

**eliminating racism
empowering women**

ywca

Black Hawk County

Space is limited.

**Registration begins
August 15, 2018**

*Registration for a 2nd fall session
will begin September 15th.*



Tae Kwon Do

**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 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 * \$55.00 per month nonmembers



Gymnastics, Swimming and Dance Classes begin the first week of September.

Gymnastics classes meet once a week for four weeks.

Gymnastics

Beginning tumbling, balance beam and apparatus skills.

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



Dance classes meet once a week for six weeks.

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 accompanies 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



Swimming classes meet once a week for four weeks.



Swimming Lessons

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

Cost: Swimming Lessons, Level 1 - 4: \$38 for members * (\$58 nonmembers) for the 4-week 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 household size and income. Please ask for an application form at our front desk.

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