

GREAT SOUTH BAY YMCA

FREE FALL DEMO WEEK

Try one class or try them all! Join us for our youth program demo week!

Oct. 20-26



Youth Pickleball

Tuesday 5-6pm | Gym

An exciting and engaging program designed to introduce children to the sport of pickleball. The class focuses on teaching the basic rules, techniques, and strategies of the game in a fun and supportive environment.

Ages: 6-13



Taste and Learn

Wednesday 5:45-6:45pm
Everglades Classroom

Taste and Learn with food as you explore new flavors and learn about nutrition. Through hands-on activities and tasting sessions, children will discover the importance of healthy eating and develop a love for trying new foods. **Ages: 6-13**



Tee Ball

Thursday 4-5pm | Gym

Fun and introductory program designed for young children to learn the basics of baseball. It focuses on teaching the fundamental skills such as hitting, throwing, catching, and running bases in a noncompetitive friendly environment. **Ages: 5-8**



STEAM

Friday 6-7pm
Redwood Classroom

Engaging and interactive program that integrates Science, Technology, Engineering, Arts, and Mathematics. The class aims to foster creativity, critical thinking, and problem-solving skills for young learners through hands-on experiments, projects, and collaborative activities. **Ages: 6-13**



Fitness Fun

Saturday 11am-12pm | Gym

A dynamic and enjoyable program designed to get kids moving and excited about physical activity. Children will engage in a variety of exercises, games, and activities that promote overall fitness. **Age: 6-13**



Zumba Kids

Saturday 11:45am-12:45pm
Studio

Learn some fun dances with high-energy music. Zumba for kids helps kids express their personality while learning body coordination. **Ages: 6-13**

Questions? Alicia Apolinaris | (631)-665-4255 | alicia.apolinaris@ymcali.org



Great South Bay YMCA
200 West Main Street
Bay Shore, NY 11706

(631)-665-4255
YMCALI.org

REGISTER NOW!

