

# New Youth Programming!

## **Books Alive! (Ages 3-5)**

Watch your child's favorite stories come to life in Books Alive! — a literacy-rich class that brings books off the page and into the classroom through movement, music, art, and dramatic play. Each session features a beloved children's book and includes themed activities that spark imagination, build early literacy skills, and encourage a love of reading.

## **Social Butterflies (Ages 3-5)**

Let your little one's confidence take flight in our Social Butterflies class! Designed for preschool-aged children, this program encourages social development through play, creativity, and cooperation. Kids will enjoy fun group activities, music, movement, storytelling, and crafts — all while learning important skills like sharing, taking turns, and expressing themselves. Led by caring YMCA staff in a safe, structured environment, Social Butterflies helps young children build friendships, independence, and a love for learning through play.

## **Preschool Science (Ages 3-5)**

Spark curiosity and ignite imagination in our Preschool Science Explorers class! Young scientists will dive into hands-on experiments and exciting discoveries that introduce basic science concepts in a playful, age-appropriate way.

## **Preschool Mini DaVincis (Ages 3-5)**

Inspire creativity and imagination in your little artist with our Mini DaVincis class! Designed for preschoolers, this hands-on art program introduces young minds to the world of colors, shapes, textures, and artistic expression. Children will explore a variety of materials and techniques — from painting and drawing to sculpting and crafting — while building fine motor skills and confidence. Each session is full of messy fun, creative freedom, and plenty of masterpieces to take home. No experience needed — just bring your imagination!

## **Preschool Step Ahead (Ages 3-5)**

Give your child a confident start with Step Ahead, our school-readiness program designed to help preschoolers build the skills they need for a smooth transition into kindergarten. Through engaging activities in early literacy, math, art, and motor development, children will strengthen their focus, independence, and social skills in a fun, supportive environment. Led by caring YMCA instructors, each class encourages curiosity, cooperation, and a love for learning — helping your child take that important step ahead with confidence.

### **Motivation & Inspiration I & II (ages 9–17)**

Recharge your mindset and refocus your goals in Motivation & Inspiration, a dynamic class designed to uplift, empower, and energize. Through guided discussions, journaling, guest speakers, and interactive activities, participants will explore personal growth, resilience, goal-setting, and positive habits for everyday life. Whether you're navigating change, seeking clarity, or simply need a boost, this class offers a supportive space to reconnect with your purpose, share experiences, and find the inspiration to move forward with confidence.

### **Life Skills I & II (ages 9–17)**

Prepare for real-world success with Life Skills, a hands-on class designed to teach essential everyday skills for confident, independent living. From budgeting and basic cooking to time management, communication, and job readiness, participants will build practical knowledge in a supportive, interactive environment. Whether you're heading off to college, starting a new job, or just looking to strengthen your independence, this class helps you gain the tools you need to thrive in daily life.

### **Fit & Fun (ages 4–12)**

Get moving, stay active, and have a blast in Fit & Fun — a high-energy class that combines fitness with play! Designed to promote physical activity through games, movement, and simple exercises, this class helps participants build strength, coordination, and confidence in a positive, upbeat environment.

### **Adult Intro to Volleyball (Ages 18+)**

Bump, set, and spike your way into better fitness and fun with our Adult Volleyball class! This co-ed program is perfect for all skill levels — whether you're new to the game or looking to sharpen your technique. You'll improve your coordination, agility, and teamwork through drills, skill-building exercises, and friendly scrimmages. Led by experienced instructors, this class offers a supportive, energetic environment where you can stay active, meet new people, and enjoy the spirit of the game.

