YUBA CITY RACQUET & HEALTH CLUB

Effective 10/17/26

KIDS CLASSES

Group Exercise Programs

What : **Fit Kidz—Ages 4-11**
When : Tuesdays & Thursdays
Time: 3:45pm to 4:25pm
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 Soccer Clinic— Ages 4-15**
When: Wednesdays
Time: 4:00pm to 5:00pm for ages 4-8
5:00pm to 6:00pm for ages 9-15
Where : The Racquet Club, 825 Jones Road, Yuba City, 95991
Duration: Ongoing
Registration: To register for the youth soccer clinic or for additional information please pick up a registration form.

What: **Youth Basketball Clinic— Ages 5-16**
When: Tuesdays
Time: 4:00pm to 5:00pm for ages 5-10
5:00pm to 6:00pm for ages 11-16
Where : The Racquet Club, 825 Jones Road, Yuba City, 95991
Duration: Ongoing
Registration: To register for the youth soccer clinic or for additional information please pick up a registration form.

What: **Youth Volleyball Clinic— Ages 6-16**
When: Mondays
Time: 4:00pm to 5:00pm for ages 6-11
5:00pm to 6:00pm for ages 12-16
Where : The Racquet Club, 825 Jones Road, Yuba City, 95991
Duration: Ongoing
Registration: To register for the youth soccer clinic or for additional information please pick up a registration form.

Classes and clinics are included for all children who are on family or One Parent 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 Irene at: irene@ycrc.com.

YUBA CITY RACQUET & HEALTH CLUB

effective 2-6-26

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 Angela Tinoco at 530.673.6900 x133 or angela@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.