

Huron Charter Township Recreation Commission and the YWCA

2011 Programs YWCA 313-537-8500



YOUTH PRORAMS

PRE-REGISTRATION REQUIRED FOR ALL CLASSES

Little Ninjas- Children ages 4-5 years Introduction to karate designed to teach children 7 important life skills: focus, memory, teamwork, discipline, self control, balance and coordination. All is achieved through exciting games and activities. Wear loose fitting clothes. **When:** Wednesday starting March 30 (6 weeks) **Time:** 5:30-6:00 PM **Location:** Sunnyside **Cost:** \$40 DOBOK NOT MANDATORY

Kids Power Karate- Ages 5-12. Traditional martial arts training emphasizing self defense, physical fitness, conflict resolution, team work and anti kidnapping techniques. This program is designed especially for children and teaches prevention first. Wear loose fitting clothes. **When:** Wednesday starting March 30 (6 weeks) **Time:** 6:15-7:00 PM **Location:** Sunnyside **Cost:** \$40 *Students will have the opportunity to test for their belt for an addi-tion \$20 fee payable to PKSA at the time of testing. DOBOK NOT MANDATORY

Gymnastics-This class is designed for a fun and energized introduction to basic gymnastics. Basic panel mats, shape mats, floor balance beams and tummy roll bars are some of the equipment that will be used to facilitate the teaching. The coach is a trained and experienced professional gymnast who is safety certified. **When:** Monday's April 11-June 6, 2011(no 4/18,4/25 or5/30)**Time:** 3-4 years 5-5:30 5-7 years 5:30-6:15 8-10 years 6:15-7:00 pm **Location:** Sunnyside **Cost:**\$50.00

Cheerleading-This class will teach students the basic tumbling and various aspects of cheerleading. They will also learn proper voice usage, the importance of facial expression and confidence when cheering. Our professional instructors will teach proper body positions, stunts and cheer motions. **When: Monday's** April 11-June 6, 2011(no 4/18,4/25 or5/30)**Times: Ages 6-10** years 7:00-7:45 p.m. **Location:** Sunnyside **Cost:** \$50

Princess Dance Each week we will learn a different dance using the basic in dance discipline. Each week your child will receive a prop to go along with our princess theme. (example Belle Ballet- tiara) **When:** Wednesday's April 6-May 18, 2011(no class 4/21)**Time** 3-4 years 5:00-5:30 **5-7 years old** - 5:35-6:20p.m. **Location:** Sunnyside **Cost:**\$45

ADULT PRORAMS

ZUMBA® is a fusion of Latin and international music-dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **Bring a small towel and water!****When:** Wednesday's April 27-June 1, 2011 **Time:** 6:00 p.m. - 7:00 p.m. **Location:** Miller Elementary **Cost:** \$36 Instructor: Elements of Exercise

Ball Blast- Do you own a stability ball, and can't figure out what to do with it? This Ball Blast group exercise class you will learn exercises and use a stability ball to achieve core strength, improved cardiovascular health, while sculpting the entire body. This program is for all levels of fitness. With this class you will improve agility, muscular strength and endurance, as well as flexibility. **Mat, Ball and 3-5lb weights needed. **When:** Wednesday's April 27-June 1, 2011 **Time:** 7:10-8:00 p.m. **Location:** Miller Elementary **Cost:** \$36 Instructor: Elements of Exercise

Lean and Mean Kettlebell Class- Kettlebells are the hottest fitness trend today! In Kettlebell training you target every aspect of fitness using functional movements. You will gain tighter legs, gluts, back, arms, and abdominals. It is the ultimate core workout, while developing your cardiovascular conditioning, power, stability, flexibility, balance, and agility. This is truly a total body workout! *Kettlebell needed. Women 5lb-10lb recommended. Men 10lb-20lb recommended. **When:** Thursday's April 28-June 2, 2011 **Time:** 7:00-8:00 p.m. **Location:** Brown Elementary **Cost:** \$36 Instructor: Elements of Exercise

POWER ABS & CORE-This class is designed to help you achieve the flat, ripped abs and strong back you always wanted. You will work your mid section and core to the max. Building a strong core and flat stomach. * Mat and 3lb-5lb weights needed. **When:** Thursday's April 28-June 2, 2011 **Time:** 6:00-6:50 p.m. **Location:** Brown Elementary **Cost:** \$36 Instructor: Elements of Exercise

REGISTRATION FORM

Please complete the entire form. Mail completed form and fees to YWCA Downriver Outreach, P.O. Box 121 Wyandotte, MI 48192.
Make checks payable to YWCA For questions call the YWCA at 313-537-8500.

Class Participant's Name _____	Class Registering for _____
Address _____	City _____ Zip _____
Home Phone _____	Cell _____
E-mail _____	Child Age _____ Child Grade _____

FOR CREDIT CARD PAYMENT

Name _____	Expiration Date _____
Credit Card Number _____	Credit Card Type _____
Signature _____	Total Amount _____

The Huron Charter Township Parks and Recreation Commission and/or the YWCA reserves the right to cancel or revise the time of class or activity for which there is insufficient registration or to close a facility due to inclement weather, equipment, etc. It is the policy of the Huron School District, the Huron Charter Township Parks and Recreation Commission and the YWCA not to discriminate on the basis of race, color, religion, national origin, age, sex or handicap in its programs, activities or employment.

Waiver of Liability

In consideration of your acceptance of my/my child's registration in this program, I do hereby, for myself, my child, my heirs and personal representatives, waiver, release and forever discharge any and all municipalities, school districts, St Johns UCC the YWCA of Metropolitan Detroit, and properties throughout which the program will be held on its or their respective officers, instructors, administrators, successors and/or assigns for any and all damages which may be sustained or suffered by me/my child in connection with said association with this program and my/my child's participation therein. I further represent that I am/ my child is in good physical condition and has no disability or ailment that will prevent me/my child from engaging in this activity.

Signature _____ Relationship _____ Date _____

