

BUILDING HAPPIER & HEALTHIER KIDS

Sports & Play



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

Rockport, Maine 04856

207.236.3375 • www.penbayymca.org

Samantha Bragg sbragg@penbayymca.org

Winter Session: January 2 – February 17

YOUTH KARATE

Ages 6-18

Children will begin to learn self-discipline and control while gaining fitness and strength during this program based on traditional concepts of self-defense.

Wednesday: 4:00-5:15 PM

Cost: \$40 Members / \$50 Participants

Instructor: Susan Michaud

YOUTH KARATE-SATURDAY

Ages: 18 and under

Your child will channel their energy and learn self-control and discipline. They will progressively learn new skills, gain strength and have more self-confidence as the instructor leads them through techniques.

Saturday: 9:00-10:00 AM

Cost: \$40 Members / \$50 Participants

Instructor: Tammy Cardilli

PEE WEE CLIMBING

Ages 4-5

Children will be learning how to work their own harness, introductory language of climbing and the joy of being on the wall. This class is a great way to begin your child on a climbing adventure and release energy.

Tuesdays: 9:45-10:45 AM (Max 4)

Cost: \$35 Members / \$45 Participants

Instructor: Samantha Bragg

PEE WEE SPORTS

Ages 3-5

Children will take part in a variety of age appropriate physical activity programs that focus on developing gross motor skills, while learning how to socialize and play with other children.

Wednesdays: 10:00-10:30 AM (Max 10)

Cost: \$35 Members / \$45 Participants

Instructor: Samantha Bragg

