

Youth Fitness

FAMILY YOGA



(Parents, 6 months+)

This class promotes involvement of parents with their toddlers and is designed to offer a unique opportunity for parents and children to develop a relationship and bond. The elements of yoga will be implemented and modified for both parents and children who are participating in this class.

Instructor: Amy McElroy

Location: Centennial Recreation Center

Activity#	Date	Day	Time	Age	Sessions
4690.310	9/2-9/23	T	9:30am-10am	6mos+	4
4690.311	10/7-10/28	T	9:30am-10am	6mos+	4
4690.312	11/4-11/25	T	9:30am-10am	6mos+	4
4690.313	12/2-12/23	T	9:30am-10am	6mos+	4

Resident: \$25 / CRC Member: FREE

Non Resident: \$30 / CRC Member: FREE



YOGA



This is a class complete with instructional techniques on yoga, proper breathing, form, posture, and poses.

Instructor: Valerie Benitez

Location: Community & Cultural Center, Mira Monte Room

Activity#	Date	Day	Time	Age	Sessions
4690.305	9/9-9/30	T	6:30pm-7:25pm	8yrs+	4
4690.306	10/7-10/28	T	6:30pm-7:25pm	8yrs+	4
4690.307	11/4-11/25	T	6:30pm-7:25pm	8yrs+	4

Resident: \$45 / CRC Member: FREE

Non Resident: \$55 / CRC Member: FREE

MINI ME FITNESS



Formerly the Early Spark program, we will be engaged in all forms of fitness activities that will keep feet moving and hearts beatin' to the beat. Exercise isn't just for parents, it's also for mini me's!! We'll emphasize motor learning movements, group activities, obstacle courses and some fun ways to make exercise exciting.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
4650.305	9/8-10/1	M/W	3pm-3:45pm	3-6yrs	8
4650.306	10/6-10/29	M/W	3pm-3:45pm	3-6yrs	8
4650.307	11/3-11/26	M/W	3pm-3:45pm	3-6yrs	8
4650.308	12/1-12/22	M/W	3pm-3:45pm	3-6yrs	7

Residents: \$50 / CRC Member: FREE

Non-Resident: \$60 / CRC Member: FREE

STROLLER FITNESS



This is a class designed for parents to interact with their baby/toddler while having fun with exercise indoors and outdoors when weather permits. Boost your energy and cardio endurance. We will also focus on strength training and core stability. All fitness levels are welcome.

Instructor: April Price

Location: Centennial Recreation Center

Activity#	Date	Day	Time	Age	Sessions
5640.301	10/6-10/27	M	10am-11am	6mos+	4
5640.302	11/3-11/24	M	10am-11am	6mos+	4
5640.303	12/1-12/22	M	10am-11am	6mos+	4

Resident: \$50 / CRC Member: FREE

Non Resident: \$60 / CRC Member: FREE

YOUTH FITNESS



Formerly known as SPARK, this youth fitness class will emphasize exercise, activities, and sports. Basketball, volleyball, badminton, indoor soccer, shuttle run, tag, calisthenics, and other group games will all be incorporated in this six week class. Classes fill up fast!!

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
4650.309	9/8-10/1	M/W	4pm-5pm	7-10yrs	8
4650.310	10/6-10/29	M/W	4pm-5pm	7-10yrs	8
4650.311	11/3-11/26	M/W	4pm-5pm	7-10yrs	8
4650.312	12/1-12/22	M/W	4pm-5pm	7-10yrs	7

Residents: \$60 / CRC Member: FREE

Non-Resident: \$70 / CRC Member: FREE

YOUTH NINJUTSU

This is a great class for youth to capture this ancient art form. This fun atmosphere of the pre-teen class encourages self confidence, activity and focus. Children learn safe rolling techniques, balance, and self defense skills.

Instructor: Bernie Flannigan/Dave Allen

Location: Centennial Recreation Center, Meeting Room #1

Activity#	Date	Day	Time	Age	Sessions
4670.301	9/2-9/25	T/TH	6:30pm-7:30pm	6-11yrs	8
4670.302	9/30-10/23	T/TH	6:30pm-7:30pm	6-11yrs	8
4670.303	10/28-11/20	T/TH	6:30pm-7:30pm	6-11yrs	8
4670.304	12/2-12/30*	T/TH	6:30pm-7:30pm	6-11yrs	8

* No Class on December 25, 2008

Material Fee: \$50 (Uniform Fee to be paid to instructor on first day of class)

Resident: \$45/ CRC Member: \$35

Non-Resident: \$65 / CRC Member: \$55