OUR VOICE

A program guide for members and volunteers of the Y

CELEBRATE!
A NEW YEAR
& NEW CHOICES

SOMETHING FUN FOR EVERY BODY AT THE Y.
“WHETHER WE WANT THEM OR NOT, THE NEW YEAR WILL BRING NEW CHALLENGES, WHETHER WE SEIZE THEM OR NOT, THE NEW YEAR WILL BRING NEW OPPORTUNITIES.”

- Michael Josephson
Healthy Lifestyles

The Y is a passionate advocate of healthy lifestyles and would love to help you kick-start yours today. We offer a variety of individualized programs to meet your health goals.

A personal fitness coach is available to all members included in your membership because YMCA staff is intent on understanding your needs and creating a partnership for your success.

Aquatics

Water exercise is one of the best health regimens, yielding optimum results without the overheating or strain on joints. Our indoor heated pool provides lap swimming lanes, family swim time, water walking, and a wide array of swim classes including parent-infant, youth and adult.

FitLinxx

The FitLinxx computer individual exercise log system is another simple, smart way to get and stay fit. The technology tracks your progress and is designed to ensure that you succeed in improving your well being and quality of life.

Group Exercise

The YMCA offers 90 group exercise classes weekly for every fitness level to make sure you succeed, even with your busy schedule. In just as little as 30 minutes, you can work out with us and achieve better health. Our classes include: Yoga, Pilates, Tai Chi, Zumba, Water Aerobics, Water Arthritis, Water Pilates and Kickboxing. Please visit our website at www.ymcala.org/nv for a complete schedule of classes.

FITSOLUTIONS: Pathway to a Healthier You!

Take advantage of our new Health and Wellness program! The Healthy Lifestyles Department is excited to announce our new 5–week program: tailored to help reach your specific goals with the assistance of our FitLinxx Program and state of the art cardio and strength at a pace that’s comfortable for you.

Come reach your goals and aspirations, with us! Want to know more? Call Chelsea Good ext. 2317

Youth Membership

102 youth fitness classes per week are provided for teens and kids, starting as young as two months: tumbling, karate, dance, youth sports, art, Parents Night Out and Family Fun Nights.

Members between the ages of 10 and 15 years may enroll in our Teen Fitness Certification Program. After completing the program, teens may use our T2 Fitness Room. Members ages 12 – 15 may also take Adult Group Exercise classes with their parents.

Everyone Wins in Youth Sports

In Junior Lakers/Shooting Sparks basketball, soccer and volleyball, everyone plays. The emphasis is on fun and preparing children to do more than win on the court or field — they prepare young people to be winners in life.

JOIN TODAY!

Give yourself a huge gift — the gift of health! Monthly payments with no obligation for the length of your membership may be transferred from a checking or savings account or credit card.

PEAK HOUR RESTRICTIONS

We welcome other YMCA members during non-peak hours. Peak hours are Monday–Thursday, 4pm – 7:30pm and Saturdays from 9am – noon.

ADDITIONAL MEMBERSHIP BENEFITS

- Child Activity Center: a safe and fun environment, welcomes your children while you work out.
- Security lockers are for the safekeeping of your purses, bags, wallets and keys.
- Day lockers are provided, but please bring your own lock.
- Towel service for your convenience.
- Easy online registration for classes.
- Guest privileges; so you can share your YMCA with friends and family.
- 23 YMCAs across Los Angeles welcome you as a facility member for occasional use.

WE APPRECIATE YOU!

Join Ed DeSouza (HealthFULL Foods) for our monthly Member Appreciation Days when he prepares and gives out delicious, healthy foods as our little thanks for being part of our Y family.

Member Appreciation Days are on the last Wednesday or Thursday of every month, from 9am-12pm & 2pm-5pm.

OPEN REGISTRATION DATES

JANUARY:

Reg forms available: Dec 14
Return Completed forms: Dec 21
Session runs: Jan 7 – Feb 2

FEBRUARY:

Reg forms available: Jan 25
Return Completed forms: Feb 1
Session runs: Feb 4 – March 2

MARCH:

Reg forms available: Feb 22
Return Completed forms: March 1
Session runs: March 4 – 30

Child Activity Center

Ages 2 months – 10 years

A nurturing environment with developmentally appropriate activities and equipment for your child, the Child Activity Center is available while you are in the Porter Ranch facility.

Games, arts and crafts, music, group activities, and social interaction nourishes the spirit, mind and body of all participants.

MON, WED & FRI: 8am – 2pm, 3pm – 8pm
TUES & THURS: 8am – 1:30pm, 3pm – 8pm
SAT: 8:30am – 1pm SUN: 9am – 1pm

Please email or call us!

Bryson Atkins, Senior Healthy Lifestyles & Membership Director
BrysonAtkins@ymcala.org
818-368-3231 ext. 2304
YOUTH DEVELOPMENT

The values and skills learned early on are vital building blocks for life. At the Y, children and teens learn positive behaviors and explore their unique talents and interests, helping them to realize their potential. That makes for confident kids today and engaged adults tomorrow.

CREATE EXPLORE DISCOVER

Arts, Classes & Clubs for Kids

Encourage your kids to explore new concepts, ideas and activities to harness their innate talents and share them with others.

Please email or call us:
Tracy Kargari, Senior Program Director, Youth & Family & Healthy Lifestyles
Tracy.Kargari@ymcala.org | 818-368-3231 ext. 2325

ART & DISCOVERY CLASSES

Crafty Kids
Ages 4 – 6
For the youngest age group in our art classes, the focus is on fun, creativity and spontaneity. Encouragement provides an emotionally rewarding and nurturing experience. Limited to one class per week.

Create & Explore
Ages 1 – 3
Children will participate in hands-on learning through crafts and exploration, what will encourage their creativity. Introduction to various tactile experiments included.

Exploring Art
Ages 6 – 11
Learn the basic principles of art in a fun and nurturing environment. Creativity will be heavily emphasized along with positive encouragement. Limited to one class per week.

Food & Fun
Ages 2 – 5
Kids will learn about nutrition and healthy foods through games, play fun and cooking. Use your taste, smell, touch and sight to discover different types of food. Enjoy studying nutrition in a nurturing environment. Required: 1 apron. Donation of different foods each month. Limited to 1 class per week.

CHEER & CLUBS

Cheer Program
Cheerleaders can use the skills they learn to cheer at YMCA basketball games and other community events!

Students are taught multiple cheers, jumps, dances, and much more. Have fun and join the cheerleading squad! The 3-month program includes professional instruction, banquets, and cheer uniforms. Spring cheerleading sign-ups start in January.

$123 per child
YOUTH & GOVERNMENT

Model Legislature & Court

Does your high school student want to prepare for college, learn to speak in front of hundreds of people, and make new and unique friendships from across the state? If so, then Model Legislature & Court is the program for you!

Teens will form delegations at the North Valley Family YMCA with high school students from all over the valley. Once formed, delegates will create and write bills, run for various elected offices and positions, and attend statewide training conferences with students from all across the state. The program reaches its peak at the State Capitol in Sacramento, where real government officials step aside and allow Youth & Government delegates to take over. Using the same historic halls, chambers, and offices of our State Capitol, delegates will assume roles in the state government in an impressive four-day display of youth leadership.

Become a better speaker, a more confident person, and a more informed citizen... as well as prepare for college and make friends and experiences that will last a life time.

SKI & SNOWBOARD CAMP

Grades 6-10

Come learn a new sport, improve your skiing / snowboarding skills, and create friends for life. All campers will have the opportunity to improve their skills with lessons according to their personal ability, with skiing/boarding at a local resort for two days. Space is limited.

March 8 - 10

SUMMER RESIDENT CAMP

It’s not too soon to start thinking about summer plans! More information will be provided soon to get your kids geared up and ready to go to camp!

Camp Whittle June 22 – 29
Elementary Unit: Grades 3 – 5
Junior High Unit: Grades 6 – 8
Teen Unit: Grade 9 – 10

Camp Round Meadow July 13 – 20
Elementary Unit: Grades 3 – 5
Junior High Unit: Grades 6 – 8

Mammoth Caravan: July 27 – August 2
Grades 6 – 10

GET OUT THERE CAMP

The exciting, safe way for young people to explore the outdoors, build self-esteem, develop interpersonal skills, and make lasting friendships and memories.

FAMILY CAMP

WEEKEND FAMILY CAMP

All Ages

Jealous of the fun your child receives away at camp? Curious how your family would fare in the great outdoors? Then join us for Y Family Camp this spring for games, hikes, cabins and a family vacation like no other.

March 22 - 24

SANTA BARBARA ZOO OVERNIGHT

Ages 7-12

Join the YMCA for a fun and educational experience at the Santa Barbara Zoo. Programming includes hands-on activities, games, crafts and a tour of the zoo.

June 14 - 15

* FINANCIAL ASSISTANCE

The North Valley Family YMCA offers scholarships for those who qualify. Please ask for more details.

FAMILY CAMP

GET OUT THERE CAMP

YOUTH & GOVERNMENT

YOUTH DEVELOPMENT: Nurturing the potential of every child and teen.
EXPANDING HORIZONS

CHILD CARE

Discover a safe, nurturing setting for children to learn, grow and play at all of our licensed, on-site, before and after school programs and Infant & Preschool Learning Centers.

INFANT & PRESCHOOL

Engaging children in activities purposely planned by our staff to help them achieve every developmental aspect of the High-Scope Key Experiences (creative expression, language and literacy, initiative, social relations, movement, music, classification, seriation, number, time and space.)

Our nurturing staff encourages children to help plan the day and focuses on their need to explore. Our observations allow us to properly plan the right activities, which will enhance your child’s ability to problem solve, create and interact in different social situations. We encourage children to be children.

Locations
To better serve the community, we now offer two locations – conveniently near major freeways - our Infant & Preschool Learning Center in Mission Hills and Preschool Learning Center in Granada Hills. Open from 6:30am – 6:30pm, the Granada Hills location serves exclusively two to five year-olds, while the Mission Hills Preschool Learning Center provides care for children from six weeks to five years of age. Both offer the same commitment to excellence and licensed care for your children. The YMCA provides a safe and nurturing environment where developmentally appropriate activities are offered.

High-Scope Curriculum
Aligned with the State of California Preschool Standards, we focus on the developmental stages of growth for the whole child.

How do I enroll my child?
Call or come by the YMCA at Porter Ranch or set up a tour at the Mission Hills Infant & Preschool Center: 818-898-1131 or Granada Hills Preschool Learning Center: 818-891-9214. Admission is ongoing. Provided there is a space, your child can be enrolled as soon as their registration papers are completed and turned in.

Program Highlights
• Safe environment with qualified, caring teachers
• Age-appropriate hands-on activities
• Kindergarten Readiness
• Science Exploration
• Multi-Cultural Exposure
• Dramatic Play
• Character Development
• Family Events

SCHOOL AGE CHILD CARE

At the Y, we care for kids! With so many demands on today’s families, parents need all the support they can get. YMCA Before & After School Programs provide a safe, structured, and fun environment for children grades K - 5th, right on school campus.

With several affordable care options, including financial assistance for qualifying families, Y Child Care meets all of your needs by providing safety, homework support, recreation, and enrichment for your child before and after school.

Our caring staff and well-rounded curriculum provide opportunities for your child to learn, grow, and thrive through participation in the arts, sports, and community service projects. At the Y, your child’s CHARACTER COUNTS!

Program Highlights
In a time when schools and families are cutting back to basics, your child, more than ever, needs the Y! Sports, homework support, exposure to the arts, recreation and fitness, enrichment, and time to have fun with friends are just a few highlights of the Y Child Care Program
• Qualifying & caring staff
• Hands-on activities
• Character & leadership development
• Affordable, licensed child care programs on school campus
• Exposure to arts & sports
• Financial assistance available

Program Offerings
• Before and After School Care (grades K-5)
• Teen Club Mid: After School Care (grades 6-8)
• School Break Care (full-day care during school break)
• Summer, Spring & Winter Break: Day & Expo Camps
• Traveling Enrichment

FINANCIAL ASSISTANCE
The North Valley Family YMCA offers scholarships for those who qualify. Funding is provided from donations to the Y and a Federal Block Grant for our Harding site (exclusively). Please ask for more details.

SPRING BREAK CAMP
March 25th - 29th
Entering 2nd Grade – Junior High
Children can explore their interests and broaden their horizons with this high energy camp that includes weekly field trips, on-site show, sports, crafts, valuing activities, and much more.

SUMMER CAMP
Information will be available on April 27th at Healthy Kids Day. Read more on p. 16

YOUTH DEVELOPMENT: Nurturing the potential of every child and teen.
SAFETY, SKILLS & SELF-CONFIDENCE

SWIM
Remove that fear of the water and instill a water safety ethic that will reward your kids for years to come.

AGES 4–24 MONTHS
Parent-Tot
A class for young children and their parents. Introduce your child to the joys of swimming, being comfortable in the water, and learning water safety.

AGES 3–5 YEARS
Pike
This beginner class for pre-school swimmer’s help first timers conquer their fear of water and/or deal with separation anxiety. Children will learn basic skills and gain confidence in the water.

Eel
These advanced beginners build on their comfort level in the water. Students will begin learning freestyle and backstroke fundamentals.

Ray
With an understanding of freestyle and backstroke basics these students will learn side breathing and be introduced to the breaststroke. Rays no longer use flotation devices and begin being self-sufficient in the water.

AGES 6–12 YEARS
Polliwog
The beginners in this class will gain confidence by learning to float on their back and stomach, gliding, and being introduced to freestyle and backstroke.

Guppy
Students at this level will gain total independence in the water. Freestyle with side breathing and backstroke are fully learned, and children are introduced to breaststroke.

Minnow
At the intermediate level students will focus on endurance in freestyle and backstroke. Emphasis will be placed on proper form for an entire length of the pool.

Fish
After increasing their endurance, children at this level will work on technique refinement with freestyle and backstroke. Breaststroke will be covered in depth and butterfly will be introduced.

Flying Fish
Swimmers at this level will continue refining each of the competitive strokes; proper form and timing in breaststroke and butterfly; flip-turns for freestyle and backstroke. Swim distance will increase and endurance will improve.

Shark
The most advanced level preceding entry to the Jr. Masters program. Swimmers in Shark will improve on fitness and endurance and focus on technique and efficiency.

AGES 13–18 YEARS
Porpoise Swim Club
This program is for swimmers who are interested in becoming life-long swim-tearmer. This is a non-competitive swim club, offering a swim team experience without the competition. While in the program, swimmers will be coached in stroke development, fitness, endurance, and speed. Students will also learn how to use a pace clock which will aid in their development to becoming a future swim team participant.

Swimmers will use a variety of techniques to improve fitness and endurance, including aquatic exercises, interval workouts, and dry land workouts.

AGES 6-12 YEARS

All Star Workout
Ages 6 - 10
Activities and games will focus on gross and fine-motor skill development, cardiorespiratory endurance and muscle strengthening. In addition, participants will learn about the human body and sportsmanship.

Ballet & Tumbling Classes
Build coordination, strength and self esteem through our dance and tumbling program. All of our classes are taught in a fun and nurturing environment and are designed to meet the developmental and emotional needs of our youth members.

• Little or no experience is necessary for attendance in our classes.
• No experience required for members, but registration is required at the front desk.
• Registration is limited to one class per child

Swim Basics: Twinkle Toes
Ages 3 – 4
This class introduces basic ballet concepts to our youngest students. Participants learn basic positions as well as elementary ballet movements. Ballet slippers are recommended.

Ballet Beginning
Ages 4 – 6
This class introduces ballet basics in a fun and encouraging environment. Your child will learn basic ballet positions and movements and put it all together in simple routines. Ballet slippers are recommended.

FITNESS FOR YOUTH

Junior Jazz I
Ages 10 & up
This jazz class is designed for teens and pre-teens. Learn jazz fundamentals in a fun environment. Participants will have a blast learning awesome routines to their favorite music. Make new friends, build self-esteem and increase coordination in Junior Jazz II.

Tap Beginning
Ages 4 – 5
Beginning tappers will learn elementary tap steps and patterns in an upbeat environment. Students will have fun putting together combinations and simple routines while gaining knowledge of dance and rhythm. Tap shoes are required.

Tap
Ages 6 – 9
In this fun and energetic class, students learn basic tap steps and combinations. They’ll have a blast putting it all together in dynamic toe-tapping routines. Tap shoes are required.

Ballet I
Ages 6 – 9
Your child will learn balance and grace through the five positions of ballet, beautiful barre exercise and basic floor work. With fun being the main focus, students will learn lovely routines and combinations. Ballet slippers are required.

Creative Movement
Ages 2 – 4
Through imaginative play, children ages 2-4 will stretch, get aerobic exercise, learn body awareness and develop coordination and rhythm. Action packed and filled with fun. With use of props and music, students will have a great time while gaining valuable skills.

Jazz/Hip Hop Kids
Ages 4 – 6
This beginning jazz/hip hop class is designed to be upbeat and fun while teaching basic dance fundamentals. Children will have fun putting together dynamic routines while gaining knowledge of dance and rhythm. Jazz shoes are recommended, but not required.

Junior Jazz II
Ages 6 – 9
This basic jazz class has it all! Learn dance fundamentals while building coordination and self-esteem. Participants will enjoy learning routines to their favorite upbeat music. With fun always as a focus, dancers will learn dance basics as well as increasing coordination and flexibility.

LIFEGUARD TRAINING COURSE
Sundays: January 20th, 27th & February 3rd
Learn how you can be a life-saver and put your excellent swimming skills to an excellent purpose.

PLEASE EMAIL OR CALL US!
Lauren Szendrei Aquatics Director LaurenSzendrei@ymcala.org 818-368-3231 ext 2342

YOUTH DEVELOPMENT: Nurturing the potential of every child and teen.

LET’S PLAY

Youth Fitness
Learning to keep your body healthy has lifetime benefits; and at the Y, it’s a fun time for all.

PLEAS EMAIL OR CALL US!
Tracy Kargar Senior Program Director, Youth & Family TracyKargar@ymcala.org 818-368-3231 ext 2325

P. 14/15
**FIT KIDS**

**Ages 5 – 8**
Fit Kids
where everybody plays & everybody learns!

passing and blocking in a fun atmosphere

learning to improve your shooting, dribbling,

ketball court. Come get your game on and

be taught by trained YMCA staff on our bas-

Focusing on skill development, the clinics will

**Ages 5-6 & 7-10**

Basketball Clinic:

learning new skills.

**Ages 3 – 5, 5 – 8 & 8 – 11**

Martial Arts

introduced to fundamental sport and motor

**gross motor skills development, cardiovas-

**physical education instruction taught by a**

**Ages 6 – 11**

**Home School P.E.**

**Ages 6 – 11**

This class offers home-schooled students

physical education instruction taught by a

qualified YMCA coach. Activities emphasize
gross motor skills development, cardiovas-
cular endurance and basic sports skills.

Martial Arts

Black belt instructors teach your children in

Ages 6 – 11

a fun and safe environment. Well-rounded

training and exciting activities make for an

This high-adrenaline class allows kids to

have a rocking good time while exercising in

a safe environment. Lessons are designed to

improve coordination, cardiovascular endur-

ance and muscular strength as kids fun and

make new friends.

Game & Play

Ages 21 – 36 months

Our youngest students learn basic motor

skills and gain coordination through fun and
games. Activities include circle and story time.

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HEALTHY LIVING
In communities across the nation, the Y is a leading voice on health and well-being.

With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

WATER FITNESS PROGRAMS

**Family and Open Swim**
The perfect time for you and your family to relax and play in the pool is offered every day. Children 8 years and up may swim alone as long as a parent is in the building.

**Lap Swimming**
Even a few laps can have a positive impact on your well-being. Two lap lanes reserved for lap swim at all times.

**Adult I – Swim Lessons**
Ages 18+
This is a beginner level class for adults who are just learning the basics of swimming. The goal of this class is to establish self-confidence and the ability to swim across the pool unaided.

Saturday mornings
Monday & Wednesday or Tuesday & Thursday evenings

**Adult II – Swim Lessons**
Ages 18+
This is an intermediate/advanced class for adults who have completed Adult I, or are already confident swimmers. The goal of this class is to refine stroke technique and build on endurance.

Saturday mornings
Tuesday & Thursday evenings

**Arthritis Class**
A class designed to improve range of motion in the muscles and joints and improve balance, as outlined by the Arthritis Foundation. All classes are four-week sessions. (Equipment used for support only).

**Water Aerobics**
A moderate-intensity class designed to produce cardiovascular and strength improvements.

**Water Aerobics Advanced**
A high-intensity class that really challenges cardiovascular endurance and muscular strength.

**Water Exercise**
A low-intensity aerobic class that uses a mix of rebounding and non-rebounding moves. This format bridges the intensity gap between arthritis and other water classes and focuses on range of motion and balance with some aerobic work. (Equipment might be used for mild resistance).

For days and times, please see the pool schedule at www.ymcala.org/nv or pick up a flyer at the Welcome Center.

SYNCHRONIZED SWIMMING

Youth Synchronized Swimming: Tuesdays, 5 – 6pm
Adult Synchronized Swimming: Thursdays, 6 – 7pm
See just how “in-sync” you are with your friends and neighbors as we hit the water for this new class.
WE'RE BETTER TOGETHER

Family Programs

Parents’ Night Out
Parents, want a night out? Well, you are in luck! Bring the kids (ages 3-10 years) to the YMCA for fun, games, sports, arts and crafts, snacks and swimming (ages 8 years and up), while you enjoy time to yourself. Register at the front desk. Every 3rd Friday of the month, $18 per family.

Family Fun Nights
Family Fun Night involves the entire family! Games, food, entertainment and fellowship are designed to include everyone in your household. Different themes each month provide your family with valuable time at the YMCA. Look for the latest information in the Lobby. $18 per family.

FAMILY CLASSES

Mommy N Me Ballet: Ages 2 – 4 years
A great way for you and your child to learn dance together, you and your child will be taught the fundamentals of ballet dance while exploring more of the creative side of dance as well.

Stroller Class: Ages 6 weeks & up
Calling all new moms! Enjoy a walking workout with your child. Improve your cardiovascular endurance and tone your body with some fun exercise. Singing, interaction and advice about exercising, game playing and interacting with their parent and other children. Topics important to parents will also be discussed.

Tiny Tots: Ages 3 – 9 months
This class stimulates your curious infant with finger plays, songs, gentle exercises and stretching, tactile, visual and auditory experiences. Parental concerns and child safety are also discussed. Wear comfortable clothing to exercise and play in.

Terrific Tots: Ages 19 – 36 months
A chance for parents and toddlers to play together while developing motor skills, coordination, agility and flexibility. Tots will also build on listening skills, language and peer interaction through songs and circle time. Includes time for parents to discuss family topics.

Tumble Tots: Ages 10 – 18 months
For those walkers and beginning walkers who are ready to develop their motor skills by exercising, game playing and interacting with their parent and other children. Topics important to parents will also be discussed.

FAMILY YMCA ADVENTURE GUIDES

Y-Guides & Princesses
Grades Kindergarten – 3rd with fathers
This program’s slogan, “Pals Forever,” couldn’t be truer. By setting aside a special time for dads and their children, a bond is formed that will endure for years to come. Participants are formed into tribes with other fathers and sons, or fathers and daughters. These small groups (10 dads and 10 children) meet once or twice a month in the evenings and take part in a monthly weekend activity. In the small tribal group setting, children and their fathers share responsibility for planning and participation in various group activities including crafts, songs, games and weekend events.

The various tribes form a larger group. The Nation, consisting of 18-22 tribes, puts on events, scheduled August through June, include weekends at Camp Fox (Catalina Island), Winter weekend at Camp Whittie (near Big Bear) and a Spring Family Campout. One-day events consist of Ice Skating Night, Granada Hills Parade, Cosmic Bowling and the Nation Picnic.

Y-Papoose
Ages 3 – 5 with parent
This parent-child experience builds and strengthens the bonds of love, understanding and respect between you and your child. During monthly tribal meetings, children and parents will participate in story time, crafts and educational topics. The Nation sponsors monthly events and outings.

Y-Trailblazers
Grades 4 – 8 with fathers
Have a great time with your child floating leisurely down the beautiful Colorado River in your own canoe! Or how about a fun campout on the beach at Catalina Island? These and other exciting outings including fishing, football and baseball games, and a weekend in Big Bear are on the Trailblazer calendar.

REGISTRATION FEE:
$140 for a parent and one child or $170 for the family.
* The program fee for YMCA facility members is only $50 per family.

FAMILY NATION
at Local Elementary Schools
Set aside some quality time with your family and experience the Parent-Child program at your home school. The North Valley Family YMCA is bringing monthly events and family gatherings to your school. Check out a Dodger game, experience a camp out, race a pinewood derby, give back with service projects and much more. Have your elementary school representative contact us today!
In order to accomplish our goals, we need a body that can take us there. Get the guidance, support and friendship you need with a Y class, club or custom-designed program made just for you.

NEW APPROACHES:

**Fitness Solutions: Pathway to a healthier you!**
Take advantage of our new Health and Wellness Department! The Healthy Lifestyles Department is excited to announce our new 5-week program! This program is tailored to help reach your specific goals with the assistance of our Fitlinxx Program and our state of the art cardio and strength at a pace that’s comfortable for you. Come reach your goals and aspirations, with us! Want to know more? Call Chelsea Good ext. 2317

**Let’s Get Together!**
Engage your brain and share some laughs. Let’s celebrate the past and join us for game day on the 1st and 3rd Tuesday of the month. Come for the fun as we play classic board games and cards, as well as today’s favorites. Join us in the Community Room from 1pm-2:45pm. Let us know you’re coming! Sign up at the Welcome Center today!

**YMCA Diabetes Prevention Program:**
The program is conducted in a classroom-based group setting by a trained Lifestyle Coach. The coach facilitates a small group of participants, and supports them in changing their lifestyle by learning about healthy eating, physical activity and other behaviors over the course of 16 weekly one-hour sessions. After the initial core sessions, participants meet monthly for the remainder of the year offering added support to help them maintain their progress. The program goals are to reduce body weight by 7%, and increase physical activity to 150 minutes per week. Expected Start Date: May 2013

**Cycle**
A workout without comparison! Simulating an outdoor ride complete with sprints, hill climbs and other terrain, this indoor cycling class will definitely get your heart pumping! No special shoes required.

**Latin Groove**
Get spicy with your cardio workout. Basic steps, great music and fun choreography equal an aerobic fiesta.

**Resistance Bands Class**
Learn to use medicine balls and rubber resistance bands to improve core strength, functional movement, muscle coordination and balance! Beginners welcome. Great for men and women of all fitness levels.

**NEW CYCLING BIKES**
Take your cycling experience to the next level! With these new state of the art indoor cycling bikes and a cycling computer, you can track your workout (miles, rpm’s, heart rate, and speed). Whether you are a beginner or an experienced cyclist, come join us in one of our many indoor cycling classes!

**GROUP EXERCISE: CARDIOVASCULAR & AEROBIC**

**AM Challenge**
A unique interval workout to help build your muscular strength and cardiovascular endurance.

**Boot Camp**
This fun and innovative class combines cardiovascular with resistance activities. You will never have a dull moment in this exciting, individually challenging class. All levels welcome!

**Cardio Hip Hop**
Come try the latest hip hop moves. Get ready to get funky, sweat and have fun!

**Cardio Kickbox**
Experience the power of punches and kicks. Learn the basics of kickboxing while reaching your aerobic goals.

**Cardio Sculpt and Burn**
A modified low-impact class designed to minimize momentum and maximize range of motion. Work muscle power and achieve your target heart rate. Weights and bands may be included.

**Cycle**
A workout without comparison! Simulating an outdoor ride complete with sprints, hill climbs and other terrain, this indoor cycling class will definitely get your heart pumping! No special shoes required.

**Latin Groove**
Get spicy with your cardio workout. Basic steps, great music and fun choreography equal an aerobic fiesta.

**Resistance Bands Class**
Learn to use medicine balls and rubber resistance bands to improve core strength, functional movement, muscle coordination and balance! Beginners welcome. Great for men and women of all fitness levels.

**NEW CYCLING BIKES**
Take your cycling experience to the next level! With these new state of the art indoor cycling bikes and a cycling computer, you can track your workout (miles, rpm’s, heart rate, and speed). Whether you are a beginner or an experienced cyclist, come join us in one of our many indoor cycling classes!

**R.I.P.P.E.D.**

**Step**
Take aerobics to another level using a Reebok step to increase the fitness intensity. Get ready to sweat!

**Step Interval**
Experience the ultimate workout in this awesome class! Alternating sets of step combinations and muscle resistance are guaranteed to give you an overall body workout!

**Turbo Kick™**
Take kickboxing to another level! This class is designed with a sport specific warm-up, a cardio section using intensity intervals of kickboxing drills and increased tempo sprints, followed by work recovery segments.

**Y-Shapes**
A 30-minute circuit class designed just for women who are new or returning exercisers. You will have personal attention from Y-Shapes coaches. For all ages, shapes and sizes.

**Zumba**
A fusion of Latin and international music with many different styles including: Salsa, Cumbia, Afro Raga, Merengue, Hip-Hop, Belly Dance and more! Very easy-to-follow routines feature aerobic interval training with combinations of fast and slow rhythms that tone and sculpt the body.

**ZUMBA GOLD**
Come join the fun! Zumba Gold starts Monday, January 7th, at 1:30pm, in our Group Exercise Studio. This class is for the Active Older Adult, beginner participant, or anyone that may need modifications for success. Created to emphasize different styles of Latin and international rhythms with very easy-to-follow routines. Anyone of any age can do it!

**Fitlinxx:**
The Fitlinxx computer individual exercise log system is the simplest and smartest way to get fit and stay in shape. It will remember your range of motion, set seating and the amount of weight you lift for each strength machine! If working out and getting healthy isn’t incentive enough, the Fitlinxx program also keeps track of all your strength and cardiovascular workouts in which you earn points for. Depending on how many points you earn you earn t-shirts, hats, and sweatshirts for all of your hard work. The best part is it’s included in your membership. Get signed up today and start your path to a healthy, happier you! Make an appointment at the Welcome Center.

**Fitlinxx Upgrade**
Fresh and new just for you! Look for upcoming upgrades to our Fitlinxx program and workout rooms. The installation of our new Fitlinxx Training Partner 5 will help our healthy lifestyle coaches know what level attention each member needs based on the colored screen! With more interactive coaching at the point of exercise and Wi-Fi compatibility our Healthy Lifestyle Counsellors can help take your fitness to the next level.

**PLEASE EMAIL OR CALL US!**
Chelsea Good
Healthy Lifestyles Director
ChelseaGood@ymca.org
818-368-3231 ext 2317

Corrine Pridgen
Group Exercise Coordinator
CorrinePridgen@ymcagala.org
818-368-3231 ext 2311

**Spring INTO Fitness**
It’s time to break out of those winter habits with an exciting way to achieve your personal goals, compete against fellow members and realize a new you! FREE for members. Sign up for this fun and exciting fitness incentive game through the Welcome Center today.

**EVENT DETAILS:**
After four weeks of Strength and Cardio workouts: see what level of fitness you have achieved! Earn a prize at each point level 5,000, 10,000, 15,000, 20,000. Choose a level and go for it! More information to come in March!

Points will be calculated from Fitlinxx so make sure you enter all of your cardio and strength activities into the Fitlinxx System. If you do not have a Fitlinxx ID number, make an appointment with Chelsea to purchase one.
The TRX Suspension Trainer is the original, best-in-class workout system that leverages bodyweight exercise to strengthen the core muscles (abdominals and back), reduce your risk of injury back with these specialty classes.

**Ballroom Dance**
Learn Mambo, Waltz, Swing and more!! You will be taught the general rules of social dance as well as leading and footwork. All are welcome, partners not needed.

**Low-Impact Chair Aerobics**
Designed for active adults who desire a safe and effective workout. Energizing and easy to follow movements will help increase cardiovascular and muscle endurance. Chairs will be used but not in all exercises. Start off on the right path to fitness!

**Muscle Pump**
Add muscular strength and definition with weight training. This workout uses light weights and bands designed to define your muscles, build endurance and give you the results you desire!

**Women on Weights – W.O.W.**
Women will learn proper weight training in a class environment. The class meets twice a week, for 4 weeks for one hour. Class will include a warm-up, weights, and stretching. Tuesdays & Thursdays 11:45am-12:45pm in the Community Room.

**Yoga**
Each class differs based on the instructor, the students and the group dynamic. Choose from a variety of instructors and styles.

**TRX – Coming in January**
The TRX Suspension Trainer is the original, best-in-class workout system that leverages bodyweight exercise to strengthen, balance, flexibility and core stability simultaneously. Demos and classes coming in late January!

**Abs Only/Ab-Core**
Challenge your trunk stabilization with exercise to strengthen the core muscles (abdominals and back). Reduce your risk of injury back with these specialty classes.

**Core Fusion**
Pilates and Yoga-based movements are fused with standing balance exercises, mat work, traditional abdominal exercises and flowing stretches. This class helps you achieve long, lean, strong and flexible muscles. You will feel strong and refreshed.

**Low-Impact Chair Aerobics**
Designed for active adults who desire a safe and effective workout. Energizing and easy to follow movements will help increase cardiovascular and muscle endurance. Chairs will be used but not in all exercises. Start off on the right path to fitness!

**Muscle Pump**
Add muscular strength and definition with weight training. This workout uses light weights and bands designed to define your muscles, build endurance and give you the results you desire!

**Resistance Bands Exercise Class**
Learn to use medicine balls and rubber resistance bands to improve core strength, functional movement, muscle coordination and balance. Each class is a full body workout. Great for men and women of all fitness levels. Mondays & Wednesdays 4pm-5pm in the Sports Court.

**P.E.P. (Parkinsons Exercise Program)**
Two certified instructors – one leads and one assists – guide this movement disorder support class. Warm-up, cardio, strength training/flexibility and range of motion with a cool down.

**Pilates**
An anatomically based class inspired by Joseph Pilates’ method incorporates exercise science and rehab. Contraindicated movements are eliminated while proper alignment and core stability is emphasized.

**Tai Chi**
The ancient art of promoting total health utilizes the mind and body during movement. Achieving a range of motion and balance will leave you energized, centered and focused.

**Training Group: Spring Half Marathon**
Ever wanted to complete a Half Marathon or just enjoy running? Come join us January 19th for our informative meeting about our Spring Half Marathon training group. First training session starts February 2nd as the group trains for the 2013 Santa Ynez Half Marathon on May 11th!

If you have any questions contact Chelsea Good at 818-368-3231 ext 2317

**PLEASE EMAIL OR CALL US!**
Corrine Pridgen, Group Exercise Coordinator
corrinepridgen@ymcala.org
818-368-3231 ext 2311

If healthy living is what you are striving for, come out and visit our Y during our Health Expo! We will have Y Youth Performances from our Drama Program and Ballet Company, Diabetes Mobile Van (with screenings and information) for families, Pharmacists to educate you on your medications, healthy snacks, healthy recipes and samples to try from HealthFULL Foods, and much more!

Our Membership and Healthy Lifestyles Staff will be available to show you how you can start and continue your “New You”. Depending on what you are looking for we can support your journey to a healthier lifestyle.

We hope to see you there!
SOCIAL RESPONSIBILITY

We know that when we work as one, we move people and communities forward.

That’s why we are committed to providing support to our neighbors and opportunities for kids, adults and families to give, join in or advocate in the name of stronger communities.

GROWING STRONGER TOGETHER

2013 Community Support Campaign
NORTH VALLEY FAMILY YMCA

IMAGINE WHAT $685,500 CAN DO FOR OUR COMMUNITY...

Your gift provides scholarship & program support for youth development, healthy living and social responsibility:

- 720 children and teens in our after school and extended care Child Care program and preschools are educated and enriched in a safe, nurturing environment where they can learn, grow and develop social skills.
- 1900 children participate in the Youth Sports League for Basketball, Volleyball and Indoor Soccer helping to develop character, confidence and sportsmanship as they grow older.
- 250 teens engage in Leadership Development – as Youth and Government and Model United Nations participants, Junior Leaders, Junior Lifeguards, Camp Counsellors or Counsellors-in-Training – gaining knowledge, character development, guidance and encouragement to help them develop and realize their potential.
- 600 children per month in our youth Swim lessons and youth programs participate in positive, fun activities that build athletic, social and interpersonal skills.
- 12,500 elementary school children at 25 local public schools learn to be active and healthy through our P.L.A.Y. program, where the Y is working to enhance their physical fitness.
- More than 300 children and teens receive a life-changing Camp experience, where they explore the outdoors, build self-esteem and make lasting friendships.
- 540 families come together for Family Time – Papoose, Y-Guides and Princesses, Trailblazers, Family Camp, Family Nations and Family Fun Nights where parents and children can have fun and grow together.
- 650 families improve their Health, Well-Being & Fitness at our main branch facility thanks to financial assistance.

 SOCIAL RESPONSIBILITY: Giving back and providing support to our neighbors

Y BUSINESS LEADERS
YOU HOLD THE KEY TO KIDS’ FUTURES.

As a Los Angeles-based Business executive, you’re always looking for ways to broaden your professional contacts. And, as an individual, chances are the development of your identity and the opportunities to contribute to the well-being of the world are important to you as well. Through membership in the North Valley Family YMCA Y Business Leaders (YBL), you can enhance all three areas of your busy life in a series of convenient gatherings the Fourth Friday of every month. What better way to help the Y than to contribute to kids futures!

BREAKFAST MEETINGS

The fourth Friday of each month, Y Business Leaders members gather for a breakfast meeting where they connect with other professionals from a wide range of industries. These meetings are highlighted by a discussion on business perspectives and practices, led by a renowned speaker, through which members examine the relationship between their professional and personal lives. Join us for our first breakfast of the new year on January 25, 2013.

COMMUNITY SERVICE

Y Business Leaders Roundtable members also practice the value of philanthropy by engaging in a range of service projects that deepen their link to the local Community and helping those that suffer from hardships.

MEMBERSHIP

Y Business Leaders Roundtable members are encouraged to do the following:
- Pay a $250 membership fee to cover breakfast costs
- Make a minimum annual pledge of $500 to The North Valley Family YMCA
- Commit to attending the majority of meetings
- Learn about The North Family YMCA each month

TO JOIN Y-BUSINESS LEADERS

To join the Y Business Leaders, or for more information, contact Adam Pilder at The North Valley Family YMCA at 818-368-3231 or AdamPilder@ymcala.org. Go on-line to download the YBL member form.

YBL Co-Chairs: Juan Azcarate & Dave Friedman
YBL Vice Chair: Dana Ulise
GET TO KNOW US
ON FACEBOOK

NEW YEAR
NEW YOU
ONE FOR YOU

DISCOVER THE YMCA AND
BRING IN THE WHOLE FAMILY TODAY!

NAME
ADDRESS
CITY/ZIP
PHONE #
E-MAIL

Use before January 31, 2012. Good for one 7 consecutive day period. Photo ID required.
You must be 18 years old or accompanied by an adult/guardian to redeem the offer. Other restrictions may apply.

NEW YEAR
NEW YOU
ONE FOR THEM

INVITE A FRIEND TO JOIN YOU AT THE Y TODAY
AND THEY CAN DISCOVER A NEW GROUP OF
FRIENDS & A WELCOMING EXPERIENCE FOR
THEIR KIDS.

NAME
ADDRESS
CITY/ZIP
PHONE #
E-MAIL

Use before January 31, 2013. Good for one 7 consecutive day period. Photo ID required.
You must be 18 years old or accompanied by an adult/guardian to redeem the offer. Other restrictions may apply.