



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



A PROGRAM FOR EVERY FAMILY!

From organized sports to events to group exercise classes, the Y offers many programs for youth and families!

Child Development	Mon-Fri	5:45am – 6:30pm	Ages 1–5	Fee
Childwatch	Mon-Sat	Varies	Ages 3mos - 6	FREE
Family Fitness	1st Saturday	10:30 - 11:15 am	Ages 6 - Adult	FREE
Family Fun Night	Last Friday	6:00pm - 8:00pm	Ages 0 – Adult	FREE
Fencing	Tues/Thurs	6:30pm - 9:00pm	Ages 10 - Adult	Fee
Fit Fun Kids	Mon/Wed/Fri	5:30pm - 6:30 pm	Ages 5-10	FREE
Group Exercise	Everyday	Varies	Ages 11 - Adult	FREE
Kid’s Club School Aged Childcare	Mon-Fri	6:30am - 6:00pm	Ages K - 6th	Fee
Kid Yoga	Thurs	9:15am - 10:15am	Ages 3-6	FREE
Parent’s Night Out	2nd Friday	6:00pm - 8:00pm	Ages 3-10	FREE
Safe Kids Tae Kwon Do	Thurs	6:30pm - 7:30pm	Ages 6 – Adult	Fee
Seasonal Youth Sports	Sat	9:00am - Noon	Ages 4-12	Fee
Speed & Agility for Teens	Mon/Wed	4:00pm - 5:00pm	Ages 11-19	Fee
Swimming Lessons / Team	Varies	Varies	Ages 6mos - 18	Fee
Youth Functional Fitness	Tues/Thurs	6:30pm - 7:30pm	Ages 8-11	FREE
Youth Wellness Center Program	Tues/Thurs	5:30pm - 6:30pm	Ages 11-13	FREE
7th Grade Initiative	Mon/Wed	4:15pm - 6:15pm	Ages 7th grade	FREE
8th Grade Bridge	Mon/Wed	4:15pm - 6:15pm	Ages 8th grade	Fee

Childwatch

FREE childwatch is available with a Family Membership, other members may utilize with a nominal fee. This member service is for those working out in the wellness center, participating in a group exercise class or utilizing the pool or open gym areas. Hours available Mon - Fri and Saturday mornings. Please check with Member Services for a current listing. Ages 3 months to 6 years.

Child Development

This child-centered program provides multidisciplinary opportunities for growth, hands-on exploration and child-led learning through play. We provide high quality early learning experience in an environment where all children are safe and nurtured. Ages 1-5.

Family Fitness

Enjoy a variety of physical activity programs as a family. Class curriculum varies month to month and includes Generation Pound, Yoga and CATCH games. Ages 6 - Adult

Family Fun Night

Learn, grow and thrive together at these themed family events. Activities that reflect our focus areas: youth development, healthy living and social responsibility. All ages welcomed.

Fencing

Learn basic, intermediate and advanced fencing techniques. Ages 10 - Adult

Fit Fun Kids

Discover the joy of movement through games, foundational fitness moves, dance, and fun! Please check your child into Kid Watch before taking them to class. Ages 5-10

Group Exercise Classes

Choose from a variety of group exercise programs that are offered throughout the day. Ages 11 - Adult

Kid's Functional Fitness

Kids have fun completing challenging fitness activities. The emphasis is placed on using bodyweight exercises and small exercise equipment. Class meets twice per week for 8 sessions. Ages 8-10

Kids Club

High quality before and after school programs. Our curriculum is built on the interest of the children and tied in to the PA Early Learning Standards. Full day care is available to enrolled participants when school is closed. York Branch provides care for a variety of schools in York City, West York and Central School Districts. Ages kindergarten to 6th grade.

Kid Yoga

Increase body awareness, control, flexibility and relaxation. Ages 3-6.

Parent's Night Out

This is an opportunity to take the time you need for each other, while your child enjoys a fun filled evening of games and activities in a safe environment. FREE with a Family membership or \$5 per child, available to YMCA Members Only. Please preregister.

Safe Kids Tae Kwon Do

Children and adults develop self-control and discipline through the practice of martial arts. Ages 6 - Adult.

Speed and Agility for Kids

Improve performance, speed and overall conditioning in this eight class program. Proper technique is emphasized for safety and effectiveness. Ages 11-19.

Seasonal Youth Sports:

BASKETBALL LEAGUE

Participants work on basketball skills in an instructional setting through practices and games. Winter league begins in December and Spring League beginning in April. For beginners and experienced players. Ages 4-11.

GROUP BASKETBALL TRAINING

In a group setting, participants will be divided based on their skill levels and gain skill enhancement above and beyond their current knowledge and abilities. Program offered monthly, fall through spring, at the York YMCA. Ages 6-11.

GIRLS CLUB VOLLEYBALL

For girls who want to practice and compete at a high level. Practices are twice a week from December - May with weekend tournaments from January - May at locations throughout Pennsylvania. Try-Outs held in October for all skill levels. Ages 11-18

GIRLS INTRUMURAL VOLLEYBALL

Participants learn and enhance fundamental volleyball skills through instruction, drills, and practice. Beginning in September, November, February and April. Ages 11-15

GROUP BASKETBALL TRAINING

In a group setting, participants are grouped based on skill level. Players gain skill enhancement above and beyond their current knowledge and abilities. Program offered monthly. Ages 6-11.

SOCCER LEAGUE (Outdoor and Indoor)

Participants learn and enhance their soccer skills in an instructional setting through practices and games, all on Saturday mornings. Outdoor Soccer begins in September with Indoor Soccer beginning in February. For beginners and experienced players. Ages 4-11.

7th and 8th Grade Initiative

Encourages fitness and team building among tweens. The focus is character development and making healthy decisions.

Youth Wellness Center Program

Learn how to use cardio and strength training equipment safely and effectively. Parents must attend the training sessions with the youth ages 11-13.