MUS & YMCA Enrichment

**Building Skills**

**Track & Field**

**WEDNESDAYS**

- 2:30 - 3:15pm (K - 1st Grades)
- 3:15 - 4pm (2nd - 6th Grades)

**Session I:**
- 9/05 - 10/10 (6 weeks)
- $150

**Session II:**
- 10/24 - 10/31
  - break 11/01 - 11/27,
  - 11/28 - 12/19 (6 weeks)
- $150

**Academic Chess**

**WEDNESDAYS**

- 2:30 - 3:15pm (K - 1st Grades)
- 3:15 - 4pm (2nd - 6th Grades)

**Session I:**
- 9/05 - 10/10 (6 weeks)
- $150

**Session II:**
- 10/24 - 10/31
  - break 11/01 - 11/27,
  - 11/28 - 12/19 (6 weeks)
- $150

**Computer Coding**

**TUESDAYS**

- 2:30 - 3:15pm (K - 1st Grades)
- 3:15 - 4pm (2nd - 6th Grades)

**Session I:**
- 9/04 - 10/09
  - $150

**Session II:**
- 10/23 - 10/30
  - break 10/31 - 11/26
  - 11/27 - 12/18 (6 weeks)
- $150

**LEGO® Engineering**

**FRIDAYS**

- 2:30 - 3:15pm (K - 1st Grades)
- 3:15 - 4pm (2nd - 6th Grades)

**Session I:**
- 9/07 - 10/12
  - no class on 10/05
  - (6 weeks)
- $125

**Session II:**
- 10/26 - 11/01
  - break 11/03 - 11/29,
  - 11/30 - 12/17 (6 weeks)
- $150

**Riptide Lacrosse**

**THURSDAYS**

- 2:30 - 3:15pm (K - 1st Grades)
- 3:15 - 4pm (2nd - 6th Grades)

**Session I:**
- 9/06 - 10/11
  - (6 weeks)
- $150

**Session II:**
- 10/25 - 11/01
  - break 11/02 - 11/28,
  - 11/29 - 12/20 (6 weeks)
- $150

**Joga Futsal**

**FRIDAYS**

- 2:30 - 3:15pm (K - 1st Grades)
- 3:15 - 4pm (2nd - 6th Grades)

**Session I:**
- 9/07 - 10/12
  - *no class on Friday, 10/05
  - (6 weeks)
- $125

**Session II:**
- 10/26 - 11/01
  - break 11/03 - 11/29,
  - 11/30 - 12/17 (6 weeks)
- $150

**Yoga**

**MONDAYS**

- 2:30 - 3:15pm (K - 1st Grades)
- 3:15 - 4pm (2nd - 6th Grades)

**Session I:**
- 9/10 - 10/08
  - (5 weeks - no class on Labor Day)
- $125

**Session II:**
- 10/22 - 10/29
  - (break 10/30 - 11/25),
  - 11/26 - 12/17 (6 weeks)
- $150

**Register at ciymca.org/montecito**

or at the Welcome Center

Registration for Session I: August 15 - 29
Registration for Session II: October 8 - 19

Please use registration code ENRICHMENT to sign up for classes!
YOGA
Yoginis will learn the basics of yoga and learn how to connect their breath with movement. Yoga is a wonderful way to build strength, flexibility and focus! This is an all levels class, no prior yoga knowledge necessary. Our yoga instructor, Laura has been practicing for eight years and follows the core values and techniques of Vinyasa and Kundalini yoga.

TRACK & FIELD
Track and Field is designed for those who enjoy running, jumping, and throwing. Participants will learn the fundamentals of Track and Field through various drills and games while learning good sportsmanship and developing team building skills. Participants will improve their ability to run fast, jump high and throw far while learning how to take care of their bodies through exercise and proper stretching.

CODING
MUS is offering a new computer science enrichment class this fall in partnership with Code.org, a nonprofit dedicated to giving every K-12 student in the US the opportunity to learn computer science. Even the youngest learners will begin to learn the basics of how technology works. The program will introduce computer science concepts such as logic, problem-solving, and creativity. Taught by MUS parent and Code.org trained teacher, Caroline Harrah.

ACADEMIC CHESS
We are devoted to promoting the merits of chess among children by using stories, dances and catchy songs to make the game of chess exciting and easy to understand. Children participating in our program develop critical thinking and problem solving skills, have better concentration and mental discipline, gain confidence and have lots of FUN! All students in chess club receive an exclusive Academic Chess workbook, prizes for good sportsmanship and participate in the “BIG TOURNAMENT” on the last day where all kids take home a prize!

RIPTIDE LACROSSE
Play the fastest game on 2 feet! This developmental program focuses on teaching key lacrosse fundamentals including passing, catching, scooping, cradling, shooting and more! Learn and practice new Lacrosse skills with friends through fun games and scrimmages. Andrew White is the founder of Riptide Lacrosse which provides year-round youth lacrosse programs in Santa Barbara. Coach White is currently in his 4th year as Head Coach of the Santa Barbara High School Boys Lacrosse Team and was an All-American Attackman and played Division 1 Lacrosse at Ohio State University.

JOGA FUTSAL
Futsal is a form of soccer that helps players to develop their ball skills and technique. Our unique curriculum focuses on getting quality repetitions on the ball to improve player’s 1v1 skills, sharpen technique and speed up decision making. All classes will end with small-sided games where players can apply what they have worked on throughout the sessions. Futsal Director, Willie Sims, is an ex-professional soccer player in the MLS who has been coaching competitively for 13 years. His passion for futsal and soccer has helped develop and nurture kids from ages 3-18 to love the game.

LEGO ENGINEERING
Intro to STEM with LEGO materials (Grades K-1)
Ratchet up your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as Motorcycles, Castles, Airplanes, and Monorails. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

STEM Challenge with LEGO® materials (Grades 2-6)
Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as Belt-Drive Cars, Truss Bridges, Rail Racers, and Pneumatic Forklifs! Design and build as never before, and explore your craziest ideas in a supportive environment.

Contact:
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