



# Youth, Teen, Family and Sports Classes & Programs Schedule

2010 SESSION 5 • September 13 - October 31

East YMCA • 651-771-8881 PHONE • 651-793-3565 FAX

## BUILDING HOURS

Monday-Friday: 5:30 a.m. - 9:00 p.m.  
Saturday: 7:00 a.m. - 6:00 p.m.  
Sunday: 10:00 a.m. - 6:00 p.m.

## KIDS STUFF HOURS

Monday-Friday: 8:45 a.m. - 1:00 p.m. & 4:15 - 8:45 p.m.  
Saturday: 8:15 a.m. - 1:15 p.m.  
Sunday: 1:30 - 5:30 p.m.

\*\*\*Classes may be cancelled if enrollment minimums are not met.

Begin Time		End Time	AM/PM	Class	Class Code	2 Digit ID	Metro Family & Dual Members Fee	St. Paul Family Member Fee (STPL only)	Program Participants Fee
<b>MONDAY</b>									
TEENS									
4:30	to	8:30	pm	Teen Centers	03403 - 01		S	S	S
5:00	to	6:30	pm	Youth in Government Model Assembly Session	06103 - 01		S	S	S
YOUTH ENRICHMENT									
6:30	to	7:15	pm	School Ages Art Techniques: Ages 6-8	05116 - 10		L	\$32	\$64
6:30	to	7:15	pm	School Ages Art Techniques: Ages 9-11	05116 - 11		L	\$32	\$64
YOUTH-RECREATION									
5:30	to	6:15	pm	School Age Gym Games: Ages 6-8	03312 - 10		L	\$32	\$64
5:30	to	6:15	pm	School Age Gym Games: Ages 9-11	03312 - 11		L	\$32	\$64
<b>TUESDAY</b>									
YOUTH SPORTS CLASSES									
PRESCHOOL SPORTS CLASSES: AGES 3-5									
5:45	to	6:15	pm	Preschool Tumbling: Ages 3-5	03322 - 20		L	\$32	\$64
TEENS									
4:30	to	8:30	pm	Teen Centers	03403 - 01		S	S	S
6:30	to	7:30	pm	Sister Circle	06113 - 01		S	S	S
YOUTH-FITNESS AND WELLNESS									
6:00	to	7:00	pm	PHD: Physical Healthy Driven 5-10	03369 - 20		\$50	\$50	\$66
6:00	to	7:15	pm	Tae Kwon Do - ages 6-13 (September 3-28)	01130 - 20		S	S	S
6:00	to	7:15	pm	Tae Kwon Do - ages 6-13 (October 1-30)	01130 - 21		S	S	S
7:30	to	8:30	pm	Tae Kwon Do - ages 13+ (September 3-28)	01130 - 22		S	S	S
7:30	to	8:30	pm	Tae Kwon Do - ages 13+ (October 1-30)	01130 - 23		S	S	S

S - See Member Services for Details  
F - Free with one time \$35 registration fee  
M - Members Only  
L - First Land Class Free

Registration required for most classes.  
REGISTRATION BEINGS AUGUST 13, 2010  
Visit [www.ymcatwincities.org](http://www.ymcatwincities.org)



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### KIDS STUFF HOURS

Monday-Friday: 8:45 a.m. - 1:00 p.m. & 4:15 - 8:45 p.m.  
 Saturday: 8:15 a.m. - 1:15 p.m.  
 Sunday: 1:30 - 5:30 p.m.

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### WEDNESDAY

#### TEENS

5:30	to	8:30	pm	Teen Centers	03403 - 01	S	S	S
4:30	to	6:00	pm	Multicultural Achievers	06110 - 01	S	S	S
6:00	to	7:00	pm	Men on a Mission (new participants 11-18)	06114 - 01	S	S	S

#### YOUTH ENRICHMENT

Noon	to	12:30	pm	Preschool Music and Movement: Ages 3-5	05202 - 30	L	\$32	\$64
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#### YOUTH SPORTS CLASSES

#### SCHOOL AGES SPORTS CLASSES: AGES 6-15

6:15	to	7:00	pm	School Age Sports Sampler: Ages 6-8	03305 - 30	L	\$32	\$64
6:15	to	7:00	pm	School Age Sports Samper: Ages 9-11	03305 - 31	L	\$32	\$64

### THURSDAY

#### TEENS

4:30	to	8:30	pm	Teen Centers	03403 - 01	S	S	S
6:00	to	7:30	pm	Leaders Club	06102 - 01	S	S	S

#### YOUTH ENRICHMENT

5:30	to	6:15	pm	School Age Cooking: Ages 6-8	05101 - 40	L	\$32	\$64
5:30	to	6:15	pm	School Age Cooking: Ages 9-11	05101 - 41	L	\$32	\$64

#### YOUTH-FITNESS AND WELLNESS

6:00	to	7:00	pm	PHD: Physical Healthy Driven 5-10	03369 - 20	\$50	\$50	\$66
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### FRIDAY

#### FAMILY

6:00	to	8:00	pm	Birthday Parties	07602 - 01	S	S	S
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#### YOUTH-FITNESS AND WELLNESS

6:00	to	7:15	pm	Tae Kwon Do - ages 6-13 (September 3-28)	01130 - 20	S	S	S
6:00	to	7:15	pm	Tae Kwon Do - ages 6-13 (October 1-30)	01130 - 21	S	S	S
7:30	to	8:30	pm	Tae Kwon Do - ages 13+ (September 3-28)	01130 - 22	S	S	S
7:30	to	8:30	pm	Tae Kwon Do - ages 13+ (October 1-30)	01130 - 23	S	S	S

S - See Member Services for Details  
 F - Free with one time \$35 registration fee  
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 Saturday: 8:15 a.m. - 1:15 p.m.  
 Sunday: 1:30 - 5:30 p.m.

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### SATURDAY

#### FAMILY

1:00	to	3:00	pm	Birthday Parties	07602 - 02	S	S	S
3:00	to	5:00	pm	Birthday Parties	07602 - 03	S	S	S

#### YOUTH ENRICHMENT

9:45	to	10:15	am	Preschool Tales & Creations: Ages 3-5	05122 - 60	L	\$32	\$64
10:45	to	11:30	pm	School Age Theatre: Ages 6-8	05201 - 60	L	\$32	\$64
10:45	to	11:30	pm	School Age Theatre: Ages 9-11	05201 - 61	L	\$32	\$64

#### YOUTH-FITNESS AND WELLNESS

11:00	to	12:15	pm	Tae Kwon Do - ages 6+ (September 3-28)	01130 - 22	S	S	S
11:00	to	12:15	pm	Tae Kwon Do - ages 6+ (October 1-30)	01130 - 23	S	S	S

### SUNDAY

#### FAMILY

1:00	to	3:00	pm	Birthday Parties	07602 - 02	S	S	S
3:00	to	5:00	pm	Birthday Parties	07602 - 03	S	S	S

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