

eliminating racism
empowering women

ywca

black hawk county

Space is limited.

Register now!

Taekwondo

**Tae Kwon Do is ongoing.
Start at any time.**

Learn martial arts in the traditional Korean style with Master Brunko, 3rd degree Black Belt.

Classes will teach forms and sparring with a focus on discipline, etiquette and self-confidence.

Junior Dragons: ages 5 - adult

Monday and Wednesdays, 6:45 - 7:45 pm

Cost:

\$35.00 per month for YWCA members * \$45.00 per month nonmembers



Try your
first class
FREE!

Gymnastics and Dance Classes begin the week of September 5.

Classes meet once a week for six weeks.

Registration will begin again on October 2 for a second fall session of dance & gymnastics classes which will begin the week of October 17.

Gymnastics

Beginning tumbling, balance beam and apparatus skills.

Beginning, *Age 3-4*
Tuesday

5:30-6:15 pm

Beginning, *Age 5 & up*
Tuesday

6:15-7:00 pm

Intermediate, *Age 7 & up*
Tuesday

7:00-7:45 pm



Ballet Basics

Introduce your young dancer to basic positions of arms and legs required for ballet. Develop motor skills by using balancing, hopping, skipping, jumping and galloping.

Age 4-6 Thursday
5:30-6:15 pm

All That Jazz

Upbeat, entertaining music will accompany fundamental jazz steps and basic movement combinations.

Class includes warm-up, isolations and stretching to develop strength and flexibility.

Age 7-12 Thursday
6:15-7:00 pm



Every Body Can Dance

Come enjoy this fun, energetic program! Includes ballet, jazz, hip hop and free movement. Teaches balance, discipline and coordination. Learn to dance!

Age 4-6 Thursday
7:00-7:45pm

Cost: Gymnastics, All That Jazz, Ballet Basics, and Every Body Can Dance: \$35 for members * (\$54 nonmembers) for the 6-week session.

Session 1 of Swimming Lessons begins the week of September 5.

Session 2 of Swimming Lessons begins the week of October 3.

Classes meet once a week for four weeks.



All aquatics classes taught by Red Cross certified instructors.

Swimming Lessons

Level I	Tues	5:30-6:15 pm
<i>Age 4 - 14</i>	Sat	8:30-9:15 am
Level II	Tues	6:15-7:00 pm
<i>Age 4 - 14</i>	Sat	9:15-10:00 am
Level III	Thur	5:30-6:15 pm
<i>Age 6 - 14</i>	Sat	10:00-10:45 am
Level IV	Thur	6:15-6:45 pm
<i>Age 6 - 14</i>	Sat	10:45-11:30 am

Cost: Swimming Lessons, Level 1 - 4: \$35 for members * (\$54 nonmembers) for the 4-week session.

Wize Girlz - for 6th, 7th and 8th grade girls.

Positive activities designed to support and educate. Girls can join Wize Girlz at any time during the school year for only \$10. Transportation, snacks and activities are offered at no additional cost. Call Valerie Cumming or Cyndi Ritter at 319-234-7589 for more information.

* For a full year, the cost of **membership** is \$15 for children up through age 13, \$20 for age 14 - 17, \$35 for adults, \$25 for seniors 65 and over. Non-member prices are also available for YWCA fitness programs.

Scholarships are available on many YWCA programs based on family size and income. Please ask for an application form at our front desk.

425 Lafayette Street, Waterloo, IA 50703 319.234.7589 ywca@ywcabhc.org