

ADULT GROUP EXERCISE CLASS:

Yoga

Hap Magee Ranch Park



A centuries old practice, yoga provides participants with an environment in which they can explore and improve their flexibility, strength, range of motion, and state of mind.

- Mondays 10:00a.m. – 11:00a.m.
- September 14th - November 16th
- Alamo resident fee - \$100/session (10-class session)
- Non-resident fee - \$120/session (10-class session)
- Drop-in fee - \$15/class
- Registration open August 1, 2015
- Participants need to bring their own yoga mats, blocks and blankets
- Hap Magee Ranch Park Cottage:
1025 La Gonda Way, Danville, CA 94526

Contact:

Dee Assael, Health and Wellness Director
P 925 887-4522 E dassael@ymca-cba.org

ADULT GROUP EXERCISE CLASS:

Beginner

Strength & Balance

Hap Magee Ranch Park



Accomplish daily tasks and recreational activities with increased energy, ease and comfort. This class provides a dynamic combination of strength development and cardiovascular conditioning.

- Mondays 11:15a.m. – 12:15p.m.
- September 14th - November 16th
- Alamo resident fee - \$100/session (10-class session)
- Non-resident fee - \$120/session (10-class session)
- Drop-in fee - \$15/class
- Registration open August 1, 2015
- Please bring water and a set of light weights
- Hap Magee Ranch Park Cottage:
1025 La Gonda Way, Danville, CA 94526

Contact:

Dee Assael, Health and Wellness Director
P 925 887-4522 E dassael@ymca-cba.org

YOUTH SPORTS:

Flag Football

San Ramon Valley High School

YMCA Sports are about teaching the fundamentals of the game, learning the values of sportsmanship, and having fun while doing it. There are no scores kept in YMCA Sports, no try-outs, and no league standings.



- Sundays 10:00a.m. – 2:00p.m.
- October 4th – November 22nd
- Alamo resident fee - \$125 (8-week session)
- Non-resident fee - \$150 (8-week session)
- Registration open August 1, 2015
- San Ramon Valley High School: 501 Danville Blvd, Danville, CA 94526

Contact:

Kristine Nachand, Senior Director of Membership & Community Programs **P** 925 887-4525 **E** knachand@ymca-cba.org

ADULT GROUP DAY TRIP: Filoli Gardens



Discover Filoli Gardens in beautiful Woodside. "Located 30 miles south of San Francisco, Filoli is an historic site of the National Trust for Historic Preservation and one of the finest remaining country estates of the early 20th century."

Please join us on Friday October 16th! We will meet at Hap Magee Park Ranch at 9:30 am and whisk you to Filoli Gardens in comfort and style. After a guided tour of the gardens we will enjoy a boxed lunch in the Conservatory. We'll have plenty of time to explore the gardens, the gift shop, and the Fall exhibit after lunch, and then return you to Alamo by 3 pm. Space is limited to 20 people.

(Note: Guided walking tour lasts 2 hours. Register for our Strength and Balance class on Mondays at 11:15am and this won't be a problem at all!)

- Friday, October 16th
- We will meet at Hap Magee Ranch Park in the back parking lot at 9:30a.m. returning by 3p.m.
- Alamo resident fee - \$115
- Non-resident fee - \$130
- Registration open August 1, 2015
- Limited to 20 people
- Dietary restrictions or questions, please contact Dee Assael **P** 925 887-4522 **E** dassael@ymca-cba.org



The Alamo Municipal Advisory Council and the Irvin Deutscher Family YMCA are pleased to announce a partnership to bring new recreation programs to Alamo. This Fall 2015, the Y will be offering recreation for your entire family!

- Youth Sports
 - Flag Football
- Adult Fitness classes
 - Yoga
 - Beginner Strength and Balance
- Adult Group Day Trips
 - A great way to spend an afternoon visiting some exciting Bay Area locations

We look forward to serving you soon!



Rookie Football (For Ages 5-7)

The primary objectives are to introduce the sport of football, learn new skills and enhance their preexisting skills. During the season the players will learn the basics of the sport such as catching, throwing, and defense.



Winners Football (For Ages 7-9)

The primary objectives are to learn the skills of the game, rules of the sport, learn the tactics and to enhance the players' skills throughout the season. As a team, players will learn the basics of the sport such as catching, throwing, flag grabbing, running, from all different positions, and defense.

Champions Football (For Ages 9-11)

The primary objectives are to enhance preexisting skills, teach the rules of the sport, and provide an environment for growth and development through the sport. During the season each player will learn the basics of the sport such as catching, throwing, flag grabbing, running, from all different positions, as well as defense, rushing the quarterback, and much more.

ADULT REC PROGRAMS

- Filoli Gardens Day Trip
- Strength and Balance
- Yoga



4 EASY WAYS TO REGISTER:

- Online at www.alamorec.org
- Call: 925 687 8900
- Fax: 925 825 1879
- In person or send form to:
Irvin Deutscher Family YMCA
350 Civic Drive
Pleasant Hill, CA 94523

Check out our
youth sports!
-Flag Football
starts October 4th

ALAMO RECREATION



ALAMO REC & Irvin Deutscher Family YMCA
350 Civic Drive Pleasant Hill CA 94523
P 925 687 8900 **F** 925 825 1879
W www.alamorec.org



ALAMO RECREATION

Brought to you by a partnership between
Alamo Municipal Advisory Council and the
Irvin Deutscher Family YMCA



Fall 2015 Schedule

Irvin Deutscher Family YMCA
350 Civic Drive Pleasant Hill CA 94523
P 925 687 8900 **F** 925 825 1879 **W** www.alamorec.org