

## YOUTH FITNESS

### Circuit Training

Utilize circuit stations for beginner level strength training routine with a lifestyle center staff. Improve strength, flexibility and have fun!

#### East

SA	Ages 7-12	LSC	10:00-10:45am
SA	Ages 7-12	LSC	11:00-11:45am

#### Northeast

T	Ages 7-12	LSC	4:00-4:45pm
TH	Ages 7-12	LSC	4:00-4:45pm
SU	Ages 7-12	LSC	3:00-3:45pm

#### West

F	Ages 7-12	LSC	4:00-4:45pm
SU	Ages 7-12	LSC	3:00-3:45pm

M \$36 P \$72

### Drums Alive® Kids Beat

Improve your physical and mental fitness as you get your feet stomping and body moving through music and rhythm while you beat drumsticks on stability balls.

#### East

TH	Ages 7-12	Activites Rm.	3:45-4:15pm
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#### West

M	Ages 7-12	Family Gym	4:00-4:30pm
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M FREE

### **NEW!** Parent/Child Orientation

Join LSC staff for a parent/child orientation to select cardiovascular equipment. Upon completion, youth ages 10-15 can utilize cardio equipment with their (18+) parent/guardian's direct supervision. Accessibility may vary by session and by branch. Register at the front desk.

#### East/Northeast/West

1 hour	M FREE
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### Yoga

Beginner yoga and youth workout class. Run, jump, stretch and get in shape!

#### East

T	Ages 5-12	Studio	5:30-6:15pm
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M \$38 P \$78

### KidzFit

This class includes games, sports, fitness activities to engage youth and make good health fun.

#### East

M	Ages 7-12	Activities Rm.	4:00-4:30pm
T	Ages 7-12	Activities Rm.	4:00-4:30pm
W	Ages 7-12	Activities Rm.	4:00-4:30pm

#### Northeast

M	Ages 7-12	Studio	3:45-4:15pm
T	Ages 7-12	Studio	3:45-4:15pm
W	Ages 7-12	Studio	3:45-4:15pm
TH	Ages 7-12	Studio	3:15-4:00pm

#### West

W	Ages 7-12	Family Gym	4:00-4:45pm
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M FREE

## YOUTH SPORTS

### BASEBALL/T-BALL

### Big Sluggers Machine Pitch League

Play structured games while focusing on the fundamentals, teamwork and fun! Meets once a week for 6 weeks. Game time rotates weekly. There will be 2 weeks of practice followed by 5 weeks of games. League begins the week of Sept. 13.

#### East

M	Ages 7-9	5:30/5:45pm
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M \$25 P \$50

### BASKETBALL

### Friday Night Hoops

Get together for pick-up games every 1st, 2nd and 3rd Friday of the month! Must be in before 10:00pm. Cannot come and go. Must be playing basketball to be involved. Participants must have a photo ID.

#### West

F	Grades 5-12	9:30pm-12:00am
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M FREE P \$3

### Girls Tri-County Basketball

Competitive basketball league for girls entering grades 5-8. Consists of 2 practices during the week and 2 games on the weekend. Teams are formed by community. Practice begins in September. For more information, please contact your local YMCA.

**East - Chris McGill 221-1574 ext 3010**

**Northeast - Mike Denu 834-4373 ext 6022**

**West - Brian Kavanaugh 276-6616 ext 4007**

### Rookies Basketball

Get ready for the basketball season. This fun class consists of structured drills and game activities. We use a junior-size ball and lower the hoops to 8 feet for ages 5-6 and 9 feet for ages 7-9 everyone succeeds.

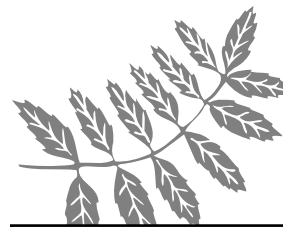
#### East

M	Ages 5-6	4:00-4:45pm
M	Ages 7-9	4:45-5:30pm

#### West

T	Ages 5-6	4:00-4:45pm
T	Ages 7-9	4:00-4:45pm
TH	Ages 5-6	4:00-4:45pm
TH	Ages 7-9	4:00-4:45pm

M \$40 P \$65



**Preschool sports available**

**For ages 4-6**

**See pages 10-11**