

UCSF VALENCIA HEALTH SERVICES FITNESS FLYER

WINTER 2008

WINTER SPORTS

YOU CAN BE ACTIVE IN THE WINTER TOO! CHECK OUT THESE
FUN ACTIVITIES FOR KIDS AND TEENS!

Soccer

A great game for children of all ages, soccer helps children build excellent social skills through cooperation and teamwork while getting an thorough aerobic workout.

Interested? Check out the *Boys and Girls Club*

55 Hawthorn Street, Suite 600
San Francisco, CA 94105
(415) 445-5437
www.bgcsf.org

Dance

Not your typical "sport"-dance is a fun, creative way for kids to exercise, enhance self-esteem, and build coordination.

Try out *Dance Brigade* at

3316 24th Street
San Francisco, CA 94110
(415) 273-4633
www.dancemission.com

Swimming

Yes, you can swim in the winter too! With youth swim teams all over the city, swimming is a fun and convenient way for children to build strong, healthy bodies.

Get more info at *San Francisco Parks and Recreation*

501 Stanyan Street
San Francisco, CA 94117
(415) 831-2700

Martial Arts

An excellent sport for kids that builds coordination, discipline and strength. Could you ask for more?

Try it out at *Mission YMCA Fitness Club*

4080 Mission Street
San Francisco, CA 94112
(415) 586-6900
www.ymcasf.org/mission

For more information and referrals, contact Giancarlo Scalise, VHS's
Physical Activity Counselor at (415) 647-3666



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