

Junior Fit Club

“Enriching Mind & Body”



Starting October 3, 2011
Monday – Friday
3:00 P.M. – 6:00 P.M.
Kindergarten – 8th Grade



Program Highlights:

- Certified Fitness Coaches
- Character Development
- Combating Youth Obesity
- Grade Appropriate Groups
- Homework Assistance
- Mentors
- Nutritional Snack Provided
- Progress Reports
- Resistant Band Workouts
- Swimming
- Weight Bearing Exercises

Cost:

\$100 per Month Paid in Full: Due by the 1st of Every Month
\$35 for Pick Up from Child’s School (optional)
\$25 per month for Thursday’s starting at 12:00pm - 6:00pm (optional)
(\$25 per week/ \$1.43 per hour) No Refunds

Baldwin Elementary & Granada Elementary will have the opportunity to participate in our Walk for Fitness.

Walk for Fitness- YMCA Certified Fitness Coach will be on the school site at 2:45pm everyday to walk children participating in Junior Fit Club to our facility.

Contact Team:

Stephanie Kou- *Director of Day Camp*
Email: skou@wsgvymca.org

Paige Gomez- *Director of Child Care*
Email: pgomez@wsgvymca.org

Danny Aguilera- *Director of Health & Wellness*
Email: daguilera@wsgvymca.org

Alan Hernandez- *Trainer*
Phone: (626) 576-0226

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
Homework Assistance (3:00-4:00)	Homework Assistance (3:00-4:00)	Homework Assistance (3:00-4:00)	Homework Assistance (3:00-4:00)	Homework Assistance (3:00-4:00)
Fitness (4:00-5:30)	Fitness (4:00-5:30)	Fitness (4:00-5:30)	Fitness (4:00-5:30)	Swimming (4:00-5:30)
Reading & Check-Out (5:30-6:00)	Reading & Check-Out (5:30-6:00)	Reading & Check-Out (5:30-6:00)	Reading & Check-Out (5:30-6:00)	Reading & Check-Out (5:30-6:00)

The Y of the West San Gabriel Valley

Address: 401 E. Corto Street. Alhambra, CA 91801 * Telephone Number: (626) 576-0226 * www.wsgvymca.org