



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER

JAN. 2 – FEB. 24

SPORTS

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DAY	MEMBER	COMMUNITY
YOUTH SPORTS									
Flag Football 1	Introduces children to basic football skills. Running, passing, catching and field position are taught in a positive, nurturing environment.	7	9	Gym	4:00pm	30min	F	\$60	\$120
Flag Football 2	Focuses on improving the necessary skills to start game action. The class includes teamwork drills and sportsmanship.	10	12	Gym	4:30pm	30min	F	\$60	\$120
Basketball 1	Introduces children to the fundamentals of basketball including shooting, passing and dribbling.	4	5	Gym	4:00pm	30min	W	\$60	\$120
Basketball 2	Continues the development of new basketball skills and introduces them to game play.	6	10	Gym	4:30pm	30min	W	\$60	\$120
All Star Basketball 1	The coach will guide players in the fundamentals of basketball to build a strong foundation for the sport while building confidence and self esteem.	5	8	Gym	1:00pm	45min	Su	\$70	\$140
All Star Basketball 2	The coach will continue to build player skills on the court through dribbling, passing, shooting and defensive drills. Team concepts of offensive play and zone defense will be taught in a values oriented environment.	9	13	Gym	2:00pm	45min	Su	\$70	\$140
Drop In Basketball Clinic	Participants can expect to run drills that will improve their overall basketball skills. This clinic is appropriate for intermediate, recreational, school level, travel, AAU and HS level players.	9	16	Gym	3:00pm	90min	Su	\$10/clinic	\$15/clinic
Gymnastics Private Lessons	This class is geared towards allowing children to have extra practice in the various sections of gymnastics.	6	12	Gym		60min		\$40	\$80
Cheerleading	Participants can expect to learn the basics of team building, trust, communication, memorization, and dance.	5	8	Gym	5:00pm	45min	F	\$122	\$244

*Prices for classes are prorated per holiday schedules.

**Additional uniform and belt testing fees apply.

Bridgewater YMCA | 908 526 0688 | Somerville YMCA | 908 722 4567 | www.somersetcountyyymca.org

Registration: Members: Dec. 10 • 6:00pm | Community: Dec. 17 • 10:00am



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MARTIAL ARTS									
Intro to Tae Kwon Do	Children are introduced to the basic martial arts etiquette, terms and stances while emphasizing discipline, respect, listening skills and courtesy.	4	6	Gym	5:00pm	45min	W	\$62	\$124
Aikido	This form of martial arts teaches techniques that help you to better control and redirect physical confrontation rather than blocking it. Increases stamina, flexibility and muscle development.	13	99	Room 10	8:20pm	85min	M	\$149	\$298
Youth Tae Kwon Do	This class places an emphasis on positive reinforcement and empowers kids to progress through the ranks from White to Black Belt* additional fees apply for uniform and belt testing.	6	13	AP Room	10:30am	60min	Sa	\$120	\$240
Adult Tae Kwon Do	A Korean martial art that combines combat techniques, meditation and philosophy.	13	99	AP Room	11:30am	60min	Sa	\$120	\$240

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