



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING INTO NEW PROGRAMS

March, April & May Youth Programs GREATER SCRANTON YMCA

PROGRAM	AGE	DAY	TIME	LOCATION
Archery *Beginning In June	10-14	Wednesday	4:00-4:45 pm	Multi Purpose Room or Outside
Basketball	3-5 6-9	Saturday Saturday	9:00-9:30 am 9:30-10:15 am	Gym B Gym B
Fitness Fusion	10-14	Tuesday	5:00-5:45 pm	Wellness Center
Floor Hockey	10-14	Wednesday	4:00-4:45 pm	Gym B
Imagination Playground	3-5	Wednesday	11:00-11:30 am	Multi Purpose Room
Kickball	7-12	Monday	5:00-5:45 pm	Gym B
Messy Art	3-5	Thursday	10:30-11:00 am	Program Room/ New Multi Purpose Room
Obstacle Course	3-5	Tuesday	10:30-11:00 am	Multi Purpose Room
Soccer	6-9	Tuesday	4:00-4:45 pm	Multi Purpose Room
Sports Galore	3-6	Monday	4:00-4:30 pm	Gym B
Young Brainiacs	6-9	Thursday	5:00-5:45 pm	Program Room/ New Multi Purpose Room

FAMILY MEMBER: FREE MEMBER: \$10 NON-MEMBER: \$40
Registration opens the first of the month prior to the program start date.
Registration must be completed online.



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PROGRAM DESCRIPTIONS

Archery – A basic archery course. The focus is on beginning archery safety, skills, and drills. Participants learn about archery form, range rules and etiquette. Form training and fun games are introduced in this class.

Basketball – Dribbling, passing, shooting, and defense. Come learn the fundamentals of playing basketball in a fun and noncompetitive environment.

Dodgeball – Duck, dip, dive and dodge your way to a great time. This program is a supervised event that teaches the correct way to play the wonderful game of dodgeball. Participants will be divided up into different teams at each meeting time and will have a "ball" playing while getting a great workout too! Safe, gatorskin balls will be used for this program.

Fitness Fusion– Fitness has many perks, and you want them all! It is never too early to develop healthy exercise habits. Fitness Fusion is designed to help children understand the benefits of exercise and also how to exercise safely. This FUN 45-minute class mixes cardio and strength to help build a love for fitness!

Imagination Playground – Imagination playground is a mobile block-based play system that transforms children's minds, bodies, and spirits through active, creative play. It will inspire children to design their own inventions, environments, and activities.

Messy Art– Your little ones will enjoy getting messy with finger paints and water colors and you don't have to worry about the cleanup! Kids will enjoy a half hour of fun filled art and craft related activities that will have them exploring their messy side. **PLEASE DRESS YOUR CHILDREN IN OLD CLOTHES, they will get messy.**

Obstacle Course – Fun-filled class consisting of a variety of obstacles for the children to conquer.

Sports Galore – Youth will play a variety of sports every Monday such as football, baseball, kickball, and hockey. We will teach basic skills and drills to better help understand each sport.

Kickball – Time to have some fun and enjoy this amazing sport that is a cross between baseball and soccer. Each child will learn the fundamentals of kickball such as the rules and each position on the field. There will be running, kicking, catching, and throwing involved in the fun filled experience that will give your child the chance to learn the game and gain new friends.

Soccer – Youth will learn the fundamentals of soccer, practice drills, and even play a team game in class.

Floor Hockey – Improve your hockey skills in a safe, fun, and non-competitive environment while growing your love for this fast paced sport.

Playground Games – Join us in some school yard favorites such as Wiffleball, kickball, Football, ETC. Participants will be actively exercising while participating in their favorite playground games.

Young Brainiacs – Join us as we explore all things science, Each week youth will take part in a different project to develop a love and understanding for science.