

youth

Spring 2016

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. Our innovative and unique arts programming allows kids to express themselves in an inclusive environment through theater and art.

sabesjcc.org

YOUTH FITNESS & RECREATION

FIT'N FUN YOUTH BOOT CAMP

Ages 7-12

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! **Trainer: Justin Segal**

Session 1

#12667	\$62; \$48 JCC Members
Sun	Apr 3-Apr 24
2:00-3:00pm	4 classes

Session 2

#12668	\$62; \$48 JCC Members
Sun	May 1-May 22
2:00-3:00pm	4 classes

Session 3

#12669	\$62; \$48 JCC Members
Sun	May 29-June 19
2:00-3:00pm	4 classes

Session 4

#12670	\$62; \$48 JCC Members
Sun	June 26-July 17
2:00-3:00pm	4 classes



For Youth Fitness and Rec dates, times and prices, visit sabesjcc.org or contact Joseph Brooks at jbrooks@sabesjcc.org or (952) 381-3418.



ZUMBA® KIDS

This class features kid-friendly routines based on original Zumba choreography. We will break down the steps, add games, activities and cultural exploration elements into the class structure.

More than a dance or fitness class, Zumba Kids help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

Instructor: Lauren Meehan

ZUMBA KIDS

Ages 6-12

Wed	3:30-4:15pm
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Session 1

#12671	\$60; \$46 JCC Members
Apr 6-Apr 27	

Session 2

#12672	\$60; \$46 JCC Member
May 4-May 25	

Session 3

#12676	\$60; \$46 JCC Member
June 8-June 29	

ENROLL TODAY!

THE TIDAL WAVES SWIM TEAM



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.



**sabes jcc
minneapolis**