



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAM SCHEDULE

OAKLAND YMCA

Fall 1 session | August 26th –October 19th



MONDAY

Toddler & Me Yoga

4:15–4:55PM

Teen Yoga

5:15–5:55pm



WEDNSDAY

Dance 101

4:15–4:55pm

Ages: 3–5 Y/O

Dance 201

5:15–5:55pm

Ages: 6–8 Y/O

SATURDAY

Pre-Ballet

9:30–10:30am

3–5 Y/O



CLASS DESCRIPTIONS

Toddler & Me : Ages 2+

This yoga class is designed to introduce children to the wonderful world of yoga poses and activities and become aware of their inner selves through music, laughter and play! . Parent and Child yoga

Fall 1 Session : September 2nd —October 21st (8 weeks)

Cost: Facility Member \$20 / Non-Member \$30

Youth Pre-Ballet : Ages 3–5years old

Our instructors lead participants in an introduction to ballet basics. Children will enhance balance, coordination, rhythm, and dance skill in a nurturing environment. We invite family and friends to join us the end of each session for a dance performance!

Cost: Facility Member \$75 / Non-Member \$100

Teen Yoga : Starting September 2nd

This class will offer teens ages 12–17 the experience of the power and benefits of Yoga in a fun and teen-friendly environment. Yoga helps teens develop better body awareness, self-control, flexibility and coordination. Students will learn to carry these skills beyond class and into their hectic daily lives of school, family and work responsibilities.

Dance 101 : Ages 3–5 years old

Explore many different styles of dance while improving balance, coordination, and motor skills. Students will be introduced to basic techniques from ballet, modern, hip hop, and world dance in a fun and playful class.

Cost: Facility Member \$75 / Non-Member \$100

DANCE 201 : Ages 6–8 Years old

Exploring the elements of dance, Dance 201 builds a foundation of curiosity, enjoyment, and exploration of dance. Which develops A healthy way to let off steam and explore the world!

Cost: Facility Member \$75 / Non-Member \$100

QUESTIONS ?

Ryan Babbitt

Youth and Families Program Director

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YOUTH BASKETBALL SCHEDULE

OAKLAND YMCA

Fall 1 session | August 26th –October 19th

MONDAY

Youth Basketball Clinic
5:30-6:30pm
Ages: 7-8 Y/O

Youth Basketball Clinic
6:30-7:30pm
Ages: 11-13 Y/O

After 7:30pm Individual basketball training
Ages: 3-17 Y/O

TUESDAY

After 7pm Individual basketball training
Ages: 3-17 Y/O

WEDNESDAY

Youth Basketball Clinic
5:30-6:20pm
Ages: 3-6 Y/O

Youth Basketball Clinic
6:30-7:30pm
Ages: 9-10 Y/O

After 8pm: Individual basketball training
Ages: 3-17 Y/O

THURSDAY

After 7pm Individual basketball training
Ages: 3-17 Y/O

SATURDAY

Youth Basketball Clinic
10-11am
Ages: 3-6 Y/O

Youth Basketball Clinic
11:10-12:10pm
Ages: 7-8Y/O

Youth Basketball Clinic
12:15-1:15pm
Ages: 9-10 Y/O

Youth Basketball Clinic
1:20-2:10pm
Ages: 11-13 Y/O

After 2:30pm: Individual Basketball training
Ages: 3-17 Y/O

SUNDAY

After 9am Individual basketball training



YOUTH BASKETBALL | PLAYER'S OFFENSIVE CLINIC

Designed for players in age 3-13, this clinic focuses on helping players develop as individuals, rather than coaching a team as a whole. Players spend time reading and recognizing action on the court. You can expect professional coaching, low player to coach ratios and plenty of ball handling time. In addition 30 minute games each practices

Location : Gym

Ages: 3-13 years

Fall 1 Session : August 26th —October 19 (8 weeks)

Cost | Facility Member \$75 / Non-Member \$100

INDIVIDUAL BASKETBALL TRAINING

Be ready for the next level by working with a highly experienced basketball coach, through Individual or Group Basketball Training offered at the Y. Advance your basketball skills to achieve that competitive edge and reach a higher level of playing. Basketball Training is open to Y members of all ages.

Cost | Facility Member \$30 / Non-Member \$45 Pre Session

QUESTIONS ?

Ryan Babbitt

Youth and Families Program Director

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**FOR YOUTH DEVELOPMENT
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FAMILY FUN FOR EVERYONE

**Family Time Events
OAKLAND YMCA**



KIDS NIGHT OUT

EVERY 1ST FRIDAY FROM 6-10PM

Kids Nigh Out offers parents a kids-free evening while their children get to stay and play at the YMCA! Children will have fun with arts and crafts time, swimming, games, movies and more. The YMCA will even take care of children’s dinner! Kids Night Out is available the Frist Friday of every month at Oakland Y. This is a very popular event, so be sure to register early!

Ages : 18mos-12 Y/O

Cost : \$25 members / \$30 Non-Members



KIDS PAINT NIGHT OUT

EVERY 3RD FRIDAY FROM 6-10PM

Join a night of painting fun just for kids! Kids Paint Night Out where kids paint, play and eat pizza .while you have a date night, Kids paint night .This special Paint Night experience led by a local artist. All painting supplies and instruction are included.

Ages : 4-12 Y/O

Cost : \$25 members / \$30 Non-Members

Starting : September 20th