

BALLET

Ages 5–8

Children will be introduced to the elementary positions of classical ballet. Classes are slowly paced and thorough to ensure proper alignment and understanding. Ballet slippers required,

WEDNESDAYS 5:45–6:15 PM

JR. BOOT CAMP

Ages 9–13

This high energy class will focus on fun and challenging exercises to promote core strength, balance, stability, and overall fitness. Athletic wear and sneakers required.

THURSDAYS 5:00–5:45 PM

ARTS & CRAFTS

Ages 4–9

Our arts & crafts class will show the kids the importance and numerous possibilities of creating crafts through reusing and recycling. Parents of 4–5 year olds must remain in the room.

THURSDAYS 5:30–6:00 PM

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

**SAVE THE
DATE!**

**Youth Showcase
Monday, May 19**

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

COMMUNITY MEMBERS

\$26/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

**September 16–
May 15**



WHERE KIDS BELONG

Youth classes at the Y are as much about building character as it is about building skills. We aim to keep kids moving and focus on their health and well-being.

FREE 2-WEEK TRIAL
September 16-26

Advanced Online Registration Required

ACRO KIDS

Ages 3-4

This class is for little ones who will learn basic tumbling skills. Focus will be on flexibility, strength, and proper body placement to perform the skills. Obstacle course & games included.

MONDAYS 4:15-4:45 PM

KIDS BOP

Ages 3-4

This class is a combination of creative movement and hip hop. Children will learn different spatial levels and explore directional patterns. Kids Bop will help kids develop coordination and basic motor skills using props, fun music and the love of dance. Parents must remain outside the studio or in the adjacent studio while class is in session.

Soft knee pads recommended.

MONDAYS 5:00-5:30 PM

LEGO CLUB

Ages 5-13

We supply the Legos, you supply the skill & imagination! Parents are welcome to stay and join the younger children.

MONDAYS 5:00-5:45 PM



HIP HOP

Ages 5-13

An upbeat dance class offered for both boys & girls. Kids will have a blast movin' and groovin' to funky jams while learning some smooth moves. This class develops dance skills while building self-confidence through performing hip-hop routines. Soft knee pads 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 could be more fun than jumping rope? Our experienced instructor will teach new jumpers how to jump rope correctly while keeping it fun!

Ages 5-8 TUESDAYS 5:00-5:30 PM

Ages 9-13 TUESDAYS 5:30-6:00 PM

YOGA

Ages 5-8

This class creates awareness on how to focus, listen and be present in the moment. The class series will include learning asanas, breathing techniques, quieting oneself, and character development.

WEDNESDAYS 5:00-5:30 PM