



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING INTO FUN

PINELAND BRANCH

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

SPRING SESSION YOUTH DEVELOPMENT PROGRAMS

Registration opens April 2. Session runs April 22—June 9.

Storytime Yoga

Ages 1–5

Fridays, 8:45–9:15am with Liz

Storytime Yoga® is a children's body-centered education and yoga therapy program that integrates yoga and oral storytelling, relaxation, meditation, and peace and character education to produce healthy, peaceful and literate children, families and communities. With body and word enter the world of language, folk tales, fairy tales, myths and personal stories. This is a parent/child class!

The Lunch Bunch—Veggie Adventures!

Ages 18mo–5

Fridays, 11:30–12:15pm with Katy

Each week we'll introduce a new vegetable and prepare it in a few different ways! Children will learn to work as a team encouraging each other to discover new and exciting foods. BYO picnic lunch to accompany the veggie of the day discovery. Picky eaters welcome! This is a parent/child class!

Treasure Hunting: An Introduction to Letter-Boxing

Ages 5–9

Mondays, 5:15–6:00pm with Katy

Children will create their own 'letter box finding kit' and embark on the trails around the YMCA to find hidden treasures! We will work together as a team to read clues and seek treasure. Ages 5 to 9. Children ages 3 and 4 are welcome with a parent accompanying them.

Creative Movement

Ages 3–5

Wednesdays, 11:15–12:00pm with Sina

Creative movement is fun, imaginative, intuitive, and excellent for developing fine and gross motor skills! Creative Movement provides an excellent source of physical activity and also introduces children to different musical styles, rhythms, movement concepts and of teamwork.





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SPRING SESSION, CONTINUED...

Bend & Bloom—Girl Power Yoga!

Ages 9-15

Mondays, 4:20-5:20pm with Rachel

We'll focus on cultivating a positive body image, self-love, and kindness towards ourselves and others. Together we'll learn healthy ways to manage stress, and improve our body awareness in this all levels yoga practice designed for young women. Let's empower each other to be strong inside and out, like a girl!

Zumba Kids

Ages 2-6

Thursdays, 10:30—11:00am with Nikky

Zumba® Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities, and rhythm technique from around the world such as salsa, hip hop, Bollywood and African dance for a fun filled cultural exploration!

Forest Exploration Group!

Ages 2-5

Mondays, 11:15-12:00pm with Sarah

Let's get outdoors! Weekly exploration activities to gather, sort, count, observe and create - blending STEM learning and craft projects! Let's get messy! This is a parent/child class.

SPRING BALLET CLASSES with Erin

Bitty Ballet

Ages 3-4

Thursdays 4:30 -5:15pm

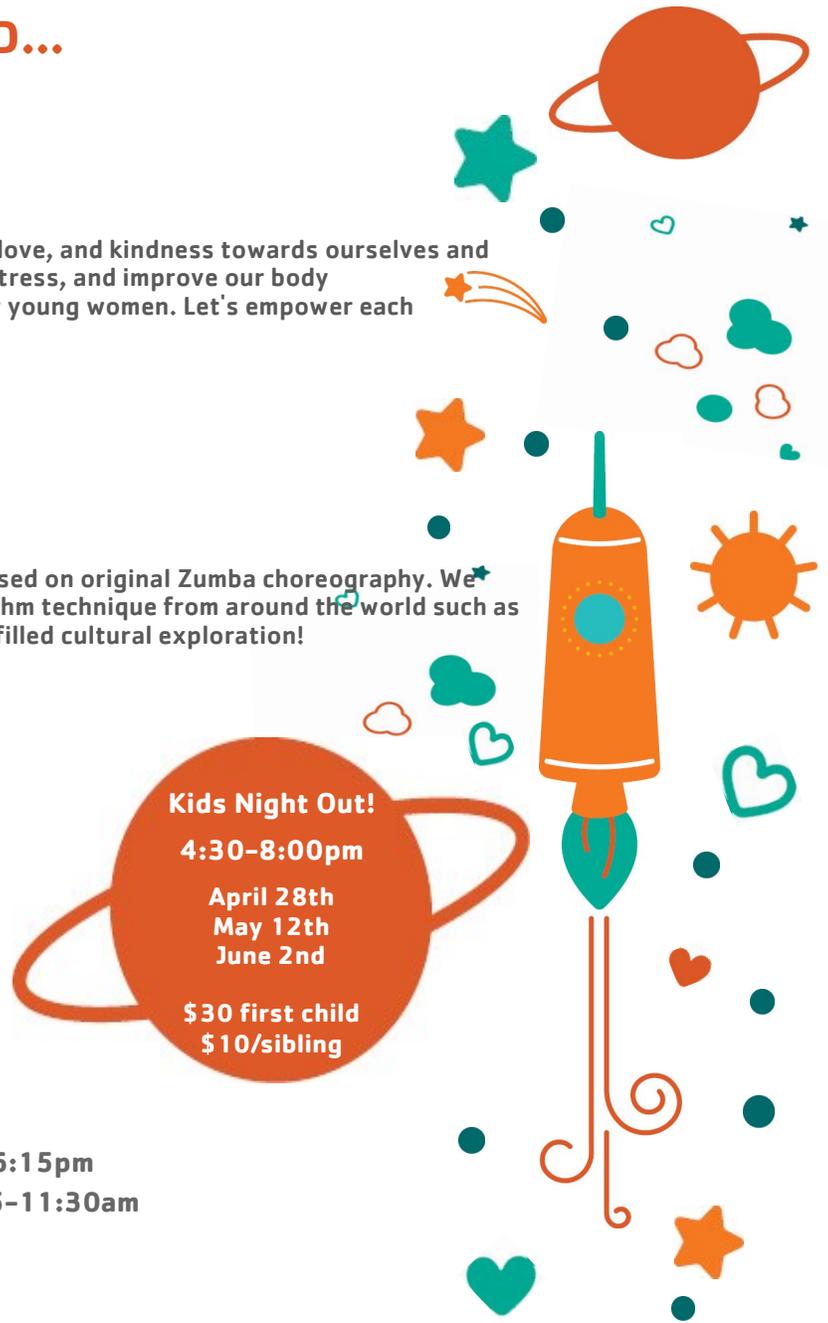
Saturdays 9:45-10:30am

Ballet

Ages 5-7

Thursday 5:30-6:15pm

Saturdays 10:45-11:30am



Kids Night Out!

4:30-8:00pm

April 28th

May 12th

June 2nd

\$30 first child

\$10/sibling

Pineland Branch
YMCA of Southern Maine
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ymcaofsouthernmaine.org