



YMCA of Metropolitan Washington

Youth Programs

(cont'd)

YOUTH SIGNATURE PROGRAMS

PHD - The YMCA's Physical, Healthy & Driven (PHD) Program

Inactivity and obesity among children are major health risks in our community. The YMCA of Metropolitan Washington has developed the PHD (Physical, Healthy and Driven) Program in response to this health crisis. PHD encourages children ages 6-13 to become more physically active and motivated.

Available at: ALEX, ARL, AYR, REST, NC, PO, SS

PHD Basketball Skills Camp

Ages 6-12

This camp will teach youth the fundamentals of basketball while promoting self-confidence and encouraging physical wellness.

Available at: NC

Y Interactive Zone, powered by XRKade

With lots of fun games and not a single couch, the Y Interactive Zone gets kids, teens and adults moving.

Using a variety of innovative video equipment, participants get a cardiovascular and core strengthening workout.

Available at: ALEX

YMCA Family Nights

Bring the entire family to the YMCA for fun games and to meet other YMCA families. We bring families together to play games, participate in fun activities and help the community.

Available at: ALEX, ARL, AYR

MARTIAL ARTS / WELLNESS

Boxing for Fitness

Ages 6-18

This no-contact boxing class for youth and teens will provide lessons on technique and discipline, improve concentration, balance, coordination, cardiovascular fitness and endurance. Youth will learn techniques to reduce injuries and enhance footwork. No previous boxing experience necessary.

Available at: PO



GET IN THE GAME!
See page 66 for
detailed Youth
Sports listings.

Karate

Ages 5–adult

Karate improves overall wellness, builds character and enhances mental focus. The YMCA's expert instructors offer classes for everyone from beginners to advanced participants in every age group.

Available at: ALEX, AYR, NC, SS

Karate and Ju-Jitsu for Families

Ages 8 and older

Class includes instruction in both Karate and Ju-Jitsu. Participants will improve their strength, balance, coordination, control and discipline. Adults are welcome to participate when accompanied by a child.

Available at: ARL, REST, SS

Ju-Jitsu

Ages 13 and up

Experienced martial artists and self-defense novices alike are welcome in this comprehensive course. Participants will develop and improve Ju-Jitsu skills, build confidence and learn to defend themselves from the YMCA's expert instructors.

Available at: ALEX, ARL, REST

Martial Arts

Ages 6–10

Children will learn: Judo (tumbling and falling safely); Karate (defensive technique); and flexibility, strength, discipline and respect in a non-aggressive, non-competitive environment. All instruction is provided in Japanese. Expect your child to learn martial arts in a fun, playful environment.

Available at: ALEX

Tae Kwon Do – Youth/Parent

This classic form of exercise can be enjoyed by you and your child together. Tae Kwon Do is a Korean martial art of self-defense that develops physical wellness. Skills and workouts are adapted based on the participant's size, age and developmental level.

Available at: AYR, NC, PO, REST

Tween Fitness

Ages 9–12

This twice a week, high-energy class keeps kids moving. Participants will build confidence and enhance the skills necessary for active living.

Available at: BCC

(continued)





YMCA of Metropolitan Washington

Youth Programs

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YOUTH DANCE

Teeny Taps and Pre-Ballet

Age 3

Tiny dancers learn beginning skills including positions, basic stretching and simple dance moves.

Available at: ARL

Tiny Taps and Ballet

Ages 3-4

Dancers progress through intermediate skills, including positions, stretching, dance steps and combinations.

Available at: ARL

Kinder Ballet

Ages 3-5

This class is based on creative group experiences for girls and boys. Classes are designed to encourage a relationship to music and creative dancing through elementary ballet movements and basic yoga techniques geared to the physical level of the group.

Available at: ALEX

Beginning Ballet

Ages 3-6

This class introduces your child to a variety of movement, including ballet basics and elementary floor exercises. Participants will dance in an end-of-session performance and receive awards. This class moves at the pace and ability of its participants. Participants should wear a leotard and ballet slippers.

Available at: SS

Pre-Ballet

Ages 4 ½-5

This class is a pre-ballet class. Students who have had ballet and/or dance movement experience prior can take this class as review. The ballet barre will be introduced to the students, as well as basic ballet terminology in French.

Available at: ALEX

Ballet II

Ages 8-12

Ballet II will provide diversified experiences in the various techniques employed in classical ballet. In this level, structured ballet barre is taught along with appropriate stretching exercises to improve technique, strength and flexibility. To enhance language development, proper terminology is used at all times.

Available at: ALEX

Basic Movement and Dance

Ages 3-5

This class combines elementary dance principles with music, fun and creativity. Students will work on improving their balance, coordination and rhythm.

Available at: SS

For specific class dates, times, prices and registration information, please visit www.ymcadc.org or contact your branch.

Hip Hop Dance

Ages 5–15

Hip Hop Dance is an energetic and exciting class featuring great choreography, strength training and character building. In this program, youth dancers develop rhythm, positive attitudes and respect for themselves and others.

Available at: PO

Jazz

Classes teach basic jazz dance technique, terminology and movement quality, with an emphasis on proper execution of jazz isolations, rhythms and style performed to contemporary music.

Branch: ARL

Tap & Ballet I

For more developed dancers, this class introduces advanced skills, including additional steps, combinations and choreography.

Branch: ARL

Royal Academy of Dance Ballet

This Ballet Program is based on one of the few disciplined curriculums in the world, the Royal Academy of Dance (R.A.D.) Syllabus. This curriculum offers your child the advantages of a system developed by the greatest professionals in the field. The structured program of R.A.D. assessments enable your young dancer to measure with pride his/her achievement in ballet, year after year.

Available at: AYR

GYMNASTICS

The YMCA offers a gradual and comprehensive gymnastics program under the guidance of a trained, professional staff. Our programs provide a sound base that will lead to advanced gymnastics and/or a lifetime of athletic activity.

Mom or Dad and Me

Ages 1–3

Do you and your child need some playtime together? The objectives of this class are to instill pride in physical achievement, develop a positive attitude toward exercise, and establish confidence. One adult per child.

Available at: ALEX, AYR, REST, WOOD

Rollers

Ages 3–4

Children learn basic tumbling skills and gain confidence while using special preschool and standard gym apparatus. This class focuses on enhancing basic body movement, coordination, and muscle development through physical activities such as hopping, skipping, jumping and stretching. Must be potty trained.

Available at: ALEX, AYR, WOOD

(continued)

BRANCH AND PROGRAM CENTER ABBREVIATIONS

ALEX –

*YMCA Alexandria
703-838-8085*

AB –

*YMCA Anthony Bowen
202-462-1054*

ARL –

*YMCA Arlington
703-525-5420*

TEN –

*YMCA Arlington Tennis
and Squash Center
703-522-1700*

AYR –

*YMCA Ayrlawn Program Center
301-530-8500*

BCC –

*YMCA Bethesda-Chevy Chase
301-530-3725*

CAL –

*YMCA Calomiris Program Center
202-526-4233*

LETTS –

*YMCA Camp Letts
410-919-1410*

CAP –

*YMCA Capital View
202-889-0643*

REST –

*YMCA Fairfax County Reston
703-742-8800*

LOU –

*YMCA Loudoun County
703-777-9622*

NC –

*YMCA National Capital
202-862-9622*

PO –

*YMCA Potomac Overlook
301-203-2302*

PG –

*YMCA Prince George's County
301-262-4342*

SS –

*YMCA Silver Spring
301-585-2120*

WOOD –

*YMCA Woodmont Program Center
703-527-4966*

YFS –

*YMCA Youth & Family Services
301-587-5700*

See page 12 for locations.



YMCA of Metropolitan Washington

Youth Programs

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Swingers

Ages 5–6

Children learn basic tumbling skills and gain confidence while using special preschool and standard gym apparatus. This class focuses on independent movement, muscle control and body awareness, adding more use of the high beam and bars to develop form and concentration.

Available at: ALEX, AYR, WOOD

Beginner Gymnastics

Ages 6 and older

At this point, kids are moving fast and ready to fly. This class continues with basic tumbling and movement skills — including rolls, cartwheels and handstands — and increases the use of the high beam and bars.

Available at: AYR, REST, WOOD

Intermediate

Ages 6 and older with completion of beginner class

Students learn more challenging skills on all equipment, increase their flexibility and strength training, and work to develop major balance skills and perform harder strength moves.

Available at: AYR, WOOD

Advanced

Ages 6 and older, with completion of intermediate class or coach's approval.

This class offers early preparation for competitive levels, focusing on advanced strength and flexibility, faster tumbling and bigger movements.

Available at: AYR, WOOD

YMCA Gymnastics Teams

Ages 6 and older

The YMCA Gymnastics Teams start at Level 4 and go through optional levels. We follow the USAG curriculum and guidelines. To be a part of the team, you must be evaluated by the Coach and invited to participate.

Regular attendance is expected of all team members.

Available at: AYR, WOOD

Rhythmic Gymnastics

Ages 5 and older, girls only

This class will provide your child with a remarkable gymnastics experience, not just through tumbling and dance but through movement with colorful ribbons, balls, clubs, hoops and ropes. This class will improve strength, coordination and flexibility.

Girls with previous gymnastics or ballet experience may try for the advanced level. Leotards and toe shoes required.

Available at: WOOD

Gymnastics Day Camp

Ages 6 and older

The YMCA's Gymnastics Day Camps are exciting programs designed for those of all ability levels (including beginner) who have a sincere desire to learn and/or improve gymnastics skills. Gymnasts will receive group and individual instruction tailored to their personal goals. Programs are available during winter break, spring break and the summer.

Available at: AYR, WOOD

**HAVE SUMMER FUN
FROM HEAD TO TOE!
See page 74 for
detailed Camp
listings.**

(continued)



YMCA of Metropolitan Washington

Youth Programs

(cont'd)

YOUTH/FAMILY ENRICHMENT

Beads & Beyond Minis

Ages 3–5

Does your young one enjoy using their hands to create beautiful projects? Then this is the class for them! We will work on crafts and other projects that they will be proud to take home and display.

Available at: AYR

Family Nights

The YMCA builds strong families. Once a month, we bring families together to play games, participate in activities, and help the community.

Branch: ALEX, ARL, AYR

Friday Night Kids' Club

Grades K–5

This program offers an exciting alternative for your child while you take an evening off! Under the watchful eyes of our counselors, kids will have a blast playing games, creating arts and crafts projects, putting together an imaginative play, inventing new creations, and just being kids!

Available at: ARL, AYR, REST

Guitar Lessons

Ages 8–adult

Grab your guitar and start learning. Classes are available for both beginner and intermediate players. Classes emphasize correct finger positioning, basic chords, and strumming and finger picking techniques. Participants should bring a fully strung guitar to class.

Available at: AYR

Homeschool Enrichment

Ages 5–12

The Homeschool Enrichment Program offers sport and specialty classes for children to learn new things. In the sport classes, children will play both new and old games. In the specialty classes, they will develop knowledge in specific areas. Both sets of classes are designed to enrich and enhance the homeschool experience.

Available at: ALEX

Introduction to Computer Animation and Game Design

Ages 8–14

In this course, students will use Scratch, a graphical programming environment from MIT to make interactive stories, animations and even their own games. Students will gain an understanding of the basics of computer programming while having fun!

Available at: ALEX

DIVE IN!
See page 30 for
detailed Youth
Aquatics listings.

Junior Broadway

Ages 9–12

Work on your dramatic skills through theatre exercises, including writing a play, rehearsing, and performing your group’s very own work! Parents can watch their child’s performance during the final class session.

Available at: ALEX, AYR

Junior Chess

Ages 9–12

Improve your game skills while learning new techniques and strategies.

Available at: AYR

Junior Scrapbooking

Ages 9–12

Hone your scrapbooking skills while creating fun and exciting pages to display your favorite pastimes.

Available at: AYR

Little Broadway

Ages 6–8

Become a Star Performer and a Playwriter all in one session! Children will learn the fundamentals of acting while creating their very own show — sets, costumes, scripts and more! Parents can watch their child’s performance during the final class session.

Available at: AYR

Little Chess

Ages 6–8

Play the age-old mental game. Learn the basics of chess while participating in games against your classmates.

Available at: AYR, REST

Little Scrapbooking

Ages 6–8

Begin to create beautiful memories of your life by learning the basics of scrapbooking. Skills gained will include cropping, page layout and fun word art. You provide the pictures; we’ll provide the experience!

Available at: AYR

Outdoor Explorer

Ages 3–5

There is a great big world outside our windows! Come and explore the world around us, using our five senses to experience nature.

Available at: AYR

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- CAL –
YMCA Calomiris Program Center
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- LETT –
YMCA Camp Letts
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- CAP –
YMCA Capital View
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- REST –
YMCA Fairfax County Reston
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- LOU –
YMCA Loudoun County
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- NC –
YMCA National Capital
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- PO –
YMCA Potomac Overlook
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- YFS –
YMCA Youth & Family Services
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See page 12 for locations.

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Youth Programs

(cont'd)

Piano Lessons

Ages 7–adult

Designed for both beginner and intermediate players, this class focuses on the basics of piano. Participants will receive one-on-one, 30 minute lessons with a quality instructor.

Available at: ALEX, AYR

Preschool Enrichment

Ages 3–5

The Preschool Enrichment program offers a variety of classes that include music, science, art, stories and group games to enhance children's preschool experience. Basic skills such as color, letter and number recognition; cutting; pasting; sharing; and more will be the focus for classes.

Available at: ARL

Preschool Music

Ages 2 ½–5

This class will cover fundamental music concepts such as rhythm, singing, listening, body awareness and instruments.

Available at: SS

SCHOOL-AGE COMPLEMENT

Beads, Bracelets & Jewelry

Ages 7–11

Design your own personalized jazzy jewelry and accessories. Create jewelry using clay, pre-made beads and more.

Available at: AYR

Construction Junction

Ages 5–7

Calling kid architects and engineers! Little builders will make structures out of used cardboard and other recycled household materials.

Available at: AYR

Drama Club

Ages 5–11

Are you a drama king or queen? Then this exciting class with theatre, acting, dancing, singing, music, costume design and playwriting is just for you! Through a series of workshops, we'll learn and use all the skills needed to put on a show.

Available at: AYR

Flag Football League

Ages 7 and up

YMCA's training camp is in session! Come out and play with us as we learn the game of football.

Available at: AYR

For specific
class dates, times,
prices and registration
information, please visit
www.ymcadc.org
or contact your
branch.

Kickball

Ages 5–7

It's a classic game with classic fun. Also try crazy, mixed up versions of kickball at this all-out super sports class.

Available at: AYR

Kids' Fit

Ages 3 and up

Kids' Fit combines music with resistance training and aerobic exercise to develop children's physical activities. This program is a safe and fun way for kids to promote physical and mental growth, increase self confidence, maintain a healthy lifestyle, enhance social relationships and prevent sports injuries.

Available at: ARL

Kitchen Kapers

Ages 5–8

Get cooking in this introduction to the culinary arts where you learn to create fun things that you can eat. Children will learn cooking terms, measuring and how to help out in the kitchen.

Available at: AYR

Mosaic Makers

Ages 7–11

Learn the wonderful and ancient art of mosaics in this unique class. Young artists will learn the craft of creating beautiful works of art from pre-cut tile, baubles, and ceramic chips.

Available at: AYR

Wiffleball League

Ages 7 and up

Grab your plastic bat and wiffle ball and come on out and join this fun and exciting wiffleball league.

Available at: AYR

Wii Bowling League

Ages 5–7

Exercise + Video Games = Fun! A new spin on this classic game is sure to bowl over the competition.

Available at: AYR

YMCA Birthday Parties

The YMCA offers many fun and unique ways to celebrate your child's birthday or any special occasion. Options include pool parties and do-it-yourself packages where we provide the space and a staff person to help you set up and run your party.

Available at: ALEX, ARL, AYR, BCC, NC, PO, REST, SS, WOOD