



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

UPCOMING EVENTS & PROGRAMS

GARDEN RANCH FAMILY YMCA

AQUATICS PROGRAMS

SWIM LESSONS

18 weeks to 16 years of age
Session begins: May 1
Member fee: \$27
Program Member fee: \$68

Y swim lessons develop confidence, stroke skills and endurance. Y lessons also promote growth and rescue skills. Children are encouraged to advance through levels at their own rate. Children will advance only when they can perform the required skills safely and proficiency.

HEALTH AND FITNESS

PERSONAL TRAINING

Personal Training and Pilates Reformer Our Personal Training staff can provide an individual wellness assessment and a customized workout routine guaranteed to help you achieve your Health and Well Being goals. Your needs will be addressed, down to the last detail and our Personal Trainers will work around your schedule. Investing in a program that is specifically designed for you creates a recipe for both short and long term success.

PILATES REFORMER

Our Pilates Reformer program offers classes six days a week, from Intro classes for first time participants, and Intermediate to Advanced classes for the seasoned Reformer enthusiast. You will receive individualized instruction in each class and opportunities to discuss your needs and your progress with your Instructor. Our Pilates Reformer program represents the best value in Colorado Springs on every level, so give us a call today.

SPORTS PROGRAMS

T-Ball and Coach Pitch

3 years of age to 6th grade
Session starts March 26 – May 12
Member fee: \$50
Program Member fee: \$76
*plus \$8 jersey fee

YMCA Youth Sports builds strong kids, strong families and strong communities

Garden Ranch Family Center

2380 Montebello Dr. West, Colorado Springs, CO 80918
P 719 593 9622 F 719 494 8535 www.pymca.org

by allowing each child the chance to play at least half of each game without the pressure of competition or tryouts. Children at the YMCA learn that sports are fun! Pick your practice time and day and practice once a week and games are played on Saturdays.

KARATE BEGINNER

Is an introduction to the martial arts of Shotokan Karate. Participants will learn the basic block, punches, and kicks, while incorporating the discipline of martial arts. Participants must be 5 years old to participate and there is no maximum age limit to the class, it is based on your skill level in Shotokan karate.

Begins May 1, 2012
Tuesdays and Fridays from
6:45pm to 7:30 pm
Member fee: \$45.00
Non-member fee: \$65.00

Intermediate- Class

This class is designed for participants that want to progress their training in Shotokan karate. Participants will work on advanced punches, kicks, blocks, and higher discipline and spiritual levels to the martial arts

Begins May 1, 2012
Tuesdays and Fridays from
7:30 pm to 8:30 pm
Member fee: \$45.00
Non-member fee: \$65.00

FINANCIAL ASSISTANCE

If you are unable to pay the full cost of YMCA membership or programs, you may apply for assistance based on your financial situation. Funds for financial assistance are raised through the YMCA Community Support Campaign and come from generous individuals, businesses and the local community.

YOUTH & FAMILY PROGRAMS

YOUTH BALLET

YMCA Youth Ballet class, your child will begin learning Ballet terminology, coordination, class ethics, barre routines and focus on technique. Each child will apply what they learn through various steps and exercises across the floor when working in pairs or as an individual. Ages: 5-6 years

Begins: May 4th
Fridays 5:30pm
Member fee: \$27
Non-Members: \$52

CREATIVE MOVEMENTS AND YOUTH PRE-BALLET

Creative Movements class will help your child develop motor skills in a fun environment through games, rhythm and music.

Pre- Ballet class, your child will begin learning the fundamentals of Ballet including ballet feet and arm positions, and improved attention span and discipline.

Begins: May 2nd
Creative Movements: 9am-9:45am
Pre-Ballet: 10am-10:45am
Member fee: \$27
Non-Members: \$52

PARENT'S NIGHT OUT

Drop off the kids for a fun filled evening while mom and dad enjoy date night! Ages 3*-11 will enjoy dinner and a movie, the Pirate Ship and a fun craft!
Member fee: \$16
Non-member fee: \$18
May 11th 4-9p

