



PROGRAMS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



DROP IN PRESCHOOL

Designed to meet the developmental needs of preschoolers, our program includes nutritious snacks, to promote healthy growth and development, for ages 3-5.



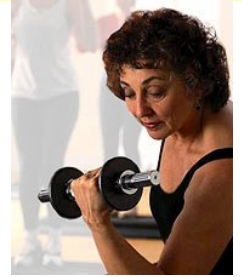
PART DAY PRESCHOOL

A licensed 3-hour program for children 3 to 5 years, the Y offers a welcoming and safe atmosphere that provides age-appropriate activities, indoor & outdoor play, and healthy snacks. FREE PROGRAM, MUST MEET INCOME GUIDELINES.



TEEN CENTER

Providing teens with the opportunity for growth through fun & social interaction, the Teen Center applies the four core values of the Y: Caring, Honesty, Respect and Responsibility.



CARDIO FITNESS

Total body conditioning workout, an energetic blend of cardio activity, kickboxing & dance moves.



FULL DAY PRESCHOOL

We have a structured educational curriculum in our program daily. Now, more than ever before, we are a leader in preparing children for elementary school and beyond!



ZUMBA

High energy dance inspired fitness program for teens & adults, Tuesday & Friday at the Main Y.



MUSIC LESSONS

Introducing & teaching children to a variety of music and instruments, Adult lessons too.



YOUTH & GOVERNMENT

High school students learn the democratic process hands-on in this nine month program.



CORE WORKOUT WITH PILATES/YOGA

Great for someone who wants to start a fitness program. Uses gentle movements and easy stretches.



FULL DAY OFF-TRACK CARE

Our Full Day Off-Track program provides students with an atmosphere of warmth, security and continuity, while cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.



BEFORE/AFTER SCHOOL

Program includes: homework help, sports activities, arts & crafts, snacks; while emphasizing values such as caring, honesty, respect and responsibility.



YOGA

Basic Yoga, Level One. Great class to begin a yoga program.



YOUTH SPORTS

Learn the basics of basketball, flag football & soccer. Ages 4-10. A great introduction in a non-threatening environment.



Adventure Guides

Designed to foster lifelong relationships between Mothers and Daughters, for ages 5 and up.



SUMMER DAY CAMP

Field Trips, Fun & Friends!
For children K-6th, sessions run May-August.



TODDLERS

A licensed full day program for toddlers age 18mo - 36 mo. FREE PROGRAM, MUST MEET INCOME GUIDELINES.



KARATE

Improve self-esteem and self-discipline, while building character. Karate teaches self-defense, and builds a healthy body. Monday & Wednesday at the Main Y.