

## Don't Miss these other fun programs for kids:

**Boot Camp For Kids:** Energizing games, sports drills, obstacle courses and fun ways to get in shape! Boys and girls welcome-all fitness levels.

**Martial Arts:** Classes are 45 minutes long and feature dynamic warm-ups, flexibility, cardiovascular, endurance, and strength training. Traditional sport, and practical self-defense while encouraging and reinforcing the YMCA's character values of respect, responsibility, honesty and caring.

**Youth Sports:** We offer Youth Basketball Leagues, Private and Semi-Private Basketball Lessons, and more.

**Cheer Camp:** Cheerleading is a fun, interactive sport that is based on team work and a good attitude! Come and learn the basics of the sport of cheerleading here at the YMCA. You will learn basic moves, jumps, beginner tumbling and a routine to be performed!

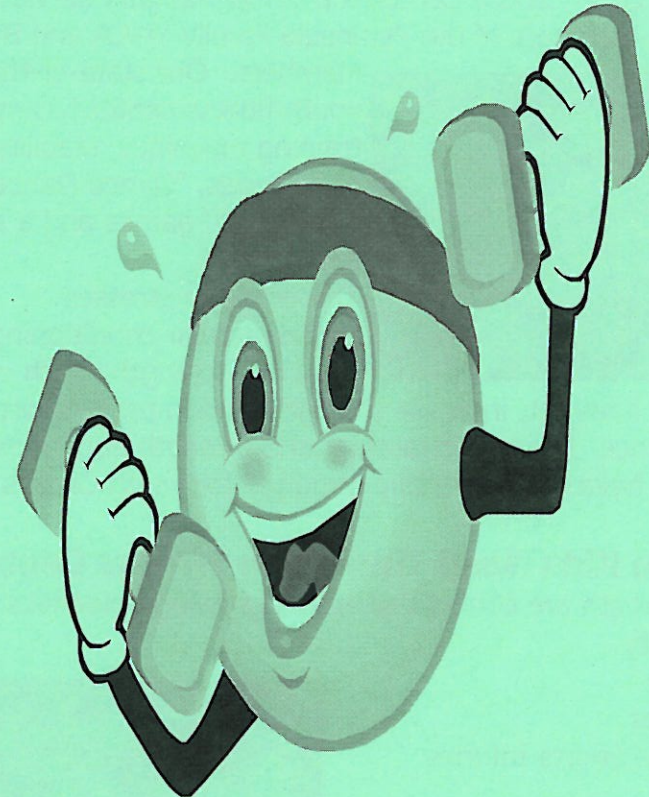
For more information or the fees on these programs and others that we offer, contact the Information and Registration Desk at the YMCA at (650) 286-9622.

**For More Information on the Kidz Zone Fitness Center  
Contact: Kelly Venezia (650) 294-2612 or  
kvenezia@ymcasf.org**

### The Peninsula Family YMCA

1877 South Grant Street San Mateo, CA 94402  
650-286-9622 ph. 650-286-0128 fx. [www.ymcasf.org/peninsula](http://www.ymcasf.org/peninsula)

## Kidz Zone Fitness Center



## YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

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## Welcome to an innovative approach to keeping kids healthy and fit!

### What is it?

The Kidz Zone Fitness Center is a complimentary service offered to facility members of the Peninsula Family YMCA and Bay Area Members. Our state-of-the-art youth fitness center has strength training machines, stability balls, jump ropes, "Dance-Dance Revolution" games and a stationary bike!



The program stresses cardiovascular conditioning and muscular strength which can

decrease body fat, increase strength, and improve sports performance. The cardiovascular and strength equipment provided have been specially designed for youth Grades 3-8.

### Why Do Kids Need Their Own Fitness Center?

Today's youth are confronted with 4 growing epidemics:

- Inactivity
- Obesity
- Diabetes
- Overuse Sports Injuries

#### Solutions:

- Cardio
- Flexibility
- Strength
- Nutrition

Studies have shown that by introducing children to the concept of a regular exercise routine at an early age the chances of them keeping these habits as they grow into adults increases, while the occurrence of obesity, diabetes and overuse sports injuries decrease, making for stronger, healthier kids, teens and adults.

### Youth Membership-( ages 0-18 yrs.) \$21

**Ask about our "NEW" Family Memberships-includes 2 adults and dependents are free up to 25 years of age !**



### Kidz Zone Fitness Center Hours

Monday – Thursday: 3:30 – 7:30 p. m.

Saturdays 9:00 a.m. - 1:00 p.m.

\*Children must be signed in and out of the Kidz Zone Fitness Center by a parent or guardian (age 19 or older) and will be limited to one hour maximum in the center during one visit. Parents picking up their children late will be charged a late fee.

### Getting Started:

1.) Sign up for an appointment with a fitness instructor. To make an appointment contact the Information and Registration Desk at the YMCA. (The Kidz Zone Fitness Center is for YMCA members only.)

2.) Meet with Fitness Instructor

- Kids come dressed to workout! (Tennis shoes required)
- Towel & water!

\*In order for your child to use the equipment he/she must attend an fitness orientation.



**Our Kidz Zone Fitness Center has 9 Life Fitness Circuit machines that with other fitness and educational pieces make up our program for youth.**

**Personal Training** is also available for individuals and groups who are in need of additional support or instruction from a certified fitness specialist. Contact Kelly Venezia at 650-294-2612 for information, fees and appointment scheduling.