



# Youth Yoga

## Summer 2011

### Contact Information

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## Youth Yoga

Classes will explore playful yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self-expression, body awareness, social skills, and positive thinking.

### Session Dates

June 6 - June 29  
July 11 - August 3

### Registration Dates

Lincoln Y Member	May 24	Non Y Member	May 26
Lincoln Y Member	June 21	Non Y Member	June 23

### Days & Times

#### Mondays and Wednesdays

3:30 pm - 4:15 pm	3-7 (Child / Parent)
4:30pm - 5:15 pm	8-13

### Fees

Lincoln Y Member	\$32
Non Y Member	\$64

**Pre-registration is required for class. Parent does not need to pay for themselves to attend the class.**

Northeast Y

\*Class descriptions on back.



# Class Descriptions

## Learning, Living, Loving (3 - 7 Child/Parent)

Come explore and learn the various poses, breathing techniques, relaxation methods and visualizations yoga has to offer through fun and imagination.

## Practice, Perform, Perfect (8 - 13)

Integrates proper posture, breathing and relaxation yet challenges your strength, agility and endurance. Give yourself the opportunity to enjoy being challenged and feel good about your accomplishments without comparing yourself to others. A safe place to take time for yourself, to be still and develop a spirit-mind-body connection.

# Registration Information

## Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

## Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacations, illness, other activities, etc.). Class cancellations made by YMCA will be rescheduled.

## Online Registration Available - [ymcalincoln.org](http://ymcalincoln.org)

To receive your user ID and pin number, please contact the Northeast YMCA front desk at 434-9262.

## Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

### Cooper

6767 S. 14th Street  
Lincoln, NE 68512  
(402) 323-6400

### Downtown

1039 P Street  
Lincoln, NE 68508  
(402) 434-9230

### Fallbrook

700 Penrose Drive  
Lincoln, NE 68521  
(402) 323-6444

### Northeast

2601 N. 70th Street  
Lincoln, NE 68507  
(402) 434-9262

### Youth Sports

570 Fallbrook Blvd., # 210  
Lincoln, NE 68521  
(402) 434-9217

### Camp Kitaki

570 Fallbrook Blvd., #210  
Lincoln, NE 68521  
(402) 434-9225