

SPORTS FACILITIES

Basketball Open Gym

Monday - Friday 12:00 - 2:30 pm
 (Teens & Adults) 8:30 - 10:00 pm
 Saturday 7:00 - 9:00 am
 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.)*

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
 3:00 - 9:30 pm
 Saturday: 11:50 - 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

Facility Members
 can use all YMCA facilities
 listed above for free.

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			Long Sessions	
	Tues.	3:45 - 4:45 pm	Tues.	6:00 - 7:30 pm
	Thurs.	3:45 - 4:45 pm	Fri.	6:00 - 7:30 pm
Fees	1 d/wk	2 d/wk	Fees	
Facility	\$43	\$60	Facility	\$49
Program	\$55	\$72	Program	\$66

Y-Winners Basketball Fall Session

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.

Divisions

Grades 1-2, 3-4, 5-6, & 7-9

Sign Ups Aug. 23 - Sept. 18

Skills Clinic September 18

Grades 1-2 10 - 11 am

Grades 3-4 11 - 12 pm

Grades 5-6 12 - 1:00 pm

Grades 7-9 1 - 1:30 pm

Parent Orientation Sept 28 @ 6:30 pm in the MPR

Practice Begins Oct. 4-8

Games Oct. 9-Dec. 4

Fees

Facility Members: \$ 79

Program Members: \$120

For additional information on Y-Winners
 contact Jesse Hirdler at
jhirdler@ymcafoothills.org

Youth Sports & Fitness Programs

Fall 2010

GROWING STRONGER TOGETHER



Contact Information

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FREE FITNESS PROGRAMS

Kidz Time

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

Fitzone

A fun and exciting workout for young people ages 9-12. Designed to build strength, endurance and flexibility utilizing sports drills. Program runs from September to mid-June.

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

KidzYoga

Kids + Yoga = Fun

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

Family Yoga

Enjoy a peaceful, positive, fun-filled hour with songs, dancing and stories that lead us through yoga poses and meditations to practice as a family. Children of all ages are welcome with parents and caregivers.

Sunday 4:00 - 5:00 pm
Room Studio 3

No registration needed for all Free Fitness Programs. Just show up at the scheduled time and have fun!

Free Fitness Programs are only open to Facility Members.

FREE FITNESS PROGRAMS

Youth Watch Program

Visit our new Youth Watch room. We offer air hockey, foosball, Dance Revolution and an assortment of board games and crafts to keep your child busy and entertained while supervised by our staff. For ages 7-12.

Monday - Friday 4:00 - 6:00 pm



Kids Y Express Circuit

Enjoy an action-packed circuit that delivers a total body workout. An instructor will direct you through a series of strength building and cardio exercises. Add some fun with Dance Revolution! Ages 9-14. Check it out during these hours:

Monday - Thursday 3:15 - 5:15 pm
Room: Y Express Circuit

Y Express Family Circuit

Bring your mom or dad as your workout buddy! All fitness levels can enjoy simple-to-operate strength training and cardio equipment. Ages 9-adult.

Saturday 10:00 - 12:00 pm
Sunday 12:00 - 2:00 pm
Room: Y Express Circuit

FITNESS PROGRAM

Teen Strength Training

Youth members who have reached their 12th birthday, but have not yet reached their 18th birthday must be "certified" to use the workout areas. During certification training they will learn proper strength training techniques, cardiovascular guidelines, effective stretching, injury prevention and nutrition. Youth will be introduced to the code of conduct and will learn proper etiquette.

Training is conducted one on one by a Healthy Lifestyles Counselor, and upon passing an end of training exam, a certified sticker will be affixed to the membership card. The training may be scheduled at the member's convenience, and test sessions will be held on the 2nd Saturday and 4th Thursday of each month (times to be announced).

Facility Member: \$37.00/month

Not available to Program Members



Please wear appropriate exercise attire and athletic shoes to all programs and classes.