



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

YOUTH & TEEN

SCHENECTADY YMCA

518.881.0117

2012 Winter (Session 2) Programs • Mar 5 – Apr 29
Registration Begins February 13 for Full Members
and February 20 for Program Members

Strengthening Community

Helping people is what we're all about at the Y, and has been from the start. We strengthen the foundations of community by nurturing the potential in every child, by promoting healthy living, and by giving back to our community. The Capital District YMCA is a charitable, non-profit organization. Please join, give, volunteer, and advocate for the Y today.

PLEASE JOIN US!

Healthy Kids Day™ 2012 Saturday, April 28

This free event offers a variety of activities to help teach healthy habits to kids and inspire a life-long love of physical activity. Healthy Kids Day™ gets families moving through play, and encourages kids and parents to commit to being active every day.

Spring Break Sports Week

Worried about how your kids will spend Spring Break? Let us help! Your child will love spending spring break playing sports and games.

Each sport day includes skills & drills, tag games, calisthenics, free time in the teen center, and game play. Lunch isn't included so please provide your child with a lunch, a snack, and a drink to re-hydrate.

Schedule	April 9 thru April 13 8:30AM – 4PM
Monday	Soccer
Tuesday	Basketball
Wednesday	Baseball/Softball
Thursday	Track & Field
Friday	Various Gym Activities
Cost	Full Members \$30 per day Program Members \$45 per day
	Full Members \$100 per week Program Members \$150 per week

One-on-One Basketball Training

Your child will love this fun chance to work on her/his basketball skills. We offer one-on-one training at the Turchi Center basketball gym, focusing on skills and drills and calisthenics designed to improve your child's overall shooting, dribbling, passing, defense, and stamina. Each session is an hour. Please call for an appointment.

Ages	7 – 15
Schedule	Mondays, Wednesday, Friday Offered until 6pm
Cost	Full Members \$25 per session Full Members \$125 for 7 sessions

Black & Latino Achievers Program

The YMCA's Black & Latino Achievers Program pairs students with positive adult mentors from our community. Program activities are designed to give students the chance to form important educational and career goals, and the tools they need to help them reach those goals.

The many opportunities offered by this FREE worthwhile program help students make informed decisions and develop the skills needed to help them be successful in life. This program is open to students of all backgrounds. Volunteers are always needed and welcome! Please call 439.4394 x 1450 for more information.

Grades	Junior and High School Students
Cost	FREE! All Are Welcome!
Schedule	Wednesdays 5:30 – 6:30PM

Youth & Government

Begins September 11

Our Youth & Government program empowers teens to make a difference in their communities, thus making a difference in our State. Teens are provided with opportunities to use their thoughts, voices, and actions to grow and contribute as productive members of society. New York State YMCA Youth & Government provides the education, the problem-solving experience, and the social arena for New York's future leaders to develop and strengthen their skills and confidence to better serve their communities. Please call for more information, and ask about our youth scholarship program.

Schedule	Tuesdays • 6:30 – 7:30PM
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REGISTER ONLINE

CDYMCA.ORG

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Middle School After-School Programs

For your Mont Pleasant and Oneida Middle School children, we now offer a FREE after-school program where your children enjoy a safe environment to complete their homework, receive mentoring, engage in intramural sports, or spend time in our brand new teen center.

Students are bused from school to the Schenectady Y and back to the school for pick up by parents.

After-school at the Y is possible because of the support of the Liberty Partnership Program, Center City Committee, and the Schenectady City School District. There are **limited spots** for this program. Please register your child today. Call us at 881.0117.

Parent Tot Soccer

Parent Participation Program

You and your child will have a great experience as you learn together! The class focuses on basic soccer drills covering passing, and shooting. No actual game type situations at this level. We focus on the fundamentals of having fun!

Ages 3 – 5 Years

Schedule Saturdays 9 – 9:30AM

Cost Full Members \$20
Program Members \$30

Gym for Tots

Toddlers of all ability are welcome

We provide an hour of physical education each week and offer our commitment to helping your toddler develop motor movements, coordination, and cooperation.

Ages 3 – 5 Years

Schedule Thursdays 9 – 10AM

Cost Full Members \$30
Program Members \$40

Tikes with Bikes

Parent Participation Program

Your toddler will love joining other toddlers riding bikes together in the safety of the Y. Your child will learn overall bike and road safety, while enhancing their overall cycling ability. Our instructor will also offer gym equipment for kids to play on during the second half of the class.

Ages 2 – 5 Years

Schedule January 4 thru February 14
Wednesdays 9 – 10AM

Cost Full Members \$20
Program Members \$30

Pickleball

Join us for this popular sport that welcomes members who are old pros at Pickleball and those who are trying Pickleball for the first time.

Schedule Mondays & Fridays
3 – 5:30PM

Cost FREE for Full Members
Program Members \$3

Location Turchi Family Center
500 Balltown Road, Niskayuna