



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.

## WINTER YOUTH DEVELOPMENT PROGRAMS

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

### Ballet with Erin

#### Bitty Ballet

Ages 3-5

Thursdays, 5:00-5:35 pm

Saturdays, 10:30-11:00 am

#### Ballet

Ages 6-8

Thursdays, 5:35-6:15 pm

Saturdays, 11:05 -11:50 am

### Youth Karate \*

Ages 7-10

Mondays, 6:30-7:30 pm

Ages 4-6

Tuesdays, 1:00-2:00 pm

This class will provide a basic understanding of martial arts. Students will learn to use and coordinate parts of their body and mind, and apply this not only to martial arts, but also sports, studying and personal relationships. \*Will run with 5 registrations

### Around the World/Creative Movement Yoga with Liz

Ages 1-5 years

Fridays, 8:45-9:15 am

A fun filled, interactive, engaging class for caregiver and child. You'll stretch and strengthen together. Multicultural music and mindful self-expression will be introduced throughout the class.

#### Pineland Branch

YMCA of Southern Maine

25 Campus Dr. New Gloucester | 207.688.2255

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





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## WINTER | YOUTH DEVELOPMENT PROGRAMS, continued...

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### Junior Picassos

Ages 8-14

Tuesday, 4:30-5:15pm

For the independent Picasso, this art class focuses on basic art techniques and encourages creativity using different mediums. Young artists will enjoy getting a little messy with lots of fun!



### Hip Hop Dance

Ages 7-13

Thursday, 4:15-5:00pm

Energetic and fun, hip hop dance is a great outlet for kids! From freezes to footwork, students will explore hip hop with creative, age-appropriate moves to their favorite music and some old beats, too. Each session will culminate in a performance for family and friends.



### Disco Yoga

Ages 5-12

Monday, 5:15-6:00pm

Come join us for disco dance party yoga! This is a high energy interpretation of traditional flow yoga with music your children will love. An integration of body, mind, and party!



### Join us for Kids Night Out

January 25th – "Under and Over the Sea"

February 22nd – "Game Show Media"

Dinner is provided with Kids Night Out!



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