

How young is too young for recreational sports? The Child Health and Exercise Medicine Program at McMaster University recently published information stating that it is never too young to be active! Studies show that “participating in sport can contribute to children’s overall physical activity level, and may have other benefits such as development of motor and social skills...” The pee-wee youth sports program offered by the City of Huntington Beach is non-competitive, and develops motor skills such as balance and coordination; walking, running, jumping and skipping. In addition, it provides opportunities for social skill development such as cooperation and teamwork. But remember, the City offers programs for all ages and many different interests.....with a focus on life-long-learning and loads of fun! Check out the SANDS for more information!

Janeen Laudenback
Director of Community Services

**Parks
Make
Life
Better!**



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MISSION STATEMENT

The City of Huntington Beach Community Services Department provides outstanding programs, services and facilities to enhance and enrich the lives of our residents and visitors.

Winter Class Registration Begins November 17 at 9 a.m. See Page 3 for information.

www.hbsands.org