



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.

- ABC Fun:** Ages 2 and 3-4. An early literacy class for littles! They will have fun as they explore letters and sounds. (Family Room) Instructor: Miss Amber
- Amazing Art:** Ages 2, 3-4, and 5-10. An engaging, fun art class with new projects every week! (Family Room) Instructor: Miss Alyssa and Miss Star
- Baby Boogie:** Ages 6m-18m. Play, crawl, dance in this fun adult/child class! (Yoga Room) Instructor: Miss Amber
- 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) Instructor: Miss Dari
- Dare to Draw:** Ages 4-6 AND 7-12. A basic drawing class for kids. (Family Room) Instructor: Miss Star
- Disney Dance Party:** Ages 1-2. Kids get to dance to their favorite Disney tunes! (Upper Lobby) Instructor: Miss Dari
- Dodgeball Madness:** Ages 3-6 and 6-12. Throw, dodge, and catch! This class is all about dodgeball. (TRX) 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 Dari
- Gym Class Heroes:** Ages 4-9 AND Ages 6-12. A fun gym class for kids! (Back Gym) Instructor: 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
- Homeschool Extension Class:** GRADES Kindergarten-12th grade. This amazing drop-off program offers music, art, gym, and a fourth rotating special for homeschool students. Bring a packed lunch and water bottle. Instructors: Miss Amy, Miss Alyssa, Mr. Tim \$25M \$40NM
- Kinder Sports:** Ages 3-6. This class will teach the basics of soccer, basketball, tennis, and kickball. (TRX) Instructor: Mr. Tim
- Little Learners:** Ages 2-3, birthdate before April 1, 2015. Little Learners is an exciting new program that promotes learning through play. These Montessori-style classes will feature hands-on and student-led learning, both structured and parallel play times, music and movement, and more. It includes a weekly toddler tumbling class, a healthy snack, and class field trips! (Study Zone) Instructor: Miss Morgan \$65M \$75NM
- Little Tykes Obstacle Course:** Ages 12m-4. 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
- Nutrition Class:** Ages 4-6 and 7-12. Provided by the Cornell Cooperative Extension, this class focuses on nutrition education. (Kitchen) Instructor: Miss Lauren
- P.E. Class:** Ages 4-12. A fun and active physical education class. (Back Gym) Instructors: Miss Amber and Miss Dari
- 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
- Preschool Extension Class:** Ages 3-4. This class is designed to enrich the preschool experience with music, art, gym, and literacy classes. Also includes lunch (please bring a packed lunch) and play time. Instructor: Miss Amber \$25M \$40NM
- 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 Dari
- Sign Language:** Ages 4-6. Learn American Sign Language in this fun class! (Kitchen) Instructor: Miss Jessica
- Super Science:** Ages 7-12. Experiments, messy fun, and all things science! (Family Room) Instructor: Miss Dari
- Toddler Tumbling:** Ages 2-3. Learn the basics of tumbling and gymnastics in this fun new class! \$10M \$35NM (Front Gym) Instructor: Miss Amber

Special Events

- NOW ON SATURDAY NIGHT! Parents Night Out:** Ages 2-12. Grab your cowboy hat and come to a country hoe down! Bouncy house, obstacle course, team challenges, craft, and a healthy snack are all included. Drop off your kids for a three hours of FUN! \$10M \$15NM
- Little Explorers:** This parent/child sensory class will be some fun bonding time and a chance to explore all of the senses! Instructor: Miss Jenny FREE for members \$10NM
- Natural Living:** Adult Class. Learn more about using less harmful chemicals in our everyday lives and saving money, too! Instructor: Miss Amber FREE for members \$5NM

M= Member pricing NM= Non-member pricing