

We all wish there were more hours in the day to do the things we would like to do, like spend more time with our children. **The Hazleton YMCA/YWCA is now giving you the chance to spend some fun, quality time with your family.**

The YMCA/YWCA has so much to offer. In addition to our Olympic size pool and our extensive gym with top-of-the-line equipment, the Y offers great programs for children and teens ages 5 to 13, and their families as well.

Even if a hectic work schedule doesn't allow you the time to join one of these programs with your child, there are a variety of other programs that they can participate in with children their age, under close supervision. You can be assured that your child is in good hands at the Hazleton YMCA/YWCA.

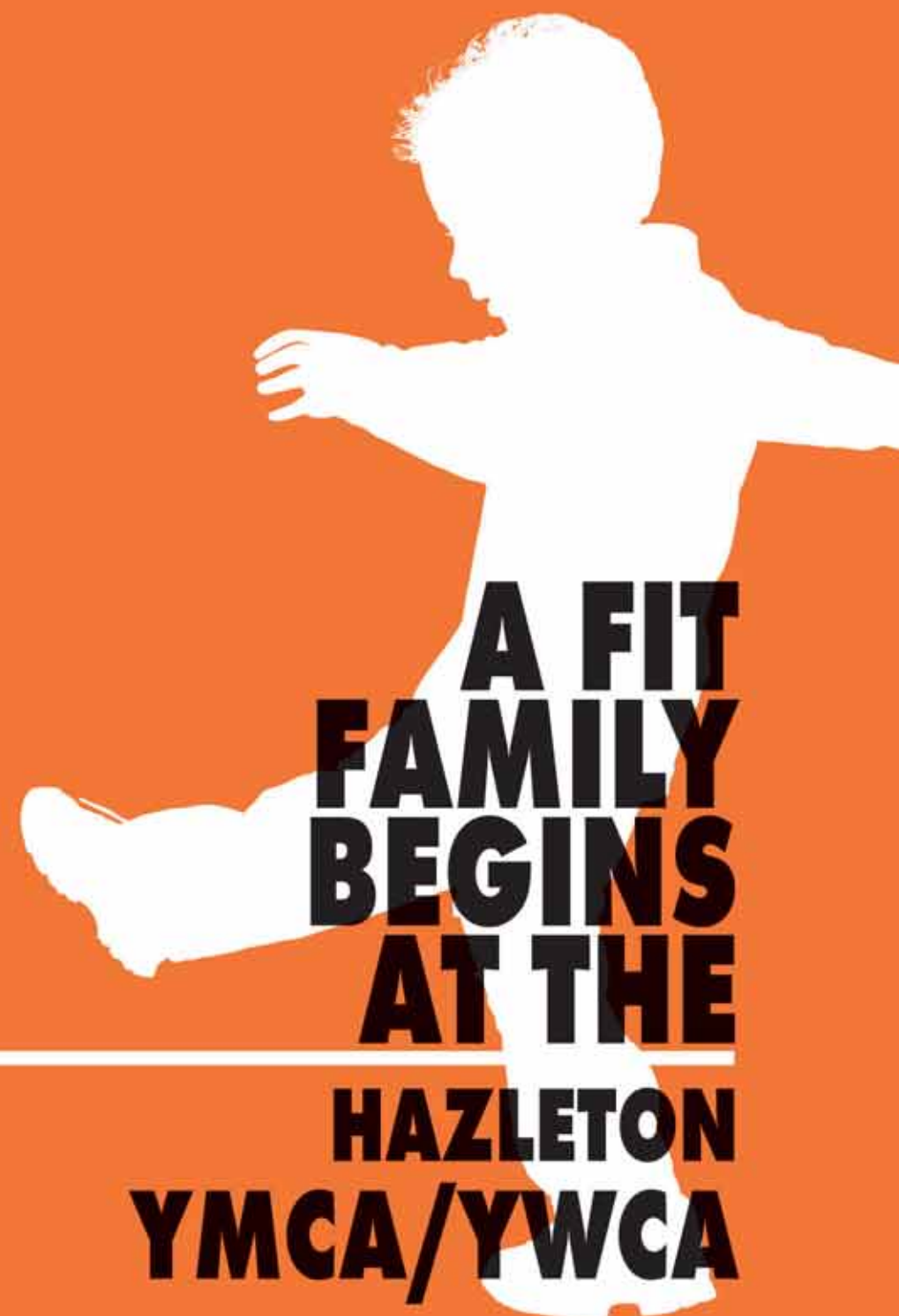
Our mission is to empower men, women and children to realize their full potential through programs and services that develop their mind, body and spirit. We continue to carry out our mission by offering you our new programs for youth, teens and families.



Hazleton YMCA/YWCA
75 South Church Street
Hazleton, PA 18201
570.455.2046

For more information on these programs please contact us at 570.455.2046.

Financial Assistance is available for those who want to become a member and can demonstrate financial need. For an application, please call 570.455.2046.



FAMILY PROGRAMS:

KALEIDOSCOPE KIDS For the whole family

This unique program celebrates ethnic differences and helps build relationships in our diverse community. Bring your family and friends to enjoy the pool, our rock climbing wall, and the gym. Sign up is necessary one week in advance.

* Kaleidoscope Kids is made possible through a grant by Security Savings Charitable Foundation.

Time: 6:00 pm - 8:00 pm

FAMILY FUN NIGHT For the whole family

A night for the whole family to enjoy the pool and the gym. Parents are encouraged to stay to spend quality time with their family and get to know other families as well. There will also be a variety of arts and crafts projects that will be planned around monthly themes.

ELEMENTARY NIGHT OUT Ages 5-12

Every third Saturday evening boys and girls are invited to an evening full of fun with a variety of sports, games and swimming. Beverages and snacks are provided. A parent or guardian must sign the child in and out. Sign up is necessary one week in advance.

YOUTH PROGRAMS:

PRE-TEEN FITNESS Ages 11-13

A fun, safe and supervised workout for girls and boys in our Fitness Center. One of our certified trainers creates a workout program for each child and teaches them the importance of safety, good technique and form while working out.

EXTREME TWEENS Ages 10-12

A program that is designed to introduce children to a variety of fun activities that increase physical health and also helps them to learn more about making healthy lifestyle choices. The children will engage in non-competitive games coupled with an incentive program with the focus on achieving attainable goals and learning that being active is not only fun but also good for their health.

A waiver signed by a parent or guardian is required prior to participation.

PHAT FRIDAY Ages 13-18

We recently remodeled and expanded our Wellness Center and we want your child to come and join us on Friday nights to work out and take advantage of all of our equipment. They will be able to use the free weights, Cybex and cardio equipment, our rock climbing wall, the basketball court, racquetball courts and a lot more. Someone from our staff will be there to facilitate all activities and provide assistance.

A waiver signed by a parent or guardian is required prior to participation.

YOUTH CO-ED KARATE Ages 7-14

This class is designed for the beginner and advanced beginner of Isshinryu Karate. Your child will learn self-defense, self-discipline and self-control. The instructor, Carl Upshaw, is a black belt and has been studying Karate for over 20 years.

Children should wear comfortable clothes and bring a notebook and pencils.

YOUTH FLAG FOOTBALL Ages 8-12

This program is open to anyone in grades 3 to 6. It will teach basic football skills as well as provide a positive sports experience. It is a fun, pre-competitive instructional program that puts emphasis on sportsmanship, team play and the rules of the game.

YOUTH INSTRUCTIONAL INDOOR SOCCER Ages 5-7

Fun is always part of the game but the rules of the game, sportsmanship and working together as a team will also be taught to the children. Parents are encouraged to be involved and help to coach.

STREET HOCKEY LEAGUE Ages 9-13

A fun class held at the Y Youth Center that introduces children to the sport of floor hockey. No rollerblades are allowed. The Youth Center is located at 99 North Laurel Street.

GIRLS BASKETBALL INSTRUCTIONAL Ages 5-7

This program is designed for the beginner. It will introduce the sport of basketball and the rules of the game all while having fun.

Tuesday 4:00 pm - 5:00 pm
Saturday 9:45 am - 10:30 am

GIRLS BASKETBALL INSTRUCTIONAL Ages 8-10

Designed for the intermediate player with emphasis on team play, game rules, game situations and reinforcement of basic skills.

Wednesday 4:00 pm - 5:00 pm
Saturday 9:45 am - 10:30 am

BOYS 5TH AND 6TH GRADE BASKETBALL LEAGUE Ages 10-11

The YMCA/YWCA is forming a boys basketball league for 5th and 6th graders. Your children must be in either grade in order to participate. For more information, you can contact Robert Kotansky at 455-2046.

BOYS BASKETBALL INSTRUCTIONAL I Ages 5-7

This program targets the beginners. The boys will be introduced to the sport and basic skills and team play will be taught. The children will also have access to the adjustable lower baskets.

Tuesday 5:00 pm - 5:45 pm
Saturday 9:00 am - 9:45 am

BOYS BASKETBALL INSTRUCTIONAL II Ages 8-10

For the intermediate player. Children will be given the opportunity to further develop the basic skills and team play.

Wednesday 5:00 pm - 6:00 pm
Saturday 10:30 am - 11:30 am

BOYS BASKETBALL INSTRUCTIONAL III Ages 11-12

This class is for fifth and sixth graders who need to refine their basketball skills. The children will be doing repetitive drills and they will be put into game-like situations so that they are able to develop different skills and learn a variety of plays.

Monday 5:00 pm - 6:00 pm
Saturday 11:30 am - 12:30 pm

YOUTH SWIM LESSONS Ages 6-12

Our progressive swim program is comprehensive and individualized. It uses health, physical fitness and skill development to help your child grow confidence in themselves as well as self-esteem. Plus, it's lots of fun!

Level I - Polliwog (Beginner)
Level II - Guppy (Intermediate Beginner)
Level III - Minnow (Advanced Beginner)
Level IV - Fish (Intermediate)

HAZY CO-ED SWIM TEAM Ages 5-8

For both boys and girls who have completed the Guppy swimming level or are able to swim the length of the pool, free style, without assistance. The practices are divided up according to experience and skill. Every child will participate.

GYMNASTICS - ROLLERS Ages 5 and up

This class lays the foundation for gymnastic skills and beginning skills for floor exercises while incorporating strength training. No previous experience is required.

GYMNASTICS - SWINGERS Ages 6 and up

This class builds on the skills taught in the Rollers classes. Your child will be learning how to do forward rolls, bridges, handstand positions and cartwheel attempts. Also, floor routines, and front and back limbers will be taught.

GYMNASTICS - KIPPERS/FLYERS Ages 6 and up

This class builds on previous levels and skills learned and incorporates them into competitive routines. In order for your child to participate in this class, they must know such skills as front/back walkovers, variations of cartwheels, roundoffs, and front/back limbers.

A FIT FAMILY BEGINS AT THE HAZLETON YMCA/YWCA