



# Teen Yoga 2011

## Registration Dates

Registration begins 3 weeks prior to start date of each session

## Contact Information

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## Standing Goddess A Yoga Adventure

Standing Goddess yoga is a fun integration of yoga postures, breathing and relaxation set to contemporary music. This 8-week class is for ages 9-14. It will provide an opportunity for youth to improve gross motor skills and take on challenges in strength, agility and endurance. This is an opportunity for youth to calm their minds through movement and breath. A safe place to take time to be still and develop a body mind connection. This is an opportunity for youth to enjoy being challenged and feel good about meeting those challenges without comparing themselves to others.

Yoga provides a noncompetitive activity that every age and physical ability can fully participate in. It stretches and strengthens every muscle, including the mind, giving participants a feeling of empowerment and peace.

## Session Dates

October 24-December 19 \*Class will not be held on Halloween.

## Day & Time

Mondays 5:35-6:10 pm

Pre-registration is required for class, register at the Cooper Y Front Desk.

## Fees

Y Member	\$32
Y Non-Member	\$64

Cooper Y



# Registration Information

## Pickup/Dropoff

The YMCA will not be responsible for children left unattended prior to the actual start time of the program/class. The YMCA will also not be responsible for children left after the stop time of the program/class. Parents/Guardians are responsible for making arrangements to pick up their child on time.

## 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

To receive your user ID and pin number, please contact the Cooper YMCA front desk at 323-6400.

## 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