

FEBRUARY EVENTS AT THE Hollywood Wilshire YMCA!

Tue, Feb 9, 16 & 23 Adult Tae Kwon Do

Or sign up for Thurs, Feb 11, 18 & 25 or Sun, Feb 14, 21, 28
Whatever your level, learn kicking combinations, hapki-do self defense, power punches and strikes with Master Instructor and 3rd degree black belt Javon Stevenson. Please email SimoneJackson@ymcala.org or 213-639-7565 for more information.
Tue, 8:30-9:30pm; Thurs, 8-9pm; Sun, 11am-12pm
\$30.00 members, \$60 non-members

Fri, Feb 12 Parents Night Out

Enjoy a night out while your kids have fun at the YMCA. Activities include arts and crafts, games, pizza and a movie. Ages 5 – 10 years old. Please email SimoneJackson@ymcala.org or 213-639-7569 for more information. **4:30 – 8:45 pm**
\$15.00 for the first child, \$5.00 for each sibling

Sat, Feb 13 Take a Hike

Enjoy Big Santa Anita Loop with its great views, lush, shady woods and 50-foot high Sturtevant falls. An easy/medium 6 miles round trip. Max time 4 hours. Dogs are welcome. Please email RicardoEspinoza@ymcala.org or call 213-639-7547 for more information.

Meet at REI parking lot in Santa Anita at 9:00am

Wed, Feb 17 Open House

Tryout our Aerobics, Gravity, Yoga and Studio Cycling classes all day long and receive a 7-day pass to try the Y! Please visit www.ymcala.org/hw for class times. Refreshments served 9 – 11: 30 am and 5 – 6:30 pm. Please email RicardoEspinoza@ymcala.org or call 213-639-7547 for more info.

Wed, Feb 17 Red Cross Blood Drive

Help others in need. This is open for everyone. Sign up at www.redcrossblood.org.
8 am – 5 pm

Sun, Feb 21 Mini Winter Games

Open to all! Compete in fun games that involve exercise, skills, and team work like basketball, football, catch, swimming and much more. Please email Josephjimenez@ymcala.org or call 213-639-7565 for more information.
9 am – 3 pm

Tue, Feb 23 Hydrostatic Body Fat Testing

Find out exactly what percentage of your body is lean mass versus fat! Please email Josephjimenez@ymcala.org or call 213-639-7569 for more info.
7 am – 1 pm. \$45 members, \$49 for non-members

Thurs, Feb 25 Healthy Family Forum

Join an open discussion with other parents about healthier habits. Please email SimoneJackson@ymcala.org or 213-639-7565 for more information.
4 – 5 pm

February The Winter Games

Swim your way through a 15-mile Nordic cross country ski race. Be the first to swim 15 miles over the month of February! The first three to do it win prizes. Please email KarenGoldberg@ymcala.org or 213-639-7543 for more information.

Feb 1 – 28

Hollywood Wilshire YMCA

1553 North Schrader Boulevard
Hollywood, CA 90028
323-467-4161
ymcala.org/hw



We build strong kids,
strong families,
strong communities.