

# youth

## Spring 2017

Creating memories, learning new skills, being active and making friends provide our youth with the opportunity to discover who they are and what they can achieve.

Our programs are run by caring, experienced staff with a focus on innovation, fitness, friendship, skill building, and meaningful participation. Our youth fitness programs make being active fun and rewarding.

[sabesjcc.org](http://sabesjcc.org)



sabes jcc  
minneapolis

## YOUTH

### FIT'N FUN YOUTH BOOT CAMP

#### Ages 7-10

This camp is a great way to get kids moving in an active, fun, challenging environment. Improve strength, stamina and athletic ability while having a blast!

**Instructor: Andrea Wodele**

### FIT'N FUN YOUTH BOOT CAMP

#### Ages 7-10

4 Classes \$62; \$48 JCC Members

Sun 11:00-12:00pm

#### Session 3

#13664 March 5 - March 26

#### Session 4

#13665 April 2 - April 23



For more information contact  
**Joseph Brooks at 952.381.3430**  
or [jbrooks@sabesjcc.org](mailto:jbrooks@sabesjcc.org)



### YOUTH BASKETBALL LEAGUE

#### Ages K-6

Have fun and learn basketball fundamentals from dedicated coaches in an environment that fosters skill development, friendship and sportsmanship. These co-ed teams will have a one hour time slot of practices and games each week.

### KARATE

#### Ages 6-15

Students will learn the ancient martial art of Tae Kwon Do style karate basics, self-defense, and learn self-discipline, in a kid friendly environment. Students may advance through the belt levels and progress at their own pace. All ability levels welcome. This program meets on a continuous basis and students can register at any time. **Instructor: Judy Weinberger**

#### Ongoing

\$55; \$35 JCC Members

Sun Ongoing

12:15-1:00pm

One month written notice is required if you are choosing to stop attending the course.

## ENROLL TODAY!

### THE TIDAL WAVES SWIM TEAM



Tidal Waves

The Sabes JCC and The Ridgedale YMCA in Minnetonka, are excited to combine efforts this fall to run a collaborative swim team program. This exciting partnership will give many more youth the opportunity to participate in a local competitive swimming program.

For more information please visit [sabesjcc.org](http://sabesjcc.org).