Don’t miss out on our great family programs!

SWIM LESSONS
YMCA's have been teaching people to swim for more than a century. Our swim instructors are trained and certified to teach all swim levels of child, youth and adults. Learn to be safe in the water and feel the sense of accomplishment that comes with learning a new skill. Progress at your own pace. We’ll introduce you and your family to the fun of swimming and help you develop lifelong skills.

Killer Whales Swim Team (Ages 6–17)
Would you like to take your passion for swimming to the next level? Join South Valley Family YMCA’s Killer Whales Swim Team. The Killer Whales Swim Team is open to all youth ages 6–17 who meet the minimum requirements; tryouts are required.

For more information, contact Steven Montesano at 408-513-3181 or steven.montesano@ymcasv.org

ADVENTURE GUIDES AND TRAILBLAZERS
Adventure Guides (grades K–5) and Trailblazers (grades 5–8) bring a child and his/her father or other sponsoring adult together to enjoy mutually rewarding activities. Adult and child have one-on-one time to focus on each other, express their love, meet new friends, share responsibility and leadership opportunities, and build self-esteem.

For more information, contact Audrey Voss at 408-513-3160 or audrey.voss@ymcasv.org

Open to Y members and Community members. Extra registration/payment required per event.

PRESCHOOL SPORTS LEAGUE
(AGES 3–4)
Pre-school is a weekly (meets once a week) parent/child program that emphasizes skill development, improving self esteem, fair play, and fun while teaching the fundamentals of sports. The whole family is involved in this program. Preschool League is for kids who have little or no experience and want to learn and improve their skills in sports. Due to the young age of the participants, we ask that at least ONE parent plan on participating with your child each week in drills and games.

YOUTH AND TEEN SPORTS LEAGUE
(AGES 5–15)
Youth sports at the Y is for boys and girls who want the opportunity to play in an organized sports program. Skill development, participation and teamwork are stressed in this non competitive program. Teams will be organized to ensure that everyone plays and that all teams have equal ability.

For More Information:
Frank Santiago
Sports Program Director
408 513 3173
Frank.Santiago@ymcasv.org

FACILITY HOURS
Monday - Friday
5:00 am - 10:00 pm
Saturday
6:30 am - 8:00 pm
Sunday
7:00 am - 8:00 pm

KID’S CLUB HOURS
Monday - Friday
8:00 am - 1:00 pm
3:00 pm - 8:30 pm
Saturday
8:30 am - 2:00 pm
Sunday
8:30 am - 12:30 pm

QUESTIONS?
Contact the Front Desk
408-226-9622
www.svfymca.org

BUILDING SKILLS CONFIDENCE & CHARACTER
Youth and Family Schedule
SOUTH VALLEY FAMILY YMCA

FOR YOUTH DEVELOPMENT - FOR HEALTHY LIVING - FOR SOCIAL RESPONSIBILITY
## Classes

### Class Descriptions

**Family F.I.T. (All Ages)**
Enjoy an outdoor workout with your baby and younger children for this circuit style class.

**Home School PE (Ages 7-13)**
Y PE program for the home schooled youth. The class format varies, always emphasizing physical activity and sports. Pre-registration required.

**Youth Fitness (Ages 7-12)**
This drop-in program provides Y kids the opportunity to get to know each other while exercising. Activities vary each day, and will emphasize on exercise and team sports.

**Family Zumba® (Ages 5+)**
A specially designed and modified class for children ages 5+ and adults. Dancing and exercising is fun with salsa, cumbia, reggaeton and more. Families connect while they get a great workout.

**Teen Barbell Training (Ages 13-19)**
Learn how to squat, bench press, and deadlift with proper form. We help you develop goals, train safely and effectively. Runs in 4 week sessions. Registration required.

**Math Club (Ages Middle School)**
Aims to foster a love for mathematics in middle school students. Prepare to be challenged!

**Little Gymsters (Ages 1-2)**
Introduces tiny tots to physical play through activities that enhance concentration, hand/eye coordination, balance, and general fitness. This is a parent participation class.

**Gym Ventures (Ages 3-4)**
Preschoolers are introduced to the fundamentals of motor development through games and movement. This is a parent participation class.

**Juniors Workshop (Ages K-4th graders)**

**Little’s Workshop (Ages 2-4)**
Six week program for 2-4 year olds to explore themes through stories and hands on activities. Sessions include – Jr. Scientists, Jr. Artists, Jr. Gardeners, Jr. Chefs, and Jr. Engineers. Registration Required.

**Parents Night Out (Ages 3 and up)**
Leave your children (must be potty trained) at the Y while you enjoy an evening to do what you want! Dinner, movie, or just some alone time! Kids have dinner, a movie, and exciting activities while you relax!

---

### YOUTH AND FAMILY SCHEDULE:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15-10:00 am Family F.I.T</td>
<td>9:15-10:00 am Family F.I.T</td>
<td>9:30-10:00 am Little Gymsters</td>
<td>9:15-10:00 am Family F.I.T</td>
<td>10:30-11:15 am Little’s Workshop $</td>
<td>9:45-10:30 am Family Zumba®</td>
<td>9:45-10:30 am</td>
</tr>
<tr>
<td>2:00-3:00 pm Home School PE $</td>
<td>4:00-5:00 pm Juniors Workshop $</td>
<td>10:00-10:30 pm Gym Ventures</td>
<td>4:30-5:30 pm Youth Fitness</td>
<td>5:00-9:00 pm Parents Night Out (2nd Friday of the month) $</td>
<td>4:00-5:30 pm Math Club (6-8th grade)</td>
<td></td>
</tr>
<tr>
<td>6:00-7:00 pm Teen Barbell Training $</td>
<td>4:30-5:30 pm Youth Fitness</td>
<td>2:00-3:00 pm Home School PE $</td>
<td>6:00-7:00 pm Teen Barbell Training $</td>
<td>7:00-8:00 pm Teen Barbell Advanced $</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Legend**
- $ Additional fee.
- See Member Services for details.
- Registration required.

**Please Note:** All classes are subject to change.

---

### AVAILABLE TO AGES 8 AND OLDER

**Exercise Equipment**
- Ages 8-11 must complete our Youth Wellness Orientation before using equipment, requires direct supervision by a parent or guardian, and may not use free weight equipment
- Ages 12+ can use machines that have weights

**Group Exercise Classes**
- Ages 8-11 need supervision by a parent or guardian in class
- Ages 12 and up can take classes on their own

---

*Please note:* All children under age 12 must have a parent or guardian present at the Y while taking the class.