



# PROGRAM CLASSES

*We build strong kids, families, and communities*

Peabody/Lynnfield YMCA  
259 Lynnfield St.  
Peabody MA 01960  
978-977-9622  
Peabodyymca.org

Session I

6 Class Session

**September 14th - October 24th**

*Registration opens the week of August 30th*

Session II

6 Class Session

**November 9th - January 9th**

No classes Nov. 23rd - 29th

No Classes December 21st - January 1st

*Registration opens the week of October 19th*

Session III

6 Class Session

**January 25th - March 13th**

No Classes February 15th - 21st

*Registration opens the week of January 4th*

Session IV

6 Class Session

**March 29th– May 15th**

No classes April 19th - April 24th

*Registration opens the week of March 7th*

*Classes run once a week Monday through Sunday. Each class will be taught by a YMCA associate.*

## Pre-School/Youth Programs

### Kinder Sports

(Ages 3-5)

Monday's  
3:30-4:15pm

Fee: Member \$55.00  
Community: \$100.00 (6 weeks)

This class is for the child who would like their first taste of a variety of fun sports. This class teaches children the basic skills of kicking, dribbling, passing, shooting, catching and hitting. Class length is 45 minutes.

### Kinder Cooking

(Ages 4-6)

3:30-4:30p

Thursday's

Fee: Member \$65.00  
Community: \$110.00 (6 weeks)

Are your kids interesting in cooking? Send them to this class where they will learn instruction in the culinary arts with projects prepared each week of main dishes and desserts. All supplies are included. Class length is one hour.



### Seasonal Crafts

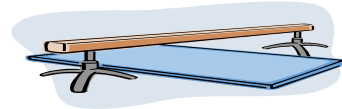
(Ages 6-12)

Friday's

Fee: Member \$65.00  
Community: \$110.00 (6 weeks)

3:30-4:30pm

Enjoy doing art projects according to the season? Come join the YMCA staff as you make projects with a fall season theme! All materials are included. Class length is one hour.



### Tiny Tumblers

(Ages 3-5)

Fee: Member \$55.00  
Community: \$100.00 (6 weeks)

Tuesday's  
1:00-1:45pm

This is an introductory gymnastics class that will focus on balance, coordination, motor skills, and course fun! Children will be exposed to tumbling, balance beam, vault, and mats. It also promotes self-confidence and independence. Class length is 45 minutes.



### Parent/Child T-Ball

(Ages 4-6 years)

Fee: Member \$55.00  
Community \$100.00 (6 classes)

Wednesday's  
3:30pm-4:15pm

Children, along with their parents, will learn the skills of throwing a ball, catching a ball, running the bases, proper batting techniques and the basics of the game through repeated drills. These fundamental skills are the first steps needed in the development of baseball. Class length in 45 minutes.

## Pre-School/Youth Programs



### Soccer For Kids

(Ages 7-11)

Tuesday's  
3:30-4:15 pm

Fee: Member \$55.00  
Community: \$100.00 (6 classes)

This class is for the child who would like their first taste when it comes to soccer. This class teaches children the basic skills of kicking, dribbling, passing, shooting, team work, and character. Class length is 45 minutes.

### Sports-O-Rama

(Ages 6-9)

Monday's  
4:30-5:15pm

Fee: Member \$55.00  
Community \$100.00 (6 classes)

Each week a different sport will be learned and played. If you like to run around and have a great time doing something you love then this is the class for you! Class length is one hour.

### Kinder Karate

(Ages 4-6)

Sunday's  
11:00-11:45am

Fee: Member \$55.00  
Community: \$100.00 (6 classes)

Instruction in the skills and art of karate from black belt Larry Leavitt. This program allows advancement through "belt ranks." Self defense, self discipline are all part of karate. Class length is 45 minutes.

\*\*\* Karate will be held on Sunday's upstairs in the studio. Classes will be September 20th - October 25th.

### Basketball League

Fee: Members \$130.00  
Community: \$165.00



Program starts November 7th through January 2nd 2010 for team practices followed by 8 weeks of games starting January 9th. The Peabody/Lynnfield YMCA Youth Basketball league is a Saturday program with clinic/practices introducing the program followed by a series of organized games involving teams from the Peabody/Lynnfield YMCA in January. Each child will receive a team jersey and participate in the end of the season award ceremony. Volunteer Coaches are needed. For more information pick a form up at the front desk or online at Peabodyymca.org

Kinder 5&6 Years  
Juniors 7-9/10 Years  
Seniors 10/11-13 Years

## Youth/Adult Programs

### Cooking for Kids

(Ages 7-13) (6 Classes)

Thursday's  
4:30-5:30p

Fee: Member \$65.00

Community: \$110.00

Are your kids interesting in cooking? Send them to this class where they will learn instruction in the culinary arts with projects prepared each week of main dishes and desserts. All supplies are included. Class length is one hour.

### Youth Karate

(Ages 7 & up)



Sunday's  
12:00-12:45pm

Fee: Member \$55.00

Community \$100.00 (6 classes)

Instruction in the skills and art of karate from black belt Larry Leavitt. Program allows advancement through the "belt ranks." Self defense, conditioning, and self discipline are all part of karate. Class length is 45 minutes.

\*\*\* Karate will be held on Sunday's upstairs in the studio. Classes will be September 20th - October 25th.

### Basketball Clinic

(Ages 7-13)



(6 classes)  
Wednesday's  
4:30-5:30pm

Fee: Member \$55.00

Community \$100.00

Brush up on those basketball skills before the start of the new basketball league season. Instruction in skills and fundamentals of the game. Class length is one hour.



### Jiu-Jitsu 101

(Ages 12 & up)



Tuesday's  
6:30-7:30pm

Fee: Member \$60.00

Community \$105.00 (6 classes)

The 2500+ year old Art of Jujitsu. The secondary defense when the Samurai was separated from his sword. Instruction by Small Circle Jujitsu Black Belt Joe Fiandaca. Students will learn escapes from various positions, take downs with throws and sweeps, and striking applications. In addition joint locks and choking/strangulation techniques will be demonstrated along with various weapons disarms. Class length is one hour.

## Youth/Adult Programs



### Model Rocketry

(Ages 8-13)

Wednesday's  
3:30-4:30pm

Fee: Member \$65.00  
Community \$110.00 (6 weeks)

Learn the exciting science of rocketry as you learn to build, launch, and recover your own model rockets. Class includes all supplies. Class length is one hour.



### Guitar Lessons I

(Ages 7-Adult)

Tuesday's  
3:30-4:30pm

Fee: Member \$55.00  
Community \$100.00 (6 weeks)

This class is designed for people who are interested in learning and picking up a new instrument. The class will introduce chords, strumming and reading music. Students must have their own guitar. Class length is one hour.



### Guitar Lessons II

(Ages 7-Adult)

Tuesday's  
4:30-5:30pm

Fee: Member \$55.00  
Community \$100.00 (6 weeks)

Designed for students who have completed the first class and would like to further their skills in learning to play the guitar. Students must have own guitar. Class length is one hour.

# Special Events and Programs coming your Way

Coming in October we will be hosting our 2nd annual pumpkin patch. All proceeds go toward youth programs. Look for flyers around the facility and your local newspapers for more information.



Also coming in October we will be providing fitness equipment for boys and girls ages 10-13. There will be a designated area for these ages and it will be your new Pre-Teen and Teen Youth Fitness Center here at the Peabody/Lynnfield YMCA.

Have you seen your new t.v.'s at the front desk along with the seating? We will be hosting counter activities for kids beginning in September such as crafts, bingo games, and other themed amenities.

Our rock wall at the front lobby for children ages 5 & Up along with adults is also an experience for members to try out. The rock wall is open Monday through Friday, the schedule is at the front desk. Sneakers are required and the more you try the higher you will get.

**Peabody/Lynnfield YMCA**