



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER FUN FOR EVERYONE

**Nurturing the potential of every child and teen. Financial assistance is available.**

Unless otherwise note, program fees are \$35/family membership, \$73/individual membership, \$125/community

## WINTER | YOUTH DEVELOPMENT PROGRAMS

**Program registration opens December 27. Swim lesson registration opens January 3. Sessions run January 13—March 16.**

### YOGA CLUB

**Ages 6-12**

**Monday, 4:30 pm—5:30 pm**

Participants will be introduced to a series of balancing and strengthening yoga poses.

### KID'S NIGHT OUT

**Cost: \$30.00/1st child, \$10.00/additional siblings. Ages 4-12**

**Fridays—1/18, 2/15 & 3/15 5:00pm-8:30pm**

Parents, take a night off and let us watch the kids! Food and activities provided. Fun for all!

### PAINTING WITH PARENTS

**Ages 2-5**

**Thursday, 11:15am-12:00pm**

Learn how to paint with more than just a brush! Explore art from a new perspective.

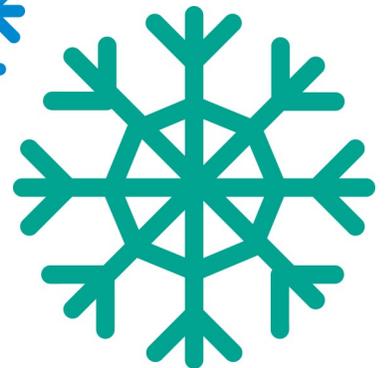
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### Casco Bay Branch

YMCA of Southern Maine

14 Old South Freeport Road | 207.865.9600

[ymcaofsouthernmaine.org](http://ymcaofsouthernmaine.org)





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### PARENT-TOT TUMBLING

**Ages Walkers- 3**

**Tuesday 11:30am—12:15pm**

Designed to enhance and challenge your toddler's large motor skills in a fun environment, Adult/tot Tumbling is a 45 minute adult and toddler interactive class. The instructor will help guide adults to encourage their toddlers through varied activities and movements in a fun and safe environment. This class is a wonderful way to build your toddler's confidence in movement and interact with other toddlers, while working on body part knowledge and following simple directions.

### PRESCHOOL TUMBLING

**Ages 3-5**

**Tuesday 10:30am—11:15am**

Teaching coordination, physical awareness, and creative motor skills, Preschool Tumbling is an energetic and fun 45 minute class. Students should be able to follow simple instructions and safety techniques when spotted by an instructor. Basic gymnastic movements like somersaults and jumps will be learned. Building strength, flexibility and confidence, early tumbling classes are exciting and provide life-long physical skills.

### YOUTH MARTIAL ARTS

**Ages 7-14**

**Saturday, 10:00-11:00am**

Martial Arts teaches kids respect for self and others while improving confidence and physical fitness.

