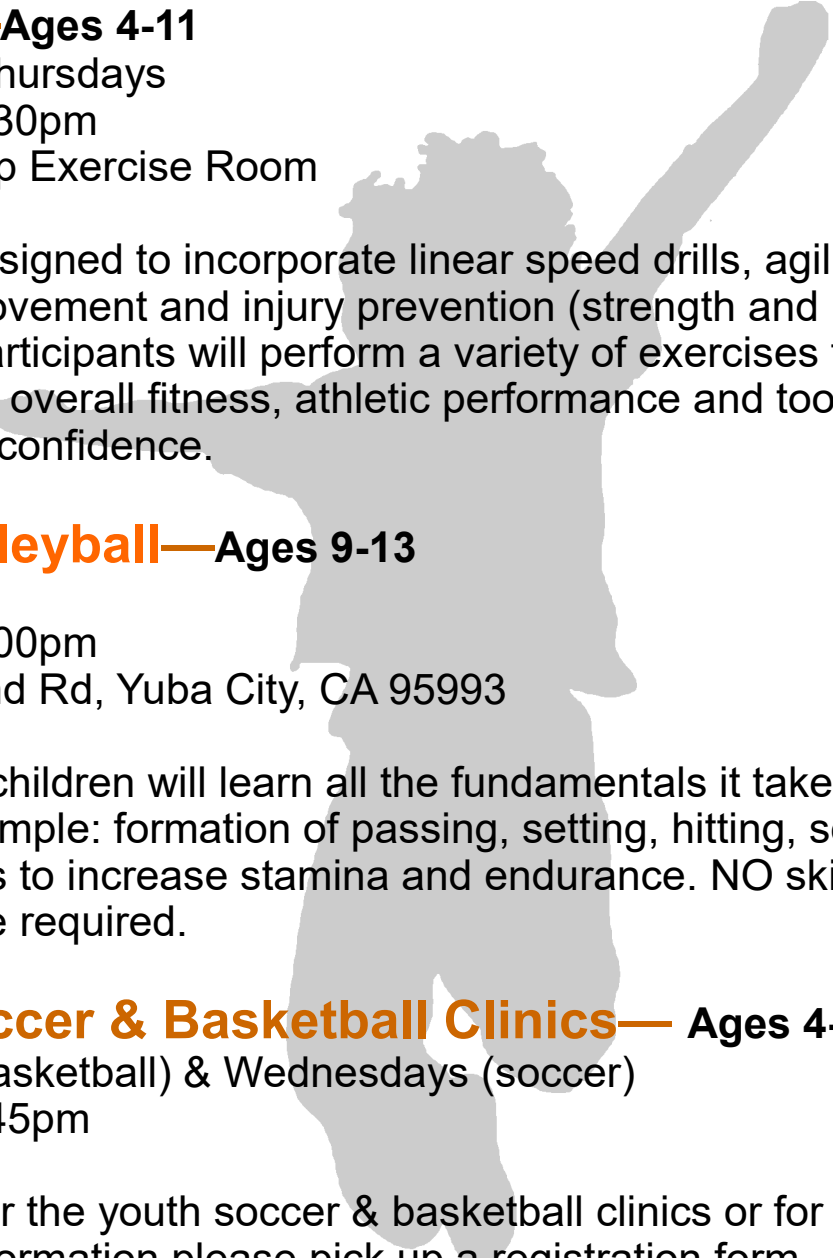




KIDS CLASSES

Group Exercise Programs

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- What :** **Fit Kidz—Ages 4-11**
When : Tuesday & Thursdays
Time: 3:45pm to 4:30pm
Where : Held in Group Exercise Room
Duration: Ongoing
Description: Fit Kidz is designed to incorporate linear speed drills, agility, functional movement and injury prevention (strength and flexibility). Participants will perform a variety of exercises to help improve overall fitness, athletic performance and tools to develop self-confidence.
- What :** **Youth Volleyball—Ages 9-13**
When : Thursdays
Time/Ages: 4:00pm to 5:00pm
Where : 1471 Richland Rd, Yuba City, CA 95993
Duration: Ongoing
Description: In this clinic children will learn all the fundamentals it takes to play. For example: formation of passing, setting, hitting, serving and workouts to increase stamina and endurance. NO skill or knowledge required.
- What:** **Youth Soccer & Basketball Clinics— Ages 4-18**
When: Mondays (basketball) & Wednesdays (soccer)
Times: 3:45pm & 4:45pm
Duration: Ongoing
Registration: To register for the youth soccer & basketball clinics or for additional information please pick up a registration form.

Classes and clinics are included for all children who are on family membership plans. Please see the membership department if you wish to add your children to your membership to participate in these fitness programs.

For more information contact Erika at: erika@ycrc.com.



Activity Classes

Nursery Reservation Required

What : **Budding Einstein's** -Ages 2-6
When : Monday
Time: 10am—10:30am
Where : Club Nursery
Duration: Ongoing, subject to change

What : **Junior Picassos** -Ages 2-6
When : Tuesday
Time: 10am—10:30am
Where : Club Nursery
Duration: Ongoing, subject to change

What : **Story Time All-stars** -Ages 2-6
When : Tuesday
Time: 6:30pm—7:00pm
Where : Club Nursery
Duration: Ongoing, subject to change

What : **Pee Wee Performers** -Ages 2-6
When : Wednesday
Time: 10am—10:30am
Where : Club Nursery
Duration: Ongoing, subject to change

What : **Pint Size Engineers** -Ages 2-6
When : Thursday
Time: 10am—10:30am
Where : Club Nursery
Duration: Ongoing, subject to change

What : **Young Adventurers** -Ages 2-6
When : Friday
Time: 10am—10:30am
Where : Club Nursery
Duration: Ongoing, subject to change

For more information on the nursery contact Katey Ulrich at 530.673.6900 x133 or katey@ycrc.com

Classes are open to all children who are on family memberships, please see the membership department if you wish to add your children to your membership to participate in these fitness programs.