



Oswego YMCA Family Programming Class Descriptions

Not all classes listed below may be currently offered. Classes may be cancelled at any time due to low enrollment and/or instructor availability.

- Amazing Art:** Ages 5-10. An engaging, fun art class with new projects every week! (Family Room)
- BGC (Book, Game, Craft):** Ages 3-6. This class will begin with reading an award-winning book. Children will then do a craft based on the book followed by an active, engaging game! (Monday-Family Room, Friday-Upper Lobby and Yoga Room)
- Dare to Draw:** Two classes-Ages 4-6 AND 7-12. A basic drawing class for kids. (Family Room)
- Dodgeball Madness:** Ages 6-12. Throw, dodge, and catch! This class is all about dodgeball. (Tuesday-back gym, Thursday-TRX)
- *Elementary Extension Class:** Ages 5-7. Children will take classes in music, art, physical education, and literacy. Instruction will include socialization and character development. (Kids Club and Gym) \$10M \$25NM
- Fine Motor Fun:** Ages 2-4. An independent class focusing on scissor skills, gluing, beading, threading, and more. (Yoga Room)
- FUN with Miss Dari!:** Ages 3-5. This enrichment class includes physical activity, problem solving, early literacy concepts, games, and much more! (Gym, Upper Lobby, Yoga Room)
- Gardening Program:** Ages 5-12 years. FREE TO THE PUBLIC. Interactive nutrition and gardening lessons taught by the Cornell Cooperative Extension. (Kitchen)
- Gym Class Heroes:** Two classes- Ages 4-9 AND Ages 6-12. A fun gym class for kids! (Back Gym)
- *Gymnastics:** Ages 4-6. Stretching, flexibility, and floor work will be the focus of this class. (Back Gym) \$20M \$55 NM
- *Gymnastics:** Ages 7-12. Students will learn basic tumbling skills as well as stretching and flexibility. (Back Gym) \$20M \$55NM
- Indoor Soccer:** Ages 3-6 AND 6-12. Practice soccer skills and scrimmage with teammates! (Back Gym)
- Jump and Jive with Jenny:** Ages 2 AND 3-4. A music and movement class that combines dancing, singing, and instrumentation to each class. Entertaining for parents and engaging for our youngest musicians! (Family Room)
- Kids in Motion.** Ages 18m-2. Kids will dance, run, jump, and more! (Family Room)
- Kinder Sports:** Ages 3-6. This class will teach the basics of soccer, basketball, tennis, and kickball. (TRX)
- Little Tykes Obstacle Course:** Ages 12m-3. Every week will feature a new course. Children love to jump, crawl, balance, and run through the course over and over again! (Back Gym)
- Move and Groove:** Ages 2 AND 3. This is a gross motor skills class for children and is full of music, movement, and fun! Parents may attend, but it is not required. (Yoga Room)
- P.E. Class:** Two classes- Ages 4-6 and 7-12. Children will learn exercises, nutrition, teamwork, good sportsmanship, and more! All while having fun! (Yoga Room, TRX, Back Gym)
- Postpartum and Breastfeeding Support Group:** Parent Class. This class is here to answer your questions, give advice, and help support new mothers and/or breastfeeding moms. (Yoga Room)
- *Preschool Extension Class:** Ages 3-4. Children will take classes in music, art, physical education, and literacy. Instruction will include socialization and character development. (Yoga Room, Kids Club, Gym) \$10M \$25NM
- Roll, Kick, Bounce!:** Ages 2-3. This class will use ball play to engage the little ones with developing gross motor skills. Yoga Room
- Toddler Tumbling:** Ages 2-3. Learn the basics of tumbling and gymnastics in this fun new class! \$10M \$35NM (Yoga Room)
- *Tween Extension Class:** Ages 8-12. Children will take classes in music, art history, physical education, and cooking! (Family Room, Upper Lobby, Gym) \$20M \$35NM

Special Events

- Family Movie Night:** For all ages! Includes popcorn, obstacle course, bouncy house and craft from 5-6pm. Movie will begin at 6:15pm. Bring your own drinks and a blanket to sit on! Please note: this is not a drop off event, parents must stay. Pre-registration is required by May 19th. \$10 per family for members (includes 2 kids per family, additional children \$2 each) \$20 per family for non-members (includes 2 kids per family, additional \$4 each)
- Parents Night Out:** Ages 2-12. It's a night in space! Drop off your kids for a three hours of FUN! \$10M \$15NM
- I Love My Mom Parent/Child Class:** Ages 18m-3 AND Ages 3-6. Explore the senses with this engaging one-time class. Pre-registration is required by March 12th, FREE for members and \$10 per adult/child pair NM
- Mermaid Adventure:** Ages 3-8. Rescue the mermaids and learn about sea creatures along the way! Includes tea party, a pizza dinner, craft, and surprise toy. Pre-registration is required by March 24th. \$15M \$25NM
- Superhero Adventure:** Ages 3-8. Save the city from Dr. Doom! Includes a pizza dinner, craft, and surprise toy. Pre-registration is required by March 24th. \$15M \$25NM

M= Member pricing NM= Non-member pricing