



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING SKILLS **CONFIDENCE &** **CHARACTER**

Youth Fitness Brochure
CENTRAL YMCA

**BRINGING
YOUR
FAMILY
TOGETHER**

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A GREAT START FOR YOUTH

GET STARTED WITH THREE COMPLIMENTARY YOUTH FITNESS ORIENTATIONS

Let your wellness coach introduce you to a workout plan that is just right for you. We offer three complimentary fitness orientations to help you set your fitness goals

WHAT CAN YOU EXPECT FROM THE FITNESS ORIENTATIONS

- **Introduction to FitLinxx**
 - » Get motivated with FitLinxx, an easy to use, computerized exercise solution offered free to YMCA Facility Members
 - » With FitLinxx, you will get the encouragement you need, build confidence and develop regular exercise habits
- **Coaching and Ongoing Support from the Wellness Staff**
 - » Wellness coaches will provide continued knowledge and tools for you to expand your exercise routines and learn how to use the machine safely and proper gym etiquette.
- **Guidance on the building blocks of a healthy body**
 - » How to stretch (activating muscles and joints)
 - » Strengthen your muscles and joints
 - » Strengthen your heart and lungs
 - » Building healthy eating habits

HEALTHY LIVING MISSION

The core of the Central YMCA Health and Wellness Program is to help youth stay active and develop healthy habits they will carry with them through out their lives. The Health and Wellness Program aims to serve the youth by teaching them the fundamentals of stretching, aerobic exercises, suitable muscle strengthening activities, and healthy food choices. Engaging youth in the building blocks of healthy living is critical for the development of a strong body, mind and spirit.

SUCCESS WITH FITLINXX

- Automatic tracking of ALL your physical activity
- Immediate feedback, periodic reports, and coaching
- Communication with your wellness coaching in person or online
- Online forums and fitness articles with helpful tips and success stories

TRACK YOUR PROGRESS INSIDE AND OUTSIDE OF THE Y

- **Inside the Y**
 - » Cardio and Strength Training
 - » Group Exercise
 - » Free Weights
 - » Swimming and Aquatics
- **Outside the Y**
 - » Log into www.FitLinxx.com from any computer to track activities outside the Y

The YMCA is the only nonprofit, full-facility health and fitness organization in the country using FitLinxx technology.

TO GET STARTED WITH A FITNESS ORIENTATION

- Discuss your goals with YMCA Wellness Coach
- Visit the Member Services Desk or call 408 298 1717

FITNESS CENTER GUIDELINES FOR YOUTH

Youth ages 7 and under are not permitted

Youth ages 8-9 are permitted to use the Fitness Center* if accompanied by a parent while exercising and after successfully completing a documented fitness orientation with a wellness coach.

Youth ages 10-11 are permitted to use the Fitness Center* with a parent present in the facility and after successfully completing a document fitness orientation with a wellness coach.

Youth ages 12 and up may use the Fitness Center* without adult supervision following a documented fitness orientation with a wellness coach.

Once the youth complete the fitness orientation, they must wear a yellow wristband each time they workout. Wristbands will be given out by the Health and Wellness staff or at the Member Service Desk. The youth will be verified from the completed youth orientation list.

*Fitness Center: Cardio Room, Circuit Room, Stretch Rooms and Conditioning Room

AQUATICS PROGRAMS

YOUTH SWIM TEAM

Join our Central Pirates youth swim team and enjoy fun practices centered around teamwork.

At the Y, you'll find a noncompetitive environment for advanced youth swimmers to focus on refining strokes and learning beginning racing skills, such as starts and flip turns.

Each season includes swim meets with other Y's, with swimmers focusing on achieving their personal best, as well as special events and social activities.

To be eligible for tryouts, a swimmer must have completed the Shark level at our Y and received a recommendation from our swim coach.

MAY, M/W/F

5:25 pm (Beginning/Intermediate)

7:30 pm (Intermediate/Advanced)

JUNE, M/W/F

7:00 pm - 8:00 pm (Beginning/Intermediate)

8:00 pm - 9:00 pm (Intermediate/Advanced)

SPECIAL OFFERS

Swim team members can register for private lessons with one of our coaches during times when practices are not in session.

Swim Team Private Lessons

Facility Members:

\$150 (6 classes 30 minutes each)

Program Members:

\$200 (6 classes 30 minutes each)

YOUTH SWIM TEAM SCHEDULES

Practices:

Mondays, Wednesdays and Fridays

Beginning/Intermediate 7:00 pm

Intermediate/Advanced 8:00 pm

Stroke Clinics:

Clinics will be held the second Wednesday of each month.

Special Events/Social Activities:

Held monthly in the community; fees for these events are not included in your registration fees.

Swim Meets:

A calendar will be given out the first day of each month.



**CENTRAL YMCA
Pirates**

ABOUT OUR COACHES

Our coaches have years of experience on aquatics youth sports teams. They focus on helping your child improve strokes and swimming while having fun.

REGISTRATION INFORMATION

To register, complete the attached form and submit your payment in cash, check or credit card. You must have prior approval from our swim team coach or have a swim team member card at the time of registration. The deadline to register for any session is 24 hours after the start of the session.

FINANCIAL ASSISTANCE

At the Y, we welcome everyone. Financial assistance for people who need us the most comes from the generous donations we receive from people like you in our Annual Giving Campaign. To apply, pick up an application from our Member Services Desk or download one online. We handle all applications confidentially.

REFUNDS AND CANCELLATIONS

In the event that you withdraw your participation, credits and refunds only will be issued 24 hours prior to the first practice.

POOL CLOSURES

Credits and refunds will not be issued due to unforeseen circumstances, including weather conditions. We will make every attempt to accommodate for practice.

PHOTOGRAPHY

Photographs of your child can only be taken upon coaches' approval. Photos may only include your child. Video recording is not permitted.

PARENT SUPERVISION

Children under 6 must have a parent present on the pool deck while practice is in progress.



AQUATICS PROGRAMS

WATER POLO

In Water Polo at the Y, your child will have fun while learning a foundation of skills. For children 8 - 16 who are swimming at the Sea Turtle level or above.

June 16 - August 4, 2:00 - 2:40 pm

SYNCHRONIZED SWIMMING

We emphasize skill development, personal safety, and personal growth. We'll help your child develop swimming body control, agility, breath control and endurance while swimming with others to music and displaying creative expression. Nose clips are required. For children swimming at the Sea Turtle level or above.

June 16 - August 4, 1:15 - 1:55 pm



YOUTH SWIM TEAM TRYOUT REQUEST FORM

Tryouts take place Mondays and Wednesdays during practice time. You will receive a phone call or an email to approve your request for tryouts no later than 48 hours after your request has been submitted.

Swimmer's Name _____

Email _____

Please provide an updated email address. We send monthly emails regarding events.

Birthdate ____/____/____ Male Female Age ____

Address _____

City _____ Zip _____

Parent/Guardian _____

Day Phone (____) ____ - ____ Mobile Phone (____) ____ - ____

Has your child completed the Shark level at Central YMCA? Yes No

Has your child completed the Shark level at another YMCA? Yes No

My child can currently do:

Freestyle

Backstroke

Breaststroke

Butterfly

Shallow Dive

Flip turns

Note any health concerns:

****Submit this form to our Member Services Desk after completion.****

FAMILY GROUP EXERCISE CLASSES

FITNESS FOR KIDS

Youth ages 8-16 can exercise and learn together in a positive atmosphere with one of our personal trainers. This program will empower your youth in fitness and health while having fun. This structured program will include the following components: basic nutrition, agility, balance, coordination, strength training, cardiovascular endurance and strength, motor skills for development and enhancement, sports skills and drills and fitness games.

6 WEEK SESSIONS

June 2 - July 7

July 21 - August 25

Weekly Meetings: Saturdays, 11:00 am - 12:30 pm

Location: Multipurpose Room C / Max. Capacity 12

Fee: None (For Central YMCA Facility Members)

FAMILY BELLY DANCE

This dance form is a perfect balance of two styles of belly dance, fused with African dance and performed to a modern remix of blended Eastern and Western music. Children 6+ welcome.

Weekly Meetings: Tuesdays, 7:45 - 8:45 pm
Thursdays, 7:45 - 8:45 pm

Location: Small Gym

Fee: None (For Central YMCA Facility Members)

BELLY DANCE (10 YEARS AND UP)

Aerobic dance exercise that balances several styles including Arabic dance, African dance, and Western pop. The class develops cardio endurance, core strength and coordination and helps build a positive attitude and body image.

Weekly Meetings: Tuesday, 6:30 - 7:30 pm
Thursday, 6:30 - 7:30 pm

Location: Multipurpose Room C

Fee: None (For Central YMCA Facility Members)

KID'S BALLET (2-6 YEARS OLD)

45 minute class using early learner ballet music that encourages creative movement, incorporates basic ballet skills and steps, and includes "across the floors." Classes also include time for solo and free dancing.

Weekly Meetings: Saturday, 9:45 - 10:30 am

Location: Multipurpose Room C

Fee: None (For Central YMCA Facility Members)

KID'S BALLET (7-11 YEARS OLD)

45 minute class that teaches basic ballet skills, positions, beginning ballet technique, barre work, "across the floors" and center work. Each class ends with time for solo and free dancing.

Weekly Meetings: Tuesday, 5:15 - 6:00 pm
Thursday, 5:15 - 6:00 pm

Location: Multipurpose Room C

Fee: None (For Central YMCA Facility Members)



FAMILY GROUP EXERCISE CLASSES

GLITZ KIDS:

Glitz kids give kids a chance to shine and get healthy as they learn different dance styles and techniques. Children ages 2.5 - 6.

Weekly Meetings: Monday, 9:40 - 10:20 am
Friday, 9:40 - 10:20 am

Location: Multipurpose Room C

Fee: None (For Central YMCA Facility Members)

KIDS CREATIVE DANCE:

For kids ages 6 and under this 45 minute class encourages a love of activity through fun fitness like dancing like animals, playing hop and freeze, and doing the hokey pokey.

Weekly Meetings: Tuesday, 3:30 - 4:15 pm
Thursday, 3:30 - 4:15 pm

Location: Small Gym

Fee: None (For Central YMCA Facility Members)

KIDS HIP HOP:

Kid-friendly hip hop is fun and wholesome while building strong bodies and coordination. Children ages 6-12.

Weekly Meetings: Tuesday, 4:15 - 5:00 pm
Thursday, 4:15 - 5:00 pm

Location: Small Gym

Fee: None (For Central YMCA Facility Members)

FAMILY YOGA

Alongside with their parent/caregiver, children learn yoga fundamentals through movement that incorporates stories, songs and games. The class stimulates the imagination while building flexibility, strength, good breathing techniques and relaxation.

Weekly Meetings: Fridays, 6:00 - 7:00 pm

Location: Multipurpose Room B

Fee: None (For Central YMCA Facility Members)

123 GROW

For children ages 6-36 months. This is a movement education class that includes free play, circle time and parachute time. Parents participate with their children.

Weekly Meetings: Tuesday, 10:30 - 11:30 am
Thursday, 10:30 - 11:30 am

Location: Small Gym

Fee: None (For Central YMCA Facility Members)



HEALTH, WELL-BEING AND FITNESS

YOUTH & TEEN HANDBALL

ENROLL IN HANDBALL

Handball Lessons at a Glance

Handball has been described as “the perfect game.” It combines cardiovascular fitness, total body exercise, fitness, and skill. Most importantly, it is an activity that you will look forward to and continue throughout your life.

Session Dates:

Practice, Thursdays 7:00-8:00 pm

League, Saturdays 7:00-10:00 am

Where:

Central YMCA Handball Courts

1717 The Alameda San Jose, CA 95126

408 298 1717

Who: Anyone 8-16 years of age

Engage with Others

Instructor: Roberto Chavez

National titles include:

1998 YMCA Masters Doubles

Canadian National Championships

2002 Golden Masters Singles

2003 Golden Masters Singles

2003 Golden Masters Doubles

2004 Veteran Golden Singles

2004 Veteran Golden Doubles

2008 Veteran Golden Singles

2008 Veteran Golden Doubles

Enrich Your Life

Fees and Benefits

Facility Member - \$50/session

Program Member - \$100/session

Non Member - \$100 + Program Membership fee of \$25

You will receive gloves, goggles, and a handball with program purchase.

Sign up now! Only 24 spaces are available.



HELPING CHILDREN THRIVE

PROJECT CORNERSTONE

We partner with Project Cornerstone to help adults connect with children and youth in a positive way to help young people thrive.

Research shows that there are essential elements that are crucial to their healthy development. We call these elements “Developmental Assets” - the positive experiences, relationships, opportunities and values that young people need to thrive. We integrate these into all our programs and services.

The essential building blocks for young people’s successful growth and development fall into eight categories:

- 1. Support**—Young people need to experience support, care, and love from their families and many others. They need organizations and institutions that provide positive, supportive environments.
- 2. Empowerment**—Young people need to be valued by their community and have opportunities to contribute to others. For this to occur, they must be safe and feel secure.
- 3. Boundaries and Expectations**—Young people need to know what is expected of them and whether activities and behaviors are “in bounds” or “out of bounds.”

- 4. Constructive Use of Time**—Young people need constructive, enriching opportunities for growth through creative activities, youth programs, congregational involvement, and quality time at home.
- 5. Commitment to Learning**—Young people need to develop a lifelong commitment to education and training.
- 6. Positive Values**—Young people need to develop strong values that guide their choices.
- 7. Social Competencies**—Young people need skills and competencies that equip them to make positive choices, build relationships, and succeed in life.
- 8. Positive Identity**—Young people need a strong sense of their own power, purpose, worth, and promise.

You have the power to change lives. By building assets with Silicon Valley’s children and youth, you can help them to become competent, caring and responsible adults.



REGISTRATION FORM

(ONE FORM PER PERSON; ONLINE REGISTRATION ALSO AVAILABLE)

Child's Name: First Last

Birthdate / / Age

Address

City Zip

Parent/Guardian

Day Phone # Email

Please add me to your email list to receive your branch newsletter.

All reminders prior to the first class session may be sent via email. We will not share your email with a third party.

I have read the details included here and understand the cancellation and make-up policy.

X

Signature Date

CLASS/ES FEE: \$

PROGRAM MEMBER FEE: \$

*Additional \$25 for program membership required

TOTAL ENCLOSED: \$

*Include \$25 program membership fee, if applicable

CHECK ALL THAT APPLY:

HANDBALL

- Session 1: August 27 – October 8
- Session 2: October 22 – December 17
- Session 3: January 14 – February 25
- Session 4: March 10 – April 21
- Session 5: May 5 – June 16

Fee: Facility Member: \$50 / Program Member: \$100

Time: 5:00 pm – 6:30 pm

FITNESS FOR KIDS

- Jan 7 – Feb 11, 2012
- Feb 25 – Mar 31, 2012
- Apr 14 – May 19, 2012

Fee: None (For Central YMCA Facility Members)

Time: Saturdays, 11:00 am – 12:30 pm

Return this form and full payment of fees 2 weeks prior to the start of the session to:

CENTRAL YMCA, 1717 The Alameda, San Jose, CA 95126

Office Use Only:

Received By: Date: Payment Type: Check Credit Card Cash

For Details call 408 298 1717 or email central@ymcasv.org

CENTRAL YMCA

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