



MIDTOWN VARSITY YOUTH PROGRAMMING

January and February 2012

The MTV re-launch is underway. Click the below links for full program descriptions.

Pre-K Yoga (3-5)

Fridays, 1:00pm-1:45pm

Kids Yoga (5-7)

Sundays, 9:45am-10:30am

Mondays, 4:30pm-5:15pm

Kids Yoga (8-12)

Sundays, 10:45am-11:30am

Mondays, 5:30pm-6:15pm

Storytime, Fitness and Fun! (2-4)

Thursdays, 11:00am-11:45am

Zumba Fit (4-6)

Wednesdays, 1:30-2:15pm

Dance in Motion (5-12)

Sundays, 2:00pm-3:00pm

Kids Boot Camp (5-12)

Thursdays, 4:30pm-5:20pm

Midtown Varsity Cheer Squad (7-12)

Wednesdays, 4:30pm-5:15pm

Camp Midtown Specials (6-13)

Monday, Jan 2, 8:30am-4:00pm - Orienteering

Monday, Jan 16 8:30am-4:00pm - Zoomobile

M-F, Feb 20-24 8:30am-4:00pm - Paddle

Kidtown Camps

Monday, Jan 16, 9:30am-1:30pm

Monday, Feb 20, 9:30am-1:30pm

Tuesday, Feb 21, 9:30am-1:30pm

Thursday, Feb 23, 9:30am-1:30pm

Colies Roller Skate Nights (Family)

Saturday, Jan 7, 5:00pm-7:00pm

Saturday, Feb 11, 5:00pm-7:00pm

Mom and Me Yoga/Spa Day (5+)

Monday, Jan 16, 11:00am-1:00pm

BFF Yoga/Spa Day (10+)

Monday, Jan 16, 4:30pm-6:30pm



MIDTOWN
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Weekly Youth Programs – Winter Complimentary

Pre-K Yoga (3-5)

Fridays, 1:00pm-1:45pm, Jan 6-Feb 17

Fun, inspirational classes encourage a child's natural thirst for knowledge. In this imaginative series, we combine simple yoga poses with engaging songs and stories that encourage social, sensory and motor skills while increasing flexibility.

Kids Yoga (5-7)

Sundays, 9:45am-10:30am, Jan 8-Feb 19

Mondays, 4:30pm-5:15pm, Jan 9-Feb 13

This playful class encourages self-expression and social skills. Children will strengthen their bodies as they learn how to focus through breathing and relaxation techniques. Kids sing, draw and play yoga in this energy releasing class.

Kids Yoga (8-12)

Sundays, 10:45am-11:30am, Jan 8-Feb 19

Mondays, 5:30pm-6:15pm, Jan 9-Feb 13

Your child will practice strength, flexibility and coordination as they learn to focus and center themselves with various breathing and visual techniques. They will also learn self-respect and respect for others with the practice of fun postures, group games, breathing and basic anatomy.

Storytime, Fitness and Fun! (2-4)

Thursdays, 11:00am-11:45am, Jan 5-Feb 16

Spend time with your child listening to a story followed by a half hour class specially designed for little ones with engaging songs and movement.

Zumbatomic (4-6)

Mondays, 1:30-2:15pm, Jan 9-Feb 13

Designed exclusively for younger kids, these rockin', high-energy fitness parties are packed with kid friendly music and movement routines.

Dance in Motion (5-12)

Sundays, 2:00pm-3:00pm, January 8-29

Learn form fundamentals and contemporary dance moves. Together we'll choreograph an original piece to perform for the parents!

Kids Boot Camp (5-12)

Thursdays, 4:30pm-5:20pm, Jan 5-Feb 16

Hit the gym with boot camp style games and activities. We'll work up a sweat with high energy themed activities each week.

Midtown Varsity Cheer Squad (7-12)

Wednesdays, 4:30pm-5:15pm, Jan 4-Feb 15

Get a jump start on your cheer skills with former NBA Dancer, Christine Kull. You'll learn dance moves, jumps and kicks in this unique class.

MIDTOWN VARSITY YOUTH PROGRAM NOTES

All programs require advanced registration.

To register for a program, please call the front desk at 585-461-2300.

All programs are subject to cancelation.

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January and February 2012 Youth Programming Special Events

Camp Midtown Specials (6-13)

Monday, Jan 2, 8:30am-4:00pm - Orienteering
Monday, Jan 16 8:30am-4:00pm - Zoomobile
M-F, Feb 20-24 8:30am-4:00pm - Paddle

Camp Midtown's full-day sessions are a great mix of games, sports and themed activities with the best counselors in Rochester. Each day features an hour of tennis time with our pros, indoor and outdoor activities, lunch and a snack.

Members - Single Day \$49, Weekly \$245

Guests - Single Day \$59, Weekly \$295

Kidtown Camps

Monday, Jan 16, 9:30am-1:30pm
Monday, Feb 20, 9:30am-1:30pm
Tuesday, Feb 21, 9:30am-1:30pm
Thursday, Feb 23, 9:30am-1:30pm

Play games, make crafts and have fun with your friends from Kidtown in these half day camps!

Members and Guests - \$25/Child, \$20/Each Additional

Sibling

Colies Roller Skate Nights (Family)

Saturday, Jan 7, 5:00pm-7:00pm
Saturday, Feb 11, 5:00pm-7:00pm

Party the night away with all your Midtown friends. DJ, skates, dinner and fun for all ages and abilities!

\$8/Person or \$25/Family Max - Includes Food, Beverage and Skates

Mom and Me Yoga/Spa Day (5+)

Monday, Jan 16, 11:00am-1:00pm

Enjoy an hour of mother and daughter yoga, then treat yourselves to a make-your-own hot chocolate bar and mini-manicures on this winter day-off from school.

Call Diane at 461-2301 x 302 to book.

\$35/Person

BFF Yoga/Spa Day (10+)

Monday, Jan 16, 4:30pm-6:30pm

Bring your best friend to Midtown and enjoy a tween yoga class followed by chair massages, chocolates and mini-manicures!

Call Diane at 461-2301 x 302 to book.

\$35/Person

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