

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CLASS & ACTIVITY LOCATIONS

Register for classes online at www.anaheimymca.org
or visit the YMCA Administrative Office

DACC- Downtown Anaheim Community Center - 250 E. Center St, Anaheim 92805

DAYC- Downtown Anaheim Youth Center - 225 S. Philadelphia St, Anaheim 92805

EAG- East Anaheim Gym - 8165 E. Santa Ana Canyon Rd, Anaheim 92808

YMCA- YMCA Administrative Office- 240 S. Euclid St, Anaheim 92802

YEXP- YMCA Express - 2000 W. Ball Rd, Anaheim 92804

WAYC- West Anaheim Youth Center - 320 S. Beach Blvd, Anaheim 92804

No classes April 7-8 in observance of holidays

SPORTS & PLAY

BASKETBALL \$70 - 10 weeks

Sign up for the YMCA's co-ed basketball leagues. Participants will learn basic basketball skills and positive character values. Practices are once a week and games are on the weekend. Fee includes jersey and medal.

3-17 years

REGISTRATION DAY

YMCA Administrative Office
240 S. Euclid St. Anaheim 92802
Saturday, March 31, 9am-1pm

Season Dates: May 21 - August 18



BITTY SOCCER \$60 - 10 weeks

Learn basic soccer skills in a non-competitive atmosphere. Family involvement is required. A \$5 t-shirt fee is payable to the instructor.

3-6 Years

Sat 10-11am DAYC 3/17



ITTY BITTY SPORTS \$65 - 9 weeks

This program is designed to help parents find out what sports their child enjoys. The 9 week program focuses on three different sports; basketball, soccer, and T-ball.

Parent involvement is required.

3-6 years

Sat	9-10am	DAYC	3/17
Tue	6-7pm	DAYC	3/20
Wed	6-7pm	WAYC	3/21
Thu	4-5pm	EAG	3/22
Thu	5-6pm	EAG	3/22

BITTY BALLET \$60 - 10 weeks **New Class!**

Introduce your little one to the art of dance. Participants will learn the basic positions and movements in a playful and enthusiastic environment.

3-4 Years

Thu 4:30-5:30pm WAYC 3/22

5-6 Years

Thu 5:30-6:30pm WAYC 3/22

BALLET \$60 - 10 weeks

Embrace the beauty of dance. YMCA Dance will help develop rhythm, strength and coordination the fun way. Learn the basic five positions and steps of ballet and tap in a fun atmosphere. Classes are for Beginning, Intermediate, and Advanced dancers.

BEGINNING

Learn the basic positions and steps of ballet and tap

5 years+

Sat 9:30-10:30am WAYC 3/17

Sat 10:35-11:35am WAYC 3/17

INTERMEDIATE

Learn positions and combinations with technique and detail

6 years+

Sat 11:40am-12:40pm WAYC 3/17

ADVANCED

Learn complex combinations, turns and choreography

7 years+

Sat 12:45-1:45pm WAYC 3/17

HIP HOP \$50 - 10 weeks **New Class!**

Learn basic Hip Hop moves, dance techniques, body isolation and intricate movements.

BEGINNING 12+ years

Tue 6-7pm WAYC 3/20

ADVANCED 14+ years

Tue 7-8pm WAYC 3/20



GYMNASTICS \$80 - 10 weeks

YMCA gymnastics teaches basic and advanced skills, while building discipline, physical strength and self-confidence. Apparatus include: floor, balance beam, bars and vault.

MINI STARS – PARENT & ME

18 months - 3 years

Fri	12:15-1pm	EAG	3/16
Fri	1:05-1:50pm	EAG	3/16
Sat	9:05-9:50am	DAYC	3/17
Sat	9:05-9:50am	WAYC	3/17
Sun	12-12:45pm	WAYC	3/18
Sun	12:15-1pm	EAG	3/18
Mon	4:20-5:05pm	DAYC	3/19
Tue	9:15-10am	DAYC	3/20
Wed	4:10-4:55pm	EAG	3/21
Wed	6:05-6:50pm	WAYC	3/21

LITTLE STARS 3-4 years

Fri	12:15-1:05pm	EAG	3/16
Fri	1:05-1:55pm	EAG	3/16
Sat	9:05-9:55am	DAYC	3/17
Sat	9:05-9:55am	WAYC	3/17
Sun	12-12:50pm	WAYC	3/18
Sun	12:15-1:05pm	EAG	3/18
Sun	1:05-1:55pm	EAG	3/18
Mon	4:20-5:10pm	DAYC	3/19
Mon	5:15-6:05pm	DAYC	3/19
Tue	9:15-10:05am	DAYC	3/20
Wed	4:10-5pm	EAG	3/21

BEGINNING STARS 5-8 years

Sat	10-10:50am	DAYC	3/17
Sat	10-10:50am	WAYC	3/17
Sun	12-12:50pm	WAYC	3/18
Sun	1:05-1:55pm	EAG	3/18
Mon	4:20-5:10pm	DAYC	3/19
Mon	5:15-6:05pm	DAYC	3/19
Wed	4:10-5pm	EAG	3/21
Wed	5-5:50pm	EAG	3/21

INTERMEDIATE STARS 8-12 years

Sat	10-10:50am	DAYC	3/17
Sat	10-10:50am	WAYC	3/17
Mon	5:15-6:05pm	DAYC	3/19

TUMBLING \$80 - 10 weeks

Learn cartwheels, round offs, handsprings and more. Beginning level is recommended for those with skills below a round-off.

BEGINNING 6-17 years

Mon	6:05-6:55pm	DAYC	3/19
Wed	5-5:50pm	EAG	3/21

INTERMEDIATE 7-17 years

Mon	6:05-6:55pm	DAYC	3/19
Wed	5-5:50pm	EAG	3/21

ADVANCED 9-17 years

Mon	6:05-6:55pm	DAYC	3/19
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FLASH FITNESS \$80 - 10 weeks New Class!

Improve body strength and self-esteem. Flash Fitness is a dynamic course that builds flexibility, balance and endurance. With a certified trainer, flash into your fitness goal in no time!

7-13 years

Mon & Thu	5-6pm	YEXP	3/20
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14-17 years

Mon & Thu	6-7pm	YEXP	3/20
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18+ years

Mon & Thu	7-8pm	YEXP	3/20
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KENPO KARATE \$60 - 10 weeks

Build strength, sharpen reflexes and build self-confidence! Learn self defense techniques in blocking, kicking and striking.

BEGINNING 6 years+

Mon	6:30-7:30pm	DACC	3/19
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INTERMEDIATE 6 years+

Mon	7:30-8:30pm	DACC	3/19
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ADVANCED 8 years+

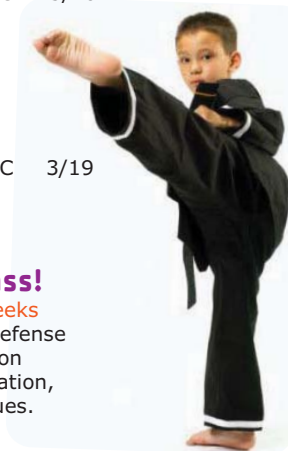
Tue	7-8:30pm	DACC	3/20
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ADULT KENPO KARATE

\$60 - 10 weeks

BEGINNING Teens/Adults

Mon	7:30-8:30pm	DACC	3/19
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JIU-JITSU New Class! \$65 - 10 weeks

Jiu-Jitsu is a gentle art of self defense designed to overcome aggression through escapes, joint manipulation, throws and constrictions techniques. Learn balance, rolls and falls.

6-17 years

Thu	5-6pm	EAG	3/22
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BASKETBALL SKILLS CLINIC

New Class!
\$80 - 5 weeks

Improve your basketball skills in this clinic focused on ball handling, passing, shooting, defense and rebounding. Participants will practice every Wednesday and Friday for five weeks.

7-14 years

Wed & Fri	5:30-8pm	DAYC	4/11
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INDOOR SOCCER SKILLS CLINIC New Class! \$60 - 6 weeks

Learn basic soccer skills in a safe and enjoyable environment. Skills clinic focuses on personal endurance, effective dribbling, passing, trapping and shooting techniques. Children improve their understanding of soccer.

7-12 years

Mon	6-8pm	WAYC	4/2
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VOLLEYBALL SKILLS CLINIC

New Class!
\$80 - 5 weeks

Learn basic volleyball skills and enhance your current skills. This coed course focuses on physical conditioning, endurance and learning fundamental volleyball skills. Participants practice every Tuesday and Thursday for five weeks.

12-17 years

Tue/Thu	5:30-8pm	DAYC	4/10
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