



Spring 2012



Preschool and Youth Programs

Y Be A Member?

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 week-ends. Your child will always have a SAFE place as a Y Member.

Preschool Sports Programs

Tumble Tots

(Ages 3-5) This class includes tumbling, bars, animal walks, and games. Must be potty trained. **Class begins the week of March 10th and runs for 10 weeks.**

Saturday 10:00 - 10:45 AM

Fee: \$20 members \$40 program participants

Swim & Gym

(Ages 3-5) Includes the use of large and small gym equipment, playing games and learning basic swim skills. All youth participants must be potty trained. **Class begins the week of March 26th and runs for 10 weeks.**

Wednesday 12:30 - 2:00 PM

Friday 9:45 - 11:15 AM

Fee: \$30 members \$60 program participants

Supersports & Sports Wall

(Ages 3-5) Catching, kicking, striking, and swinging, as well as stretching, running, hopping, and skipping will be emphasized. Sport play such as basketball, soccer, kickball, t-ball, and bowling will be emphasized and incorporated. Various relays will also be used to enhance skill & fun! **Class begins the week of March 26th and runs for 8 weeks.**

Tuesdays 4:30 - 5:15 PM

Saturdays 9:00 - 10:00 AM

Fee: \$15 members \$30 program participants

Spring "Mini" Basketball Game Play

(Ages 5-6) Participants will play dribbling, shooting, and passing games & contest for 2 weeks and play games with "Mini" basketballs & a portable basketball hoop for the final 6 weeks. **Class begins March 28th and runs for 8 weeks.**

Wednesday 5:15 - 6:15 PM

Fee: \$30 members \$60 program participants

Youth Sports Programs

Spring "Mini" Basketball Game Play

(Ages 7-8) Participants will play dribbling, shooting, and passing games & contest for 2 weeks and play games with "Mini" basketballs & a portable basketball hoop for the final 6 weeks. **Class begins March 28th and runs for 8 weeks.**

Wednesday 5:15 - 6:15 PM

Fee: \$30 members \$60 program participants

Dubuque Y BOXING CLUB

(Boys & Girls ages 8 - 17, 18-34) The New 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. The objective is to meet this need through an organized program & training boxing coach. Amateur boxing, under the auspices of USA Boxing at the national level and the Dubuque Community Y at the local level, will provide an opportunity for a safe sports program.

Contact Y for more information.

Mon & Wed 3:00 - 4:30 PM (8-11 yrs. old)

Tue & Thurs 4:30 - 6:00 PM (12-15 yrs. old)

Tue & Thurs 6:30 - 8:00 PM (16 & Up)

Saturdays 11:30 - 3:00 PM Sparing (all ages)

Fee: \$10 members \$20 program participants

New Y Storm Volleyball League

(Girls grade 3-7) Go to www.DYSAsite.com for more information. Y Storm Volleyball is designed to provide expanded opportunities for the sport of Volleyball thru the Dubuque Community Y. Our goal is to develop individual and team fundamental skills provide quality-coaching instruction and provide increased playing time in a competitive environment. Multiple divisions provided for all skill levels. Establish Teams and Individuals accepted. (*League Registration has already begun, contact Y for more information about getting involved in the New Y Storm Volleyball League*)

Volunteer parent coaches needed at all levels.

T-Shirt Jerseys are provided at all levels

Games will begin February 18, 2012 for 6 weeks

Games played on Saturdays - location & times T.B.D.

Fee: \$60

Dubuque Community Y

35 North Booth Street

Dubuque, Iowa

52001



Swim Lessons

Spring Session I, DCY & Divine Word Classes

The Spring I Swim Lesson Session will begin the week of March 7, 2011. This will be a seven week session with classes ending the week of April 18, 2011. Classes will be offered Monday-Thursday, mid-afternoon/evenings, and also on Saturday mornings. A few morning classes will be offered during the weekdays for the preschool levels. Early registration for current participants will begin on February 21, 2011. Open registration will begin on February 28, 2011.
Fee: \$38.00 member
\$76.00 program participants

Spring Session II, DCY & Divine Word Classes

The Spring II Swim Lesson Session will begin the week of May 2, 2011. This will be a six week session with classes ending the week of June 6, 2011. Classes will be offered Monday-Thursday, mid-afternoon/evenings, and also on Saturday mornings. A few morning classes will be offered during the weekdays for the preschool levels. Early registration for current participants will begin on April 18, 2011. Open registration will begin on April 25, 2011.
Fee: \$33.00 member
\$66.00 program participants



Youth Dance & Art Programs

DCY Dance and Cheer Team

(Boys & girls grades 1-6) The DCY Cheer Team will offer opportunities to learn the fundamentals of dance and cheer. Introduction to stunts and tumbling, and community performances. Team members may be divided by age and/or experience. *Sessions have already begun, but contact Y for information on how you can join the DCY Dance Team.*

Session runs January 9th thru April 16th

Mondays 4:30 - 5:30 PM

Fee: \$40 members \$80 program participants

Gymnastics

(Boys & girls 5 & up) This is for beginner and intermediate gymnasts. Gymnasts must wear appropriate clothing. No belts, buckles, or zippers. All elementary age boys are encouraged to sign up for 10:45 class. **Class begins the week of March 10th 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 4-5 yr.

Saturday 10:45 - 11:45 AM Boys & Girls

Fee: \$20 members \$40 program participants

Ballet

Learn the basics of dance steps to Ballet. **Class begins the week of March 29th and runs for 8 weeks.**

Pre-Ballet (5 & up)

Thursday 5:45 - 6:30 PM

Beginning Ballet (5 & Up)

Thursday 6:30 - 7:15 PM

Continuing Ballet (6 & Up)

Thursday 7:15 - 8:00 PM

Fee: \$15 members \$30 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.

Friday, March 16th 9:00 AM - 3:00 PM

Friday, June 8th 9:00 AM - 3:00 PM

Fee: \$25 members \$30 program participants

Birthday Parties

Your two-hour party includes swimming, hot dogs, chips, cake, ice cream, and drinks. Held on Fridays from 5:45-7:45pm or Saturdays from Noon - 2:00 PM. The birthday child or parent must be a Y member and the \$100.00 fee is for up to 12 people. There is an additional charge for every number over 12 with a maximum of 20 people. There must be at least one adult in the pool at any party for children 7 and under.

Dog Training

Information will be added

Family Programs

St. Patrick's Pool Party

Friday, March 16th, 6:30 - 8:30 PM

Bring your family and swim in the "green" small pool or climb the "Rock" in the large pool. Popcorn and juice will be available.

Fee: Free members \$10 per family non members

Easter Egg Hunt

Friday, March 30th, 5:00 - 8:00 PM

Have your child participate in this year's Easter Egg Hunt. The egg hunt will take place in the Y field and in the pool.

Fee: \$3/person member \$6/person non member

Day of Event tickets prices will increase

Healthy Kids Day

Saturday, April 16th, 9:00 - 11:30 AM

The Dubuque Community Y invites kids and parents in the community to make a "play date" at the YMCA's Healthy Kids Day™. As the leading nonprofit for strengthening community, the Y holds Healthy Kids Day to bring families together to engage in fun, active play and learn healthier habits that help them grow and thrive. Activities are free and open to all.

Childcare Programs

Registrations are now being accepted for the following childcare 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 6:00 AM - 6:00 PM, Monday - Friday.

School Age Childcare Before & After School Childcare

The Dubuque Community Y sponsors Before/After Care at 13 Dubuque Community Schools. SACC (School Age Childcare) programs provide care at the schools from 6:30 AM until school starts, and from school dismissal until 6:00 PM. On early dismissal and late start days, SACC extends their hours at the school sites. On weather related and scheduled No School Days, SACC is held at the DCY Center from 6:00 AM - 6:00 PM. These childcare programs are designed for school age children, 5 to 12 years of age. Full and part time enrollments are accepted.

Cool School Club

The Dubuque Community Y provides licensed summer childcare for children who have completed kindergarten through fifth grade. Cool School provides developmentally appropriate activities, field trips, and use of DCY facilities during summer break. Hot meals and snacks are included. Program hours are Monday-Friday, 6:00 AM-6:00 PM from the first day after school is dismissed in May/June, until the day before school begins in August. Full and part time enrollments are accepted.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY