE PROGRAM

\$84 Members; \$115 Non-Members

### BALLET – Ages 2–6yrs

Ballet is an essential foundation for all dance. The basics and more are introduced with patience and care, not to mention fun!

### CREATIVE MOVEMENT – Ages 3–6yrs

This class provides a carefully paced sequence of movements to develop physical conditioning, strengthen listening skills, coordination, and loco motor movement. Since children respond naturally to music, the activities are presented through Pop, Hip-Hop and cultural dance styles.

## GYMNASTICS – Ages 5–14yrs

A fun, non-competitive program for boys and girls ages 5–14. Our active gymnasts will be geared up to advance in safe, consistent, and productive progressions.

\$110 Members; \$136 Non-members

## CHEERLEADING—Ages 7–13yrs

Beginning class teaches basic arm movements, jumps, stunting, and tumbling. 45 minute class.

\$110 Members; \$136 Non-members



## Y KIDS ZONE! – Ages 7–12yrs

Kids spend quality time with peers, playing games and making crafts under staff supervision.

**FREE** Members Only

## YOUTH ART IN ACTION – Ages 5–12yrs

Join us for an hour of fun and crafty activities! Activities are themed and engaging for the entire family. Registration is required for all participants.

**FREE** Members; \$100 Non-Members

## KIDS CHEFS & CO. – Ages 7–10yrs

Kids and their families learn about nutrition and culinary arts! Learn how to make a variety of tasty snacks and meals while spending quality time with their peers and family. Registration is required for all participants.

**FREE** Members; \$100 Non-Members

## ZUMBA KIDS JR. – Ages 4–6yrs

It's a dance party for little feet where pint sized party animals get silly, dream big, and begin their journey to a healthy future.

**FREE** Members; \$104 Non-Members

## ZUMBA KIDS – Ages 7–11yrs

The Zumba Kids program is the ultimate dance-fitness party for young Zumba fans ages 7–11yrs where they can play it loud and rock with friends! Age-appropriate music moves and gets kids movin' to the beat.

**FREE** Members; \$104 Non-Members

## FAMILY STRETCH – Adults with Children Ages 5+yrs

The whole family (Adults with Children 5+) will get to stretch their muscles. They will also enjoy the fun and bonding that comes with family activities. Children should dress comfortably. Equipment provided.

**FREE** Members; \$104 Non-Members

## FIT KIDS! – Ages 5–12yrs

Run, jump, catch, dance, and have fun! This class is all about moving, staying healthy, and having fun.

**FREE** Members Only

## Tot & Me Yoga – Ages 10mths – 2yrs

This class is for walkers to 3 years old. Strengthen the bond between you and your child. Our professional instructor will guide you and your toddler through our curriculum of fun activities on "kid friendly" equipment designed to make learning easy and safe.

This is a 60 minute class.

\$105 Members; \$130 Non-members

