



# NO PLACE

West End Y  
Youth Programs  
March/April

## Like *This Place*

At the Lake County YMCA, youth programs go beyond activities, they build confidence, friendships, and lifelong healthy habits. Our programs are designed to support youth development through skill-building, teamwork, creativity, and fun in a safe, welcoming environment. Families trust the YMCA to help kids grow stronger in spirit, mind, and body.

# WELCOME TO OUR INTERACTIVE PROGRAM GUIDE

See a class that looks interesting? Simply click the class name to be taken to the registration page for that class!

## Arts, Wellness & Enrichment

**Guitar Lessons** 3/11-3/25 Wednesday 5-5:45pm Y Members \$5 Non-Members \$10

Young musicians will learn the basics of guitar, including chords, rhythm, and simple songs in a supportive group setting. This beginner-friendly class builds creativity, patience, and confidence through music exploration.

**Youth Dance Fitness** 3/2-3/30 Monday 5-5:45pm Ages 6-10 Y Members \$5 Non-Members \$10

This high-energy class blends dance and fitness for a fun, confidence-building workout. Participants will learn choreographed routines while improving coordination, endurance, and self-expression.

**Youth Yoga** 3/3-3/31 Tuesday 5:30-6:15pm Ages 5-8 Y Members \$5 Non-Members \$10

Designed just for kids, Youth Yoga introduces mindfulness, balance, and flexibility through playful poses and breathing techniques. Participants will build body awareness while learning stress-relief skills they can use every day.

**STEM Studio** 3/6-3/27 Friday 4:30-5:15pm Ages 6-9 Y Members \$5 Non-Members \$10

Curious minds thrive in STEM Studio! Youth will explore science, technology, engineering, and math through hands-on experiments and creative challenges that inspire innovation and problem-solving.

## Gymnastics & Movement

**Pre-School Gymnastics** 3/12-4/30 Thursday 5:45-6:15pm Ages 4-6 Y Members \$40 Non-Members \$80

Little gymnasts will build coordination, balance, and confidence through age-appropriate tumbling, climbing, and movement activities in a safe and encouraging environment.

**Beginner Gymnastics** 3/12-4/30 Thursday 6:30-7:15pm Ages 6-12 Y Members \$40 Non-Members \$80

Participants will learn foundational gymnastics skills including rolls, balance beam basics, and introductory floor techniques while building strength, flexibility, and self-confidence.

**Tunes and Tumbling** 3/11-3/25 Wednesday 10:45-11:30am Ages 3-5 Y Members \$5 Non-Members \$10

This playful class combines music and movement as children tumble, roll, and dance to fun rhythms. It's perfect for developing motor skills while keeping kids engaged and smiling.

## Sports Development

**Pre-School Basketball** 3/9-4/27 Monday 5:30-6pm Ages 3-5 Y Members \$40 Non-Members \$80

Our youngest athletes will learn the basics of dribbling, passing, and teamwork through fun games designed to build coordination and a love for the sport.

**Youth Basketball** 3/9-4/27 Monday 6:15-7pm Ages 6-12 Y Members \$40 Non-Members \$80

Players will develop fundamental skills, game awareness, and sportsmanship through drills and scrimmages in a supportive, team-focused environment.

## Sports Development (continued)

**Beginner Volleyball** 3/9-4/27 Monday 6:15-7pm Ages 6-12 Y Members \$40 Non-Members \$80  
Athletes will learn serving, passing, and basic game play while building confidence and foundational volleyball skills.

**Intermediate Volleyball** 3/9-4/27 Monday 5:15-6pm Ages 6-12 Y Members \$40 Non-Members \$80  
Designed for players with prior experience, this program focuses on skill refinement, court positioning, and team strategy to elevate performance.

**Dodgeball** 3/13-4/24 Tuesday 5:45-6:15pm Ages 7-10 Y Members \$40 Non-Members \$80  
High-energy fun meets teamwork in this classic favorite! Participants will build agility, coordination, and sportsmanship through organized dodgeball play.

**All About Sports** 3/11-3/25 Wednesday 4-4:45pm Ages 6-10 Y Members \$5 Non-Members \$10  
Can't pick just one sport? This multi-sport program introduces youth to basketball, soccer, volleyball, and more—building well-rounded skills and confidence across activities.

**Preshcool Soccer** 3/10-4/28 Tuesday 5:30-6pm Ages 3-6 Y Members \$40 Non-Members \$80  
Young players will learn basic soccer skills through fun drills and games that emphasize movement, teamwork, and confidence.

**Youth Soccer** 3/10-4/28 Tuesday 6:15-7pm Ages 6-12 Y Members \$40 Non-Members \$80  
Players will build on fundamentals while learning game strategy, passing, shooting, and defensive skills in a team-centered environment.

**Youth Water Polo** 3/8-4/26 Sunday 10:15-11am Ages 3-6 Y Members \$60 Non-Members \$180  
Players will learn the rules of the game and the basic skills needed to participate. Must be able to swim the length of the pool without stopping and tread water for at least 30sec.

**Teen Water Polo** 3/8-4/26 Sunday 10:15-11am Ages 3-6 Y Members \$60 Non-Members \$180  
Players will learn the rules of the game and the basic skills needed to participate. Must be able to swim the length of the pool without stopping and tread water for at least 30sec.

## Family & Early Childhood

**Little Ones and Loved Ones** 3/11-3/25 Wednesday 10-10:30am Y Members \$5 Non-Members \$10  
This special bonding program invites caregivers and children to learn, play, reopen connections and grow together through guided activities that support early childhood development and family connection.

## Swim Lessons

**Youth Swim Lessons** 8 Week Sessions Y Members \$40 Non-Members \$150  
At the YMCA, our swim programs teach safety, skills and how to enjoy water activities for a lifetime. Instruction is delivered in a caring atmosphere by certified instructors, who give students personalized attention and encouragement. Y swim instructors are nationally certified, and their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit youth and adults for a lifetime. Sign up for swim lessons and see for yourself why the Y is 'America's Swim Instructor.'