

# Summer 2009

## 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



## Preschool and Youth Programs

### The YMCA Way

The YMCA's Youth Sports program helps kids become not only better players, but better people as well. It's a progressive program, with multiple age-specific levels. Every child gets to play and the games are safe, exciting and fun. We encourage fair play, positive competition, family involvement and even match children of similar abilities. So look into it. Because the final score won't be known for years.

### New In Aquatics!

Preschool lessons have a new ratio of 4 kids to 1 instructor. Youth lessons have a ratio of 5 kids to 1 instructor.

Divine Word extended summer swim lessons now being held! Registration June 15. The session will begin the week of June 29 - August 10.

DCY Union Park Day Camp will now hold summer swim lessons. For more information inquire at the Dubuque Community Y.

### Dubuque Community Y

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

### Preschool Sports Programs

#### Tumble Tots

(Ages 3-5) Includes tumbling, bars, animal walks and games. **Class begins the week of June 8th for 10 weeks.**

Tuesday 6:30 - 7:15 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. Parents should bring swim wear and change of clothing for every class. All youth participants should be potty trained. **Class begins the week of June 8th for 10 weeks.**

Tuesday 9:45 - 11:15 AM  
Wednesday 12:45 - 2:15 PM  
Friday 9:45 - 11:15 AM

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

#### Triple Play

(Ages 3-5) Participants will learn the basics of three sports focusing on coordination and motor skills (basketball, tee-ball, and soccer). Class time will run for 30 minutes with 15 minutes additional free time with parents. **Class begins the week of June 8th for 8 weeks.**

Monday 4:30 - 5:15 PM  
Thursday 10:00 - 10:45 AM

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

#### Intro to Basketball 101

(Ages 4-5) Participants will learn the terminology and basic fundamentals of basketball.

**Class begins the week of June 8th for 8 weeks.**

Wednesday 4:00 - 4:45 PM

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

### Youth Sports Programs

#### Baseball 101

(Boys & girls ages 7-11) Includes instruction and game play. Participants must provide their own glove. **Class begins the week of June 8th for 8 weeks.**

Thursday 5:30 - 6:30 PM

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

#### Tee-Ball

(Boys & girls ages 4-6) Participants will learn the fundamentals of playing tee-ball (hitting, throwing, catching, and running the bases). **Class begins the week of June 8th for 8 weeks.**

Monday 5:30 - 6:30 PM

Wednesday 5:30 - 6:30 PM

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

#### Basketball

This session includes the development of skills as well as game play. **Class begins the week of June 8th for 8 weeks.**

Tuesday and Thursday 2:00 - 3:00 pm (5-7 years old)

Tuesday and Thursday 3:00 - 4:00 pm (8-10 years old)

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

#### Gymnastics

(Boys & girls ages 4 and up) This program is for beginner and intermediate gymnasts. Gymnasts must wear appropriate clothing. No belts, buckles or zippers. **Class begins the week of June 8th for 10 weeks.**

Class	Day	Time	Mem	NM
Preschool	Thurs.	10:45 - 11:30 AM	\$20	\$40
K- age 7	Mon.	5:00 - 6:00 PM	\$30	\$60

### Dubuque Community Y



## Swim Lessons

### Summer Session I

Registration will begin on June 15, 2009. The session will begin the week of June 22 - July 13. This will be a 4-week session with classes being offered twice a week in the AM and PM.

### Summer Session II

Registration will begin on July 20, 2009. The session will begin the week of July 27 - August 17. This will be a 4-week session with classes being offered twice a week in the AM and PM.

### Saturday Session I

Registration will begin on June 15, 2009. The session will begin the week of June 22 - August 17. This will be a 7-week session with classes being offered twice a week in the AM and PM.

### Swim Camp

There will be three sessions of summer swim camps for kids with competitive swimming experience entering grades 1-5. The class will consist of land and water workouts. Class is held Monday, Wednesday & Friday from 9:45 - 11:15 AM Session 1 - June 8 - June 26 Session 2 - July 6 - July 24 Session 3 - July 27 - Aug. 14  
**Fee: \$45 members \$90 program participants**

### Swim Enhancement:

This session of summer swim enhancement is for kids with competitive swimming experience entering grades 6-8. This session will run from June 8 - July 24. There will be a break from June 26-July 6. Camp will meet Monday-Friday from 7:15-8:15 AM. The class will consist of a land and water workouts.  
**Fee: \$80 members \$160 program participants**

### Stay Fit:

This session of summer swim enhancement is for kids with competitive swimming experience entering grades 9-12. This session will run from June 8 - July 24. There will be a break from June 26-July 6. Camp will meet Monday, Wednesday, and Fridays from 6:15-7:15 AM & Tuesdays and Thursdays from 7:15-8:15 AM. The class will consist of land and water workouts.  
**Fee: \$80 members \$160 program participants**

## Youth Camp Programs

### New Y Storm Volleyball Summer Camp

(Boys & girls grade 1<sup>st</sup> - 8<sup>th</sup>) New Dubuque Y Storm Volleyball instructors will teach skills that include serving, passing, setting, defense, and hitting. Information will be given regarding our New Y Storm Volleyball program. Game play will be included. **Camp will run June 9-12.**  
 Tuesday - Friday 9:00 - 12:00 PM 1<sup>st</sup> - 4<sup>th</sup> Grade  
 Tuesday - Friday 1:00 - 4:00 PM 5<sup>th</sup> - 8<sup>th</sup> Grade  
**Note:** Camp T-shirts included  
**Fee: \$60 members \$120 program participants**

### British Soccer Camp

We will be holding a British Soccer Camp July 13-17. Camps for ages 3-5, 4-6, 6-10, and 10-16. British Soccer staff will teach the game of soccer. Register at the Dubuque Community Y or on-line at [www.challengersports.com](http://www.challengersports.com). For more information, contact the Dubuque Community Y.  
**Note:** Camp T-shirts included

### "Intensity" Team Camp

For present Intensity Team Members or youth interested in joining the Girls Intensity Traveling Basketball Program. 5-8<sup>th</sup> Grade must have at least 2 years experience.  
**Dates:** July 13, 15, 20, 22, 27, 29, August 3 & 5  
**Times:** 8:00 - 11:00 AM  
**Location:** Dubuque Community Y  
**Note:** Camp T-shirts included  
 Mondays & Wednesdays (Fall School Year Grade of 2008)  
 Grades 3<sup>rd</sup> & 4<sup>th</sup> - 8:00 - 9:30 AM  
**Fee: \$40 members \$65 program participants**  
 Grades 5<sup>th</sup> & 6<sup>th</sup> - 8:00 - 10:00 AM  
**Fee: \$50 members \$75 program participants**  
 Grades 7<sup>th</sup> & 8<sup>th</sup> 8:00 - 11:00 AM  
**Fee: \$75 members \$100 program participants**

### Blue Jays Beginner Dance Camp

(Grades 1<sup>st</sup> - 4<sup>th</sup>) Come learn the fundamentals of dance & cheer. Fun swim and games included.  
**Camp will run June 25-27.**  
 Thursday - Saturday 9:00 - 12:00 PM  
**Fee: \$40 members \$80 program participants**

## Teen Supervised Programs

### T.A.P (Teen Adventure Program)

The Y is now offering supervised programming for youth that age out of our SACC & Cool Programs for working families that desire age-appropriate activities for their kids. Pre-teens or teens can have a great time in a fun & safe environment at the Y, meet new friends, field trips, fun games and activities utilizing the DCY facilities and camp during summer break, volunteerism and more! Youth should bring a sack lunch. Weekly themes will include swimming in the Y Pool, fun and energetic health & fitness exercises, games in our Y Teen Center, and character development. All of our summer programs are geared to encourage participation and teach the values of respect, responsibility, honesty, caring, and fun.

Hours are Monday, Wednesday, and Friday from 9:00 AM - 4:00 PM. T.A.P. is for youth entering 6th - 8th grade for fall of 2009. Contact the Y for more information.

**Fee: \$50 per week/members \$75 per week/program participants**  
 Additional cost for select field trips.

## New Youth Program!

### FIDO Basics 101 Kids and the Canine: An Adventure in learning about Dogs

(Boys & girls ages 9-14) This class will teach your child the basics of routine care and training for your beloved companion. Each week your child will learn things like how to groom, care for and properly train their dog. Topics include: Housebreaking, leash walking skills, sit/stay, come when called, controlling barking and several fun tricks like high five, dance and roll over. We will also learn how to brush and care for a pet dog, how to be a responsible owner in public and how to be safe to protect yourself from getting bit by a dog, plus much more!

This class is taught by Robin MacFarlane of That's My Dog! Inc. Robin is an internationally recognized expert on the topic of dog behavior and training. Since 1998 Robin has taught thousands of dogs and the people who love them how to have a fun and successful relationship. More info can be view at [www.ThatsMyDog.com](http://www.ThatsMyDog.com)

All dog's must be current on Rabies and Distemper/Parvo vaccinations. Proof of vaccinations required at first class. Also dogs are subject to prior approval to insure they are of correct temperament to participate in this class. Please contact Robin at 866-364-5239 for more information.



June 9 - July 2 (4 weeks)  
 Tuesday and Thursday 9:00 - 10:00 AM  
**Fee: \$75 members \$100 program participants**

## 2009 YMCA Union Park Day Camp

- \* Monday - Friday, 8:30 AM - 4:30 PM, Traditional Day Camp
- \* Horse Camp for ages 8-13
- \* Signup today!

*Good fun, in good hands*

## Preschool & Youth Summer Childcare

### Cool School

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 June through August. Full and part time enrollments are accepted.

### Summer Preschool

The Dubuque Community Y provides licensed summer preschool and childcare programs for children birth to 5 years of age. Trained staff provides a quality program that enriches the physical, social, emotional, and intellectual development of each child. Meals and snacks that meet federal food guidelines are provided. Full and part time spaces are available. Program hours are Monday-Friday, 6:00 AM-6:00 PM at Y Creative Learning Center; and 6:00 AM-7:30 PM at Finley/Dubuque