



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAM SCHEDULE

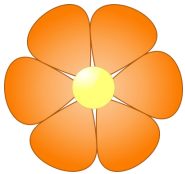
OAKLAND YMCA

Registration Open January 29th
Spring Session | March 16th—May 16th

MONDAY

Family Yoga

5:15-5:55pm



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 :

Cost: Facility Member \$30 / Non-Member \$45

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

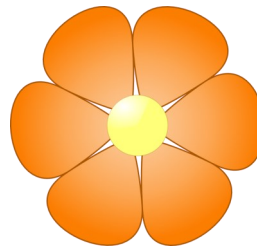
TUESDAY



WEDNSDAY

Dance 101

4:15-4:55pm



SATURDAY

Pre-Ballet

9:30-10:30am

STEM

Fundamentals using LEGO

9:30-11:30am

Dance 201

10:35-11:30am

Family Yoga

12-1pm

Summer Camp 2020

Dates: June 1st -July 24th

Registration now opened

Spring Camp 2020

Dates: March 30– April 3rd

Registration now opened

STEM Fundamentals using LEGO : 5-10 years old (6weeks)

Level up your engineering skills with Play-Well Technologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as Motorcycles, Aircraft Carriers, Conveyor Belts, and Rail Racers! Design and build as never before, and explore your craziest ideas in a supportive environment

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 January 29th
Spring session | March 16 –May 16th

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

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 (No Class April 4,&25th)

Ages: 3-13 years

Winter Session : March 16th—May 16th

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

Summer Jr Warriors League 2020

Registration Opening April 15th

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

Pool Easter Egg Hunt | FAMILY EVENT

Join us for our 3rd Egg Hunt in the Pool!!!!

We will have two different release times.

Non-swimmers begin at | TBA

Independent swimmers begin at | TBA

Non-swimmers can wear a lifejacket, but regardless must be accompanied in the water by a person over 13.

Independent swimmers must be at least 5 years old and able to swim independently without a lifejacket. The hunt will start promptly at 7pm.

Event Entrance: \$5

Date : TBA