

## For ages 3-5

Require registration and fee, please see our flyers for more information



### Gym & Swim

The first half of this class takes place in the gym exploring movement through games and imaginative play. The second half takes place cooling off in the pool and learn basic swimming skills and self confidence.

### Bitty Games and Sports

Children ages 3-5 can have fun, get exercise, and meet new friends, all while learning fundamental sports skills such as running, catching, and throwing. Parents are encouraged to participate with their children.



## For ages 5-12

Require registration and fee, please see our Saturday Youth Sports flyer for more information

### Youth Sports

Youth 5-12 participate in drills and skills and game play in the areas of **t-ball, soccer, basketball, flag football, kickball, racquetball, floor hockey, and other sports offerings.** Youth can make new friends, learn teamwork, be active with others, and learn to love a sport at the Y while improving skills on Saturday mornings.

### The Y'd World of Sports

Do you think you have what it takes to play some of the world's most interesting sports? Then this is the program for you! Each week children ages 5 to 12 will play a brand-new sport while learning the values of teamwork and good sportsmanship. When you sign up for this 5-week session you will get to play all these great new sports; Ultimate Frisbee, Quidditch, Pickleball, Wiffle Ball, Flag Football...anything is possible!



### Family Time

**Free for members; may require registration. Please see our schedules for more information.**

**OCTAGON FAMILY HOUR (75min)** Children ages 10-12 yrs. can use the Octagon **with** a Parent or Guardian over the age of 18. Free for members.

**Family Zumba** (Children under 5 MUST be accompanied by an adult for the duration of the class) We are pleased to offer a high-energy fitness-party packed with specially choreographed, family-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. ALL ARE WELCOME! Free for members; registration required

**Ping Pong** Ping-pong is a recreational program where volunteers teach drills and skills, offer recreational competitions, and host tournaments. This is a free program for all ages and skill levels. Program happens on Sundays through Fall, Winter, & Spring.

**Badminton** The badminton program is a recreational program for those who just simply want to play. Members can practice skills, play games with friends, family, and other Y members. Program happens on Sundays through Fall, Winter, & Spring. Free for members, non-member pay \$4.

## Birthday Parties and Facility Reservations

The Ithaca Y is proud to offer several unique spaces for reservations. Whether you are looking to book a birthday party, baby shower, or professional meeting we have the space to suit your needs. If you don't see what you need listed, contact Celeste Peabody at [cpeabody@ithacaymca.com](mailto:cpeabody@ithacaymca.com) and customize your gathering.

Meetings and Events

Pool Party: All Ages

Ship and Shore: Ages 10-17



Bounce and Play: Ages 2-12

Party Room: All Ages

Stay & Play: Ages 3-9