

## Club Junior

*AGES 12-15*

*Club Junior is a program to allow kids to workout independently in the facility.*

*If child does not go through Club Junior then they need to be immediately accompanied with an adult while in the facility.*

**\$100 Orientation Fee** - Orientation includes 2-1 hour sessions that include an orientation of the gym and how to safely use the gym equipment. This includes how to properly warm up, stretch, strength training, cardiovascular conditioning, and cool down. The Trainer will quiz the student on their understanding and be tested in the pool on their swimming abilities.

**Orientation Fee is required for all Club Junior participants.**

If child is not on parents membership, a separate membership for Club Junior is available.

*Please see Club Junior flyer for FULL DETAILS*

## Basketball Court & Racquetball Court

**ALL AGES** - *ages 0-15 must be accompanied by an adult* Unless child has completed Club Junior

*Courts are a first come, first serve, or can be reserved*

### Basketball

Children of all ages are welcome to use the basketball courts **when accompanied with an adult.** Basketballs are located at Front Desk for member and guest use. **Proper footwear must be worn.** Please return any borrowed balls to Front Desk.

### Racquetball

Racquetball courts are available to all ages **when accompanied with an adult.** Rackets and racquetballs are available at Front Desk to be used by members and guests. **Proper footwear and proper eye protection must be worn.** Please **return** any borrowed equipment after use.



## AGES 5-15

### Memberships



- Basketball & Racquetball
- Indoor & Outdoor Pool
- Kids Group Fitness Classes
- Club Junior Program *Ages 12+ Can Workout Independently Upon Passing*
- Ages 12+ *Can Workout With Parent*
- Seasonal Camps- (*Additional cost*)

# Indoor & Outdoor Pool

ALL AGES - **Children 0-15 MUST be accompanied by an adult. Unless child has completed Club Junior**



**Children MUST be accompanied by an adult unless they are a graduate of Club Junior.**

*Children must follow all Rules & Regulations for Indoor & Outdoor pool areas.*

If children want to learn swimming skills we offer:

*Baby Sharks Group Swim - AGES 6 months- 3 years*

*Private Swim Lessons - ALL AGES*

*Group Swim Lessons - AGES 3 +*

*Hammerheads - Swim Team Prep - AGES 6-13*

## Group Fitness For Kids

Group Fitness is a great way to build a team atmosphere. Participation is encouraged during classes through games that are fitness oriented.



gym setting.

## Classes Are Included In Your Child's Membership-

Your child can enjoy Group Fitness as a part of their membership. Kids Club works with the instructor to encourage attendance



## Sunday 9:30am

Kids Yoga is taught by a certified Yoga Instructor with over 30 years of experience teaching different styles of yoga. Deborah studied modern dance and theater arts in Sonoma County and the San Francisco Bay Area. She was a member of The Ann Woodhead Dance Company and Christopher Beck's Dance Theatre Company. While residing in the Caribbean for 22 years, Deborah worked as a school teacher instructing students from pre-k to high school both in physical education and theater arts. Deborah is a certified yoga instructor currently offering classes here in Ukiah. She teaches creative movement to children with SPACE, both in their studio and their Ukiah Unified School District program. Her yoga classes have been strongly influenced by her modern dance training.