



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING SESSION- YOUTH

APRIL 26TH-JUNE 20TH

bluewaterymca.com



YOUTH BASKETBALL CLINIC'S

The YMCA will host two basketball clinics this spring. Build on your child's skills, through a combination of drills and small sided games. The Athlete will work on passing, dribbling, shooting with an emphasis on teamwork. Utilizing 5 on 5 game plays will allow the athletes an opportunity to practice individual skills along with team play.

Tuesday's 5:00-7:00PM
COED- Ages 10-12 Years old
Location West Side Gym
Thursday's 5:00-7:00PM
COED- Ages 7-9 years old
Location East Side Gym
Fee: \$35.00 Member
 \$55.00 Community

YOUTH FLAG RUGBY

YMCA's flag rugby is back and is catering to 7-14 year old's within the Blue Water Area. Non-contact, co-ed and full of action and fun, rugby is a fun, safe, team game that develops a range of skills, including ball handling, running and evasion. Both coaches are experienced college rugby players and coaches. Try a new, fascinating sport like RUGBY!

Wednesday's 4:00 PM - 6:00 PM
Ages: 7-14 years old
Fee: \$10.00 Member
 \$20.00 Community

LITTLE POUNDERS

Channel your inner rock star with this full-body jam session. POUND transforms drumming into an effective way of exercising. POUND provides an atmosphere for letting loose, getting energized, toning up, and rocking' out with the whole family!

Saturday's 10:15-11:00AM
Ages: 4 - 8 years old
Fee: \$0.00 Member
 \$20.00 Community

KIDS CIRCUIT

This workout class for youth includes exercises using equipment such as jump ropes, step benches, cones, and exercise bands. We will incorporate exercises using bodyweight, such as push-ups, jumping jacks, and sit-ups rotating through timed stations. All exercises and skills can be modified for any fitness level.

Thursday's 5:00-5:45PM
Ages: 6-12 Years old
Fee: \$0.00 Member
 \$20.00 Community

Y-SPORTS

Give your youngsters a shot at learning skills needed to play the sports they're just starting to explore. We will work on the basic functions of one sport each week. The objective during the 8-week session will be to make sure children learn the basics new sports....all while having fun!

Monday's 5:00-5:45PM
Location East side gym
Ages: 7-11 years old
Fee: \$0.00 Member
 \$20.00 Community

LITTLE SPORTERS

Bring the little ones in for their shot at the sports they're beginning to love. We will work on the basic functions of the sports set up for them weekly. The main objective will be to make sure that they enjoy as much of the program as possible, with that we will throw in other obstacle courses to keep them entertained.

Monday's 5:00-5:45PM
Location West Side Gym
Ages: 4-6 years old
Fee: \$0.00 Member
 \$20.00 Community

FAMILY FUN FIT

Join our Youth Activities Program Director in a live/real time Family Fitness via Zoom. This class will feature 45 minutes of overall fun family fitness activities creating a feel good workout that is great for the entire family. Weights and body weight exercises are used in this class.

Monday's 12:00-12:45PM
Tuesday's 1:00-1:45PM
Ages 5 years old and up
Location: Zoom
Fee: \$10.00 Member
 \$20.00 Community

YOUTH COOKING CLUB

Roll up your sleeves and whip up something fun! The YMCA is introducing "Youth cooking classes" to help teach lifelong lessons like basic cooking principles and techniques but also help children to explore and discover new foods and understand the importance of proper nutrition and diverse diets. Each student will receive their very own cooking apron and chef hat around the first day of class.

Tuesday's 5:00PM - 6:00PM
Ages: 7-11 years old
Fee: \$35.00 Member
 \$65.00 Community

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