



the

COMMITTED TO YOU
YMCA OF THE FOOTHILLS

CELEBRATING 65 YEARS



PRICE: Free, Open to All

AGES: 15-80 years old

DAYS: Mondays & Wednesdays

TIME: 3:30-4:15pm

LOCATION: Tierra Del Sol
9919 Sunland Blvd. Sunland

LIMITED SPACES — 10 Spots Open



REGISTRATION IS REQUIRED
FOR THIS INDIVIDUALIZED EXERCISE PROGRAM

Session dates: September 11th – October 4th

CONTACT: Sofia Cervantes MSK, CSCS
Masters of Science in Kinesiology,
Certified Strength and Conditioning Specialist
scervantes@ymcafoothills.org | 818-273-8810

SCAN HERE



ADAPTED AQUATIC FITNESS CLASS TIERRA DEL SOL

The Adaptive Aquatic fitness program provides teens and adults with disabilities the opportunity to exercise in a safe environment and create friendships. **All abilities are welcome, and all skills will be adapted and modified as needed.**



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ADAPTED AQUATIC SPLASH & PLAY



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 or parent and will be offered a variety of activities to take part in.

PRICE: Free, Open to All

AGES: 5-12 years old

DAYS: Mondays & Wednesdays

TIMES: 4:15-5:00pm
5:00-5:45pm

LOCATION: Tierra Del Sol — 9919 Sunland Blvd. Sunland

LIMITED SPACES — 6 Spots Open



**ASSESSMENTS ARE REQUIRED
FOR THIS INDIVIDUALIZED EXERCISE PROGRAM (IEP)**

Session dates: September 11th – October 4th

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ymcafoothills.org/AdaptiveSports