

eliminating racism  
empowering women  
**ywca**

**Black Hawk County**

**Gymnastics, Swimming Classes and Dance meet once a week for six weeks.**

**January 17 - February 25 - or -  
February 28 - April 15**

Registration for 2nd session begins Feb. 1  
Classes will not meet March 13-17 or April 16.  
Saturday classes end on April 22, 2017



**Gymnastics**

Beginning tumbling, balance beam and apparatus skills.

Beginning, Age 3-4

Tuesday 5:30-6:15 pm

Beginning, Age 5 and up

Tuesday 6:15-7:00 pm

Intermediate, Age 7 & up

Tuesday 7:00-7:45 pm

**Swimming Lessons**

All aquatics classes taught by **Red Cross certified** instructors.

Parent & Child A Thur 5:30-6:00 pm

Age 6 mo-3 years

Parent & Child B Sat 8:30-9:00 am

Age 3 - 5 years

Level I Tues 5:30-6:15 pm

Age 4 - 14 Sat 9:00-9:45 am

Level II Tues 6:15-7:00 pm

Age 4 - 14 Sat 9:45-10:30 am

Level III Tues 7:00-7:45 pm

Age 6 - 14 Sat 10:30-11:15 am

Level IV Thur 6:00-6:45 pm

Age 6 - 14 Sat 11:15 am- noon

Level V or VI Thur 6:45-7:30 pm

Age 6 - 14

**Cost:** Dance, Gymnastics, or Level 1 through 6 Swimming Lessons - \$35 for members (\$54 nonmembers) for the entire session. Parent and Child Swim Classes - \$30 for members (\$50 nonmembers.)

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.

**Financial assistance is available** on many YWCA programs based on family size and income. Please ask for an application form at our front desk.

**Pool and Pizza  
Party Party Party**

Join us for family fun, swimming, and pizza! The YWCA will be offering a pool and pizza party for children of all ages and parents/guardians. The afternoon will include crafts, team building activities, kids' workouts, swim time and pizza!

Where: YWCA Gym and Pool

Dates: Saturday, February 11, 2017;  
Saturday, March, 11, 2017; and  
Saturday, April 8, 2017

Times: 12:30 pm - 2:30 pm

Cost if anyone in the family has a current YWCA membership:

One Parent/Guardian and One Child - \$12.00;

Additional Children \$3.00 each Additional Adults \$4.00 each

Non-members:

One Parent/Guardian and One Child - \$15.00

Additional Children \$3.50 each Additional Adults \$4.00 each

*There must be at least one Parent/Guardian/Adult (18 or older) for every six children. All registrations must be made a week prior to the Pool and Pizza Party. We must have at least six children with parents/guardians signed up in order to have the party. Invite your friends!*



**Tae Kwon Do** ages 5 - adult

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

**Try your first class FREE!**

Learn martial arts in the traditional Korean style with Master Brunko, 3<sup>rd</sup> degree Black Belt. Classes will teach forms and sparring with a focus on discipline, etiquette and self-confidence.

**Junior Dragons:** Monday and Wednesdays, 6:45 - 7:45 pm

**Cost:** \$35.00 per month for YWCA members/\$45.00 per month nonmembers

**Ballet Basics**

Introduce your young dancer to basic positions 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

