



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PLAY BALL! GET READY FOR THE SEASON AT THE Y



## NEW Youth Baseball/Softball WHITING FAMILY YMCA

Boys and girls in grades K-6th are encouraged to register for this skill-based and instructional baseball/softball program. Practices are held on Wednesday evenings and whiffle ball games are played on Saturdays. Basic instruction, sportsmanship, making friends & having fun are stressed!

- Registration: January 30-March 3
- Season: March 4-April 8
- Game Times: (1hr) Saturdays 11am-5:00pm TBD
- Practices: (1hr) Wednesdays 5-8:00pm TBD
- Parent Meeting: Wednesday, March 1 at 6:00pm
- Divisions: K-1st; 2nd-3rd, 4-6th TBD
- Fees: \$40 members; \$70 non-members
- Sponsors: \$100 info on shirts

## TODDLER T-BALL

Boys and girls ages 2-5yrs old are welcome to participate in a non-competitive and instructional T-Ball program. Games are held on Saturdays and session are 1 hour (half dedicated to practice and half to game time). Basic instruction, sportsmanship, making friends & having fun are stressed!

- Registration: January 30-March 3
- Season: March 4-April 8
- Game Times: (1hr) Saturdays 8-11:00am TBD
- Parent Meeting: Wednesday, March 1 at 6:00pm
- Divisions: 2-3 years; 4-5 years
- Fees: \$40 members; \$70 non-members
- Sponsors: \$100 info on shirts

**Guitar/Piano Lessons** | Mr. Jose Lozada teaches piano and guitar. One hour lessons on Wednesdays 4-7pm & Fridays 4-6pm. Ages 8+ \$20 members; \$40 non-members

**Comprehensive Music Lessons** | Mr. Eric Kiszenia teaches violin, guitar, piano, brass, woodwinds, etc. One hour lessons on Saturdays 10am- 2pm. Ages 8+ \$20 members; \$40 non-members

**Hip Hop Dance Class** | Come join the fun and learn some new moves with this high energy dance experience! Short combos taught, as well as simple skills of hip hop. Classes run in 5 week sessions. Ages 5+ Saturdays 12:30-1:30pm. \$20 members; \$40 non-members

**Theatre Class** | Participants are taught memorization through movement and script reading, audition preparation, non-verbal communication, voice diction, and character building. Teaching and rehearsal by Mr. Dylan Linkiewicz. Ages 5+ Saturdays 11am-12pm. \$10 members; \$20 non-members

**Birthday Pool Parties!** | The Y is a great place for birthday parties! Celebrate your child's next birthday in a fun, safe environment at the YMCA! The kids will enjoy an afternoon full of swimming and fun. Parties scheduled for 2 hours (1hr social room & 1hr pool). Saturdays 12-2pm or 2:30-4:30pm. Fee: \$150 members; \$200 non-members

**For more information on youth classes and birthday parties please contact Rebecca Kelly, Youth & Family Director at 219 370 5091 x210 or rkelly@cymca.org**

**Zumba® Kids Classes** feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Tuesdays 5-5:45pm.

**Parent/Child Swim Lessons** | The goal of this program is comfort and safety. Songs, games, and motor skills are part of the instruction at this level. M/W 11-11:30am. \$40 members; \$90 non-members. SAT 9:45-10:15a \$25 members; \$50 non-members



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# 3-ON-3 CO-ED BASKETBALL SPRING TOURNAMENT

## MARCH COMMUNITY EVENT

Form your Co-Ed teams now and bring your best game to the Y! 3-on-3 double elimination tournament. Winners will receive a medal. Middle School and High School divisions.

- Saturday, March 18, 2017 2-5:00pm
- This event is free
- Donations to Whiting Animal Shelter encouraged. Bring 1 dog/cat food, kitty litter, or animal hygiene product to event.
- For more tournament information please contact Jim Balind, Program Director at 219 370 5091 or [jbalind@crymca.org](mailto:jbalind@crymca.org)

## APRIL COMMUNITY EVENT: Healthy Kids Day®

Healthy Kids Day® is the Y's national initiative to improve the health and well-being of kids and families. All ages are welcome!

- Saturday, April 22, 2017 from 9am-12:00pm
- This event is free
- For more HKD information please contact the Whiting YMCA at 219 370 5091

**Ask about the Y's income-based scholarships!**



**Preschool Swim Lessons** | Ages 3-5 years; program designed to build swimming & safety skills. Students work with and without floatation devices to build coordination, endurance, and self-confidence. M/W 11-11:45am. \$40 members; \$90 non-members M/W 5-5:45pm \$40 members; \$90 non-members T/TR 5-5:45pm \$40 members; \$90 non-members SAT 9:45-10:30am \$25 members; \$50 non-members

**Progressive Swim Lessons** | Ages 6-12; program stresses endurance, safety, skill development, & lifesaving technique. Students work with and without floatation devices to build coordination, endurance, and self-confidence. M/W 6-6:45pm \$40 members; \$90 non-members T/TR 6-6:45pm \$40 members; \$90 non-members SAT 10:45-11:30am \$25 members; \$50 non-members

**Developmental Disabilities Swim Lessons** | Swim program designed to offer an educational and therapeutic environment for those with developmental disabilities. Improves flexibility, coordination, range of motion, strength, self-esteem, skills, and promotes healthy new behaviors. SAT 11:45am-12:30pm \$25 members; \$50 non-members

**Youth Swim Club/Stroke Mechanics Program** | Swimmers age 6-14 who enjoy fun competitive experiences. Drills of 4 major strokes, safety skills, swim etiquette, and fun pool games. FRI 5-5:45pm \$40 members; \$90 non-members SAT 1-1:45pm \$40 members; \$90 non-members

**Teen/Adult Swim Lessons** | Learn new strokes or refine the strokes you've learned. All levels are welcome. SAT 11:45am-12:30pm \$25 members; \$50 non-members

**Private/Semi-Private Swim Lessons** | Private swim lessons are scheduled to accommodate your schedule. You can focus on learning what you want to learn: to dive, to swim, to compete in a triathlon! Speak to our Aquatics Director for more information. 45 minute sessions. 1:1 \$25 members; \$50 non-members per session 2:1 \$35 members; \$75 non-members per session

For more information please contact Natalie Galindo, Aquatics/Wellness Director at 219 370 5091 or [ngalindo@crymca.org](mailto:ngalindo@crymca.org)