



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHAPING A BRIGHTER FUTURE

Kids Cardio Club VENTURA YMCA

We provide a safe and accepting environment for kids to participate in cardio and group exercise activities. Kids who join Kids Cardio Club are given an access participate and must wear their blue KCC T-shirt and have adult supervision during the activity.

Eligibility:

- Full Facility Members ages 8-11 can join

Steps to join:

- Register at the Welcome Center
- Make a Yfit Appointment
- Attend orientation and receive KCC T-shirt
 - There is a \$10 fee per child to cover the cost of the shirt

CONTACT: Sherry Gutsch
Sherry.Gutsch@ciymca.org
805.642.2131 ext 20

