



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH, TEEN & FAMILY ACTIVITIES

Delaware Community Center YMCA - Winter - January 6 - March 8

Member Registration Starts December 7, Non-Member Registration Starts December 14

CLASS NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
Dungeons & Dragons (\$) 9-14 yrs	6:00-7:30p NG					
Chefs in Training (\$) 5-7 yrs , 8-11		5:15-6:15p 6:20-7:20p				
Better Baby Sitters(\$) Grades 5-8				Jan. 2 12:30-5:00p		Jan. 2 12:30-5:00p
Ballet I (\$) 3-5 yrs		9:45-10:15a NG				
Tap Dance (\$) 4-7 yrs		4:30-5:00p NG				
Hip Hop Dance (\$) 5-9 yrs		5:05-5:35p S3				
Pre-Pre-School (\$) 3-4 yrs		9:30-11:30a TH	9:30-11:30a TH	9:30-11:30a TH		
Adult Photography(\$) Adult		6:30-7:30 NG	4 week class starts 2/3			
Drawing (\$) 6-10 & 10+ yrs				6:15-7:00p 7:15-8:00p		
Homeschool Gym and Swim (\$) 6-12 yrs		10:00-11:45a Gym & Pool				
Intro to Martial Arts (\$) 6-11 yrs					9:30-10:00 CR	
Kids Jiu Jitsu (\$) -13 yrs	5:30-6:20p CR		5:30-6:20p CR			
Adult Jiu Jitsu (\$) Adult	6:30-7:30p CR		6:30-7:30p CR			
Pee Wee Martial Arts (\$) 3-4 yrs		5:30-6:00p CR				
Pee Wee Martial Arts (\$) 4-5 yrs				5:30-6:00p CR		
Family Martial Arts (\$) Beginner/Intermediate					3:30-4:15p 4:15-5:00p S1	
Martial Arts 1 - Camo Kids (\$) 5-8yrs		6:00-6:45p Ages 5-6		6:00-6:45p Ages 7-8	10:00-10:45a Ages 5-8	
Martial Arts 2 (\$) 9+ yrs		6:45-7:45p CR		6:45 -7:45p S3	11:00-11:55p S1	
Martial Arts 3 (\$) 10+ yrs		7:45-8:30p CR		7:45-8:30p S3	12:00a-1:00p S1	

More Classes on Other Side



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Krav Maga & Combatives - Adult (\$)				7:00-7:45p NG		
RAD - Rape Aggression Defense (\$) Adult, 13+		6:00-8:00p NG				
Finley's Family Play Time	11:45a-5:00p CR	11:45a-5:00p CR	11:45a-5:00p CR	11:45-5:00p CR	11:45a-8:15p CR	12:00p-6:45p CR
Daddy-Daughter Dance (\$)						6:00-8:00p Jan 12
Mother-Son Super Hero Party (\$)					6:30-8:30p Mar. 13	
Teen Leaders Club Grades 6+				6:00-7:00p 7:00-8:00p		

TH - Teen Hub, S1/3 - Studio 1/3, NG - National Guard, CR - Community Room

Dungeons & Dragons (Member \$39.95, Youth Member \$49.95, Non-Member \$59.95) Ages 9-14 - Mondays 6:00-7:30PM. Dungeons & Dragons is an interactive, interpersonal, completely screen-free strategy game that mixes the best parts of creative writing with quick-thinking mental math. In D&D, each child creates a unique character that can be inspired by movies, books or the video games they love. Throughout the adventure it will become apparent that every character has an assigned role that contributes to the team: a Rogue is sneaky, a Wizard casts spells, and a Fighter well... fights. What makes a child's character special are the Personality Traits, Ideals, Bonds, and Flaws they choose to guide their interactions with this fictional world. Space is limited. All supplies are included, total beginners encouraged and welcome! Recruiting adult Dungeon Master volunteers. Contact rhanafin@ymcacolumbus.org if interested. **8 Week Class starts week of 1/6.**

Chefs in Training (Member \$79.95, Non-Member \$99.95) Tuesdays- Ages 5-7, 5:15-6:15pm (parent/child), Ages 8-12, 6:20-7:20pm. Start from scratch! Explore recipes while developing your skills in the kitchen including chopping, measuring and more. Participants learn various skills in the fully-equipped National Guard kitchen, including math through measuring and weighing ingredients, kitchen safety, logic and reasoning with multistep directions, teamwork, sanitation procedures and cooking techniques, such as boiling, sautéing and griddling. This session includes: Pancake Art, Cupcakes, Pizza.. The final class, students will prepare a meal and invite family members to attend a special event dinner. Participants take home their artfully crafted recipe book at the end of each session to continue the fun in their own kitchen! 5 Week Class, every other Tuesday starting 1/6.

Better Baby Sitters – Presented by Enriching Kidz – Delaware City Recreation Program - Two Day Course - (\$101) January 2 & 4 - 12:30-5:00 PM. Kids in 5th-8th grades. Your child will learn the responsibilities of having a job, the Rights of a Baby Sitter, CPR for a Child and Infant, Basic First Aid, Growth and Development and appropriate toys and activities for kids. They also learn diaper changing, infant care and how to feed a toddler. The most important component of the Better Baby Sitters course is that it is fun!

Ballet I (Member \$34.95, Youth Member \$44.95, Non-Member \$54.95) Ages 3-5 - Tues 9:45-10:15AM. This class will open students eyes to the beautiful world of Ballet. Here students will be introduced to the basic fundamentals of the ballet class, play movement games, basic ballet terminology, as well as classical ballet stories. Tights, leotard and ballet slippers are preferred, however an alternative to this would be a one piece bathing suit, with leggings, and bare feet. Hair tied back. Class Culminates with a Performance. **8 Week Class.**

Tap Dance (Member \$34.95, Youth Member \$44.95, Non-Member \$54.95) Ages 4-7 - Tuesday 4:30-5:00 PM. Learn the basics of Tap Dance while learning a fun routine. Class Culminates with a Performance. **8 Week Class starts week of 1/7.**

Hip Hop Dance (Member \$34.95, Youth Member \$44.95, Non-Member \$54.95) Ages 5-9 - Tuesday 5:05-5:35 PM. Learn the basics of Hip Hop while learning a fun routine. Class Culminates with a Performance. **8 Week Class starts week of 1/7.**

Fundamental DSLR Photography (Member \$19.95, Non-Member \$39.95) Adult. Mondays, 6:30-7:30PM. Ready to learn how to work your DSLR? Come learn the fundamentals of photography. Learn the auto modes along with creative modes and how ISO, aperture and shutter speed work together to help capture the perfect photo. (Four Week Class starts 2/3)

More Classes on Other Side



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Drawing (Member \$34.95, Youth Member \$44.95, Non-Member \$54.95) Ages 6-10 - Thursdays 6:15-7:00pm, Ages 10+ - Thursdays 7:15-8:00pm. We will start with the basics of drawing including how to break down complex objects into simple shapes, draw from life, and learn about different styles of drawing including cartoon drawing. We will use various media to explore their qualities and how they can enhance our drawings. The content of this class may be adjusted to meet the needs of the students. **8 Week Class starts week of 1/9**

Homeschool Gym & Swim (Member \$34.95, Youth Member \$49.95, Non-Member \$59.95 - \$5 discount for siblings) Ages 6-12, Tuesdays. Make friends, get active, learn about wellness! Students will participate in 45 minutes of Physical Education including fitness and sports. At 10:45 students will have snack and change for the pool where they will have free swim until 11:45am. A responsible adult will need to stay in the building. Bring snack, water bottle, swimsuit and towel to class. **8 Week Class starts week of 1/7.**

Pre-Pre-School (Member \$64.95/day, Non-Member \$104.95/day - \$10 discount/day for each additional day) Ages Potty Trained to 5 years. Choose 1-3 days: Tuesdays, Wednesday, and Thursdays 9:30-11:30AM. Looking to give your child a leg-up on pre-school? Pre-Pre-School will help your little one practice numbers, letters, storytime, crafts, standing in line, raising hands, sharing, independent work, motor skills, and other important skills. Ms. Ricci and Ms. Chelsea make learning fun! In addition to classroom time, students participate in physical activity. Bring snack and water bottle. Responsible party must remain at the YMCA during class. Follows Delaware City Schools Schedule for Days Off (Snow Days, 2 Hour Delays, Spring Break, Etc...). **8 Week Class starts week of 1/7.**

Intro to Martial Arts (Member \$34.95, Youth Member \$44.95, Non-Member \$59.95) Ages 6-11. Saturdays 9:30am- 10:00am. A program to introduce young kids to the martial arts and a safe way of living in this dynamic activity. Great for first time students, or young students not wanting to move into the more rigorous Camo Kids. Wear a white t-shirt and sweatpants. **7 Week Course Starts 1/11 (no class week of Martial Arts Tournament TBD).**

Pee Wee Martial Arts (Member \$34.95, Youth Member \$44.95, Non-Member \$59.95) Ages 3-4. Tuesdays 5:30-6:00pm. Ages 4-5. Thursdays 5:30-6:00pm. A program to introduce young kids to the martial arts and a safe way of living in this dynamic activity. Wear a white t-shirt and sweatpants. **7 Week Course Starts 1/7**

YMCA Kids Jiu Jitsu (2 Days a Week - Member \$34.95/month, Youth Member \$44.95/month, Non-Member \$54.95/month) Ages 7-13. Monday/Wednesday 5:30-6:30PM. The primary objective of the kids class is to teach Jiu Jitsu fundamentals and to instill the love of Jiu Jitsu in each child. The class uses a combination of games, drills, demonstrations and randori when teaching the various techniques. We also emphasize the importance of team work and being a good partner. Head Teacher Joe Stewart is a Black Belt of the Shingiatat and USA Juijtsu with 20 years of grappling arts experience. Gi uniform is required as students advance. Optional belt system and tournaments at add'l cost. Auto-Draft Monthly Payment charged the 5th of each month. 30 Day Cancellation Notice: rhanafin@ymcacolumbus.org.

YMCA Adult Jiu Jitsu (2 Days a Week - Member \$34.95/month, Youth Member \$44.95/month, Non-Member \$54.95/month) Monday/Wednesday 5:30-6:30PM. Ages Adult and 14-17 with instructor permission. You will learn the fundamentals in Jiu Jitsu, which include self-defense, ground-work, body control, take-downs and throws. During this time, you will gradually build up your endurance, flexibility, core strength, hip movement, self-confidence and most importantly, Brazilian Jiu Jitsu skills! Great for beginners or experienced Jui Jitsu Players (experienced participants will keep their belt level if joining). Head Teacher Joe Stewart is a Black Belt of the Shingiatat and USA Juijtsu with 20 years of grappling arts experience. Gi uniform is required as students advance. Optional belt system and tournaments at add'l cost. Additional open mat time will be made available. Auto-Draft Monthly Payment charged the 5th of each month. 30 Day Cancellation Notice: rhanafin@ymcacolumbus.org.

Family Martial Arts (Member \$24.95/person, Non-Member \$34.95) Beginner: Saturdays 3:30-4:15pm. Intermediate: Saturdays 3:30-4:15pm. A program to encourage family bonding and to introduce martial arts and a safe way of living. Great for first time students or returners. Adult (parent, older sibling, family member, family friend etc...) must participate with the child. Multiple adults/children are encouraged. Wear clothes you can move (no uniform required). **8 Week Course Starts 1/11**

Martial Arts 1 (Camo Kids) (2 Days a Week - Member \$34.95/month, Youth Member \$44.95/month, Non-Member \$64.95/month) Ages 5-8. Twice a week: Saturdays 10:00am-10:45am (ages 5-8) and Tuesdays 6:00-6:45pm (ages 5-6), Thursdays 6:00-6:45pm (ages 7-8). A progressive martial arts system. For graduates of the Intro to Martial Arts program. Uniform, belt system and tournaments at add'l cost. First time students should take Intro to Martial Arts or speak to Chief Instructor Hildebrand. Auto-Draft Monthly Payment charged the 5th of each month. 30 Day Cancellation Notice: rhanafin@ymcacolumbus.org.

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Martial Arts 2 (Moo Duk Kwan Tae Kwon Do) (3 Days a Week - Member \$44.95/month, Youth Member \$54.95/month, Non-Member \$74.95/month) Ages 9+ (Intermediate Belt Range). Traditional martial arts system that will instill the discipline, ethics and self-confidence that martial arts are known for. Up to 3 classes a week: Tuesday/Thursday 6:45pm-7:45pm and Saturday 11:00-11:55am. Uniform, belt system and tournaments at add'l cost. Auto-Draft Monthly Payment charged the 5th of each month. 30 Day Cancellation Notice: ghanafin@ymcacolumbus.org.

Martial Arts 3 (Moo Duk Kwan Tae Kwon Do) (3 Days a Week - Member \$44.95/month, Youth Member \$54.95/month, Non-Member \$74.95/month) Ages 10+ (Advanced Belt Range). Students from other schools welcome. Up to 3 classes a week: Tuesday/Thursday 7:45pm-8:30pm and Saturday 12:00-1:00pm. Uniform, belt system and tournaments at add'l cost. Auto-Draft Monthly Payment charged the 5th of each month. 30 Day Cancellation Notice: ghanafin@ymcacolumbus.org.

Adult Combative Martial Arts and Krav Maga (Joe Lewis Fighting System) (Member \$24.95, Non-Member \$39.95) Thursdays 7:00-7:45PM. This is a modern martial art that combines the methods of Combative Kickboxing and grappling techniques of Gi Tai Ju-Jitsu, to produce a class that provides a great workout while teaching you to be safe. Wear athletic clothing. **8 Week Course Starts 1/9.**

RAD - Rape Aggression Defense Systems (\$20) Teen and Adult Women ages 13+. Tuesdays 6:00-8:00PM. Come and learn strategies dealing with risk reduction, risk avoidance, awareness education and basic hands on defense response. The course attendance is restricted to women only and is taught by Delaware City Police Officers certified as R.A.D instructors. R.A.D is not a martial arts course and the techniques can be used by persons of all skill levels. Classes are open to women 13 and older. Each student will receive a workbook/reference manual that details the entire program and all graduates will be able to return to any R.A.D. class nationwide. Class starts 2/4 - 5 week class.

Daddy Daughter Bowling - Sunday, February 23rd, 2-4PM. \$15/daughter, \$20/daughter after 2/11. Recommended ages 4+. Join us at Delaware Lanes (near Meijer) for the 4th annual bowling event. Team up with your daughter(s). Includes shoe rentals and two games. Prizes and fun will abound!

NEW! Finley's Family Play Time - Newborn - 6 years old. Free. A place to come and play with your children and make new friends along the way! Explore gymnastics equipment and rotating activities. Located in the Community Room during scheduled hours. Made possible by a grant from the Finley's Smile Foundation.

Youth in Government - Grades 9-12. Through Regular Meetings, Youth in Government State Assembly, Mock City Government and the Fall Leaders Training, students will have an opportunity to build leadership skills and citizenship attitudes - in an experience based, 'hands-on' environment. The group will meet regularly as they prepare for a three day conference in the Spring at the Columbus State House, where they will take on the government roles. For more information on participating as a student or as an adult volunteer email ghanafin@ymcacolumbus.org.

Daddy-Daughter Dance (\$25/couple - \$10 for each additional girl) Recommended ages 4-17. January 11, 6:00-8:00PM. Dance will be held at OWU Student Center, Delaware, OH 43015. An Ice Cream Bar will be available at 6:30pm, followed by games and dancing. Moms will not be allowed to say. Professional Picture included. Formal Dress is encouraged.

Mother-Son Super Hero Party (\$25/couple - \$10 for each additional boy) Ages 3-17. Friday, March 13, 6:30-8:30PM. Party will be held at Mingo Park in the Gym. An Ice Cream Bar will be available at 6:30pm. The Hero's Welcome will start at 7pm where you will get to meet your favorite heroes. During the event there will be inflatables, photo booth, costume contest and games that will test your super hero abilities. Professional Picture included. Super Hero dress is encouraged (mom's too!). Registration starts January 1.

Teen Leaders Club - Grades 6-8, Thursdays at 6:00-7:00PM, Grades 9-12 Thursdays 7:00-8:00PM. New members are always welcome. Teen Leaders Club is a program that brings Teens together to develop group leadership skills. Teens meet on a weekly basis, in addition to other activities, trips and volunteer opportunities. No registration necessary. Email ghanafin@ymcacolumbus.org for more information.