

SKILLS FOR LIFE

PILOT FAMILY YMCA YOUTH PROGRAMS

FALL 2025
Register Today!



SWIM LESSONS

Classes held Monday-Thursday & Saturdays | Ages 6mo-Teens

At the YMCA, swim lessons go beyond strokes and kicks—they build confidence, safety, and a love for the water. Our certified instructors create a fun, supportive environment where kids of all ages can progress at their own pace. From basic water safety to advanced skills, every lesson helps children grow stronger, make friends, and enjoy the water for life.



KIDS YOGA

MONDAYS 4:00pm-4:45pm | Ages 4-10

Kids Yoga is a fun, playful way for children to explore movement, mindfulness, and relaxation while building strength, flexibility, and balance. Through age-appropriate poses, games, and breathing exercises, kids learn to connect their bodies and minds in a positive, supportive environment. Classes encourage creativity, cooperation, and self-expression, while also teaching focus and calming techniques that can be used both on and off the mat. Perfect for all skill levels!



HOMESCHOOL P.E.

Classes held Tues/Thurs | Grades K-5 | 10:00am-12:00pm | Runs all school year!

Homeschool PE at the YMCA is two hours of active fun and learning! Kids spend one hour in the gymnasium or outside playing games and practicing sports skills that build teamwork, coordination, and confidence. The second hour is all about the water, with supervised free swim time in the pool. It's the perfect blend of fitness, friendship, and fun in a safe, supportive environment.



BASKETBALL CLINICS

Classes held Saturday Mornings | Ages 5-7 years old | 9:00am-9:45am

Basketball Clinics at the YMCA are designed for kids ages 5 to 7 and take place on Saturdays. These clinics focus on teaching the fundamentals—dribbling, passing, shooting, and teamwork—in a fun, supportive environment. Our coaches help young players build confidence, develop skills, and enjoy the game while making new friends. It's a great way for beginners and early learners to get active and fall in love with basketball!



SPORTS MANIA

Classes held Saturdays Mornings | Ages 5-7 years old | 10:00am-10:45am

SportsMania at the YMCA is an action-packed program where kids get to try a variety of sports and games in a fun, supportive setting. Each week features a new activity—like basketball, soccer, floor hockey, kickball, and more—helping kids build coordination, teamwork, and sportsmanship while staying active. It's the perfect way for young athletes to explore different sports, discover new favorites, and have a blast with friends.



TEENS STRENGTH & CONDITIONING

Tuesday - New To Weights | Thursday - Prior weight experiences | 6:45pm-7:30pm

Teen Strength & Conditioning with Tyson is designed for teens ages 13-15 who want to build strength, improve fitness, and learn proper training techniques. This fun, supportive class helps teens gain confidence, develop athletic skills, and stay healthy through guided workouts tailored to their level—whether they're just starting out or ready to push further.