



# YOUTH CALENDAR FLOYD COUNTY BRANCH

**MAY  
2012**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Teen Room Hours:</b> Monday–Friday 4:00–8:30 p.m. Saturday 10:00 a.m.–2:00 p.m. Sunday 1:00 p.m.–4:00 p.m.		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		<b>XRKade® Challenges</b> 4-8 p.m. <b>Kids PE</b> (ages 5-13) 4:15-4:45 p.m. <b>Kids Bootcamp</b> (ages 7-13) 4:45-5:15 p.m. <b>Taekwondo</b> 6-8:30 p.m.	<b>XRKade® Challenges</b> 4-8 p.m. <b>Teen Room Special Hours</b> 4-8:30 p.m. (6 & up)	<b>XRKade® Challenges</b> 4-8 p.m. <b>Kids PE</b> (ages 5-13) 4:15-4:45 p.m. <b>Kids Bootcamp</b> (ages 7-13) 4:45-5:15 p.m. <b>Taekwondo</b> 6-8:30 p.m.	<b>XRKade® Challenges</b> 4-8 p.m.	<b>XRKade® Challenges</b> 10 a.m.–4 p.m. <b>Zumbatomic Big Starz</b> 11:45 a.m.–12:15 p.m. <b>Ballet &amp; Jazz*</b> (ages 5-7) 12:30-1 p.m. <b>Family Yoga</b> 12:30 a.m.–1:15 p.m.
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>XRKade® Challenges</b> 12-4 p.m. (5 & up)	<b>XRKade® Challenges</b> 4-8 p.m. <b>Teen Room Special Hours</b> 4-8:30 p.m. (6 & up)	<b>XRKade® Challenges</b> 4-8 p.m. <b>Kids PE</b> (ages 5-13) 4:15-4:45 p.m. <b>Kids Bootcamp</b> (ages 7-13) 4:45-5:15 p.m. <b>Taekwondo</b> 6-8:30 p.m.	<b>XRKade® Challenges</b> 4-8 p.m. <b>Teen Room Special Hours</b> 4-8:30 p.m. (6 & up)	<b>XRKade® Challenges</b> 4-8 p.m. <b>Kids PE</b> (ages 5-13) 4:15-4:45 p.m. <b>Kids Bootcamp</b> (ages 7-13) 4:45-5:15 p.m. <b>Taekwondo</b> 6-8:30 p.m.	<b>XRKade® Challenges</b> 4-8 p.m. <b>Tween/Teen Night</b> 8:30-11:30p.m.	<b>XRKade® Challenges</b> 10 a.m.–4 p.m. <b>Zumbatomic Big Starz</b> 11:45 a.m.–12:15 p.m. <b>Ballet &amp; Jazz*</b> (ages 5-7) 12:30-1 p.m. <b>Family Yoga</b> 12:30 a.m.–1:15 p.m. <b>T-Ball Begins</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
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<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
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<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Coming Soon:</b> <ul style="list-style-type: none"> <li>• YMCA youth T-Ball begins on Saturday, May 12.</li> <li>• The Summer Camp registration has begun.</li> </ul>	
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**AGES 7-13**

**See other side for more information.**

# GO KIDS GO YOUTH PROGRAM

Begin with a wellness appointment where you will meet with a YMCA Wellness Coach. Learn more about what kind of strength training, cardio, and flexibility is appropriate for your age group of 7-13 years old. Let your "coach" show you how you can participate in our Go Kids Go incentive program for a chance to earn prizes. Youth Wellness hours are listed on the front of this calendar.

## Arts

Piano Lessons for ages 7 and up, Voice Lessons for ages 7 and up, YMCA of Southern Indiana's Family Theatre, Art Camps, etc. See website for more information.

## Ballet & Jazz\*: Ages 3-7

Young dancers will develop locomotor skills and explore musicality and expression through creative movement.

## Family Yoga: Ages 7 and up

Looking for an exercise routine designed to rejuvenate the body and soul? This yoga class incorporates beginning and intermediate variations. Build flexibility, coordination, strength, and inner peace with this blend of flowing postures. Experience a yoga routine that all members of the family will enjoy. Ages 7 and up welcome. (B)

## Friends 2 Swim

Meet your friends 2 swim at the pool for open swim hours in the lap pool or the family fun pool. Swimming is a great way to exercise and is even more fun when you have a play date. Also, don't forget to check out our many options for swim lessons and swim teams.

Open Swim Lap Pool: 1-4:30 p.m.

Family Fun Pool: 4-8 p.m.

## Kids PE: Ages 5-13

This class is designed for kids who are ready to get moving. Fitness games and obstacle courses will be a few of the ways the kids will have fun and learn how fun exercise can be. This takes place in Group Exercise Studio 2.

## Rockwall

Do you enjoy climbing? If you answered yes, the rockwall at the Y is for you. Ages 6 and up may participate. The hours are Monday-Friday from 4-8 p.m. and Saturday & Sunday from 12-4 p.m. Please note that on Mondays from 6:30-8 p.m. and Wednesdays from 5:30-8 p.m. are reserved for adults only.

## Sport Camps, Sport Programs, Open Gym

All Y preschool and youth sport programs emphasize important developmental values such as teamwork, good sportsmanship, self-esteem, and respect for others. The focus is on healthy participation. Check our website for upcoming programs. Sports Camp is a chance to get more repetitions of different sport skills before an upcoming sport program begins. Times and dates may vary each month. Check out our Sports Enhancement Training that is periodically offered. Ask about the next session at the Front Desk.

## Taekwondo: Ages 8 and up

Taekwondo is a Korean Martial Art that uses foot and hand techniques for effective self defense. Participate as a family or individually and benefit from a class that is both an excellent component of overall fitness as well as self development. This takes place in Group Exercise Studio 1.

## Teen Room Activities: Ages 8 and up

The Teen & Family Room is open to members Monday-Friday from 4-8:30 p.m. The Teen & Family Room is equipped with computers, TV, games and much more. On Monday and Wednesdays, 6 and 7 year olds may use the room. \*Check out the special activities or programs on Friday nights:

**Teen/Tween Nights** - Kids will enjoy a supervised evening of fun and a chance to meet new friends while participating in activities including basketball, special events, and more. Refreshments are sold at the Y concession stand. Tween (ages 8-11) and Teen (ages 8-11) Night is combined and held every second Friday of the month from 8:30 to 11:30 p.m.

## Tumble Kids\* Ages 6-8

This program builds upon skills learned during the pre-school gymnastics program or is for the more advanced gymnast. Children are grouped according to skill level. Classes meet on Tuesday and Thursday evenings for eight weeks. Parents may observe the first and last class only. Parents must remain on site for all classes.

## XRKade@ Youth Program

Complete an orientation in the XRKade@ room with an XRKade@ coach and receive a passport. Keep coming back and keep playing to earn stamps that may be redeemed for prizes at the end of each month.

## XRKade@ Rules

1. Wear appropriate attire. No offensive logos or language.
2. No food, drinks, or gum allowed.
3. No open toed shoes, sandals, or crocs allowed.
4. No sitting on walls or tabletops.
5. No profanity or offensive gestures.
6. Be respectful to other members and staff.
7. Respect XRKade@ equipment.
8. If equipment is not working properly, find an XRKade@ coach to help, do not attempt to fix yourself.
9. Remember to sign-in.
10. We are not responsible for lost or stolen items.
11. Remember to have fun and laugh!

## XRKade@ Passport Description

1. Each child that completes the XRKade@ orientation will be given an XRKade@ passport (this will not leave the XRKade@ and will be filed in the box on the counter).
2. Each day that a child comes in to use the XRKade@, they will be given their passport. For each game that they play, they will be given a stamp of the day. If they participate in the various challenge hours, they may be given additional stamps.
3. Saturday activities will also earn bonus stamps.
4. The last week of the month will be redemption week. Children may come in to redeem their stamps for prizes.

## Youth Boot Camp: Ages 7-13

This class will introduce children to strength training and cardio while having fun with fitness games and activities. This takes place in Group Exercise Studio 2.

## Zumbatomic Big Starz: Ages 8-13

Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.



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Floyd County Branch**  
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