



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER

**LA JOLLA Y
PROGRAM GUIDE**
January - June 2012



www.lajolla.ymca.org
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MISSION STATEMENT

“The La Jolla YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of the spirit, mind and body.”

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LA JOLLA Y

8355 Cliffridge Avenue; La Jolla, CA 92037

PHONE: (858) 453-3483

FAX: (858) 452-3761

WEBSITE: lajolla.ymca.org

REGULAR FACILITY HOURS

MONDAY - THURSDAY	5AM - 10PM
FRIDAY	5AM - 9PM
SATURDAY - SUNDAY	7AM - 6PM

HOLIDAY SCHEDULE

The La Jolla Y is closed:

New Year's Day, Easter Sunday, Memorial Day, 4th of July, Labor Day, Thanksgiving and Christmas Day

Modified Days:

Christmas Eve, New Year's Eve (hours to be posted)

THE FIREHOUSE

7877 Herschel Avenue; La Jolla, CA 92037

PHONE: (858) 459-1640

FAX: (858) 459-5190

WEBSITE: lajolla.ymca.org

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CHARACTER DEVELOPMENT

Through the programs and services offered by the La Jolla Y we accept and demonstrate the values of Caring, Honesty, Respect and Responsibility.

The Y of San Diego County serves all people regardless of age, gender, race, color, national origin, religion, ethnicity or disability. Questions regarding this policy may be directed to our Vice President of Human Resources, (858) 292-4034.

The La Jolla Y is a 501(c) (3) charitable organization. Tax ID # 95-2039198

JOIN US

La Jolla Y Membership Information



MEMBERSHIP BENEFITS

- Group Exercise classes (more than 80 per-week to choose from).
- Child Playcare included with Family memberships
- Fitness consultation/orientation
- 12-week exercise program featuring Technogym
- Access to state-of-the-art Fitness Center
- Access to 40-hours of lap swim and recreational pool time each week
- Family Group Exercise classes and access to special events
- Two tennis courts
- Dry-heat sauna in Fitness locker rooms
- State-of-the-art basketball gymnasium
- Day use of keyed lockers (annual rentals are available)
- Work-out towel service*
- Additional Group Exercise classes at The Firehouse (located in La Jolla Village)
- Reduced rates on Y programs
- Guest privileges for families and friends
- Online program registration at lajolla.ymca.org

*In an effort to be able to serve all our members, we offer one towel per person per visit.

Members from San Diego County Y's are welcome to enjoy other Y's within the San Diego County Association for a fee of one-half the day use fee of the location they are visiting. Please visit the Membership office for a complete list of locations in San Diego County.

Y MEMBERSHIP PLUS

Y Membership Plus includes membership to all San Diego County Y's. This membership is suited well for someone who may live in one part of the county but works in another. For more information please visit our Membership office during regular business hours. (Membership Plus joining fees are exempt from any promotions throughout the year.)

EASY PAY – MONTHLY MEMBERSHIP PLAN

Members make a one-month down payment and with your authorization, monthly Membership dues are then deducted automatically from your bank checking account or a credit card. If you want to discontinue your membership, you must do so in writing 15-days prior to your draft dates.

MEMBERSHIP FEES

Membership Categories	Monthly	Joining Fee
Family Includes children up to 18-years of age	\$70	\$150
One-Parent Family One adult and children up to 18-years of age	\$47	\$100
Adult 18 to 64-years old	\$43	\$100
Student Full-time student with valid ID	\$35	\$100
Senior 65-years and older	\$36	\$100
Senior Family 2 seniors 65-years and older	\$61	\$150
Teen (13 to 17-years old)	\$136 annually	
Youth (12-years old and younger) Youth members are not issued towels or lockers.	\$96 annually	

Military Pricing available upon request.

The Firehouse membership is included with a La Jolla Y Membership.

Membership Plus Adult	\$50	\$100
Membership Plus Family	\$81	\$150
Membership Plus One-Parent Family	\$55	\$100

Rates subject to change. Membership fees are non refundable.



MEMBERSHIP CANCELLATION POLICY

In accordance with your signed Y membership agreement, automatic draft memberships must be cancelled in writing at least 15-days prior to the bank draft date assigned to you in order to cease billing for the following month. Cancellations may be done in the Membership office during regular business hours.

FEES FOR RETURNED CHECKS/CREDIT CARDS

A \$15 fee will be charged on all checks and/or automatic draft memberships returned due to non-sufficient funds, account closed, payment stopped/frozen or any other reason. Until the fee(s) are paid by the member or participant, access to the facility and programs will not be allowed.

AWAY PROGRAM

As a member of the La Jolla Y, you are part of the Always Welcome at Y's (AWAY) program. The AWAY program offers La Jolla YMCA members to visit Y's outside the San Diego County Association. Please check with the Y you are visiting to learn about their AWAY program policy. The La Jolla Y is pleased to offer visitors from outside of San Diego County a maximum of 14 visits a year at no cost.

LA JOLLA Y GUEST PRIVILEGE POLICY

We encourage La Jolla Y members to introduce their friends and family to our Y by offering 12 guest passes per membership per year. Each individual guest is invited to visit our Y up to two times. After the two visits we invite your guest to join our Y. Those who choose not to join will be required to pay the day-use fee each time they visit the facility. Guests are required to fill out and sign a facility use form and waiver providing valid picture identification.

Guests who pay day-use fees and decide to join the Y at a later time will be able to contribute up to three day-use fees against the joining fee at the time of sign-up.

DAY-USE FOR NON-MEMBERS

Daily users are welcome at the La Jolla Y. Please visit the front desk to fill out and sign a facility use form and waiver. Fees for daily users are:

- ADULTS (18-64), \$10
- SENIORS (65 and older), \$5
- YOUTH & TEEN (17 and under), \$5

Note: All daily users are required to fill out and sign a facility use form and waiver providing valid picture identification (acceptable forms are current driver's license, state issued ID card, passport or military ID).

FINANCIAL ASSISTANCE/SCHOLARSHIPS

The La Jolla Y ensures the promise that no one is ever denied a place in a Y membership or program because the inability to pay.

Our Y is able to provide financial assistance, to those who qualify, through financial donations to our Annual Giving Program. (Please see page 22 for more information.)

AGE & SAFETY GUIDELINES

Children 16-years of age and younger must be accompanied by an adult when not involved in Y programs.

LOCKER ROOMS: We offer adult-only locker rooms in the Fitness Center. The pool locker rooms are available to members of all ages. Children 6-years of age and older must use gender appropriate locker rooms. Children 5-years of age and younger must be supervised by an adult. We offer free day-use of lockers as well as annual locker rentals for a nominal cost.

STRENGTH & CONDITIONING CENTER: Must be 16-years of age or older to use the Fitness center unsupervised. Children and teens 12 to 15 years of age may workout in the Center ONLY if they have received certification through the Teen Strength Program. (See page 11 for more information.)

JACUZZI: Children 7-13 years of age must be accompanied in the water by an adult. The use of the Jacuzzi by children under 6 years of age is prohibited.

LOST & FOUND: The Y is not responsible for lost or stolen articles while using the Y programs or facilities.



CODE OF CONDUCT

All participants recognize that the La Jolla Y is dedicated to the benefit and welfare of everyone. In order to maintain a consistent and cooperative environment, we ask that all participants at our Y adhere to the following:

- Refrain from the use of foul language, abusive actions and inappropriate behavior.
- Recognize that sportsmanlike conduct, fair play and a cooperative attitude govern behavior at all times.

Failure to observe this code may result in suspension or termination of privileges. Please see Code of Conduct guide in membership office for further policies and more information. Thank you for not smoking, drinking alcoholic beverages or using illegal drugs at our Y.

EVERYONE IS WELCOME

La Jolla Y Family Programs

FAMILY PLAYCARE

AGES 6-WEEKS TO 12-YEARS

Playcare service is available to all members with Family Memberships with children 6-weeks to 12-years old. It is provided for parents while they are on site using the Y's facilities for a maximum of 2-hours, Monday through Friday, and 1 ½-hours on Saturdays. Playcare is also available for guests with non-Family Memberships, for a fee.

The playground and nursery are fully supervised by trained staff. They are all First Aid and CPR certified. The playground is open from 9am until Noon each day. Afternoon and evening care is in the Playcare room. To ensure a space for your child, please make a reservation by calling (858) 535-2944. Reservations can be made three days in advance and are encouraged. Reservations and walk-in spaces are first-come, first-served, until full. Reservations may be made during Playcare hours:

Mondays – Thursdays: 8am – 7:30pm

Fridays: 8am – 5pm

Saturdays: 8:30am – 12:30pm

FEES: Free for members with Family Memberships and One Parent Family Memberships. Fee for non-family members and guests. \$1.00 per half hour per child.

PARENTS DATE NIGHT

The second Friday of every month, Playcare hosts an evening of babysitting at the Y from 5:30pm – 9pm. Kids will enjoy dinner, crafts and a fun-filled evening

COST: Members: \$18/\$15 siblings

Participants: \$22/\$18 siblings

PARENT'S AFTERNOON OUT

The third Saturday of the month is Parent's Afternoon Out! From 1pm – 4pm, kids enjoy outside play, crafts and a snack while parents enjoy an afternoon to play themselves!

COST: Members: \$7/\$5 siblings. Participants: \$9/\$7 siblings.

Y FAMILY EVENTS

Families are at the center of the La Jolla Y and our mission. We aim to enhance the quality of family-time by designing fun and exciting activities for all ages. We promise to create memories to last a lifetime.

2012 FAMILY EVENTS

Easter Egg Hunt

Healthy Kids Day

Angel's Ball – Father Daughter Dance



CHECK OUT THESE GREAT OPPORTUNITIES FOR FAMILIES AT THE LA JOLLA Y

Family Swim

Parent/Child Swim

Birthday Parties

Pee Wee Sports

Parent/Child Tumbling



If you're interested in family programs and activities, or for volunteer opportunities in the family program, please contact Kyndra Hegner at (858) 453-3483, ext. 148 or by email at khegner@ymca.org.

COMING TO FITNESS IN 2012!

TRX SUSPENSION TRAINING

TRX is a revolutionary method of leveraged bodyweight exercise. You can safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Classes are led by certified personal trainers with extensive knowledge in body mechanics and exercise physiology.

Pricing:

\$45 Members, \$55 Participants (4 week session)

\$55 Members, \$65 Participants (5 week session)

BARRE' SCULPT CLASSES

Barre' Sculpt is an intense 55 minute total body workout that uses the ballet barre to perform small isometric movements. Through the combination of isometric exercises and intense stretches, Barre' can produce a sculpted physique, strong muscles and enhance your flexibility.

Pricing:

\$32 Members, \$45 Participants (4 week session)

\$40 Members, \$53 Participants (5 week session)

PRIVATE TRAINING STUDIO

Coming in 2012 the La Jolla Y will have a state of the art private training studio equipped with kettle bells, medicine balls, free weights, weighted vests, physioballs, exercise mats, BOSU balls, ladders, jump ropes, agility hurdles, and much more.

Programs offered: Personal Training, Pilates Reformer, TRX Suspension Training and TEAM Challenge.

RIDE N GLIDE STUDIO

Our new Ride N Glide studio will open February 2012. This studio will house our GRAVITY and Cycling classes as well as new specialty combined classes. This new studio will give us the opportunity to increase the amount of GRAVITY and Cycling classes offered during prime times. Pick up a group exercise schedule or GRAVITY tri-fold to see class times and descriptions.

HELPING YOU LIVE BETTER

La Jolla Y Health and Fitness Programs

GROUP EXERCISE

The Group Exercise schedule is available at the front desk and on our Website.

Classes included with your membership:

CARDIO CLASSES

AEROBICS – High energy class utilizing fun and diverse choreography to keep your workout varied and interesting! This class can be done at a lower intensity to fit all fitness levels.

ATHLETIC STRENGTH & CONDITIONING – A 45-minute high intensity class including cardio, strength, plyometrics and dynamic stretching. This class is not for beginners.

BACK TO BASICS (YAA) (HS) – A traditional workout focusing on proper form & technique: Hi/Lo impact & strength training.

BALANCE & STRENGTH – Participants will work on balance and strength exercises both standing and on the floor. This well-rounded class is appropriate for all levels.

CARDIO BOSU – Intense “Boot Camp” style class that will raise your heart rate, strengthen your core and make you think.

HUSTLE – Fun choreographed dance class that is easy to follow and can be done by anyone.

INTRO TO ZUMBA – 30 minute introductory class to prepare members for regular Zumba class. Held twice a month.

LINE DANCING (HS) – Experience great exercise while learning popular dances. All levels welcome.

NIA DANCE – Elements of dance, martial arts and yoga for an energetic, non-impact aerobic workout.

STEP – (Levels of Advancement I, II) High energy, fun cardio workout that uses an adjustable bench.

STUDIO CYCLING – Cardio workout on specially designed stationary bikes. All classes done to music and include interval training.

CYCLING LEVEL 1 (YAA) (HS) – This class is for participants new to cycling or those looking for a “lighter” workout.

TURBO KICK – Rockin’ music, simple dance grooves, athletic drills and high energy routines.

WALK & TALK – Exercise, socialize and enjoy the fresh air on our scenic walks. Great way to start the day; 4-4.5 miles.

WALK FIT – Invigorating 5-6 miles, 15-17 minute/mile pace starting and ending at the Y.

ZUMBA – Fuses hypnotic rhythms and easy to follow moves for a dynamic workout!

MIND / BODY CLASSES

GENTLE YOGA – A yoga basics class that focuses on stretching, strengthening and balance poses that are both challenging and safe.

HATHA YOGA – Gentle stretching reduces stress, bringing deep relaxation, peace, and great flexibility to body and mind.

PILATES – Mat based training for the deep internal supportive muscles that balance and strengthen the entire body.

PILATES W/ BOSU – Class will include work on BOSU Balance Trainer.

POWER VINYASA YOGA – Vigorous approach where poses flow from one to another in conjunction with breath. Promotes strength, stamina and flexibility, relieves stress and tension.

RESTORATIVE YOGA (YAA) – Emphasizes awareness and relaxation through supported positions focusing on the hips & spine. All levels welcome.

YOGALATES – Blend of Vinyasa Flow Yoga and Pilates in a one hour class. All levels.

AQUA CLASSES

AQUAFIT – Total body exercising: endurance, strength and abdominal components.

AQUA JOGGING – Non-impact. Flotation belt required for all levels. Sculpt and stretch. High intensity.

AQUA STRENGTH & TONE – Workout that includes aerobic endurance, upper and lower body resistance training, abdominal exercises and stretching.

DEEP WATER WORKOUT – Suspended components of water fitness in deep water with flotation belt. Prenatal welcome.

LOW-MOTION WATER FITNESS (AOA) – All components of water fitness with lower impact.

WATER FITNESS – Stretching, aerobic endurance, upper & lower body training, abdominal & leg work.

MUSCLE CONDITIONING

ABS AND BACK – 25 minute workout to strengthen the muscles of the abs and back. Meets in the Strength and Conditioning Center.

BOSU – “The BOSU” balance trainer is the ultimate functional training tool to improve balance, strength and core stability.

MUSCLE/CARDIO ENDURANCE – Strengthen, tone and define while training your heart and muscles for endurance. Uses weights, tubing and bands.

MUSCLE MAX – Strengthen, tone and define your body using a variety of tools. Whether you have been working out for years or just beginning, this class is for you.

SIT AND BE FIT (YAA) (HS) – A muscular strength class that is total body conditioning. The goals are to improve overall fitness and promote social interaction. Appropriate for, but not limited to those who are sedentary.

STRETCH-N-STRENGTH (YAA) – Emphasizes increased flexibility and range of motion while improving functional strength; great for, but not limited to, the active older adult.

STRENGTH TRAINING – Total body strength and conditioning class incorporating muscle balancing and body awareness. Modifiable to all levels.

HEALTH SEEKER = (HS)

Class appropriate for new or returning exerciser.

Y ACTIVE ADULTS = (YAA)

Class appropriate for ages 55+.

FITNESS PROGRAMS

To sign up for any of the fitness programs, members can schedule an appointment with the Front Desk or speak with any of the Fitness staff at (858) 453-3483, ext. 133.

FITNESS CONSULTATION

Meet with our Fitness staff to learn about your program options at the La Jolla Y. This is the first step in developing your exercise plan! FEE: FREE

ORIENTATIONS

Have a one-on-one appointment with a Wellness Coach to orient you to the facility and show you how to use the equipment. FEE: FREE

FITNESS ASSESSMENT

Includes a sequence of tests that will provide you with results across all aspects of fitness, giving you a baseline to measure improvements. This assessment lasts one-hour.

FEES: Members: \$25; Participants: \$35

FOLLOW UPS: Members: \$20; Participants: \$30

TECHNOGYM WELLNESS SYSTEM

The Technogym Wellness System will help guide you through your workout and track your progress. The Smartkey will:

- Tell your seat adjustments and weight levels
- Track proper range of motion
- Store all workout data and track progress
- Provide feedback on performance

FEE: \$25 for Technogym Key – key never expires (no refunds)

BOOT CAMP

Is a 45-minute intense cross training workout that happens 9 times/week on the Sports field. It incorporates kettlebells, medicine balls, interval training, resistance training, and core work. Who should participate? Anyone who is looking for a workout that is challenging, time efficient and allows them to be in and out of the gym in less than an hour.

FEE: \$99 - 4 Weeks; \$129 - 5 Weeks

For more info, email bootcamp@ymca.org

12-WEEK PERSONAL FITNESS PROGRAM

Our 12-Week Personal Fitness program can give you the support you need to succeed in an exercise routine. The program will help you establish reachable goals, provide positive motivation and develop the habit of exercising while keeping your personal interests in mind. Our coaches monitor your progress over 12-weeks and you will have four meetings with a coach to keep you on track and help you to grow your fitness level.

TEAM WEIGHT LOSS CHALLENGE

Includes group Personal Training that is focused on losing weight, building team camaraderie and friendly competition. Participants will receive nutritional education, keep a daily food/exercise log and weigh in weekly. Who should participate? Anyone who is looking to lose weight, gain their health back, have fun, build teamwork, make friends, and have accountability! For more information contact Bree White at (858) 453-3483, ext. 133.



GROWING STRONGER TOGETHER

La Jolla Y Health and Fitness Programs

GRAVITY®

Small group trainings run monthly. See the website or GRAVITY for monthly schedule. Prices vary depending on the month.

GRAVITY now has new equipment, new classes, and a new studio!

GRAVITYCardio®: GRAVITYCardio is a 55-minute class that incorporates cardiovascular endurance with strength training of the GRAVITY system. Participants follow a step routine and then transition into strength training on the GRAVITY machines.

GRAVITYPilates Fusion®: GRAVITYPilates Fusion is a 55-minute class designed to incorporate Pilates principals with the GRAVITY system.

GRAVITYCore®: GRAVITYCore is a 45-minute strength and endurance program designed to focus on the abdominals, oblique's and lower back. Helps with flexibility.

Ride N Glide: 55 minute class of GRAVITY and Cycling combined for a great strength and cardio workout.

GRAVITY TRX®: 55 minute circuit training class consisting of GRAVITY and TRX suspension training.

GRAVITY sessions provide:

- Total body workouts
- Effective & efficient routines
- Dynamic strength training

The GRAVITY System utilizes your own body weight for resistance. Every movement you do works your core!

For any GRAVITY System questions please call (858) 453-3483, ext. 133.



PERSONAL TRAINING

Personal training is a service to members who want or need more specialized personal attention when they exercise. This program is ideal for all fitness levels.

The benefits of Personal Training are:

- Individualized program
- Progress feedback
- Increased strength
- Weight loss
- Goal setting
- Improved endurance
- Motivation

ONE-ON-ONE RATES

One Session: \$45/per hour

3 Session Pack: \$125

6 Session Pack: \$250

10 Session Pack: \$395

Advanced payment required for multiple session discount

GROUP RATES (2-5 PEOPLE; RATE IS FOR THE GROUP)

One Session: \$65/per hour

3 Session Pack: \$185

6 Session Pack: \$365

10 Session Pack: \$565

Advanced payment required for multiple session discount

PILATES REFORMER

Pilates Reformer is a program that improves core strength and balances the muscles around the joints, improving the way your body functions, looks and feels.

The benefits of Pilates Reformer are:

- Longer, leaner muscles
- Improved postural problems
- Increased core strength
- Enhanced functional fitness
- Improved balance, coordination and circulation
- Complements other methods of exercise
- Improved strength & flexibility

ONE-ON-ONE RATES

One Session: \$55/per hour

3 Session Pack: \$150

6 Session Pack: \$300

10 Session Pack: \$495

Advanced payment required for multiple session discount

GROUP RATES (2 PEOPLE; RATE IS FOR THE GROUP)

One Session: \$75/per hour

3 Session Pack: \$215

6 Session Pack: \$425

10 Session Pack: \$650

Advanced payment required for multiple session discount

All Personal Trainers & Pilates Reformer Trainers are CPR and First Aid Certified and have one or more of the following:

- A graduate or undergraduate degree in exercise physiology, physical education, health and fitness or a related field
- Personal Training or Pilates Reformer certification through a nationally recognized certifying body
- YMCA Health and Fitness certifications

BETTER TOGETHER

La Jolla Y Health and Fitness Programs

SPECIALTY PROGRAMS

HAYASHI-HA KARATE PROGRAMS

The La Jolla Y offers a traditional karate program designed so that all members of the family can participate. Mixed classes of adults and children, and tots only are available. The mixed class is for all ages and allows parents to share the fun and excitement of this ancient Japanese martial art with their children. Small children are given the individual attention and patience they need in "Y Mighty Tots" while adults get the effective self-defense and aerobic activity they desire. Schedule of classes can be picked up at the La Jolla Y.

MONTHLY FEES: Members: Kids \$54, Adults \$64

Participants: Kids \$64, Adults \$74

MIXED CLASSES (AGES 7+): Tues/Thurs, 6:30pm-7:30 pm;
Saturdays, 3pm-4pm

Y MIGHT TOTS (AGES 3-6 ONLY): Saturdays, 2pm-3 pm

Call (858) 453-3483, ext. 133 for more information.

(Monthly fees remain the same regardless of number of classes)

FREE STYLE MARTIAL ARTS

Confidence, discipline, respect and leadership are values every child can benefit and they will be communicated in this program. Children will also improve mental alertness, self-confidence, physical ability and goal and learn how to set goals.

COOL CATS (AGES 4-6) Wed/Fri; 3:30pm-4pm

FEES: Members: \$65 Participants: \$75

KARATE KIDS (AGES 7-13) Wed/Fri; 4pm-5pm

FEES: Members: \$65 Participants: \$75

(Monthly fees remain the same regardless of number of classes)

Y-FIT SQUAD

This program is for 8 to 12-year olds and is a monthly supervised exercise program. It is designed to introduce boys and girls to cardiovascular endurance, flexibility and proper nutrition. Character values of caring, respect, honesty and responsibility are stressed along with FUN!

DAYS/TIMES: Tuesdays & Thursdays; 4:15pm-5pm

MONTHLY FEES: \$39 for Members/\$49 Participants

DROP-IN FEE: \$8

ZUMBATOMIC LITTLE STARS

Exploratory dance and movement class experience for 3 - 6 year olds. Set to hip-hop, salsa, reggaeton and more. 6 week sessions.

MONTHLY FEES: \$42 for Members/\$52 Participants

For session dates contact Bree White at (858) 453-3483, ext. 133.

ZUMBATOMIC BIG STARS

The crazy-fun dance-fitness workout for kids set to hip-hop, salsa, reggaeton and more. 6 week sessions.

DAYS/TIMES: Mondays; 3:45pm-4:30pm (Ages 7 - 9)

Mondays; 4:35pm - 5:20pm (Ages 10 - 12)

SESSION FEES: \$52 for Members/\$62 Participants

For session dates contact Bree White at (858) 453-3483, ext. 133.

MASSAGE

Whether it's a pre- or post-exercise Sports massage, or a Deep Tissue massage, you will be enhancing your health while you feel great! Choose from Deep Tissue, Swedish, Sports Massage, Neuromuscular Therapies, Asian Therapies, Postural Therapies, Myofascial Release, Pre-Natal Massage and Chair Massage.

Call Bree at 858-453-3483, ext. 133 for more info.

FEES:

30-minutes: \$40

45-minutes: \$55

60-minutes: \$65

90-minutes: \$90

Massage packages are available for Members.

TEEN STRENGTH TRAINING

Teenagers 12 to 15-years of age who want to work out in the Fitness Center MUST go through our Teen Strength Training program. Teens will learn the rules of the Center and proper use of the fitness equipment as well as basic exercise principles and components of a good workout.

Appointments can be made by contacting the Fitness Office at (858) 453-3483, ext. 133.

FEES: FREE

CHILDREN'S BALLET

This wonderful program introduces children ages 3-years and up to the fundamentals of dance techniques. Using music, movement, props and imagination, the child learns to respond to music, develop strength and develop creativity.

Classes are taught by Sheree Meyerowitz who was trained through the Royal Academy of Dance. Check the Children's Ballet tri-fold for schedule.

For details and more information call (858) 453-3483, ext. 133.

ADULT BALLET

The University City Community Ballet (UCCB) will be holding intermediate adult classes. Work towards a dancers grace and technique while sculpting your body and improving your posture! Classes are ongoing.

DAYS/TIMES: Tuesdays, 7:30pm-9pm

LOCATION: Studio II

FEES: Members: \$80 for 10 sessions; \$10/session

Participants: \$120 for 10 sessions; \$15/session

ENRICHING LIVES

La Jolla Y Childcare Programs

Our staff have completed and fulfilled all California licensing requirements in Early Childhood Education or Child Development. All staff are CPR and First Aid certified.

ENROLLMENT: Open to children 3-5 years old. All participants MUST be completely potty trained. Parents will need to complete a registration packet, pay an annual registration fee of \$55.00, and participate in the ATS draft card system to debit monthly payments. Children will need to bring a non-persishable lunch. A healthy snack will be provided in the morning and afternoon. Weekly Gymnastics lessons are included in the program.

In order to register for a State licensed preschool program all registration forms must be completed.



PHILOSOPHY

The La Jolla Y Preschool Program strives to inspire children to become life-long learners by providing positive enrichment experiences. The Y nurtures the potential of every child by offering a variety of activities in order to help promote youth development.

PROGRAM PURPOSE

Our goal is to offer a fun and safe learning environment which provides a solid foundation for your child's future educational endeavors. The La Jolla Y Preschool Program will provide your child with an exciting and enjoyable experience, while maintaining a play-based, structured program.

CURRICULUM

Our program provides children with a fun and interactive way to explore literacy, math and science while enhancing a child's social, emotional, intellectual, and physical growth and development.

DAYS/TIMES: M-F, 9am – 4pm – Full Day Program;
M-F, 9am – 12pm – Part Day Program;

Extended Care Options for the Full Day Program are available from 7:30am until 5:30pm for an additional cost.

PRESCHOOL SPORTS AND SWIM LESSONS

We also offer discounted Preschool Sports and Swim Lessons to children enrolled our Y Preschool. Please see the front desk for details.

FULL DAY PRESCHOOL PROGRAM

LOCATED AT THE LA JOLLA Y
MONDAY – FRIDAY 9AM – 4PM

EXTENDED CARE OPTIONS AVAILABLE

5 DAYS - \$800 Members Monday - Friday
AM Extended \$100.00/PM Extended \$100.00

3 DAYS - \$585 Members Mon/Wed/Fri
AM Extended \$60.00/PM Extended \$60.00

2 DAYS - \$495 Tues/Thurs
AM Extended \$40.00/PM Extended \$40.00

*Prices are based on monthly enrollment.

The program is year round. There is an annual registration fee of \$55. A 30-day written notice is required for cancellations. Financial aid available. Family or Youth Membership required for enrollment.

Questions? Please call Jen Riviuccio at (858) 453-3483, ext. 145 or email jriviuccio@ymca.org for more information.

PART DAY LICENSED PRESCHOOL PROGRAM

LOCATED AT THE LA JOLLA Y 9AM – 12PM

PROGRAM FEES:

*There is an Annual Registration Fee of \$55.00

5 Days - \$495 (Monday – Friday)

3 Days - \$395 (Monday/Wednesday/Friday)

2 Days - \$295 (Tuesday/Thursday)

This program runs September through June.

Following the San Diego Unified School District, classes will not run during the following weeks:

Thanksgiving Week – Spring Break – Winter Break

Licensed Part Day Summer Session available, see website for details: www.lajolla.ymca.org

Questions? Please call Jen Riviuccio at (858) 453-3483, ext. 145 or email jriviuccio@ymca.org for more information.

FOCUSED ON YOUTH DEVELOPMENT

Character Builders Y Child Care: A Place to Be, Belong, Become.

CHILDREN WILL ENJOY WELL VERSED CURRICULUM INCLUDING:

Homework Support
Character Development
Arts and Humanities
Health, Wellness and Fitness
Literacy
Science and Technology
Service Learning
Group Activities
Daily Healthy Snacks

Gymnastics, swim, sports and tennis lessons are available for Doyle, Curie, and Torrey Pines Elementary students for an additional fee. Please see program guide for pricing.



BEFORE SCHOOL PART TIME AND FULL TIME OPTIONS AVAILABLE.

SCHOOLS SERVED: Torrey Pines, La Jolla and Bird Rock Elementary Schools

HOURS: 6:30am to school start time

FEES: Varies by school, check Website at lajolla.ymca.org for fee information. Program requires a \$55 registration fee for members and \$105 fee for participants.

A YOUTH OR FAMILY MEMBERSHIP IS REQUIRED

AFTER SCHOOL PART TIME AND FULL TIME OPTIONS AVAILABLE

SCHOOLS SERVED: Torrey Pines, La Jolla, Doyle, Curie, Spreckles and Bird Rock Elementary Schools

HOURS: School dismissal time until 6:00pm

FEES: Varies by school, check Website at lajolla.ymca.org for fee information. Program requires a \$55 registration fee for members and \$105 fee for participants.

A YOUTH OR FAMILY MEMBERSHIP IS REQUIRED

PAYMENT PROCESS: The La Jolla Y uses the Automatic Transfer System (ATS) for all before and after school participants enrolled in the program. Each month, the system will automatically draw a bank draft from your checking account and send it to the La Jolla Y. ***A two week notice for changes or cancellations is required.**

REGISTRATION: To register, you will need to complete all required forms and pay a \$55 registration fee.

LICENSED SCHOOL AGE CHILD CARE: Before and after school is offered.

Questions? Please call Jen Riviuccio at (858) 453-3483, ext. 145 or email jriviuccio@ymca.org for more information.

TOGETHER, WE MAKE A DIFFERENCE

La Jolla Y Aquatic Programs

SCHOOL SESSION DATES

	Member	Participant
DECEMBER		
Mon/Tues/Wed/Sat/Sun	\$30	\$42
Thursdays	\$40	\$56
JANUARY		
Mondays/Tuesdays	\$50	\$70
Wed/Thurs/Sat/Sun	\$40	\$56
FEBRUARY		
Mon/Tues/Thurs/Sat/Sun	\$40	\$56
Wednesdays	\$50	\$76
MARCH		
Mon/Tues/Wed/Sun	\$40	\$56
Thursdays/Saturdays	\$50	\$76
APRIL		
Mondays	\$50	\$70
Tues/Wed/Thurs/Sun	\$40	\$56
Saturdays	\$30	\$42
MAY		
Mondays	\$40	\$56
Tues/Wed/Thurs	\$50	\$70
Saturdays/Sundays	\$30	\$42
JUNE		
Mondays/Tuesdays	\$20	\$28
Saturdays	\$50	\$70
Sundays	\$30	\$42

SUMMER WEEKLY SESSION DATES

	Member	Participant
M/W/F	June 13-22	\$50 \$70
T/TH	June 14-21	\$30 \$42
SAT	June 2-30	\$50 \$70
SUN	June 3-24	\$30 \$42
	(No class Sunday, July 17)	
M/W/F	June 25-July 6	\$50 \$70
	(No class Wednesday, July 4)	
T/TH	June 26-July 7	\$40 \$56
M/W/F	July 9-20	\$60 \$84
T/TH	July 10-19	\$40 \$56
SAT	July 7-28	\$40 \$56
SUN	July 1-29	\$50 \$70
M/W/F	July 23-August 3	\$60 \$84
T/TH	July 24-August 2	\$40 \$56
M/W/F	August 6-17	\$60 \$84
T/TH	August 7-16	\$40 \$56
M/W/F	August 20-31	\$60 \$84
T/TH	August 21-30	\$40 \$56
SAT	August 4-25	\$40 \$56
SUN	August 5-26	\$40 \$56

PARENT/CHILD SWIM LESSONS

6 months - 35 months old (Parent Participation)

Moms, dads, grandparents, guardians learn to work and play with baby or toddler in the water. Learn water adjustment, self-confidence, basic skills and safety. *Swim diapers required.*

SCHOOL SESSION:

Sat, 10:30am Sun, 10:30am
 Mon/Wed, 3pm Tues/Thurs, 10:30am

SUMMER SESSION:

Sat, 10:30am Sun, 10:30am Tues/Thurs, 3pm

PRESCHOOL SWIM LESSONS

Pre-Pike (2-3 years old)

Adjust to swimming independently from parent/grandparent/guardian. Help with floating, paddling and kicking. Ratio: 1:4

SCHOOL SESSION:

Mon, 1:00pm Tues, 9:45am
 Sat, 9:45am; 10:30am Sun, 10:30am

SUMMER SESSION:

Tue/Thurs, 11am; 3pm
 Sat, 9:45am; 10:30am Sun, 10:30am

Pike (3-5 years old) BEGINNER

Adjust to swimming independently from parent/grandparent/guardian. Help with floating, paddling and kicking. Ratio: 1:4

SCHOOL SESSION:

Mondays, 4:30pm Tuesdays or Thursdays, 4pm
 Wednesdays, 1pm; 4pm
 Sat, 9:45am; 11:15am; 12:30pm Sun, 10am

SUMMER SESSION:

Mon/Wed/Fri 3pm, 3:30pm Tue/Thurs, 11am; 3pm; 3:30pm
 Sat, 9:45am; 11:15am; 12:30pm Sun, 10am

Eel (3-5 years) ADVANCED BEGINNERS

Learn to float and glide front/back and recover. Flutter kick, elementary backstroke arms and rhythmic breathing. Ratio 1:6

SCHOOL SESSION:

Mondays, 4pm Thursdays, 4pm
 Wednesdays, 1:30pm; 4:30pm
 Sat, 9:45am; 11:15am; 12:30pm Sun, 10am

SUMMER SESSION:

Mon/Wed/Fri, 3:30pm; 4:30pm
 Tue/Thurs, 11am; 3:30pm; 4:30pm
 Sat, 9:45am; 11:15am; 12:30pm Sun, 10am

Rays (3-5 years old) INTERMEDIATE/ADVANCED

Learning front crawl with rotary breathing, elementary backstroke and backstroke arms. Ratio 1:6

SCHOOL SESSION:

Mondays, 4pm Tuesdays, 4pm
 Wednesdays, 2pm Saturdays, 9:45am

SUMMER SESSION:

Mon/Wed/Fri, 4:30pm Tues/Thurs, 4:30pm
 Sat, 9:45am

YOUTH SWIM LESSONS

Polliwog (6-12 years old) BEGINNERS

Beginner learning to float and glide on front and back with recover. Flutter kick, elementary backstroke, front crawl and rhythmic breathing. Ratio 1:6

SCHOOL SESSION:

Mondays, 5:30pm
Tuesdays or Thursdays, 5pm
Wednesdays, 2:30pm
Saturdays, 8:45am; 11:15am
Sundays, 11:30am

SUMMER SESSION:

Mon/Wed/Fri, 4pm
Tue/Thurs, 4pm
Sat, 8:45am; 11:15am
Sun, 11:30am

Guppy (6-12 years old) ADVANCED BEGINNERS

Learning to jump in, front crawl 20 yards, backstroke, elementary backstroke, and tread water. Ratio 1:7

SCHOOL SESSION:

Mondays, 5pm
Tuesdays or Thursdays, 4:30pm
Wednesdays, 3pm
Saturdays, 8:45am; 12:30pm
Sundays, 11:30am

SUMMER SESSION:

Mon/Wed/Fri, 4pm
Tue/Thurs, 4pm
Sat, 8:45am; 12:30pm
Sun, 11:30am

Minnow (6-12 years old) INTERMEDIATE/ADVANCED

Learning to front crawl 25 yards, backstroke, elementary backstroke and tread water for 3 minutes. Ratio 1:8

SCHOOL SESSION:

Tuesdays or Thursdays, 5:30pm
Wednesdays, 3:30pm
Sat, 9:15am; 1:15pm
Sun, 12:15pm

SUMMER SESSION:

Mon/Wed/Fri, 5pm
Tue/Thurs, 5pm
Sat, 9:15am; 1:15pm
Sun, 12:15pm

Fish (6-12 years old) ADVANCED

Learning to swim several strokes completely, 25 yards. Tread water for 5 minutes. Ratio 1:10

SCHOOL SESSION:

Tuesdays or Thursdays, 5:30pm
Sat, 9:15am; 1:15pm
Sun, 12:15pm

SUMMER SESSION:

Mon/Wed/Fri, 5pm
Tue/Thurs, 5pm
Sat, 9:15am; 1:15pm
Sunday, 12:15pm



TEEN/ADULT SWIM LESSONS

(13-years and up) BEGINNER OR ADVANCED

We offer low ratios to help enable individual instruction time to meet each person's individual needs. All skill levels welcome.

Ratio 1:8

Tuesdays or Thursdays, 6pm - 6:45pm

Saturdays, 11:15am - 11:45am

JANUARY

Tuesdays/ Thursdays

Saturdays

FEBRUARY

Tuesdays/ Thursdays

Saturdays

MARCH

Tuesdays

Thursdays

Saturdays

APRIL

Tuesdays/ Thursdays

Saturdays

MAY

Tuesdays/ Thursdays

Saturdays

JUNE

Tuesdays/ Thursdays

Saturdays

	Member	Participant
JANUARY		
Tuesdays/ Thursdays	\$60	\$84
Saturdays	\$40	\$56
FEBRUARY		
Tuesdays/ Thursdays	\$60	\$84
Saturdays	\$40	\$60
MARCH		
Tuesdays	\$60	\$84
Thursdays	\$75	\$105
Saturdays	\$50	\$70
APRIL		
Tuesdays/ Thursdays	\$60	\$84
Saturdays	\$30	\$42
MAY		
Tuesdays/ Thursdays	\$75	\$105
Saturdays	\$30	\$42
JUNE		
Tuesdays/ Thursdays	\$60	\$84
Saturdays	\$50	\$70

SWIM LESSONS – REGISTRATION INFORMATION

1. For any refunds or credits requested after the first day of class, a \$10 refund charge will be assessed, plus the number of classes passed.
2. The Aquatics department does not reimburse or do makeups for family vacations or for personal reasons.
3. There are no refunds due to inclement weather.
4. Students absent four or more days (two or more Saturdays) due to illness/injury within one session may request a prorated credit for remaining classes in the session. Student must withdraw from session. These requests must be on a La Jolla YMCA credit/voucher request form, within one week of absence.
5. Classes with less than 3 enrollees may be combined with another class or cancelled. If the La Jolla Y cancels a class, a refund or credit will be issued toward another class or program. Credits may be used by any member of your family and must be used within one year of issue.

For any questions about listed policies please contact our Aquatics Director, Nicole Bogdanoff at (858) 453-3483, ext. 130.

ALWAYS HERE FOR YOU

La Jolla Y Aquatic Programs

POOL SWIM SCHEDULE: DECEMBER 2011 - JUNE 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:00	3 - 5 Lanes 5:00 - 7:50	3 - 5 Lanes 5:00 - 7:00	3 - 5 Lanes 5:00 - 7:50	3 - 5 Lanes 5:00 - 7:00	3 - 5 Lanes 5:00 - 7:50	NO LAP OR FAMILY SWIM DURING THIS TIME			
5:30									
6:00		Senior Swim 7:00 - 8:00		Senior Swim 7:00 - 8:00					
6:30									
7:00	NO LAP OR FAMILY SWIM DURING THIS TIME				1 Lap Lane 8:00 - 9:00	3 - 5 Lanes 7:00 - 8:30	3 - 5 Lanes 7:00 - 9:00		
7:30									
8:00	NO LAP OR FAMILY SWIM DURING THIS TIME				1 Lap Lane 8:00 - 9:00	1 Lane 8:30 - 12:00	1 - 4 Lanes 9:00 - 12:00		
8:30									
9:00	Lap (1 Lane) and Family Swim 9:00 - 10:15	Lap (1 - 4 Lanes) and Family Swim 9:00 - 12:00	Lap (1 Lane) and Family Swim 9:00 - 10:15	Lap (1 - 4 Lanes) and Family Swim 9:00 - 12:00	Lap (1 Lane) and Family Swim 9:00 - 10:15	1 Lane 8:30 - 12:00	1 - 4 Lanes 9:00 - 12:00		
9:30									
10:00	Lap (2-4 Lanes) and Family Swim 10:15 - 12:00		Lap (2-4 Lanes) and Family Swim 10:15 - 12:00	Lap (2-4 Lanes) and Family Swim 10:15 - 12:00	Lap (2-4 Lanes) and Family Swim 10:15 - 12:00				
10:30									
11:00	Lap (3 - 5 Lanes) and Family Swim 12:00 - 3:45	Lap (3 - 5 Lanes) and Family Swim 12:00 - 3:45	Lap (3 - 5 Lanes) and Family Swim 12:00 - 3:45	Lap (3 - 5 Lanes) and Family Swim 12:00 - 3:45	Lap (3 - 5 Lanes) and Family Swim 12:00 - 3:45	Lap (2 - 5 Lanes) and Family Swim 12:00 - 5:00	Lap (2 - 5 Lanes) and Family Swim 12:00 - 5:00		
11:30									
12:00	NO LAP OR FAMILY SWIM DURING THIS TIME				2 - 5 Lanes 6:45 - 7:45			NO LAP OR FAMILY SWIM DURING THIS TIME	
12:30									
1:00	2 - 5 Lanes 6:30 - 8:30	2 - 5 Lanes 6:30 - 8:30	2 - 5 Lanes 6:45 - 7:45	1 - 2 Lanes 6:30 - 7:30		2 - 5 Lanes 6:45 - 7:45			
1:30									
2:00	2 - 5 Lanes 6:30 - 8:30	2 - 5 Lanes 6:30 - 8:30	3 - 5 Lanes 7:45 - 8:30	3 - 5 Lanes 7:30 - 8:30	3 - 5 Lanes 7:45 - 8:30				
2:30									
3:00	NO LAP OR FAMILY SWIM DURING THIS TIME				3 - 5 Lanes 7:45 - 8:30	NO LAP OR FAMILY SWIM DURING THIS TIME			
3:30									
4:00	NO LAP OR FAMILY SWIM DURING THIS TIME				3 - 5 Lanes 7:45 - 8:30	NO LAP OR FAMILY SWIM DURING THIS TIME			
4:30									
5:00	NO LAP OR FAMILY SWIM DURING THIS TIME				3 - 5 Lanes 7:45 - 8:30	NO LAP OR FAMILY SWIM DURING THIS TIME			
5:30									
6:00	NO LAP OR FAMILY SWIM DURING THIS TIME				3 - 5 Lanes 7:45 - 8:30	NO LAP OR FAMILY SWIM DURING THIS TIME			
6:30									
7:00	NO LAP OR FAMILY SWIM DURING THIS TIME				3 - 5 Lanes 7:45 - 8:30	NO LAP OR FAMILY SWIM DURING THIS TIME			
7:30									
8:00	NO LAP OR FAMILY SWIM DURING THIS TIME				3 - 5 Lanes 7:45 - 8:30	NO LAP OR FAMILY SWIM DURING THIS TIME			
8:30									



RULES REGARDING LAP SWIM TIMES

- A lane can be successfully shared by 3 or more swimmers (requires circle swimming).
- Swimmers may NOT jump/dive in the shallow end when entering the pool.
- Swimmers under the age of 14-years must perform a deep-end swim test; 1 length front crawl, 60 second tread.
- Life jackets are available. No arm floaties.
- Swim lesson equipment is not available for Family Swim.
- OBEY THE LIFEGUARD

SPECIALTY PROGRAMS

LIGHTNING SWIM TEAM

Our recreational swim team includes children and teens aged 5 to 16-years of age. The daily workouts cover endurance training, starts and finishes, stroke, drills, turning, sprints and more. To tryout, swim with the team for a day. For more information and to schedule a tryout, contact the Aquatics department at (858) 453-3483, ext. 130.

SEPTEMBER 2011 THROUGH JUNE 2012

SUMMER BEGINS JUNE 14

All summer practices start and end 15-minutes later.

	AMATEURS	NOVICE	ADVANCED
MON	3:45pm-4:30pm	4:30pm-5:30pm	5:30pm-6:30pm
TUES	3:45pm-4:30pm	4:30pm-5:30pm	5:30pm-6:30pm
WED	3:45pm-4:30pm	4:30pm-5:30pm	5:30pm-6:30pm
THURS	3:45pm-4:30pm	4:30pm-5:30pm	5:30pm-6:30pm
FRI	3:45pm-4:30pm	4:30pm-5:30pm	5:30pm-6:30pm

FEES: *Amateur – Members: \$60/Participants: \$70
(\$5 discount per month when signing up for 3 consecutive months)

*Novice/Advanced – Members: \$70/Participants \$90
(\$5 discount per month when signing up for 3 consecutive months)

*Team suits are available. See Aquatics Department for info.
(\$10 late fee assessed if not registered by the 5th of the month.)

SWIM TEAM MEET SCHEDULE

ALL MEETS ARE ON SUNDAY. TEAM SUITS ARE RECOMMENDED.

JULY 24: La Jolla away at Palomar Y. **AUGUST 29:** Summer Championships – La Jolla away at Cameron Y. **SEPT – JUNE:** TBA.

LA JOLLA Y WATER POLO CLUB

The team works on strategy and fundamental skills. Eggbeater kick, dribbling, passing, catching, defense, offense, and conditioning are taught with focus on teamwork and sportsmanship in a healthy, low pressure environment. There are also opportunities for competition. **COACH:** Allen Rosenbaum
Open to boys and girls **AGES:** 7-years and up
Thursdays, 6:30pm -7:30pm & Saturdays, 12:30pm-1:30pm
FEE: Members: \$25/per month; Participants: \$35/per month

PRIVATE/SEMI PRIVATE SWIM LESSONS

ALL AGES WELCOME

Personalized lessons with one of the professional swim instructors. Classes are by appointment only. Please call the Aquatics department at (858) 453-3483, ext. 130 to schedule a lesson(s). Lesson costs are based on 30-minute sessions. Must sign "Private Swim Lesson" request form and our 24-hour cancellation policy is highly enforced.

PRIVATE

\$22 per lesson (Members), \$27 per lesson (Participants)

SEMI-PRIVATE

\$16 per lesson/per swimmer (Members)

\$19 per lesson/per swimmer (Participants)

GROUP (3-5 SWIMMERS)

\$13 per lesson/per swimmer (Members)

\$15 per lesson/per swimmer (Participants)

FAMILY

\$25 per lesson/per family (Members)

\$30 per lesson/per family (Participants)

SWIM PARTIES

Birthdays, graduations or any celebration is great for a swim party. Let the La Jolla Y be your place to have a party. The Y provides a personal lifeguard to play games in the pool, a birthday room or patio, tables and chairs, and use of the refrigerator/freezer and pool toys. Recreational time is one-hour.

DAYS/TIMES: Saturdays, 1pm -3pm

FEES: Members: \$100/Participants: \$120 (Max 25 people)

WORKOUTS IN THE WATER – FREE FOR MEMBERS!

WATER AEROBICS

Classes offered Mondays through Saturdays during the morning and evening. The La Jolla Y has all the equipment. See monthly Aquatics group exercise schedule online at lajolla.ymca.org.

ADULT LAP SWIM CONDITIONING

Geared toward lap swimmers looking for a coached workout. Great training for triathletes! Coached by Allen Rosenbaum

DAYS/TIMES: Wednesdays, 6:45pm -7:45pm

FEES: Members: FREE; Participants: \$10/per session

FAMILY SWIM

Family Swim is for all who love to swim for enjoyment and relaxation. Read rules below for children. All rules are also posted at the pool.

DAYS/TIMES	SCHOOL YEAR	SUMMER
Mondays – Fridays	9am – 3:45pm	1:30pm – 3pm
Saturdays	12pm – 5pm	12pm – 5pm
Sundays	12pm – 5pm	12pm – 5pm

PLEASE NOTE: There is a swim test for being able to go to the deep end for swimmers 15-years of age and younger. Swimmers 5-years of age and younger, children who cannot touch the bottom of the pool flat-footed and/or anyone uncomfortable in the water must be accompanied by an adult (minimum 18-years of age) at all times and stay in the shallow end. The Y pool toys and equipment are not available for use during open swim. Parents must be present at the Y, but do not have to get in the water for children between 6 and 14-years of age. Lifejackets must be U.S. Coast Guard approved.

SWIMSUITS WITH INSERTED FLOTATION PIECES ARE NOT ALLOWED. WE'RE HAPPY TO LOAN OUT LIFEJACKETS. OUR NUMBER ONE GOAL IS SAFETY.

AMERICAN RED CROSS TRAINING COURSES

CPR-AED/FIRST AID

Learn the knowledge and skills necessary in an emergency to call for help, to keep someone alive, to reduce pain and to minimize the consequences of illness and/or injury. These trainings are excellent for babysitters. Ages 13-years and up are encouraged to participate. For dates and details contact our Aquatics department at (858) 453-3483, ext. 130.

Ongoing schedule for CPR and First Aid;

classes are 6:30pm – 9:30pm

-1st Monday of the month (Adult CPR/AED)

-2nd Monday of the month (Child CPR/Infant CPR)

-3rd Monday of the month (First Aid)

-4th Monday of the month (Certification Renewal; must bring copy of current card to class)

FEES: Members: \$50/Participants: \$60

CHALLENGE: Members: \$40/Participants: \$50

LEARN, GROW, THRIVE

La Jolla Y Gymnastics Programs

GYMNASTICS

1,2,3 GROW - PRE GYM (PARENT/CHILD PARTICIPATION)

This is a non-structured class that provides a stimulating environment for quality time between toddlers and their parents. With guidance from a Y instructor, parents help their child practice motor skills and coordination using obstacle courses, parachute play, music, balls and bubbles. This fun-filled gym session also provides a social environment for tots!

DAYS/TIMES: Mon – Fri, 9:15am-10am

AGES: 1,2,3-years old
(Only running Tues/Thurs in June)

1ST LESSONS

A transitional class for children 2-3 years old. This class is structured similar to our GYMVENTURES class but with parent participation to facilitate the transition.

DAYS/TIMES:
Mon-Fri, 10am-10:45am (Only running Tues/Thurs in June)
Mon-Tues, 2:30pm-3:15pm (Not running in June)
Saturday, 9am-9:45am



GYMVENTURES

INTRODUCTION TO GYMNASICS

GYMVENTURES is a fun way to introduce children to tumbling, obstacle courses and gymnastics equipment. Your children will develop coordination, balance and strength through this introductory class.

GYMVENTURES I

AGES: 3-4 years old

DAYS/TIMES:

Mon-Fri	10:45am-11:30am**
Mon/Tues/Thurs/Fri	1pm-1:45pm*
Mon/Tues/Thurs/Fri	1:45pm-2:30pm*
Wednesdays	2pm-2:45pm*
Mon-Fri	3pm-3:45pm*
Tues/Thurs	4:30pm-5:15pm
Saturdays	10am-10:45am

*This class is not running in June

**This class is only running Tues/Thurs in June

GYMVENTURES II

AGES: 4-5 years old

DAYS/TIMES:

Mon/Tues/Fri	11:30am-12:15pm**
Wednesdays	2pm-2:45pm*
Mon-Fri	3pm-3:45pm*
Mon-Fri	3:45pm-4:30pm
Mon/Wed/Fri	4:30pm-5:15pm
Mon-Fri	5:15pm-6pm
Saturdays	9:45am-10:30am
Saturdays	10:45am-11:30am

*This class is not running in June

**This class is only running Tues/Thurs in June

HOT SHOTS

Hot shots is a more advanced class for ages 4 to 6-years old. This class continues the fun atmosphere while building on the skills learned in GYMVENTURES. Children must have instructor approval to enroll.

AGES: 4-6 years old

DAYS/TIMES:

Mon - Fri	3:30pm-4:30pm
Mon/Wed/Fri	4:45pm-5:45pm
Saturdays	10:30am-11:30am

Y NATIONAL PROGRESSIVE GYMNASTICS

The Y's progressive Gymnastics program has been developed by professional coaches at all levels to provide a safe and solid foundation from which to progress. In addition, your child can build his or her strength, coordination and self-esteem.

NOVICE – LEVEL 1

This class is an introduction to gymnastics. Children will learn basic tumbling, bars, beam and vault. The class focuses on learning proper techniques and increasing strength and flexibility.

AGES: 6-years and older

DAYS/TIMES:

Wednesdays, 1pm-2pm*	Mon-Fri, 5pm-6pm
Wednesdays, 2pm-3pm*	Mon-Thurs, 6pm-7pm
Mon-Fri, 3pm-4pm*	Saturdays, 9:45am-10:45am
Mon-Fri, 3:45pm-4:45pm	Saturdays, 10:45am-11:45am

*This class is not running in June

INTERMEDIATE – LEVEL 2

MUST BE TESTED BEFORE ENTERING LEVEL 2

AGES: 6-years and older

DAYS/TIMES:

Mon-Fri, 3:30pm-4:30pm	
Saturdays, 9:30am-10:30am	Mon-Fri, 4:30pm-5:30pm
Saturdays, 10:30am-11:30am	Mon-Thurs, 5:30pm-6:30pm

ADVANCED/INTERMEDIATE LEVEL 3

MUST BE TESTED BEFORE ENTERING LEVEL 3.

AGES: 6-years and older

DAYS/TIMES:

Mon-Fri, 3:30pm-5pm	Mon-Thurs, 6:30pm-8pm
Mon-Fri, 5pm – 6:30pm	Saturdays, 10am-11:30am

ADVANCED PRE-TEAM

MUST BE TESTED BEFORE ENTERING LEVEL 4.

AGES: 6-years and older

DAYS/TIMES:

Mon-Fri, 3:30pm-5pm	Mon-Thurs, 6:30pm-8pm
Mon-Fri, 5pm – 6:30pm	Saturdays, 10am-11:30am

BOY'S GYMNASTICS

This class is designed to build strength and flexibility. Your child will learn basic tumbling skills and be introduced to men's apparatuses such as rings, parallel bars, ropes and vault. A terrific developer of coordination for all sports.

BOYS LEVEL 1

AGES: 4 to 7-years old

DAYS/TIMES: Mon-Fri, 4:45pm-5:30pm

Wednesdays, 3pm-3:45pm*

*This class is not running in June.

BOYS LEVEL 2

AGES: 7-years and older

DAYS/TIMES: Mon-Fri, 3:45pm-4:45pm

BOYS LEVEL 3

AGES: 7-years and older

DAYS/TIMES: Mon-Fri, 5:30-6:30pm

MONTHLY PRICES FOR ALL GYMNASTICS CLASSES

- Deadline to sign up is the 25th of the month prior to the one you want to be in.
- After the 25th, the full fee (an additional \$5.00) will be charged.
- It is recommended to take 2 classes per week when in the progressive levels.
- You may choose any day/time combinations you wish.
- With a three-month registration, you receive a \$5.00 reduction.
- Register online – visit lajolla.ymca.org
- Registration is first-come, first-served and spaces are limited, so sign up early!

Prices are Member/Participant for 4 Week Session

Classes per week:	1X	2X	3X	4X
45 min	\$36/ \$46	\$72/ \$92	\$108/ \$138	\$144/ \$184
60 min	\$46/ \$58	\$92/ \$116	\$138/ \$174	\$184/ \$232
90 min	\$56/ \$70	\$112/ \$140	\$168/ \$210	\$224/ \$280

TEEN GYMNASTICS

Want to learn gymnastics but don't want to be in a class of 8-year olds? This is a class especially for teens. It will focus on tumbling but other apparatuses will be utilized as well.

DAYS/TIMES: Tues/Wed/Thurs, 6:30pm-7:30pm

TUMBLING

Is Floor your favorite event? Come to a class that will focus on floor skills only, utilizing the air track, air floor, tumble track and floor.

DAYS/TIMES: Tues/Wed/Thurs, 6:30pm-7:30pm

(Wednesday – advanced tumbling, must have instructor approval)
Tues/Thurs, 3pm-4pm*

*This class is not running in June.

AGES: 7 to 18-years old

BACK HANDSPRING CLASS

Do you need a little more work on your back handspring? Come work on fun drills and strength exercises at this new class.

DAYS/TIMES: Mondays, 6:30pm-7:30pm

AGES: 8 to 18-years old

CONFIDENT AND CONNECTED

La Jolla Y Gymnastics Programs

GYMNASTICS TEAM



The Gymnastics 2010 National Champions Team is for the committed student who wishes to have performance opportunities. Team will perform at various community events. Team will also concentrate on USAG competitive routines and compete in USAG TeamGym competition. Participation is by tryout only.

AGES: 6-years and older

DAYS/TIMES: Mon/Tues/Fri, 4:15pm-6:15pm

Wed/Thurs, 4:15pm-7pm

Saturdays, 10am-11:30am

FEES: \$94 per month

OPEN GYM WORKOUT

Need to learn a new skill or just want more workout time. Come to the Y's open gym where staff can give you pointers on how to achieve your goals.

AGES: 5-years and older

DAYS/TIMES: Saturdays, 2:30pm-4pm

FEES: Members: \$10 per class, Participants: \$12 per class

GYMNASTICS SLEEPOVER

Y's sleepovers are filled with games, crafts, movies, pizza, demonstrations and of course, gymnastics. Call Suzy O'Neal, Gymnastics Coordinator at (858) 453-3483, ext. 135 for upcoming sleepover information.

AGES: 5-years and older

DAYS/TIMES: Various times of the year and will be announced.

FEES: Members: \$30, Participants: \$35

RECITAL 2012

It's your time to shine. Sign up to perform in our "Out of This World" gymnastics recital. Please choose what day and time works best for you. Must be enrolled in the June session to participate.

DATES: Saturday, June 9 at 4:30pm

Sunday, June 10 at 1:00pm or 3:00pm

FEES: Members: \$30, Participants: \$35

PRIVATE GYMNASTICS LESSONS

Personalized lessons with a professional gymnastics instructor.

AGES: 4-years and older

Call Suzy O'Neal, Gymnastics Coordinator at (858) 453-3483, ext. 135 for more information.

FEES: Members: \$24/30 minutes; \$32/45 minutes

Participants: \$28/30 minutes; \$38/45 minutes

SEMI-PRIVATE GYMNASTICS LESSONS

Small group of two or more children for individual instruction.

AGES: 4-years and older

Call Suzy O'Neal, Gymnastics Coordinator at (858) 453-3483, ext. 135 for more information.

FEES: Members: \$15/30 minutes; \$20/45 minutes

Participants: \$20/30 minutes; \$25/45 minutes

PARENTS NIGHT OUT

Spend the evening with your friends while your parents enjoy a night out on the town. Gymnastics, games, and dinner are all part of the fun.

DATES: January 27, February 24, March 30, April 27, May 25

AGES: 4-years and older

Call Suzy O'Neal, Gymnastics Coordinator at (858) 453-3483, ext. 135 for more information.

FEES: Members: \$18, Participants: \$21

LA JOLLA Y GYMNASTICS

La Jolla Y Gymnastics Programs



GYMNASTICS CAMPS!

SUMMER GYMNASTICS CAMP

(12, 1-week sessions)

AGES: 5 to 13-years old

DATES: June 13-August 31

FEES: Members: \$190/session; Participants: \$235/session

TIME: 9am-4pm

SPRING GYMNASTICS CAMP

AGES: 5 to 13-years old

DATES: April 2-6

FEES: Members: \$190/session; Participants: \$235/session

TIME: 9am-4pm

The Y Gymnastics camp is one you'll "flip" over. It's a great place to find balance. The mornings are spent on arts and crafts, games and of course, gymnastics. Each afternoon will include up to 3-hours of specialized gymnastics instruction by Y instructors. Vault, bars, balance beam, floor exercise, trampoline, rings and ropes are all part of the fun. Camp goals are to have fun, meet new friends and acquire new skills. Campers are grouped according to their skill level.



GYMNASTICS BIRTHDAY PARTIES

The La Jolla Y offers Gymnastics birthday parties for all ages. All parties are two-hours with a one-hour gymnastics lesson including floor exercise, balance beams, uneven parallel bars, vault, rope swing, parachute play, and fun games.

Call Suzy O'Neal, Gymnastics Coordinator at (858) 453-3483, ext. 135 to make a reservation. Parties book fast so call at least one-month in advance!

AGES: All ages **Days/Times:** To be arranged

FEES: Members: \$145 for 15 children or less. \$5 for each additional child.

Participants: \$170 for 15 children or less. \$7 for each additional child.

TOGETHER, WE MAKE A DIFFERENCE

La Jolla Y Development Program

LA JOLLA Y COMMITMENT

The La Jolla Y is committed to providing the highest quality of programs and services at an affordable cost. We guarantee that no one will be turned away because of financial need. Our Y serves over 17,750 members and participants each year throughout the communities of La Jolla, University City, North Clairemont, Sorrento Valley, Carmel Valley and North Pacific Beach. We are proud to say that \$.92 cents of every dollar that is donated is put directly to work in our programs and services.

NEED FOR FUNDING

Program fees and membership dues alone are not enough to cover the costs involved in keeping more than 215 programs and services affordable, while maintaining a high level of quality, here at the Y. Our fees do not include financial assistance which we do have available to low income adults, families and seniors. We rely on donations from individuals and corporations to ensure our commitment is fulfilled annually.

To find out how you can get involved in our Development Program contact:

CAPITAL CAMPAIGN AND ENDOWMENT

Sam Wurtzbacher, Executive Director
(858) 453-3483, ext. 116; swurtzbacher@ymca.org

ANNUAL GIVING PROGRAM – VOLUNTEER OR DONATE

Jason Milosh, Associate Executive Director
(858) 453-3483, ext. 134; jmilosh@ymca.org

Make a new donation or pay your pledge online!
Every gift, large or small, makes a difference.
Visit our Website at lajolla.ymca.org

WAYS YOU CAN MAKE A DIFFERENCE

SUPPORT OUR ANNUAL GIVING PROGRAM

Each year over 230 volunteers are recruited throughout the fall and winter months to assist in our YMCA Annual Giving Program. In February 2011, our volunteers were successful in raising more than \$431,750 in donations from friends, family and others involved with our YMCA. These funds not only help us remain

affordable to the community but they allow us to offer financial assistance to those in need. We are so grateful to each of our volunteers and donors who have helped to make this possible. We couldn't do it without them.

FINANCIAL ASSISTANCE PROGRAM

This program provides assistance to more than 2,000 people each year. Financial assistance is available for programs such as membership, childcare, gymnastics, camp, swim lessons, fitness, sports and Adventure Guides. Each of these programs is instrumental with youth development, healthy living and social responsibility.

SUPPORT OUR CAPITAL CAMPAIGN

All gifts to the Capital Campaign will allow us to continue our facility improvement and expansion program. We want to provide new and modern facilities with the most up to date equipment to serve our member's needs. You can create a legacy by choosing to fund a naming opportunity. Exclusive naming opportunities still exist for our recently completed Phase I project, which include the basketball gym.

YMCA HERITAGE CLUB

Preserving the Heritage at the Y for Future Generations

The La Jolla YMCA Heritage Club is a group of people who have created endowments to support the La Jolla Y's community efforts in the future. Support can be given through partial bequests in your Family Trust or Will costing nothing out of pocket. An existing or new insurance policy can be utilized by naming the Y as a partial beneficiary.

Also various forms of charitable remainder Trust can be created which results in income, capital gains and estate tax reductions. In addition, they can create additional income. Your endowment support can be directed to any program or project of your choice. For more information, please contact Esther Wellington, Director of Administration at (858) 453-3483, ext. 113.

"An endowment gift to the La Jolla YMCA provides resources for the Y's many excellent programs and services. In addition, provides financial assistance to those families who otherwise could not afford to participate. We made our gift through the Y's Pooled Income Fund, a method that yields income and estate tax deductions and increase income on an annual basis. This increased income has enabled us to take advantage of many opportunities to enrich our lives (for example, travel and visiting our kids more often). Gifts of endowment may be directed to any of the Y's programs of interest to the donors."

--John and Carol Steinitz, Heritage Club Members

A HEALTHY SPIRIT MIND AND BODY

La Jolla Y Active Adult Programs

HELPING ACTIVE ADULTS TO STAY HEALTHY!

YAA GROUP EXERCISE CLASSES

Please see our Fitness schedule available at the front desk. All classes appropriate for new or returning exercisers are labeled HS for Health Seekers. Classes we feel are appropriate for members 55 years of age and over are labeled YAA. These include: Gentle Yoga, Stretch and Strength, Sit and Get Fit, Low Motion Water Fitness and Country Line Dancing. Try a class today!

SENIOR FITNESS ASSESSMENTS

Held twice yearly. This battery of six "tests" measures and ability to remain active and independent. For members age 60 and over, includes a personal review of results. Will be held in May and November.

FREE BLOOD PRESSURE SCREENING

Learn more about blood pressure and how important it is to your health.

DATE/TIME: Every Friday, 10am-Noon.

FEE: Free for Members, meet in the Fitness Lobby

For more information on Active Adult (YAA) programs, please contact Kyndra Hegner at (858) 453-3483, ext. 148.

LA JOLLA Y ACTIVE ADULT AQUATICS PROGRAMS

These programs are designed to encourage active adults to maintain a healthy lifestyle through wellness, fitness and social opportunities. Our program offers day trips, overnight trips, and journeys near and far. We offer informative speakers covering topics to educate and enlighten you! Socials and health fairs provide more great ways to get involved at the La Jolla Y, and maintain a balanced life of spirit, mind, and body. Here is a glimpse of fitness programs we offer to all adults of all fitness levels:

Low Motion Water Fitness – Gentle Yoga – Stretch and Strength – Line Dancing – Walk & Talk – Yoga – Back to Basics – Sit & Get Fit

For more information please check bulletin board in Studio II or call Dana Hillstrom, YAA Fitness Coordinator at (858) 453-3483, ext. 140.

FEATURED ACTIVITIES

BIRTHDAY PARTIES

Join us every third Tuesday of every month to celebrate that month's birthdays. Come join us to celebrate your birthday or your friend's birthday. Everyone is invited!

BOOK CLUB

Socialize and discuss popular books.

DATE/TIME: Second Thursday of the month at 1:30pm.

MEET: In Studio II

YAA EVENTS CALENDAR

More information will be available at Branch.

January	New Year Potluck Used Book Sale (YAA Fundraiser)
February	Healthy Heart Clinic
March	Senior Birthday Party
April	Spring Potluck
May	Day at the Bay
June	Summer BBQ



DO MORE BE MORE

La Jolla Y Tennis Programs

TENNIS COURT RESERVATIONS

Members may make reservations no more than 48-hours in advance. Reservations are free for members. Members must show their membership card upon entering the facility. Participants must pay a \$10 day use fee per player before entering the courts. This fee also allows full use of the facility for the day. All reservations are for one-hour and are scheduled on the hour or half-hour only.

ADULT TENNIS CLINIC

Our Adult Clinics are taught by USPTR Certified Tennis Professionals. You can plan to get a good workout and quality tennis instruction for your level.

BEGINNER/ADVANCED BEGINNER

9am-10:30am, Saturdays

Players should have some experience and be familiar with all strokes.

INTERMEDIATE/ADVANCED INTERMEDIATE

10:30am-Noon, Saturdays

Instructor Approval Required

DROP IN FEES: Members: \$15/class; Participants: \$18/class (Packages available)

AFTERSCHOOL KID'S TENNIS CLINIC: AGES 7-11

Kid's Tennis is taught by a USPTR Certified Instructor. Kids are taught the fundamentals of tennis in a fun and supportive environment. Classes offered monthly in conjunction with the unified school calendar.

AGES 4-6: INTRO TO TENNIS

Wednesdays, 3:30pm-4:30pm

AGES 7-11: BEGINNER LEVEL

Mondays/Fridays, 3:45pm-4:45pm

AGES 7-11: INTERMEDIATE LEVEL

Tuesdays/Thursdays, 3:45pm-4:45pm

FEES	1 DAY	2 DAYS
MEMBER	\$38	\$58
PARTICIPANT	\$45	\$69

PRIVATE & GROUP LESSONS ALSO AVAILABLE

TENNIS CAMPS: AGES 6-15

Weekly day camp, 9am-4pm, includes tennis instruction, match play, other games and field trips. Camps are offered June 14 - September 2. See our camp brochure for more information.

PRIVATE LESSONS

TENNIS INSTRUCTORS ARE USPTR CERTIFIED

PRIVATE LESSONS	Single	3-Pack	6-Pack	10-Pack
Members: 1 hour	\$45	\$125	\$235	\$360
Participants: 1 hour	\$55	\$150	\$285	\$435
Members: 1/2 hour	\$25	\$70	\$135	\$215
Participants: 1/2 hour	\$30	\$85	\$165	\$260

GROUP LESSONS

GROUP LESSONS	Group	3-Pack	6-Pack
Members: 1 hour	\$65	\$190	\$375
Participants: 1 hour	\$80	\$235	\$450

These lessons are for small groups of 2-5 people. Perfect for siblings, spouses and partners. This is your best option for doubles lessons!



FIND A HITTING PARTNER

Let us know your name, email and playing level, and we'll match you up with a partner. List is sent out every other week. Email bbucher@ymca.org to get signed up.

TENNIS BALL MACHINE

The ball machine is available for rent. Reservations may be made no more than 48 hours in advance. Reservations can be made on the hour, for one hour at a time only. Rental fee is \$10 per hour. Balls are provided in the machine upon rental.

Contact Bret Bucher for more information or to schedule tennis and instruction (858) 453-3483, ext. 132 or email bbucher@ymca.org.

Tennis reservations can be made by calling the membership services desk at (858) 453-3483, ext. 110.

HEALTHY AND CONFIDENT

La Jolla Y Adult Sports

OPEN BASKETBALL

The La Jolla Y is your place for the best “noon-time” hoops. Our noon-time games are a branch tradition and our court is waiting for more players to join in on the action.

DAYS & TIMES:

Mon/Wed/Fri, 6:15am – 7:30am
Sundays, 7am – 10am

NOON-TIME HOOPS

Mon/Wed/Fri, 11:45am – 1:15pm

MEN'S OPEN BASKETBALL LEAGUES

This is your chance to get involved in some competitive hoops. We offer two different levels of competition. Our open leagues play on Tuesdays, Wednesdays and Thursdays. A league coordinator will invite qualified teams to our Monday night competitive league. Leagues run throughout the year and fill up fast, so call now to sign up!

DAYS, TIMES, DATES & FEES

Mondays

(Invite League)

7:15pm, 8:15pm, 9:15pm
Team Fee: \$480; Call for dates

Tuesdays

(Open League)

7:15pm, 8:15pm, 9:15pm
Team Fee: \$480; Call for dates

Wednesdays

(Open League)

7:15pm, 8:15pm, 9:15pm
Team Fee: \$480; Call for dates

Thursdays

(Corporate League)

6:45pm, 7:30pm, 8:20pm
Team Fee: \$480; Call for dates



VOLLEYBALL OPEN GYM

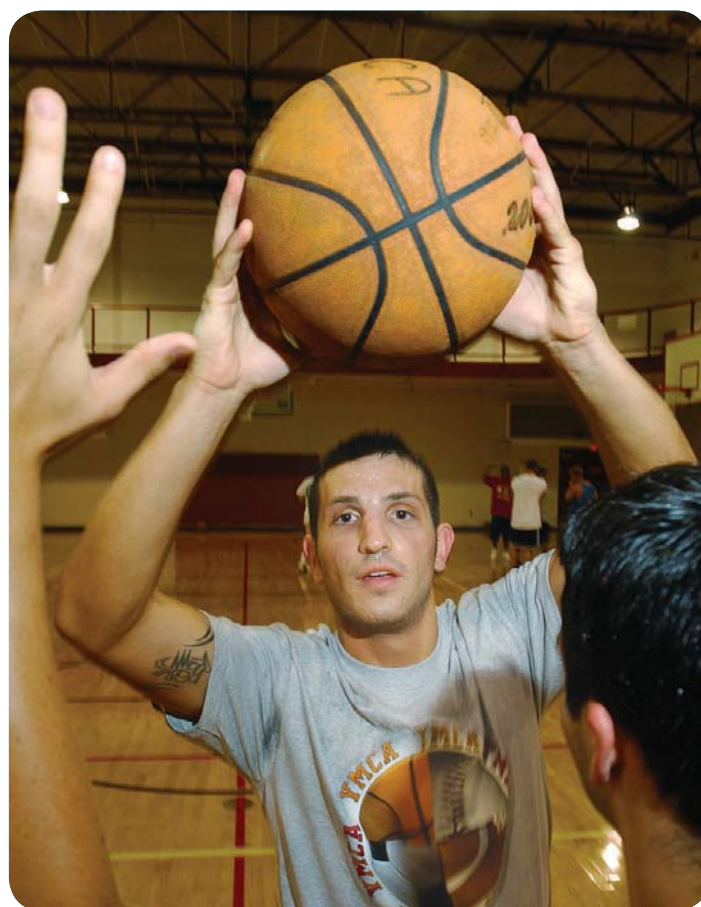
GYM VOLLEYBALL

Level of play is beginner to intermediate.

DAYS, TIMES, & FEES

Fridays, 6:30pm – 9:00pm
Sundays, 3:30pm – 6:30pm

Free for Members, \$5 for Participants



Call Bret Bucher at 858-453-3483, ext. 132
or email bbucher@ymca.org for upcoming
Adult Sports league dates.

UNLIMITED POTENTIAL

La Jolla Y Youth Sports

PEE WEE AND BIDDY SPORTS

Pee Wee and Biddy Sports focus on fun, teamwork, skill development and sportsmanship. Everyone plays and everyone is a winner. Each session includes 30-minutes of skill development and 15-minutes of game play. Classes include games and sports designed to teach movement and coordination, using various balls and sports equipment.

WEEKDAY SESSIONS

SPORT	AGE	DAY & TIME
Biddy	2-3 ½	Monday & Friday, 11am-11:45am
Pee Wee	3 ½ -5	Monday & Friday, 11am-11:45am

WEEKEND SESSIONS

SPORT	AGE	DAY & TIME
Biddy	2-3 1/2	Saturday, 10am-10:45am
Pee Wee	3 1/2-5	Saturday, 11am-11:45am

ALL SESSIONS RUN MONTHLY

FEES: 1 day per week; \$48/Member; \$58/Participant
2 days per week; \$68/Member; \$78/Participant

YMCA PRESCHOOL PEE WEE SPORTS

Monday & Friday, 11am-11:45am

*Y Staff walk children to class

FEES: One Day \$38; Two Days \$68

SPORTS BIRTHDAY PARTIES!

Looking for something fun and easy for your child's next birthday party? Your child and friends will have a blast, learn new skills and play their favorite sports and games at a Y Birthday Party.



MEMBERS: \$145: 2 hours of instruction and play time for 15 children or less, \$5 for each additional child.

PARTICIPANTS: \$170: 2 hours of instruction and play time for 15 children or less, \$7 for each additional child

Instructors and space are limited so please call early and we will try to accommodate you. Contact Patty King at (858) 453-3483, ext. 139 or Bret Bucher at ext. 132

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SPORTS DEVELOPMENT PROGRAM

GRADES K-5

This program's focus is to enhance your child's fitness through sports development, games and a variety of enrichment activities. Your child will be introduced to a wide variety of sports including basketball, football, soccer, tennis and much more. Character values and sportsmanship will be emphasized in this program. (Torrey Pines Elementary School participants will be picked up at the school immediately after dismissal.) Register on a monthly basis throughout the school year.

DAYS/TIMES: Mon, Tues, Thurs, Friday: 3:45pm-5:30pm

FEES: 1-day: \$32/Member; \$38/Participant
2-days: \$54/Member; \$65/Participant
4-days: \$85/Member; \$102/Participant

WEDNESDAY ENRICHMENT PROGRAM

GRADES K-5

During the school year children can participate in recreational activities on Wednesdays at the La Jolla Y. Activities will include a weekly sport (basketball, football, soccer, etc.) and a monthly theme such as science, cooking, dance, economics, poetry, etc.). Y staff will pick up Torrey Pines Elementary School participants after dismissal and escort them to the program. We have bus transportation available from Doyle and Curie Elementary Schools. Register on a monthly basis throughout the school year.

DAYS/TIMES: Wednesdays, 1pm-3:30pm or 1pm-5:30pm

FEES: Half-Day (1pm-3:30pm),
\$44/Member; \$54/Participant
Full-Day (1pm-6pm),
\$58/Member; \$70/Participant

ON-SITE

AFTER SCHOOL SPORTS

SERVING LA JOLLA ELEMENTARY SCHOOL

This program is designed to keep kids active afterschool. Activities include different competitive and non-competitive sports and games including soccer, basketball, floor hockey, capture the flag and much more. Please see days and times below. There will be no classes on rainy days.

La Jolla Elementary On-Site After School Sports Program

GRADES: 1-5

DAYS/TIMES: Wednesdays, 1pm-3:30pm

FEES: \$87/Member; \$104/Participant

Please see program flyer for session dates.



SUPPORTING YOUTH DEVELOPMENT

La Jolla Y Youth Sports

YOUTH SPORTS LEAGUES

YOUTH BASKETBALL LEAGUE

This is a recreational basketball program based on sportsmanship. Participants will have fun while learning basketball rules and skills at practices and games. The league is supported by parent volunteers and Y staff. Jerseys and awards are provided. Games are played with age-appropriate equipment in the La Jolla Y Gym.

WHEN: January 21 - March 17

WHO: Boys and Girls, ages 7 to 15-years old

FEES: \$87/Member; \$108/Participant

REGISTRATION: October 30 - December 10

AGE GROUPS: 5-6 co-ed, 7-8 boys, 9-10 boys; 11-12 boys, 13-15 boys. 7-8 girls, 9-11 girls, 12-15 girls

*See program flyer for times and assessment information.

** Leagues may be coed depending on enrollment. Requests are not guaranteed.

YOUTH FLAG FOOTBALL LEAGUE

In this exciting program, boys and girls have the opportunity to learn and enjoy the sport of football in a safe environment. This is a 5 on 5 NO CONTACT football league. Participants will learn football rules and skills while concentrating on sportsmanship and teamwork. This includes five players on each team. The necessary equipment is provided. The league is supported by parent volunteers and Y staff.

WHEN: April 15 - June 10

WHO: Boys & Girls, ages 7 to 12 years old

WHERE: All games are played at the Peninsula Y in Point Loma

FEES: \$74/Member; \$92/Participant

REGISTRATION: August 25 - October 1

AGE GROUPS: Boys & Girls 7-9 & 10-12;

*See program flyer for times and assessment information.



GIRLS VOLLEYBALL LEAGUE

Volleyball is gaining great popularity and the La Jolla Y is leading the way. This beginner league will introduce players to rules and techniques, teaching skills and incorporating game play. All players will participate equally, emphasizing teamwork and personal skill development.

WHEN: April 12 - June 9

WHO: Girls ages 9 to 14 years old

WHERE: La Jolla Y Gym

FEES: \$75/Member; \$90/Participant

REGISTRATION: February 15 - March 31

AGE GROUPS: 9-11 & 12-14

*See program flyer for practice and game times.

*Contact Patty King at (858) 453-3483, ext. 139 or Bret Bucher at ext. 132 for more information.

VOLUNTEERS

We are actively seeking coaches for all leagues. Our coaches are dedicated volunteers who enable children to have a positive experience in sports. If you would like to help coach your own child or others, please call Bret Bucher at (858) 453-3483, ext. 132.



There will be a \$20 late fee applied after assessments for all leagues.

IT'S NOT JUST KIDS STUFF

Welcome to La Jolla Y Teen Programs

There are lots of great activities planned for ages 12-years and older at the La Jolla Y. In addition to these, during the summer and fall there will be plenty of week-long programs to choose from.

For more information about all Teen and Surf programs please contact Chad Matkowski, Teen Coordinator at cmatkowski@ymca.org or by phone at (858) 453-3483, ext. 141.



LEADERSHIP

LEADER IN TRAINING (LIT)

"Before you are a leader, success is by growing yourself. When you become a leader, success is all about growing others." - Jack Welch

If your teen enjoys working with children in a fun camp atmosphere our LIT program is perfect for you. In our regular LIT training during our summer camp teens will learn the basic skills for leadership, public speaking, supervision and planning. They will also receive first aid and CPR certifications.

In the two-week Advanced LIT course teens will learn all the basics that the regular course has but they will get more into their personal leadership styles. During this course teens will be actively planning a camp and will be voting on leadership for the camp. During the second week they will actually get to execute their camp in order to learn about transportation, staff hours, supervision ratios and basic accounting principles. After competing in one of these trainings they will be ready for our LIT field-work. It will help them hone in on these new skills but will also allow them to gain community service hours toward graduation.

SPRING BREAK COLLEGE TOUR

Get ready for college! Join us for our spring break college tour. On this amazing tour we will be heading up and down the state of California, students will be learning about the various schools admissions requirements, student life, and general information about the schools. Here are some of the Universities that we plan on attending: Cal Poly SLO, UCSC, UC Berkeley, UC Davis, Chico, USF, and UC Santa Barbara. The tour will take place April 2-6, 2012. Contact Chad Matkowski for more information.

SUMMER CARAVANS

We have some exciting and unique caravans planned for Summer 2012. Some exciting new trips are planned to High Sierra and a week stay on a Pirate ship and of course, some of our favorites, Catalina and Yosemite. Come join us for these adventures! Pick up a copy of our summer camp brochure in March 2012 for more information.

SUMMER SURF CAMPS

This summer we improved our surf camp by bringing more experienced staff and adding a whole new camp called "Surf Pro." Our Surf Camp will have experienced surfers to teach new skills while they make new friends. The last day of each camp (on Fridays) they will experience a surf contest.

Surf Pro will have a professional coach to come in and teach more advanced skills. During the week they will have a contest everyday where teens will gain points just like an actual surf competition. The last day of each camp (on Fridays) teens will have a finals competition and there will be an award ceremony for the campers and parents.

WEEKEND TRIPS AND ACTIVITIES

The La Jolla Y is constantly going on trips and having weekend activities just for teens. In the upcoming year we will be going paintballing, snowboarding/skiing, to amusement parks and leadership and college workshops. If you are interested in a planning an activity of your own, we can make it happen. Contact Chad Matkowski for more information or to discuss your idea.

VOLUNTEER AND WORK EXPERIENCE

The YMCA will be starting a High School and College volunteer, work experience, and college student internship program. Students will fill out an interests and schedule sheet on what they would like to do while volunteering. Any volunteer working with school age children will need to complete an online training prior to starting. This will allow students to gain valuable work experience, get volunteer hours, or satisfy requirements for internships.

YOUTH AND GOVERNMENT

"Democracy must be learned by each generation."

– California YMCA Slogan

This is our most popular high school program both here at the La Jolla Y and statewide. In our Youth and Government program (Y&G) delegates will learn the basics of the California government system. They will also learn about lobbying, print media, press media, analysts, reporters, photographers, graphic design, and state wide leadership roles. Delegates will be working with over 3,000 students in this program as they take over the state capital while the state legislation is in recess. This program will begin in September and run through February.



MODEL UNITED NATIONS (MUN)

The California Y Model United Nations program (MUN) is for 6th-8th graders. These students are given the opportunity to engage in international issues, discover other cultures, make new friends and most of all have fun! This amazing four month program will get started in February and will end in May. Contact Chad Matkowski for more information.



LA JOLLA Y SURF SERIES (YSS)

Our all new Y Surf Series (YSS) will have three competitions throughout the year beginning in September. These are fun competitions for new and experienced surfers. We will have individual heats set up into age divisions; a parent child division and our open team division. Our sponsors will be donating prizes for all of the competitors and winners of the divisions. For more information on this amazing new program contact Chad Matkowski.

SURF LESSONS

La Jolla YMCA proudly presents our private Surf Lessons! You can either use this as a private one on one lesson or you can have a friend join you for no additional cost. You will schedule your own appointment with your surf instructor.

Part 1-Land Lesson/ 30 minutes: Lessons start on the beach with thirty minutes of instruction and practice. Students learn techniques for paddling, standing, falling, dodging and selecting waves along with surfer's etiquette, stretching and much more.

Part 2-Water Lesson/1 hour: After students have learned the techniques on land, we move into the ocean for one hour of guided surf instruction. During this time the instructor will push and coach students into waves, tell students what they are doing right, or wrong so they are surfing on their own by the end of the lesson.

SINGLE SESSION: \$65 for Members/ \$80 for Participants

3-SESSIONS: \$185 for Members/ \$230 for Participants



SNOWBOARDING/SKIING TURNAROUNDS

This new Teen activity is for beginning to advanced snowboarders and skiers. We will be planning day trips up to Snow Summit and Big Bear. Trips will be departing early morning and returning late afternoon the same day. Meeting will be held in December to go over details about this program. Please contact Chad (Camp/Teen Coordinator) for more details on meeting date.

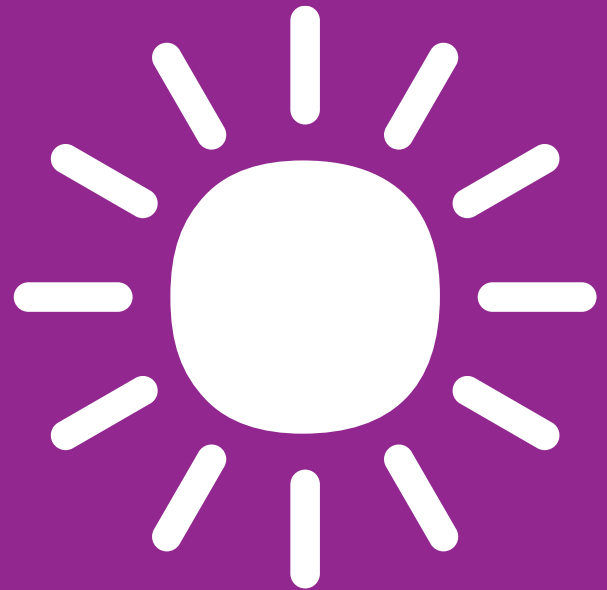
CAMP PROGRAMS 2012

SUMMER CAMP SIGN UP DAY

SATURDAY, MARCH 17

9:00am - 12:00pm

- Save money by registering early
- Secure your spot, some camps fill up fast!
- Meet our camp management team



SPRING CAMP

APRIL 2 - 6

Have a blast on Spring Break!

Be sure to pick up our Spring Camp Brochure, available in January.

- Traditional Camps
- Specialty Camps
- Gymnastics Camps
- Sports Camps
- Teen Camps

SUMMER CAMP

JUNE 13 - AUGUST 31

Camps for everyone ages 5-17.

Be sure to pick up a copy of our Summer Camp Brochure in February!

- Traditional Camps
- Specialty Camps
- Gymnastics Camps
- Swim Camps
- Teen & Leadership Camps
- Specialty Camps

For more information call (858) 453-3483 or email lajollacamp@ymca.org

BETTER TOGETHER

La Jolla Y Adventure Club Programs

Y Adventure Clubs are year-round parent-child programs designed to help foster a lifetime of companionship to strengthen the relationship between children and parents.

PROGRAMS FOR DADS

FATHER/SON: Guides (K-4th Grades)
Trail Blazers (5th-8th Grades)

FATHER/DAUGHTER: Princesses (K-4th Grades)
Trail Blazers (5th-8th Grades)

PROGRAMS FOR MOMS

MOTHER/DAUGHTER: Maidens (K-4th Grades)
Trail Mates (5th-8th Grades)

MOTHER/SON: Braves (K-4th Grades)
Trail Mates (5th-8th Grades)

Registration for Guides and Princesses for the 2012-2013 Program years begins August 1, 2012. Registration for Blazers, Mates, Braves & Maidens is year-round.

For more information, attend The Adventure Club Program Orientation Meeting at the Y.

Orientation will take place in September 2012.

For more information on how to join, contact Pamela Dernbach at (858) 453-3483, ext. 142 or pdernbach@ymca.org or go to our website at www.lajolla.ymca.org.



AS ADVENTURE CLUB PARTICIPANTS, PARENTS AND CHILDREN EXPERIENCE ADVENTURES SUCH AS WEEKEND CAMPOUTS AND DAY TRIPS

- CAMPING (CATALINA, BEACH, DESERT & MOUNTAIN)
- MOUNTAIN BACKPACKING
- SKIING
- BOWLING
- KAYAKING
- CANOE WEEKEND
- ICE SKATING
- WHALE WATCHING
- WATERPARK
- COMMUNITY SERVICE
- HIKING
- BIKING
- BEACH DAYS
- PINWOOD DERBY

LA JOLLA Y FIREHOUSE

La Jolla Y Firehouse

THE FIREHOUSE

7877 Herschel Avenue; La Jolla, CA 92037
PHONE: (858) 459-1640 **FAX:** (858) 459-5190
lajolla.ymca.org

A historical landmark located in the heart of La Jolla Village. This once active Firehouse is a satellite facility of the La Jolla Y, which is located at 7877 Herschel Avenue in La Jolla, and has many additional exciting programs and activities. Memberships at the La Jolla Y include a membership for The Firehouse as well. Please call (858) 453-3483 for more information.

PARTIES AT THE FIREHOUSE

Whether it's a birthday, graduation or bar mitzvah, The Firehouse can be the perfect place for your special event. The Engine Room accommodates up to 120 people, and is a perfect place for dance parties or concerts.

The smaller rooms include a balcony room, library and dance studio which are all ideal for conferences, meetings or classes. To reserve space at The Firehouse, please call Kristi Gorney at (858) 459-1640.

AVAILABLE CLASSES AT THE FIREHOUSE

CHINESE ACUPRESSURE MASSAGE

This massage technique works with the channels of energy in the body and in the muscles to alleviate pain, relax muscles, tendons and moves energy or "chi," through the body. Marla McBride, HHP is a holistic health practitioner and an instructor at Pacific College of Oriental Medicine.

DAYS/TIMES: Tuesdays and Thursdays by appointment only
FEES: \$25/20-minute session for Members
\$30/20-minute session for Participants

FELDENKRAIS

(Starting in January). Class will help relieve pain, enhance vitality, improve balance posture and flexibility. Contact Firehouse for more information and to register.

DAYS/TIMES: Wednesdays, 10:30am – 11:45am
FEES: Call The Firehouse for more information.

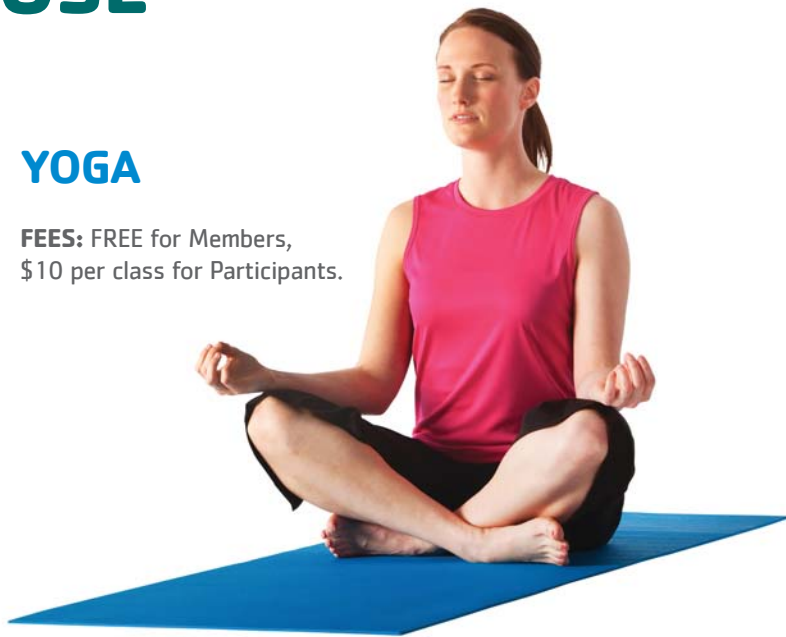
ADULT TAP

Would you like to learn tap dancing? Have you ever tapped...and would like to do it again? Join the Tap class and get exercise and have fun doing it!

DAYS/TIMES: Beginner: Wednesdays, 2pm – 3pm
Performance and Practice: Wednesdays, 12pm – 1pm
Intermediate-High Energy: Wednesdays, 1pm – 2pm

YOGA

FEES: FREE for Members,
\$10 per class for Participants.



POWER YOGA

Focuses on improving strength and flexibility. This class is best suited for a more advanced exerciser.

DAYS/TIMES: Mondays/Wednesdays, 5:45pm – 7:30pm

SVAROOPA YOGA

Emphasizes the awareness and relaxation through supported positions that focus on the hips and spine.

DAYS/TIMES: Tuesdays/Thursdays, 8:45am – 10am,

HATHA YOGA

Gentle stretching that can make your life less stressful and bring deeper relaxation, peace and greater flexibility to body and mind.

DAYS/TIMES: Mondays/Wednesdays/Fridays, 9am – 10:15am

TAI CHI

An art evolving from ancient Chinese culture, Tai Chi involves meditation, physical exercise and martial arts. Classes emphasize stress reduction, improved balance and muscle tone through slow, flowing movements.

DAYS/TIMES: Beginners: Thursdays, 11am – 12pm;

Short Form: Tuesdays/Thursdays, 10am – 11am

Intermediate: Tuesdays, 11am – 12pm

FEES: FREE for Members, \$10 for Participants

PILATES

Improve posture and flexibility as well as back and abdominal strength. This mat-based program strengthens all the muscles by stressing proper body alignment.

DAYS/TIMES: Mondays, 10:15am – 11:15am

FEES: FREE for Members, \$10 per class for Participants

SALSA (ADULT Ages 17+)

Come join the exciting world of Salsa. Beginners welcome.

DAYS/TIMES: Beginners/Intermediate Salsa:

Mondays, 7:30pm – 8:30pm

FEES: Call The Firehouse for more information.

TOASTMASTERS – “Emphasizing Excellence in Speaking”

Join Toastmasters of La Jolla, a member of Toastmasters International, providing a mutually supportive learning environment. Some of the many benefits are improved communication, public speaking and leadership skills, all done in an encouraging and fun atmosphere. For more information contact The Firehouse at (858) 459-1640 or Jeff at (858) 481-1158.

DAYS/TIMES:

Tuesdays: 6:15pm – 8:15pm (Second and Fourth Tuesdays)

FEES: Call The Firehouse for more information.

YOUTH PROGRAMS, GYMNASTICS AND DANCE

1,2,3, GROW

(PARENT/CHILD PARTICIPATION)

This is a non-structured class that provides a stimulating environment for quality time between toddlers and their parents. With guidance from a Y instructor, parents help their child practice motor skills and coordination using obstacle courses, parachute play, music, balls and bubbles. This fun-filled gym session also provides a social environment for tots!

DAYS/TIMES: Mondays, 9:30am – 10:15am

AGES: 1,2,3-year olds

FEES: See Price Chart on Page 19

1ST LESSONS

(PARENT/CHILD PARTICIPATION)

A transitional class for 2 to 3-year olds. This class is structured similar to our GYMVENTURES class but with parent participation to facilitate the transition.

DAYS/TIMES: Mondays, 10:15am – 11am;

Tuesdays, 11am – 11:45am

FEES: See Price Chart on Page 19



GYMVENTURES

INTRODUCTION TO GYMNASTICS

GYMVENTURES is a fun way to introduce children to tumbling, obstacle courses and gymnastics equipment. Through the use of parachutes, balls, songs and more children will develop coordination, balance and strength.

GYMVENTURES I (Ages: 3 to 4 years old)

DAYS/TIMES: Mondays, 11am – 11:45am

Tuesdays, 9:30am – 10:15am; 3pm – 3:45pm; 4:30pm – 5:15pm

FEES: See Price Chart on Page 19

GYMVENTURES II (Ages: 4 to 5-years old)

DAYS/TIMES: Mondays, 11:45am – 12:30pm; 5pm – 5:45pm

Tuesdays, 10:15am – 11am; 3pm – 3:45pm; 3:45pm – 4:30pm

FEES: See Price Chart on Page 19

LEVEL 1 GYM (Ages: 6-years and older)

Introduction to gymnastics. Children focus on new skills, increasing strength and flexibility.

DAYS/TIMES: Mondays and Tuesdays; 4pm – 5pm

FEES: See Price Chart on Page 19

LEVEL 2 GYM (Ages:6-years and older)

For the intermediate student. Children must be tested before entering this class.

DAYS/TIMES: Mondays, 5pm – 6pm

FEES: See Price Chart on Page 19

PRESCHOOL HIP HOP DANCE (Ages: 4 to 6-years old)

In this beginners class for Hip Hop dance kids will learn counts to music and fun new dance moves. They will also learn ripples, timing and transitions.

DAYS/TIMES: Wednesdays, 2:30pm – 3pm

FEES: Members – \$36/Participants – \$46

KIDS HIP HOP DANCE (Ages: 7 to 9-years old)

In this beginners class for Hip Hop dance kids will learn counts to music and fun new dance moves. They will also learn ripples, timing and transitions.

DAYS/TIMES: Wednesdays, 3pm – 4pm

FEES: Members – \$46/Participants – \$58

TEEN HIP HOP DANCE (Ages: 10 to 14-years old)

This more advanced Hip Hop dance class will focus on harder to master dance moves as well as ripples, timing and transitions.

DAYS/TIMES: Wednesday, 4pm – 5pm

FEES: Members – \$46/Participants – \$58

ZUMBATOMIC (Ages: 10 to 14-years old)

Dance your way to a healthy lifestyle. Hip-hop and latin style dance provide a fast paced workout. **DAYS/TIMES: TBA.**

PRESCHOOL DANCE (Ages: 2 ½ to 5-years old)

An introduction to dance and movement including tap, ballet and tumbling. Hard soled or tap shoes required and ballet shoes are preferred as well but not required.

DAYS/TIMES: 2 ½ to 3 ½-years old – Fridays, 9am – 9:45am

3 to 5-years old – Tuesdays, 9:15am – 10am

3 ½ to 5-years old – Fridays, 10am – 10:45am

FEES: Members – \$36; Participants – \$46

PRE-BALLET (Ages: 3 to 5-years old)

An introduction to ballet. Ballet shoes are required.

DAYS/TIMES: Saturdays, 9am-9:45am

FEES: Members - \$36; Participants - \$46

DANCE COMBO (Ages: 5 to 7-years old)

A combination of tap, tumbling and ballet.

DAYS/TIMES/FEES:

Mon, 3:15pm – 4pm; Members – \$36; Participants – \$46 (Ages 5-7)

Mon, 4pm – 5pm; Members – \$46; Participants – \$58 (Ages 5-7)

Wed, 1:15pm – 2pm; Members – \$36; Participants – \$46 (Ages 5 & up)

VOLUNTEERING AT THE Y

Adult and teen volunteers play an active role at the La Jolla Y. They serve on various committees, teach classes, fundraise, coach sports teams and provide office support.

We have many programs that are looking for people willing to commit their time and special talents to help make the Y even better!

Please visit our Website at lajolla.ymca.org for more details on volunteering.

SAN DIEGO JUNIOR THEATRE LA JOLLA Y FIREHOUSE

LA JOLLA WINTER 2012 COURSES

CLASSES RUN JANUARY 9 - MARCH 4 (8 WEEKS)

All classes are held at The Firehouse located at 7877 Herschel Avenue; La Jolla, CA 92037. For information on class details, registration and to find out about dates and pricing please visit juniortheatre.com or call (619) 239-1311.

WEDNESDAYS

MUSICAL THEATRE REVIEW: YEAR IN SD MUSICALS
4pm - 6pm Ages 9-15

THURSDAYS

HOW DO DINOSAURS SAY GOODNIGHT?
3:30pm - 4:30pm Ages 4-6

PAGE TO STAGE: THROUGH THE LOOKING GLASS
4:30pm - 6pm Ages 8-11

FRIDAYS

STAGE BASICS: WIZARD OF OZ
3:30pm - 4:30pm Ages 5-8

INTRODUCTION TO ACTING
4:30pm - 6pm Ages 9-13
Due to the nature of the class, regular attendance is mandatory. Casting is at the sole discretion of the teaching artist and students will not be allowed to drop this class due to dissatisfaction with assigned role.

SATURDAYS

**MUSICAL THEATRE REHEARSAL AND PERFORMANCE:
LITTLE SHOP OF HORRORS**
9am - 11am Ages 10-18
Due to the nature of the class, regular attendance is mandatory. Casting is at the sole discretion of the teaching artist and students will not be allowed to drop this class due to dissatisfaction with assigned role.

STORYTIME DRAMA
10am - 11am Ages 4-6

MINI SEUSSICAL THE MUSICAL
11:30am - 12:30pm Ages 6-8

COMEDY/TRAGEDY SCENE STUDY
11am - 1pm Ages 9-12

THANK YOU TO THE LA JOLLA Y VOLUNTEER BOARD OF MANAGEMENT FOR THEIR DEDICATION AND EXPERTISE

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LA JOLLA YMCA

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www.lajolla.ymca.org

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