



RIDGEWOOD Y – Kids & Family Programs Winter 2018

Programs Effective:
Jan. 2, 2018 –
February 25, 2018

Fee-Based Classes
require registration

Member Registration
December 16
Non-Member Registration
December 23

Contact Information
Pre-K and Education
Programs
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am-1pm Child Watch 6mths - 6yrs	8:30am-2:50pm Pre-K for All Children born in 2013					9am-12pm Child Watch 6mths - 6yrs
PRE-K FOR ALL	9am-12pm Child Watch Ages 6months—6years			9am-12pm Child Watch 6mths - 6yrs	11:15am-12:15pm Tot & Me Yoga 10mths-3yrs	9am-12pm Y Kids Zone! Ages 7-12yrs
	9am-10:15am Let's get Ready Ages 2-3 years					11am-11:45am Zumba Kids Ages 7-11yrs
	10:25am-11:10am Art & Play Ages 2-4 years					12pm-12:50pm Zumba Kids Jr. Ages 4-6yrs
	11:20am-12:05pm Ready, Set, Science Ages 2-4 Years					12pm-12:50pm Fit Kids Ages 5-12yrs
2:30pm-3:50pm Gymnastics Ages 5-9yrs	12:15pm-2:00pm On Our Way Ages 3-4 years					12pm-12:50pm Ballet Ages 2-3yrs
4pm-5:20pm Gymnastics Ages 10-14yrs	2:50pm-6:00pm Clubhouse Afterschool Ages 3-9 Years					12pm-12:50pm Breakdancing Ages 5-9yrs
FAMILY EVENTS 2018 Camp Registration starts Feb. 1 2018 PreK registration starts Feb 5 Family Fun Sunday Jan. 21 1p-3p		3:00pm-3:30pm Bitty Soccer Ages 2-4yrs		3:00pm-3:30pm Bitty Basketball Ages 2-4yrs		1pm-1:50pm Youth Karate Ages 5-14yrs
		4pm-4:50pm Kids Soccer Ages 5-7yrs		4pm-4:50pm Kids Basketball Ages 5-7yrs	5pm-5:50pm FLEX & STRETCH Ages 7-13yrs	1pm-1:55pm Tiny Tumblers Ages 2-4yrs
		5pm-5:50pm Kids Soccer Ages 8-11yrs	5:15pm-6:00pm Fit Kids Ages 5-12yrs.	5pm-5:50pm Kids Basketball Ages 8-11yrs	6pm-7pm Teen Strength & Conditioning Ages 13-17yrs	
	5:15pm-6pm Family Stretch Ages 5-12yrs				5pm-5:50pm Kids Chefs & Co. Ages 7-10 yrs	2pm-2:50pm Ballet Ages 4-6yrs
	6pm-6:50pm Youth Art in Action Ages 5-12yrs	6:30pm-7:20pm Youth Karate Ages 5-14yrs			6pm-7:20pm Cheerleading Ages 7-13yrs	2pm-3:15pm Acro Dance Ages 6-13yrs
	6pm-8:30pm Y Kids Zone! Ages 7-12 years					3pm-3:50pm Street Jazz Ages 5-9yrs
	5:30pm-8:30pm Child Watch Ages 6 months-6 years					8pm-11pm Teen Center Ages 11-19yrs



**Session Dates: January 2, 2018 –
February 25, 2018**

RIDGEWOOD Y Kids Programs Winter 2018

LETS GET READY! – Ages 2-3yrs

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

2x/wk: \$128 Members; \$174 Non-Members

ART & PLAY – Ages 2-4yrs

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

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

2x/wk: \$139 Members; \$183 Non-Members

READY, SET, SCIENCE – Ages 2-4yrs * 3-Day Program now 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 manipulative.

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

2x/wk: \$128 Members; \$174 Non-Members

ON OUR WAY – Ages 3-4yrs * 2-Day Program now 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

2x/wk: \$128 Members; \$174 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 7, 2017–June 15, 2018 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)
Begins February 5, 2018**

CLUBHOUSE: PRE-K – September 11, 2017–June 15, 2018 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 Pre-K calendar

\$380 Members; \$450 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 for all classes

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!

STREET JAZZ – Ages 7 yrs to 13 yrs

BREAKDANCING – Ages 5 yrs. to 9 yrs

Led by our dance specialist, the YMCA offers fun-filled Break Dance and Street Jazz dance classes. Kids will learn fundamentals of Breakdancing and Hip Hop dance with a fun twist.

\$84 Members; \$115 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; \$58 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; \$58 Non-Members

FAMILY STRETCH – Adults with Children Ages 5+yrs

The whole family (Adults with Children 5+) can stretch together. Enjoy the fun and bonding that comes with family activities. Children should dress comfortably.

FREE Members; \$104 Non-Members

FLEX & STRETCH – Ages 7-13 yrs

Join Coach Crystal for an 8-week program that will condition our dancers, cheerleaders, and gymnasts. This class will help our students gain strength and flexibility which will help with their overall performance.

\$84 Members; \$115 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

GYMNASTICS – Ages 5-14yrs

\$110 Members; \$136 Non-members

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

TINY TUMBLERS – Ages 2 – 4yrs

Our Tiny Tumblers class is for children up to 4 years old. This 8-Week program will strengthen the bond between you and your child. Our professional instructor, Crystal will guide your toddler through our curriculum of fun activities on "kid friendly" equipment designed to make learning easy and safe.

CHEERLEADING – Ages 7-13yrs

This 8-week Cheerleading Program is a beginner class that teaches basic arm movements, jumps, stunting, and tumbling. Don't miss out on the fun!

\$110 Members; \$136 Non-Members

Teen Strength & Conditioning – Ages 13-17 yrs

An 8 week program meant to increase strength, improve stamina, gain knowledge about exercise, and of course have fun!

FREE Members; \$104 Non-Members

Acro Dance – Ages 6-13 yrs

This program will fuse classical dance technique and acrobatic elements. Our participants will enhance their dance techniques with turns and jumps as well as learning fun and safe tricks.

\$84 Members; \$115 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 – 3yrs

Our Tot & Me Yoga class is for parents and the little ones up to 3 years old. This 8-Week program will strengthen the bond between you and your child.

FREE Members; \$104 Non-Members