

NEWTON YMCA MARTIAL ARTS

Effective 1/4/19-5/31/19

| MONTHLY TUMBLING | AGES | TIME | MON | TU | WED | TH | FR | SA | SU |
|---------------------|------|--------|-----|----|-------|----|----|----|----|
| Little Tikes | 4-7 | 45 min | | | 5:30P | | | | |
| Family Martial Arts | 6+ | 60 min | | | 6:15P | | | | |

ATTIRE: Please speak with your instructor for attire details. **NOTE Holiday Schedules:** Classes will not take place on the following dates: January 1st-3rd, April 21*, May 27*
*Sessions impacted by this holiday meet fewer than four times this month. Fees will be prorated for the reduced class schedule.

Contact the Branch Director for martial arts information: tera.thomas@ymcawichita.org | 316-719-7745

YOUTH & FAMILY ACTIVITIES

Effective 1/4/19-5/31/19

| Mom's Day Out | MON | TU | WED | TH | FR |
|---------------------------|-----|-------------|-----|----|-------------|
| Ages 2-5 Potty-trained | | 9:00A-2:00P | | | 9:30A-1:30P |

MOM'S DAY OUT

Ages: 2 -5 yrs

Hours & Fees

9:30A - 1:30P \$43/\$63 per 4-wk session

9:00A - 2:00P* \$53/\$73 per 4-wk session

**Bank draft is available to ensure your child's place in class each month!*

ONE DAY DROP-IN FEE: \$15/member \$25/non-member (space limited)

What should my child bring?

A backpack or bag with:

- Sack lunch
- Drink
- Swimsuit and a towel

If siblings will be attending together, we ask that each have separate bags for belongings.

What should my child wear?

Dress your child in comfortable and appropriate play clothes.

What activities are included?

Your child will enjoy swimming, arts and crafts, stories, creative play, tumbling and gym time, outdoor activities, calendar time, and snack time—all while making new friends!

Swimming—Participants swim in the shallow end of our indoor pool. If you are uncomfortable having your child swim, please notify the instructor and our staff will accommodate.

Note: Children must be potty-trained to swim. Non-swimmers will have a separate activity.

NOTE: MDO is not a licensed child care program. Participants may only attend one day per week

Behavior—Our goal is to develop self-discipline and respect for others. When necessary, the following age-appropriate discipline will be used:

- We will use logical consequences and redirect children displaying inappropriate behavior.
- In some cases, supervised removal (time out) may be used.
- If a child is having excessive problems (i.e. biting, hitting, etc.) the parent will be called and requested to pick up child.

Illness—Children showing signs of illness will not be allowed to attend. If your child has a communicable illness or head lice, please notify the staff immediately so appropriate action may be taken.

Emergency Procedures

Fire/Building Evacuation: In the event of a fire or other evacuation situation, staff will escort all children out of the facility.

Tornado or Bad Weather: Staff will escort children to the assigned locker room.

Accident or Injury: All Mom's Day Out staff are certified in CPR/AED & first aid. Proper care will be administered as needed.



PARENT'S NIGHT OUT

Would you like to go shopping? Take a Nap? Watch a movie of your choice?

Bring your kids to the Y and let us entertain them for you.

Ages: 2-10
Hours: 5:30P-9:30P
Fees: \$15 | \$20
Date: 2nd Saturday each month

For questions please contact Becca Bradley, Senior Program Director, at Becca.bradley@ymcawichita.org or 316.776.8350.

BIRTHDAY PARTIES

You bring the guest of honor and we will do the rest! Parties times are open on Friday-Sunday. Contact the front desk for available dates and times.

Indoor Pool \$125 / \$150

Parties are priced for 10 children; theme parties and additional options available.

Fees appear as member rates. Community participants/non-members pay an additional \$20 for eligible programs, unless otherwise indicated.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH & FAMILY

KID TESTED, PARENT APPROVED.

ANOTHER REASON Y.



At the Greater Wichita YMCA, we are about community and providing fun opportunities for families. Whether it's playing basketball together, enjoying a swim at the pool, or a safe place for your child to play and make new friends, we know we can be the favorite choice for you and your family.

MOM'S DAY OUT | ages 2-5 year-round | June-July ages 6-10

Activities like gym games, swimming, arts and crafts, playtime, stories and snack will give your child a fantastic day at the Y! Your child will get the opportunity to make new friends while developing their social skills. Sack lunch, swim suit and towel required.

Locations vary. Schedule on back. Minimum of 5 kids per session.

PARENT'S NIGHT OUT | ages 2-10

Date night will be fun for all! Bring your kids to the Y and let us entertain them for you. They will enjoy arts & crafts, a movie, recreational activities, swimming, pizza and a healthy snack. Swim suit and towel required. Locations vary. Schedule on back.

FUN FIT | ages 6-12

Join Y Staff in this class where having fun can improve your health. Jam packed with games designed to improve strength, endurance and flexibility while developing life-long fitness skills! Schedule on the back of flyer. Included in membership.

FAMILY RECREATION | all ages

Have fun in the pool, play basketball, racquetball and socialize with other families during open recreation times. FREE with your membership. Open pool & gym schedules available at ymcawichita.org, via the Wichita YMCA app, or at any Y location.

DID YOU KNOW? Youth ages 13 & up can utilize most YMCA services including the indoor track, fitness centers (some equipment limitations apply) and group exercise classes.

GROUP EXERCISE | ages 9-12 w/parent

Join your child for a kid-friendly class like ZUMBA® Fitness, Cardio CRAZE, and more. Kids 4'10" or taller can participate in Cycle and Water Exercise. See Group Exercise schedules for days/times. Included in membership.

MARTIAL ARTS | ages 5 & up

Enjoy this fun activity that's great for kids and the whole family. Improve your self-confidence, self-control, concentration, coordination, reflexes and overall health as you learn self-defense techniques. Uniforms and testing are optional for all YMCA Martial Arts classes. Taekwondo & Karate offered at varying locations. Class schedule listed on the back of this flyer.

FINANCIAL ASSISTANCE

The Y believes that opening doors can close gaps. That's why we welcome everyone to participate in our programs and services. Confidential applications for income-based financial assistance are available at ymcawichita.org or any YMCA location.