

Winter 2009



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.

NEW PROGRAM!

Dubuque Y Boxing Club

(Ages 8-34) 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.

Register Today!

Dubuque Community Y

35 North Booth Street
Dubuque, Iowa 52001
(563) 556-3371
www.dubuquey.org

Preschool Sports Programs

Tumble Tots

(Ages 3-5) This class includes tumbling, bars, animal walks, and games. **Class begins the week of December 1st for 10 weeks.**

Tuesday 5:45 - 6:30 PM
Wednesday 5:45 - 6:30 PM
Thursday 9:45 - 10:30 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. Youth participants should arrive with swimwear under clothing & bag for clothing change. All youth participants must be potty trained. **Class begins the week of December 1st 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 December 1st for 8 weeks.**

Tuesday 4:30 - 5:15 PM
Thursday 4:30 - 5:15 PM

Fee: \$15 members \$30 program participants

Pee Wee Basketball League

(Boys & girls ages 5-7) Participants will be divided up into teams (4-on-4). Volunteer coaches needed (parents encouraged). **Class begin the week of December 2nd for 8 weeks.**

Wednesday 5:15 - 6:15 PM

Fee: \$30 members \$60 program participants

Youth Sports Programs

Gymnastics

(Boys & girls 5 & up) This is for beginner and intermediate gymnasts. Gymnasts must wear appropriate clothing. No belts, buckles, or zippers. **Class begins the week of December 1st and runs for 10 weeks.**

Wednesday 6:30 - 7:30 PM Beginner
Wednesday 6:30 - 7:30 PM Intermediate
Thursday 10:30 - 11:15 AM Preschool
Saturday 9:00 - 10:00 AM Beginner
Saturday 9:00 - 10:00 AM Intermediate
Saturday 10:00 - 10:45 AM Preschool
Saturday 11:00 - 11:45 AM Boys

Fee: \$20 members \$40 program participants

Tae-Kwon-Do

(Ages 10-18) this class helps develop discipline, concentration, confidence and leadership while improving flexibility, stamina, and strength. The martial arts also can improve self-esteem, respect and self-discipline. Martial Arts Instructor is a Second degree black belt with over 25 years experience, & over 17 years in law enforcement. **Class begins the week of December 1st for 8 weeks.**

Tuesdays 6:15 - 7:15 PM

Fee: \$15 members \$30 program participants

New 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 1:00 - 2:30 PM (18 & Up)
3:00 - 4:30 PM (12-17 yrs old)
Tues & Thurs. 4:30 - 5:30 PM (8-11 yrs old)
6:30 - 8:30 PM (12 & Up)

Saturdays 11:30-3:00pm Sparring (all ages welcome included in program)

Fee: \$75 members \$100 program participants



Swim Lessons

Winter Session II DCY & Divine Word Classes Offered

Early registration for current participants will begin on December 14. Open registration will begin on December 21.

The session will run the week of January 4 - February 15. This will be a 7-week session with classes being offered once a week.

Spring Session I DCY & Divine Word Classes Offered

Early registration for current participants will begin on February 15. Open registration will begin on February 22.

The session will run the week of March 2 - April 12. This will be a 7-week session with classes being offered once a week.

Family Programs

New Years Eve Celebration with Shuttle Trips to "Reflections in the Park"

**Thursday, December 31st
5:30 - 9:00 PM**

End the year with your family and friends at the Dubuque Community Y on Wednesday, December 31st from 5:00 - 9:00 PM. Come Join us as we bring the year to an end with games in the gym, pool activities, and snacks.

Fee: \$10/per family/members
\$20/per family/program participants

Valentine Dance Family Fun Night

February 12 6:30-8:30 PM

Girls ages 4-11 and their special fellow (dad, grandfather, uncle) are invited for dancing, pictures, and refreshments.

Fee: \$7 per couple/members
\$14 per couple/non-member
\$ 2 each additional daughter

Youth Sports Programs

NEW Boys Basketball League Dubuque Y Sports Association (DYSA)

(Boys 2-8th grade) The Dubuque Community Y has merged with The Dubuque Boys & Girls Basketball League (D.B.G.L. & D.B.B.L.) to provide 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. Participants will be divided up into teams (5-on-5). Establish Teams and Individuals accepted. Volunteer coaches needed (parents encouraged).

All Boys 2nd - 8th grade will play January through March. (Shortened season for all 7/8grade teams) **Games will begin January 9 for 10 weeks.**

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

Fee: \$60

Go to DYSAsite.com to register and for regular updates.

New Y Storm Volleyball League Dubuque Y Sports Association (DYSA)

(Girls grade 2-6th) Go to DYSAsite.com to register 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. Establish Teams and Individuals accepted. Volunteer coaches needed (parents encouraged).

The Y Storm Program will kick off our 1st Annual New Y Storm Volleyball League & **Games will begin mid-February for 7 weeks with a season ending tournament**

Games played on Saturdays - location & times T.B.D. Check dysasite.com for updates

Fee: \$50 program participants

The Dubuque Y Wrestling Clinic

(Boys & girls grades 3-6th) For wrestlers who are dedicated to introducing the sport of wrestling to area youth through organized clinics. It is our mission to educate interested youth in the basic skills necessary to succeed in the sport of wrestling through a safe and structured environment. Coaches will encourage the wrestlers to reach their highest potential through hard work on the mat and in school while keeping a positive attitude and having good sportsmanship. Coaches & Instructor will be from the University of Dubuque. **Clinic begins January 5th for 6 weeks.**

Tuesdays 6:00-7:30 PM

(Clinic will take place at Wahlert High School)

Fee: \$15 members \$30 program participants

DCY "Intensity" Girls Basketball

(Girls grade 3rd & 4th) Intensity is designed to review and develop basketball fundamentals in order to compete in Leagues & Tournaments throughout the Tri-state area. The Intensity Basketball Program is accepting registrations for 3rd & 4th grade only at this time. Contact the Y for more information if you are interested in the Intensity Program. Go to Dysasite.com to register.

Winter & Spring Session: January 4th - March 31st

3/4th Grade \$65.00

(Must be a Y member)

Youth Dance & Art Programs

Blue Jays Dance and Cheer Team

For Boys & Girls 1st thru 6th Grade The Blue Jays will offer opportunities to learn the fundamentals of dance and cheer, Introduction to stunts and tumbling, and community performances. Blue Jay members may be divided by age and/or experience. **Class begins the week of December 7th for 10 weeks.**

Mondays & Wednesdays 4:30 - 5:30 PM

Fee: \$40 member \$80 program participants

Ballet

Learn the basics of dance steps to Ballet. **Class begins the week of December 10th for 8 weeks.**

Thursday 5:45 - 6:30 PM Pre-Ballet (5 and up)

Thursday 6:30 - 7:15 PM Beginning Ballet

Thursday 7:15 - 8:00 PM Continuing Ballet

(Parents are welcome to participate)

Fee: \$15 members \$30 program participants

Specialized Programs

Safe Sitter

(Ages 11 & Up) This is a 6 ½ 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 March 6, 2009 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.

Seven Pillars of YMCA Youth Sports

Pillar 1: Everyone Plays

Pillar 2: Safety First

Pillar 3: Fair Play

Pillar 4: Positive Competition

Pillar 5: Family Involvement

Pillar 6: Sport for All

Pillar 7: Sport for Fun



We build strong kids, strong families, strong communities