

AGES: 5-12 years old

DAYS: Every Tuesday or Thursday, September 11 - October 14

TIME: 5-6pm

LOCATION: Crescenta-Cañada Family YMCA 1930 Foothill Blvd., La Cañada Flintridge

LIMITED SPACES — 6 Spots Open



ASSESSMENTS ARE REQUIRED FOR THIS INDIVIDUALIZED EXERCISE PROGRAM (IEP)

BOOK YOUR ASSESSMENT TODAY!

CONTACT: Sofia Cervantes MSK, CSCS

Masters of Science in Kinesiology,

Certified Strength and Conditioning Specialist
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SPLASH AND PLAY FOR ALL!

The Adapted Aquatic Splash and Play Program provides children with differing abilities a chance to play and learn fundamental movement skills in a safe, fun environment. All abilities are welcome, and all skills will be adapted and modified as needed.

Each child will work one-on-one with an aquatic trained staff member and will be offered a variety of activities to take part in.

SCAN TO REGISTER

TUESDAY CLASS

THURSDAY CLASS



