

Martial Arts at Sunbury YMCA

Youth Kung Fu- Ages 6 –12

Beginner White Sash only Sat. 9:30 – 10:30am
Advanced Red Sash & above Sat 10:30 – 11:30am

Adult Kung Fu Ages 13 & Up Wed 8:00 – 9:30 pm
Sat 11:30 – 1:00 pm

Youth

\$15 fam.mem. \$25 youth \$45 non-mem

Adult

\$15 fam. mem. \$30 mem. \$50 non-mem

Martial Arts at Milton YMCA

Youth Kung Fu - Ages 6- 12

All Sash Levels Wed 3:45 – 4:45pm

Adult Kung Fu Tue 7:00 – 8:30pm

Smart Kids

Master Fletcher teaches children and parents how to avoid child abuse and/or abduction in this valuable program. Call to schedule his program at your organization or school!

**Lectures Demonstrations and Seminars
In self-defense can be scheduled by
contacting Master Larry Fletcher at the
YMCA**

Fighting Back...Self Defense for Women

Ages 14 and up. To begin in February at the Sunbury branch .

Easy and effective techniques to learn. Don't wait until it's too late! Be ready to protect yourself.

Youth and Teen Activities at the Milton YMCA

T.G.I.F.

Grade 3 – 5

- Fridays 6:30 – 9:00
- Dancing
- Pool Tables
- Air hockey
- Foosball
- Basketball
- Swimming
- Cost \$5 mem \$6 non - mem

Games, Crafts, Snacks, Music, Swimming !!!

Wild Wednesdays at the Milton YMCA

K thru 4th grades – Every other Wednesday of each month
Begins @ 6:00-7:30 7:30-8:30 swimming FEE: \$4 per
child \$1 extra for swimming.

Milton Teen Leadership:

Ages 12-18 Meets Thursdays @ 8:00pm

Classes at The YMCA ARTS CENTER

35 South Fifth Street Sunbury 286 - 0818

Arts Center Class Brochures are available at the desk

For all dates and times visit us online at ymcaartscenter.org

Classes for Adults: 4 week lessons run continuously.

Sessions begin the first week of each month.

Basic Drawing Portrait Drawing Oil Painting Watercolor Impressionist Painting
Pottery Jewelry Making Glass Fusing Lapidary (rocks and stones!) Quilting
Basic Sewing Knitting Felting Private Drawing lessons Acoustic & Electric Guitar

Classes for Children: These class sessions begin again each month.

Classes are afterschool 4:00-5:00pm

Clay Play 3D Fun Drawing & Painting Circle of Music Private Drawing lessons
Guitar Lessons Cooking Workshops Summer Art Camps

Returning campers for 2010...sign ups begin February 1st

New enrollment for Summer Art Camps begins April 1st

Have a party at the Arts Center!

We will accommodate your individual group!

Call for more details!