

BALLET Ages 5-8

Children will be gently introduced to the foundational positions of classical ballet. Classes move at a careful, steady pace to support proper alignment and understanding of technique. Ballet slippers are required.

WEDNESDAYS 5:45-6:15 PM

ARTS & CRAFTS Ages 5-10

In this class, kids will discover the value of creativity while exploring a variety of craft projects using recycled and repurposed materials.

THURSDAYS 5:00-5:30 PM

Questions? Contact Senior Fitness Director Kathy Lamia at kathylamia@wmaymca.org 973 366 1120 ext. 5049



SAVE THE DATE!

Youth Showcase
Monday, May 4

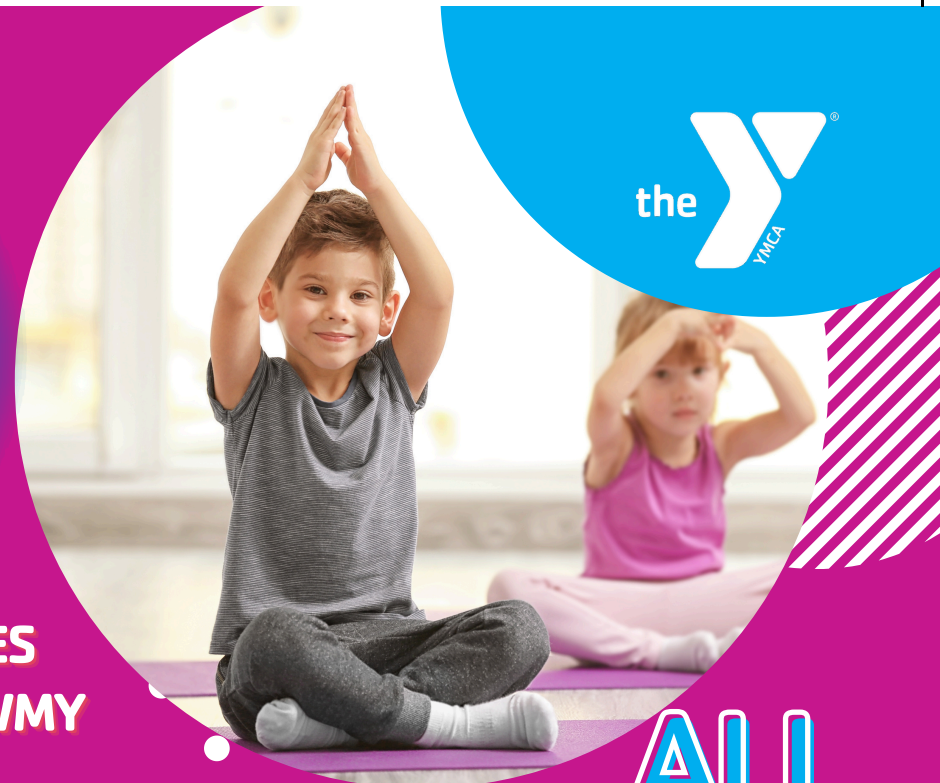
**ALL YOUTH CLASSES
ARE FREE WITH A WMY
MEMBERSHIP**

COMMUNITY MEMBERS
\$28/child/class/month

Youth Classes run monthly. All classes open for registration on the 15th of the month prior.



**SCAN QR CODE
FOR MORE
INFORMATION &
TO REGISTER**



**ALL
AROUND
FUN!**

YOUTH CLASSES

Ages 3-13

West Morris Area YMCA

October 6-April 30



WHERE KIDS BELONG

At the Y, our youth classes focus on more than just skill-building—they're designed to nurture character, promote healthy habits, and keep kids active and engaged in a supportive environment.

FREE 2-WEEK TRIAL
September 22–October 2

Online Registration Required

ACRO KIDS Ages 3–4

This fun and active class introduces little ones to basic tumbling skills. Children will build flexibility, strength, and body awareness while learning proper technique. Each class also includes obstacle courses and games to keep them moving and engaged!

MONDAYS 4:15–4:45 PM

KIDS BOP Ages 3–4

This upbeat class blends creative movement with beginner hip hop, helping children explore spatial awareness and directional patterns. Dancers will build coordination and motor skills through fun music, props, and energetic routines. Parents are asked to remain outside or in the adjacent studio during class. Soft knee pads are recommended for comfort.

MONDAYS 5:00–5:30 PM

LEGO CLUB Ages 5–13

Build, create, and explore at LEGO Club! Kids will use their imagination and problem-solving skills to complete fun building challenges or free-build with friends. We provide the LEGOs—just bring your creativity! Parents are welcome to stay and assist younger builders.

MONDAYS 5:00–5:45 PM



HIP HOP Ages 5–13

A high-energy dance class for both boys and girls! Kids will have a great time movin' and groovin' to upbeat music while learning fun, age-appropriate hip hop moves. This class helps develop dance technique and boosts self-confidence through exciting routines. Soft knee pads are recommended.

Ages 9–13 MONDAYS 5:30–6:00 PM

Ages 5–8 MONDAYS 6:00–6:30 PM

JIF JUMP ROPE Ages 5–13

What's more fun than jumping rope? In this lively class, our experienced instructor teaches kids proper jump rope technique while keeping things active, engaging, and full of energy! Great for building coordination, endurance, and confidence.

Ages 5–8 TUESDAYS 5:00–5:30 PM

Ages 9–13 TUESDAYS 5:30–6:00 PM

YOGA Ages 5–8

This class helps children develop focus, mindfulness, and self-awareness. Through a series of sessions, participants will learn yoga poses (asanas), breathing techniques, calming practices, and positive character-building skills.

WEDNESDAYS 5:00–5:30 PM