



# YOUTH DEVELOPMENT 2012 EARLY SPRING

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Grade School Programs: Cont.

**Hip Hop:** Ages 6 - 10 [Lou parent]  
Monday: 4:30 PM to 5:15 PM  
Member: \$45 Program Member: \$55

**Soccer:** Ages 5 - 7 (Gym)  
Tuesday or Thursday: 4:30 PM to 5:15 PM  
Member: \$45 Program Member: \$55

**Family Karate:** Ages 7 - Up (Lou Parent)  
Saturday: 10:00 AM to 11:00 AM  
Member: \$45 Program Member: \$55  
\*Cost includes all family members 7 and up

**USTA Quick Start Tennis:** Ages 6 - 8 (Gym)  
Sundays: 9:15 AM to 10:00 AM  
Member: \$75 Program Member: \$95

## Youth / Teen Programs: (Ages 11 - 16)

**Safe Sitter Babysitting Course:** Ages 11 - 14  
Saturday, April 21st from 9:00 AM to 3:00 PM  
Fee: \$45 Location: Lou Parent  
\*Open to the community

**Leaders Club:** Ages 11 & up (Multi-Purpose)  
Wednesdays: 6:00 PM to 7:00 PM  
Member: Free Program Member: Free  
\*Drop in program

**Teen Club:** Ages 11 & up (Multi-Purpose)  
Mondays/Tuesdays/Thursdays: 6:00 PM to 7:00 PM  
Member: Free Program Member: Free  
\*Drop in program

**Fit Girl:** Ages 11 & up [Studio]  
Tuesdays and/or Thursdays: 4:30 PM to 5:15 PM  
Member: Free Program Member: Free  
\*Drop in program

**GREATER HOLYOKE Y**  
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## Youth / Teen Programs Cont.

**Family Karate:** Ages 11 & Up  
Saturdays: 10:00 AM to 11:00 AM  
Member: \$45 Program Member: \$5  
\*Cost includes all family members 10 and up

**USTA Quick Start Tennis:** Ages 9 - 12 (Gym)  
Sundays: 10:00 AM to 10:45 AM  
Member: \$75 Program Member: \$95

**Wellness Center Orientation:** Ages 11 - 14  
All youth ages 11 to 13 must be accompanied by an adult while in the Wellness Center and complete a KF (Kid Friendly) orientation session and sign the Youth Guidelines before using the machines for the first time. Only machines with the KF symbol are safe for youth ages 11 to 13.

Youth ages 14 and older are permitted to use the Wellness Center without adult supervision. Youth ages 14 to 17 must sign the Youth/Teen Guidelines before These youth are encouraged to sign up for an orientation session.

All orientation sessions are free to members and can be scheduled at the desk in the Wellness Center. The orientation session will focus on the proper use of Nautilus and Cardiovascular machines. Please dress in comfortable clothing and sneakers.

**Group Fitness Classes:** Ages 14 & Up  
All full facility members ages 14 and up are welcome to attending any of the land based group fitness classes. For a complete listing of all classes see the Group Fitness Schedule.

## Our Commitment to Youth Development

We believe the values and skills learned early on are vital building blocks for life. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.