



# Albany YMCA Fall 2009 Preschool Programs

Session II: November 2 – December 18  
\$25 Annual Youth Membership Required

**REGISTER TODAY!!!**

*New  
Class!*

## ❖ Babygym

Ages: 9 months-2 years

T Th 9:45-10:30am

Members: \$5 / Non-members: \$7

Small children explore a variety of equipment designed to crawl and swing on. Class ends with a circle and singing time. Drop-in class.

## ❖ Kindergym

Ages: 2-4 ½ years

T Th 10:45-11:30am

Members: \$5 / Non-members: \$7

See Babygym for description.

## ❖ Childwatch

Ages: 8 weeks-10 yrs

Cost: Members: \$4/hour per child

Non-members: \$5/hour per child

Children of members have fun in a safe environment while parents or guardians are in the facility. All staff are CPR and First Aid certified. Children may stay in the Childwatch room for a maximum of two hours a day.

## ❖ Teddy Bear Tea Party

Ages: 3-7 years

Saturday, December 5<sup>th</sup>

4:00-5:15pm

Location: 1216 Solano Ave

Members: \$15 / Non-Members: \$20

Bring your child to an afternoon tea party. This fun and imaginative hour will include making your own teddy bear, decorating a t-shirt for your bear, games and tea time refreshments, just for the special day. Come and join us for this extraordinary hour.

## ❖ Wee Dance

Ages: 2-3 M 4:25-4:55pm

Session II: \$48 (session dates above)

Toddlers and parents will enjoy moving together! Participants will learn instructional songs to increase the children's body awareness and coordination, create and experience movement with rhythms, and explore free dance to music. Wear comfy clothes.

## ❖ Little Sportsters Programs

Ages: 3½-5 F 4:25-4:55pm

Session II: Lil' Kickers Soccer

Session II: \$ 42 (session dates above)

These programs are designed to introduce children ages 3½-5 to the basic skills of a sport while developing sportsmanship and self-esteem. Above all, we want your child to enjoy sports and have fun learning them. Class is structured for those children who have little to no experience in the sport.

## ❖ Children's Birthday Parties

Members: \$160 / Non-members: \$180

Host your child's next birthday at the

Albany Y. Children can choose a

Kindergym, sports or art themed party. Parties are supervised by a YMCA birthday party specialist who will lead children in parachute time, basketball, soccer, group games and more. Can book up to 3 months in advance. Weekend afternoons only.



# Albany YMCA Fall 2009 Elementary School Programs

**Session II:** November 2 – December 18  
\$25 Annual Youth Membership Required

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*New  
Class!*

## ❖ Rookies Basketball

Grades 2-3: W 2:30-3:15pm

Grades K-1: W 3:20-4:05pm

Session II: \$ 42 (session dates above)

Boys and girls will learn fundamental basketball skills. The game is modified to accommodate young players with special goal heights and ball sizes. Every player has the opportunity to play and learn at his or her own skill level.

## ❖ Beginning Volleyball

Grades 4-6 T Th 3:40-4:40pm

Session I/II: \$69 (session dates above)

Have fun learning the skills needed to play volleyball. Learn and practice how to bump, set, spike and serve. Lots of fun activities centered on the game of volleyball.

## ❖ Hip Hop Dance

Ages: 7-14 W 4:10-5:05pm

Session I/II: \$70 (session dates above)

Dancers will learn a variety of Hip Hop moves and routines, choreographed to the latest funk, jazz, hip hop and house music. The session will culminate with a short performance to showcase what the students have learned.

## ❖ Fit Kids

Ages: 6-12 F 3:30-4:15pm

Session II: \$35 (session dates above)

This class is an exciting way to exercise! Participants will engage in a wide variety of structured games and exercise workouts. Join us for circuit training, aerobics, stretching, rock climbing, and more.

## ❖ Karate

Ages: 7-18 M F 5:00-6:00pm

Session I/II: \$85 (session dates above)

Our program teaches a traditional form of Japanese Karate-Do, the way of Peace and Harmony. Basic techniques include guarding, punching, and kicking. We combine many different exercises, plus stretching and strengthening work to develop balance, focus, self-discipline and confidence.

## ❖ Kids' Club

As a member of the Albany YMCA Kids' Club before and after-school childcare program, your child will have many opportunities to have fun, be active and make friends in a learning supportive environment. Our program incorporates the four key elements of quality school-age care: daily physical activity, creative learning, individual attention and parent involvement. See separate brochure for description