

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

At the Louise Center you have numerous facility and class opportunities for your specific interest.

Swimming Pool – Lap Swimming
Aqua-Fit Classes
Adult Rec Swim

Weight Room - Machine weights, free weights, exercise bikes, treadmills, rowers, elliptical machines, and stair climbers in an air conditioned atmosphere.

Classes – Join an array of classes including Jazzercise, martial arts, dance, aqua-classes, and yoga.

Massage – Ask about a private massage scheduled to your time availability. Massage is provided in the locker room areas.

Private Facilities- Both the Men's and Women's Locker rooms provide exercise areas, spa, sauna, and relaxation areas. Men's Locker Room provides table tennis and pool table as well.

MEMBERSHIP DEPARTMENT

(818) 240-4130

Membership Dept.	x 18
Men's Massage	x 42
Women's Massage	x 27
Aquatics	x 45
Gymnastics	x 17

Assistance with Fees

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

Rights Reserved

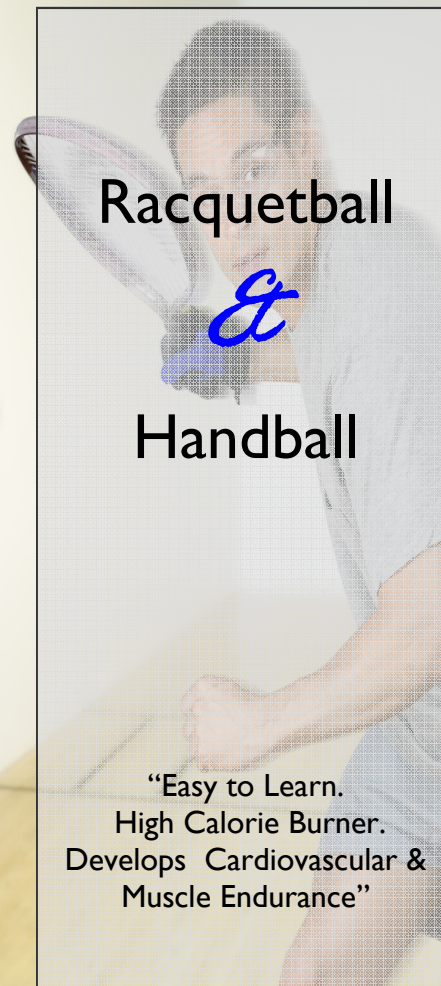
The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.

YMCA of Glendale

Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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Web: www.glendaleymca.org



Racquetball

&

Handball

"Easy to Learn.
High Calorie Burner.
Develops Cardiovascular &
Muscle Endurance"

RACQUETBALL & HANDBALL

Six Indoor Courts

As a member of the YMCA you have access to the Racquetball/Handball courts at no extra charge. All courts are indoor and air-conditioned.

Making Reservations

Call after 8:00pm Monday through Friday to reserve a court the following day or call anytime for a reservation the same day. For Sunday and Monday use, call after 1:00 pm in the afternoon for the next day. Men, please see exception to this rule under courts 8 and 9. **

Reservation – (818) 240-4130 ext.18. Please call the Courtesy Counter staff for advanced reservations.

Without an advanced reservation, you may book any court available by having the staff put your name on the Reservation schedule. If you are at the YMCA, go to the Courtesy Counter.

Guest

Guests may not reserve the courts. Day Pass Visitors may reserve a court after purchase of the Day Pass.

Rules of Use

- Please wear only shoes with white soles to avoid damage to the floors.

- Eye guards are strongly recommended for your safety.
- No foods or drinks allowed on the courts.

Grace Period

There is a 10-limit grace period. Your reservation will be cancelled if, 10 minutes after the reservation time, there are not two or more players on the court ready to play, and others want to use the court.

Description of the Courts

Courts 4 and 5

May not be reserved. Court 4 is a Racquetball Challenge Court and Court 5 is a Handball Challenge Court. If you would like to play and don't have a partner, drop by these courts.

Courts 6 and 7

Men of age 18 and up may reserve either court 6 or 7.

Courts 8 and 9

Women of age 18 and up have priority reserving these courts** Men may call to reserve these courts only after 11:00 am of the same day of use.



Did You Know?

Handball and Racquetball have endured as a favorite sport at the YMCA of Glendale for over twenty years. Perhaps because both are fast paced activities and are a great way to build strength, endurance and friendships.

The YMCA encourages families to play together and members to bring guests. Courts 8 and 9 may be used for families. Instruction is available— contact Ryan at 240-4130 x 13.

THE BENEFITS OF MEMBERSHIP

Being a Part of the YMCA is different and special! We welcome and support all children and families. We help build the values of caring, honesty, respect and responsibility. We are for everyone! People of all ages, and every race, creed, religion, income level and ability are welcome.

ON-SITE CHILD CARE

Our on-site Child Watch is a safe and fun place to play for children of one year to nine years while the parents are on the YMCA premises.

Monday through Friday
9:00 am to 1:00 pm 3:00 pm to 8:00 pm
Saturday
9:00am to 12:30 noon
