

# Free Youth Enrichment Programs



## INDIANOLA YMCA



### TUESDAY

Maker Gym  
Jan. 4 – Feb. 8  
6:00 – 7:00 p.m.  
K – 5th Grade



### THURSDAY

Kids Fit  
Jan. 6 – Feb. 10  
5:30 – 6:30 p.m.  
K – 5th Grade



### SATURDAY

Kids In The Kitchen  
Jan. 8 – Feb. 12  
9:00 – 10:00 a.m.  
K – 5th Grade



check out additional  
free youth offerings  
for Y Members at our  
Walnut Creek,  
Waukee, and  
Wellmark YMCA  
locations!

## NURTURING YOUR CHILD'S POTENTIAL

Would you like your child to participate in age-appropriate activities and beat the winter blues? Check out the programs we are offering this winter! Youth Enrichment Programs are free for Y Members; a fee will apply for non-members.

### Class Descriptions

Maker Gym (Kindergarten – 5th Grade): Kids will use critical thinking, problem solving, creativity, and curiosity to develop fun obstacles and activities using different equipment each week. Children will work as a team to develop their own exercises and take a look at how STEAM is involved in the sports they all know and love!

Kids Fit (Kindergarten – 5th Grade): Moving kids toward a healthy lifestyle. Giving children the opportunity to participate in regular physical activity and to learn about healthy behaviors. Kids Fit is designed to engage children in moderate to vigorous physical activity.

Kids In The Kitchen (Kindergarten – 5th Grade): Kids will have a blast in this hands-on class, learning nutrition and cooking skills. As a group, we will learn about a wide variety of foods and kids will prepare a new recipe in each class.

Youth Enrichment Programs are FREE for Y Members and \$60 for Non-Members, unless noted otherwise.

### CONTACT US

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### INDIANOLA YMCA

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This is not an Indianola Community School District publication, nor is it in any way endorsed or sponsored by the district. This publication is being provided only to inform the viewer of other available community activities and opportunities.

**REGISTER ONLINE TODAY AT [DYMCA.ORG](http://DYMCA.ORG)**