

## Preschool and Youth Programs

### Y MEMBER SERVICES

Y Memberships have value for youth & parents who utilize our services. The Dubuque Community Y offers a variety of services for Y Youth Members. Youth can find supervised & fun activities at the Y Monday thru Friday AFTER SCHOOL & on the weekends. Your child will always have a SAFE place as a Y Member.

(Boys & Girls ages 8-17)

- New Youth & Teen Orientation for new Members
- Open Gym, Swim, & Wellness
- Open Teen Room
- Early Release and Non-School Days
- Y Club After School Program (6-12 grade)

The program focuses on the development of the whole person and is designed to help youth become better decision makers and raise their self esteem through community service, service learning, creative self expression and healthy lifestyle education.

The program runs on Mondays & Wednesdays from 2:30-8:00pm. 40 male and female youth ages 12-18 are registered through school referrals and home visits. Y memberships, transportation, free meals, trained staff, and program resources are all provided as a result of grant funding.

### **NOW AVAILABLE!**

#### Online Registration!

You can now register online for selected programs.

Go to [www.DubuqueY.org](http://www.DubuqueY.org) to learn how to register now!

### **Baby & Toddler Programs**

#### Baby Mind Time

(Ideal for babies 2 - 6 months) Discover your baby's hidden talents! This interactive parent and baby class will introduce you to insights from Drs. Acredolo and Goodwyn's best-selling book, *Baby Minds*, all in the context of fun songs and activities.

**Saturday, October 2nd 9:00 - 10:00 AM**

**Fee:** \$12 members and program participants

#### Sign, Say and Play

(9 months - 30 months) Sign, Say & Play® Class is a 6-week Baby Signs® program designed especially for parents and their 9 month-30 month old children. Fun games, songs, and activities highlight important developmental skills. Themes include: mealtime, bedtime, bath time, getting dressed, pets and the park. **Class runs September 7th - October 12th.**

Tuesday 5:45 - 6:30 PM

**Fee:** \$50 members and program participants

(Sign up with a friend and receive a free Baby Signs gift)

#### More Sign, Say and Play

(9 months - 30 months) The *More Sign, Say & Play*® Class consists of six additional classes designed to follow the initial six Sign, Say & Play® classes. Fun games, songs, and activities highlight important developmental skills. Themes include: safety, feelings, outside, at the zoo, on the farm and birthday.

*Prerequisite:* Sign, Say and Play. **Class runs**

**October 19th - November 23rd.**

Tuesday 5:45 - 6:30 PM

**Fee:** \$50 members and program participants

#### It's Potty Time!

(Ideal for ages 1-4 years old) This class provides a fun way to introduce the concept of potty training within an entertaining and interactive class. Children will learn potty time signs, sing songs and hear stories about using the potty. There will be information for parents about the Baby Signs® Potty Training Program with ideas for starting and staying motivated with potty training.

**Saturday, September 11th 9:00 - 9:45 AM**

**Fee:** Free

### **Preschool Sports Programs**

#### Tumble Tots

(Boys & girls ages 3-5) This class includes tumbling, bars, animal walks, and games. Participants must be potty trained. **Class begins the week of September 6th and runs for 10 weeks.**

Thursday 9:45 - 10:30 AM

Saturday 10:00 - 10:45 AM

**Fee:** \$20 members \$40 program participants

(Parents are welcome to participate)

#### Swim & Gym

(Boys & girls ages 3-5) Includes the use of large and small gym equipment, playing games and learning basic swim skills. Youth participants should arrive with swimwear under clothing & bag for clothing change. Participants *must* be potty trained. **Class begins the week of September 6th and runs for 10 weeks.**

Tuesday 9:45 - 11:15 AM

Wednesday 12:45 - 2:15 PM

Friday 9:45 - 11:15 AM

**Fee:** \$40 members \$80 program participants

#### Supersports

(Boys & girls ages 3-5) This class introduces fun & variety sports including basketball, soccer, relays and more. Various relays will also be used to enhance skill & fun! *Parent volunteers needed.* **Class begins the week of September 6th and runs for 8 weeks.**

Tuesday 11:30 - 12:15 PM

4:30 - 5:15 PM

Thursday 11:30 - 12:15 PM

4:30 - 5:15 PM

Saturday 9:00 - 10:00 AM

**Fee:** \$15 members \$30 program participants

#### Biddy Flag Football

(Boys & girls ages 4-5) Throwing, catching and rules of the game are some of the skills that instructors will be teaching. **Class begins the week of September 13th and runs for 8 weeks.**

Monday 5:15 - 6:00 PM

**Fee:** \$15 members \$30 program participants

**Volunteer parent coaches needed.**

### **Youth Sports Programs**

#### Supersports Plus

(Boys & girls ages 5-8) This class introduces skill development for fun & variety sports including basketball, soccer, relays and more. Various relays will also be used to enhance skill & fun! **Class begins the week of September 6th and runs for 8 weeks.**

Saturday 10:00 - 11:00 AM

**Fee:** \$15 members \$30 program participants

#### Gymnastics

(Boys & girls ages 5 & up) This is for beginner and intermediate gymnasts. Gymnasts must wear appropriate clothing. No belts, buckles, or zippers. **Class begins the week of September 6th and runs for 10 weeks.**

Saturday 9:00 - 10:00 AM (Beginner)

Saturday 9:00 - 10:00 AM (Intermediate)

Saturday 10:00 - 10:45 AM (Preschool)

Saturday 10:45 - 11:45 AM (Boys & girls)

**Fee:** \$20 members \$40 program participants

## Swim Lessons

### Fall Session I

Early Registration will begin the week of August 16. Open registration will begin the week of August 23. The session will begin the week of September 6 (No classes on Labor Day). The session will end the week of October 18. This will be a 7 week session.  
**Fee:** \$38 members  
\$76 program participants

### Winter Session I:

Early Registration will begin the week of October 18. Open registration will begin the week of October 25. The session will begin the week of November 1. The session will end the week of December 13. This will be a 7 week session.  
**Fee:** \$38 members  
\$76 program participants

### Swim Team Rookie Week

Rookie week is for all new swimmers who are interested in joining to the Dubuque Dolphins. This FREE rookie week will be held the first week of October, 6:30-7:30 pm. After swimming and being evaluated by the coaches, all participants will receive a referral to the swim team or swim lessons. You must present this referral in order to register.

Rookie Week will be offered (you only need to come to one day):  
Monday, Oct. 4, ages 5-8  
Tuesday, October 5, ages 9-18  
Thursday, October 7, ages 5-18

### Swim Team Registration

Current participants may register starting September 20-October 25. New swimmers may register starting October 4-October 25.

Swim Team starts the week of November 1.

## The Dubuque Community Y's

Halloween  
Parade

Monday, October 25

Look for more information  
in Early October.

It will be a screaming good time.

## Youth Sports Programs

### DCY Dance and Cheer Team

(Boys & girls 1st - 6th grade) This class will offer opportunities to learn the fundamentals of dance and cheer. Introduction to stunts and tumbling, and community performances. Black Jazz dance shoes are required.  
**Class begins the week of September 13th and runs for 15 weeks.**

Monday 4:30 - 5:30 PM  
**Fee:** \$40 members \$80 program participants  
(Performance t-shirt additional fee)

### Ballet

Learn the basics of dance steps to Ballet. **Class begins the week of September 6th and runs for 8 weeks.**

Thursday 5:45 - 6:30 PM Pre-Ballet (5 & up)  
Thursday 6:30 - 7:15 PM Beginning Ballet  
Thursday 7:15 - 8:00 PM Continuing Ballet  
**Fee:** \$15 members \$30 program participants  
(Parents are welcome to participate)

### Flag Football

(Boys & girls grades 1st - 4th) This program introduces football in a low contact environment. Participants will learn basic football skills, teamwork, respect for self and others, and have FUN! Practice will be one day a week and games will be on Saturday. Practice will begin one week after official class day. First official class day will be utilized to establish teams; **volunteer coaches are needed for this program.**

**Fee:** \$30 members \$60 program participants

#### **Grades: 1<sup>st</sup>-2<sup>nd</sup>**

**Begins week of September 6<sup>th</sup> for 8 weeks**

Saturday 12:00 - 1:00 PM  
Practice: 11:00 - 11:45 AM on Saturdays  
Location: Y field

#### **Grades: 3<sup>rd</sup>-4<sup>th</sup>**

**Begins week of September 6<sup>th</sup> for 8 weeks**

Saturday 1:00 - 2:00 PM  
Practice: 12:00-12:45 PM on Saturdays  
Location: Y Field

### NEW! Family Tae-Kwon-Do

(Ages 10 & up including adults) This new & exciting class is set up for youth, 10 to 18 years of age, both boys and girls. Parent/legal guardians are encouraged to participate. Youth can register for class alone but if a parent/legal guardian registers, they must also have at least one child register also. Registration fees for parents and child are separate. Again, this class is geared toward children and their families. **Class will begin September 7<sup>th</sup> for 8 weeks**

Tuesday 6:30 - 7:30 PM  
**Fee:** \$15 members \$25 program participants

### (DYSA) Boys & Girls Basketball League

(Boys & girls grades 2nd - 8th) **Go to [DYSAsite.com](http://DYSAsite.com) to register & for more information.** The Dubuque Y Sports Association provides exciting new features to one of the fastest growing leagues in the Tri-states area including online registration, clinic opportunities for volunteer & parent coaches, league tournaments & more.

### Intensity Girls Traveling Basketball

#### Program Placement

(Girls grades 5th - 8th) Program Placement is the DCY Girls Basketball System used to evaluate players and place them on a Competitive Traveling Team. High School & qualified Coaches will evaluate players and place them on a team that will give them the best opportunity for continued development. Contact Y for more information regarding Intensity Program.

Monday, August 23rd 6:00 - 8:00 PM  
**Fee:** \$15 members and program participants

### New! Dubuque Y Boxing Club

(Boys & girls ages 8 - 17, 18-34) The Dubuque Y Boxing Club has a goal to provide the cultural sport of boxing, as an amateur recreational activity or alternative fitness opportunity to the youth and young adults of the Dubuque community. Amateur boxing, under the auspices of USA Boxing at the national level and the DCY at the local level, will provide an opportunity for a safe sports program. **Training begins week of September 13th and runs until November 9th.**

Mon & Wed 1:00 - 2:30 PM (18 & Up)  
3:00 - 4:30 PM (12-17 yrs old)  
Tues & Thurs. 4:30 - 5:30 PM (8-11yrs old)  
6:30 - 8:30 PM (12 & Up)  
Saturday 11:30 - 3:00 PM Sparring (all ages)  
**Fee:** \$75 members \$100 program participants

## Specialized Programs

### Safe Sitter

(Ages 11 & Up) This is a 6 - hour essential curriculum designed for busy schedules. It includes Babysitting as a Business, Success on the Job, Child Care Essentials, Safety for the Sitter, Injury Management, Preventing Problem Behavior, Care of Choking Infant, and Care of Choking Child. It introduces Preventing Injuries and Behavior Management.

**Saturday, September 18, 2010 9:00 AM - 3:00 PM**

**Fee:** \$25 members \$30 program participants

### NEW! Zumba® Fitness for Girls

(Girls 6-12th grade) "Ditch the Workout and Join the Party" with Zumba® Fitness for girls! The Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! For more information please stop by the Y member service desk. **Class begins October 6th and runs for 10 weeks.**

Wednesday 4:30 - 5:30 PM  
**Fee:** \$20 members \$40 program participants

## Childhood Programs

### Y Creative Learning & Childcare Center

Located on the Dubuque Community Y campus, Y Creative Childcare is for children two - five years of age. Program hours are 6:00 AM to 6:00 PM, Monday - Friday.

### Finley/DCY Childcare

Dubuque Community Y, in collaboration with The Finley Hospital, offers Infant, Toddler, and Preschool childcare for children six weeks-five years of age. Located on The Finley Hospital campus, the program hours are 6:00 AM-7:30 PM.

### Kids of the Kingdom Childcare

Dubuque Community Y, in collaboration with Lord of Life Lutheran Church, offers Preschool childcare for children 3-5 years of age. Located at 2899 Hales Mill Rd, Asbury, the program hours are 6:30 AM - 6:00 PM, Monday - Friday.

### School Age - Before & After School Care

The Dubuque Community Y sponsors Before/After Care from 6:30 AM - 6:00 PM at 13 elementary schools for ages 5-12. Full and Part-time enrollments accepted for the 2010-2011 school year.

### Cool School Club

The Dubuque Community Y provides licensed summer care for children who completed kindergarten through 6 grade. Program runs Monday-Friday from 6:00 AM - 6:30 PM. Full and part-time enrollments accepted.