



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



*Prime Time receives substantial funding from the
Children's Services Council of Palm Beach County*

2018-2019 YMCA Physical Activity & Wellness Expanded Learning Opportunities Catalog:

Tennis – Students will learn the basic skills of tennis that have life-long benefits! Some of the advantages of learning and playing tennis are: aerobic fitness, hand-eye coordination, teamwork, sportsmanship, discipline, and improving gross and fine motor skills. Playing tennis is an excellent way to engage kids in regular and fun physical activity. Kids love the game because unlike other team sports, in tennis they are actively engaged the entire time they are on the court!

Double Dutch – Double Dutch takes jump rope to a whole new level! Students will be taught how to turn the ropes, enter the ropes and jump the ropes. Students will develop their timing, rhythm and coordination during this program. Double Dutch is an aerobic activity that teaches both discipline and teamwork. Available grades 3rd and up.

Speed Stacking – Speed Stacking is a sport that will develop a child's ability to focus and concentrate along with their hand-eye coordination. Stacking helps train the brain for sports and other activities where the use of both hands is important, such as playing a musical instrument or using the computer. Sequencing and patterning are also elements of sport stacking, which can help with reading and math skills. Students will learn the ultimate "Cycle Phase", along with the three stack, six stack, ten stack as well as combinations of these. Available grades 2nd and up.

Ultimate Frisbee – From the beginner to the elite player, Ultimate is a terrific sport that offers challenges at all levels of play. Ultimate combines athletic skills of running, catching and throwing. Additional skills and athleticism beyond that are left up to the player's imagination. The sport requires many of the same techniques as basketball, soccer or even lacrosse. Available grades 3rd and up.

Krazy Kickball: Krazy Kickball is an out of the box way to help develop similar concepts to baseball and softball. Each session the instructor will focus on a new skill or technique such as throwing and catching, offense, defense, and even kicking a moving object! Kickball is a team sport; students will learn to work together and communicate with their peers. Available for grades 2nd and up.

Step Dance - Step dance is the generic term for dance styles where the footwork is the most important part of the dance. Step dance is one end of a spectrum of dance styles; The opposite extreme is formation dances (i.e. square dance). Often step dances performed in shows add elements of *show styling* with props or words. For the youth, this is not only great exercise, but a great way to unify them as a group. They have to be in unison when they step and listen for their cues. Step is becoming increasingly popular and there are many collegiate and adult step competitions. Step is also great because the students can take the step choreography home and teach it to friends and family allowing them to build their own personal levels of confidence and self-esteem.

Kid's Zumba - As the most popular Latin-inspired fitness program in the United States, Zumba fitness classes can be found in most YMCA's and health clubs across the country. Zumba fuses Latin rhythms such as salsa, merengue and samba and easy-to-follow moves to create a dynamic fitness program that will keep you coming back for more! This program incorporates energetic dance moves that kids will not only have fun dancing to, but they will also get a great workout at the same time. In fact, kids have so much fun learning the steps, they may not even realize they are burning calories and staying fit. Young Zumba fans will achieve long term health benefits while experiencing an exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements encouraging a more active and healthy lifestyle.

Volleyball – Youth teams master six basic skills: serve, pass, set, attack, block and dig. Each of these skills comprises a number of specific techniques that have been introduced over the years and are now considered standard practice in high-level volleyball. Players work cohesively to attain match points. The assets of volleyball are: increasing physical stamina through plyometric movements, hand-eye coordination, teammate dependency and communication.

Basketball - Basketball is a fast paced sport that will enable each child to understand the importance of teamwork, practice, and the rules of the game. Each session the instructor will focus on a new skill or technique such as dribbling, shooting, passing, and defense. This will help to increase the participant's self-esteem and communication skills through participation in an organized and supportive program of team activities.

Flag Football - Flag football is a sport that will enable the youth to understand, be able to participate and enjoy the activity. The players will have the opportunity to learn how to stay hydrated during workouts, wear and pull flags, line up, throw and catch, punt and kick, offensive and defensive plays, and the rule of the game. This program will help the youth demonstrate teamwork skills and proper sportsmanship while promoting a positive experience for all participants.

Soccer - Soccer is a globally popular sport that will enable the youth to learn the skills and techniques to participate in this heart pumping activity. The youth will have the opportunity to learn how to stay hydrated during workouts, the structure of the game and the rules. They will master basic coordination, agility and the ability to dribble the ball with proper field vision. The program will help to build positive social and life skills while providing an opportunity for increasing physical activity.

Youth Strength & Conditioning - The youth conditioning program is designed to incorporate cardiovascular, strength, power, endurance, speed, agility, and flexibility to increase physical activity and performance in any sport. Children in the program do not have to necessarily play sports or have any specific sport skills. Participants will be enthusiastically encouraged and motivated to help increase self esteem and desire for their involvement in physical activity and athletics. Each session provides education and tools for living a healthy lifestyle. This program will provide the youth with the fundamentals of how to stay in healthy and active while having fun.

SPARK Active Recreation - National guidelines recommend that children accumulate 60 minutes of physical activity each day. The focus of SPARK is the development of motor skills, movement knowledge, social and personal skills as well as meeting the recommended 60 minutes of activity each day. The goal of this program is that physically educated children will become lifelong movers and model the behaviors necessary to achieve a healthy lifestyle. In this program, children will be engaged in physical activity designed to encourage maximum participation for every child, regardless of his or her ability.

Hockey - Hockey develops skills that build a foundation for a lifetime. In addition to athletic prowess, hockey promotes confidence, pride, focus and responsibility. With an emphasis on fun, hockey is a game to be played and enjoyed for life. The camaraderie shared encourages teamwork and the natural development of leadership skills. Hockey encourages kids to learn time management skills that will later serve them in all facets of life. Hockey's unique source of physical fitness promotes healthy living.

Y-Bike- We come to you! Bike Safety within South Palm Beach County is a growing concern. As of 2014, Florida has been ranked the #2 state to be hurt on a bicycle (Bureau of Transportation Statistics), and South Florida has some of the highest numbers of bike-related injuries that could have easily been prevented. Through the Y Bike Program, our Y Bike Coordinator introduces bike-safety related topics in a group setting to participant's ages six and up. This course focuses on distributing important safety information as well as refining already learned biking skills. Throughout this program, valuable information is presented to help keep bikers safe on the road, as well as: proper safety attire, proper riding etiquette (techniques to keep the risk of injury low), refinement of bike skills (with a focus on already learned riding techniques and building upon new ones), and promoting alternative transportation (featuring healthy living aspects of riding a bike).

Zoning limits apply

Spikeball: As seen on 'Shark Tank'- Spikeball is taking the nation by storm! Youth will have the opportunity to experience a fast paced game that will develop cardiovascular endurance, hand-eye coordination and communication skills. Spikeball is best described as a combination of volleyball and four square. The object of the game is to hit the ball onto the net so that the opposing team cannot return it. Spikeball is a team sport played by 2 teams of 2 players around a Spikeball net. Once the ball is served the players can move anywhere they want – there are no sides or boundaries for limitless opportunities.

Available for grades 3rd and up.

Yoga – This yoga program includes standing and seated postures that aid in the development of youth’s balance, strength, and flexibility. These exercises can energize as well as calm the body and mind in the pursuit of mental, emotional, and physical strength. Each yoga session revolves around adventure stories that are full of educational information, morals, and yoga poses that intertwine to create a well-rounded experience. All children can benefit from yoga because it is a non-competitive and challenging activity that leaves each child with a feeling of success and accomplishment each day.

Table Tennis: Table Tennis will enable the youth to understand, participate and enjoy the game of table tennis (ping pong). The youth will have the opportunity to learn how to play doubles and singles, serve, return serve, and score keeping, basic strokes, rally strokes, offense/defensive plays as well as the rules of the game. This program will help the youth develop proper teamwork and sportsmanship skills while enjoying the sport.

Available for grades 3rd and up.

Beats Fitness: Following the model of POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! Beats Fitness is a full body cardio drumming session using lightly weighted drumsticks, transforms drumming into an incredibly effective way of working out. Students will *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

Team Handball: One of the world’s most popular sports that combines elements of soccer, water polo, hockey and basketball! This fast paced and high scoring game will have your students working together as a team to master basic throwing and catching skills, communication, and good sportsmanship. This program will help to build positive social and life skills while providing an opportunity for increasing physical activity.

Pickleball: A game that can be played throughout a lifetime is a fun sport that combines many elements of tennis, badminton and ping-pong. A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, game. Pickleball is being introduced to kids helping to develop social skills, hand/eye coordination, and the ability to stay active in their own towns and communities.

Ladybug Yoga: Ladybug Yoga is a unique children’s yoga program that was created by Sandy Gologursky who combined her background in Early Childhood Education and Yoga in such a creative, practical & fun way. Yoga for kids is a way for children to develop important skills in a fun, non-competitive environment. There is no judgment in a Yoga class about how a child does a pose or plays a game. This nourishing atmosphere encourages children to relax and have fun while they develop: strength, balance, concentration, flexibility and so much more.