



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# COOKING UP FUN FOR YOUR KIDS

## Jr. Chef Academy NORTHWEST, EAST, & DOWNTOWN YMCA'S

**Level 1:** Build basic culinary skills, incorporating nutrition and fun food experiments while making new recipes each week. This Academy includes a chef hat and apron, progress reports, and a kid-prepared recipe showcase at the end of the 10 week session! Ages: 6-12, 75-minute classes

**Level 1 sessions:**

**East YMCA:**

Wednesdays, 5:15-6:30 P, 12/4/19-2/19/20,  
skips 12/25 & 1/1

**Northwest YMCA:**

Wednesdays, 5:45-7:00 P, 12/4/19-2/26/20,  
skips 12/25 & 1/1 & 1/15

**Downtown YMCA:**

Tuesdays, 5:45-7:00 P, 1/7/20-3/10/20

**Level 2:** Build on culinary skills from level 1 with new weekly recipes to make and taste. Kids earn a kitchen gadget during the 10 week session. Ages: 6-12, 75-minute classes. Recommended to complete level 1 prior to level 2, but not required.

**Level 2 sessions:**

**Northwest YMCA:**

Mondays, 5:45-7:00 P, 12/16/19-2/10/20

**Fee:** \$33/month bankdraft for three months or \$99/3-month session (member rate). Financial assistance is available. Enroll in person or by phone for the Jr. Chef Academy. Space limited. \*Must contact Tammi prior to class start if child has a food allergy.

**Questions?** Contact Tammi Krier, YMCA Healthy Eating Director: 316-776-8176 or [tammi.krier@ymcawichita.org](mailto:tammi.krier@ymcawichita.org)

**Program Codes:** 19Dec 08ACH or 03ACH (draft Dec/Jan/Feb),  
20Jan 02ACH (draft Jan/Feb/Mar)

Thanks to a partnership with Delta Dental of Kansas and American AgCredit, we are able to offer a new, lower price for this fantastic program in 2019 & 2020!

