



CHILDREN'S CLASSES

Fall Session Begins September 14, 2015

Holiday Session Begins November 9, 2015

smywca.org

ywca santa monica / westside • 2019 14th street • santa monica, ca 90405 phone 310.452.3881

“BROADWAY STARS”

Price reduction!

(Ages 6 -10)

BEGINNING GYMNASTICS - FUN & FITNESS! This class is instructed and supervised by the gymnastics leaders from Broadway Gymnastic School. Basic yet progressive gymnastic skills will be taught including floor exercises, vault, bars, balance beam, strength, flexibility and coordination. Kids will work on their athletic skills as they learn the fundamentals of gymnastics.



INSTRUCTOR: Broadway Gymnastic School Staff
TIME: Tues. and/or Thurs., 4:10 - 5:00 p.m.
Session 1: Sept 15 - Nov 5; Session 2: Nov 10 - Dec 17
COST: Session 1: \$96 once a week; \$186 twice a week;
Session 2: \$72 (Tues), \$60 (Thurs); \$126 twice a week;

LITTLE TUMBLING STARS Price reduction!

(Ages 3 -5)

An excellent class for the active child. Skills such as tumbling, vaulting, balance beam, bar, strength and flexibility are covered. Using mat equipment, locomotor skills and positive reinforcement will be used to help students gain self confidence and to enhance the joy of movement - Don't Miss this!

INSTRUCTOR: Broadway Gymnastic School Staff
TIME: Tues. and/or Thurs., 3:15 - 4:00 p.m.
Session 1: Sept 15 - Nov 5; Session 2: Nov 10 - Dec 17
COST: Session 1: \$96 once a week; \$186 twice a week;
Session 2: \$72 (Tues), \$60 (Thurs); \$126 twice a week;

KARATE FOR KIDS (Ages 6 -11)

Join Sensei Dana Thompson as she instructs students using the Shotokan method of Karate, concentrating on defense (punches, kicks, blocks), deliberation (sparring and grappling), and forms (katas). Students will progress through a traditional rating system as they learn skills and techniques that will assist them in every aspect of every day life.

Sensei Dana Thompson is a certified Karate instructor with over 18 years experience and 3rd degree Black Belt in Traditional Shotokan.

INSTRUCTOR: Sensei Dana Thompson
TIME: Mondays, 5p.m. -6p.m.
COST/REGISTRATION: Contact instructor at (310) 740-1223

NEW!! TODDLER TUMBLING FUN Price reduction!

(Ages 2 - 3 1/2)

Join the staff of Broadway School of Gymnastics for this parent & me class that will give your toddler first time gymnastic skills within a structured learning yet fun environment. All the basics will be covered in addition to social development — don't miss this!

INSTRUCTOR: Broadway School of Gymnastics
TIME: Thursdays 2:30 - 3:15 p.m.
Session 1: Sept 17 - Nov 5; Session 2: Nov 12 - Dec 17
COST: Session 1: \$96 per session; Session 2: \$60

NEW!! Marie's Creative Movement

(Ages 3 - 4)

Well-known dance instructor, Marie Bergenholtz will be incorporating fun movement exercises to increase body awareness for young children. This is a joyful way for children to explore movement through music, channel energy and stimulate the imagination!

New Instructor: Marie Bergenholtz
Time: Friday, 3:30 - 4:00 p.m., Session 1: Sept 18 - Nov 6;
Session 2: Nov 13 - Dec 18
Cost: Session 1 - \$96, Session 2 - \$60

NEW!! Marie's Pre-Ballet

(Ages 4 - 6)

Well-known dance instructor, Marie Bergenholtz will be teaching this intro to ballet for children that will teach students ballet positions, how to listen and count to music and the discipline of a dance class in a fun and safe environment.

New Instructor: Marie Bergenholtz
Time: Friday, 4:00 - 4:45 p.m., Session 1: Sept 18 - Nov 6;
Session 2: Nov 13 - Dec 18
Cost: Session 1 - \$96, Session 2 - \$60

A PLACE FOR PARENTS

We believe that every family needs support and a strong sense of community.

Connecting with others and building confidence as a parent helps develop strong families.



Toddler & Me Classes (1-3 year olds)

Monday, 9:30 - 10:30 a.m.

Parent Support Classes

For parents of children ages 1 - 3 years, Wednesdays and Thursdays, 9:30 - 10:30 am. Parents buy classes in groups of 5 and have 3 months to use them. For parents of children ages 3 - 6 years, Thursdays, 3:30 - 4:30 pm (childcare provided)

Cottage Activity Time

2 hour drop-off groups for 2.5 - 3.5 years old. This program is based on supporting development through play where social skills and conflict resolution skills are emphasized. We support the separation process between parent and child. Staff to child ratio is 1:4. Organic snacks are served. (Children do not have to be toilet trained). Extended hours available.

Toddler Activity Time

2 hour drop-off groups for toddlers ages 18 months - 2 1/2 years (1:3 staff ratio, 2 group minimum.)
Monday - Friday, 9:15 - 11:15 am, extended hours available.

Stay & Play

Children can extend their Cottage hours or come just for Stay & Play. One or two days per week, staff available to help with naps if needed!
Tuesday/Thursday, 2 - 4 pm

Cottage Playground Playtime

Come use our wonderful outdoor play space! Children play while parents socialize. Barbara Olinger is available from 2:30 - 3 pm. \$9 each Wednesday. Wednesdays, 2:30 - 5:30 pm

New! Private Parenting Sessions with Barbara Olinger, M.S.W.

At the YWCA or by phone, call Barbara @ (310) 452-3881

Call Barbara Olinger, M.S.W., Director of Family Development for more information: (310) 452-3881 or email her at: bolinger@smywca.org

Please call for class fees, (310) 452-3881.

YWCA Family Cooperative Pre-school



Our program is child directed and play based with an emphasis on emergent curriculum. We believe that connecting with children allows us to learn what they are communicating through their behavior. Our role is to support their feelings and to help them

gain tools to appropriately express themselves. Children free flow through our indoor and outdoor environments. Our 1 to 4 teacher to child ratio allows us to truly support each child's emotional, physical and cognitive needs.



For more information go to: www.ywcapreschool.org or email: ywcafamlycoop@gmail.com

ywca santa monica/westside - programs

Adult & Teens

smywca.org

NEW!! QI GONG FOR HEALTH

Qi Gong, based on ancient Chinese medicine, gives you the benefits of exercise without injuring or depleting yourself. The practice builds strength, improves balance and posture, and leaves you feeling peaceful and relaxed.

Instructor: Michael Sieverts
Time: Saturdays, 8:45 - 10:00 a.m.;
Cost: Use Your Body Shop Card or \$ 12.00 per class

ZUMBA GOLD!

Join Rita Ashton, Zumba Gold Certified Instructor for this great total body dance-exercise workout. Zumba gold is specifically designed to take Latin and international dance rhythms created in the original Zumba and bring them to the active older adult and beginner participant. The basics are emphasized for a safe yet effective total workout great for any age. Come join the party!

INSTRUCTOR: Rita Ashton
TIME: Mon. 12:00 p.m. - 1:00 p.m. and Wed. 10:30 - 11:30 a.m.
COST: Use your Bodyshop Card

YOGA

Enjoy the rewards of increased strength, balance, focus, flexibility and relaxation. Excellent for all fitness levels - it has something to offer for everyone. You will be guided through yoga postures using the breath in a comfortable, nurturing environment, by caring and qualified instructors. All classes end with a rejuvenating relaxation period. Please wear comfortable clothing and bring a towel or light blanket.

INSTRUCTORS: Jenny Pagliaro, Adelaide McLean
TIME: Fri. 8:30 - 9:45 a.m., Sat. 10:15 - 11:30 a.m.
COST: Use your Bodyshop Card

NEW!! CORE AND MORE

Build strength, flexibility, balance and posture with a variety of resistive equipment. Exercises used will also help train your core muscles and maintain bone density. Now using the "OsteoBall!"

Instructor: Terese Miller, ACE Gold Certified Fitness Professional
ACSM & IDEA Member
Time: Mondays, 5:15 - 6:15 p.m.
Cost: Use your Bodyshop Card

BARRE CLASS

We will concentrate on balance, alignment, placement, coordination and upper body strength. Working with movement and music also has been shown to greatly improve brain fitness! Utilizing principles of dance, the exercises will enhance posture, elongate muscles and improve joint articulation and extension. Bands are used for upper body strength, abdominal strength and leg extension.

INSTRUCTOR: Nurit Krauss
TIME: Wednesdays, 9:00 - 10:15 a.m.
COST: Use your Bodyshop Card

TIMELESS BODY

Join dancer, choreographer and teacher Nurit Krauss and learn about her unique TimeLess Body System. It efficiently combines all elements of fitness into a well-crafted sequence of movement that works the entire body as well as the nervous system. Perfect for all ages and levels of fitness.

INSTRUCTOR: Nurit Krauss
TIME: Mondays, 9:00 - 10:15 a.m., ongoing
COST: Use your Bodyshop Card

BELLY DANCING

Goddess Empowerment!

Join Shirin for this fabulously fun and creative way for women of all ages to get in shape, explore exciting new music and experience true Woman Power!

Class will sometimes require the use of finger cymbals and other props, (all available for purchase or loan from the instructor). Classes for both the beginner and intermediate/advance students are available.

Shirin teaches in Los Angeles & Japan and performs locally. Go to www.raqshirin.com

Instructor: Shirin
Time: Thursdays, 6:30 - 7:30p.m. (Beg.); 7:45 - 8:45p.m. (Inter. / Adv.)
 Session 1: August 6 - Sept 24; **Cost:** \$96
 Session 2: Nov 12 - Dec 17; **Cost:** \$60



YWCA WEEK WITHOUT VIOLENCE 2015

Join us at the YWCA Santa Monica/Westside for the Week Without Violence, October 18 - 24, 2015!

It's a national campaign that focuses on practical alternatives to violence, bringing us a more peaceful and healthy community.

All events are free to the public and include:

- Yoga Workshops
- Self-Defense for all ages
- Qi Gong Class

For more information and registration, go to www.smywca.org

LIFE DRAWING WORKSHOP

LOCAL ARTISTS! ART STUDENTS! The YWCA is now offering an affordable, unstructured figure drawing workshop on Tuesday nights using high quality, diverse models. This is a great opportunity to hone your drawing skills with live models and to meet other artists in a professional, yet comfortable atmosphere. LIMITED ENROLLMENT!

COORDINATOR: Dan Horowitz
TIME: Tuesdays, 7:00 - 9:30 p.m. - Ongoing
COST: \$50 - 4 sessions (YWCA Members)
 \$56 - 4 sessions (Non-Members) — \$15 - Single session

YOGA WITH BHAVANI

Join Bhavani for a great hatha yoga "flow" class. Bhavani has studied and taught yoga around the world and has been teaching yoga here on the westside for over 20 years with a very loyal following.

INSTRUCTOR: Bhavani
TIME: Mon., Wed., Fri. - 6:30 - 7:30 a.m. and 12:30 - 1:30 p.m. - Ongoing
COST: \$135 per month

NEW! CORE BARRE

This class blends ballet barre conditioning with yoga mat work and strength training to create a lean physique, strong core and balanced, flexible body. Taught with up beat music and style, this class is guaranteed to make you energized and see results!

INSTRUCTOR: Janis Flax
TIME: Thursdays, 9:15 - 10:15a.m.; Fridays, 10:15 - 11:15 a.m.
COST: Use your Bodyshop Card

MEMBERSHIP FEES

- \$40 - children's annual membership fee
- \$75 - adult's annual membership fee
- \$50 - seniors annual membership fee
- \$10 - guest membership (per month)

BODYSHOP - WOMEN'S FITNESS

DO YOU FIND HEALTH CLUBS INTIMIDATING, UNCOMFORTABLE AND COMPETITIVE? Then join us at the YWCA where you can work out at your own pace in a comfortable & friendly atmosphere! Receive individualized attention from our professional, certified instructors and meet other women who are also there to get into shape! The YWCA "Bodyshop" program is geared toward safety, fun and wellness for every body!

COME TRY YOUR FIRST CLASS FREE!!

INSTRUCTORS: Terese Miller, Rita Ashton, Nancy Kaufman, Jenny Pagliaro, Adelaide McLean, Nurit Krauss, Janis Flax, Michael Sieverts
COST: \$80 for 8 classes \$210 for 25 classes

Days & Times Chart for BodyShop

	MON	TUES	WED	THUR	FRI	SAT
8:30 a.m.					Y	QG (8:45)
8:45						
9:00	TLB	ST/I	BB	CB (9:15)		
10:15			ZG (10:30)		CB (10:15)	Y
10:45	GE	GE		GE		
12:00	ZG					
5:15			CM			

- #### CLASS KEY
- ZG = Zumba Gold Latin Dance Exercise
 - CM = Core & More
 - CB = Core Barre
 - BB = Body Barre Class
 - GE = Gentle Exercise for all ages and most fitness levels
 - ST/I = Step Interval (Using step & resistance equipment to alternate between cardio & strength work.)
 - Y = Yoga
 - TLB = Timeless Body
 - QG = Qi Gong

COMBO BODYSHOP / WEIGHT ROOM CARD Purchase a 3 month weight room card along with your Bodyshop Card and SAVE \$10!!

VISIT US AT WWW.SMYWCA.ORG