FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

2020 Summer
YMCA Physical Activity & Wellness
Expanded Learning Opportunities (ELO) Catalog:

Basketball - Basketball is a fast paced sport that will guide youth to understand and be able to demonstrate the rules and skills needed for an organized basketball game. Each session the instructor will focus on a new skill or technique such as dribbling, shooting, passing, and defense. This ELO also helps build self-esteem and communication skills through participation in an organized and supportive environment.

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

Flag Football - Flag football is a non-tackling approach to the game of football. Each session the instructor will focus on a new skill or technique such as positioning, throwing and catching, punting and kicking, offensive and defensive plays, and the rules of the game. This ELO also helps build understanding of teamwork and communication skills through participation in an organized and supportive environment.

Hockey – Hockey is a sport in which two teams play against each other by trying to manoeuver a ball or puck into the opponent's goal using a hockey stick. Each session the instructor will focus on a new skill or technique such as striking a moving object, offensive and defensive strategies, and the rules of the game. This ELO also helps build understanding of teamwork and sportsmanship through participation in an organized and supportive environment.

Kid's Zumba - 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 ELO incorporates energetic dance moves that youth will not only have fun dancing to, but they will also get a great workout at the same time. 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.

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. Recommended for grades 2nd and up.

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 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.

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 youth helping to develop social skills, hand/eye coordination, and the ability to stay active in their own towns and communities.

Soccer - Soccer is a globally popular sport that will enable youth to learn the skills and techniques to participate in this heart pumping activity. The youth will have the opportunity to learn 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. This ELO will help to build positive social and life skills while providing an opportunity for increasing physical activity.

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 ELO, children will be engaged in physical activity designed to encourage maximum participation for every child, regardless of their ability.

Speed Stacking – Speed Stacking is a sport that will develop the ability to focus and concentrate along with building 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 stacking, which can help with reading and math skills. Youth will learn the ultimate "Cycle Phase", along with the three stack, six stack, ten stack as well as a combinations of these. Recommended for grades 2nd and up.

Spikeball: As seen on 'Shark Tank'- Spikeball is taking the nation by storm! Spikeball is best described as a combination of volleyball and four square. Youth will have the opportunity to experience a fast paced game that will develop cardiovascular endurance, hand-eye coordination and communication skills. Recommended for grades 3rd and up.

Step Dance - Step dance is a form of percussive dance in which the child's entire body is used as an instrument. For the youth, this is not only great exercise, but a great way to unify them as a group. Though stepping may be performed by an individual this ELO focuses on teamwork by using groups of all sizes to perform the choreography. Each session the instructor will build on choreography using youth input to create a new routine.

Table Tennis: Table Tennis will enable youth to understand, participate and enjoy the game of table tennis (ping pong). Youth will have the opportunity to learn how to play doubles and singles while developing new skills like serve, return serve, score keeping, basic strokes, rally strokes, offense/defensive strategies as well as the rules of the game. This ELO will help the youth develop proper teamwork and sportsmanship skills while enjoying the sport. Recommended for grades 3rd and up.

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 youth work together as a team to master basic throwing and catching skills, communication, and good sportsmanship. This ELO will help build positive social and life skills while providing an opportunity for increasing physical activity.

Tennis – Tennis is a racket sport where the youth will work as two teams or two to maneuver the ball over a net to earn a point. In this ELO youth will learn the basic skills of tennis that have life-long benefits such as: aerobic fitness, hand-eye coordination, teamwork, sportsmanship, discipline, and improving gross and fine motor skills.

Ultimate Frisbee – Ultimate Frisbee aka Ultimate, is a non-contact team sport played with a flying disc (Frisbee). Ultimate uses many of the same techniques as basketball, soccer or even football. In this ELO the instructor will build on skills and techniques such as: running, catching and throwing a Frisbee, offensive and defensive strategies. Recommended for grades 3rd and up.

Volleyball – Volleyball is a team sport where the youth will work as two teams to maneuver a ball over a net to earn a point. In this ELO our instructor will help youth master the six basic skills of volleyball: serve, pass, set, attack, block and dig. Each session the youth will build on skill development, teamwork, and cooperation. *Site must provide a volleyball net on site and have it setup prior to each session.

Yoga – This yoga ELO 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. In this ELO youth will leave with a feeling of success and accomplishment each day.

Youth Strength & Conditioning - The youth strength and conditioning ELO is designed to incorporate cardiovascular, strength, power, endurance, speed, agility, and flexibility to increase physical activity and performance in any sport. In each session the instructor will encourage and motivate youth to help increase self esteem and desire for their involvement in physical activity and athletics. This ELO provides education and tools for living a healthy lifestyle by providing youth with the fundamentals of how to stay healthy and active while having fun.