

Our Popular GIRLS BASKETBALL

is coming.....
MARK YOUR CALENDAR...

Fee: \$25.00
Registration dates
will begin in August

at Salgado Community Center:

Saturdays

August 4th, 11th and 18th from 10-2pm

Wednesdays

August 8th & 15th from 5-8pm

Monday

August 13, 2012 5-8pm

Bring proof of grade and copy of birth certificate

VOLUNTEERS NEEDED...
FOR MORE INFORMATION
PLEASE CALL YOUTH SPORTS
AT (714) 571-4264

CHESS CLUB.....WANT TO PLAY

ENROLL TO PARTICIPATE IN OUR SUMMER 2012 TOURNAMENT

LEARN THE COOLEST GAME AROUND

please join us at one of the following
locations for a great game of CHESS

- ➔ MEMORIAL RECREATION CENTER
2102 S. Flower St, Santa Ana, Ca 92707
Wednesdays: 2:00 to 3:00 pm
- ➔ SANTA ANITA RECREATION CENTER
300 South Figueroa Street, Santa Ana, CA 92703
Tuesdays: 4:00 to 5:00 pm
- ➔ LOGAN COMMUNITY CENTER
1009 N Custer St , Santa Ana, CA 92701, 92701
Thursdays 5:00 to 6:00 pm
- ➔ SALGADO COMMUNITY CENTER
706 North Newhope Street, Santa Ana, CA 92703
Fridays 3:00 to 4:00 pm
- ➔ SANTA ANA PUBLIC LIBRARY (Teen Space)
26 Civic Center Plaza, Ca 92701
Mondays: 5:00 to 6:00 pm
- ➔ JEROME RECREATION CENTER
726 S. Center St., Santa Ana, CA 92704
Wednesdays: 12:30 to 1:30 pm

For more information, please contact Robert Ramirez at
rramirez10@santa-ana.org or at (714) 647-6540

Ways To Get More Exercise

Set fitness goals • Carry your own groceries • **Start a walking program** • Volunteer for active chores • Use a stationary bike at home • Plant a garden • Sweep or vacuum daily • Do sit-ups while watching TV • Fly a kite • Rake leaves • Shoot some hoops • Wash your car by hand • Ride a bike instead of drive • On car trips, stop to stretch and stroll • Do pull-ups • Contract your buttocks while waiting in check-out lines • Do salsa aerobics • Learn to dance • Roller skate • Tighten your stomach muscles while sitting • Play catch • Do jumping jacks • Park away from your destination and walk • Wash windows • Walk circuits around the shopping mall • Stretch while using the computer • Go horseback riding • Go swimming • Clean out the garage • **Go on walks** • Take a nature walk • Walk on the beach • Go dancing • Walk your dog • Jump rope • Walk on coffee breaks • Organize office exercise breaks • Use the stairs, not elevators or escalators • Do step aerobics • Go camping • Play volleyball • Walk through the zoo • Play miniature golf • Play Frisbee • Join a gym • Walk before dinner • Walk after dinner • Pull weeds • **Join a neighborhood clean-up** • Stretch at your desk • Take a brisk walk at lunchtime • Mow your lawn with a push mower • Do the dishes by hand • Learn to play golf • Schedule family hikes or bike rides • Work out to fitness videos • Clean out your closets • Play softball • Try a yoga class • Play Tennis • March in place during TV shows • Take morning jogs with friends • Roller blade • Dust, Dust, Dust • Keep track of your progress • Celebrate reaching your goals!

For more information on the walking clubs contact
Community Services Supervisor, Jeannie Jurado 714.571.4251

Learn • Have Fun • Get Fit • Be Respectful

