



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STUDENT CLASSES FOR SPRING: ELEMENTARY & MIDDLE SCHOOL

April & May 2021 **Awesome, safe, & FUN!** Lakeland Hills Family YMCA

CLASS <i>Descriptions on next page</i>	GRADES	DATES	TIMES	COST PER MONTH
Afternoon Camp	1st - 4th	April, May & June	1:00-4:00pm	3 days/week or 5 days/week, cost on 2nd page
Basketball Clinic	1st - 4th	Mondays in April & May	2:30-3:30pm	\$40 Y Members \$60 Non-Members
Circuit Training	5th - 8th	Mondays in April & May	3:45-4:45pm	\$40 Y Members \$60 Non-Members
Junior High Crew	5th - 8th	Tuesdays & Fridays in April & May	4:30-6:00pm	\$50 Y Members \$65 Non-Members
Martial Arts	1st - 4th	Tuesdays in April	3:45-4:45pm	\$40 Y Members \$60 Non-Members
Team GA-GA	1st - 4th	Wednesdays in April	3:45-4:45pm	\$40 Y Members \$60 Non-Members
Heroic Journey	1st-4th	Wednesdays in April	4:00-5:00pm	\$40 Y Members \$60 Non-Members
Soccer Clinic	1st-4th	Thursdays in April	2:30-3:30pm	\$40 Y Members \$60 Non-Members
Technology Class	1st-4th	Thursdays in April	3:45-4:45pm	\$40 Y Members \$60 Non-Members
Creative Dance	1st - 4th	Thursdays in April	4:00-5:00pm	\$40 Y Members \$60 Non-Members
First Tee Indoor Golf	1st-4th	Tuesdays in May	3:45-4:45pm	\$40 Y Members \$60 Non-Members
Outside Archery	1st-4th	Wednesdays in May	3:45-4:45pm	\$40 Y Members \$60 Non-Members
Team Sports Medley	1st-4th	Thursdays in May	2:30-3:30pm	\$40 Y Members \$60 Non-Members
Expressive Music	1st-4th	Thursdays in May	3:45-4:45pm	\$40 Y Members \$60 Non-Members
Fit Kids Personal Training	1st-4th	By Appointment	By Appointment	Once/wk or 2x/week; cost on 2nd page

LAKELAND HILLS FAMILY YMCA
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Class / Program Descriptions

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NEW! Afterschool Camp: Students are in store for a wide variety of fun afternoon activities and socialization opportunities. Choose 3 days or 5 days per week. Cost is \$230 for Y members, \$245 for non-members at 3 days per week. Cost is \$330 for Y members, \$355 for non-members at 5 days per week. Also available at the Parsippany PAL.

Basketball Clinic: Introduction to basketball skills and basics in a non-contact learning environment. Develop a great basketball foundation by practicing dribbling, passing, shooting, and much more.

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.

NEW! Junior High Crew: Engage in physical & social activities, pursue new interests, improve skills & make new friends. Perfect environment for middle-school students to stay connected and active.

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

Team GA GA: Combines dodging, striking, running & jumping to be the last person standing in inflatable "pit"!

NEW! Heroic Journey: With popular superhero, movie characters, and stories, staff will teach social-emotional learning and bullying prevention in ways children find relatable, interesting, and FUN.

NEW! Soccer Clinic: Develop basic foot-control skills needed to play the most popular sport around the world. Staff will help children by teaching them trapping, dribbling, passing, and shooting skills. Each week, students will be taught a new skill and practice it in a non-contact environment.

NEW! Technology Class: Students will be exposed to different STEM activities each week including scratch coding, 3D pens, squishy circuits, and much more.

Creative Dance: Fun-filled, high-energy class for kids to experience the world of dance. A wide variety of mu-sic & styles will be introduced.

NEW! Golf Class: Introduction to the game of golf. Unique to this program is that it helps young people de-velop character by focusing on 9 core values: Honesty, integrity, sportsmanship, respect, confidence, respon-sibility, perseverance, courtesy and judgment.

Outside Archery: Archery is the art, sport, practice, or skill of using a bow to shoot arrows. Each week chil-dren will learn and practices their skills. Fun targets and contest will have everyone competing for the highest score. If weather is bad classes will be held indoors with our indoor foam arrows.

NEW! Team Sports Medley: Students will learn the fundamentals of a different sport each week in a non-contact environment. This will help gain knowledge and skills in several sports.

Expressive Music: Gives kids exposure to a variety of music no matter what level they are. This class is an awesome way to express themselves musically. Children will experience different types of music.

Fit Kids Personal Training: Improve overall health of students through physical activities and nutritional guidance. Qualified, energetic staff will strive to motivate children through fun, challenging, and creative workouts. Cost online. By appointment with choice of once or twice per week for 10 weeks.

All classes have COVID-19 protocols. Registration is limited, so sign up now! Questions? Contact Shannon Bujoreanu at shannonb@lhymca.com or call 973.334.2820. LAKELAND HILLS FAMILY YMCA

<https://lakelandhillsymca.com/programs/youth-and-teen-options/enrichment/>