

## SPORTS FACILITIES

### Basketball Open Gym

Monday - Friday 12:00 - 2:30 pm  
 (Teens & Adults) 8:30 - 10:00 pm  
 Sunday 10:00 - 6:00 pm  
 Basketballs available with membership card.

### Racquetball Courts

Monday - Friday 10:00 - 4:30 pm\*  
 Friday (*Family Night*) 4:30 - 10:30 pm  
 Saturday - Sunday All Day\*  
 Eye goggles are required.  
 Racquets are available with membership card.  
 (Unless court is reserved.)\*

### Youth Racquetball Lessons

Monthly Lessons are available for youth  
 Ages 8-15. Mondays 6:30 - 7:30 pm.  
 \*Call for more details.

### Running Track

Open during all hours of facility operation.

### Recreational Teaching Pool Hrs

Monday - Thursday 12:00 - 1:30 pm  
 3:30 - 4:45 pm  
 6:50 - 9:30 pm  
 Friday: 9:00 - 11:15 am  
 2:00 - 9:30 pm  
 Saturday: 12:00 - 6:30 pm  
 Sunday: 10:00 - 5:30 pm

### Recreational Swim Large Pool Hrs

Ages 6 and up  
 Monday - Thursday 1:30 - 3:15 pm  
 6:45 - 9:30 pm  
 Friday 1:30 - 3:15 pm  
 7:00 - 9:30 pm  
 Saturday 2:00 - 4:30 pm  
 Sunday 2:00 - 5:30 pm

*Use of all facilities is included  
 with Facility Membership*

## SPORTS

### Karate/Jujitsu (Ages 7 & Up)

This class blends both Karate & Jujitsu and instructs you in the many applications of joint locks, throws, strikes, kicks and blocks. Through practice you will gain endurance, flexibility and improve coordination while having a great time and a good workout. Participants will develop self-confidence, respect, discipline and concentration.

A colored belt advancement program is offered. Uniforms (gis) are not required, however they are available through the instructors. Wear comfortable, loose fitting clothing.

#### One Hour Sessions

Tues. 3:45 - 4:45 pm  
 Thurs. 3:45 - 4:45 pm

#### Long Sessions

Tues. 6:00 - 7:30 pm\*  
 Fri. 6:00 - 7:30 pm

#### Fees 1 d/wk 2 d/wk

Facility \$43 \$60  
 Program \$55 \$72

#### Fees

Facility \$49  
 Program \$66

\*Advanced Class - requires instructor approval\*

### Y Winners - Basketball

Kids of all abilities will play, learn the game and improve their skills in Y-Winners. Through friendly competition Y-Winners strives to teach children the sport and the importance of good sportsmanship through emphasizing the YMCA core values of caring, honesty, respect and responsibility.

#### Coed Basketball

7 Divisions: Coed Kindergarten, Boys: Grades 1-2, 3-4, 5-6, Girls: Grades 1-3, 4-6, Coed Grades 7-9.

**Skills Evaluation:** January 14  
 9:30am-2:00pm (depending on grade)

**Parent Orientation:** Jan. 19, 6:30pm (MPR)

**Practice Starts:** January 23-27

**Games:** January 28 - March 24

#### Fees

Facility Members: \$ 89  
 Program Members: \$135

*For additional information on Y-Winners  
 contact Jesse Hirdler at [jhirdler@ymcafoothills.org](mailto:jhirdler@ymcafoothills.org)*



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER



## Youth & Family Programs

- Sports
- Fitness
- Enrichment Programs
- Family Activities

### Effective January 9th

#### Contact Information

Ana Marie Schaefer, Healthy Lifestyles Director  
 (818) 790-0123 ext. 231  
[amschaefer@ymcafoothills.org](mailto:amschaefer@ymcafoothills.org)

Crescenta-Cañada Family YMCA

(818) 790-0123

[www.ymcafoothills.org](http://www.ymcafoothills.org)

## AFTER SCHOOL FITNESS

### NEW! Zumbatomic

This is a fast moving cardio dance class for kids ages 7-12.

Monday 3:45 - 4:30 pm  
Room Studio 1

### Kidz Yoga

Even if you can't touch your toes, this class is for you. Have fun turning yourself into a pretzel, a tree, a dolphin and a snake while learning yoga poses that will help you become more flexible and focused in school. Ages 5-11.

Tuesday 3:45 - 4:30 pm  
Room Studio 3

### Kid Zone

This energetic class will strengthen muscles, build endurance and increase flexibility through game play. This 45-minute class is designed for young people ages 6-9. Program runs from September to mid-June.

Monday/Wednesday 3:45 - 4:30 pm  
Room Studio 2

### Fit Zone

A fun and exciting workout for young people ages 9-12. Designed to build strength, endurance and flexibility utilizing sports drills.

Tuesday/Thursday 3:45 - 4:30 pm  
Room Studio 1 & 2

## YOUTH WATCH ACTIVITY CENTER

Drop by to play air hockey, foosball, Dance Revolution and an assortment of games and crafts to keep your child busy and entertained while supervised by our staff. For ages 7-12. Behind Child Watch

Monday - Friday 3:30 - 6:00 pm

*Programs are offered at no charge and open to facility members only.*

## TEEN STRENGTH TRAINING

Youth members between the ages of 12-17, must be "certified" to use the workout areas.

Certification training will teach: proper strength training techniques, cardiovascular guidelines, stretching, injury prevention, nutrition and code of conduct.

Train one on one with a Healthy Lifestyles Counselor, and upon completion receive a certified sticker. Sign up for appointment at welcome desk. Test sessions will be held on the 2nd Saturday and 4th Thursday of each month (times to be announced).

## TEEN FITNESS

Tuesday/Thursday 4:30-5:15pm, Starts 1/17  
Studio 1

Teens ages 13-16 of all fitness levels are wanted for this high energy weight training and cardio conditioning class. Program varies daily, but is guaranteed to be fun and effective with personal trainer and boot camp instructor, Jesse.

## HOMEWORK LAB

Tuesday/Thursday 3:30-5:30pm, Starts 1/17  
Program Room (Above Childwatch)

Drop in and finish your homework or catch up on your reading. Supervised by a former teacher who can provide homework assistance as needed. For students in 4<sup>th</sup> grade and up.



## FAMILY FITNESS

### Stroller Fitness

**Tuesday/Thursday 9:45-10:45am, Upper Parking Lot**  
This class is a combination of cardio (walking, jogging, skipping, etc.) and resistance training with bands, body weight, pilates and yoga. Each class ends at a local park, giving kids a chance to play and the moms a time to work out and socialize.

### Running Club

**Fridays 6:30-7:30pm, Upper Parking Lot**  
Train with a running coach who helps you set goals and measure your progress. Fun for the whole family to work on their personal best in distance and speed.

### Aqua Zumba

**Saturdays 1:15-2:15pm**  
Jump in and join the pool party! This invigorating class includes splashing, twisting, shouting and dancing along to exhilarating music. Youth participants must be experienced swimmers.

### Dance Party

**Saturdays 4:00-4:45pm, Studio 1&2**  
Get the whole family moving with dance related activities. Learn the latest dance moves, express yourself with music, and build coordination, all in a fun, high energy atmosphere. Ages 5 & up; all abilities welcome.

### Family Yoga

**Sundays 3:30-4:00pm, Studio 3, ages 4-6**  
Little kids will be introduced to yoga through relating to nature. Kids will enjoy making animal sounds, moving to music and turning into flexible shapes all in a playful environment in this interactive class with their parents.

### Sundays 4:00-4:30pm, ages 7-10

This fun class leaves no time for kids to be bored. Kids will build awareness of how muscle groups work together to create strength and flexibility with yoga poses. Mom & Dad will enjoy it too!

### Family Y Express Circuit

Enjoy a non-stop circuit for a total body workout. Add some fun with Dance Revolution! Ages 9+ Check it out during these hours in the Circuit Room

Monday - Thursday 3:15 - 5:15 pm  
Saturday & Sunday 10:00 - 12:00 pm