

# Youth Fitness Programs

**YMCA of Orange County**

*South Coast Branch*



*We build strong kids,  
strong families,  
strong communities.*

	Mon	Tue	Wed	Thu	Fri	Sat
<b>8:00</b>	♥ Zumba 8:30-9:25am (All Ages)					
<b>9:00</b>						
<b>10:00</b>	⌘ Wonderkids 10-10:45am (18-36mos)	Mommy&Me Fitness 10-11am (6 weeks- 36mos) <b>Front Patio</b>		⌘ Wonderkids 9:45-10:30am (6-18mos)		<b>Open Climb</b> 10:30-12:30  <b>Mommy&amp;Me</b> <b>Fitness</b> 9:30-10:30am (6 wks-36mos) <b>Front Patio</b>
<b>11:00</b>		♥ Itty Bitty Ballet (3-5yrs) 11:30-12:15pm	♥ Itty Bitty Ballet (3-5yrs) 11:30-12:15pm			
<b>3:00</b>	⌘ Tiny Tumblers (3-4 yrs) 3:00-4:00pm  ⌘ Gymnastics I (5-12 yrs) 3:00-4:00pm					♥ Jujitsu (all ages) 3:00-5:00pm
<b>4:00</b>	♥ Youth Ballet II 4:30-5:15pm (5-12yrs)	♥ Zumba 4:00-5:00pm (All Ages)	♥ Youth Ballet I 4:30-5:15pm (5-12yrs)	♥ Jazz/ Hip Hop 4:30-5:15pm (7yrs and up)		
<b>5:00</b>	Fit Kids (4-7yrs) 5:15-6:15pm Outside		⌘ Gymnastics I (5-12 yrs) 5:15-6:15 pm	Fit Kids (4-7yrs) 5:15-6:15pm Outside		
<b>6:00</b>	Open Climb (2yrs and up) 7-9pm	⌘ Jujitsu (all ages) 6:30-7:30pm	Open Climb (2yrs and up) 7-9pm	⌘ Jujitsu (all ages) 6:30-7:30pm	Open Climb (2yrs and up) 7-9pm	

**Ballet: \$30 YMCA Facility Members, \$60 Program Members**  
**Gymnastics/Tiny Tumblers: \$30 YMCA Facility Members, \$60 Program Members**  
**ALL OTHER CLASSES ARE INCLUDED WITH YMCA FACILITY MEMBERSHIPS**

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