

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

PHONE EXTENSIONS

(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

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

140 N. Louise Street
Glendale, CA 91206

Phone: 818-240-4130

Fax: 818-500-1737

Email: ymca@glenymca.org

Web: www.glendaleymca.org



Learn to . . .

Scuba &

Snorkel

AND

“Enjoy the beauty of the reef, the marine life that inhabits it or the thrill of discovery deep inside a wreck or cave”

YSCUBA™

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SCUBA is designed for all levels, beginning and advanced. The class includes lecture, swimming pool practice and ocean dives.

Ages: 12 yrs. To adult

Prerequisites:

Must know how to swim.

Length of Class:

6 - 8 week course

Fee: YMCA Member: \$140

Non-Member: \$160

Rental equipment and books will be an additional cost.

YSNORKELING™

We build strong kids, strong families, strong communities.

SNORKELING is designed for all levels, beginners and advanced. The ocean is a beautiful place. Learn how to snorkel safely so you can enjoy the beauty that surrounds you. Includes lecture, swimming pool practice and ocean dives.

Ages: 6 yrs and older.

8 yrs and older for certification.

Prerequisites:

Must know how to swim.

Length of Class:

4 - 6 week course

Fee: YMCA Member: \$75

Non-Member: \$75

ABOUT THE INSTRUCTORS

Tom Wetzel has many years of experience teaching SCUBA diving and snorkeling. He was certified instructor, 1976. He has been teaching for Los Angeles Community Colleges, YWCA's and YMCA's. Tom's certifications includes:

- ⇒ Los Angeles County Underwater Instructor Association
- ⇒ National Association Underwater Diving Instructor
- ⇒ Professional Association Diving Instructor
- ⇒ Instructor Trainer
- ⇒ YMCA

Ken Haraikawa

- ⇒ Los Angeles County Underwater Instructor Association
- ⇒ NAUI
- ⇒ YMCA

Don Dietrich

- ⇒ Los Angeles County Underwater Instructor Association
- ⇒ NAUI
- ⇒ YMCA
- ⇒ PADI Divemaster

Kevin Liu

- ⇒ Los Angeles County Underwater Instructor Association
- ⇒ NAUI
- ⇒ YMCA

SUNDAY

Sessions begin every 2 to 4 months. Come the first day with questions and / or information and swim evaluation.

First class is FREE!

Call for starting dates and times.

Instructor Tom Wetzel
310-677-8776

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.