



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAM SCHEDULE

OAKLAND YMCA

Registration Open November 29th

Winter session | January 6th—February 29th

MONDAY

Family Yoga

5:15-5:55pm



TUESDAY

Upper Coding Dojo

6-7pm

Ages: 8-12 Y/O



WEDNESDAY

Dance 101

4:15-4:55pm

Ages:3-5 Y/O



SATURDAY

Pre-Ballet

9:30-10:30am

3-5 Y/O

Dance 201

10:35-11:30am

Ages: 6-8 Y/O

Mini Coding Dojo

12-1pm

Ages: 5-7 Y/O

CLASS DESCRIPTIONS

Family Yoga : 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

Starting : January 13th (7 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

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

Mini Coding Dojo : 5-7 Years old (6weeks)

Using iPad/Asus Tablet applications like Scratch Jr, Kodable, Light bot, and Bloxels coupled with hands on board games that promote social problem-solving, Code Fu's TK-2 Dojo teaches students the computational logic of Computer Science/ coding as well as provides them with an introduction into a number of block based coding languages. We focus on creating advanced applications and games which will provide students with an introduction into computational logic skills and basic programming languages.

Upper Coding Dojo : 8-12Years old (6weeks)

Using a number of fun Coding languages designed specifically for kids in 3rd - 5th grade such as Scratch/Hopscotch along with HTML, CSS, JavaScript, Python, and Ruby, students will be creating a variety of projects from games to customized websites; allowing them to learn the computational logic of Computer Science and real languages used in the software engineer world. We focus on creating personalized websites about a topic that interests our students. They surf the web, collect pictures, videos, and use HTML, C++ & .Js (javascript) to customize their website. At the end of the course, they each do a brief presentation for the class highlighting all of their hard work.

Starting January 7th—February 15th

Cost: Facility Member \$130 / Non-Member \$145

QUESTIONS ?

P 510 318 7666 E Rbabbitt@ymcaeastbay.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH BASKETBALL SCHEDULE

OAKLAND YMCA

Registration Opens November 29th
Winter session | January 6th – February 29th

MONDAY

Youth Basketball Clinic
5:30-6:30pm
Ages: 9-10 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: 7-8Y/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 3:30pm: Individual Basketball training
Ages: 3-17 Y/O



Youth Basketball | Jr Warriors Clinic

This coed youth basketball clinic focuses on basic skill development (dribbling, shooting, passing, and defense) and scrimmages within the class time. Players learn fundamentals during one weekly practice with their coach, and play games on Saturdays at the Y against each other. Games are meant to be fun and non-competitive as players are introduced to, and learn the basic rules of basketball. Our session begins with 2 weeks of practice prior to the first game. Each player receives a Jr Warriors uniform.

Location : Gym

Ages: 3-13 years

Winter Session : January 6th—February 29th (8 weeks)

INDIVIDUAL BASKETBALL TRAINING

Be ready for the next level by working with a highly experienced basketball coach, through Individual 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

P 510 318 7666

E Rbabbitt@ymcaeastbay.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Swim With Santa | FAMILY EVENT

December 20TH FROM 5:30-7:30PM

Bring your wish list and join Santa for poolside pictures and a swim in our indoor heated pool!

Photos with Santa: 5:30pm to 6:15pm

Swim with Santa: 6:15pm to 7:15pm

Event Entrance: Free