



## **YUBA COUNTY RECREATION PROGRAM GUIDE:**



### **AQUATIC PROGRAM:**

Splish splash at Marysville High School pool. Take advantage of public swim from 12:30-3pm daily. Program runs June through August.

Sharpen your swimming skills by taking lessons. Lessons run for two weeks, Monday through Thursday for half an hour.



### **ART LESSONS:**

Let your child explore the world of art as they create a craft or draw something new and exciting at every lesson. Classes are the first 3 Thursday's of every month beginning 2010. Classes are held at Shooting Star Children's Art Studio @5:45-6:15pm \$5.00 per class. Year round program.



### **BABY 101:**

Baby 101 is a way to prepare for baby and it's FREE!!! We're educating soon to be parents or current ones as you prepare for your new arrival. This 2-day series is held from 10am-3:30pm on Saturday May 1<sup>st</sup> and Saturday May 15<sup>th</sup> @ the Yuba Sutter Regional Arts Council. Space is limited so call today to reserve your spot!

MAY  
CLASS!



### **BABY BOOT CAMP:**

Baby Boot Camp is stroller based fitness classes that are designed specifically to help get parents fit. Classes combine strength-training exercises with cardiovascular drills. The stroller, resistance tubes and even your child are used as an integral part of the workout!

\*Pregnant moms must have a note from their health care provider indicating that they have been cleared for exercise. Postnatal moms must be 6 weeks postpartum (8 weeks if delivered by cesarean section).

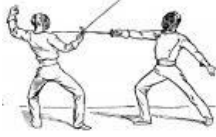
Classes held in Plumas Lake, Marysville, and Yuba City. \$50 per month. Year round program.



### **DANCE:**

Ballet, Jazz, and Tap! By popular demand Yuba County Recreation is happy to provide dance classes to the community. Parent and Me ballet, all the way up to 12 years old can participate in our program. Classes held Monday and Wednesday evenings at Friday

Night Live. Prices and times vary depending on class and are on per month basis. Year round program.



### **FENCING:**

On-guard! Learn about the historic sport of fencing. Fencing is one of four sports which have been featured at every modern Olympic Games. Classes are held every Tuesday evening at Allyn Scott Youth & Community Center from 7-9pm. Ages 13 and up. \$40.00 per month. Year round program.



### **GYMNASTICS:**

Flip, roll and tumble. Classes from "Parent and Tot" all the way up to adult is available. Students participate in exercises where they will gain physical strength, flexibility, agility, coordination, balance and grace. Classes are held at Allyn Scott Youth & Community Center Tuesday evenings. Prices and class times vary. Year round program.



### **KID-FIT:**

Preschool based curriculum for your 2 to 5 year old. Participants learn about different parts of the body including the heart, skin, eyes, and ears and why they are important. Gymnastics, physical education and hands-on activities that build your child's physical and mental strength are learned in this setting. Classes held at Pro-Fitness Thursday afternoons from 3:15-3:45pm for 2 and 3 year olds, 3:45-4:15pm for 4 and 5 year olds. \$20.00 for 6 week session. Year round program.



### **LOVE & LOGIC:**

A seven week parenting program designed by Love and Logic to give you practical skills that can be used immediately! Answers to "How do I get them out of bed in time to catch the bus?", "Is there a way to discipline my toddler in public without creating a scene?", And many other day-to-day parenting challenges... Call 749-5670 for registration.

PLEASE RSVP! Classes Monday April 12, 19, 26, May 3, 10, 17, 24 @ 6:30-8:30pm.



### **MIXED MARTIAL ARTS:**

Balance, roll and learn techniques with the ever popular sport of Mixed Martial Arts. Students learn discipline, gain strength and confidence. Classes held Friday evenings at Allyn Scott Youth & Community Center. Ages 3 up to adult welcomed. Times and price vary. Year round program.

APRIL  
CLASS



**PARENT & ME HIT THE TEE:**

Parent & Lil' Sluggers discover the game of baseball. Join your Marysville Gold Sox for interactive baseball instruction, skill building exercises and baseball 101 knowledge on a minor league field. \$25 per Parent & Child (ages 5 and under).  
Saturday, June 5<sup>th</sup> @ 10am-Noon. Space is limited so sign up today!

**MORE CLASSES TO COME!!**

**\*LACTATION\*PARENT & ME COOKING\***

For more information/registration contact:  
YUBA COUNTY GOVERNMENT CENTER  
ATTN: RECREATION DEPARTMENT  
915 8<sup>TH</sup> STREET, STE 123  
MARYSVILLE, CA 95901  
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