

# CLASSES

## GYM VENTURES

### Gym Kids Ages 3-5

Each Tuesday, we teach basic movements and develop gross and fine motor skills along with colors, shapes, letters and numbers through music and fun games. Your preschooler attends without a parent and gets the chance to meet new friends.

Fee	Facility Member	Program Member
1 Month	\$55	\$65
2 Months	\$95	\$115

### Gym Tots & Wigglers Ages 9 months-3 years

This adult/child class is geared toward your child's emerging skills with guided circle time, Music, singing, games, free play, parachute and bubbles. Learning to share, recognizing colors and shapes and the alphabet are reinforced through play and song. An adult must accompany each child enrolled.

Fee	Facility Member	Program Member
1 Month	\$35	\$45
2 Months	\$60	\$80

## FAMILY TIME

Allow families a time and a place to come together to have a good time; participate in a variety of fun activities; share, communicate and strengthen their relationships; and meet other families. Come join us once a month with different activities and snack in fun, nurturing environment in the company of new friend.

### Sundays

September 30	10:00 am – 12:00 pm Family Sport Day
January 13	10:00 am – 12:00 pm Family Fitness Challenge

### Saturdays

October 27	11:15 am – 2:00 pm Halloween Dance Party
December 8	10:00 am – 12:00 pm Winter Holiday Event
March 30	10:00 am – 12:00 pm Messy Art
May 11	10:00 am – 12:00 pm Mother's Day – Tea with Mom
June 15	10:00 am – 12:00 pm Father's Day – Arts & Crafts with Dad

**Location** El Camino YMCA

## OPEN TO COMMUNITY



## Family and Youth Schedule: September – December, 2018 EL CAMINO YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:15-5:15 pm <b>Zumba® Kids</b> Noriko – SB	10:00-11:00 am <b>Gym Kids</b> Leigh / Margo – G	3:30-4:15 pm <b>Youth Ballet 1</b> Jackie – SB	9:00-9:25 am <b>Preschool Yoga</b> Margo – K	4:00-5:00 pm <b>Family Zumba®</b> Andi – SB	1:00-2:00 pm <b>Dance for All</b> Teresa/Mercy – M	12:50-1:50 pm <b>Dance Aerobics (All Ages)</b> Marla – M
4:20-5:00 pm <b>Little Martial Arts</b> Reynaldo – M	11:00 am-12:00 pm <b>Gym Tots</b> Teri – G	4:15-5:00 pm <b>Youth Ballet 2</b> Jackie – SB	9:30-9:55 am <b>Preschool Yoga</b> Margo – K		11:15 am -12:00 pm <b>Little Kids Dancers</b> Andi – SA	4:00-4:45 pm <b>Family Boot Camp</b> Mercy/Kate – SB
	3:30-4:30 pm <b>Brazilian Jiu Jitsu</b> Reynaldo – SB	5:30-6:45 pm <b>Little Coders \$</b> Mamata – KR	10:15-11:15 am <b>Gym Tots</b> Teri – G			
	4:15-4:55 pm <b>Kid's Yoga</b> Margo – SA		4:00-4:40 pm <b>Little Martial Arts</b> Reynaldo – SB			
	5:15-6:00 pm <b>Youth Boot Camp</b> Kim – SA		5:30-6:30 pm <b>Youth Guitar - \$</b> Anya – KR			

## ROOMS

- G** Gym
- K** Kid's Club 2
- KR** Kiwanis Room
- M** Multipurpose Room
- P** Pool
- SA** Studio A
- SB** Studio B

\*Classes on GxPRO

Complimentary classes to Facility Members. No registration required.  
Please bring your child's Membership ID-card to all classes.

## PARENT'S DAY OUT

At the Y, we know that a supportive community is a big part of wellness. Enjoy a moment to yourself during Parent's Day Out while resting assured that your child is engaged in a fun, nurturing environment in the company of new friends. We'll provide the games, movie, dinner and snack.

### Saturdays

September 22
October 6
November 3
December 1
January 5
February 2
March 9
April 6
May 4
June 1

### Time

2:30 - 6:30 pm

### Location

Kid's Club 2

### Fee

\$35 for one child;  
\$25 for each additional child

## PARENT'S NIGHT OUT

At the Y, we know that a supportive community is a big part of wellness. Enjoy a moment to yourself during Parent's Night Out while resting assured that your child is engaged in a fun, nurturing environment in the company of new friends. We'll provide the games, movie, dinner and snack.

### Fridays

September 14
October 19
November 16
December 14
January 25
<b>Wednesday, February 13*</b>
March 22
April 19
May 17
June 7

### Time

5:30 - 9:30 pm

### Location

Kid's Club 2

### Fee

\$35 for one child;  
\$25 for each additional child

\*Special date for Valentine's Day  
Time: 5:00 -9:00 pm

## OPEN TO FACILITY MEMBERS.

Register at Kid's Club and pay at the membership desk at least three days before the event.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING SKILLS CONFIDENCE & CHARACTER

September – December, 2018  
Family and Youth Schedule  
EL CAMINO YMCA



## CLASSES

### DANCE

#### Dance for All Ages 9+

Get in touch with your body and learn the intrinsic joy of movement! This dance and movement class utilizes a variety of different dance styles and approaches and is great for kids and adults alike. The class is also appropriate for people of all levels of dance experience, with an emphasis on those with special needs.

#### Dance Aerobics (All Ages)

Improve cardiovascular fitness with easy to learn routines to popular music. Increase flexibility, endurance, body toning, and improve overall fitness. Adults and children all ages welcome.

#### ★ Youth Ballet 1 Ages 4-6

This introduction to contemporary ballet is a progressive class, beginning with the basics and adding exercises as students advance to a full set of floor stretches. Class will include an opportunity for self-structured choreography to contemporary music and choreographed lyrical routines/dances. Early stage composure and how to follow a dance cue are incorporated into the lessons. Children should be fitted in ballet attire, the most important being soft ballet slippers.

#### ★ Youth Ballet 2 Ages 7-12

Following a more contemporary method, this class offers age and developmentally appropriate classical ballet techniques while adding elements of jazz. The class includes choreographed dance, including staging, that students will learn, rehearse and have the option of performing in. Please outfit your child in ballet attire with soft ballet slippers.

#### Little Kids Dancers Ages 5-12

An exciting new way for kids to exercise and have fun while learning to dance! Just like the adult classes, the class is designed to improve coordination, muscle tone, and endurance. Kids will learn to have fun with different physical activities like, dancing, workouts that focus in intervals and stabilization strength training, games, jump rope, hula hoops and more. All this will improve fitness level, coordination, muscle tone, and endurance while having fun at the same time.

#### Zumba® Kids Ages 4-12

Zumba® Kids is a specially designed and modified class for children 4-12 years old. Kids love to crank up the music, shake, wiggle and have a blast with their friends. They can't wait to get into the Zumba® Kids groove to enjoy and have fun with salsa, cambia, reggaeton and more.

### FAMILY

#### Family Zumba Ages 5+

Family Zumba is a Latin-inspired cardio-dance Ages 5+ workout, that uses music and choreographed steps to form a fitness party atmosphere.

#### Family Bootcamp Ages 5+

Side by side kids will exercise with adults. This is a fast paced, fun way to exercise and expend energy. Weight resistant options are offered for adults with modifications for kids utilizing body weight.

### JIU JITSU / TAE KWON DO

#### Jiu Jitsu Ages 8+

Brazilian Jiu Jitsu is a Marital Arts form developed in the early 1900s by the Gracie Family. BJJ practice builds and promotes self-confidence, control, discipline, overall awareness, physical fitness and health. It is an excellent form of exercise for youth and children (ages 5 and up).

#### Little Martial Arts Ages 5-12

Tae Kwon Do is a Korean Martial Art that combines combat and self-defence techniques with discipline, sport and exercise for enhancing spirit and life through training body and mind. Learn the basics of the world's most widely practiced traditional martial art with Australian Olympic black belt Reynaldo Soriano.

#### Youth Boot Camp Ages 5-12

This fun and active class features fitness activities that kids love. Class consists of many different movements, such as sports training, obstacle courses, aerobics and much more. This class helps participants incorporate play while exercising.

### MUSIC

Updated September 17, 2018

#### ★ Youth Guitar Lesson Ages 5-12

#### Fee: \$25/month

Music is one of the key building blocks to a healthy childhood. If your child loves music, loves to sing around the house, and has wanted to play an instrument, these guitar lessons are a fun; interesting way to learn and grow. In our lessons, your child will learn guitar basics, including chords. All skill levels are welcome. Your child must have their own guitar to participate.

### YOGA

#### Preschool Yoga Ages 3-5

Part of the Kid's Club 1 curriculum. While you are at the Y, your child will be escorted to Kid's Club 2 for an introduction to yoga through games and stories.

#### Kids Yoga Ages 5-12

A playful version of beginner yoga. Builds a child's flexibility and discipline while having fun. Mats are provided.

#### ★ Youth Coding Class Ages 7 +

#### Fees: Please refer to Membership desk

This class is designed to teach kids all about Web Design and Coding. The kids will learn HTML and CSS - the basis of building Web pages and Web Applications. Please bring your own computer.

#### ★ REGISTER AT MEMBERSHIP DESK

\*Ages 4-11 must have a parent or guardian present in the Y while taking class

## YOUTH DEVELOPMENT AT EL CAMINO YMCA WELLNESS CENTER

As a member of the El Camino YMCA you are entitled to three free Wellness Coaching/Orientation sessions. Our Wellness Coaches share instruction and emphasize technique and safety to begin your fitness journey and acquaint you with Y programs. Contact the Wellness Center at 650 429 1342 to schedule an appointment.

#### AVAILABLE TO AGES 8 AND OLDER

#### Exercise Equipment

- Ages 8-11, please complete our Youth Strength Training Orientation first
- Ages 8-9 need supervision by a parent or guardian while using the equipment
- Ages 10-11 need to have a parent or guardian present in the Y while using the equipment

#### Group Exercise Classes

- Ages 8-9 need supervision by a parent or guardian in class
- Ages 10-11 need to have a parent or guardian present in the Y while taking class
- Ages 12 and up can take classes on their own

\*Must be 14 years old in order to take Body Pump class.

#### KID'S CLUB 1

Monday – Friday  
8:00 am – 2:30 pm  
4:00 pm – 8:00 pm

Saturday Sunday  
8:00 am – 4:00 pm 8:00 am – 2:00 pm

#### QUESTIONS?

Laleh Hassanzadeh  
Youth & Family Program Director  
650-429-1343  
lhassanzadeh@ymcasv.org

#### KID'S CLUB TOO

Monday – Friday  
4:00 pm – 7:00 pm  
Saturday & Sunday  
9:00 am – 2:00 pm

#### FACILITY HOURS

Monday – Friday  
4:30 am – 10:00 pm  
Saturday & Sunday  
7:00 am – 7:00 pm