



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEW PROGRAMS FOR STUDENTS: ELEMENTARY & MIDDLE SCHOOL

March & April 2021    Safe & FUN!    Lakeland Hills Family YMCA

CLASS <i>See Descriptions Below</i>	GRADES	DATES	TIMES	COST PER MONTH
<b>Archery Tag/ Dodgeball</b>	1st - 4th	Wednesdays in March	3:45-4:45pm	\$40 Y Members \$60 Non-Members
<b>Expressive Art</b>	1st - 4th	Thursdays in March	4:00-5:00pm	\$40 Y Members \$60 Non-Members
<b>Mindfulness &amp; Yoga</b>	1st - 4th	Thursdays in March	3:45-4:45pm	\$40 Y Members \$60 Non-Members
<b>Circuit Training</b>	5th - 8th	Mondays in March & April	3:45-4:45pm	\$40 Y Members \$60 Non-Members
<b>Junior High Crew</b>	5th - 8th	Tuesdays or Fridays in March & April	4:30-6:00pm	\$50 Y Members \$75 Non-Members
<b>Martial Arts</b>	1st - 4th	Tuesdays in April	3:45-4:45pm	\$40 Y Members \$60 Non-Members
<b>Creative Dance</b>	1st - 4th	Thursdays in April	3:45-4:45pm	\$40 Y Members \$60 Non-Members
<b>Team GA-GA</b>	1st - 4th	Wednesdays in April	3:45-4:45pm	\$40 Y Members \$60 Non-Members

**Archery Tag/Dodgeball:** Dip, dive, dodge & catch arrows to bring teammates back into the game; use your speed to "shoot" using foam-tipped arrows while wearing protective face masks & adhering to socially-distanced zones.

**Expressive Art:** Lead by a certified Art Teacher, focuses on how children can express themselves through meaningful art projects. Each week new techniques are explored.

**Mindfulness & Yoga:** Teaches children skills to help them relax their bodies and minds through yoga.

**Circuit Training:** Fun, challenging & engaging exercise program incorporating all major muscle groups through different stations in a continuous rotation. Focus is on improving all important areas of physical fitness such as cardiovascular health, strength, balance & coordination, all in a group setting.

**Martial Arts:** Perfect mix of activity and discipline; instructor emphasizes the foundation of karate, physical fitness and concentration.

**Creative Dance:** Fun-filled, high-energy class to experience world of dance. A wide variety of music and styles will be introduced.

**Team GA GA:** A fast-paced fun sports game. Be the last team standing in our inflatable GA-GA pit.

**Junior High Crew:** Engage in physical & social activities, pursue new interests, improve skills & make new friends.

All classes have COVID-19 protocols. Registration is limited, so sign up now!

<https://lakelandhillsymca.com/programs/for-kids/>

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