



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **PROGRAM CLASSES Spring 2012**

### **Session IV**

#### **6 Class Session**

**April 2nd - May 18th**

**No Classes April 15th - 21st 2012.**

**Registration Opens March 14th, 2012.**

**Online Registration is available.**

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

**TORIGIAN FAMILY YMCA  
259 LYNNFIELD ST, PEABODY, MA 01960  
P: 978-977-9622(YMCA)  
E: DELIAS@PEABODYYMCA.ORG; MPERRIN@PEABODYYMCA.ORG  
WEBSITE: WWW.PEABODYYMCA.ORG**

## Pre-School/Youth Programs

### **New to the YMCA!!!! Tom's Tumble Tots**



**Toms Tumble Tots is a structured class which will introduce your Rising Star to the world of movement and coordination.**

**Children learn gymnastic skills in a fun and safe environment. 15 years of gymnastic experience is brought to the class taught by Tom Delia.**

**Children will learn small and large motor skills, such as hand/ eye coordination, muscle control, and balance. This will also give them the opportunity to build self confidence, improve self esteem as well as socialization skills.**

**Children will also be developing and reinforcing learning concepts such as: taking turns, following directions, problem solving/risk taking, and their independence. Not only will they be learning gymnastics but also get the chance to work on their cognitive skills such as reinforcing number and letter recognition, patterns, colors, and shapes. By bringing gymnastics into childcare locations, providers have the opportunity to introduce more activities and skills to the children.**

**The class session will run for 6 weeks long and each class will be 30/45 minutes long.**

**Mommy And Me (12 months to 19 months old) Parent Child Class**

**Wednesday's 4:00 - 4:30 pm**

**\$65.00 - Members \$90.00 - Non Members  
due to shorter class**

**Members: \$75.00  
Community: \$100.00**

**Baby Bumpers (19 months to 2.5 years old) Parent Child Class**

**Thursday's 4:00 - 4:45pm**

**Tiny Tikes (2.5 to 4 Years old)**

**Friday's 4:00 - 4:45 pm**

**Mighty Mites (4 to 6 Years Old)**

**Friday's 4:45 - 5:30 pm**

**Instructor - Tom Delia**

**Location - Half Gymnasium**

## Pre-School/Youth Programs



### Kinder Sports

(Ages 3-5)

Monday's  
3:30-4:15pm

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

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. This class emphasizes working together as a team. Class length is 45 Minutes.

45 minutes.

Instructor's - Matt Perrin

Location - Half Gymnasium



### Young Chef's

(Ages 7-13)

Thursday's  
4:00-5:00pm

Fee: Member \$75.00  
Community: \$110.00 (6 Classes)

Are your kids interested 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 1 hour. Class will stress health and sanitation skills, ingredients and proper measurements, food preparation and presentation.

Instructor - TBA

Location - Classroom + Snack Bar



### 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." This type of karate is American style, which is a variety of karate styles which the instructor Larry Leavitt has learned in over the last 20 years. 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 April 22nd - May 27th 2012.**

Instructor - Larry Leavitt

Location - Upstairs Studio

## Pre-School/Youth Programs



### Parent/Child T-Ball

(Ages 4-6 years)

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

Sunday's  
10:00am-10:45am

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.

\*\*\*T-Ball will begin April 22nd and end on May 27th 2012.

Instructor - Matt Perrin

Location - Half Gymnasium

### Stick Games

(Ages 7 & up)

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

Thursday's  
4:45-5:30pm

Have fun playing sports with a stick. T-ball, floor hockey, pilo-polo lacrosse, and more! Class length is 45 minutes.

Instructor - Matt Perrin

Location - Half Gymnasium

### Basketball Clinic

(Ages 5 + 6)

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

Monday's  
4:30-5:15pm

Learn those basketball skills before the start of the new basketball league season. This class offers the basics of passing, dribbling, shooting and team building. Instruction in skills and fundamentals of the game. Class length is 45 minutes.

Instructor - Matt Perrin

Location - Half Gymnasium

## Youth/Adult Programs



(Ages 7-Adult)

### Guitar Lessons I

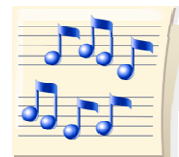
Wednesday's  
3:30-4:30pm

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

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.

Instructor - Greg Griffin

Location - Babysitting Room



### Guitar Lessons II

(Ages 7-Adult)

Wednesday's  
4:30-5:30pm

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

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 their own guitar. Class length is one hour.

Instructor - Greg Griffin

Location - Babysitting Room



### 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." This type of karate is American style, which is a variety of karate styles which the instructor Larry Leavitt has learned in over the last 20 years. 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 April 22nd-May 27th 2012.**



### Basketball Clinic

(Ages 7-13)

Tuesday's  
3:30-4:30pm

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

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.

Instructor - Dan Elias

Location - Half Gymnasium

## Youth/Adult Programs

Saturday, March 31st

Breakfast served at 9:00am with the Easter Bunny and his friends meeting and greeting; bring your cameras!

Following breakfast, join us for the  
**DUCK RACE & SUPER EASTER EGG HUNT!**

### BREAKFAST MENU

- Scrambled eggs
- Breakfast Sausage
- French Toast Sticks w/apples
- Home fries
- Yogurt/Fruit cup w/granola
- Cereal
- Toast & muffins
- Coffee, tea, juice

Advanced tickets on sale  
NOW!

#### Donation

Adults-\$8.00

Youth-\$5.00

All proceeds go to our  
Growing Stronger  
Together Annual  
Campaign!



FOR YOUTH DEVELOPMENT  
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**HEALTHY KIDS DAY!!!**

**Saturday, April 28th 2012**

**We hope you can join us on this day to help  
promote healthy lifestyles and the act of play.**

**More details to come.**

# Special Events and Programs coming your Way

**Family  
Fun  
Night**

## FAMILY FUN NIGHTS AT THE TORIGIAN FAMILY YMCA!!!!!!

Currently, the YMCA is hosting family activities for you to come and spend some time with your family on **Friday Nights.**

**Nights include movies, ice cream and gym activities. Flyers will be out every month with more information.**



**The YMCA is booking pool parties, gymnasium and dance parties everyday, so if you know someone who has their birthday party coming up, any of these different 2 hour parties will fit into his or her interest. Visit the front desk for more information!**



**FAMILY WORK OUT TIME AT THE YOUTH FITNESS CENTER !!!  
Every Friday from 6:00 - 8:00 the youth fitness center is open to families to work out. All participants must be members of the YMCA and have gone through an orientation.**

### **Refund and Credit Policy**

- **Membership Dues and Program Fees are not refundable.**
- **Refunds are not given unless the YMCA cancels the program.**
- **Credit will be given if you present a Doctors note, when 50% of class is missed.**
- **You must register in person to redeem YMCA credit.**
- **No make-up for classes due to illness.**
- **For snow days or extreme weather cancellations, call the Y. Make-up information will be posted before end of session.**
- **YMCA is not responsible for printer's errors in Program guide.**
- **The Y reserves the right to change program schedule.**
- **\$10.00 charge for checks not honored by your bank.**
- **\$5.00 processing fee to change your class time, this must be done in person.**
- **Before session begins, an individual may cancel their class and request credit. A credit will be issued less \$5.00 non-refundable service charge.**
- **After first class, an individual may cancel their class, HOWEVER, they will be issued a prorated credit (the class fee based on amount paid), less \$5.00 non-refundable service charge.**

**After the 2<sup>nd</sup> week of classes we're sorry, a credit will not be issued if an individual does not wish to participate.**