



ACTIVITIES FOR ALL AGES INCLUDED WITH MEMBERSHIP ✓

YMCA OF SILICON VALLEY



Revised 3/24/2023

Something for Everyone

Central YMCA	East Valley Family YMCA	El Camino YMCA	Lewis and Joan Platt East Palo Alto Family YMCA	Mt. Madonna YMCA at Centennial Recreation Center	Northwest YMCA	Palo Alto Family YMCA	Sequoia YMCA	South Valley Family YMCA	Southwest YMCA
1717 The Alameda San Jose, CA 95126	1975 South White Road San Jose, CA 95148	2400 Grant Road Mountain View, CA 94040	550 Bell Street East Palo Alto, CA 94303	171 W. Edmondson Ave Morgan Hill, CA 95037	20803 Alives Drive Cupertino, CA 95014	3412 Ross Road Palo Alto, CA 94303	1445 Hudson Street Redwood City, CA 94061	5632 Santa Teresa Blvd San Jose, CA 95123	13500 Quito Road Saratoga, CA 95070

HEALTH & WELLNESS	Aquatic Fitness Classes	✓	✓	✓	Seasonal	✓	✓	✓	✓	✓	✓	
	Climbing Wall		✓		✓		✓				✓	
	Cycling Classes	✓	✓	✓		✓	✓	✓	✓	✓	✓	
	Chronic Disease Prevention and Support	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	eGym			✓		✓	✓	✓	✓	✓	✓	
	Group Exercise Classes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Gymnasium/Basketball Courts	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Nutrition Workshops	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Online Classes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Outdoor Workout Space	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Rec/Lap Swimming	✓	✓	✓	Seasonal	✓	✓	✓	✓	✓	✓	
	Personal Training/Nutrition Consultation	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$	
	Pickleball	✓	✓	✓			✓	✓	✓	✓	✓	
	Pool (Indoor)	✓	✓			✓	✓	✓			✓	
	Pool (Outdoor)	✓		✓	Seasonal				✓			
	Sauna/Hot Tub	✓		✓			✓					
	Small Group Training	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$	
	Specialty Clubs		✓	\$	Specialty clubs offered at various pricing and Y locations throughout Silicon Valley.							
	YOUTH DEVELOPMENT	Day, Overnight & Family Camps	\$ Day camps offered throughout Silicon Valley. Overnight and family camps offered at YMCA Camp Campbell.									
		Before & After School Programs			✓	\$ Located on school campuses throughout Silicon Valley.						
Family Programming		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Kids Club		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Swim Lessons		\$	\$	\$	\$	\$	\$	\$	\$	\$	\$	
Youth Sports	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$		

Chronic Disease Prevention & Support**Diabetes Prevention Program**

Those at high risk adopt and maintain healthy lifestyles to reduce their chances of developing diabetes.

Livestrong at the YMCA

This small community cohort for adult cancer survivors builds strength and confidence and provides emotional comfort and a sense of belonging.

Parkinson's Exercise Program

This program helps delay the progression of symptoms through exercise that improves endurance, strength, flexibility and balance.

Group Exercise Classes**Aquatic Fitness**

A versatile and low-impact workout ensures everyone achieves healthy benefits, regardless of age, fitness level, existing injuries or disabilities.

Cardio

Fun, fast-paced cardio workouts. Modifications offered to meet the needs of all abilities, creating a safe and supportive environment.

Cycling

Burn calories and enhance cardio fitness to music. Pedal at your own pace and resistance.

Pilates

Develop a strong core, train efficient patterns of motion, and increase flexibility and body awareness. Invaluable for sports performance, injury recovery, and general well-being.

Yoga

Challenge the body, calm the mind. Develop core strength and flexibility and improve mental and physical health.

Healthy Aging**Senior Fitness**

Older adults (particularly with arthritis) use simple movements to stay active throughout life.

Nutrition & Weight Loss**Nutrition Workshops**

Each workshop addresses healthy eating for overall health. In-person and virtual.

Personal Fitness**Cardio Equipment**

Cardio equipment includes treadmills, ellipticals, arc trainers, and stationary bikes. Wellness coaches are available to consult with members on their workout.

Lap Swimming

An impactful cardiovascular workout. Elevate heart rate and burn calories without straining the body.

Strength Training Equipment

Free weights, strength machines, and tools including resistance bands, TRX straps, balance balls, etc. Wellness coaches are available to consult with members on their workout.

Sports & Recreation**Specialty Clubs**

Explore various interests and build community in specialty clubs, like hike or book club.

Open Gym

Open time scheduled throughout the week.

Pick-up Gym Sports

Enjoy structured sports including badminton, table tennis, pickleball, basketball, racquetball and volleyball. All ages and abilities welcome.

Active Kids**Kids Fitness**

Families spend time together, have fun, and stay active. Explore programs like Kids Boot Camp, Zumba Kids and Zumba Family, Kids and Family Yoga.

Recreational Swimming

Open time scheduled throughout the week.

Swim Lessons

People of all ages learn fundamental swimming skills from nationally certified instructors while fostering a life-long appreciation for physical activity and wellness.

Enrichment Opportunities**Youth Activities**

Youth skill-building programs that are both free and fee-based. These programs can include dance, gymnastics, STEM, day camp, overnight camp, after school programs, and youth sports.

Safe Spaces**Kids Club**

Those with family memberships can enjoy free child care for up to 90 min during a workout, fitness class, or on-site program.

Strong Families, Strong Kids**Family Events & Programming**

Enjoy shared experiences, develop new skills and interests, improve your health and well-being, and connect to the community.