

San Miguel

Fitness Facility

- Lillian Larsen Elementary School
- Cardio and Strength Equipment
- Indoor Gymnasium

Cambria

After-School Programs

- Cambria Grammar School
- Teen Center, 870 Main Street

Paso Robles

Centennial Park, Paso Robles

Summer Programs Ages 4 - 16

- Youth Day Camps

Year-Round Sports

- Gymnastics

After-School Programs

- Little Adventures Preschool
- Club Y Elementary Childcare
- Flamson Middle School Enrichment
- Lewis Middle School Enrichment
- Y Teen X-Treme

Shandon

- After-School Enrichment
- Family Focus Events
- Middle School Dances

California Valley

- After-School Enrichment

San Luis Obispo

Summer Programs Ages 1 - 16

- Youth Day Camps
- Specialty Camps for 1-8 yr. olds

Year-Round Sports

- Youth Roller Hockey
- NFL Flag Football
- Youth Basketball
- Bitty Sports
- T-Ball & Coach/Machine Pitch
- Futsal (Indoor Soccer)
- Adult Sports

Before & After-School Programs

- Little Adventures Preschool (L.R.)
- Los Ranchos Elementary Childcare
- Healthy Kids Club
- Kinder Club

Community Programs

- Y Arts Programs
- Fun Nites
- Birthday Parties
- Community Events

Fitness Facility

- Group Fitness Classes
- Youth Fitness Classes
- Active Older Adult Classes
- Sinsheimer Pool/Aquatics Classes
- Cardio and Strength Equipment
- Racquetball/Handball
- Indoor Basketball
- Specialty Fitness - Cardiac Rehab
- Personal Training
- Massage Services
- Kid's Gym

Five Cities

Year-Round Sports

- Youth Basketball League
- Futsal (Indoor Soccer)
- Youth Roller Hockey
- NFL Flag Football

Before & After-School Programs

- Grover Beach Elementary Enrichment
- Fairgrove Elementary Enrichment
- Mesa Middle School Enrichment
- Shell Beach Elementary Childcare

Senior Programs

- Ocean Oaks Community Center

Summer Programs Ages 4 - 16

- Youth Day Camps
- Specialty Camps for 3-8 yr. olds
- Surf Camp

Atascadero

Colony Park

Year-Round Sports

- Futsal (Indoor Soccer)

Los Osos

Before & After-School Programs

- Monarch Grove Elementary Childcare
- Kinder Club

Year-Round Sports

- Futsal (Indoor Soccer)

Summer Program Ages 8 - 13

- Sail Away Camp, Los Osos

Countywide

- Inclusive Recreation
- YMCA Guides & Princesses
- Financial Assistance

Summer Teen Program

- Teen Leadership Development

School Year Teen Programs

- Model U.N.
- Youth and Government



Grover Beach Arroyo Grande

