



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH & FAMILY

FALL 2019 GUIDE

“Today you are You,
that is truer than true.
There is no one alive
who is Youer than You.”
- Dr. Seuss



For more information,
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FALL 2019

LEARN TO PLAY: SOCCER

September 28th – October 19th

(Saturdays) 11:00am – 11:55am: 4 weeks

Join our FALL youth "Learn to Play" series! Kids ranging in age from 4 to 7 are welcome to participate in our Learn to Play series. This class helps develop and promote new sport skills

COST: \$25 for Members \$50 Non-Members

LET'S GET READY TO TUMBLE

November 2nd – November 23rd

(Saturdays) 9:00am – 9:45am: 4 weeks

Children ages 3 to 6 will participate in a youth tumbling program that offers a fun environment to learn the basics of gymnastics. This program will offer stretching, balance, basic tumbling, and social interaction.

COST: \$25 for Members \$50 Non-Members

FAMILY CRAFT SERIES: 6pm – 7:15pm

Join us the 1st two Tuesdays of October, November, and December & bring home holiday décor. Dates included: Oct. 1st & 8th, Nov. 5th & 12th, Dec. 3rd & 10th. Open to kids ages 6-11.

One to two kids must be accompanied by an adult. Accompanied adults are FREE.

COST: \$25 per Youth Member (\$5 drop in)

\$40 per Youth Non-Member (\$8 drop in)



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YOUTH BOXING (Tentative Start: Nov./Dec.)

Monday–Wednesday: 5:00pm–6:00pm

This program is designed for those interested in learning the fundamentals of boxing and the disciplines that come with the sport. This program is held at Rome Stadium Support for girls and boys. When school is cancelled or closed there is no program!

COST (per month): \$10 Member/Rome student
\$20 Non Members

YOUTH BALLET

(Mondays) October 21st – November 18th

6:00pm – 6:45pm: AGES 3-5

7:00pm – 7:45pm: AGES 6-8

Join our FALL 4 week Youth Ballet program (No class on 11/11)! Kids are welcome to participate in our youth ballet program. This class helps develop and promote new skills to youth while teaching them the fundamentals of ballet!

COST: \$25 for Members \$50 Non-Members

YOUTH BALLERS

October 5th – November 9th (Saturdays)

12pm – 12:45pm: 5 weeks (Grades 3 & 4)

1pm – 12:45pm: 5 weeks (Grades 5 & 6)

Calling all youth ballers! This class will teach basketball skills & the fundamentals of the sport. There will be no session on 10/26.

COST: \$30 for Members \$60 Non-Members



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YOUTH GYMNASTICS

October 2nd – October 30th

(Wednesdays) 6:30pm -7:30pm: 5 weeks

Flipping for our Fall Youth Gymnastics program!
Kids ranging in age from 7 to 12 are welcome to participate in our youth gymnastics program held at Rome Stadium Support with equipment. This class helps develop and promote new skills to youth while teaching them the fundamentals of gymnastics!

COST: \$30 for Members \$60 Non-Members

YOUTH BOOT CAMP

October 3rd – October 24th

November 21st – December 19th

(Thursdays) 5pm – 6pm: 4weeks

Kids ranging in age from 7 to 12 are welcome to participate in our Youth Boot Camp series. This class helps promote a healthy lifestyle for kids!

Per session COST: \$20 for Members

\$40 Non-Members

YOUTH BEATZ

November 4th – November 19th

(Mondays & Tuesdays) 5pm – 6pm

Join our youth drumming class! Kids ranging in age from 7 to 12 are welcome to participate in our djembe drum circle. This class helps promote a fun twist on drumming and new music beats!

COST: \$35 for Members \$65 Non-Members



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TEEN GLOW-IN-THE-DARK DODGEBALL

Tournament: Thursday, November 14th (6:15pm)

Get your team together because you do not want to miss this! RFA STUDENTS ONLY. If you are not a YMCA member, you must provide valid ID/School ID to participate. Teams must have 6 players to participate. COST: \$5 per player

TEEN LEADERS

October 22nd – June 4th

(Tuesdays & Thursdays) 2:30pm

Tri-Valley Leaders Club is a teen development program that serves teens ages 14 to 18. It is organized for the purpose of providing knowledge and experiences to teens so that they become strong leaders in their communities.

Active participation and attendance will result in trips, and a FREE YMCA membership!

COST: FREE

YOUTH AND GOVERNMENT

Youth and Government™ is a national program of the Y that involves thousands of teens nationwide in state-organized, model-government programs. This program is for 7th/8th graders and will be held at Strough Middle School. We will discuss/debate topics and have the opportunity to propose legislation at NYS conference! Trip to NYS conference costs a fee, but participation in the program is free!



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FAMILY BOOK CLUB BRUNCH

November 3rd – December 15th

(Sundays) 11:30am – 12:30pm

This is an interactive book club for 3rd – 6th graders and their parent. Families learn to value reading and to explore the lessons that a book can provide to readers! Food will be provided before each session and the book, *WONDER*, to borrow will be provided. Free Admission to a movie showing at the Y. One to two kids must be accompanied by an adult.

Accompanied adults are FREE.

COST: \$25 per Youth Member

TRI-VALLEY CRAFT FAIR

Saturday, October 26th, 10AM – 4PM

Come support our local vendors!

If interested in becoming a vendor, please fill out an application that can be found at the Rome YMCA front desk.

✓ **PROGRAM REGISTRATION DEADLINES**

- All programs will be open until two days before the start date of the specific program or until max number of participants has been reached.

✓ **HOW TO REGISTER FOR PROGRAMS?**

- Online at www.ymcatrivalley.org
- Hard Copy at Rome YMCA Front Desk



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CREATIVE WRITING COMPETITION

The Rome YMCA Creative Writing Competition is a teen character development competition that will be offered to 7th – 8th graders of the Rome City School District. It is organized for the purpose of providing experiences to teens so that they become an inspiration to peers within the community. The winner of the Creative Writing Competition will receive a FREE YMCA year membership.

- Teens will be provided with a topic and page limit, but other than that the creativity is endless! We do advise all participants to keep the creative writing upbeat and positive. We also require writing to be respectful. Creative Writing pieces must be submitted to the YMCA by December 1st. All submissions will be read by a YMCA committee and a winner for each grade will be chosen. Ask any questions to Kaysie Gregory, Director of Youth & Family Services before the end of the competition.

YOUTH NIGHT & TEEN NIGHT

The YMCA is bringing back Youth Night & Teen Night. Parents get to have a night out, while kids will have fun with friends when we close the Y on Saturday nights just for them! **Starts Nov. 2nd** (Monthly schedule at Rome YMCA)



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YOUTH & FAMILY SERVICES

The Youth & Family Services Winter Program Guide will be available by late November. Please be sure to provide feedback on the program evaluations that are given at the end of each program. Your feedback lets us know your thoughts! Here at the Rome YMCA we are for Youth Development, Healthy Living, and Social Responsibility. Your opinion is very important & matters to us!