

We Build Strong Kids, Strong Families, Strong Communities

YMCA

santa anita family

www.safymca.org

program guide

Now available on our website!



See Page 3 for details

2009

june - september

Schedule effective June 22, 2009



Serving the communities of
Arcadia-Bradbury-Duarte-Monrovia

SANTA ANITA FAMILY YMCA 501 S. Mountain Avenue, Monrovia, CA 91016 (626) 359-9244

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Current Support Campaign

Through the YMCA Current Support Campaign, your contribution helps provide program support, community outreach programs and financial assistance for programs and membership to families in need throughout our community. Only by working together can we give all children and families the opportunity to grow strong in spirit, mind and body.

Volunteer To Make A Difference

Volunteers founded the YMCA in 1844, and today form the backbone of the YMCA organization. Literally thousands of individuals volunteer their time with the YMCA each year, in a wide variety of roles. With all the different programs described in this brochure, there are opportunities for volunteer service for all who wish to help.

Volunteer Opportunities include:

- Camp Counselor
- Youth Sports Coach
- Fundraising Activities
- Swim Programs
- Youth Mentors
- Committees
- Homework Heroes
- Child Care
- Referrees
- Lifeguard/Swim Instructors

Main Facility Information

501 S. Mountain Avenue, Monrovia, CA 91016
 (626) 359-9244 (626) 359-9247 - fax
 email - information@safymca.org
www.safymca.org

Facility Hours

Monday-Friday 6:00 am - 10:00 pm
 Saturday 7:00 am - 6:00 pm
 Sunday Summer Hours 1:00 pm - 6:00 pm
 (June 28 - September 6)

Program Center

555 S. Mountain Avenue, Monrovia, CA 91016

Holiday Closings

New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, Day after Thanksgiving, Christmas and other posted dates.

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Day Passes

Access to the YMCA is available on a daily basis. The purchase of a Day Pass grants the guest member privileges for the day. Guests of the Santa Anita Family YMCA must have photo I.D. upon admittance to the Y.

Under 18 years: \$10.00
18 years & older: \$15.00

YMCA Is For Everyone

The Santa Anita Family YMCA is an inclusive organization that recognizes the need to serve all members of the community, including those economically less advantaged, who are not able to pay the full fee of membership or program. Pick up a financial assistance application at the Welcome Center or online at www.safymca.org. Tenemos en español.

Returned Check Policy

All returned checks and non-sufficient fund (NSF) charges will incur a charge of \$30.00 in addition to any fees that may be charged by your bank.



Facility Facts

The Santa Anita Family YMCA offers a nearly 34,000 sq. ft. facility that hosts a wide variety of activities.

The following is a list of features you will find at the Y:

- 25 yard, 6 lane indoor lap pool featuring: (heated year-round 84° to 86°), 3½' to 5' deep with pull buoys, kickboards, a pace clock and a handicap pool lift
- Gymnasium featuring: 6 baskets, 1 full court, 2 junior size courts with height adjustable baskets and 2 volleyball courts
- Weight Training Center featuring: Matrix selectorized and free weight equipment
- Cardiovascular Room featuring: Lifefitness® stair climbers, treadmills, recumbent bikes, cross trainers, a stretching area and more
- Healthy Lifestyles Coaching Room
- Adult locker rooms featuring dry saunas
- Youth and Family locker rooms (with changing tables)
- Family Center
- 2 sport courts with racquetball, squash, handball & wallyball
- Multi-Purpose Room with padded flooring
- Convenient hours - open over 95 hours per week
- Convenient free parking
- Certified & friendly staff
- Free WiFi in Lobby

Membership Card Policy

It is necessary to present your membership card for admittance into the YMCA and when registering for programs in order to avoid delays. If you forget your card, you must verify membership with a photo ID. The YMCA reserves the right to suspend or revoke membership for violation of this, or any other policy. Membership cards are non-transferable.

AWAY Program

The AWAY (Always Welcome at YMCAs) Program allows you access to more than 2,800 YMCAs across the United States and in 126 countries and territories around the world. Visiting members are always welcome by showing their YMCA/AWAY membership card. Some local restrictions apply. Please call ahead prior to your first visit. Check out www.ymca.net for the nearest YMCA you are planning to visit.

Consult your doctor before starting any physical fitness activity.

Membership Rates

	Registration Fee	Monthly Dues
Family (\$Best Value\$)	\$90	\$63
Single Parent Family	\$60	\$43
Adult (18+)	\$55	\$40
Senior (62+)	\$45	\$34
Senior Couple	\$65	\$48
Teen (14-17)	\$25	\$18
Youth (0-13)	\$15	\$11

Registration Fees

A registration fee is due upon enrollment. This is a one-time fee, provided that your membership remains current. Should your membership lapse for more than 30 days, another registration fee may apply. Registration fees are non-refundable.

Payment Options

Bank Draft

Our monthly payment option is a flexible, convenient and safe way to pay for your membership. Upon joining, the registration fee and the first two months of your membership are due. Beginning the 3rd month, your monthly dues are deducted from your checking or savings account. Cancellation requires a 15 day written notice.

Annual

This payment plan is perfect for those who wish to pay for their membership one year at a time.

Family Center

Our Family Center is designed to serve the needs of our members with children. We provide a safe, nurturing environment with developmentally appropriate activities and equipment for our members (ages 6 months to 12 years) while their parents are using the facility. Children will enjoy games, arts and crafts, music, group activities, and social interaction. *Please be advised that some times are busier than others. A maximum of two hours of care will be provided per day.*

Family Members*:	Free
All other memberships:	\$5.00 per hour/ per child

*Family members also include Single Parent Family and Senior Couple.

Family Center Hours:

Monday - Friday	8:00 am - 12:00 pm
Monday - Friday	4:00 pm - 8:30 pm
Saturday	8:00 am - 1:00 pm

YMCA

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Now your Y membership gets you and family \$100s of savings with the Y-Rewards program. And best of all...it's FREE!

YREWARDS is a unique program that allows YMCA members to enjoy savings at a select group of area businesses. This is an exclusive benefit to Santa Anita Family YMCA members. Check our website for updated information. Present your Santa Anita Family YMCA membership card at the establishments listed to receive your discount. The card will be honored January 1, 2009 - December 31, 2009.

If you have any questions regarding **YREWARDS** or would like to become a preferred vendor, email us at yrewards@safymca.org or visit our website at www.safymca.org.

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|---|--|------------------------------|
| Air Climate Solutions | Imprintability Promotional Products | Premier Designs, Inc. |
| Butterflies and Bees! | Ink Tank | Stubbies Promotions |
| Chang Thai Bistro | Joe's Place | The Skin Care Shop |
| Countrywide Home Loans | Monrovia Floral | Villa Italia |
| Gentile, McCloskey & Company | Old Town Sign Co. | Ward Service |

Registration Information

The Santa Anita Family YMCA programs are offered in five week sessions during the summer (unless otherwise noted). Approximately one week prior to the session start date we hold two Registration Day events. The first Registration Day is for members and the second one is for program participants. These Registration Days are your first opportunity to enroll in YMCA programs. We encourage you to attend a Registration Day because our programs are very popular and many fill up quickly. However, you may register at the Welcome Center after Registration Day.

Below you will find our Session Dates and their corresponding Registration Days. All Registration Day events are held in the Program Center (right next door) from 3:00-5:00 pm.

Session Dates

Session 5	June 22 - July 25
Session 6	July 29 - August 29

Registration Dates

	<u>Member</u>	<u>Participant</u>
Session 5	Sat., June 13	Sun., June 14
Session 6	Sat., July 18	Sun., July 19

During the summer, we also offer several two-week sessions for our swim classes. [Classes during these sessions run 12:00 pm - 1:00 pm, Monday through Thursday and are 1/2 hour in length.]

Session Dates (Two Week)

Session A	June 22 - July 2
Session B	July 6 - July 16
Session C	July 20 - July 30
Session D	August 3 - August 13
Session E	August 17 - August 27

Registration Dates

	<u>Member</u>	<u>Participant</u>
	(3:00-5:00pm)	(3:00-5:00pm)
Session A/B/C	Sat., June 13	Sun., June 14
Session D/E	Sat., July 18	Sun., July 19

You must bring an assessment or progress report to register for swim lessons. See Skills Assessment section on page 4.

Recreation Swim



Bring the entire family and enjoy some quality time in our pool. Kids ages 7 to 17 years may swim without being accompanied by an adult. Children under 7 must have an adult with them in the water at all times. See schedule for days & times.

Fees: Members Only - Free

Community Swim



Community Swim is fun for the whole family. Children ages 7 to 17 years may swim without being accompanied by an adult. Children under 7 must have an adult with them in the water at all times. See schedule for days & times.

**Fees: Under 14 years old - FREE
14 years & older - \$3.00**

- Y** Youth
Ages 0 - 12 yr
- T** Teens
Ages 13 - 17 yr
- A** Adult
Ages 18+
- S** Senior
Ages 62+

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Swim Program Overview

The YMCA provides instructional swimming programs for all ages and ability levels. All YMCA swim lessons are led by trained and certified YMCA staff. Parent handbook available online at www.safymca.org.

Swim Lesson Program

Weekday Fees: Member - \$55.00
Participant - \$80.00
Weekend Fees: Member - \$30.00
Participant - \$45.00

You may choose between weekday lessons, which are held twice a week or weekend lessons, which are held once a week. All classes are 1/2 hour in duration. Schedules will be available approximately one week before Member Registration Day. Please note that payment in full is due at time of registration and there will be no exchanges, refunds, or make-up times available. Students must have a progress report or assessment card to register for a class (see skills assessment). Please see registration information on page 3.

Skills Assessment Required

Dates: Session 5 & A-C - June 12 or 13
Session 6 & D-E - July 17 or 18

Days & Times: Friday - 2:30 pm - 4:00 pm
Saturday - 2:00 pm - 4:00 pm

All YMCA swim lessons are grouped by skill or ability level. For swimmers new to our program, a skills assessment is required prior to registration. This ensures placement in the most appropriate level and class for your child. However, Parent/Child, Pike, Polliwog and Adult levels *do not* require skill assessments. Once a swimmer has been in our program, assessments will occur at the end of each swim lesson session. Participants will receive a progress report that will indicate the appropriate level for the next swim lesson session.

Swim Lesson Schedule Availability

Session 5 & A-C - Monday, June 8

Session 6 & D, E - Monday, July 13

Swim Lesson Descriptions

The following descriptions provide a reference to the variety of programs offered. YMCA swim lessons are divided into the following programs and levels:

Parent/Child ages 6 months to 36 months Y
Our Parent/Child Swimming program is an educational program for children ages 3 years and under and their parents. Parents learn the value of games and play for their young child and increase their own knowledge as well as their child's enjoyment of the water and other aspects of life. By following the class leader's example, parents discover how to guide a child toward learning through positive reinforcement and appropriate praise. Play makes the learning experience positive, and sharing the experience reinforces trust between the parent and child.

Preschool Program ages 3 years to 5 years Y
In our Preschool Swimming program, children are grouped by skill or ability level. The program focuses on enjoyment, learning activities, development of confidence and safety. Each class includes character and physical development. Children learn swimming skills, water adjustment and safety through games and songs.

Preschool Program Levels

- | | |
|---------------------|------------------------------|
| 1) Pike Beginner I | 3) Ray* Advanced Beg I |
| 2) Eel* Beginner II | 4) Starfish* Advanced Beg II |

Youth Program

Y T **ages 6 years to 13 years**

Our Youth Swimming program is child-centered and uses a guided-discovery teaching approach. The emphasis is on learning and not on passing or failing. Each developmental level is divided into five components, which include personal safety, stroke development, water sports and games, personal growth, and rescue. In each of the levels, the skills and activities promote health and fitness. Classes are organized by peer grouping within each level to utilize the entire pool and to maximize participation per class. Participants gain confidence and see progress as their endurance and strength increases.

Youth Program Levels

- | | |
|-----------------|-------------------|
| 1) Polliwog | Beginner |
| 2) Guppy* | Advanced Beginner |
| 3) Minnow* | Intermediate One |
| 4) Fish* | Intermediate Two |
| 5) Flying Fish* | Advanced One |
| 6) Shark* | Advanced Two |
| 7) Porpoise* | Pre-competitive |

Adult Program

T A **ages 14 years and older**

Our Adult Swimming program focuses on the needs of the adult learner and is designed to build confidence in an aquatic environment.

***Requires Skill Assessment
for new participants.**

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- Y** Youth
Ages 0 - 12 yr
- T** Teens
Ages 13 - 17 yr
- A** Adult
Ages 18+
- S** Senior
Ages 62+

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Ballet



Ballet I - Ages: 3 - 5 years
Day & Times: Sat 10:30 am - 11:00 am
Ballet II - Ages: 6 - 11 years
Day & Times: Sat 11:00 am - 11:30 am
Fees: Member - \$35.00
Participant - \$50.00

This class will build flexibility, strength and coordination. Participants will be introduced to classical music, while the graceful movements of ballet are explored. *Ballet shoes are recommended.*

Basketball League - Youth



Session: 5 through 6 (9 weeks)
Reg. Starts: May 1
Reg. Deadline: June 14
Assessments: June 7 & 14
Practices Begin: Week of June 29
Games Begin: July 11
Practices: Mon. - Fri. (1 day per week, 1 hour)
4:00 pm - 9:00 pm
Games: Saturday (1 hour)
Ages: 5 - 12 years
Fees: Member - \$70.00
Participant - \$100.00

Post Season Festival: August 30

Join our popular recreation basketball league. Our program concentrates on teaching the basic skills of basketball through practice and games. Practice is once a week with games once a week. Players will improve their skills in a safe and positive environment through the guidance of caring and trained volunteer coaches. *Requirements: athletic shoes and attire. Fees include jersey, team photo and post season festival.*

Basketball League - Teen



Session: 5 through 6 (9 weeks)
Reg. Starts: May 1
Reg. Deadline: June 14
Assessments: June 7 & 14
Practices Begin: Week of June 29
Games Begin: July 11
Practices: Mon. - Fri. (1 day per week, 1 hour)
4:00 pm - 9:00 pm
Games: Saturday (1 hour)
Ages: 13 - 17 years
Fees: Member - \$70.00
Participant - \$100.00

Post Season Festival: August 30

Join the next level of basketball. This is a continuation of our youth developmental program. This league is designed to help players sharpen their skills in a more competitive environment. Practice is once a week with games once a week. *Requirements: athletic shoes and attire. Fees include jersey, team photo and post season festival.*

Dolphin Fitness Club



Ages: 9 - 15 years
Days: Monday/Wednesday
Times: 7:00 pm - 8:00 pm
Fees: Member - \$100.00
Participant - \$150.00

This club offers the participant the opportunity for conditioning and stroke technique improvements. Have fun, stay active and make friends. *Must be Fish level or higher.*

Family Karate



Ages: 5 years and up
Days: Monday/Wednesday
Times: 4:00 pm - 5:00 pm
6:15 pm - 7:00 pm
(Advanced)
Fees: Member - \$65.00
Participant - \$85.00

Our Kyokushin karate class can help kids and adults develop confidence, strength, focus, flexibility and balance. This ongoing progressive program is for all levels. *Purchase of uniform required through instructor.*

Parent's Night Out



Ages: K thru 7th
Dates: June 6, July 11, August 8
Time: 6:00 pm - 11:00 pm
Fees: Member-\$10.00/ea
Participant-\$20.00/ea

Parents take the night off from the kids! Bring them to the YMCA for an evening of fun. games, arts & crafts and a snack. *Register early. Space is limited.*

Pee Wee Art



Day: Thursday
Time: 5:00 pm - 6:00 pm
Ages: 2 - 5 years & parents
Fees: Member - \$50.00
Participant - \$75.00

This program will help you develop your child's love for art. Its filled with art projects that will engage you and your child in learning and seeks to bridge the gap between parent and child through art.

Pee Wee Movers



Day: Wednesday
Time: 10:00 am - 10:30 am
Ages: 18 mo - 5 years & parents
Fees: Member - \$35.00
Participant - \$50.00

Join us for this high energy parent/child class! It provides fun and learning through crafts, stories, dance and songs. This is specifically designed to engage parents with their children in a handful of activities that encourage children in their development. Parent participation is required.

Financial Assistance is Available!
See a Y-Staff for more information.



Pee Wee Sports



Session: 5 - Soccer
Day & Time: Saturday, 10:00-11:00 am
Session: 6 - T-Ball
Day & Time: Tuesday, 5:30-6:30 pm
Ages: 3 - 5 years & parents
Fees: Member - \$50.00
Participant - \$75.00

This program helps parents play one-on-one with their children while teaching them the basics of soccer or t-ball. Our program helps prepare children for organized sports by using safe and age appropriate equipment. Our Pee Wee Sports program teaches athletic skills while children have fun as they learn. *Requirements: athletic shoes & attire.*

Tap for Kids



Ages: 3 - 11 years
Day: Saturday
Time: 11:30 am - 12:00 pm
Fees: Member - \$35.00
Participant - \$50.00

YMCA tap classes are a great way to enhance your child's confidence and develop important motor skills, grace and poise. The children have so much fun that they don't realize they are exercising or learning a new skill.

Teen Coaching Clinics



Days & Times: Tuesday 3:00 pm - 4:00 pm
Saturday (Varies)
Ages: 16 - 19 years
Fees: Free

Take your love of basketball to the next level and become a coach! Learn the skill and attitude needed to become a motivating, positive, and effective coach. Coaching hours may be used for school volunteer requirements.

Teen Weight Room Orientation



Ages: 12 - 17 years
Day & Time: By Appointment
Fees: Member Only - Free

Teen Weight Room Orientation is a program designed to familiarize teens with proper exercise techniques and form. Weight room etiquette is also taught. The successful completion of this course requires two complete 1 hour classes and passing a written exam. After successful completion, teens will be allowed to use the weight room and cardiovascular room. Register at Welcome Center.

The Core Summer Program



8 weeks beginning June 22nd

Days: Monday - Thursday
Time: 12:00 pm - 5:00 pm
Ages: Entering 6th - 11th grades
Fees: Member - \$30.00
Participant - \$60.00

Program structure:

- * Devotion (bible study)
- * Fitness
- * Homework Heroes (tutoring)
- * Community beautification projects
- * Field trips

...off the couch and into *The Core* summer program. The Core summer program is geared to enrich and develop leadership and academic skills. Your teen will be encouraged and supported in building a stronger foundation to succeed in the new school year. Please make appointment with Ulises Gutierrez at YMCA Welcome Center.



YMCA



Adventure Guides

Formerly Known as
"Indian Guides"

Go on a journey of discovery and learning with your child...

For grades 1 - 5

YMCA Adventure Guides is a parent-child program designed to help foster a lifetime of understanding and companionship and to strengthen the relationship between children and parents.

As "Y Guides" and "Y Explorers," parents and children explore adventures in fun, learning and mutual understanding.

The immediate gain is sizable—spending time together—but the long-term gains will prove to be even more significant.

In YMCA Adventure Guides, parents and children participate in dozens of activities - camping, games, and family adventures, - that foster understanding and companionship.

Share adventures in fun, learning and mutual understanding while building a friendship with your child that will last a lifetime.

If you're looking for adventure, you'll find it at the YMCA.

Call Charles Mounday to find out how you and your child can become part of this outstanding program.

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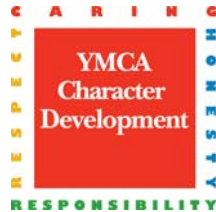
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YMCA Mountaineers Club Basketball Team (Y)(T)

Days/Times: Varies
Age: 4th thru 8th grade teams
Fees: Member - \$55.00/month
 Participant - \$75.00/month

We offer a year-round competitive traveling team experience. Players compete with other club teams in the area. Uniform is an extra fee. *Tryout required. Please submit an interest/tryout application form available at the Welcome Center. See coach for uniform.*



Referee Clinics (T)

Days & Times: Tuesday 7:00 pm - 8:00 pm
 Saturday am (Varied by game)
Ages: 14 and up
Fees: Member - Free
 Participant - \$30.00

Do you look good in black and white stripes? Think you got what it takes to make the call? Then join our Referee Clinic! This 8 week program is designed to introduce and teach the skills and knowledge to become a referee. One day a week is spent in the classroom and then Saturday mornings are used for hands on experience. Referee hours may be used for school volunteer requirements.

Yoga (T)

Beginning Yoga
Days & Times: M/W/F 12:00 pm - 1:00 pm
 OR T/Th 5:30 pm - 6:30 pm
Ages: 12 and up
Fees: Member - Free
 Participant - M/W/F \$90.00
 T/Th \$80.00

Yoga
Days & Times: M/W/F 5:30 pm - 6:30 pm
 OR T/Th 7:30 pm - 8:30 pm
Fees: Member - Free
 Participant - M/W/F \$90.00
 T/Th \$80.00

This class teaches postural alignment, flexibility, strength and intense relaxation. Our class is taught at a beginner to intermediate level and ends with deep relaxation techniques that leave you feeling refreshed.

Youth Swim Team (Y)(T)

Days: Tues., Thurs. & Saturday
Time: 6:00 pm -7:00 pm (T/Th)
 AND
 8:30 am -9:30 am (Sat)
Ages: 6 to 14 years
Fees: Member - \$100.00
 Participant - \$150.00

We offer a year-round swim team experience. Our program is a fun introduction to the world of competitive swimming. We focus on building endurance, stroke mechanics, turns, starts and finishes. Swim meets are arranged with other local YMCA swim teams. *Tryout required. Please complete the interest/tryout application form available at the Welcome Center. Tryouts are the last Thursday of each month, 600 pm - 7:00 pm.*



Sleep Away Camps

Camp E.L.K. (Y)(T)

Dates: August 1 - 7
Grades: Entering 3rd - 8th
Fees: Member - \$375
 Participant - \$400

Spend a week at the American Camping Assdociation accredited sleep-away camp in the San Bernardino Mountains. YMCA Camp E.L.K. is the perfect summer getaway for kids. Camp offers horseback riding, swimming, a rock-climbing wall, archery, crafts, canoeing and more. The traditional campfires, camp songs and s'mores are all part of the fun!

Surf Camp (Y)(T)

Dates: August 17 - 21
Grades: Entering 3rd - 8th
Fees: Member - \$375
 Participant - \$400

A great YMCA Camp for water loving campers. Spend five days at sleep away camp in San Diego. Enjoy surfing, kayaking and loads of fun in the sun. Evenings will be spent in traditional camp fashion with camp fires, skits and games.

(Y) Youth
 Ages 0 - 12 yr

(T) Teens
 Ages 13 - 17 yr

(A) Adult
 Ages 18+

(S) Senior
 Ages 62+

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YMCA Summer Day Camp (Y)(T)

Gear up for a summer adventure that takes fun to a new level! Whether your child is singing or swimming, attending field trips or playing sports, campers at YMCA Day Camp have fun, make friends and learn something new.

Although each camp is unique, all YMCA summer day camps provide safe places with caring adults and positive activities. The Santa Anita Family YMCA day camps focus on the development of four core character values: caring, honesty, respect and responsibility.

For campers, YMCA day camp is a fun way to enjoy the summer. For parents, it's a way to give their children a positive developmental experience.

All Summer Day Camps are from 8:30 am to 4:00 pm* - Monday - Friday
Extended Care hours are available from 7:00 am - 8:30 am and 4:00 pm - 6:00 pm
 (additional fee of \$20 per session for extended care)
 *unless otherwise noted

Traditional Day Camps (Y)(T)

Discovery Camp

Dates: June 22 - August 24
Grades: Entering K -1st
Weekly Fees: Member - \$135
 Participant-\$165

Explorer Camp

Dates: June 22 - August 24
Grades: Entering 2nd - 3rd
Weekly Fees: Member - \$135
 Participant-\$165

Voyager Camp

Dates: June 22 - August 24
Grades: Entering 4th - 5th
Weekly Fees: Member - \$135
 Participant-\$165

'tween Camp

Dates: June 22 - August 24
Grades: Entering 6th - 8th
Weekly Fees: Member - \$155
 Participant-\$185

Specialty Day Camps (Y)(T)

Science Camp

Grades: Entering 4th - 8th
Week: June 29 - July 3
Weekly Fees: Member - \$190
 Participant - \$225

Outdoor Adventurer Camp

Grades: Entering 3rd - 6th
Week: July 6 - 10
Weekly Fees: Member - \$190
 Participant - \$225

Super Sports Camp

Grades: Entering 2nd - 4th
Week: July 13 - July 17
Weekly Fees: Member - \$190
 Participant - \$225

Movie Maker Camp

Grades: Entering 5th - 8th
Week: July 20- 24
Weekly Fees: Member - \$190
 Participant - \$225

Ride the Rails Camp

Grades: Entering 3rd - 6th
Week: July 27 - 31
Weekly Fees: Member - \$190
 Participant - \$225

Chess Camp

Grades: Entering 3rd - 8th
Dates: August 3 - 7
Times: 8:30 am -12:30 pm
 (am extended care only)
Weekly Fees: Member - \$150
 Participant - \$175

Jr. Lifeguard Camp Introductory Pricing!

Grades: Entering 5th - 8th
Week: August 3 - 7
Times: 12:30 pm - 4:30 pm
Weekly Fees: Member - \$100
 Participant - \$125

Flight Camp

Grades: Entering 2nd - 6th
Week: August 10 - 14
Weekly Fees: Member - \$190
 Participant - \$225

Super Sports Camp

Grades: Entering 5th - 8th
Week: August 24 - August 28
Weekly Fees: Member - \$190
 Participant - \$225

YMCA

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Santa Anita Family YMCA
 501 S. Mountain Avenue
 Monrovia, CA 91016
 (626) 359-9244
www.safymca.org
information@safymca.org

See Summer Camp Guide for more details. It may be pick ed up at the Welcome Center or downloaded from our website at www.safymca.org.



Y Youth
Ages 0 - 12 yr

T Teens
Ages 13 - 17 yr

A Adult
Ages 18+

S Senior
Ages 62+

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ABSolution! (T) (A) (S)

Days: Tues., Thurs. & Sat.
Time: 8:30 am - 9:00 am (T/Th)
OR 5:00 pm - 5:30 pm (T/Th)
OR 9:00 am - 9:30 am (Sat)
Ages: 12 and up
Fees: Member - Free
Participant - \$80.00 (T/Th)
\$40 (Sat)

This 30 minute workout is the solution for your flabby ABS! The class consists of strength, isolation and toning exercises for the mid-section. You will ABSolutely see a difference in your abdominals after a few classes.

Adult Basketball League (A)

Sessions: 5 through 6 (9 weeks)
Reg. Deadline: June 28
Games Begin: July 12
Ages: 18 years and older
Players/Team: 10 max per team
Team Fees: \$325.00 + Referee Fees
Singles Fees: Member - \$40.00
Participant - \$55.00

A competitive league for ages 18 and up. Each season includes eight games with the top four teams advancing to the playoffs. Singles will be placed on a team. Teams need to provide their own jerseys w/ number. (Referee fees not included.)

Adult Karate (A) (S)

Ages: 18 years and up
Days: Tuesday & Thursday
Times: 7:00 pm - 9:00 pm
Fees: Member - \$110.00
Participant - \$130.00

We now offer karate for adults too. The physical conditioning counteracts physical deterioration, increases flexibility, relieves stress, and helps control weight. *Purchase of uniform required through instructor.*

Aqua Kick (A) (S)

Days: Monday & Wednesday
Times: 5:00 pm - 6:00 pm
Fees: Member - Free
Participant -
Monrovia Adult School

Aqua Kick is an interval class utilizing kickboxing exercises in the water to increase cardiovascular ability and strength without putting stress on the joints. All levels welcome (swimming not required).

Body Fat Analysis (A) (S)

Days & Time: By appointment only
Fees: Member - \$25.00
Participant - \$40.00

A YMCA Healthy Lifestyle Coach will determine your body composition. A body fat analysis goes a step further than just weighing yourself on a scale. It gives you the ratio of fat to lean body mass. This is much more helpful when setting up or adjusting your fitness program.

Body Sculpting (A) (S)

Day: Tuesday/Thursday
Time: 8:00 am - 9:00 am
Fees: Member - Free
Participant - \$80.00

Build muscle endurance, strength, and definition using free weights, resistance bands, body bars, and other equipment. Routine will include all major muscle groups of the upper and lower body, lower back, and abdominal region with a focus on proper technique.



Cardio 101 (A) (S)

Days: Mon., Wed. & Fri.
Time: 8:00 am - 9:00 am
Fees: Member - Free
Participant - \$90.00

Great for all levels! Cardio 101 introduces you to the different styles of group exercise endurance classes such as step and low impact aerobics. Join this class for a great calorie burning workout.

Circuit Training 101 (A) (S)

Days & Times: Wed., 6:30 pm - 7:30 pm
OR Sat., 8:00 am - 9:00 am
Fees: Member - Free
Participant - \$45.00

Improve your overall health and fitness with this great class. Circuit Training 101 will increase your strength and aerobic endurance as well as burn more fat. With the constant variation in this class, your workout will always be fun and challenging.



CPR/AED/First Aid Training (A) (S)

Ages: 14 years and up
Days: First Saturday of every month
Dates: July 11, August 1, September 5

CPR/AED Only

Time: 12:00 pm - 6:00 pm
Fees: Member - \$35.00
 Participant - \$55.00

Participants must register at least one week prior to class.

CPR/AED & First Aid

Time: 12:00 pm - 8:00 pm
Fees: Member - \$60.00
 Participant - \$80.00

Participants must register at least one week prior to class.

The CPR course will train individuals to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in infants, children, and adults.

The First Aid portion is designed to give individuals the knowledge and the skills necessary to recognize and provide basic care for injuries and sudden illness until advanced medical personnel arrive and take over.

Dance with Elegance (A) (S)

Ages: 18 and up
Days & Times: Tues., 2:00 pm - 3:00 pm
 Practice, 3:00 pm - 4:00 pm
 OR Thurs., 2:00 pm - 3:00 pm
 Practice, 3:00 pm - 4:00 pm
 OR Sun., 2:00 pm - 3:00 pm
 Practice, 3:00 pm - 4:00 pm
Fees: Member - \$60.00
 Participant - \$75.00

Learn to "Dance with Elegance." Popular Ballroom Dances - Fox Trot - Waltz - Swing - Latin Dances - Salsa/Mambo - Rumba - Cha Cha and the exotic Argentine Tango.

Fit for Life (A) (S)

Days: Mon., Wed., & Fri.
Time: 6:15 am - 7:15 am
Fees: Member - Free
 Participant - \$90.00

Fit for Life is a volunteer led group that offers participants a well-rounded workout to increase their fitness level. Stretching is used to increase flexibility, cardiorespiratory and muscular endurance.

Fitness Assessment (A) (S)

Days & Time: By appointment only
Fees: Member - \$35.00
 Participant - \$60.00

This one hour evaluation includes strength, endurance and flexibility testing as well as body measurements. A great test for beginners looking for a starting point. It's also motivating for those already involved in an exercise program.

Low-Impact Step Aerobics (A) (S)

Days: Monday and Friday
Time: 6:30 pm - 7:30 pm
Fees: Member - Free
 Participant - \$80.00

This class combines the excitement of dance, the safety of low impact exercise and the challenge of an aerobic workout. Stepping, toning (i.e. abdominal) and stretching are included in this comprehensive calorie crusher.

1 - on - 1 Wellness

Members Only

1 Session - \$ 50.00
5 Sessions - \$225.00
10 Sessions - \$400.00

Make sure you are getting the most out of your workout by training the right way. Our coaches will help you, one-on-one to meet your individual fitness goals. Whether its increasing strength, weight loss, post rehab or just wanting to get committed to a lifetime of health and fitness, the YMCA Wellness Coaches are here for you.

Multiple Sclerosis Aquatic Pgm (A) (S)

Days: Tues., Thurs. & Friday
Time: T/Th: 10:00 am - 11:00 am
 Friday: 12:00 pm - 1:00 pm
Fees: Member - Free
 Participant - \$45.00

This rehabilitative program lasts approximately one hour and is specifically designed to assist those suffering from the physical effects of Multiple Sclerosis. This program is designed and certified by the Multiple Sclerosis Society. *A medical prescription is required to participate.*

Women's Non-Boot Camp (A) (S)

Days: Tuesday and Thursday
Time: 6:30 pm - 7:30 pm
Fees: Member Only - \$175.00

Taught by a coach in a non-threatening environment. You will shed the winter fat and gain the confidence to wear whatever you want. You will have lots of fun and make new friends with other women, like you, motivated to get in shape.

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Pilates (A) (S)

Days: Mon., Wed. & Fri.
Time: M/W/F 9:00 am - 10:00 am OR
 M/W 7:30 pm - 8:30 pm
Fees: Member - Free
 Participant - \$90.00 (M/W/F)
 \$80.00 (M/W)

Pilates uses isometric movement combined with breath control to strengthen the body. Pilates develops long, slender muscles and improves alignment. Added benefits include abdominal and lower back strengthening, better symmetry and definition. AM classes are held in Racquetball Court #3.

Pre-Natal Exercise (A)

Days: Tuesday & Thursday
Time: 9:15 am - 10:00 am
Fees: Member - Free
 Participant - \$40.00

This group exercise class is designed specifically for moms-to-be. A great way to stay active while the water helps to alleviate some of the uncomfortable pressure associated with the later stages of pregnancy. *We recommend that you consult your doctor before starting any exercise program.*

Referee Clinics (T) (A)

Days & Times: Tuesday 7:00 pm - 8:00 pm
 Saturday am (Varied by game)
Ages: 14 and up
Fees: Member - Free
 Participant - \$30.00

Do you look good in black and white stripes? Think you got what it takes to make the call? Then join our Referee Clinic! This 8 week program is designed to introduce and teach the skills and knowledge to become a referee. One day a week is spent in the classroom and then Saturday mornings are used for hands on experience. Referee hours may be used for school volunteer requirements.

Straight up Strength (A) (S)

Days: Tuesday & Thursday
Time: 6:30 pm - 7:30 pm
Fees: Member - Free
 Participant - \$80.00

This class is designed for those who want to tighten up, develop strength, improve posture and much more. Straight up Strength is exactly what it says it is. No cardio here.

The Silver Sneakers® Fitness Program



Silver Sneakers® I (S)
Days & Times: Monday and Wednesday
 9:15 am - 10:15 am

Fees: Member Only - Free

An innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health.

Silver Sneakers® II - Cardio Circuit
Days & Times: Friday, 9:15 am - 10:15 am
Fees: Member Only - Free

The Cardio Circuit class is for members who desire and are ready for an advanced Silver Sneakers workout. The format offers a blend of standing non-impact choreography designed to increase cardiovascular endurance and muscular strength alternated with upper body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is used for standing support, stretching and relaxation.

Strength 4 Seniors (S)

Days: Tuesday & Thursday
Time: 10:30 am - 11:30 am
Fees: Member - Free
 Participant - \$80.00

This class is designed for older adults who want to develop a better understanding of the positive effects of exercise. Also included is range of motion, flexibility and strength exercises.

Swimnastics (A) (S)

Days: Monday - Friday or M/W/F
Time: Mon-Fri: 8:00 am - 9:00 am
 M/W/F: 9:30 am - 10:30 am
 M/W/F: 5:00 pm - 6:00 pm
Fees: Member - Free
 Participant - \$75.00

This water fitness class is designed for everyone. Our exercises concentrate on improving strength, flexibility and endurance. The additional resistance of the water makes this an excellent workout for all. *Remember, participants should take exercises at their own pace to maximize the workout.*

Total Body Stretch (A) (S)

Days: Tuesday & Thursday
Time: 9:15 am - 10:15 am
Fees: Member - Free
 Participant - \$80.00

An excellent class for beginners and those who wish to increase flexibility and maintain personal fitness.

(Y) Youth
Ages 0 - 12 yr

(T) Teens
Ages 13 - 17 yr

(A) Adult
Ages 18+

(S) Senior
Ages 62+

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Water Volleyball (A) (S)

Days: Mon., Wed. & Friday
Time: 4:00 pm - 5:00 pm
Fees: Member Only - Free

Want a great workout? Want to have fun? Want to do both at once? Then join us for Water Volleyball! (Adults Only).

Weight Room Orientation (A) (S)

Member Only - Free

This orientation will familiarize members with weight room machines and cardiovascular equipment. Members will be guided through our Express Lane circuit workout that can be done in 30 minutes. Register at the Welcome Center.



YMCA Arthritis Aquatic Pgm (A) (S)

Days: Monday - Friday
Time: 1:30 pm - 2:30 pm
Fees: Member - Free
 Participant - \$66.00

This program follows the guidelines established by the Arthritis Foundation. The approved arthritis exercises combined with the warmth of the water can relieve the pain and stiffness associated with arthritis.

Private Basketball Lessons

Days & Times: By Appointment

Fees: Member - \$35.00 (30 min)
\$60.00 (60 min)
Participant - \$75.00 (30 min)

Our private basketball lessons are designed to meet the individual needs of each student. Application forms are available at the Welcome Center.

Private Swim Lessons

Days & Times: By Appointment

Fees: Member - \$35.00 (30 min)
Participant - \$75.00 (30 min)

Our private swim lessons are designed to enhance and reinforce the skills taught in our group lessons. Just like our group lessons, private swim lessons are taught by trained and certified YMCA staff. Each class is designed to meet the individual needs of each student. Application forms are available at the Welcome Center.

Yoga (S)

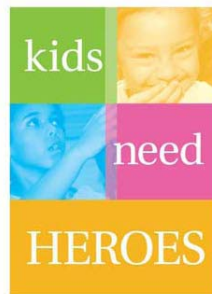
Beginning Yoga

Days & Times: M/W/F 12:00 pm - 1:00 pm
 OR T/Th 5:30 pm - 6:30 pm
Ages: 12 and up
Fees: Member - Free
 Participant - M/W/F \$90.00
 T/Th \$80.00

Yoga

Days & Times: M/W/F 5:30 pm - 6:30 pm
 OR T/Th 7:30 pm - 8:30 pm
Fees: Member - Free
 Participant - M/W/F \$90.00
 T/Th \$80.00

This class teaches postural alignment, flexibility, strength and intense relaxation. Our class is taught at a beginner to intermediate level and ends with deep relaxation techniques that leave you feeling refreshed.



We build strong kids,
 strong families,
 strong communities.

Invest in Tomorrow



Now you can get your workout done in 30 minutes or less. Our circuit workout consists of ten pieces of strength equipment for a full body workout. Set up an appointment at the Welcome Center today for an orientation with a YMCA wellness coach.

1 - on - 1 Wellness

Members Only

1 Session - \$ 50.00
5 Sessions - \$225.00
10 Sessions - \$400.00

Make sure you are getting the most out of your workout by training the right way. Our trainers will help you, one-on-one, meet your individual fitness goals. Whether its increasing strength, weight loss, post rehab or just wanting to get committed to a lifetime of health and fitness, YMCA wellness coaches are here for you.

YMCA

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Multi-Purpose Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am	Cardio 101 8:00-9:00	ABSolution* 8:30-9:00	Cardio 101 8:00-9:00	ABSolution 8:30-9:00	Cardio 101 8:00-9:00	Circuit Training 101 8:00-9:00	
9:00 am	Silver Sneakers 9:15-10:15	Total Body Stretch 9:15-10:15	Silver Sneakers 9:15-10:15	Total Body Stretch 9:15-10:15	Silver Sneakers Cardio Circuit 9:15-10:15	ABSolution 9:00-9:30	
10:00 am							
11:00 am	Parkinson's 10:30-11:30	Strength 4 Seniors 10:30-11:30	Parkinson's 10:30-11:30	Strength 4 Seniors 10:30-11:30	Parkinson's 10:30-11:30	Ballet I 10:30-11:00	
						Ballet II 11:00-11:30	
12:00 pm	Beginning Yoga 12:00-1:00		Beginning Yoga 12:00-1:00		Beginning Yoga 12:00-1:00	Tap for Kids 11:30-12:00	
2:00 pm		Dance with Elegance 2:00-3:00		Dance with Elegance 2:00-3:00			Dance with Elegance 2:00-3:00
3:00 pm		Dance with Elegance Practice 3:00-4:00		Dance with Elegance Practice 3:00-4:00			Dance with Elegance Practice 3:00-4:00
4:00 pm	Karate 4:00-5:00		Karate 4:00-5:00				
5:00 pm		ABSolution 5:00-5:30		ABSolution 5:00-5:30			
6:00 pm	Yoga 5:30-6:30	Beginning Yoga 5:30-6:30	Yoga 5:30-6:30	Beginning Yoga 5:30-6:30	Yoga 5:30-6:30		
7:00 pm	Low Impact Step 6:30-7:30	Straight Up Strength 6:30-7:30	Circuit Training 101 6:30-7:30	Straight Up Strength 6:30-7:30	Low Impact Step 6:30-7:30		
8:00 pm	Pilates 7:30-8:30	Yoga 7:30-8:30	Pilates 7:30-8:30	Yoga 7:30-8:30	YMCA Youth Alliance 7:30-9:00		
9:00 pm							

*Last Tuesday of month in racquetball court #3

Gymnasium Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Fit for Life 6:15-7:15		Fit for Life 6:15-7:15		Fit for Life 6:15-7:15		
7:00 am							
8:00 am							
9:00 am	Open Gym 7:15-1:00		Open Gym 7:15-1:00		Open Gym 7:15-1:00		
10:00 am		Open Gym 6:00-4:00		Open Gym 6:00-4:00			
11:00 am							
12:00 pm	Open Volleyball/ Open Gym 1:00-3:00		Open Volleyball/ Open Gym 1:00-3:00		Open Volleyball/ Open Gym 1:00-3:00		
1:00 pm							
2:00 pm	Open Gym 3:00-4:00		Open Gym 3:00-4:00		Open Gym 3:00-4:00		
3:00 pm							
4:00 pm		Youth Sports 4:00-6:00			Youth Sports 4:00-6:00		Open Gym 1:00-5:00
5:00 pm							
6:00 pm	Youth Sports 4:00-9:00		Youth Sports 4:00-9:00	Youth Sports 4:00-9:00			
7:00 pm		YMCA Mountaineers Club Basketball Team 6:00-10:00			YMCA Mountaineers Club Basketball Team 6:00-10:00		Adult Basketball 5:00-10:00
8:00 pm							
9:00 pm	Open Gym 9:00-10:00		Open Gym 9:00-10:00	Open Gym 9:00-10:00	Open Gym 9:00-10:00		
10:00 pm							

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Schedule effective June 22 - September 16, 2009. Schedule subject to change without notice.

Pool Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Adult Lap Swim 6:00 - 7:45	Adult Lap Swim 6:00 - 7:45	Adult Lap Swim 6:00 - 7:45	Adult Lap Swim 6:00 - 7:45	Adult Lap Swim 6:00 - 7:45		
7:00 am						Adult Lap Swim 7:00-8:30	
8:00 am	Swimnastics 8:00-9:00	Swimnastics 8:00-9:00	Swimnastics 8:00-9:00	Swimnastics 8:00-9:00	Swimnastics 8:00-9:00		
9:00 am	Recreation Swim* 9:00-9:30	Pre-Natal/ Recreation Swim* 9:00-10:00	Recreation Swim* 9:00-9:30	Pre-Natal/ Recreation Swim* 9:00-10:00	Recreation Swim* 9:00-9:30	Swim Team 8:30-9:30	
10:00 am	Swimnastics 9:30-10:30	Lap Swim/ MS Program 10:00-11:00	Swimnastics 9:30-10:30	Lap Swim/ MS Program 10:00-11:00	Swimnastics 9:30-10:30		
11:00 am	Recreation Swim 10:30-1:15	Recreation Swim 11:00-1:15	Recreation Swim 10:30-1:15	Recreation Swim 11:00-1:15	Recreation Swim 10:30-1:15	Swim Lessons 9:30-1:30	
12:00 pm					MS Program 12:00-1:00		
1:00 pm							Recreation Swim 1:00-2:00
2:00 pm	YMCA Arthritis Aquatic Program 1:30-2:30	YMCA Arthritis Aquatic Program 1:30-2:30	YMCA Arthritis Aquatic Program 1:30-2:30	YMCA Arthritis Aquatic Program 1:30-2:30	YMCA Arthritis Aquatic Program 1:30-2:30	Community Swim 1:30-3:30	
3:00 pm	Community Swim* 2:30-4:00	Community Swim* 2:30-4:00	Community Swim* 2:30-4:00	Community Swim* 2:30-4:00	Community Swim* 2:30-4:00		Community Swim 2:00-4:00
4:00 pm	Volleyball/ Recreation Swim 4:00-5:00	Swim Lessons 4:00-6:00	Volleyball/ Recreation Swim 4:00-5:00	Swim Lessons 4:00-6:00	Volleyball/ Recreation Swim 4:00-5:00	Recreation Swim 3:30-5:00	
5:00 pm							
6:00 pm	Swimnastics/ Aqua Kick 5:00-6:00	Swim Team 6:00-7:00	Swimnastics/ Aqua Kick 5:00-6:00	Swim Team 6:00-7:00	Swimnastics 5:00-6:00		
7:00 pm	Swim Lessons 6:00-8:00		Swim Lessons 6:00-8:00				
8:00 pm	Dolphin Fitness 7:00-8:00	Recreation Swim 7:00-9:30	Dolphin Fitness 7:00-8:00	Recreation Swim 7:00-9:30	Recreation Swim 6:00-9:30		
9:00 pm	Recreation Swim 8:00-9:30		Recreation Swim 8:00-9:30				
10:00 pm							

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A minimum of 2 lap lanes guaranteed for Recreation Swim and Weekend Community Swim.

* This symbol indicates that no lap lanes are available during this time.



Y-Partner

Activate your health.

...anywhere

Finally...a program that'll keep you motivated and exceeding your goals.

Activity is the key to a healthy lifestyle. The best way to get more activity into your day is to know how much activity you do and when you do it. You'll see how easy it really is to take a few more steps each day and find the time to do it.

The Y-Partner program does this and so much more!

The Y-Partner program combines the caring support and expertise of YMCA wellness coaches with cutting edge technology to create a program that fits into your life...and works!

As a Y-Partner, you and your Y wellness coach will set your activity goals and celebrate your progress. You can check your progress anytime at your personal, web-based activity journal.

The Y-Partner program uses an Activity Monitor to accurately track your steps, the calories you burned, how far you've gone and the amount of



time you're active. It even knows when you're walking, running or just moving around. It even senses the intensity of your activity. Do you use an elliptical machine or treadmill? The Activity Monitor tracks those too.

Here's the best part, it's easy - just clip it on your shoe and go! No extra equipment to buy. No buttons to press. The Activity Monitor automatically uploads your activity data to your personal, web-based activity journal.

Become a Y-Partner today!

You can view your daily, weekly or monthly activity information and compare it against your personal goals.
This will give you that valuable insight on your daily activity to keep you moving!

The Y-Partner program provides you with support, motivation and your own personal activity dashboard. It's easy to track your daily activity and other personal health data. You receive timely feedback and your own Y wellness coach who will help keep you moving and reaching your personal health goals.

\$40-members
FREE web access
\$50-program participants
+\$5 a month for web access

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June 13

YMCA Open House. Join us for family fun, program information, prizes and a chance to win a YMCA membership! We have programs for everyone in the whole family. **Saturday, June 13 from 10:00 am - 4:00 pm**