



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING INTO FUN

Nurturing the potential of every child and teen. Financial assistance is available, please ask.

SPRING I YOUTH DEVELOPMENT PROGRAMS,

Registration opens 2/25. Swim lesson registration opens 3/4.
Session runs 3/17—5/18.

YOGA CLUB

Ages 6-12

Monday, 4:30pm-5:30pm

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

CHILDREN'S YOGA

Ages 3-5

Wednesday, 9:00am-9:45am

Students will learn basic yoga postures, breathing techniques and creative movement. Class will focus on stretching, mindfulness and fun! Children will develop skills in balance, strength, focus and listening in this relaxed, fun class.

ART WITH PARENTS

Ages 2-5

Thursday, 11:15am-12:00pm

Explore the many ways to express your inner artist! Join your young artists in creating a one of a kind piece!

KID'S NIGHT OUT

Ages 4-12

Friday's— 4/26 & 5/17 5:00pm-8:30pm

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

Casco Bay Branch , YMCA of Southern Maine
14 Old South Freeport Rd | 207.865.9600
ymcaofsouthernmaine.org





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SPRING SESSION, CONTINUED...

PARENT TOT TUMBLING

Ages Walkers - 3

Tuesday, 10:30am-11:15am

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

PRE SCHOOL TUMBLING

Ages 3-5

Tuesday, 11:30am-12:15pm

Teaches coordination, physical awareness and creative motor skills. Students should be able to follow simple instructions and follow safety techniques when spotted by instructor. Basic gymnastic movements like somersaults and jumps will be taught. Building strength, flexibility and confidence, early tumbling classes is exciting and provides life-long physical skills.

YOUTH MARTIAL ARTS

Ages 7-14

Saturday, 10:00am-11:00am

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

Registration opens 2/25. Session runs 3/17—5/18.

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