



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARTS AND HUMANITIES

January TRY IT MINI Session: Jan 6 – Feb 2

Eastern Community YMCA

REGISTRATION BEGINS:

Members Monday December 3rd

Program Participant Monday December 10th



GYMNASTICS FOR BEGINNERS

MOM AND ME MONDAY'S

Monkeys Ages: 1 - 2

5:30 - 6:00p

Parent and child class. Fun, beginner, less structured stations.

M:\$15/ PP:\$30

Beginner 3 Age: 3

6:10 - 6:40p

Parent and child class along with instructors. Beginner, structured class and stations.

M:\$15/ PP:\$30

TUMBLING TUESDAY'S

Beginner 4 Age: 4

5:15 - 5:45p

Basic gymnastic skills and techniques. Balance, coordination, motor skills, focus. No parent. Coed.

M:\$15/ PP:\$30

Beginner 5 Age: 5

5:50 - 6:20p

Basic gymnastic skills and techniques. Balance, coordination, motor skills, focus. No parent. Coed.

M:\$15/ PP:\$30



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GYMNASTICS

ADVANCED GYMNASTICS

Tumbling I

For ages 4-5. Semi private lessons for beginning tumbling. MUST have taken preschool gymnastics prior to this class Thursday 5:00 - 5:30p

M:\$15/ PP:\$30

NEW CHEERLEADING

Jr Cheer

Preschool Cheer - Thursday 5:40- 6:10p

7 Week Program! Cheer at our home Jr Cavs basketball games on Saturday!

Ages:3-5

\$25 one-time uniform fee

M:\$35 / PP:\$75

School-aged Cheer - Thursday 6:20-7:05p

7 Week Program! Cheer at our home Jr Cavs basketball games on Saturday!

Ages:6-8

\$25 one-time uniform fee

M:\$35 / PP:\$75



****Looking for Bow-Mom's to make the team bow's for game days! See Dayre if interested****



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ART and MUSIC

****NEW**** VOCAL WORKSHOPS—see workshop flyer for more details

Taught by Reina Mystique. She is a professional singer/songwriter, vocal coach, and actress. She has been studying the voice for over 20 years and has been teaching professionally since 2003.

- ◆ Beginning Vocal Training for all Ages
- ◆ Audition Tips and How to Conquer Stagefright
- ◆ Breathing and Vocal Health for Singers

M:\$10 each workshop / PP:\$20 each workshop

Guitar – Tuesday 5:30 – 6:15p

Intermediate (Must have taken more than 6 –12 months of lessons)

Basic guitar lessons. Ages: 8 – 12

M:\$20/PP:\$40

Guitar – Tuesday 6:25 – 6:55p

Beginner (Less than 6 months of lessons to No experience)

Beginner guitar lessons. Ages 8 – 12

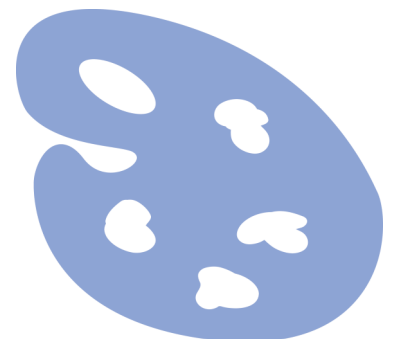
M:\$20/PP:\$40

Adult Acrylic 2-day Art Workshop

Thursday 10th and 17th: 1 – 2:30p

Same great instructor. Same great price. 2 days to complete a Landscape or Seascape canvas. Ages: 18+

M:\$20/PP:\$40





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DANCE

Ballet I - Wednesday 5:00- 5:30p

Introduction class for beginning students. Ages: 3 - 6
M:\$15/ PP:\$30

Ballet II - Wednesday 5:40 - 6:10p

Intermediate class for students with previous ballet experience. Ages: 4 - 7
M:\$15/ PP:\$30

****NEW** Ballet Barre - Wednesday 6:15 - 7:00p**

Fitness style class—Ages:13 & up

6:15-7:00P

M:\$15/ PP: \$30

****NEW** Mommy & Me Ballet - Thursday 10:00 - 10:30a**

Beginner

M:\$15 / PP:\$30

Studio Dance - Saturday 11:00 - 11:30a

Combo class: Jazz, Tap, Lyrical, Modern, Hip Hop and Ballet Ages: 3 - 4
M:\$15/ PP:\$30

Studio Dance - Saturday 11:40 - 12:10p

Combo class: Jazz, Tap, Lyrical, Modern, Hip Hop and Ballet Ages: 5 - 6
M:\$15/PP:\$30

Studio Dance - Saturday 12:20 - 1:05p

Combo class: Jazz, Tap, Lyrical, Modern, Hip Hop and Ballet Ages: 7 - 15
M:\$20/PP:\$40



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MARTIAL ARTS

Little Ninjas—Ages: 5–7

Monday 6:00—6:45P

\$20.00 Uniform Fee added for all NEW students or any former students without a gi
M:\$25/ PP:\$45

Youth Martial Arts—Ages: 8–12

Monday 6:00—6:45P

\$25.00 Uniform Fee added for all NEW students or any former students without a gi
M:\$25/ PP:\$45

Adult Martial Arts—Ages: 18+

Monday 7:00—8:00P

M:\$35/ PP:\$50

Self Defense

Ages: 13 and up

M:\$25/PP:\$50

Beginner Boys Parkour

****NEW**** Boys class—Ages:5–12

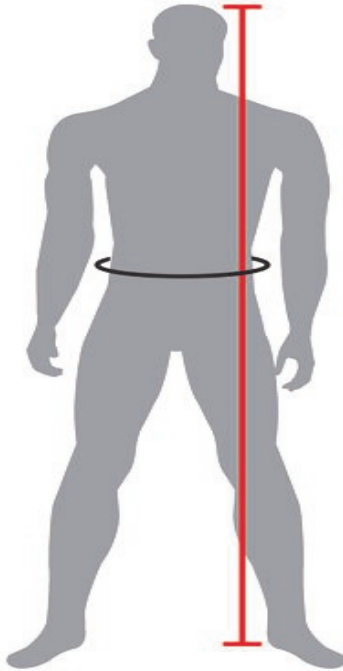
Tuesday 6:25– 7:10P

M:\$20/PP:\$40





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UNIFORMS / BELTS

USE THE COLOR BARS PROVIDED TO HELP FIND YOUR SPECIFIC UNIFORM SIZE

TRADITIONAL UNIFORM AND BELT SIZE	CLOTHING SIZE	HEIGHT	APPROX. WEIGHT
	CHILD 2 - 4	3' - 3'5"	30 - 50 LBS
	CHILD 4 - 6	3'5" - 3'10"	40 - 60 LBS
CHILD SIZES*	CHILD 6 - 8	3'10" - 4'3"	55 - 80 LBS
	CHILD 8 - 10	4'3" - 4'8"	70 - 100 LBS
	CHILD 10 - 12	4'8" - 5'1"	90 - 120 LBS
	SMALL	5'1" - 5'6"	110 - 150 LBS
	MEDIUM	5'6" - 5'11"	140 - 180 LBS
	LARGE	5'11" - 6'2"	170 - 210 LBS
ADULT SIZES	X-LARGE	6'2" - 6'5"	200 - 240 LBS
	XX-LARGE	6'5" - 6'8"	230 - 270 LBS
	XXX-LARGE	6'8" - 6'11"	260 - 300 LBS
	XXXX-LARGE	6'11" - 7'1"	290 - 320 LBS

* CHILD ADJUSTABLE BELTS ARE EQUIVALENT TO THE FOLLOWING:
SMALL: 0 - 1
LARGE: 2 - 3



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VOCAL WORKSHOPS

Taught by Reina Mystique. She is a professional singer/songwriter, vocal coach, and actress. She has been studying the voice for over 20 years and has been teaching professionally since 2003. As a singer/songwriter Reina has written music for herself along with artists ranging from R&B to Jazz, Rock to Hip-hop. Reina has trained singers all over the world and has had the opportunity to travel across the US performing on stages large and small. Reina has a bachelors degree in music with a vocal performance emphasis.

M:\$10 each workshop / PP:\$20 each workshop

- **Beginning Vocal Training**

January 8th 4-5p – ages 8 and up

Learn the basics of how to sing properly. Avoid damage your voice and ensure steady improvement. In this workshop, we will focus on exercises to start warming up your voice. Your teacher will help you identify your vocal range, and give you tips on what to work on once you leave class. This workshop is perfect for beginners who want to take the first steps toward becoming a skilled vocalist!

- **Audition Tips and How to Conquer Stagefright**

January 15th 4-5p – ages 8 and up

This workshop will teach you how to conquer stage fright in auditions, performances, open mics, and karaoke. You'll receive tips on how to properly address an audience, and what to expect in various performance/audition settings. This class will include time for singers to practice in front of their peers and receive teacher feedback.

- **Breathing and Vocal Health for Singers**

January 22nd 4-5p – ages 8 and up

This workshop will teach breathing exercises for singing as well as proper jaw placement. Your instructor will also discuss diet for singers and the impact it can have on vocal health. Leave class with tips on how to practice these fundamental singing skills, and how to continue improving at home.

