

YOUTH FITNESS

Fitzone

A fun and exciting workout for young kids ages 3-12. Designed to build strength, endurance, flexibility and teamwork, utilizing sports drills.

Ages 3-5: Mondays 5:00 - 5:45 pm
Ages 6-8: Tuesdays 4:00 - 4:45 pm
Ages 9-12: Wednesdays 4:00 - 4:45 pm

This class is **FREE** for Facility Members and \$25 for Program Members.

Yoga

Even if you can't touch your toes, these classes are for you! Through Yoga, you will increase flexibility, gain self confidence and build relationships with others.

Kidz Yoga Ages 5-11

Mondays 3:30 - 4:15 pm

Family Yoga

Wednesdays 4:30 - 5:30 pm

These classes are **FREE** for Facility Members and \$25 for Program Members.

Zumbatonic

Designed exclusively for kids (ages 4-12), Zumbatonic classes are a high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love!

Little Stars Ages 4-7

Wednesdays 3:00 - 3:45 pm

Fridays 4:00 - 4:45 pm

Big Stars Ages 8-12

Wednesdays 4:00 - 5:00 pm

Fridays 5:00 - 6:00 pm

These classes are **Free** for Facility Members and \$25 for Program Members.

FREE HOMEWORK HELP

Come by the Y to get help with all of your homework. Computer and Internet will be available.

Tuesdays/Thursdays 3:00 - 5:00 pm

Must be a facility member to participate.

SWIM LESSONS

Group Lessons

Group swim lessons at the Y will improve your child's self confidence and relationship building skills. Our experienced staff ensures all swimmers participate in a safe and friendly environment. The swim curriculum includes: stroke development, personal safety, rescue techniques, personal growth, water sports and games.

Fees: Facility Member \$40, Program Member \$85

For more details, please see the detailed swim schedule.

Private Swim Lessons

Private lessons give your child the individual attention to help overcome their fear of the water, gain self confidence and focus on individualized technique development to ensure their safety in the water.

To schedule a lesson, call Kim Roberts at (818) 790-0123, ext. 234.



CHILD WATCH

Need to work out or attend a lecture at the branch? If you are a facility member drop your kids off at Child Watch and celebrate some "me" time! Children ages 3 months to 11 years old will be supervised and cared for in a safe and fun environment while mom and dad use the facility. A health verification and waiver must be on file prior to using this service.

FREE with Facility Membership.

M-F 8:00 am - Noon M-TH 3:00 - 8:00 pm
F 4:00 - 8:00 pm SAT 8:00 am - Noon



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER



Youth Programs Winter 2012

Contact Information

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(818) 352-3255
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ARTS & HUMANITIES

Journey Through Art Youth Art Classes

Explore a journey through the world of art at our weekly art classes. Through Art, your child will learn creative expression skills.

Ages 6-12: Mondays 4:00 - 5:00 pm

Fees: Members \$25, Non Members \$50

Ballet/Tap

The goal of the dance program at our Y is to enhance your child's confidence, social skills, motor skills, coordination and grace.

Wednesdays

3:00 - 3:30 pm Beginner All Ages

Fridays

3:00 - 3:30 pm Beginner/Int All Ages

3:30 - 4:00 pm Int/Adv All Ages

Fees: Facility Members \$25, Program Members \$50

Hip Hop Dance Class

We emphasize fun, skill development, and teamwork all while following the Y's core values. Participants will learn the fundamentals of cheerleading, as well as different dance movements to the latest music. Ages 7-12

Tuesdays 7:00 - 8:00 pm

Fees: Facility Members \$15 per month
Program Members \$30 per month

Youth Chess Club

Come learn the game of chess, build your skills and play against others. Chess will improve your problem solving and critical thinking skills.

Wednesdays 6:00 - 7:00 pm

This Club is **Free** for Facility members and costs \$10 per month for Program members.

Lunch Bunch

The Lunch Bunch is a group for parents, kids, and families. Bring a lunch to enjoy with other members at the Y. Children can interact with other children, while parents can get to know other adults. Weekly topic discussions, guest speakers and activities for children will be included. Fridays 12:00 - 1:00 pm.

SPORTS

Y Winners - Soccer/Basketball

Youth Soccer-1st-3rd Graders

Youth Basketball- 3rd-8th Graders

Games are on Saturdays

Fees: Facility Member \$78, Program Member \$98



Y Winners - Itty Bitty Ball

Youth Soccer is now in season for 3-5 year olds!

Games are on Fridays at 5:30pm

Fees: Facility Member \$78, Program Member \$98

Youth Volleyball & Indoor Floor Hockey

Volleyball and Indoor Floor Hockey will be offered in the Spring. More details will be announced at a later date.

Martial Arts

Gain self confidence and leadership skills through Martial Arts. Learn to quickly end armed and unarmed attacks with strategy, not strength.

Youth Martial Arts

Mondays & Wednesdays - Ages 6-9, 5:00-6:00 pm

Mondays & Wednesdays - Ages 10-15, 6:00-7:00 pm

Fees: Facility Members \$25 per month
Program Members \$50 per month

J1

The J1 program is simply a safe and fun place for Junior High students to hang out on Friday nights. Activities include: Wii room, guitar hero room, tetherball, foosball, sports in the gym, games, bounce house, food café and much more! This program is free and open to the community.

Fridays 7:00 - 9:00 pm

GYMNASTICS

Youth Gymnastics

This class will help develop strength, flexibility, coordination and confidence. All gymnastics basics will be covered. Ages 6-11.

Tuesdays & Thursdays 5:00 - 6:00 pm

T/TH (Int/Advanced) 6:00 - 7:00 pm

Fees: Facility Member \$25, Program Member \$50



Rhythmic Gymnastics

Try the graceful sport of Rhythmic Gymnastics, a combination of dance and gymnastics. Have fun with rope, hoops, ribbon and balls. No prior experience required. Youth can start as young as 5 years old.

Saturdays 1:30 - 2:30 pm

Fees: Facility Member \$15, Program Member \$30

Kinder Gym

Your child will gain self confidence and motor skill development through gymnastic basics such as: forward/backwards rolls, jumping skills, balance beam, and building strength & endurance. Ages 3-5.

Mon/Wed 11:00 - 11:45 am

Tues/Thurs 4:00 - 4:45 pm

Saturdays 9:00 - 9:45 am

Saturday only fee (Facility Member-\$15, Program Member-\$30)

Movement Ed class For Ages 1-2 years old

Mon/Wed or T/TH 10:00 - 10:45 am

Fees: Facility Member \$25, Program Member \$50

