

YMCA TEEN/PRE-TEEN SCHEDULE
Age 9+



Fall I Session
August 30 – October 24, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Activity Nights* See Schedule below 6:30 – 8:30pm					10:15 – 11:00am Age 5-12 Kidz Zumba Brittany - 1	
	3:30 – 5:00pm Grades 4 – 8 Go Girls Go! Alice - PS			<p>YMCA Teen/Pre-Teen Classes</p> <ul style="list-style-type: none"> • FREE to YMCA Members unless otherwise indicated by * • Program Members can pay on a per-class basis • Classes are Age Specific • Classes with continued low attendance (minimum 6 participants) are subject to cancellation. • Teens 12-15 years old can attend Adult fitness classes with parent for the first class • Minimum age for Body Pump is 16 • For questions, comments or suggestions regarding the Teen scheduling please contact Debbie Strus @708-497-1028 		
4:00 – 4:45pm Age 7 – 12 Yoga & Stretch for Kids Karen - 2	4:15 – 5:15pm Age 6-12 Fitness Fun & Games Joe-1					
5:45-6:45pm Age 6-12 Fitness Fun & Games Joe-1		5:00-5:45pm Age 5 - 12 Kidz Zumba Brittany -1	5:00 – 5:45pm Age 11+ Boxing for Kids Damen - 2			

**AMERICAN RED CROSS
BABYSITTING CERTIFICATION**

Ages 11+
Friday, Oct 12 10:00–5:00pm*
Fee: \$35 Members/\$45 Program Members
*Bring a sack lunch

**AMERICAN RED CROSS
HOME ALONE CLASS**

Grades: 1st – 7th
Fee: \$5 Member/\$10 Program Member
Fee(each additional child): \$ 8 Member

**AMERICAN RED CROSS CPR FOR THE
PROFESSIONAL RESCUER INLCUDING
FIRST AID AND AED TRAINING**

Contact 708-497-1028 for dates



TEEN ACTIVITY NIGHTS

Age 9+
Monday, Sept 21 6:30 – 8:30pm
Monday, Oct 19 6:30 – 8:30pm
Fee: FREE (Possible fee for field trips-TBD)

OFF SITE PROGRAMS FOR KIDS

Fall Youth Basketball, Grades: Kinder – 6th
Flag Football, Grades: 1 - 4
Bowling, Age 5-12
Swimming, Age Thru 8th grade
Teen Swimming, Age 12+
Family Swims
Please see Fall Brochure for more details or call
Membership Desk 708-352-7600

HALLOWEEN SPOOKTACULAR

Family Event! **SAVE THE DATE!** Friday, 10/23