ARTS
CULTIVATE CREATIVITY AND IMAGINATION

BALLET
This class will encourage imagination, creativity, musicality, and graceful movement. Participants are taught basic ballet positions and movement while learning class etiquette and how to follow instructions in an enjoyable environment.

Saturdays
Ages 2-4  9:00am-9:50am
Ages 5-7  10:00am-10:50am
Ages 8-12  11:00am-11:50am
Fees: $60 Member; $85 Non-Member

AFRICAN DANCE
This is a high energy class that teaches traditional African dance. The class will focus specifically, on the regions of West Africa, the Caribbean and the African Diaspora. Participants will be educated about African culture and dance along with the rhythm of the Djembe drum and a variety of other African instruments.

Saturdays
Ages 8-12  11:30am-12:30pm
Fees: Free for Full Members $85 Non-Member

DANCE, DANCE, DANCE  Ages 4-7
Introduction to dance and creative movement. A fun and gentle introduction to dance and movement exploration. Children will learn the basics of ballet, jazz and other dance movements.

Saturdays  12:00pm-12:50pm
Fees: $60 Member ; $85 Non-Member

GYMNASICS
Children are introduced to the sport of gymnastics and learn the fundamentals of movement. Young gymnasts will develop skills in overall coordination, balance, strength and flexibility. Class framework supports children interacting with peers and making friends.

Saturdays
Ages 2-4  10:00am-10:50am
Ages 5-7  11:00am-11:50am
Ages 8-12  12:00pm-12:50pm
Intermediate  1:00pm-1:50pm
Fees: $60 Member; $85 Non-Member

PIANO
Group piano lessons provide age appropriate instruction while also developing listening skills. Skills focus on keyboard techniques, pitch matching, rhythm, music theory and music appreciation. Individual keyboards will be provided for use during class.

Saturdays
Beginners  1:30pm-2:20pm
Intermediate  12:30pm-1:20pm
Adult  11:30am-12:20pm
Fees: $80 Member; $100 Non-Member

LIVE LIGHT LIVE RIGHT
This program provides structured physical activity and promotes a healthy lifestyle including proper exercise and eating habits.

Wednesdays & Fridays  5:00pm-6:30pm
Fees: $25 Ages 6-11; $72 Ages 12-17

WINTER SESSION January 2nd—February 23rd
PEE WEE BASKETBALL (Ages 4-6)
Each 50 minute class will incorporate instruction and fundamental skill development with an emphasis on structured drills, fun lead up games and sportsmanship. Games may include competitions, relays and other activities. Your child will develop skills in dribbling, shooting, passing and throwing.
Saturdays 9:00am-9:50am
Fees: $60 Member; $85 Non-Member

JR. KNICKS
Jr. Knicks is a basketball league sponsored by the New York Knicks and ran by the Flatbush YMCA. The program is open to boys and girls between the ages of 7-18 years old.
Fee: $45
**Last Day of Registration: January 25th
Clinic Dates: January 2nd—February 1st
Games Begin February 8th

Ages 7-8 8:00am-9:00am
Ages 9-11 12:30pm-1:30pm
Ages 12-14 1:30pm-2:30pm
Ages 15-18 2:30pm-3:30pm

SOCCER CLINIC
The Soccer clinic is designed to develop fundamental soccer skills while learning teamwork, strategy and sportsmanship. Children will learn basic fundamentals, strategies and rules of the game and much more! Players will also be introduced to small sided soccer games to help develop in-game confidence.
Saturdays
Ages 4-6 10:00am-10:50am
Ages 7-12 11:00am-11:50am
Fees: $40 Member; $55 Non-Member

GET FIT KIDS *NEW!
During these high energy classes, children are encouraged to work as a team, while improving their individual coordination, flexibility and agility skills. Activities include, sports, obstacle courses, relay races, games and more. Participants will learn the FUNdamentals of each sport.
Kindercise — Ages 3-5
Tuesdays 5:00pm-5:50pm
Cardio Kids — Ages 6-9
Tuesdays 6:00pm-6:50pm
Fees: Free for Full Members; $55 Non-Member

KARATE
Participants will develop balance, coordination, self confidence and discipline through this martial art form. Classes focus on the development of the youth’s positive attitude, behavior and character through building self-esteem and self-discipline while instilling respect for themselves and others.
Ages 4-6
Wednesdays 4:00pm-5:00pm
Saturdays 2:00pm-3:00pm
Ages 7 and up
Wednesdays 5:00pm-6:00pm
Saturdays 3:00pm-4:00pm
Fees: $80 Member; $100 Non-Member
**First Day of Class for both Days will be Saturday, January 4th

WINTER SESSION January 2nd—February 23rd