**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 cardiorespiratory 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 Dance 1**  Ages 4-5  (Registration closed 2/5)
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 composition 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 Dance 2**  Ages 6-8  (Registration closed 2/5)
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.

**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, wiggie and have a blast with their friends. They can’t wait to get into the Zumba® Kids groove to enjoy and have fun with samba, cambia, reggaeton and more.

**Kids and Family Zumba**  Ages 4+
Family Zumba is a Latin-inspired cardio-dance Ages 4+ workout, that uses music and choreographed steps to form a fitness party atmosphere. Ages 3 need supervision by a parent or guardian.

**JIU JITSU / TAE KWON DO**

**Jiu Jitsu**  Ages 8+
Brazilian Jiu Jitsu is a Martial 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 5-7  2 Ages 8+
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 Reynolds 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.

**Chess Club**  Ages 6-11
This class will provide a safe, nurturing and fun environment for kids to play chess, understand the concepts, compete and learn with each other. Chess improves concentration, critical thinking, and self-confidence.

**Homework/Math Club**  Ages 6-11
This class will provide students with the support they need to succeed in the classrooms and beyond through personalized attention and practice.

**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.

**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

*Ages 12 and up can take classes on their own

*Ages 10-11 need to have a parent or guardian present in the Y while taking class

**Wellness Center at 650 429 1342 to schedule an appointment.**

**KID'S CLUB 1**

**Monday - Friday**

- 8:00 am - 2:30 pm
- 4:00 pm - 8:00 pm

**Saturday**

- 8:00 am - 4:00 pm
- Sunday

- 8:00 am - 2:00 pm

**QUESTIONS?**

Laleh Hassanzadah  
Youth & Family Program Director  
650-429-1943  
Lhassanzadah@ymcasv.org

**FACILITY HOURS**

**Monday - Friday**

- 4:30 pm - 10:00 pm

**Saturday & Sunday**

- 9:00 am - 3:00 pm

**KID’S CLUB TOO**

**Monday - Friday**

- 4:00 pm - 7:00 pm

**Saturday & Sunday**

- 9:00 am - 2:00 pm

Updated January 3, 2020

EL CAMINO YMCA 2400 Grant Avenue, Mountain View CA 94040 • 650-969-9622 • www.elcaminoymca.org
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.
Free for Y Members

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.
Free for Y Members

Classes

Family and Youth Schedule: January - May, 2020
EL CAMINO YMCA

MONDAY
4:15-5:00 pm Zumba® Kids Andi – SB
10:15-11:00 am Gym Kids Leigh / Margo – G
4:20-5:00 pm Little Martial Arts 1 Reynaldo – M
3:30-4:30 pm Brazilian Jiu Jitsu Reynaldo – SB

TUESDAY
4:00-4:45 pm Youth Dance 1 Jackie – SB
3:30-4:15 pm Youth Dance 2 Jackie – SB
3:00-3:45 pm Preschool Yoga Margo – K

WEDNESDAY
4:15-5:00 pm Youth Dance 2 Jackie – SB
4:30-6:30 pm Chess Club Staff – KR
3:45-4:15 pm Little Martial Arts 1 Reynaldo – SB

THURSDAY
9:00-9:25 am Preschool Yoga Margo – K
3:45-4:15 pm Little Martial Arts 1 Reynaldo – SB

FRIDAY
10:00-10:25 am Preschool Yoga Margo – K
4:00-6:00 pm Little Martial Arts 2 Reynaldo – SB

SATURDAY
11:15 am – 12:00 pm Kids and Family Zumba Andi – SA

SUNDAY
12:00-1:00 pm Kids and Family Zumba Andi – SA

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 friends.

Saturdays
March 28 10:00 am – 12:00 pm Messy Art
May 2 11:00 am – 1:00 pm Taste Around the World
May 9 10:00 am – 12:00 pm Mother’s Day – Tea with Mom
June 20 10:00 am – 12:00 pm Father’s Day – Arts & Crafts with Dad

Location
El Camino YMCA

OPEN TO COMMUNITY

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
January 11
February 8
March 7
April 18
May 30
June 6

Time
2:30 – 6:30 pm

Location
Kid’s Club / Kiwanis

Fee
$35 for one child;
$24.50 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
January 24
February 14
March 20
April 3
May 8
June 12

Time
5:30 – 9:30 pm

Location
Kid’s Club 2

Fee
$35 for one child;
$24.50 for each additional child

OPEN TO FACILITY MEMBERS.
Register at Kid’s Club and pay at the membership desk at least three days before the event.