



Youth, Teen, Family and Sports Classes & Programs Schedule

2009 SESSION 6 • November 2 - December 20

East YMCA • 651-771-8881 PHONE • 651-793-3565 FAX

BUILDING HOURS

Monday-Friday: 5:30 a.m. - 9:00 p.m.
 Saturday: 7:00 a.m. - 6:00 p.m.
 Sunday: 10:00 a.m. - 6:00 p.m.

KIDS STUFF HOURS

Monday-Friday: 8:45 a.m. - 1:15 p.m. and 4:15-8:45
 Saturday: 8:15 a.m. - 1:15 p.m.
 Sunday: 1:30- 5:30 p.m.

***Classes may be cancelled if enrollment minimums are not met.

| Begin Time | | End Time | AM/PM | Class | Class Code | 2 Digit ID | Adult, Metro Family & Dual Members Fee | St. Paul Family Member Fee (STPL only) | Program Participants Fee |
|--------------------------------------|----|----------|-------|--|------------|------------|--|--|--------------------------|
| MONDAY | | | | | | | | | |
| YOUTH SPORTS CLASSES | | | | | | | | | |
| SCHOOL AGE SPORTS CLASSES: AGES 6-15 | | | | | | | | | |
| 6:15 | to | 7:00 | pm | School Age Flag Football: Ages 9-11 | 03318 - 10 | L | \$32 | | \$64 |
| 7:10 | to | 7:55 | pm | School Age Flag Football: Ages 6-8 | 03318 - 11 | L | \$32 | | \$64 |
| FAMILY | | | | | | | | | |
| 10:00 | to | 11:00 | am | Romp n' Stomp: A Family Fun Gym | | | Free | Free | M |
| TEENS | | | | | | | | | |
| 5:30 | to | 8:30 | pm | Teen Centers | 03403 - 01 | S | | S | S |
| 5:00 | to | 6:00 | pm | Youth in Government Model Assembly Session | 06103 - 01 | S | | S | S |
| YOUTH ENRICHMENT | | | | | | | | | |
| 5:35 | to | 6:05 | pm | Preschool Music and Movement: Ages 3-5 | 05202 - 10 | L | \$32 | | \$64 |
| TUESDAY | | | | | | | | | |
| YOUTH SPORTS CLASSES | | | | | | | | | |
| SCHOOL AGE SPORTS CLASSES: AGES 6-15 | | | | | | | | | |
| 5:30 | to | 6:45 | pm | Tae Kwon Do - 11/2 to 11/28- Ages 6-12 | 01130 - 22 | S | | S | S |
| 5:30 | to | 6:45 | pm | Tae Kwon Do - 12/1 to 12/26 - Ages 6-12 | 01130 - 24 | S | | S | S |
| TEENS | | | | | | | | | |
| 5:30 | to | 8:30 | pm | Teen Centers | 03403 - 01 | S | | S | S |
| 6:15 | to | 7:30 | pm | Sister Circle | 06113 - 01 | | Free | Free | Free |
| 7:00 | to | 8:15 | pm | Tae Kwon Do - 11/2 to 11/28, Ages 13-18 | 01130 - 23 | S | | S | S |
| 7:00 | to | 8:15 | pm | Tae Kwon Do - 12/1 to 12/26 - Ages 13-18 | 01130 - 25 | S | | s | S |
| WEDNESDAY | | | | | | | | | |
| YOUTH SPORTS CLASSES | | | | | | | | | |
| PRESCHOOL SPORTS CLASSES: AGES 3-5 | | | | | | | | | |
| 10:00 | to | 10:30 | am | Preschool Sports Sampler: Ages 3-5 | 03302 - 30 | L | \$32 | | \$64 |
| YOUTH SPORTS CLASSES | | | | | | | | | |
| SCHOOL AGE SPORTS CLASSES: AGES 6-15 | | | | | | | | | |
| 4:15 | to | 5:00 | pm | School Age Basketball: Ages 6-8 | 03310 - 30 | L | \$32 | | \$64 |
| 5:10 | to | 5:55 | pm | School Age Basketball: Ages 9-11 | 03310 - 31 | L | \$32 | | \$64 |

S - See Member Services for Details
 F - Free with one time \$35 registration fee
 M - Members Only
 L - First Land Class Free

Registration required for most classes.
 Registration begins
 October 2, 2009
 Visit www.ymcatwincities.org



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KIDS STUFF HOURS

Monday-Friday: 8:45 a.m. - 1:15 p.m. and 4:15-8:45
 Saturday: 8:15 a.m. - 1:15 p.m.
 Sunday: 1:30- 5:30 p.m.

***Classes may be cancelled if enrollment minimums are not met.

TEENS

| | | | | | | | | |
|------|----|------|----|-------------------------|------------|------|------|------|
| 5:00 | to | 6:00 | pm | Multicultural Achievers | 06110 - 01 | S | S | S |
| 5:30 | to | 6:30 | pm | Teen Centers | 03403 - 01 | S | S | S |
| 6:00 | to | 7:00 | pm | Men on a Mission | 06114 - 01 | Free | Free | Free |

THURSDAY

TEENS

| | | | | | | | | |
|------|----|------|----|--------------|------------|---|---|---|
| 5:30 | to | 8:30 | pm | Teen Centers | 03403 - 01 | S | S | S |
| 6:30 | to | 7:30 | pm | Leaders Club | 06102 - 01 | S | S | S |

FRIDAY

YOUTH SPORTS CLASSES

SCHOOL AGE SPORTS CLASSES: AGES 6-15

| | | | | | | | | |
|------|----|------|----|--|------------|---|---|---|
| 6:00 | to | 7:15 | pm | Tae Kwon Do - 11/6 to 11/27 - Ages 6-12 | 01130 - 22 | S | S | S |
| 6:00 | to | 7:15 | pm | Tae Kwon Do - 12/11 to 12/18 - Ages 6-12 | 01130 - 24 | S | S | S |

FAMILY

| | | | | | | | | |
|------|----|------|----|---------------------------------|--|------|------|---|
| 5:00 | to | 6:00 | pm | Romp 'n Stomp: A Family Fun Gym | | Free | Free | M |
|------|----|------|----|---------------------------------|--|------|------|---|

TEENS

| | | | | | | | | |
|------|----|------|----|--|------------|---|---|---|
| 5:30 | to | 5:30 | | Teen Centers | 03403 - 01 | S | S | S |
| 7:30 | to | 8:15 | pm | Tae Kwon Do - 11/6 to 11/27 - Ages 13 to 18 | 01130 - 23 | S | S | S |
| 7:30 | to | 8:15 | pm | Tae Kwon Do - 12/11 to 12/18 - Ages 13 to 18 | 01130 - 25 | S | S | S |

SATURDAY

YOUTH SPORTS CLASSES

PRESCHOOL SPORTS CLASSES: AGES 3-5

| | | | | | | | | |
|-------|----|-------|----|----------------------------|------------|---|------|------|
| 12:20 | to | 12:50 | pm | Preschool Soccer: Ages 3-5 | 03325 - 60 | L | \$32 | \$64 |
|-------|----|-------|----|----------------------------|------------|---|------|------|

YOUTH SPORTS CLASSES

SCHOOL AGE SPORTS CLASSES: AGES 6-15

| | | | | | | | | |
|-------|----|-------|----|------------------------------|------------|---|------|------|
| 10:30 | to | 11:15 | am | School Age Soccer: Ages 9-11 | 03315 - 60 | L | \$32 | \$64 |
| 11:25 | to | 12:10 | pm | School Age Soccer: Ages 6-8 | 03315 - 61 | L | \$32 | \$64 |

FAMILY

| | | | | | | | | |
|-------|----|-------|----|---------------------------------------|------------|---|---|---|
| 11:00 | to | 12:15 | pm | Tae Kwon Do - 11/7-11/28 - Ages 6-12 | 01130 - 22 | S | S | S |
| 11:00 | to | 12:15 | pm | Tae kwon Do - 12/5-12/26 - Ages 6-12 | 01130 - 24 | S | S | S |
| 11:00 | to | 12:10 | pm | Tae Kwon Do - 11/7-11/28 - Ages 13-18 | 01130 - 23 | S | S | S |
| 11:00 | to | 12:15 | pm | Tae Kwon Do - 12/5-12/26 - Ages 13-18 | 01130 - 25 | S | S | S |

SUNDAY

FAMILY

| | | | | | | | | |
|------|----|------|----|--|--|------|------|---|
| 1:00 | to | 3:00 | pm | Super Family Sunday --First Sunday of each month | | Free | Free | M |
|------|----|------|----|--|--|------|------|---|

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