



Youth Yoga 2011

Registration Dates
Registration begins 3 weeks
prior to start of session

Contact Information
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Jungle Journey A Yoga Adventure

Come explore the jungle as a monkey, elephant or lion would. Jungle Journey Yoga introduces children ages 4 to 8 basic poses, breathing techniques, relaxation methods, kinesthetic play and visualizations throughout this 8-week class.

Yoga is a noncompetitive positive physical activity that children naturally enjoy. A great way to encourage gross motor development while using our imaginations!

So come into the jungle and fish in the rivers, fly over mountains and watch the stars come out at night.

Session Dates

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

Day & Time

Mondays 5:00-5:30 pm

Pre-registration is required for class, register at the Cooper Y Front Desk. Registration begins 3 weeks prior to start of session.

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