

SPORTS FACILITIES

BASKETBALL OPEN GYM

Monday - Friday 12:00 - 2:30 pm
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 - 5:40 pm
6:50 - 9:30 pm
Friday: 9:00 - 11:15 am
3:00 - 9:30 pm
Saturday: 8:00 - 9:00 am
11:20 - 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

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

Fees	1 d/wk	2 d/wk
Facility	\$43	\$60
Program	\$55	\$72

Long Sessions

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

Fees	
Facility	\$49
Program	\$66

Y-WINNERS BASKETBALL

Kids if 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.

Winter Session

Sign Ups	Dec. 4 - Jan. 9
Skills Clinic	Jan. 9
Grades 1 - 2	10:00 - 11:30 am
Grades 3 - 4	11:30 - 1:00 pm
Grades 5 - 7	1:00 - 2:00 pm
Parent Orientation	Jan. 19 at 6:00 pm
Practice Begins	Jan. 25 - 29
Games	Jan. 30 - Mar. 27

Fees

Facility Members: \$ 79
Program Members: \$120

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

YOUTH SPORTS & FITNESS PROGRAMS

JANUARY - JUNE 2010



Y-WINNERS

KIDS YOGA



KARATE



**YOUTH
FITNESS**



Contact Information

11/05/09

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amschaefer@ymcafoothills.org

Crescenta-Cañada Family YMCA

1930 Foothill Boulevard
La Canada Flintridge, CA 91011
818-790-0123 / www.ymcafoothills.org

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

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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

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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

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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

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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



TEEN POWER CONDITIONING

A high energy full body workout just for teens. Get your heart rate pumping and build muscle strength to cool music that keeps you moving. For teens ages 12-15. Program runs from September to mid-June.

Tuesday/Thursday 4:30 - 5:15 pm
Room Studio 2

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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 - Friday 3:15 - 5:15 pm
Room: Y Express Circuit

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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

Learn proper strength training techniques and weight room etiquette. Upon completion of the class, youth members will be "certified" to use the Wellness Center and back weight rooms. Classes begin the first week of every month. Limited class size. Please register at the Membership Office beginning the 20th of the prior month. Ages 12 - 17.

Formal Classes take place during the first and fourth week of training. During the second and third week of training students are responsible for completing one hour of one-on-one training with a Healthy Lifestyle Counselor.

Tuesday/Thursday 3:45 - 4:45 pm
Saturday 11:00 - 1:00 pm

Facility Member: \$37.00/month

Program is not available to Program Members

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