

SKILLS CONFIDENCE & CHARACTER

Youth Programs

The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. Our focus on youth development provides an environment that will help each child and teen develop relationships, improve self-esteem, and build character.



Martial Arts

Based on the premise of peace through strength of mind, body, and spirit, students do exercises to develop strength, flexibility, endurance, speed, balance, memory, concentration, and self control.

Taekwondo @ Plum Street
Tuesday & Thursday
7pm-8:30pm

Jujitsu @ Briggs
Tuesday & Thursday
6:20pm-7:20pm

Ballet

Children can express themselves through movement in our ballet class. This class covers the fundamentals of ballet and creative movement. Our instructors keep dancers focused while having fun.

Pre-Ballet @ Briggs (3-5)
Monday & Wednesday
4:00pm-4:40pm

Ballet @ Briggs (6-11)
Monday & Wednesday
4:45pm-5:30pm

Rock Wall Climbing

Our climbing program teaches proper climbing technique through belaying, bouldering, and top rope climbing. Kids learn their inner strength as they face both mental and physical challenges.

Level 1 @ Briggs
Monday & Wednesday
5:30pm-6:30pm

Level 2 @ Briggs
Tuesday & Thursday
5:30pm-6:30pm

Pricing

Facility Members	\$40 per month
Program Members	\$65 per month

Registration

Register at your membership desk
or online at southsoundymca.org