



SIMI VALLEY FAMILY YMCA YOUTH PROGRAM CLASS SCHEDULE

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:00am				Gymnastics- Mom & Me [9:00-9:45am] Ages: 2-3 (Steve L.) Jack's Room		
9:30am				Gymnastics- Tiny Tot [9:45-10:30am] Ages: 4-5 (Steve L.) Jack's Room		
11:00am					Teenie Weenie Ballet [11:00-12:00pm] Ages: 3-4 (Michelle/ Diane)	
11:30am			Gymnastics- Tiny Tot [11:30-12:15pm] Ages: 4-5 (Steve L.)	Gymnastics- Tiny Tot [11:30-12:15pm] Ages: 4-5 (Steve L.)		
12:00pm						Karate/Jujitsu [12:15-1:15pm] Ages: 7-Up (Alan M.)
2:00pm			Gymnastics- Tiny Tot [2:00-2:45pm] Ages: 4-5 (Steve L.)			
2:30pm			Gymnastics- Beg./ Int. [2:45-3:30pm] Ages: 6-11 (Steve L.)			I Wanna Dance Mom [2:30-3:30pm] Ages: 5-8 (Elana D.)
3:00pm				Gymnastics- Girl's Demo [3:00-3:45pm] Ages: 6-11 (Steve L.)		
3:30pm	Martial Arts [3:30-4:30pm] Ages: 5-10 (Shane B.)	Children F.I.R.S.T. [3:30-4:30pm] Ages: 3-7 (Mat B.)	Gymnastics- Beg./ Int. [3:30-4:15pm] Ages: 6-11 (Steve L.)	Gymnastics- Boy's Demo [3:45-4:30pm] Ages: 6-11 (Steve L.)	Kid's Dance Theater [3:30-4:30pm] Ages: 4-7 (Giselle F.)	Teenie Weenie Ballet [3:30-4:30pm] Ages: 3-4 (Elana D.)
5:00pm	SCHEDULE UPDATED 1-9-12	Kid's Zone [5:00-6:00pm] Ages: 6-11 (Julia H.) Fish Bowl		Kid's Zone [5:00-6:00pm] Ages: 6-11 (Julia H.) Fish Bowl		

YMCA PROGRAM CLASS DESCRIPTIONS

Children F.I.R.S.T.: Children learn the basics of good nutrition, proper stretching techniques, the benefits of exercise, and the emotional benefits in a fun atmosphere.

- Fees: Full Member- Included with Membership
Program Member- \$35 per 7-week session

Gymnastics: Classes will cover the fundamentals of gymnastics, tumbling skills, and different types of apparatus, which in turn will increase muscle strength and flexibility.

- Fees: Full Member- \$35 per 7-week session
Program Member- \$70 per 7-week session

Karate/Jujitsu: The class will instruct you in techniques 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.

- Fees: Full Member- \$35 per 7-week session
Program Member- \$70 per 7-week session

Kid's Dance Theater: Class will explore the children's imagination through movement and dance in a fun environment while developing motor skills, coordination, and self-esteem.

- Fees: Full Member- \$10 per 7-week session
Program Member- \$35 per 7-week session

Kid's Zone: Combination of sports, games, and crafts.

- Fees: Full Member- Included with Membership
Program Member- Not Available

Martial Arts: Class will cover the fundamentals of Karate/ Jujitsu within a fun and energetic atmosphere. The class will help build self-esteem, confidence, body coordination, balance, and motor skills.

- Fees: Full Member- \$10 per 7-week session
Program Member- \$35 per 7-week session

I Wanna Dance Mom/ Teenie Weenie Ballet (Ballet and Tap): Your children will learn structured dance routines, feel comfortable exploring their artistic side and enhance their grace and poise.

- Fees: Full Member- \$10 per 7-week session
Program Member- \$35 per 7-week session

Youth Fitness Center: Equipped with state-of-the-art youth size equipment. A safe, fun, supervised environment where kids can participate in cardiovascular, resistance, and flexibility activities that are appropriate for their age. *Not listed on schedule.*

- Ages: 8-13
- Days/ Times: Monday – Thursday 5:00-8:00 P.M.
- Fees: Full Member- Included with Membership
Program Member- Not Available