

Taekwon-Do

Taekwon-Do

This program provides a wonderful experience and benefit for all individuals and strengthens families.

The five tenets of Taekwon Do are Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. All of these tenets are woven into every class. These life skills help ensure that our students are successful throughout their lives when at home, school or at work.



Winter Spring Session: January - May

Class Days: Thursdays and Sundays

Sparring Days: Tuesdays

1 class per week

Cost: \$80 members, \$125 program members

2 or 3 classes per week

Cost: \$160 members, \$250 program members

Registration fee (uniform) Testing Fee

Cost: \$20

Cost: \$15

Lil Dragons

Ages 4-7

Sunday 12:15 - 12:45pm (aerobics room)

Thursday 3:30 - 4:00pm (aerobics room)

Youth Martial Arts

Ages 8-12

Sunday 12:45 - 1:30pm Beginner (aerobics room)

Sunday 1:45 - 2:30pm Advanced (aerobics room)

Thursday 4:30 - 5:15pm (gym)

Thursday 5:30 - 6:15pm (gym)



Teen / Adult

Ages 13 to adult

Sunday 2:45 - 3:45pm Beginning (aerobics room)

Sunday 3:45 - 4:45pm Advanced (aerobics room)

Thursday 5:30 - 6:30pm (gym)

Thursday 6:45 - 7:45pm (gym)

Martial Arts Sparring

Must be an additional class

Youths must be yellow belt or higher

Teen and Adults can be any USTF TKD rank

Tuesday 6:30 - 7:30pm (gym) 2nd or 3rd class only

Black Belt Candidate Class

Must be an additional class

Tuesday 7:30 - 8:30pm (gym)

MY Y STORY

The Y for our family is about staying active and healthy. The Y has taught our family how to stay active through programs—swim team, Taekwon-Do, swim lessons, and health and well being classes. Making connections with other members and staff has really made a positive impact in our life.

Genny Boyle, Y Member

Youth Educational Programs

Kids in the Kitchen

Kids learn the basics of cooking! Each session will include learning to cook an appetizer, salad, main entrée, and dessert! Look forward to trying great treats that your child creates! Sign-up early, space is limited to 12 per session.

Ages 6+

Mondays

6:15-7:15 pm

Session 1: January 9th – January 30th

Session 2: February 6th – February 27th

Session 3: March 5th – March 26th

Session 4: April 9th – April 30th

Session 5: May 7th – May 28th

Cost: \$27 members, \$35 program members



Little Bakers

If you LOVE Kids in the Kitchen, you will feel right at home in Little Bakers! We will bake the most delicious cookies, muffins, cupcakes, brownies, and bread that you have ever tasted. Make sure to bring your apron and smile!

Ages 5+

Thursdays

6:15-7:15pm

Session 1: January 5th – January 26th

Session 2: February 2nd – February 23rd

Session 3: March 1st – March 22nd

Session 4: April 12th – May 3rd

Session 5: May 10th – May 31st

Cost: \$27 members, \$35 program members

Beginning Guitar Lessons

Learn the basics of guitar in this fun group lesson setting. Students will learn basic strumming techniques, beginner chords, and beginner songs! Students are encouraged to bring their own guitars; however, guitars are available on a loaner basis.

Ages 7-14

Tuesdays

4:45-5:45pm

Session 1: January 3rd – February 7th

Cost: \$35 members, \$43 program members

Fun Factory

A fun filled preschool program that includes arts and crafts, music, story time, motor development, and movement!

Ages 3-5

Monday & Wednesday

10:45-11:30am

Session 1: January 9th – February 1st

Session 2: February 6th – February 29th

Session 3: March 5th – March 28th

Session 4: April 9th – May 2nd

Session 5: May 7th – May 30th

Cost: \$24 members, \$33 program members



Craft Corner

Did you know you can create art from the most amazing things. How about Milk? That's right, art is amazing! It can be created from all different types of materials and even sometimes by mistake. These art classes will take you on an art adventure using oil pastels, paints, crayons, pencils, and even milk. Join in and learn something new! Class is instructed by a certified teacher.

Ages 6+

Tuesdays

5:15-6:00pm

Session 1: January 3rd – January 24th

Session 2: January 31st – February 21st

Session 3: February 28th – March 20th

Session 4: April 10th – May 1st

Session 5: May 8th – May 29th

Cost: \$24 members, \$33 program members

Gymnastics, Dance, & Cheer

Gymnastics

This program is based on the National YMCA Progressive Gymnastics Program and the USA Junior Olympic Gymnastics Program. This program is designed for children to have fun while learning gymnastics skills and lifetime skills such as goal setting, safety, self-discipline, and self-confidence. We also try to instill the YMCA values of caring, honesty, respect, and responsibility.

Wednesdays

Session 1: January 25th February 22nd

Session 2: February 29th – March 28th

Session 3: April 11th – May 9th

Movement (Ages 3 – 5)

4:30–4:55pm

Cost: \$25 members, \$33 program members

Level 1

A: 5:00–5:45pm

B: 5:00–5:45pm

Cost: \$45 members, \$69 program members

Level 2/3

5:50–6:45pm

Cost: \$45 members, \$69 program members

Level 3 and up

6:50–7:45pm

Cost: \$45 members, \$69 program members

Y Dance: Kids' Dance Aerobics

Get ready to get your groove on and sweat! Children will be introduced to basic aerobics, both floor and step, that will incorporate fun dance moves and music they love!

Ages 7–12

Saturdays

11:00 – 11:30am

Session 1: January 7th – January 28th

Session 2: February 4th – February 25th

Session 3: March 3rd – March 24th

Session 4: March 31st – April 21st

Session 5: April 28th – May 19th

Cost: \$24 members, \$33 program members

Cheer

Learn some basic cheer fundamentals in a fun and encouraging environment. Led by Grays Harbor Bearcat Cheerleader, Meghan Anderson.

Grades: K–3rd 5:30–6:15pm

Grades: 4th–6th 6:15–7:00pm

Mondays

Session 1: January 9th – January 30th

Session 2: February 6th – February 27th

Session 3: March 5th – March 26th

Session 4: April 9th – April 30th

Session 5: May 7th – May 28th

Cost: \$27 members, \$35 program members

Tumbling Tots

This movement education class emphasizes activities that will help develop motor and spatial skills. Activities include: following instructions, beginning tumbling, balance skills, and fun! Parent participation required.

Ages 2–4

Tuesdays

10:00–10:30am

Session 1: January 3rd – January 24th

Session 2: January 31st – February 21st

Session 3: February 28th – March 20th

Session 4: April 10th – May 1st

Session 5: May 8th – May 29th

Cost: \$24 members, \$33 program members

Y Dance: Tiny Dancers

They twirl, spin and jump, yet you're the one left breathless. Our nurturing, non-competitive and creative environment allows students to express themselves with new skills and techniques. Your child will learn the basic steps and positions while building flexibility, strength and coordination. Wear your ballet shoes!

Ages 2–4

Saturdays

10:30 – 11:00am

Session 1: January 7th – January 28th

Session 2: February 4th – February 25th

Session 3: March 3rd – March 24th

Session 4: March 31st – April 21st

Session 5: April 28th – May 19th

Cost: \$24 members, \$33 program members



Bitty Cheer

Learn some basic cheer fundamentals in a fun and encouraging environment. Led by Grays Harbor Bearcat Cheerleader, Meghan Anderson.

Ages 2–4

Thursdays

12:30–1:00pm

Session 1: January 5th – January 26th

Session 2: February 2nd – February 23rd

Session 3: March 1st – March 22nd

Session 4: April 12th – May 3rd

Session 5: May 10th – May 31st

Cost: \$24 members, \$33 program members

Youth Sports

Bitty Sports

Children will be introduced to the basics of t-ball, basketball, Frisbee, bowling & soccer. Modifications are made to be developmentally appropriate for this age group and to maximize fun and success. Parent participation required.

Ages 2-4

Wednesdays

Mornings 10:00-10:30am

Evenings 5:00-5:30pm

Session 1: January 4th – January 25th

Session 2: February 1st – February 22nd

Session 3: February 29th – March 21st

Session 4: April 11th – May 2nd

Session 5: May 9th – May 30th

Cost: \$24 members, \$33 program members

Rookie Short Sports

This program is designed to help children learn the basic skills of sports and sportsmanship. They can learn at their own pace and develop confidence. Children will begin to build a lifetime of healthy living through physical activity. Children will be introduced to the basics of t-ball, basketball, Frisbee, bowling & soccer. Parents are encouraged to participate in each class.

Ages 5-7

Wednesdays

5:45-6:30pm

Session 1: January 4th – January 25th

Session 2: February 1st – February 22nd

Session 3: February 29th – March 21st

Session 4: April 11th – May 2nd

Session 5: May 9th – May 30th

Cost: \$27 members, \$35 program members

Family Tot Time

A variety of fun activities will leave your child wanting more! We have fun mazes, sports balls, building blocks, trampolines, tunnels, and much more all set to fun music. Come and be active with your child in your very own open gym! This is also a great time to get to know other family members and a chance for your youngster to have active socialization with other kids.

All Ages

Tuesdays

10:30-11:30am

January 3rd – May 29th

Cost: Free to all members

Home School Sports

Kids will learn new sports' skills and improve those they know including basketball, baseball, football, soccer, gymnastics and more. This is a great opportunity to have active socialization in a group format.

Ages 5+

Thursdays

1:30 – 2:30pm.

Session 1: January 5th – February 9th

Session 2: February 16th – March 22nd

Session 3: March 29th – May 3rd

\$24 members, \$33 program members

Spring Break Camp

This week long camp has a variety of activities to keep your child moving. Participants will spend each day doing different sporting events: swimming, roller skating, basketball, volleyball, football, Frisbee, speed stacking, bowling, soccer, racquetball, and many other gym games.

Ages 6-12

Monday – Friday

9:00 – 4:00pm

April 2nd – April 6th

Cost: \$140 members, \$165 program members

Youth Fitness Programs

Youth Fitness

This six session program provides information and instructions on cardiovascular exercise, muscular strength and endurance, flexibility and healthy eating. Successful completion of the course enables you to work out in the fitness center. If you are interested in taking private one on one sessions contact Lisa at x105.

Ages 11 – 13 year olds

Tuesday and Thursday

Session 1: January 10th – January 26th

Session 2: February 7th – February 23rd

Session 3: March 6th – March 22nd

Session 4: April 10th – April 26th

Session 5: May 8th – May 24th

6:30 – 7:30pm

Cost: \$25 members only

Skill Building For Life

Team Sports

K – 3rd Grade Coed Basketball League

This basketball program will help develop that drive for success as well as instilling the YMCA Four Core Values. Participations will be learning the skills and rules of basketball with of course FUN! Parents are needed to volunteer their time and help with coaching. Saturday morning games. Practice times to be announced after coaches meeting. We try to honor team/coach requests, and will do so to the best of our ability on a first come first serve basis. Request are not guaranteed.

Season Dates: January 30th – March 3rd

Coaches Meeting: Wednesday, January 25th, 5:30pm

Cost before January 17th:

\$30 members, \$44 program members

Cost on or after January 17th:

\$40 members, \$54 program members

Indoor Youth Fūtsol League

Sign-up for one of the fastest growing sports! This program will help your child develop soccer fundamentals while teaching them the YMCA Four Core Values. Fūtsol is a five-on-five version of soccer played indoors on a basketball court (no walls). Fūtsol has experienced tremendous growth and is the only indoor version of soccer with a sanctioned world championship. Practice one day a week and games on Sundays.

January 16th – February 26th

Ages: 9-12

Cost before January 10th:

\$30 members, \$44 program members

Cost on or after January 10th:

\$40 members, \$54 program members

WE'RE HERE FOR YOU

The Y is a powerful association of men, women, and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundation of community. With a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow, and thrive.



Teen Programming

Teen Dances

Our dances create a fun and safe environment for 7-9th graders to come and hang out. Come try out your new moves and get to know other young teens across the Harbor. 8-11pm.

St. Patty's Dance

March 17th

Wear green and receive a discount

Spring Harvest

May 19th

Bring a can of food to donate and receive a discount

Proof of grade level required.

Cost: \$5 w/ASB and \$7 without ASB

Late Night

A program is open for 6-8th graders in Grays Harbor County. Late Night is FREE to all participants and includes swimming, racquetball, basketball, and pizza for a late night snack. Come enjoy the fun on January 7th, February 4th, March 3rd, and May 5th from 8-11 pm. Cost: FREE!

Harbor After School

This is a free program located in the McCleary school, Elma elementary and Elma middle schools, Miller Junior High, and Hoquiam Middle School. The program provides academic assistance, enrichment programming, and physical play activities daily during the peak times of juvenile crime and delinquency. All activities stress the Y four core values. Registration paperwork is available on site at the designated schools or for additional information, please contact April at x106.