



La Quinta  
**YMCA Preschool**  
 49-995 Park Ave. L. Q.  
 760-564-2848  
**Fall Programs 2007**

**Celebrates 25th Anniversary**

*Sign up by August 11th  
 and you will be entered to  
 win a free day rental of  
 the YMCA bounce House*

## Y Rookies



Y rookies is a non-competitive program for boys and girls, the objective of which is to help kids learn basic rules, skills and tactics of various sports. The structure of the game is modified to maximize success. The non-competitive environment encourages kids to learn at their own pace, develop confidence, participate in healthy physical activity, and have fun!

- Ages:** 3-5 year old
- Location:** La Quinta Preschool
- Days:** Saturday
- Time:** 9:00 am
- Session Dates:** September 8-29th Sports  
 October 6-27th Soccer  
 November 3-17th Soccer
- Monthly fee:** \$50 members \$60 non-member

## Guitar Lessons



The YMCA will offer guitar lessons. Guitars for beginning level students. Learn scales, chords and techniques. This is a great introduction to playing guitar.

*Sign up before August 4th to be entered to win one free private lesson, "by appt. only!"*

- Ages:** 8 and up
- Location:** La Quinta Preschool
- Days:** Saturday
- Time:** 9:00 am
- Classes start in August**
- Students will need to provide their own guitar.*
- Monthly fee:** \$50 members \$60 non-member

## Jump Rope



Get ready to "jump in" to a fresh, fun and fitness oriented new program. Jumping rope is full body activity that produces; competitive advantages in speed, quickness, agility, balance and coordination, timing, rhythm and cardiovascular fitness. So lace up your shoes and let's get started! "Push it to the Limit!"

- Ages:** 6-12
- Location:** La Quinta Preschool
- Days:** Saturday
- Time:** 9:00 am
- Classes start in August**
- Monthly fee:** \$30 members \$40 non-member

## Tae Kwan Do



In Tae Kwan Do, emphasis is placed upon, self confidence, sportsmanship, respect and a positive attitude. Success in Tae Kwan do often carries over to school, work and personal life. Physical benefits include increased agility, flexibility, weight control and strength. The instructor will evaluate skills for students to be tested allowing advancement to the next level.

- Ages:** 8 and up
- Location:** La Quinta Preschool
- Days:** Saturday
- Time:** 10:00 am
- Classes start in August**
- Monthly fee:** \$50 members \$60 non-member



For more information on these YMCA programs call 341-9622 or 771 - 1811:  
 or visit our website at [www.desertymca.org](http://www.desertymca.org) for other YMCA programs.

