

The YMCA is promoting Motor Development in children!

A fun, exciting, and safe atmosphere is ideal for developing fine and gross motor skills in young children. Join our great YMCA staff in two fantastic classes designed to further develop motor skills in children.

Kinder Gym

This 6 week Kinder Gym Class serves as an excellent introduction into tumbling / early gymnastics. Kinder Gym facilitates the development of balance & overall coordination. Please...Parent participation is requested!

Instructor: Jennifer Higelin

Day	Start/End Date	Time	Cost
Tue	6/22/10-7/27/10	3-3:45	\$15 Member \$25 Non Member
Thu	6/24/10-7/29/10	3-3:45	\$15 Member \$25 Non Member

Mommy and Me Yoga

Mommy and Me Yoga is designed to inspire joy through movement, laughter and sharing with other moms. Please bring a blanket or towel if you have one. Appropriate for moms, babies & children of all ages. Instructor: Kate Ashbey

Class Type– Ongoing Fitness Class

Day/Time– Fridays/9-9:45am

Age– All Ages

Cost– Free for Members/ \$5 for Non-Members

The Siskiyou Family YMCA believes that character development is an essential element of its sports programs.

- **Caring** - To love others and be sensitive to the well being of others involved in the sports program
- **Honesty** - To have integrity, making sure that one's actions match one's values through participation in sports
- **Respect** - To value the worth of every person, including oneself, one's teammates, opponents and officials
- **Responsibility** - To be accountable for one's behavior and obligations



Cheerleading Camp

This summer the YMCA is proud to be offering its first ever cheerleading camp. 3rd-8th graders will learn basic techniques of cheerleading as well as expectations for high school cheerleaders. The camp will be put on by the YHS Cheerleading Coaches. Free T-Shirt and other prizes.

Grades: 3rd-8th

Date: July 19-22 (Mon.-Thur.)

Location: YMCA GYM

Time: 4pm-6pm

Cost: \$25 Member / \$40 Non-member

***10 Discount for each additional sibling**

Dance Classes

Dance will be returning to the Y in September. Please keep an eye out for more information in August.

The YMCA offers classes in Tap, Jazz and Ballet Dance for all ages.

