



YUBA COUNTY RECREATION PROGRAM
Fall 2011 Catalog of Classes
A complete list of recreational opportunities in our communities



Full class schedules available at the Yuba County Government Center:
 915 8th St, St 123, Marysville
 online at <http://www.co.yuba.ca.us/recreation>
 or call 749-5670 for more details

*All counties are welcome...no non-resident fees!

*Scholarships available

Art Lessons

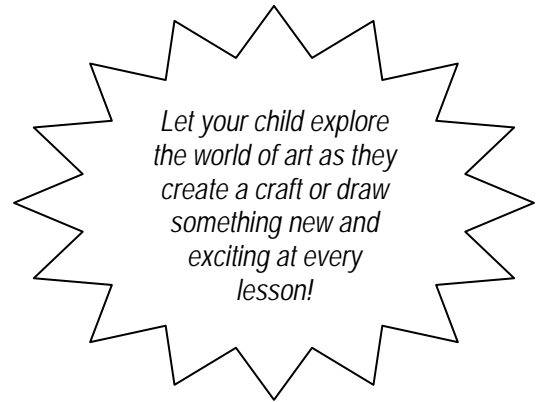


Held at Shooting Star Children's Art Studio, 325 D St., Marysville

Ages 6 & under

First 3 Thursdays of each month, year-round, 5:45—6:15pm, \$5 per class

Register online! www.co.yuba.ca.us/recreation



Baby Boot Camp

Held at Yuba-Sutter Mall in winter months and local parks all other months
 Register online! www.co.yuba.ca.us/recreation

Baby Boot Camp is a stroller based fitness class designed specifically to help get parents fit. Classes combine strength-training exercises with cardiovascular drills. The stroller, resistance tubes and even your child are used as an integral part of the workout! Classes held in Plumas Lake, Marysville, and Yuba City. \$55 per month unlimited access. One time \$49 equipment purchase required.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	9:15 am	9:00 am	9:15 am	9:00 am	9:00 am
Eufay Wood Sr. Park	Gauche Aquatic Park	Eufay Wood Sr. Park	Gauche Aquatic Park	Eufay Wood Sr. Park	Gauche Aquatic Park
Plumas Lake	Yuba City	Plumas Lake	Yuba City	Plumas Lake	Yuba City

Baby Signing

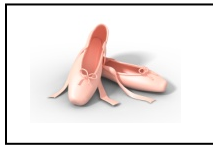


Held at the Olivehurst Youth Center, 1966 9th Avenue

Learn to better communicate with your little one through American Sign Language. Children and parents will learn signs through interactive activities and fun songs. A new class offered every 4 weeks that is independent of others. Ages 9 months to 3 years. \$40 for 4 week session; bring an additional adult for \$10.

Wednesdays 5:45 – 6:30 pm

Ballet/Jazz Combo



Held at the Olivehurst Youth Center, 1966 9th Avenue

4:00-4:45pm	4:45-5:30pm	5:30-6:15pm
Ages 3-7	Ages 8-11	Ages 12-16
Ballet/Jazz Combo	Ballet/Jazz Combo	Ballet/Jazz Combo
\$25 per month	\$25 per month	\$25 per month

Kids ages 3-16 learn ballet and jazz techniques and have fun!
Register online! www.co.yuba.ca.us/recreation

Turn & Learn

Held at Yuba-Sutter Training Zone - 424 D St., Marysville
Register at the Training Zone front desk
~All Classes held on **Wednesdays**~



Tiny Tots

age 2 9:00 – 10:00am \$25/month

Your child will enjoy a wide variety of activities designed to develop gross motor skills, creative movement, and physical awareness while learning numbers, colors, shapes and songs. Parent participation is welcomed, but not required.

Pre-Ballet

ages 3-5 11:00 – 11:45am \$30/month
ages 3-5 5:30 – 6:30pm \$35/month

A welcome to the world of dance. Children will jump, twirl, leap, soar and much more! Dancers will be stretching and strengthening their muscles and imaginations. They start the classical ballet training here, beginning to learn terms and positions - with lots of play.

Beginning-Ballet

ages 5-7 4:30 – 5:30pm \$35/month

Students will start by learning the very basics of classical ballet. Some of the terminology will be introduced, including plié, relevé tendu, passé, battement, sauté and chasse.

Turn & Learn Combo

ages 3-5 10:00 – 11:00am \$35/month

Come and enjoy all dance has to offer. We include the basics of ballet, tap, floor acrobatics, creative movement & gross motor development while blending educational concepts.

Fencing



Held at Allyn Scott Youth & Community Center, 1830 B St., Marysville
Register online! www.co.yuba.ca.us/recreation

On-guard! Learn about the historic sport of fencing with Renaissance-style classes every Tuesday evening from 7:00 – 9:00pm. Ages 13 and up. \$40.00 per month. Year round program.

Gymnastics



Held at Allyn Scott Youth & Community Center, 1830 B St., Marysville
Register online! www.co.yuba.ca.us/recreation

Ages 3-5 Tuesdays 5:30pm – 6:10 pm \$35.00 per month
Ages 6-10 Tuesdays 6:10pm– 7:05 pm \$40.00 per month
Ages 10 + Tuesdays 7:05pm – 8:00 pm \$40.00 per month

Flip, roll and tumble! Classes available for ages 3 to adult. Students participate in exercises that build physical strength, flexibility, agility, coordination, balance and grace. Classes every Tuesday evening, year round. Rosters fill up quickly, so sign up today!

Indoor Soccer

Held at Champions Indoor Arena, 301 Burns Dr, Ste A, Yuba City
Register online! www.co.yuba.ca.us/recreation

Keep your kids busy with Indoor Soccer. Each season runs for 8 weeks. Registration fee includes player ID card and jersey. Call (530)749-5670 to find out when the next season begins.

Winter Season Start Dates:

Leagues Starting Monday, November 7th:

1st & 2nd Grade 5:20 – 7:00 pm \$45

Women Over 30 7:00 – 8:50 pm \$65

Men Over 30 8:50 – 10:20 pm \$65



Leagues Starting Tuesday November 15th:

3rd & 4th Grade 5:20 – 7:00 pm \$45

Leagues Starting Wednesday, December 7th:

5th & 6th Grade 5:20 – 7:00 pm \$45

Jiu Jitsu



Held at Yuba-Sutter Training Zone, 424 D Street, Marysville
Register online! www.co.yuba.ca.us/recreation

Brazilian Jiu Jitsu is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground fighting. Mondays and Wednesdays from 5:30-6:30pm, \$45 per month ages 6-12.

Kid-Fit

Held at Riverside Meadows Intermediate School in Plumas Lake,
1751 Cimaron Drive (Classroom 6)



Preschool based curriculum for ages 2 to 5. Participants learn about different parts of the body including the heart, skin, eyes, and ears and why they are important. Class includes gymnastics, dancing, physical education and hands-on activities that build your child's physical and mental strength. Held each Wednesday 4:00-4:45pm for 2 and 3 year olds & 4:45-5:15pm for 4 and 5 year olds. \$25.00 for 6 week session. Volunteer helpers wanted.

Register online! www.co.yuba.ca.us/recreation



Little Stars Music & Movement

Held at Allyn Scott Youth & Community Center, 1830 B St., Marysville
Register online! www.co.yuba.ca.us/recreation

Little Stars is a 1 hour, weekly class for children ages 2-5. Basic preschool curriculum focuses on preschool learning, social skills, school readiness, motor skills, pre-reading skills, and exercise. Theme varies monthly: terrific transportation, our brilliant bodies, wild weather, surprising spring, interesting insects, splashing into summer, and incredible imaginations. Tuesdays, \$30 per month. Times to be announced, based on class interest and registration.

Tae Kwon Do

Held at Han Mi Tae Kwon Do, 414 E Street, Marysville

Tae Kwon Do is a Korean martial art and the national sport of South Korea. In Korean, tae means "to strike or break with foot"; kwon means "to strike or break with fist"; and do means "way," "method," or "art." Thus, taekwondo may be loosely translated as "the art of the foot and fist" or "the art of kicking and punching." As many other martial arts, it combines combat techniques, self-defense, sport, exercise, and some meditation and philosophy. Uniform required-\$10, purchase from instructor.



Ages 5-12
Ages 13 +

Fridays
Tuesdays

5: 00-6:00pm
7:15-8:15pm

\$40.00 per month
\$40.00 per month

Register online! www.co.yuba.ca.us/recreation

Tap/Jazz Combo

Held at Yuba-Sutter Training Zone - 424 D Street, Marysville
Register online! www.co.yuba.ca.us/recreation

This class is designed for your child to learn a variety of movements: jazz walks, leaps, turns, jumps, balance and strength. Kids will enjoy the lively music and get fit in the process.

Ages:	4 — 6	7 — 9
Times:	Thursday	Thursday
	3:30 – 4:15 pm	4:15 – 5:30 pm
	OR	OR
	Saturday	Saturday
	11:30 – 12:15	12:15 – 1:30
Price:	\$25/month	\$25/month



Yoga For Adults

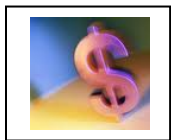
Held at Yuba-Sutter Training Zone - 424 D Street, Marysville
Register online! www.co.yuba.ca.us/recreation

Adult Yoga has four classes to choose from! Only attend the class time signed up for, no rotating between class times, please.



Beginner Yoga:	Mondays	10 am
	Tuesdays	12:00 pm & 6:30 pm
	Thursdays	5:15 - 6:00 am
	Thursdays	12:00 pm

SCHOLARSHIPS



Scholarships are available for Yuba County residents with the participant being 5 years old or younger. Must provide proof of economic hardship by showing one month's income using document of public assistance, copy of paycheck stubs, etc. An approved scholarship gives a child \$80 toward any programs and is good for the entire calendar year or until it is used completely (whichever comes first). Applications are available in person at the recreation department: 915 8th Street, Suite 123, Marysville, CA.



CONTACT US

In person or by mail: Yuba County Government Center
915 8th Street, Suite 123
Marysville, CA 95901

Email: aedwards@co.yuba.ca.us
Phone: 530-749-5670

Visit us online at: www.co.yuba.ca.us/recreation

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Find Yuba County Recreation on Facebook! Post questions, comments, and suggestions on our wall.