



## 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) Instructor: Miss Alyssa
- 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! (Family Room) Instructors: Wednesday, Miss Dari Friday, Mr. Tim
- Dare to Draw:** Ages 4-6 AND 6-12. A basic drawing class for kids. (Family Room) Instructor: Miss Alyssa
- Disney Dance Party:** Ages 1-2. Kids get to dance to their favorite Disney tunes! (Family Room) Instructor: Mr. Tim
- Dodgeball Madness:** Ages 6-12. Throw, dodge, and catch! This class is all about dodgeball. (TRX) Instructor: Miss Wyoma and Miss Dari
- Expedition America!:** Ages 4-6. Learn about American history in this fun and interactive class. (Kitchen) Instructor: Mr. Tim
- Fine Motor Fun:** Ages 2-4. An independent class focusing on scissor skills, gluing, beading, threading, and more. (Family Room) Instructor: Miss Amber
- Fit Kids!:** Ages 6-12. Get some energy out with age-appropriate exercises. (Outside or Yoga Room) Instructor: Miss Amber
- Four Square Sensation:** Ages 6-12. Kids will love playing Four Square! This game uses a kickball to bounce and pass to other players. Keep it in the squares or you are out! (Back Gym) Instructor: Miss Tara and Mr. Tim
- Gym Class Heroes:** Ages 4-9 AND Ages 6-12. A fun gym class for kids! (Back Gym) Instructor: Miss Maddy, Miss Wyoma, Mr. Tim
- \*Gymnastics:** Ages 4-6. Stretching, flexibility, and floor work will be the focus of this class. (Back Gym) \$20M \$55 NM Instructor: Miss Corrie
- \*Gymnastics:** Ages 7-12. Students will learn basic tumbling skills as well as stretching and flexibility. (Back Gym) \$20M \$55NM Instructor: Miss Corrie
- Indoor Soccer:** Ages 3-6. Practice soccer skills and scrimmage with teammates! (Back Gym) Instructor: Miss Wyoma
- Jump and Jive:** 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) Instructor: Miss Amber
- Kids in Motion:** Age 2 AND 3. Kids will dance, run, jump, and more! (Family Room) Instructor: Miss Amber
- Kids Yoga:** Ages 4-6 AND 6-12. Kids will learn basic yoga moves with themed classes every week! (Yoga Room) Instructor: Miss Trinity
- Kinder Sports:** Ages 3-6. This class will teach the basics of soccer, basketball, tennis, and kickball. (TRX) Instructor: Mr. Tim
- 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) Instructor: Miss Amber
- 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. (Family Room) Instructor: Miss Amber
- On the Go Fun:** Ages 3-12. Kids will go on field trips every week! This is a drop off program. \$25 for first child \$15 for siblings for members, \$35 for first child \$25 for siblings for non-members Instructors: Miss Alyssa, Miss Amber, Miss Amy
- Outdoor Art:** Ages 6-12. Learn all about art through nature. (YMCA Lawn, in case of rain, Family Room) Instructor: Miss Alyssa
- 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) Instructor: Miss Amber
- Roll, Kick, Bounce!:** Ages 2 AND 3-4. This class will use ball play to engage the little ones with developing gross motor skills. (TRX) Instructor: Miss Rachael
- Toddler Tumbling:** Ages 2-3. Learn the basics of tumbling and gymnastics in this fun new class! \$10M \$35NM (Back Gym) Instructor: Miss Amber

### Special Events

**Parents Night Out:** Ages 2-12. It's night at the races! Drop off your kids for a three hours of FUN! \$10M \$15NM

#### YMCA THEMED CAMPS

**Gymnastics Camp:** Grow in strength, flexibility, and coordination in this fun tumbling camp. \$15M \$25NM

**Perfect Pie Camp:** Learn to make delicious crusts and fillings, take a trip to Farmer's Market to buy fresh ingredients! \$35M \$40 NM

**Kinder Camp:** Made just for 3-5 year olds, this camp will be a total blast! Kids will enjoy outside time, games, crafts, and a field trip! \$50M \$60NM

**Shining Stars Camp:** Shining Stars is an exciting new drama program that allows children to let their imaginations run wild while also promoting self-confidence in public speaking and interpersonal communication. \$40M \$50NM

**M= Member pricing NM= Non-member pricing**