



Corona-Norco YMCA PROGRAMS

Build a Healthy Mind, Body and Spirit With The Y!



ZUMBA!

High energy dance inspired fitness program for teens and adults, Tuesday's & Friday's, held at the Main YMCA

Summer Day Camp

Field Trips, Fun and Friends! For children in grades K-6th, sessions run through August 10, 2011.

Adventure Guides

Designed to foster lifelong relationships between Mothers and Daughters, for ages 5 and up.



Karate

Improve self-esteem and self-discipline, while building character. Karate teaches self-defense, while building a healthy body, Monday's & Wednesday's, held at the Main YMCA

Biddy Sports

Provides a non-threatening environment in which children ages 3-6 years old can learn the value of playing a sport, being part of a team and having fun. Biddy Sports offers soccer, basketball and football.

Swimming

Swim lessons in a safe and supportive environment, for ages 6 months – 12 years, 2 week sessions. Teaching children to swim and be safe in and out of the water.

For program hours, prices and to register, please call the Corona-Norco YMCA at (951) 736-9622.