



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECK FAMILY CENTER

2003 E. Winnebago St. • Rhinelander, WI • 715-362-9622

CHILDREN'S LEARNING CENTER

1052 Dorr St. • Rhinelander, WI • 715-362-9633

Your YMCA Official School Newsletter

April 2017

SUMMER PROGRAM SESSIONS

Summer 1 May 29 - July 16 • Summer 2 July 17 - September 3

SUMMER CAMP



Summer Camp registration is open for ages 5 and up at the YMCA of the Northwoods. Camp runs Monday through Friday from 6:30AM-5:30PM. Breakfast and snack is included. Kids will go swimming, play outside, have gym time, and go on weekly field trips. We use a mix of counselor led and child led activities that focus on character development and learning about our world through exploration and discovery. There is limited availability, so stop at the Y to pick up your enrollment packet today.

HEALTHY KIDS DAY



On Saturday, April 29, the YMCA of the Northwoods will be hosting Healthy Kids Day® for area children from 10:00AM – 12:00PM. This special day focuses on children’s health, safety and environmental awareness in our community and is celebrated by Y’s across the country.

The Y is dedicated to building a stronger community through youth development, healthy living and social responsibility. All community families are invited to participate in this FREE event, which showcases active play and educational activities that help kids maintain healthy habits and academic skills throughout the summer.



Y PROGRESSIVE GYMNASTICS

The Y gymnastics program progressively develops sports specific skills in a safe, educational and fun environment that focuses on teamwork, sportsmanship, and respect for others.

Stay connected to the Y website page for more information on the **SUMMER Gymnastics Classes** and **Gymnastics Camps!**

LEARN TO PLAY TENNIS



Both boys and girls, grades 2nd through 5th, are welcome to join the Y this summer for the Learn to Play Tennis Program.

Utilizing the QuickStart Tennis Program, this recreational program format is designed to introduce children to the game by using equipment that is adapted to their age and size. Having fun and enjoying this learning experience is the number one goal of this program.

For More Information, Please Visit www.ymcaofthenorthwoods.org

STRONG SWIMMERS, CONFIDENT KIDS

The Y encourages children and parents in Rhinelander to have their Best Summer Ever by exploring the many benefits of swimming, while also keeping safety top of mind. In the Y's swim programs, participants can enjoy water sports, enhance or learn new techniques, meet new friends and develop confidence, while also learning safety skills that can save lives.

The Y continues to help youth and adults experience the joy and benefits of swimming, so they can be healthy, confident and secure in the water. There are a variety of programs to choose, including **waterbaby, preschool, youth, private, semi-private, and home school.**

Register for the Mini "Jump Into Summer" Swim Session today! Prices starting as low as \$14.25! Mention code "SwimSpring" for Spring registration and receive \$5.00 off of the Summer 1 Session (Summer 1 registration opens in May, 2017).

Two week swim lessons available for the summer! Dates include:
6/12-6/22
6/26-7/7
7/10-7/20
7/24-8/3
8/7-8/17



We will still be offering the 7 week swim lessons coinciding with the Summer 1 & Summer 2 sessions.

To ensure that everyone has an opportunity to participate, financial assistance is available to those in need to help cover the costs.



PARENTS NIGHT OUT - 5:30-9:30PM

Your children will participate in age appropriate activities. Please make sure your children have eaten dinner before this event. Snacks will be provided. Children 4 & up will be swimming; please remember a suit and towel. There will be planned activities in the gym. Register by the Thursday before the event.

Third Saturday of the month.

Member - \$10 first child/\$5 additional child

General Public - \$15 first child/\$9 additional child

BIRTHDAY PARTY PACKAGES

Swim-tastic or Gym-tastic Birthday packages (Basic Party) includes:

- One hour in our private party room
- One hour use of gym or pool depending on package choice
- Package includes 12 children

\$100 Members/\$150 General Public

Deluxe Party includes :

- All Basic Party inclusions
- Party decorations (cups, plates, 12 balloons, Party Crayon Table)
- Juice drink served to each child
- Two pizzas
- Amazing party coordinator - We do it all from setup to clean up.

We will work with you to plan your birthday events!

\$150 Members/\$200 General Public

YOUTH YOGA

This 30 minute yoga class will help lengthen and strengthen the inner body promoting balance and control. With strength and flexibility poses this class is of a Vinyasa Flow style, using the three key elements of life: breath, body and mind. This class is perfect for any level, specifically geared for dancers and gymnasts (or any athlete looking for a fluid full body and mind connection). Both sessions will have an apex pose (strength or flexibility) we will be working up to throughout our weeks together. This class is a great counter class for Level 3, 4 & 5 gymnastics as well as the Tumbling/Flexibility class.

BOYS GYMNASTICS

This class is for boys ages 7 and up with beginner tumbling experience. The class will focus on form and body control of basic and advanced gymnastics skills on floor, vault and bars. Boys will be challenged past their individual skill level!

TUMBLING AND FLEXIBILITY

The focus of this class is on improving functional strength, flexibility and tumbling skills that dancers can implement into their dance routines. This class will stress form, body control, and perfection of round offs, dive cartwheels, back and front walkovers, backhand springs, leaps, and turns. The class will utilize tumbling drills and circuits that focus on progressing each participant's goal specific tumbling skills. This class is suited for dancers ages 8 and up with dance experience.

PARENTS MORNING OUT - 8:00-11:00AM

Have an appointment and need child care? The Y can watch your child while you enjoy a morning out. While you are away, your child can enjoy a morning of fun in Adventure Alley. Please make sure your child has eaten something before coming.

First and third Thursday of the month.

Members - \$8 first child/\$2 additional child

General Public - \$13 first child/\$4 additional child