

Youth Fitness

YOUTH

I CAN GYMNASTICS/FITNESS & HEALTH

This class is a fun introduction to the wonderful sport of gymnastics! Our class is a non competitive atmosphere. Each week students will learn gymnastics skills and motor development movements. Use tumble mats and gymnastics equipment. Come dressed to participate and have fun! For more information call I Can Gymnastics (408) 782-6600.

Instructor: Daleanne Vanderpool

Location: Community and Cultural Center, El Toro Room

Activity #	Date	Day	Time	Age	Sessions
4680.201	6/4-7/23	W	9am-9:40am	3-5yrs	8
4680.202	7/30-8/27	W	9am-9:40am	3-5yrs	5

8 Weeks

Resident Fee: \$109 / CRC Discount \$ 104

Non-Resident Fee: \$119 / CRC Discount \$114

5 Weeks

Resident Fee: \$73 / CRC Discount \$68

Non-Resident Fee: \$83 / CRC Discount \$78

MOMMIE & ME TUMBLE FUN

Come and join the fun with other parents and their little ones. Tumble time, stretch, sing songs, music movement, structured group activity, and free play. Children will learn basic tumbling and gymnastics skills in a safe and fun learning environment. The skills taught in this class will include motor development, balance & coordination, strength, flexibility, socialization, and meeting new friends. Use tumble mats & gymnastics equipment. Dress to participate!

Instructor: Daleanne Vanderpool

Location: Community and Cultural Center, El Toro Room

Activity #	Date	Day	Time	Age	Sessions
4680.203	6/4-7-23	W	10-10:45am	6mos-2½yrs	8
4680.204	7/30-8/27	W	10-10:45am	6mos-2½yrs	5

8 Weeks

Resident Fee: \$109 / CRC Discount \$ 104

Non-Resident Fee: \$119 / CRC Discount \$114

5 Weeks

Resident Fee: \$73 / CRC Discount \$68

Non-Resident Fee: \$83 / CRC Discount \$78

JUST RUN ACROSS THE UNITED STATES

This is a collaborative effort between the Big Sur International Marathon and the Just Run team that will assist schools and youth organizations by providing vital youth fitness programs. This is a program that promotes fitness and healthy lifestyles from 2nd grade through 5th grade. This program will work in conjunction with our Youth Fitness and Home School PE Program so that we can assist with the mileage accumulation as the children run across the United States.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center

Activity#	Date	Day	Time	Age	Sessions
4651.201	6/3-6/26	T/TH	9-10am	7-10yrs	8
4651.202	7/8-7/31	T/TH	9-10am	7-10yrs	8
4651.203	8/5-8/28	T/TH	9-10am	7-10yrs	8
4651.204	6/2-6/25	M/W	4-5pm	7-10yrs	8
4651.205	7/7-7/30	M/W	4-5pm	7-10yrs	8
4651.206	8/4-8/27	M/W	4-5pm	7-10yrs	8

Residents: \$60.00 / CRC Discount: FREE

Non-Resident: \$70.00 / CRC Discount: FREE



FAMILY YOGA

(Parents and children 6 mos+)

This class promotes involvement of parents with their toddlers and is designed to offer a unique opportunity for parents and children to develop a special 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
4690.207	5/6-5/27	T	9:30-10am	6mos+	4
4690.201	6/3-6/24	T	9:30-10am	6mos+	4
4690.202	7/1-7/22	T	9:30-10am	6mos+	4
4690.203	8/5-8/26	T	9:30-10am	6mos+	4

Resident: \$25.00 / CRC Discount: FREE

Non Resident: \$30.00 / CRC Discount: FREE



YOUTH STRENGTH TRAINING

This 4 week program is designed to teach youth to workout safely with selected equipment, cardiovascular machines and use of the Fitlinx system. It is a four-week course that will provide instruction and education for youth interested in using the fitness center. Upon completion of the program, they will be issued a special CRC access card that must be carried with them at all times in our fitness center.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center

Activity#	Date	Day	Time	Age	Sessions
4650.203	5/7-5/28	W	4-5pm	11-13yrs	4
4650.201	6/4-6/25	W	4-5pm	11-13yrs	4
4650.202	7/9-7/30	W	4-5pm	11-13yrs	4
4650.204	8/6-8/27	W	4-5pm	11-13yrs	4

Residents: \$80.00 / CRC Discount: FREE

Non-Resident: \$90.00 / CRC Discount: FREE



Things To Do mark your calendars

**Tons of fun, activities, and events -
for kids, families, and teens.**

See pages 4, 5, 6, 29.

Many are FREE to the public, AC
Season Pass Holders, or CRC Members.

YOUTH FITNESS

This youth fitness class will emphasize exercise, activities, and sports. Basketball, volleyball, badminton, indoor soccer, shuttle run, swimming, tag, calisthenics, and other group games will all be incorporated in this six week class. Classes fill up fast, so register soon!!

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
4650.205	5/6-5/29	T/TH	9-10am	7-10yrs	8
4650.206	6/3-6/26	T/TH	9-10am	7-10yrs	8
4650.207	7/8-7/31	T/TH	9-10am	7-10yrs	8
4650.208	8/5-8/28	T/TH	9-10am	7-10yrs	8
4650.209	5/5-5/28	M/W	4-5pm	7-10yrs	8
4650.210	6/2-6/25	M/W	4-5pm	7-10yrs	8
4650.211	7/7-7/30	M/W	4-5pm	7-10yrs	8
4650.212	8/4-8/27	M/W	4-5pm	7-10yrs	8

Residents: \$60.00 / CRC Discount: FREE

Non-Resident: \$70.00 / CRC Discount: FREE



MINI ME FITNESS

This program incorporates cardio-respiratory fitness for children 3-6 years old. We will be encouraging, motivating and engaging in all forms of fitness activities that will keep their feet moving and hearts beatin' to the beat. Exercise isn't just for parents, but also for mini me's!! We'll emphasize motor learning movements, group activities, obstacle courses and some fun ways to make exercise exciting and a life-long priority.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium (PM classes) & Outside (AM classes)

Activity#	Date	Day	Time	Age	Sessions
4650.213	5/6-5/29	T/TH	10-10:45am	3-6yrs	8
4650.214	6/3-6/26	T/TH	10-10:45am	3-6yrs	8
4650.215	7/8-7/31	T/TH	10-10:45am	3-6yrs	8
4650.216	8/5-8/28	T/TH	10-10:45am	3-6yrs	8
4650.217	5/5-5/28	M/W	3-3:45pm	3-6yrs	8
4650.218	6/2-6/25	M/W	3-3:45pm	3-6yrs	8
4650.219	7/7-7/30	M/W	3-3:45pm	3-6yrs	8
4650.220	8/4-8/27	M/W	3-3:45pm	3-6yrs	8

Residents: \$50.00 / CRC Discount: FREE

Non-Resident: \$60.00 / CRC Discount: FREE



HOME SCHOOL PE

This is a physical education program established for youth who are home-schooled. This is a fun, and exciting program that will provide physical exercise that is recommended and required of children that are home schooled.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium (PM classes) & Outside (AM classes)

Activity#	Date	Day	Time	Age	Sessions
4650.221	5/6-5/29	T/TH	11am-12pm	11-13yrs	8
4650.222	6/3-6/26	T/TH	11am-12pm	11-13yrs	8
4650.223	7/8-7/31	T/TH	11am-12pm	11-13yrs	8
4650.224	8/5-8/28	T/TH	11am-12pm	11-13yrs	8
4650.225	5/5-5/28	M/W	5-6pm	11-13yrs	8
4650.226	6/2-6/25	M/W	5-6pm	11-13yrs	8
4650.227	7/7-7/30	M/W	5-6pm	11-13yrs	8
4650.228	8/4-8/27	M/W	5-6pm	11-13yrs	8

Resident: \$35.00 / CRC Discount: \$30.00

Non Resident: \$45.00 / CRC Discount: \$40.00

**MORGAN HILL
AQUATICS CENTER**

Cool it!

**Buy Early
and SAVE**

**On Super Cool Family Season Pass
when purchased by May 24.**

See page 3 for details.



PARENTS NIGHT OUT

A fun night filled with swimming, fun, movies, dinner and games. This is a night that you, as a parent, can feel confident that your child is having a terrific time while you go out! Your child will be in great hands. This is a drop off program.

Instructor: Andrea Nicolette

Location: Centennial Recreation Center

Activity #	Date	Day	Time	Age	Sessions
4240.201	5/17	SA	5-10pm	5-12yrs	1
4240.202	6/21	SA	5-10pm	5-12yrs	1
4240.203	7/19	SA	5-10pm	5-12yrs	1
4240.204	8/16	SA	5-10pm	5-12yrs	1

Resident: \$30.00 / CRC Discount: \$ 25.00

Non-Residents: \$40.00 / CRC Discount: \$35.00

Additional Sibling: \$10.00