



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL INTO FUN

## FALL YOUTH PROGRAMS GREATER SCRANTON YMCA

**Family Member: Free    Member: \$10    Non-member: \$40**

| PROGRAM                                    | DAY                    | TIME                         | AGE          |
|--|------------------------|------------------------------|--------------|
| Music and Movement                         | Monday                 | 5:15-5:45 pm<br>5:45-6:30 pm | 3-5<br>6-9   |
| Beginner Gymnastics                        | Tuesday                | 5:45-6:30 pm<br>6:30-7:15 pm | 6-10<br>6-10 |
| Karate<br><b>*EXTRA FEE FOR THIS CLASS</b> | Tuesday/Thursday       | 6:00-7:00 pm                 | 6-13         |
| Preschool Gymnastics                       | Tuesday                | 5:00-5:30                    | 3-5          |
| Arts and Crafts                            | Wednesday<br>Saturday  | 5-5:45 pm<br>10:45-11:15 am  | 3-5<br>3-5   |
| Sunrise Cooking                            | Wednesday<br>Wednesday | 4-4:30 pm<br>5-5:45 pm       | 3-5<br>6-9   |
| Judo<br><b>*EXTRA FEE FOR THIS CLASS</b>   | Monday/Wednesday       | 7:30-9:30 pm                 | 7 and up     |

### PROGRAM DESCRIPTIONS

**Preschool/Beginner Gymnastics:** Introduction to the basic skills of gymnastics

**Sunrise Cooking:** Basic hands-on cooking recipes for youth that are fun, easy and ready to eat!

**Arts & Crafts:** Creative mode projects: gluing, painting, coloring, cutting, socialization and fun!

**Music and Movement:** A variety of dance moves to upbeat music!

**Karate:** Soo Bahk Do Karate develops strength, balance, flexibility and concentration.

**Judo:** Strengthens your body, disciplines your mind and increases self-confidence.