



# Youth Yoga

## Summer 2012

### Contact Information

Michelle Kiddoo  
402-434-9257  
mkiddoo@ymcalincoln.org

## 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 the 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

May 31 - July 26

### Registration Dates

Y Members

May 22

Non Y Members

May 24

### Days & Times

Thursdays

4:00 pm - 4:30 pm

(Child / Parent)

### Fees

Y Members \$32

Non Y Members \$64

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

Northeast 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](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