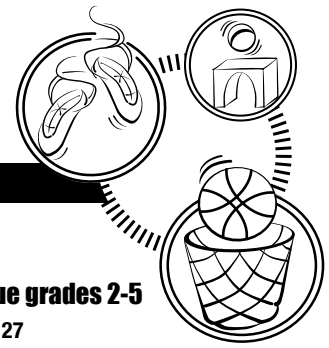


# youth programs

## registration guide winter/spring 2010

Downtown Berkeley YMCA



### Lil' Sports

Session 1: January 29 - February 20\*

Session 2: February 26 - March 27

Session 3: April 9 - May 8

Session 4: May 14 - June 19 (No class May 29)

Costs: \$30 Full Service/\$40 Program Member

\*Session 1 prorated \$24 Full Service/\$32 Program Member

All Lil' Sports Programs located in Family or Main Gym.



Activity	Age	Day /Time	Code
<b>Sessions 1 &amp; 3</b>			
Have a Ball	1-3 yrs	Fri. or Sat. 9:00-9:30AM	1YBALLF, 1YBALLS
Basketball	3-4 yrs	Sat. 9:30-10:00 AM	1YPCSPORTS
Basketball	5-6 yrs	Sat. 10:00-10:45 AM	1YK/1BBALL
<b>Session 2 &amp; 4</b>			
Have a Ball	1-3 yrs	Fri. or Sat. 9:00-9:30AM	1YBALLF, 1YBALLS
Soccer	3-4 yrs	Sat. 9:30-10:00 AM	1YPCSPORTS
Soccer	5-6 yrs	Sat. 10:00-10:45 AM	1YK/1SOC

### Have A Ball — Ages 1 - 3

This weekly parent-participation program is designed to expose young children to various sports and equipment. Its limited structure will help your budding athlete develop their motor and listening skills at their own pace. Also, it's a great preparation program for our Parent-Child Sports. Girls and boys welcome.

### Parent-Child Sports — Ages 3 - 4

What better way for your child to learn a sport than with you! This weekly parent-participation program is designed to develop motor, listening and fundamental skills in a variety of sports while fostering good sportsmanship and teamwork between parent and child. Girls and boys welcome.

### Coed Sports — Ages 5 - 6

Boys and girls of all ages will gain the skills and teamwork needed to play organized sports. Children will learn and practice sport fundamentals through drills and games that are fun and age-appropriate. In addition to skill development, all participants will take part in scrimmage games. We offer 2 levels to suit the needs of all of our participants. Both levels are offered on the same day and time.

Level 1: Beginner, never taken our class before

Level 2: Advanced, played/taken our class before

(Note: Please do not register your child for Level 2 if they have never played before.)

### Sports Contact Information

For all youth sports programs contact Stan Caldwell at scaldwell@baymca.org or 665-3264.



### YOUTH SPORTS

#### Recreational Basketball League grades 2-5

Winter Session: January 30 - March 27

Spring Session: April 10 - June 19 (No Class May 29-31)

Activity	Grade	Practice Day /Time	Game Day/Time	Code
Girls'	2 - 5	Tues. 4:15 - 5:00 PM	Sat. 11:00 AM-12:00 PM	1Y2/5GBBALL
Boys'	2/3	Fri. 4:15 - 5:00 PM	Sat. 12:00 - 1:00 PM	1Y2/3BBALL
Boys'	4/5	Wed. 4:15 - 5:00 PM	Sat. 1:00 - 2:00 PM	1Y4/5BBALL

Our youth basketball league incorporates fair play, individual skill development, teamwork, and fun. As a non-competitive sports program, we create well rounded athletes by providing a positive environment where kids can focus on the "fun"amentals of Basketball.

Winter Session Cost: \$72 Full-Service / \$100 Program

Spring Session Cost: \$80 Full-Service / \$110 Program

Team Shirt Included

#### Recreational "Open Gym" Basketball Workshops

Our Open Gym workshops will allow newer athletes to gain valuable experience and help returning players continue to improve their skills. Participants will receive instruction on the fundamentals of offense and defense, and show their skills in scrimmage play. *These workshops are FREE and open to non-members!* No RSVP required. Drop-on by!

Girls Open Gym, ages 7-11 Saturday, January 9 12:00-1:30 PM

Boys Open Gym, ages 7-8 Saturday, January 16 11:30-1:00 PM

Boys Open Gym, ages 9-11 Saturday, January 16 1:00-2:30 PM

#### Coed Futsal — Ages 7-11

Winter Session 1: January 30 - March 27

Futsal is the official five-a-side indoor soccer game played worldwide. Players will enjoy the challenge of a faster, skill oriented type of soccer. Your child will learn basic techniques and concepts that will allow them to develop their skill and love for soccer. Bring shin guards and indoor athletic shoes – No cleats.

Saturday 2:00-3:00 PM Family/Main Gym

Cost: \$72 Full-Service / \$100 Program Code: 1YFUTSAL

Team Shirt Included

#### Berkeley Ballhawks AAU Basketball - Ages 9-14

2010 Spring/Summer Season: March 1 - August 31

Tryouts: February 27 & 28 12:00 - 2:00 PM

All players will be placed on a team based on their skill assessment at tryouts.

We are looking for talented and dedicated players for our Winter/Spring Season. The Berkeley Ballhawks program will field teams within 5 age divisions: Boys 10U/4th Grade through 14U/8th Grade. These teams practice twice a week, and compete in leagues and tournaments against teams from all over California, Oregon, and Nevada. Our coaches encourage individual and team development, on the court and in the classroom. These competitive teams are a positive and effective way to take your game to the next level in preparation for High School Basketball.

#### Age Requirements:

Boys 10 & under: born on or after Sept. 1, 1999, OR in 4th Grade

Boys 11 & under: born on or after Sept. 1, 1998, OR in 5th Grade

Boys 12 & under: born on or after Sept. 1, 1997, OR in 6th Grade

Boys 13 & under: born on or after Sept. 1, 1996, OR in 7th Grade

Boys 14 & under: born on or after Sept. 1, 1995, OR in 8th Grade

Costs: \$600 (AAU membership, YMCA program membership, and team / league / tournament fees)

\$165 (Includes personalized uniform, and apparel. Required for players who do not own a uniform)

\*Financial assistance and monthly payment plan available

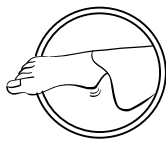
## Youth Martial Arts

Winter Session: January 23 - March 27

Spring Session: April 10 - June 19

Cost: \$80 Full Service Members/\$110 Program

Martial arts uniforms are required. The instructors can provide information about where to purchase uniforms. Students may attend the first class in comfortable clothing.



### Judo — Ages 7 and up

Practiced by millions of people around the world, judo (translated from the Japanese as “Gentle Way”) is a suitable and fun activity for all ages. Judo is many things to different people: a sport, an art, a discipline, a self-defense program, a fitness regimen and a fun social activity. Judo stresses balance, timing, conditioning, and cooperation with a partner. In this class, children will learn the history, philosophy, and spiritual perspective of judo, learn rolls and falls, practice judo techniques, and engage in randori.

Mondays 4:00-5:00 PM

Thursdays 4:00-5:00 PM

Location: Family Gym

Code: 1YJUDOM, 1YJUDOTH

Enroll for both days for a lesser fee. 1YJUDOBOTH  
for \$120 Full-Service / \$165 Program

### Taekwondo — Ages 7 - 13

Taekwondo, loosely translated as “the way of the foot and fist”, is the most popular martial art in the world as far as numbers of practitioners. This martial art incorporates self defense, sport, exercise, meditation, and philosophy.

Tuesdays 4:00-5:00 PM

Location: Youth and Family Fitness Zone

Code: 1YTAEKWONDO

### Youth Aikido — Ages 7 - 13

Aikido is a martial art developed from Ju-Jitsu in which the individual joins the momentum of an attack and transforms the energy into a non-violent interaction. Aikido practice improves flexibility and coordination, integrates mind and body, and is lots of fun.

Saturdays 2:00-3:15 PM

Location: Youth and Family Fitness Zone/Mind Body Center

Code: 1YAIKIDO

## YMCA Day Camps

### One Day Camps

When your kids are out of school we will keep them healthy and happy! Offered on Berkeley Unified School District breaks days:

February 1

May 17

8:00 AM - 6:00 PM

Location: YMCA Annex or branch

Cost: \$55

Code: 1CAMP

### Spring Camp

A one week camp full of exciting activities! Spring camp is a great way to “try out” Y camp before summer begins. We’ll swim and play at the YMCA – using kindergym, the Interactive Wellness Center, and much more. There will be field trips and guest speakers. Your child will go home tired and happy each day! Schedule available Feb. 1, 2010

March 29 - April 2

7:30 AM - 6:00 PM

Location: YMCA Annex or branch

Cost: TBA

## Fitness Classes

Winter Session: January 23 - March 27

Spring Session: April 10 - June 19

Cost: \$10 Full Service Members / \$25 Program Members

Location: Youth and Family Fitness Zone



A variety of fitness classes are offered to meet the needs of today’s youth. Our program goals include:

- Teaching the importance of a healthy mind, body and spirit
- Providing youth with increased body awareness
- Increased strength, coordination, cardiovascular health
- Instilling a life-long love of exercise

### Girls Fitness — Ages 8 - 13

This fitness class is designed to help girls be more active through cardio exercise, calisthenics, and exercise equipment introduction. Instructors will teach the girls appropriate ways to exercise, how to incorporate equipment into their routine, give healthy lifestyle tips, and get them sweating. Our trained staff will help girls stay healthy and develop a positive body image during this time of great change.

Mondays & Friday 4:00-5:00 PM

No classes January 18 and February 15

Code: 1YFITNESS

### Sports Conditioning — Ages 8 - 13

Our sports conditioning class is designed to help young athletes excel through sport specific training. Instructors will teach the youth appropriate ways to stretch, exercise, how to incorporate equipment into their routine. It will definitely help your young athlete improve and maintain their conditioning during, and in between seasons.

Tuesdays & Thursdays 6:30-7:30 PM

Code: 1YSPTCOND

### “Olympic” Kids in Training — Ages 7 - 14

This class is designed as an introduction to learning the proper techniques of conditioning your body and learning how to get into shape. There will be basic circuits to help understand the importance of working all different muscle groups as well as getting the heart pumping doing cardio.

Tuesdays 5:15-6:00 PM

Code: 1YOLYMPIC

### Teen Girls Circuit — Ages 14 - 18

This class is designed to help understand what a circuit is and allows teen girls to work together as well as independently. The circuits will be broken down so that one understands the reason behind each machine and what muscle group it works. **Begins January 13.** Come drop in!

Wednesday 4:00-5:00 PM

Free for Teen Members

No sign-up required.



For information about youth aquatics programs visit [www.baymac.org/dt](http://www.baymac.org/dt) or pick up a reg guide at the Welcome Desk.

## Youth Movement Sessions

*We strongly encourage you to register for all sessions as it provides greater continuity for the classes.*

**Session 1: Saturday, January 9 - Friday, March 5 (No classes Jan. 18 & Feb. 15)**

**Session 2: Saturday, March 6 - Friday, April 30 (No classes April 3 & 4)**

**Cost: \$70 Full Service Members / \$92 Program Members\***

*\*Some class sessions pro-rated to accommodate holidays.*

**Registration begins December 7.**

- Classes are located in the Youth Movement Studio unless otherwise indicated.
- See At a Glance chart for days and times.

### Youth Movement Contact Information

For all youth movement programs contact Andrea Brosnan at abrosnan@baymca.org or 665-3273.

## Dance

**Spring Carnival Sunday May 2, 2010**



### Pre-Ballet — Ages 3 - 7

Ballet is an exciting dance for young children because it teaches skills that are concrete and allow for repetition. This class balances ballet with creative movement teaching children skills while also allowing them opportunities for self expression. See the table of class offerings for specific days and times available. Specific ballet clothing is optional. Dress comfortably.

Code: 1DBALLET

### World Beats — Ages 7 - 8

Utilizing creative movements inspired by traditional dances, children will learn to explore movement and music. This class will incorporate elements of body percussions (stomping, clapping in rhythm) and aid children in discovering the joy of self expression. Dress comfortably.

Code: 1DBEATS

### Jazz Dance — Ages 5 - 7

Children will gain skills in coordination, rhythm in this jazz-inspired creative movement class. Elements like big jumps, turns and high kicks will be incorporated with creative movement activities. Dancers will also build on their strength, flexibility, technique and musical timing. Dress comfortably.

Code: 1DJAZZ

### Pre-Ballet and Jazz — Ages 5 - 6

This dance is designed to be an introduction to both ballet and jazz techniques. This is a great opportunity for children to work on coordination, balance and listening skills. They will dance to ballet music and their favorite songs. We will use a traditional ballet and jazz warm-up, go across the barre, across the floor and also incorporate props, imagination and creative movement. Specific ballet clothing is optional. Dress comfortably.

Code: 1DJAZZB

### Basic Hip Hop — Ages 8 - 14

Come let loose with today's music while building stamina and working on coordination in this fun class! Participants will learn to isolate parts of the body while maintaining control, focus on breathing all while learning new dance combinations. Dress comfortably.

Code: 1DHIP

*\*White soled tennis shoes required for hip hop class to avoid marks on the dance floor.*

## Specialty

### Theatre and Games — Ages 8 - 10

In this theatre-from-scratch class, we'll explore storytelling and ensemble through play, improvisation and age-old theatre games. Students will have a chance to create characters and tell stories, real and imagined, and work together to spin those stories into life. Improvisation builds self-esteem and unlocks the imagination — a vital life tool. Collaborative theatre is not only fantastic for team-building; it also has the potential to produce truly wonderful art. No experience necessary — just imagination and a willingness to be a little bit silly on occasion. Come play with us!

Code: 1DTHEATRE

Location: Youth and Family Fitness Zone

### Yoga for Kids — Ages 4 - 9

#### **Mats provided!**

Yoga for little ones is quite different from the adult version! Children learn stretches and breathing techniques in a fun and creative environment. Techniques will focus on teaching children a better understanding of their bodies and how they work. Children should dress comfortably.

Code: 1DYOGA

### Family Dance and Movement — All Ages

On the 2<sup>nd</sup> Friday night of the Month a variety of instructors come to lead the Family Dance and Movement Workshops. Families will get a chance to try lots of different styles throughout the year. Family Dance Workshops are free drop-in programs with no reservations required.

## Tumbling



### Babygym — Ages 6 - 36 months

A precious time when Kindergym is big-kid free and toddler friendly, with a 15-20 minute circle that boasts bubbles, songs, games, and a parachute. All Full-Service Members and their tots are welcome, and the circle is free with your membership!

Monday - Friday 9:15-10:00 AM Kindergym

FREE for Full-Service Member only

No Babygym on major Holidays.

### Tumble Bugs — Ages 2½-4

A great introduction to both general classroom structure and gymnastic skills with the help of parent or a caretaker. An obstacle course of bars, tunnels, balance beams and more will delight the children. They will learn tumbling skills, play games and take part in musical parades.

Code: 1DTUMBLE Location: Main Gym

### Gym Adventures — Age 4

This class is designed for the independent tumbler to develop coordination, balance and self-confidence. We will explore and develop beginning gymnastic skills such as rolls, upper body strength and cartwheels utilizing the balance beam, bars obstacle courses and much more!

Code: 1DGYM Location: Main Gym

### Musical Gym — Ages 1½ - 3 years

You and your child will enjoy a land of instruments, tunnels, balls, bars, hoops, balance beams and more. Bang along on a bongo to our fabulous music selections from every corner of the world as we build up to a circle time of song, movement, bubble blowing and parachute waving.

Code: 1DMUSIC Location: Main Gym

### Jungle Gym Martial Arts — Ages 3 - 5


Using creative movement based on the Indonesian martial art of Poekoelan Tjimindie Tulen kids will learn balance, coordination, focus, and cooperation. In a safe, supportive environment kids will discover the joy of movement. Some basic gymnastic movements will be introduced, as well as creative games which will further facilitate physical skills.

Code: 1DJUNGLE Location: Youth Movement Studio

### Kindergym Open Gym/Free Play

For information about Kindergym open gym, check the Family Programs guide for a full description or the Kindergym Schedule for specific days and times. For Full-Service Members only.

# Youth Movement Classes at a Glance January 9 - March 5, and March 6 - April 30, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:00 AM <b>Babygym*</b> 6 - 36 months	9:15 - 10:00 AM <b>Babygym*</b> 6 - 36 months	9:15 - 10:00 AM <b>Babygym*</b> 6 - 36 months	9:15 - 10:00 AM <b>Babygym*</b> 6 - 36 months	9:15 - 10:00 AM <b>Babygym*</b> 6 - 36 months	9:00 - 9:40 AM <b>Pre-Ballet 1</b> 3 - 4 yrs	9:00 - 9:40 AM <b>Pre-Ballet 1</b> 3 - 4 yrs
10:30 - 11:15 AM <b>Musical Gym</b> 1½ - 3 yrs		9:30 - 10:15 AM <b>Tumble Bugs</b> 2½ - 4 yrs			9:45 - 10:25 AM <b>Pre-Ballet 2</b> 4 - 5 yrs	9:45 - 10:25 AM <b>Jazz</b> 5 - 7 yrs
2:50 - 3:30 PM <b>Pre-Ballet 1</b> 3 - 4 yrs		10:30 - 11:15 AM <b>Gym Adventures</b> 4 yrs			10:30 - 11:10 AM <b>Pre-Ballet 2</b> 4 - 5 yrs	10:30 - 11:10 AM <b>Pre-Ballet 2</b> 4 - 5 yrs
3:35 - 4:15 PM <b>Pre-Ballet 1</b> 3 - 4 yrs	4:05 - 4:45 PM <b>Pre-Ballet 1</b> 3 - 4 yrs	2:15 - 3:00PM <b>Pre-Ballet 3</b> 5 - 7 yrs			11:15 AM - 12:00 PM <b>Pre-Ballet 3</b> 5 - 7 yrs	11:15 AM - 12:00 PM <b>Pre-Ballet 3</b> 5 - 7 yrs
4:20 - 5:00 PM <b>Pre-Ballet 2</b> 4 - 5 yrs	5:00 - 6:00 PM <b>Basic Hip Hop</b> 8 - 10 yrs	3:00 - 4:00PM <b>Theatre and Games</b> 8 - 10 yrs <i>Youth and Family Fitness Zone</i>	4:25 - 4:55 PM <b>Jungle Gym Martial Arts 1</b> 3 - 4 yrs		12:05 - 12:50 PM <b>Pre-Ballet 3</b> 5 - 7 yr	
5:05 - 5:45 PM <b>Pre-Ballet and Jazz</b> 5-6 yrs	6:10 - 7:10 PM <b>Basic Hip Hop</b> 11 - 14 yrs	3:20 - 4:00 PM <b>Yoga</b> 7 - 9 yrs	5:00 - 5:30 PM <b>Jungle Gym Martial Arts 2</b> 4 - 5 yrs			
		4:05 - 4:45PM <b>Yoga</b> 4 - 6 yrs	5:45 - 6:30 PM <b>World Beats</b> 7 - 8 yrs	6:30 - 7:15 PM <b>Family Dance *</b> 2 <sup>nd</sup> Fridays *Free drop-in program		
*Babygym is Free and is for Full-Service Members only.						

## Youth Program Policies

- Full Service or Program Membership is required for participation. Some programs are for Full Service members only.
- There are **no make-up** lessons for missed classes or sessions.
- Classes are **nontransferable**.
- All fees are **nonrefundable** unless classes are cancelled by the YMCA or if you or your child is unable to attend due to illness, and provides a doctor's note.
- To receive a refund you must cancel before the first lesson begins by contacting the coordinator of the specific program. There will be a \$25 processing fee for a check refund. A credit voucher can be added to your account for the full amount.
- Minimum enrollments for each class apply. Classes may be cancelled or combined due to low enrollment. The YMCA reserves the right to make program schedule changes.
- Parents are encouraged to wait for their child outside all youth program areas.
- It is required that both parents/guardians and youth who are participating in the Parent/Child program have Full-Service or Program Membership.
- Children younger than 11 **must** be accompanied to the class location by an adult for pick up and drop off to and from scheduled classes.
- Middle School Members may only be in the facility without a parent/guardian for the purpose of attending a program.

## Financial Assistance

Financial assistance is available to help make YMCA programs and services available to the community. The YMCA will grant financial assistance to the extent that funds are available. The YMCA reserves the right to refuse assistance to any applicant. Applications are available at the Welcome Desk.

## Volunteer Opportunities

Berkeley YMCA volunteers share their time and talents to enhance the quality and strength of our programs and services at the YMCA. If you are interested in becoming a YMCA volunteer, stop by our Welcome Desk for an application.

## For Security Reasons

All members and guests must have a photo ID card to enter the building. No children under the age of 11 may enter the YMCA without a guardian. Middle School Members may enter the building without supervision for specific programs ONLY.

## Parking

Public parking is available at the Allston Way Parking Facility and the Center Street Garage. Parking is validated for Full-Service Members at the Allston Way garage during key hours. See the parking flyer or our website for details.



## Downtown Berkeley YMCA

2001 Allston Way Berkeley 94704  
(510) 848-9622 [Phone]  
(510) 848-6835 [Fax]  
dtberkeley@baymca.org  
www.baymca.org

## Contact Us

**Sarah Markesky, Youth & Teen Dir.**  
(510) 665-3234, smarkesky@baymca.org

**Stan Caldwell, Youth Program Coord.**  
(510) 665-3264, scaldwell@baymca.org

**Andrea Brosnan, Youth Movement Coord.**  
(510) 665-3273, abrosnan@baymca.org

## Join the tree!

Contact Eden at cobrienbrenner@baymca.org to have bulletins sent to you electronically.