CALENDAR OF EVENTS

AUGUST

13 Basketball Registration: Anaheim
Sign up for the Fall Season of YMCA Basketball
9am-12pm @ Anaheim Downtown Youth Center

13 Basketball Registration: Cypress
Sign up for the Fall Season of YMCA Basketball
9am-12pm @ West Anaheim Youth Center

26-27 Weekend Camp Adventure
A two day fun-filled camping adventure for kids ages 7-13 @ Santa Fe Dam Recreation Area.

SEPTEMBER

12 Youth & Government Kick-Off
Youth & Government meets every Monday, 7-9pm @ the YMCA, 230 S. Euclid St. Anaheim

OCTOBER

22 Spooktacular
Camp Fox and Camp Miehana campers reunite for a night of Halloween festivities: 6-10pm @ the YMCA

30-31 Halloween Fall Festival
Two nights of Halloween games and family fun
6-9pm @ Anaheim Downtown Youth Center

NOVEMBER

Anaheim Family YMCA 100 Year Reunion
More details coming soon. Call the YMCA for details

19 Sports & Fitness Fall Showcase
Participants demonstrate the skills they acquired throughout the Fall Sports Season
Nov 19, 9:30am-12pm @ Downtown Youth Center

28 Volleyball Clinic
Learn to play volleyball or build on your skills.
Nov 28-Dec 19, 5-7pm @ Downtown Youth Center

DECEMBER

16 HAPPY HOLIDAYS!
Please bring an unwrapped, new toy for needy YMCA family members to the YMCA, by Friday, December 16

FOR SOCIAL RESPONSIBILITY
All together better

Make a difference in your community by getting involved with the Y. The ways you can make a difference are endless!

MENTOR
INTERN
VOLUNTEER
DONATE
ADVOCATE
JOIN

For more information, contact volunteer director Norma Ruiz at (714) 635-9622 or nruiz@anaheimymca.org.

CONTACT US

(714) 635-9622
240 S. Euclid Street, Anaheim, CA 92802
www.facebook.com/anaheimymca
www.twitter.com/anaheimymca
www.anaheimymca.org

The Y is for everyone. Financial assistance is available.

Anaheim Family YMCA
240 S. Euclid Street
Anaheim, CA 92802

the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

PROGRAM GUIDE FALL 2011

Anaheim Family YMCA

240 S. Euclid St. Anaheim, CA 92802 • anaheimymca.org

Y News SPOTLIGHT

After months of planning, 2 days of building, and 300 volunteers, there is a new playground at Edison Park and a new vegetable garden at Edison School! Designed by kids and built by the community, the vision of this project is to inspire kids and families to get active together.

In June, nearly 300 volunteers from the local community, Disney, Anaheim Family YMCA, the city of Anaheim, and Thomas Edison Elementary School came together to build a dream playground that will benefit over 1,200 children in Anaheim.

This new playground provides children in the Anaheim community a safe place to play, while the learning garden at nearby Thomas Edison Elementary School teaches children how to grow vegetables – furthering their knowledge about healthy food and nutrition.

Many kids including Julian Sena in 3rd grade at Edison Elementary are enjoying every moment of playtime on this new playground. Sena said, "This is like an adventure playground. I love it!"

"This collaborative project embodies the Y's commitment to youth development, healthy living and social responsibility," said Paul Andresen, President and CEO of the Anaheim Family YMCA. "Through our work with Activate Anaheim, the Y and its partners, we are making improvements that promote healthy, active lifestyles for families throughout our community."

In 2011, Disney contributed more than $1 million to help KaBOOM! build playgrounds and learning gardens in 13 communities across the U.S.

Check out the Edison Park Playground soon and see how the project came to life!

FOR HEALTHY LIVING

Healthy living starts at the Y. Enrich your spirit, mind and body in a comfortable setting, with personal and group support. From state-of-the-art fitness equipment to games and fitness classes, there's something for everyone at the Y. **For more information about classes, contact YMCA West, (714) 635-5437**

YMCA Healthy Lifestyle Center
2045 West Ball Rd, Anaheim 92804
(714) 635-5437
Open 8am-8pm Monday-Thursday
8am-6pm Friday

Membership Category	Monthly Fee
Single	$24
Couple	$40
Teens	$15
SilverSneakers	Free

Drop-in Fee, $5/Class
(All fees include classes and use of facility)

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SPORTS & PLAY

BASKETBALL $70 - 10 weeks
Sign up for the YMCA's co-ed basketball leagues. Participants will learn basic basketball skills and positive character values. Practices are once a week and games are on the weekend. Fee includes jersey and trophy.
3-17 years

REGISTRATION DAY
Anaheim League
Sat 9am-12pm YMCA 8/13
Cypress League
Sat 9am-12pm WAYC 8/13

CHEERLEADING $55 - 10 weeks
Students will develop the skills needed to be a team player and achieve a higher level of self-confidence. This class will introduce the basic fundamentals of cheerleading such as coordination, strength through stunting, tumbling and jumps. The cheer team practices once a week and performs at weekend basketball games. A $5 uniform fee is payable to the instructor.
Ages 6-12
Tue 6:45-7:30pm WAYC 9/6

BALLET & TAP-BEGINNING $60 – 10 weeks
Embrace the beauty of dance. YMCA Dance will help develop rhythm, strength and coordination the fun way. In this course students will learn the basic five positions and steps of ballet and tap. Simple combinations will be introduced in an enthusiastic atmosphere.
5 years+
Sat 9:30-10:30am WAYC 9/10
Sat 10:35-11:35am WAYC 9/10

BALLET-INTERMEDIATE $60 – 10 weeks
This class moves slightly faster than beginning dance. Students will learn steps, position and combinations with technique and detail.
6 years+
Sat 11:40-12:40am WAYC 9/10

BALLET-ADVANCED $60 – 10 weeks
This is a fast-paced class that focuses on complex combinations, turns and choreography from famous ballets. Dance experience is preferred, however, not required.
7 years+
Sat 12:45-1:45pm WAYC 9/10

YOUTH FITNESS $60 - 8 weeks
Open the door to better health, greater independence and a fulfilling life. Your child can build flexibility, balance and endurance through fun sports, exercises, drills and cooperative group games.
7-13 years
Thu 5-6pm WAYC 9/8

BITTY SOCCER $60 - 10 weeks
Learn basic soccer skills in a non-competitive atmosphere. Family involvement is required. A $5 t-shirt fee is payable to the instructor.
3-6 Years
Sat 10-11am DTYC 9/10

BITTY T-BALL $60 - 10 weeks **NEW CLASS!**
Designed to introduce children to baseball and learn sportsmanship in a safe, noncompetitive atmosphere. Family involvement is required; however, YMCA staff conduct course. Bring your own glove.
4-6 Years
Sat 9-10am DTYC 9/10

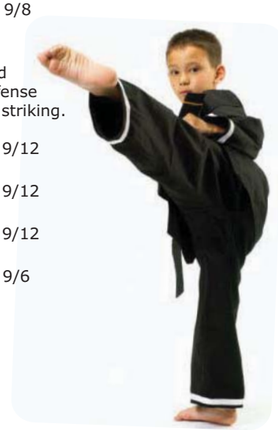
ITTY BITTY SPORTS $65 - 9 weeks
This program is designed to help parents find out what sports their child enjoys. The 9 week program focuses on three different sports; basketball, soccer, and T-ball. Parent involvement is required.
3-6 years
Wed 6-7pm WAYC 9/7
Sat 11am-12pm DTYC 9/10

VOLLEYBALL CLINIC $40 - 4 weeks **NEW CLASS!**
Learn how to play volleyball or brush up on skills. This coed program focuses on the fundamental skills of the game. Participants learn to play and communicate as a team. Physical conditioning is involved to strengthen endurance.
12-17 years
Mon 5-7pm DTYC 11/28

MOVEMENT THERAPY $40 - 8 weeks
Experience the calming effects of Eastern and Western movement therapies such as Yoga, Tai-Chi, and Qi-gong, muscle toning, Trager Technique, Authentic Movement, and Dynamic Movement all rolled into one fun and unique class.
Teens/Adults
Sun 12:15-1:15pm WAYC 9/11

BOOT CAMP $60 - 8 weeks
Improve your body strength and self-esteem. Participants work with a certified trainer in a group setting to achieve fitness goals and set a healthy life course.
Ages 14-17
Thu 6-7pm WAYC 9/8
Ages 18+
Thu 7-8pm WAYC 9/8

KENPO KARATE $65 - 10 weeks
Build strength, sharpen reflexes and build self-confidence! Learn self defense techniques in blocking, kicking and striking.
BEGINNING **6 years+**
Mon 6:30-7:30pm DTCC 9/12
INTERMEDIATE **6 years+**
Mon 7:30-8:30pm DTCC 9/12
INTERMEDIATE **Teens/Adults**
Mon 7:30-8:30pm DTCC 9/12
ADVANCED **8 years+**
Tue 7-8:30pm DTCC 9/6



CLASS & ACTIVITY LOCATIONS

Register for classes online at www.anaheimymca.org or visit the YMCA Administrative Office

DTCC- Downtown Community Center - 250 E. Center St, Anaheim 92805
DTYC- Downtown Youth Center - 225 S. Philadelphia St, Anaheim 92805
EAG- East Anaheim Gym - 8165 E. Santa Ana Canyon Rd, Anaheim 92808
YMCA- YMCA Administrative Office- 240 S. Euclid St, Anaheim 92802
YWEST- Y West Healthy Lifestyle Center - 2045 W. Ball Rd, Anaheim 92804
WAYC- West Anaheim Youth Center - 320 S. Beach Blvd, Anaheim 92804

No classes Friday, November 11 in observance of Veterans Day

GYMNASTICS $80 - 10 weeks
YMCA gymnastics teaches basic and advanced skills, while building discipline, physical strength and self-confidence. Apparatus include: floor, balance beam, bars and vault.

MINI STARS – PARENT TOT **18 months - 3 years**
Tue 9:15-10am DTYC 9/6
Wed 4:10-4:55pm EAG 9/7
Wed 6:05-6:50pm WAYC 9/7
Fri 12:15-1pm EAG 9/9
Sat 9:05-9:50am DTYC 9/10
Sat 9:05-9:50am WAYC 9/10
Sun 12:15-1pm EAG 9/11
Sun 12-12:45pm WAYC 9/11
Mon 4:20-5:05pm DTYC 9/12

LITTLE STARS **3-4 years**
Tue 9:15-10:05am DTYC 9/6
Wed 4:10-5pm EAG 9/7
Fri 12:15-1:05pm EAG 9/9
Sat 9:05-10am WAYC 9/10
Sat 9:05-10am DTYC 9/10
Sun 12:15-1:05pm EAG 9/11
Sun 1:10-2pm EAG 9/11
Sun 12-12:50pm WAYC 9/11
Mon 4:20-5:10pm DTYC 9/12
Mon 5:15-6:05pm DTYC 9/12

BEGINNING STARS **5-8 years**
Wed 5-5:50pm EAG 9/7
Sat 10-10:50am DTYC 9/10
Sat 10-10:50am WAYC 9/10
Sun 12-12:50pm WAYC 9/11
Sun 1:10-2pm EAG 9/11
Mon 4:20-5:10pm DTYC 9/12
Mon 5:15-6:05pm DTYC 9/12

INTERMEDIATE STARS **8-13 years**
Sat 10-10:50am DTYC 9/10
Sat 10-10:50am WAYC 9/10
Mon 5:15-6:05pm DTYC 9/12

TUMBLING $80 - 10 weeks
Learn cartwheels, round offs, handspring and more. Beginning level is recommended for those with skills below a round-off.

BEGINNING **6-17 years**
Wed 5-5:50pm EAG 9/7
Mon 6:05-6:55pm DTYC 9/12
INTERMEDIATE **7-17 years**
Wed 5-5:50pm EAG 9/7
Mon 6:05-6:55pm DTYC 9/12
ADVANCED **9-17 years**
Mon 6:05-6:55pm DTYC 9/12

EDUCATION & LEADERSHIP

ANAHEIM ACHIEVES AFTER-SCHOOL PROGRAM $35/month
The Anaheim Achieves after-school program offers over 4,800 K-12 students a safe place to learn and grow each day after the school bell rings. Anaheim Achieves helps students build healthy relationships with peers and mentors, develop positive values, gain confidence, excel in school and plan for the future. Students participate in sports, games, clubs, field trips, tutoring and various other enrichment activities. The program is offered at 37 elementary schools and is free at six junior high and three high schools.

Mon-Fri school release-6pm
Call the YMCA for school locations

YOUTH & GOVERNMENT
Teens in 9th-12th grades enhance public speaking skills, make friends across the city and state and build self-confidence by modeling "Democracy in Action". Through a six-month legislation exercise during this mock legislative process, students team up to write a bill, conduct research, lobby for votes, hold mock elections, and debate their bill on the Senate and Assembly floors at our State Capitol.
Mon 7-9pm YMCA 9/13

EARLY CHILDHOOD EDUCATION

YMCA CHILDREN'S STATION
Children's Station provides a supportive and nurturing place for infants to preschool children to learn, grow, have fun and gain skills to succeed in primary school. The center also offers parents resources to learn about child development, education and nutrition.

Hours: Monday-Friday, 6:30am-6:30pm
(714) 774-5437 • 100 South Atchison St.