**Sports Academy for Children and Youth**

**YMCA Athletic Center**

**List of Activities for the Year 2019–2020**

**Ballet**

Proper posture, development of a sense of rhythm, concentration and coordination

**Ages:** 4–10

**Frequency:** Once a week

**Days:** Thursday

**Hours:** 16:15–17:00/17:05– 17:50

**Cost:** 200 NIS/month for once a week/360 NIS/month for twice a week

**TST – Teen Strength Training**

Fitness training,developing and strengthening the muscles of the body for teenagers

**Ages:** 12–17

**Frequency:** Twice a week

**Days:** Monday and Wednesday

**Hours:** 15:30–17:00

**Cost:** 360 NIS/month

**Volleyball**

Fundamentals of the game, techniques, preparation for the Junior NBA League

**Ages:** 10–14

**Frequency:** Once a week

**Days:** Sunday

**Hours:** 16:00–17:00

**Cost:** 200 NIS/month