



SARATOGA REGIONAL YMCA
SARATOGA SPRINGS BRANCH
YOUTH AND FAMILY SCHEDULE

FALL I & II 2011

MONDAY			
TIME	CLASS (ROOM)	INSTRUCTOR	AGES
10:10-10:55am	Tiny Tutus* (MPR)	Deborah	3-5 yrs
11:00-11:55am	Twinkle Toes* (MPR)	Deborah	4-6 yrs
3:00-3:55pm	Sparkly Slippers* (MPR)	Deborah	5-7 yrs
4:00-4:45pm	Small Shots Basketball* (Beginner) (G)	Mike	5-9 yrs
4:45-5:30pm	Small Shots Basketball* (Intermediate) (G)	Mike	5-9 yrs
5:00-5:30pm	Hip Hop Kidz (MPR)	Tristina	6-9 yrs
5:30-6:00pm	Hip Hop Kidz (MPR)	Tristina	10-13 yrs

THURSDAY			
TIME	CLASS (ROOM)	INSTRUCTOR	AGES
10:00-10:45am	Tot Playgroups* (G)	Julie	2-3 yrs
2:50-3:35pm	Tiny Tutus* (MPR)	Deborah	3-5 yrs
3:30-4:30pm	Youth Sports Conditioning* (AS)	Lucias/Melissa	10-14 yrs
3:40-4:55pm	Fancy Feet* (MPR)	Deborah	6-8 yrs
4:00-4:45pm	Fit Kidz (AS)	Julie	6-8 yrs

TUESDAY			
TIME	CLASS (ROOM)	INSTRUCTOR	AGES
9:30-10:15am	Tiny Tutus* (MPR)	Jamie	3-5 yrs
10:00-10:45am	Tot Playgroups* (G)	Julie	1-2 yrs
10:30-11:00am	Short Sports* (G)	Mike/Beth	2-3 yrs
11:30-12:15pm	Sports of All Sorts* (G)	Mike/Beth	3-5 yrs
3:30-4:30pm	Youth Sports Conditioning* (AS)	Lucias/Melissa	10-14 yrs
4:00-5:00pm	Junior Shots Basketball* (G)	Mike	9-12 yrs
5:30-6:30pm	Sports of All Sorts* (G)	Mike	8-10 yrs

FRIDAY			
TIME	CLASS (ROOM)	INSTRUCTOR	AGES
11:00-11:55am	Twinkle Toes* (MPR)	Deborah	4-6 yrs
4:00-4:45pm	Tiny Tutus* (MPR)	Jamie	3-5 yrs
4:50-5:45pm	Twinkle Toes* (MPR)	Jamie	4-6 yrs
5:50-6:45pm	Sparkly Slippers* (MPR)	Jamie	5-7 yrs

WEDNESDAY			
TIME	CLASS (ROOM)	INSTRUCTOR	AGES
11:00-11:30am	Roc-n-Tots* (MPR)	Nicole G.	18-24 mo
11:15-12:00pm	Sports of All Sorts* (G)	Mel/Beth	3-5 yrs
11:30-12:00pm	Roc-n-Tots* (MPR)	Nicole G.	2-3 yrs
5:00-5:45pm	Yoga Kidz (MPR)	Betsy	5-12 yrs
5:30-6:30pm	Sports of All Sorts* (G)	Mike	5-7 yrs

SATURDAY			
TIME	CLASS (ROOM)	INSTRUCTOR	AGES
9:30-10:15am	MicroSoccer* (G)	Mike/Aileen	3-6 yrs
10:15-11:15am	Advanced MicroSoccer* (G)	Mike	7-9 yrs
10:30-11:15am	MicroSoccer* (G)	Mike/Aileen	3-6 yrs
3:00-4:00pm	Co-Ed Soccer* (G)	Mike	10-12 yrs
6:30-9:30pm	Saturday Night Kidz Klub	Staff	10-15 yrs

Room Key

MPR - Multi-Purpose Room G - Gym AS - Aerobics Studio

* Denotes a paid program class

All classes require registration at the front desk.

CLASS DESCRIPTIONS

HipHop Kids - Participants learn fun dance routines to popular hiphop music.

Short Sports - Participants experience a variety of sport-related games and activities in a small group setting.

Cost: Full Member = \$15/session ; Program Member = \$30/session

Sports of All Sorts - This program focuses on the fun aspects of sports. Children participate in cooperative games and learn skills related to sports while incorporating the basic concepts of group work and being on a team.

Cost: Full Member = \$25/session ; Program Member = \$50/session (3-5 year old class)

Full Member = \$30/session ; Program Member = \$60/session (5-7 and 8-10 year old classes)

Jr. Shots Basketball - This is a co-ed program that focuses on fundamental basketball skills, including dribbling, passing, shooting, positions, and team work. Practice time and actual game time are incorporated in each class.

Cost: Full Member = \$25/session ; Program Member = \$50/session

Small Shots Basketball - Participants learn the fundamental of basketball: dribbling, passing, and shooting while having a great time!

Cost: Full Member = \$20/session; Program Member = \$40/session

Roc-N-Tots - Participants are introduced to movement and music for growing minds and bodies. Each class offers a fun mix of circle songs, free dance, marching, and imagination that your child will talk about for weeks!

Cost: Full Member = \$22.50/session ; Program Member = \$45/session

Yoga Kidz - Yoga at an early age encourages self-esteem and body awareness through noncompetitive physical activity. This class introduces basic yoga concepts and poses that children can practice at home. Limit 15 participants per session. Register at front desk.

Tiny Tutus - This class builds on the basics of ballet. Imaginative and creative movements are used to form a passion for dance. Ballet movements, positions, and combinations are explored as are the fundamentals of rhythm.

Cost: Full Member = \$50/session ; Program Member = \$85/session

Twinkle Toes - This class is two programs in one. Ballet fundamentals are improved and tap basics are established. Creative movement is used to foster body awareness and musical games and listening exercises increase rhythm recognition.

Cost: Full Member = \$50/session ; Program Member = \$85/session

Sparkly Slippers - Ballet and tap basics are advanced as an extension of Twinkle Toes. Ballet techniques focus on more challenging movements and establishing proper dance etiquette.

Cost: Full Member = \$50/session ; Program Member = \$85/session

Fancy Feet - This class is three programs in one. Ballet and tap movements are advanced as a progression of Sparkly Slippers. Dancers also begin to explore basic jazz movements. Combinations, turns, kicks and leaps are taught.

Cost: Full Member = \$50/session ; Program Member = \$85/session

Fit Kidz - This class is for kids who want to be fit and have fun doing it. It combines beginner fitness and healthy lifestyle tips to jumpstart a love of exercise and an appreciation for healthy practices.

Micro Soccer - This is a co-ed program with an emphasis on participation, not winning. Soccer fundamentals are taught through drills, cooperative exercises and games. The second half of every class is reserved for scrimmage matches.

Cost: Full Member = \$33/session ; Program Member = \$66/session

Tot Playgroups - This is a great opportunity to engage your children in peer interaction, encouraged by free play, music, and large-motor skill developing activities. Parents, grandparents, and any other caregivers are welcome to participate with their children!

Cost: Full Member = \$31/session ; Program Member = \$62/session

Saturday Night Kidz Klub - Kids may join us every Saturday night for an evening of fun. Kids can participate in age appropriate activities in the gym, fitness center, pool, track and cyber café. Children must be signed in and out by an adult and there is no re-entry policy.

Cost: (drop-in fee paid at the door every night) Member = \$5; Non-Member= \$8

Youth Sports Conditioning - Join us as we introduce young athletes to the basics of strength training and conditioning. This coed training group will cover injury prevention, speed and agility workouts, plyometrics and teach proper lifting techniques and combinations.

Cost: Full Member = \$35/session; Program Member = \$70/session