

Youth Land Programs

Summer 1 | June 12 – July 21, 2023 Summer 2 | July 24 – August 26, 2023
updated 4/13/23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:15-5:00 pm Beginner Gymnastics			
5:30-6:15 pm Tae Kwon Do			4:00-4:45 pm Gymnastics		

Class Descriptions:

Beginner Gymnastics (Ages 4-6 Years Old)

This class allows your school age child to build their gymnastics abilities by focusing on skills like performing a bridge, cartwheels, and handstands.

Tae Kwon Do (Ages 6+ Years Old)

Learn discipline, respect, self-confidence, and self defense in Tae Kwon Do. Students will learn a variety of kicks, stances, and board breaking, plus terminology and information on the origin of this art. A uniform (gi) is not required, but can be worn

Gymnastics (Ages 6-9 Years Old)

Build on gymnastic abilities by increasing strength, flexibility, and execution of skills. Learn to perform a variety of new moves comfortably and safely. Stretching, dancing, and games, will all be used to enhance the class.

Please note:

- All lessons are held once per week.
- No make-up classes, credits, or refunds are given if class is canceled due to inclement weather, COVID, or if your child misses a class.
- While the YWCA Greater Green Bay makes every effort to schedule the same instructor each week, we reserve the right to substitute instructors as needed.
- No classes on 6/19 or 7/4. Prices have been prorated for these days.

Register Online



<https://bit.ly/3d6Kv8l>