

# Summer 2010

## Preschool and Youth Programs

### 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.

### 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!

Contact the Dubuque Community Y at 563.556.3371 if you have questions.

### Good fun, in good hands.

Like the power of a positive mentor, the confidence that comes from trying... and succeeding, and the importance of healthy, long-lasting friendships. Of course, they don't know this. They just think they're having a whole lot of fun. Group activities can include arts & crafts, the low ropes course, the black hole slide, archery, hiking, games, horseback riding, and swimming. **Register Now!**

### Preschool Sports Programs

#### Tumble Tots

(Boys & girls ages 3-5) Includes tumbling, bars, animal walks and games. **Class begins the week of June 7th 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

(Boys & girls 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 7th 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

#### Triple Play

(Boys & girls ages 3-5) Participants will learn the basics of three sports focusing on coordination and motor skills (basketball, tee-ball, and soccer). **Class begins the week of June 7th for 8 weeks.**

Monday 4:30 - 5:15 PM  
Thursday 10:45 - 11:30 AM

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

#### Intro to Basketball 101

(Boys & girls ages 4-5) Participants will learn and understand terminology and basic fundamentals of basketball. **Class begins the week of June 7th for 8 weeks.**

Wednesday 4:00 - 4:45 PM

**Fee:** \$30 members \$60 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 7th for 8 weeks.**

Thursday 5:30 - 6:30 PM

**Fee:** \$25 members \$50 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 7th for 8 weeks.**

Monday 5:30 - 6:30 PM  
Wednesday 5:30 - 6:30 PM

**Fee:** \$25 members \$50 program participants

#### Basketball Fundamentals & Games

This session includes the development of skills as well as game play. **Class begins the week of June 14th for 8 weeks.**

Tuesday & Thursday 2:00 - 3:00 PM (5-7 yrs old)  
Tuesday & Thursday 3:00 - 4:00 PM (8-10 yrs old)

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

#### Gymnastics

For 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 7th for 10 weeks.**

Class	Day	Time	Mem.	PP
Pre-K	Thurs.	10:45 - 11:30 AM	\$30	\$60
Elem.	Wed.	6:30 - 7:30 PM	\$40	\$80

#### Youth & Family Tae Kwon Do Martial Arts

(Boys & girls ages 10-18 & Guardian) Parents and children can spend time together while reaping the benefits martial arts offer, such as self defense, flexibility, balance, coordination, self discipline and more. Youth can take the class alone but if a parent/legal guardian signs up they must also have at least one child sign up with them. **Class begins the week of May 11th for 10 weeks.**

Tuesday 6:15 - 7:15 PM

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

### Teen Programming

#### TEEN ADVENTURE PROGRAM

The Y is now offering supervised programming for youth that age out of our SACC & Cool School 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 must bring their own Lunch. **Hours are** 9:00 AM – 4:00 PM on Mon., Wed., & Fri. in the months of June & August & Tues., Thurs., Fri. in July. Teen Adventure Program registration fees can be paid at a base rate of weekly or monthly payments. Registration begins May 24th. For youth entering 6th - 8th grade for Fall of 2010. Contact the Y for more information regarding registration fees & pick up a Teen Adventure Program Information Packet.

## Swim Lessons

### Summer Session 1

Current participant registration will be the week of June 7. Open registration for the session I summer swim lessons will start the week of June 14. Classes will start the week of June 21 with classes being offered in the a.m. or p.m. The session will be four weeks and will meet twice a week either on Monday/Wednesday or Tuesday/Thursday. The cost for lessons will be \$44 for members/\$88 for program participants.

### Summer Session II

Current participant registration will be the week of July 12. Open registration for the session II summer swim lessons will start the week of July 19. Classes will start the week of July 26 with classes being offered in the a.m. or p.m. The session will be four weeks and will meet twice a week either on Monday/Wednesday or Tuesday/Thursday. The cost for lessons will be \$44 for members/\$88 for program participants.

### Saturday Session

Current participant registration will be the week of June 7. Open registration for Saturday session swim lessons will start the week of June 14. Classes will start the week of June 21; there will be no classes on July 3. Classes will be offered in the a.m. and will meet for eight weeks. The cost for lessons will be \$44 for members/\$88 for program participants.

### Lessons at Y Camp

Registration for Y-camp swim lessons will start the week of April 15. Classes will start the week of June 14. Classes will meet Monday through Friday for one week from 4:15-5:15 pm. The cost for lessons will be \$38 for members/\$76 for program participants.

### Divine Word Lessons

Current participant registration will be the week of June 7. Open registration for Divine Word swim lessons will start the week of June 14. Classes will start the week of June 21 with classes being offered on Monday or Tuesday evenings. The session will be eight weeks. The cost for lessons will be \$44 for members/\$88 for program participants.

Summer Camps are available and are located under the **Sports and Swim Camp** section.

## Sports & Swim Camps

### New Y Storm Volleyball Summer Clinic

(Grade 1<sup>st</sup> - 4<sup>th</sup>) New Dubuque Y Storm Volleyball instructors will teach skills that include serving, passing, setting, defense, and hitting. Game play included. **Clinic runs June 10-12.**

Thurs. - Sat 9:00 AM - 12:00 PM 1<sup>st</sup> - 2<sup>nd</sup> Grade  
Thurs. - Sat. 1:00 pm - 4:00 PM 3<sup>rd</sup> - 4<sup>th</sup> Grade  
**Fee:** \$40 members \$80 program participants

### British Soccer Summer Camp

We will be holding a British Soccer Camp July 26-30. Camps for ages 3-5, 4-6, & 6-16. British Soccer staff will teach the game of soccer. Register on-line at [www.challengersports.com](http://www.challengersports.com). For more information, contact the Dubuque Community Y.

### "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 12, 14, 19, 21, 26, 28, August 2 & 4  
**Times:** Mondays & Wednesdays 8:00 - 11:00 AM

**Location:** Dubuque Community Y

**Note:** Camp T-shirts included

**Grades 3<sup>rd</sup> & 4<sup>th</sup> 8:00 - 9:30 AM**

**Fee:** \$40 Member \$65 Non-Member

**Grades 5<sup>th</sup> & 6<sup>th</sup> 8:00 - 10:00 AM**

**Fee:** \$50 Member \$75 Non-Member

**Grades 7<sup>th</sup> & 8<sup>th</sup> 8:00 - 11:00 AM**

**Fee:** \$75 Member \$100 Non-Member

### Blue Jays Beginner Dance Camp

Come learn the fundamentals of dance & cheer. Fun swim, games and Y Camp included.

June 24-26 1<sup>st</sup> - 4<sup>th</sup> Grade

Thurs. - Sat. 9:00AM - 12:00 PM

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

### Summer Swim Camp

(Boys & girls grades 1-5)

Time will be spent both on land (first 30 minutes) and in the pool (last hour). Participants must have competitive swim experience. Two Sessions available.

**Session 1 June 14 - July 9**

Mon., Wed. and Fri. 9:30 - 11:00 AM

**Session 2 July 12 - August 6**

Mon., Wed. and Fri. 9:30 - 11:00 AM

**Fee:** \$60 members \$120 program participants

### Stay Fit

(Boys & girls grades 6-12) On Mon., Wed., and Fri., will be spent in the pool working on endurance with high intensity. Technique work and emphasis will be placed on each swimmers primary stroke. Tues. and Thurs., will be spent in the Wellness Center working on strength training and conditioning. Participants must have competitive swim experience. **Class begins the week of June 14th for 8 weeks.**

Monday - Friday 7:00 AM - 8:30 AM

**Fee:** \$116 members \$232 program participants.

## Specialty 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, June 5, 2010 9:00 AM - 3:00 PM**

**Friday, August 13, 2010 9:00 AM - 3:00 PM**

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

### Signing Story Time and Play Class

(Ages 6 mos-2 yrs and a favorite adult) Come enjoy time with your favorite little one...each session will include a story, introduction to signs from the selected story, themed activities, snack and tips on signing with your child.

**Session 1: If You Give a Mouse a Cookie**

Thursday, June 17<sup>th</sup> 5:30 PM - 6:30 PM

**Session 2: If You Give a Pig a Pancake**

Thursday, July 8<sup>th</sup> 5:30 PM - 6:30 PM

**Session 3: If You Give a Moose a Muffin**

Thursday, August 12<sup>th</sup> 5:30 PM - 6:30 PM

**Fee:** \$5 Space is limited so please register prior to class times.

### Under the Sea Adventure

(Ages 2-4 and a favorite adult) Exotic fish, sunken treasure and more...join us on an exciting adventure to the depths of the sea. Discover the mysteries that lie beneath through singing, dancing, games, crafts and other great activities. This class will also teach the signs for fish, water, boat, ocean and swim. \*All children must have an accompanying adult

**\*All classes meet at the YMCA Camp**

**Session 1 July 13<sup>th</sup> 9:00 AM - 11:00 AM**

**Session 2 July 13<sup>th</sup> 5:30 PM - 7:30 PM**

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

### An Outdoor Expedition

(Ages 2-4 and a favorite adult)

Butterflies, bugs and bats...oh my!! Come explore everything outdoors. Discover what is hiding in our own backyards through singing, dancing, games, crafts and other activities. This class will also teach the signs for bird, tree, flower, bug and butterfly. \*All children must have an accompanying adult.

**\*All classes meet at the YMCA Camp**

**Session 1 June 24<sup>th</sup> 9:00 AM - 11:00 AM**

**Session 2 June 24<sup>th</sup> 5:30 PM - 7:30 PM**

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

## Childhood Programs

*Registrations are now being accepted*

### 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 Childcare Before & After School Childcare

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.