

FREE PROGRAMS

REGISTRATION

CLASSES

ACTIVE OLDER ADULTS

FREE PROGRAMS

SPECIAL EVENTS

FACILITIES

ADAPTIVE RECREATION

Friday Night Out, 6+ yrs

This social recreation program for persons with disabilities ages six and up promotes healthy socialization, builds self-esteem, and develops leisure awareness through the use of games, crafts, music, and special events.

Co-sponsored by the Special Olympics.

First Friday of each month.

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	7:00-9:30pm	1st Friday of the month
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RING IN THE NEW YEAR - JAN 5

Ring in the New Year with a Game Night. Come enjoy all kinds of games.

MOVIE NIGHT - FEB 2

We'll enjoy great snacks and watch a movie on our theater sized screen.

PIZZA AND BINGO NIGHT - MAR 2

What would be better than a night of pizza and bingo?
** \$2 fee for Pizza

NO FOOLIN' KARAOKE - APR 6

No foolin', it's Karaoke Appreciation Month. Sing your favorite song from a playlist.

SPRING SOCIAL - MAY 4

Start your Spring off with a night of music and refreshments.

ARTS & MUSIC

Guitar Class, All Ages

Learn how to read and play the basic music notes of a guitar as we take you through the fundamental skills of this popular musical instrument.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-6:00pm	Mondays
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M.A.D. & Karaoke Lounge, 12+ yrs

M.A.D. Lounge (Music, Art & Dance) is a fun, energetic and creative atmosphere for youth and teens to share their musical instruments, artistic skills in drawing, and dance talents!

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-6:30pm	Wednesdays
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DANCE

Grupo Folklorico Mixtlan, All Ages

A class for children and teens of all ages to learn traditional Mexican dance. Please contact Maddux Youth Center for more information (209) 341-2950.

Instructor: Lorrie Becerra

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-6:30pm	Tuesdays
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Hip Hop Dance, 12+ yrs

Hip-hop dance allows people to express themselves without barriers though "freestyle" dance-structured choreography, where dancers have the opportunity to practice style and technique. After perfecting the fundamentals of hip-hop dance, dancers have an easier time learning and creating new techniques, dance styles, and routines. Participants learn a variety of movements as they develop their coordination and exciting fundamental Hip Hop Dance Moves.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	4:00-5:00pm	Fridays
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FITNESS

Dance Aerobics, 16+ yrs

This unique training program teaches the basic dance steps needed to participate in your first Dance Aerobics class. It incorporates physical exercises using light weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more. Come on out and discover how easy and fun losing weight, toning your muscles and getting in shape can be. You don't need to be a professional dancer to enjoy Dance Aerobics, beginners are welcome. This class is for all fitness levels.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	6:00-7:00pm	Mondays and Thursdays
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PAL Boxing, 10-17 yrs

This is the Police Activities League's oldest activity. Boys and girls are encouraged to participate. PAL Boxing stresses the importance of hard work, education, good manners, fitness, conditioning and sportsmanship. \$30 annual membership fee to Stanislaus County PAL.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-7:00pm	M T W Th
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Yoga Fitness, All Ages

Come get physically active with our Yoga Fitness program, a functional movement training program designed to build and improve agility, endurance, and flexibility and strengthen core muscle groups as you train your way to fitness and longevity.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-6:00pm	Thursdays
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SPORTS

Basketball: Adult, 18+ yrs

Get fit while playing and learning the fundamentals of basketball and more advanced playing methods. Develop teamwork sports skills and achieve individual recognition awards.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	1:30-3:00pm	M T W Th F
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Basketball: Youth Co-ed, 10-17 yrs

Learn the fundamentals of basketball! Expand, sharpen, and develop your basketball playing skills. Coaches and staff are here to assist you! Develop teamwork, sports skills, and achieve individual recognition awards.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	3:00-5:00pm	Tuesdays and Thursdays
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Futsal, 5-12 yrs

Maddux Youth Center and Boy Scouts of America have partnered to bring Futsal to boys and girls ages 5-12. This sport develops quick thinking skills in small spaces. Fundamentals of Futsal rules of play and sportsmanship will be emphasized. Participants will learn skills in creative drills, playing strategy, and technique methods, as well as ball control and passing.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-6:00pm	Mondays and Wednesdays
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Jr Giants, 5-13 yrs

Junior Giants is a FREE 8-week, non-competitive baseball league for boys and girls ages 5-13 in the 2017-2018 school year. The league focuses on the fundamentals of baseball as well as leadership, teamwork, confidence, and integrity. Games are scheduled to begin in June. Coaches and Player registration opens April 2018. Register online at jrgiants.org or modestogov.com/prnd. For more information, contact Stephanie Smith at (209) 577-5450 or ssmith@modestogov.com

SUPPORT AND INFORMATION

Beyond the Walls, 5-15 yrs

A support group for children of the incarcerated to build self-esteem, help with feelings of shame and isolation, decrease stress, address anger issues, and strengthen communication skills.

Instructor: Nita Brady

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	4:00-5:00pm	Thursdays
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Snack Attack Nutrition Class, 8-16 yrs

Health & Nutrition class for boy's and girl's ages 8- 16 yrs. to learn about healthy preparation of snacks and proper eating habits as they have fun as staff share their favorite receipts.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-6:00pm	Thursdays
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TECHNOLOGY

Basic Computer Class, 16+ yrs

This drop-in hour is a time for teens to come and learn a bit about how to use a computer or navigate through the internet - please contact Maddux Youth Center for more information (209) 341-2950.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	3:00-5:30pm	Tuesdays
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Homework Time, 8+ yrs

Maddux Youth Center cares about school. They have set aside an hour of quiet time to help kids with homework; get homework started or get it done.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	3:45-5:00pm	M T W Th
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Job Resource Lab & Basic Computer Skills, 16+ yrs

This lab is a time for adults or teens to come in and work on their resumes and apply for or search for jobs and colleges. Designed for ages 16 and up.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	By Appointment	
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