



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Programs

Multipurpose Room @ West YMCA
September 6th - May 31st

3700 Silver Lake Rd.
Traverse City, MI 49684
(231) 486-6357

	MON	TUE	WED	THU	FRI	SAT	SUN
9am		Little Explorers Ms. Caitlin G. 9am - 12:30pm	Little Explorers Ms. Caitlin G. 9am - 12:30pm	Little Explorers Ms. Caitlin G. 9am - 12:30pm	Little Explorers Ms. Caitlin G. 9am - 12:30pm	Youth Dance (ages 3-5) Dance Instructor 9am - 9:30am	
						Youth Dance (ages 3-5) Dance Instructor 9:45am - 10:15am	
10am						Youth Dance (ages 6-9) Dance Instructor 10:30am - 11:15am	
5pm	Kids Club Rose B. 5:30pm - 8pm	Youth Dance (ages 3-5) Dance Instructor 5pm - 5:30pm	Little Ninjas Master Kevin 5pm - 5:30pm	Kids Club Rose B. 5:30pm - 8pm			
		Youth Dance (ages 3-5) Dance Instructor 5:45pm - 6:15pm	Little Dragons Master Kevin 5:35pm - 6:10pm				
6pm		Youth Dance (ages 6-9) Dance Instructor 6:30pm - 7:15pm	Beginning Taekwondo Master Kevin 6:15pm - 6:55pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions

West YMCA

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Beginning Taekwondo - Focused on developing students with strong character, discipline and self-esteem. Members: \$69/mo, Community Participant: \$99/mo.

Kids Club - Your child will be safe in the hands of our trained and qualified staff. We will have group games, help kids with class work and give time to socialize with peers.

Little Dragons - Focused on developing confidence, respect, self control and listening. Members: \$69/mo, Community Participant: \$99/mo.

Little Explorers - One day a week, this program gives your little one a way to engage and socialize at the YMCA. A typical day consists of: circle time, art, music, lunch, language and social play. Must be potty trained or in the process. Mem.: \$50/mo, Comm. Part.: \$80

Little Ninjas - Designed specifically to improve preschool-age children's basic motor and listening skills. Members: \$69/mo, Community Participants: \$99/mo.

Youth Dance (ages 3-5) - Choose Tuesday OR Saturday. Kids get to explore different styles of dance and make new friends. No experience required. Members: \$25/mo, Community Participants: \$50/mo.

Youth Dance (ages 6-9) - Choose Tuesday OR Saturday. Kids get to explore different styles of dance and make new friends. No experience required. Members: \$25/mo, Community Participants: \$50/mo.