



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW YEAR NEW FUN

WINTER YOUTH PROGRAMS GREATER SCRANTON YMCA

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.

PROGRAM	AGE	DAY	TIME	LOCATION
Arts and Crafts	3-9 3-5	Wednesday Saturday	5:45-6:15 pm 10:45-11:15 am	Program Room
Basketball	3-5 6-9	Saturday Saturday	9:00-9:30 am 9:30-10:15 am	Gym B Gym B
Beginner Gymnastics	6-10 6-10	Tuesday Tuesday	5:45-6:30 pm 6:30-7:15 pm	Gym B
Cooking	3-5 6-9	Wednesday Wednesday	4:45-5:15 pm 5:15-5:45 pm	Program Room Program Room
Dodgeball Play	7-12	Monday	5:15-6:00 pm	Gym B
Fitness Fusion	10-12 10-12	Tuesday Saturday	5:00-5:45 pm 10:30-11:15 am	Wellness Center Wellness Center
Floor Hockey	7-12	Thursday	5:00-5:45 pm	Gym B
Imagination Playground	3-5	Wednesday	11:00-11:30 am	Gym B
Messy Art	3-6	Thursday	10:30-11:00 am	Program Room
Obstacle Course & Parachute Play	3-5	Tuesday	10:30-11:00 am	Multi-Purpose Room
Preschool Gymnastics	3-5	Tuesday	5:00-5:30 pm	Gym B
Soccer	6-9	Tuesday	4:00-4:45 pm	Multi Purpose Room
Sports Galore	3-6	Monday	4:00-4:30 pm	Gym B



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PROGRAM DESCRIPTIONS

Sports Galore– We will be playing a variety of sports every Monday such as Football, Baseball, Kickball, Hockey, Cornhole, and Dodgeball. We will teach basic skills and drills to better help understand each sport.

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.

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!

Obstacle Course and Parachute Play – Fun-filled class consisting of a variety of obstacles and parachute 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.**

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

Soccer – Practice the basic skills that will make you stand out as a soccer player. Come learn the fundamentals of soccer in a 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.

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

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!