

**eliminating racism
empowering women**
ywca
Black Hawk County

Register Early. Space is limited.

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, 3rd degree Black Belt. Classes will teach forms and sparring with a focus on discipline, etiquette and self-confidence.

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

Cost: \$35.00 per month for YWCA members
\$45.00 per month non-members



Swimming Lessons

Swimming Classes meet once a week for 4 weeks.

Registration for new session began January 15.

February 1 - 27,

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



Pool and Pizza Party Party Party

Join us at the YWCA on a Saturday afternoon for family fun! Children of all ages and parents/guardians* are invited for crafts, team building activities, kids' workouts, swim time and pizza.

Dates: Saturday, January 27, 2018
Saturday, February 24, 2018
Saturday, March 24, 2018

Times: 11:30 am – 1:30 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!

February 20 - April 5 **Gymnastics and Dance classes meet once a week for six weeks.**

Registration for 2nd session begins February 1. *Classes will not meet Spring Break week.*



Ballet Basics

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

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



Gymnastics

Beginning tumbling, balance beam and apparatus skills.

Beginning, Age 3-4	Saturday	9:00-9:45 am
Beginning, Age 5 and up	Saturday	9:45-10:30 am
Intermediate, Age 7 & up	Saturday	10:30-11:15 am

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: Dance, Gymnastics, or Swimming Lessons - \$35 for members (\$54 nonmembers) for the entire session.

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.