



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



CONNECTIONS

.....
Where there's a Y, there's an US.

Numa Networks Giving Back
COVER STORY INSIDE

ANAHEIM FAMILY YMCA Spring 2018

BE ^{the} CAUSE

Charles Pearson: Meet our founder.

The Y is a cause-driven organization focused on three key areas: youth development, healthy living and social responsibility. We believe a strong community can only be achieved when we invest in our kids, our health and our neighbors. We strengthen the foundations of community. We work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

The year was 1911. At just 13 years old, Charles Pearson rode his bicycle up and down Center Street collecting a dollar from each business to establish the town's first YMCA. With the support from the community, the YMCA began offering its first programs for youth, including the new Hi-Y clubs in local schools. In 1947, more than three decades after founding the Anaheim YMCA, Charles Pearson went on to become the city's mayor.

On February 24, 2018, in collaboration with the City of Anaheim, Disneyland, KaBOOM! and community volunteers, Pearson Park received a new playground for kids and families. With this new addition to the neighborhood, more kids will now have more opportunities to get the balanced and active play they need to thrive. Little did Charles Pearson know of the extraordinary impact he would set into motion when he founded the Anaheim YMCA in 1911.

El Y es una organización impulsada por la causa centrada en tres áreas clave: desarrollo juvenil, vida saludable y responsabilidad social. Creemos que una comunidad fuerte solo puede lograrse cuando invertimos en nuestros hijos, nuestra salud y nuestros vecinos. Fortalecemos los cimientos de la comunidad. Trabajamos junto con nuestros vecinos para asegurarnos de que todos, independientemente de su edad, ingresos o antecedentes, tengan la oportunidad de aprender, crecer y prosperar.

El año era 1911. Con tan solo 13 años, Charles Pearson montó su bicicleta y se paseó por la calle Center Street recolectando un dólar de cada negocio para establecer el primer YMCA de la ciudad. Con el apoyo de la comunidad, el YMCA comenzó a ofrecer sus primeros programas para jóvenes, incluyendo los nuevos clubes de Hi-Y en las escuelas locales. En 1947, más de tres décadas después de fundar el YMCA de Anaheim, Charles Pearson se convirtió en el alcalde de la ciudad.

El 24 de febrero de 2018, en colaboración con la Ciudad de Anaheim, Disneyland, KaBOOM! y voluntarios de la comunidad, Pearson Park recibió un nuevo patio de juegos para niños y familias. Con esta nueva incorporación al vecindario, más niños ahora tendrán más oportunidades de obtener el juego equilibrado y activo que necesitan para prosperar. Poco sabía Charles Pearson el extraordinario impacto que pondría en marcha cuando fundó la YMCA de Anaheim en 1911.



Charles Pearson (middle)

2018 KIDS NOW CAMPAIGN

Your gift now. Helps kids now.

The 2018 YMCA Kids Now Campaign is focused on giving kids the tools they need to succeed...now and in the future. Your gift to the Y will provide youth with scholarships to vital YMCA programs so they can grow strong in character, creativity, and confidence. We invite you to support the Y with a tax-deductible gift, which will help bring YMCA programs to those who need it most throughout Anaheim, Stanton, La Palma, and Cypress. On behalf of the more than **7,000 kids** we impact every day, thank you for your generous support.

La campaña 2018 YMCA Kids Now se centra en brindarles a los niños las herramientas que necesitan para tener éxito ... ahora y en el futuro. Su obsequio a el YMCA proporcionará a los jóvenes becas para programas vitales de YMCA para que puedan crecer en carácter, creatividad y confianza. Lo invitamos a apoyar a el YMCA con un regalo deducible de impuestos, que ayudará a llevar los programas de YMCA a quienes más lo necesitan en Anaheim, Stanton, La Palma y Cypress. En nombre de los más de **7,000 niños** que impactamos todos los días, gracias por su generoso apoyo.

For a better us.

www.anaheimymca.org

The Anaheim Family YMCA's Tax ID# is: 95-1709299

CONNECTING YOUTH TO CONFIDENCE

YOUTH & GOVERNMENT

Every February, 3,500 high school delegates from all over California meet in Sacramento to debate, dissect, and vote on the over 200 bills submitted by Youth & Government delegations across the state. Abbey Gallegos and Victor Garcia Balderas, co-author's of the Anaheim Family YMCA's bill, shared how they were inspired to write their bill, focusing on rainwater conservation, treatment, and storage for non-municipal use, while learning about water cycles and comparing data from other global water supplies. "It's helpful during the bill-writing process because you get feedback from your delegation, pros and cons, to help refine and strengthen your bill and your position," shared Gallegos, a senior delegate that has participated in the program for four years. Gallegos also shared her highlight from the Y&G Training Conference in January was a diversity activity led by Dr. Francine Oputa, Director of the Cross Cultural and Gender Center at Fresno State University.

Cada febrero, 3,500 delegados de todas las secundarias de California se reúnen en Sacramento para debatir, diseccionar y votar los más de 200 proyectos de ley presentados por las delegaciones de Juventud y Gobierno en todo el estado. Abbey Gallegos y Victor Garcia Balderas, co-autor del proyecto de ley Anaheim Family YMCA, compartieron cómo se sintieron inspirados para escribir su factura, centrándose en la conservación, tratamiento y almacenamiento del agua de lluvia para uso no municipal, mientras aprenden sobre los ciclos del agua y comparan datos de otros suministros de agua globales. "Es útil durante el proceso de escritura de facturas porque obtienes comentarios de tu delegación, pros y contras, para ayudar a refinar y fortalecer tu factura y tu posición", compartió Gallegos, un delegado sénior que ha participado en el programa durante cuatro años. Gallegos también compartió lo más destacado de la Conferencia de Capacitación de Y & G en enero. Fue una actividad de diversidad dirigida por la Dra. Francine Oputa, Directora del Centro Transcultural y de Género de la Universidad Estatal de Fresno



(L to R): Victor Garcia Balderas, Brandon Huynh



(L to R): Abby Mills, Abbey Gallegos, Caitlin Jelensky

SPRING DAY CAMP

Day camp is more than activities for kids. It is a place for values, learning, skill building, self-confidence and fulfilling dreams. Enjoy fun-filled days of games, crafts, sports, field trips, friends and lasting memories. Dedicated YMCA staff engage day campers in activities that help youth learn, grow and develop character. El campamento de día es más que actividades para niños. Es un lugar para los valores, el aprendizaje, la construcción de habilidades, la confianza en sí mismo y el cumplimiento de los sueños. Disfruta de días llenos de diversión de juegos, manualidades, deportes, excursiones, amigos y recuerdos duraderos. El personal dedicado de YMCA involucra a los campistas en actividades que ayudan a los jóvenes a aprender, crecer y desarrollar el carácter.

REGISTRATION DETAILS

Students must attend a school in the school district in order to participate. They can register for any of the day camp locations in their district. To register, please visit the Anaheim Achieves after school office located at your current school or school offering the program this summer.

DETALLES SOBRE REGISTRACIÓN

Estudiantes deben de asistir a una escuela en el distrito para participar. Usted puede registrar su estudiante en cualquier escuela en su distrito que ofrece el programa de campamento de día. Para registrar, visite la oficina del programa Anaheim Achieves en su escuela o unas de las escuelas que esta ofreciendo el programa este verano.

"The Y has been a lifesaver for my family. As a working parent, the program gave me a great deal of peace of mind knowing my son was safe. Since the program was affordable, it allowed me to give one more treatment for my son's autism each year."

- Tracy Hengehold



CONNECTING YOUTH TO SPORTS & PLAY

At the Y, our sports staff, coaches and volunteers all share a singular vision of helping all youth reach their full potential in life. We leverage the excitement and passion around recreational and competitive programming to create a healthy outlet for children to gain new skills, develop a sense of team and connect with positive role models.

En el YMCA, todo nuestro personal de deportes, entrenadores y voluntarios comparten una visión singular de ayudar a todos los jóvenes a alcanzar su máximo potencial en la vida. Nos aprovechamos de la emoción y la pasión en torno a la programación recreativa y competitiva para crear una salida saludable para que los niños adquieren nuevas habilidades, desarrollar un sentido de equipo y conectarse con modelos positivos.

GYMNASTICS

\$95 – 9 weeks

Gimnasio

Classes teach self-discipline, basic skill development, physical strength and build self-esteem. Students will be introduced to balance beams, bars, vault and trampoline. **Todas estas clases enseñan auto-disciplina, desarrollo de destrezas básicas y auto-estima, fortaleza física.**

Gymnastics Mini Stars Parent & Me – Padres e hijos

Ages/Edades 1½-3

Sat	9:05-9:50am	DAYC	Mar 24 - May 26
Sat	9:05-9:50am	WAYC	Mar 24 - May 26
Sun	11:10-11:55am	WAYC	Mar 25 - May 27
Mon	4:20-5:05pm	DAYC	Mar 26 - May 21

Gymnastics Little Stars – Empezar

Ages/Edades 3-4

Sat	9:05-9:55am	DAYC	Mar 24 - May 26
Sat	9:05-9:55am	WAYC	Mar 24 - May 26
Sun	10:50-11:40pm	WAYC	Mar 25 - May 27
Mon	4:20-5:10pm	DAYC	Mar 26 - May 21
Mon	5:15-6:05pm	DAYC	Mar 26 - May 21
Tue	5:10-6:00pm	DAYC	Mar 27 - May 22

Gymnastics Beginning Stars – Empezar

Ages/Edades 5-8

Sat	10:00-10:50am	DAYC	Mar 24 - May 26
Sat	10:00-10:50am	WAYC	Mar 24 - May 26
Sun	11:45-12:35pm	WAYC	Mar 25 - May 27
Mon	4:20-5:10pm	DAYC	Mar 26 - May 21
Mon	5:15-6:05pm	DAYC	Mar 26 - May 21
Tue	5:10-6:00pm	DAYC	Mar 27 - May 22

Gymnastics Intermediate Stars – Intermedios

Ages/Edades 8-12

Sat	10:00-10:50am	DAYC	Mar 24 - May 26
Sat	10:00-10:50am	WAYC	Mar 24 - May 26
Sun	12:00-12:50pm	WAYC	Mar 25 - May 27
Mon	5:15-6:05pm	DAYC	Mar 26 - May 21
Tue	5:10-6:00pm	DAYC	Mar 27 - May 22



TUMBLING

\$95 – 9 weeks

This course will teach kids the basics of forward rolls and cartwheels to advanced skills such as back walk-overs to back handsprings depending on skill level. An assessment will be done on the first day of class. **Este curso les enseñaran conceptos básicos de volteretas y habilidades avanzadas tales como vuelos acrobáticos dependiendo del nivel de habilidad. En el primer día de clase habrá una evaluación.**

Ages/Edades 6-17

Sun	12:40-1:30pm	WAYC	Mar 25 - May 27
Mon	6:05-6:55pm	DAYC	Mar 26 - May 21
Tue	6:00-6:50pm	DAYC	Mar 27 - May 22

GYMNASTICS AND TUMBLING ATTIRE

Wear elastic waist shorts (no belts, buckle, buttons or zippers) with a tucked-in shirt, no jeans. Leggings or workout pants are acceptable. Girls may wear a one-piece leotard. Shoes and tights are not required. Long hair should be put up and all jewelry removed.

ROPA PARA CLASES DE GYMNASIO Y TUMBLING

Usen ropa de ejercicio o deporte (no botones, pantalón de lona, cincho) camisas deben de estar dentro del pantalón. Por favor de no usar joyería.

FLASH FITNESS

\$80 – 9 weeks

NEW CLASS!

Improve your body strength and self-esteem. This is a dynamic course that will help build flexibility, balance and endurance. You will be going through a progressive and cardio training. Flash into your goal in no time. **Mejora la fuerza y la autoestima de tu cuerpo. Este es un curso dinámico que ayudará a desarrollar flexibilidad, equilibrio y resistencia. Pasarás por un entrenamiento progresivo y de cardio. Ve a tu objetivo en poco tiempo.**

Ages/Edades 7-11

Sat	9:00-9:55am	Twila Reid Park	Mar 24 - May 26
Sun	11:00-11:55am	Twila Reid Park	Mar 25 - May 27

Ages/Edades 12-17

Sat	10:00-10:55am	Twila Reid Park	Mar 24 - May 26
Sun	10:00-10:55am	Twila Reid Park	Mar 25 - May 27

Ages/Edades 18-50

Sat	11:00-11:55am	Twila Reid Park	Mar 24 - May 26
Sun	9:00-9:55am	Twila Reid Park	Mar 25 - May 27

CONNECTING YOUTH TO SPORTS & PLAY

Financial Assistance

Financial Assistance opens February 1, 2018 and closes February 28, 2018

Asistencia financiera abre el 1 de febrero de 2018 y cierra el 28 de febrero de 2018

Please register for financial assistance online prior to registering for programs. Deposit: \$40
 Visit anaheimymca.org/financial-assistance Regístrese en línea antes de registrarse para los programas. Deposito: \$40. Visite anaheimymca.org/financial-assistance para obtener más información.

Registration

Registration starts March 1, 2018 and closes March 27, 2018

La inscripción comienza el 1 de marzo de 2018 y cierra el 27 de marzo de 2018

FACILITY LOCATIONS LUGARES DE PROGRAMAS

WAYC - West Anaheim Youth Center 320 S. Beach Blvd., Anaheim, CA 92804

DAYC - Downtown Anaheim Youth Center 225 S. Philadelphia St., Anaheim, CA 92805

DACC - Downtown Anaheim Community Center 250 E. Center St., Anaheim, CA 92805

TWILA REID PARK - 3100 W Orange Ave., Anaheim, CA 92804

ITTY BITTY SPORTS

Basketball, Soccer and T-Ball

Deportes para Niños - Baloncesto, Soccer y Béisbol

Ages/Edades 3-6

Sat	9:00-9:55am	DAYC	Mar 24 - May 26
Sun	10:30-11:30am	WAYC	Mar 25 - May 27
Tue	5:00-5:55pm	DAYC	Mar 27 - May 27

\$85 - 9 weeks

BITTY T-BALL

Beisbol de Niños

Ages/Edades 4-6

Sat	11:00-11:55am	DAYC	Mar 24 - May 26
Sat	10:00-10:55am	Twila Reid Park	Mar 24 - May 26
Sun	1:00-1:55pm	Twila Reid Park	Mar 25 - May 27

\$85 - 9 weeks

BITTY SOCCER

Fútbol de Niños

Ages/Edades 3-6

Sat	10:00-10:55am	DAYC	Mar 24 - May 26
Sat	9:00-9:55am	Twila Reid Park	Mar 24 - May 26
Sun	12:00-12:55pm	Twila Reid Park	Mar 25 - May 27

\$85 - 9 weeks

BITTY SPORTS ATTIRE

Wear comfortable workout clothes and running shoes.

ROPA PARA CLASES DE BITTY SPORTS

Usen ropa y zapatos cómodos de deporte.



CONNECTING YOUTH TO PERFORMING ARTS

Our Performing Arts programs for youth encourage, nurture and provides an outlet for creativity. Performing Arts leave a mark on children that lasts a lifetime, inspiring self-expression, self-esteem and critical and creative thinking. **Nuestros programas de artes escénicas para jóvenes alientan, nutren y proporciona una salida para la creatividad. Artes escénicas dejan una huella en los niños que dura toda la vida, inspirador auto-expresión, la autoestima, y el pensamiento crítico y creativo.**

BITTY HIP HOP \$90 – 9 weeks
Hip Hop de Niños
Ages/Edades 4-6
Tue 5:00-5:55pm WAYC Mar 27 – May 22

HIP HOP \$90 – 9 weeks
Danza de hip-hop
Ages/Edades 7-11
Tue 6:00-6:55pm WAYC Mar 27 – May 2

Ages/Edades 12-17
Tue 7:00-7:55pm WAYC Mar 27 – May 2

MUSICAL THEATER \$90 – 9 weeks
Teatro Musical
Ages/Edades 7-11
Tue 6:30-7:30pm DACC Mar 27 – May 29

Ages/Edades 12-17
Tue 7:30-8:30pm DACC Mar 27 – May 29

Ages/Edades 7 and up
Thu 7:00-8:00pm WAYC Mar 29 – May 24

CONTEMPORARY DANCE \$90 – 9 weeks
Danza Contemporánea
Ages/Edades 9 and up
Wed 6:00-7:00pm WAYC Mar 28 – May 23

JAZZ DANCE \$90 – 9 weeks
Danza de música Jazz
Ages/Edades 9 and up
Wed 7:00-8:00pm WAYC Mar 28 – May 23

HULA DANCE \$90 – 9 weeks
Danza de Hula - Empezar
Ages/Edades 4-6
Mon 6:00-7:00pm WAYC Mar 26 – May 21

Ages/Edades 7-11
Mon 7:00-8:00pm WAYC Mar 26 – May 21
Thu 6:30-7:30pm DACC Mar 29 – May 31

Ages/Edades 12-17
Mon 8:00-9:00pm WAYC Mar 26 – May 21
Thu 7:30-8:30pm DACC Mar 29 – May 31

BEGINNING TAP \$90 – 9 weeks
Tap Comienzo
Ages/Edades 3-6
Mon 6:30-7:30pm DACC Mar 26 – May 21

Ages/Edades 7-11
Mon 7:30-8:30pm DACC Mar 26 – May 21

Ages/Edades 6-11
Wed 5:00-6:00pm WAYC Mar 28 – May 9

ALL DANCE CLASSES ATTIRE
Pants and sneakers are recommended. No jeans.

ROPA PARA TODAS LAS CLASES DE DANZA
Usen pantalones y zapatos cómodos de deportes.
No se permite pantalones de lona.

BITTY BALLET \$90 – 9 weeks
Ballet para Niños
Ages/Edades 3-4
Thu 4:00-4:55pm WAYC Mar 29 – May 24
Thu 5:00-5:55pm WAYC Mar 29 – May 24

Ages/Edades 5-6
Thu 6:00-6:55pm WAYC Mar 29 – May 24

BALLET AND TAP BEGINNING \$90 – 9 weeks
Empezar
Ages/Edades 5 and up
Sat 9:15-10:15am WAYC Mar 24 – May 26
Sat 10:20-11:20am WAYC Mar 24 – May 26
Sat 11:15-12:15pm DACC Mar 24 – May 26
Sat 12:15-1:15pm DACC Mar 24 – May 26

BALLET INTERMEDIATE \$90 – 9 weeks
Intermedio
Ages/Edades 6 and up
Sat 11:25-12:25pm WAYC Mar 24 – May 26

ADVANCED BALLET CLASS \$130 – 9 weeks
Ballet Advanced - Avanzado
Ages/Edades 7 and up
Sat 12:30-2:30pm WAYC Mar 24 – May 26

BALLET ATTIRE
Wear leotards, tights, ballet shoes or isotoner slippers.
Skirts and tutus are optional. Yoga pants accepted only for adult class.

ROPA PARA CLASES DE BALLET
Usar ropa de deporte y zapatos de ballet o pantuflas.

YOUTH CO-ED BASKETBALL LEAGUE

BASKETBALL
Baloncesto

LEAGUE FEE: \$90 – 10 weeks
JERSEY FEE: \$10.00

Participants will learn basic basketball skills and positive character. Practices are once a week and games are held on the weekend at DAYC and WAYC. League fee includes 10 games, weekly practices a team trophy/medal and end of season awards ceremony. Los participantes aprenderán destrezas básicas de baloncesto y carácter positivo. Las prácticas son una vez por semana y los juegos se llevan a cabo los fines de semana en DAYC y WAYC. El arancel de la liga incluye 10 juegos, prácticas semanales, un trofeo de equipo / medalla y la ceremonia de premios de fin de temporada.

IMPORTANT DATES

ONLINE EARLY BIRD REGISTRATION: APRIL 9

Register online at anaheimymca.org

REGISTRO ONLINE EARLY BIRD: 9 DE ABRIL

Regístrese en línea en anaheimymca.org

IN HOUSE REGISTRATION: APRIL 16

Register at the Main Office
240 S. Euclid St., Anaheim, 92802
League Fee due at registration

REGISTRO EN CASA: 16 DE ABRIL

Regístrese en la oficina del YMCA
240 S. Euclid St., Anaheim, 92802
Cuota de la liga debida al momento del registro

REGISTRATION DEADLINE: APRIL 30

(Any late registration will have a \$3 fee applied)

DÍA FINAL DE REGISTRACIÓN: 30 DE ABRIL

(Registraciones que son entregadas tardes tendrán una cuota adicional de \$3)

FINANCIAL AID DEPOSIT: Register online at anaheimymca.org/financial-assistance. Deposit is \$40.

DEPÓSITO DE AYUDA FINANCIERA: Regístrese en línea en anaheimymca.org/financial-assistance. El depósito es de \$40.



MANDATORY SKILLS EVALUATION: MAY 5

Teams will be determined after an initial skills assessment of all participants to establish appropriate age divisions and teams.

EVALUACIÓN MANDATORIO: 5 DE MAYO

Los equipos se formaran después de una evaluación de destrezas para establecer los grupos de acuerdo a la edad.

AGE DIVISIONS

DIVISIONES POR EDADES

3-4 5-6 7-8 9-11 12-14 14-17

DOWNTOWN ANAHEIM YOUTH CENTER

225 S. Philadelphia St., Anaheim, CA 92805

WEST ANAHEIM YOUTH CENTER

320 S. Beach Blvd., Anaheim, CA 92804

Volunteer coaches needed!

As a volunteer YMCA coach, you'll teach values, build teamwork and have fun doing it!
Learn more at anaheimymca.org/volunteer

BASKETBALL PRACTICES & GAMES

Practices start the week of May 21 Las prácticas comienzan la semana del 21 de mayo

All practices will be held at the league location you choose to participate in. Todas las prácticas se llevarán a cabo en la ubicación de la liga en la que elijas participar.

First games start the weekend of May 26 Los primeros juegos comienzan el fin de semana del 26 de mayo

Final games are the weekend of August 4 Los juegos finales son el fin de semana del 4 de agosto

STANTON PROGRAMS

Performing & Visual Art Classes

Location: Stanton Central Park 10660 Western Ave, Stanton CA 90680

BITTY SPORTS

\$56 – 6 weeks

Deportes para Niños

Ages/Edades 3-6 years

Thu 3/1-4/5 5:00pm-5:55pm

Sat 4/14-5/19 9:00am-9:55am

Thu 4/19-5/24 5:00pm-5:55pm

BITTY BASKETBALL

\$56 – 6 weeks

Baloncesto para Niños

Ages/Edades 3-6 years

Thu 3/1-4/5 5:00pm-5:55pm

Thu 4/19-5/24 5:00pm-5:55pm

BITTY SOCCER

\$56 – 6 weeks

Fútbol de Niños

Ages/Edades 3-6 years

Mon 3/1-4/5 5:00pm-5:55pm

Sat 4/14-5/19 10:00am-10:55am

Mon 4/16-5/21 5:00pm-5:55pm

BITTY T-BALL

\$56 – 6 weeks

Deportes para Niños

Ages/Edades 4-6 years

Mon 3/1-4/5 6:00pm-6:55pm

Sat 4/14-5/19 11:00am-11:55am

Mon 4/16-5/21 6:00pm-6:55pm

GYMNASTICS – Mini Stars Parent & Me

\$63– 6 classes

Gimnasia

Ages/Edades 18 months-3 years

Tue 4/17-5/22 9:10am-9:55am

Tue 4/17-5/22 10:00am-10:45am

Wed 4/18-5/23 4:10pm-4:50pm

Wed 4/18-5/23 5:00pm-5:45pm

BITTY BALLET

\$56 – 6 weeks

Deportes para Niños

Ages/Edades 3-4 years

Fri 3/3-4/6 5:00pm-5:55pm

Fri 4/20-5/25 5:00pm-5:55pm

Age/Edades 5-6 years

Fri 3/3-4/6 6:00pm-6:55pm

Fri 4/20-5/25 6:00pm-6:55pm

HULA DANCE

\$56 – 6 weeks

Baile hula

Ages/Edades 3-6 years

Sun 4/15-5/20 10:00am-10:55am

Ages/Edades 7-11 years

Sun 4/15-5/20 11:00am-11:55am

Ages/Edades 12-17

Sun 4/15-5/20 12:00am-12:55pm

ART BASICS

\$56 – 6 weeks

Ages/Edades 6-11 years

Tue 4/17-5/22 5:00pm-6:00pm

ART FUNDAMENTALS

\$56 – 6 weeks

Fundamentos Del Arte

Ages/Edades 12-17 years

Tue 4/17-5/22 6:00pm-7:00pm



Program Location: Stanton Central Park - 10660 Western Ave, Stanton, CA 90680

Registration starts: February 15th and ends the 2nd week of class.

Register at the YMCA main office: 240 S. Euclid St. Anaheim CA 92802
or online at anaheimymca.org or ci.stanton.ca.us

STANTON PROGRAMS

Sports Classes

Location: Stanton Central Park 10660 Western Ave, Stanton CA 90680

BASKETBALL SKILLS CLINICS

\$50 – 5 weeks

If you would like to improve your basketball skills, then this one week clinic is for you! This course focuses on different methods such as ball handling, passing, shooting, defense and rebounding. Participants will practice Monday to Friday for two hours each day. **Si desea mejorar sus habilidades de basquetball, iesta clínica de una semana es para usted! Este curso se enfoca en diferentes métodos como el manejo de la pelota, pasar, disparar, defender y rebotar. Los participantes practicarán de lunes a viernes durante dos horas cada día.**

AGES/EDADES 7-12

Mon-Fri 3/12-3/16 5:30pm-7:30pm



YOUTH SOCCER LEAGUE

\$65 – 6 weeks

Join us for our Spring Soccer League! Children will learn basic soccer skills and positive character. Practices are once a week and games are held on the weekend. Fee includes a team shirt and trophy/medal. **¡Únete a nuestra Liga de Fútbol de Primavera! Los niños aprenderán habilidades básicas de fútbol y carácter positivo. Las prácticas son una vez por semana y los juegos se llevan a cabo los fines de semana. La tarifa incluye una camisa del equipo y un trofeo / medalla.**

IMPORTANT DATES

REGISTRATION STARTS: MONDAY, FEBRUARY 5TH

Register online or at the Main Office

240 S. Euclid St., Anaheim, 92802

\$65 Registration Fee (Due at registration)

DETALLES DE REGISTRACIÓN: LUNES, 5 DE FEBRERO

Regístrate en el sitio de web o en la oficina del YMCA

240 S. Euclid St., Anaheim, 92802

Cuota de \$65 (Entregue el día de registraci3n)

REGISTRATION DEADLINE: MONDAY, MARCH 12TH

(Any late registration will have a \$3 fee applied)

DÍA FINAL DE REGISTRACIÓN: LUNES, 12 DE MARZO

(Registaciones que son entregadas tardes tendrán una cuota adicional de \$3)

MANDATORY SKILLS EVALUATION: SAT., MARCH 17TH

Teams will be determined after an initial skills assessment of all participants to establish appropriate age divisions and teams.

EVALUACIÓN MANDATORIO: SABADO, 17 De MARZO

Los equipos se formaran después de una evaluación de destrezas para establecer los grupos de acuerdo a la edad.

AGE DIVISIONS DIVISIONES POR EDADES

5 years 6-7 years 8-9 years 10-11 years



Practices start the week of April 2nd

Las prácticas comienzan la semana del 2 de abril

Games will take place April 7th to May 19th

Los juegos se llevarán a cabo del 7 de abril al 19 de mayo

CAMP FOX

Dates: June 24 – June 30, 2018 Catalina Island

Ages/Edades: 13-18

Registration Deadline: June 8

Financial Aid Deadline: May 24th
(Available funds are limited and given on a first come, first served basis for completed applications.)

Camp Fee: \$690

CAMP MIEHANA

Dates: July 21 – 28, 2018, San Bernardino Mountains

Ages/Edades: 7-12

Registration Deadline: July 6

Financial Aid Deadline: June 21st
(Available funds are limited and given on a first come, first served basis for completed applications.)

Camp Fee: \$515

CONNECTING YOUTH TO PEERS, ROLE MODELS AND NATURE

Resident camp is an experience every kid and teen deserves. Camp Fox and Camp Miehana help youth disconnect from every day distractions (phones, computers, television) and reconnect with nature, peers and volunteer mentors who are ready to invest in their potential.

CONECTANDO A NUESTROS JÓVENES A COMPAÑEROS, MENTORES Y LA NATURALEZA

Campamentos de verano es una experiencia que cada niño y joven merece. El Campamento Fox y Campamento Miehana ayuda a nuestros jóvenes desconectar de distracciones (teléfonos, computadoras, televisión), y volver a conectar con la naturaleza, sus compañeros y mentores voluntarios que están dispuestos a invertir en su potencial.



Caitlyn Fry, Program Director
P 714 635 9622 x 1606
crfy@anaheimymca.org

(CAMP FOX, Catalina Island)

5 HEALTHY LIVING TIPS 5 consejos para meriendas saludables

Snacks and mini-meals provide many of the nutrients you and your family need to be healthy. This simple rule makes smart snacking easier: Plan snacks from at least two of the five food groups—Dairy, vegetables, fruits, grains and protein. **Las meriendas y las mini comidas proporcionan muchos de los nutrientes que usted y su familia necesitan para estar saludables. ¿Sabes qué alimentos estimulan la nutrición de los bocadillos? Esta regla simple facilita los refrigerios inteligentes: planea refrigerios de al menos dos de los cinco grupos de alimentos: lácteos, verduras, frutas, cereales y proteínas.**



Pick a few snacking tips to try this week:
Elija algunos consejos para comer esta semana:

- 1) **Enjoy protein-rich foods** such as nuts, hard-boiled eggs, cheese or yogurt for energy.
Disfrute de alimentos ricos en proteínas como nueces, huevos duros, queso o yogur para obtener energía.
- 2) **Pair healthy foods with indulgent ones.** Eat carrot sticks with a favorite dip or make a trail mix of nuts, dried fruit and chocolate chips.
Coma palitos de zanahoria con una salsa favorita o haga una mezcla de nueces, frutas secas y chispas de chocolate.
- 3) **Swap out less nutritious snacks gradually.** Instead of a candy bar every afternoon, try fruit sorbet or frozen yogurt and juice.
Cambie los bocadillos menos nutritivos gradualmente. En lugar de una barra de chocolate todas las tardes, pruebe sorbete de fruta o yogur congelado y jugo. Bébalo en el camino!
- 4) **Plan ahead.** Eat a healthy snack before attending an event if “better-for you” snacking options will not be available.
Planifique con anticipación. Coma una merienda saludable antes de asistir a un evento si las opciones de meriendas “mejores para usted” no estarán disponibles. Ponga porciones pequeñas de refrigerios saludables mientras ve la televisión.
- 5) **Make snacks fun** by chopping colorful fruits and vegetables into small portions or using cookie cutters to cut sandwiches into different shapes.
Haga que los bocadillos sean divertidos cortando frutas y verduras coloridas en porciones pequeñas o usando cortadores de galletas para cortar sándwiches de diferentes formas.

THERAPEUTIC PROGRAMS FOR TEENS AND ADULTS WITH SPECIAL NEEDS

Ellie Parks has worked for the Anaheim Family YMCA since May 2016 and has loved every minute of it! She is a lead instructor for the gymnastics, dance, and therapeutic programs. Ellie enjoys sharing her passions with others and loves her job because of the different people she gets to interact with. She is currently a student at Cal. State Fullerton studying sociology to be an elementary school counselor. **¡Ellie Parks ha trabajado para el YMCA de Anaheim desde mayo de 2016 y le ha encantado cada minuto! Ella es una instructora principal de gimnasia, danza y programas terapéuticos. Ellie disfruta compartir sus pasiones con los demás y ama su trabajo debido a las diferentes personas con las que interactúa. Ella es actualmente una estudiante en la Universidad de Fullerton estudia sociología para ser un consejero de escuela primaria.**

Therapeutic Program

New Program serving our Special Needs Adults
(Ages 17-up) at the New Anaheim Accessibility Center
(100 S. Atchison St. Anaheim, CA 92805)

Musical Theater Thursdays 6:30pm–8pm

Dates: March 29–May 17

For more information contact Caitlyn Fry at cfry@anaheimymca.org

“Our son, Brett, LOVES musical theater, choreography, dance and friends. That is the winning combo that Ellie Parks combines in her Musical Theater class. Ellie is very enthusiastic, positive, patient and a great communicator. Thank you, Ellie for sharing your gifts!”

– The Cutshall Family

CONNECTING OUR COMMUNITY



Working with our partners to give back.

Numa Networks, a managed IT service provider headquartered in Orange, donated six Chromebooks to the Western High School location of Anaheim Family YMCA's "Anaheim Achieves" program. This after-school program provides a safe space for students to study and complete assignments, inspire creativity, and stay active while socializing with peers.

In particular, completing homework at Anaheim Achieves is crucial to students who lack computers or internet access at home. With assignments moved to digital platforms such as Google Docs, students without access are left at a severe disadvantage.

An average of 120 students at Western participates in Anaheim Achieves during regular business hours (2:30-6:00 p.m. during school days). Often up to 20 students simultaneously request to borrow computers. Although Western provides a number of computers for students, the addition of six Chromebooks will help increase resources and efficiency.



"Thanks to the generosity of partners like Numa Networks, the Y is better able to fulfill its promise to help youth build 21st century skills," said Debbie Jauch, YMCA VP of Programs. "These donated computers will help high school youth collaborate and thrive in both academics and future career paths."

"Putting Chromebooks into the hands of those who can't afford their own can open the doors to the exciting world of technology, which can sometimes be intimidating without the proper tools," said Warren Hino, President of Numa Networks. "This access can lead young people into cutting-edge careers in tech and ultimately help narrow the widening income gap."

Nathan Garcellano, a 12th grader who aspires to be a computer engineer, was thrilled upon learning about the additional Chromebooks: "You are saviors! We didn't have enough computers to do our homework and work on projects after school. These will really help us get our work done."

Numa Networks, un proveedor de servicios de TI, donó seis Chromebooks a el programa de "Anaheim Achieves" en la preparatoria Western de Anaheim Family YMCA. Este programa después de la escuela proporciona un espacio seguro para que los estudiantes estudien y completen tareas, inspiren creatividad y se mantengan activos mientras socializan con sus compañeros. En particular, completar las tareas en Anaheim Achieves es crucial para los estudiantes que carecen de computadoras o acceso a Internet en el hogar. Con las asignaciones trasladadas a plataformas digitales como Google Docs, los estudiantes sin acceso quedan en una grave desventaja.

Un promedio de 120 estudiantes en Western participan en Anaheim Achieves durante el horario de 2: 30-6: 00 p.m durante los días escolares. A menudo, hasta 20 estudiantes solicitan simultáneamente tomar prestado computadoras. Aunque Western proporciona una cantidad de computadoras para los estudiantes, la adición de seis Chromebooks ayudará a aumentar los recursos y la eficiencia.

"Gracias a la generosidad de socios como Numa Networks, el YMCA puede cumplir mejor su promesa de ayudar a los jóvenes a desarrollar habilidades para el siglo XXI", dijo Debbie Jauch, VP de Programas de YMCA. "Estas computadoras donadas ayudarán a los jóvenes de la escuela secundaria a colaborar y prosperar tanto en lo académico como en las futuras carreras profesionales".

"Poner los Chromebooks en manos de aquellos que no pueden pagarlos puede abrir las puertas al apasionante mundo de la tecnología, que a veces puede ser intimidante sin las herramientas adecuadas", dijo Warren Hino, presidente de Numa Networks. "Este acceso puede llevar a los jóvenes a carreras de vanguardia en tecnología y, en última instancia, ayudar a reducir la creciente brecha de ingresos".

Nathan Garcellano, un estudiante de 12 ° grado que aspira a ser ingeniero informático, se emocionó al conocer las Chromebooks adicionales: "¡Ustedes son salvadores! No teníamos suficientes computadoras para hacer nuestra tarea y trabajar en proyectos después de la escuela. Esto realmente nos ayudará a hacer nuestro trabajo".

TEEN VOICE

Written by Amie Morris
Anaheim Achieves Student at Western High School

Society's Discards

Homelessness is a problem. It is a huge problem, worldwide. According to the Homeless World Cup Foundation, as many as 100 million people did not have a place to go home to at the end of the day back in 2005. And unfortunately, the number continues to rise. And many people have the mentality that as long as it does not directly affect them, it does not concern them. But they are wrong. Homelessness affects everyone.

One thing I started doing during the summer after I finished ninth grade was volunteering with a nonprofit organization called The Heart of Delight. We would go down to the courthouse in Santa Ana every month and assist the homeless population clustered there. I'm not talking about a handful or two of homeless people, I'm talking about waves of homeless. It was like stepping into another world there; it was like a city of tents and boxes in the parking lot, each tent belonging to a family of homeless people who needed help because they were incapable of helping themselves as a result of the situations that they were forced into and powerless to stop. While my initial reaction when I first started volunteering was disparity, I soon forgot all about the feeling and came to associate the homeless with beauty.

Despite having all the odds stacked against them, they are still beautiful; they do not allow their hardships to hold them back or destroy them. Because even though in order to rub two pennies together, they would have to borrow one, and even though they smell of urine and have greasy and stringy hair because they haven't been able to shower for the past week or two, they are still beautiful. Less so on the outside, but instead, on the inside where it truly matters. Because one woman danced her heart out like there was no tomorrow, and one man gave me an art pencil, even though it was one of the only things in this world that he had the ability to call his own, he gave it to me because he knew that my love was art and he wanted to see me succeed even though he himself had nothing; it is because of their pure and honest hearts that they shine so brightly. Their situations are so dark, yet they radiate happiness and are like bright lights in the dark night, they push on and refuse to be defined as simply "homeless." Like Ian Daelucian said, "They are not society's discards, they have value." The homeless people in Santa Ana changed my perspective of people experiencing homelessness; I placed on them, but after volunteering with THOD, and after getting to meet homeless people and hear their stories and interact with them one on one, I now see them in a new light. They are people, just people like you and me, with incredible characters and personalities. One thing something that I fail to experience when I stand in line at the grocery store, or when I sit in the waiting room at a doctor's office, or even when I run into my neighbor walking his dog. But not with the homeless. All that they have are the clothes on their backs and each other. They find power with each other and within each other; they can lean on and rely on one another. It is this wonderful and unique combination of their situations and experiences that make these homeless people beautiful on the inside, and they do not deserve the lives that they are forced to live. Because if we were to measure our worth by what we have in our hearts and not by what we have in our pockets, these homeless people would be kings and queens.



The Y offers free programs to families who are homeless. We are open to all.

La falta de vivienda es un problema. Es un gran problema en todo el mundo. Según la Fundación Homeless World Cup, hasta 100 millones de personas no tenían un lugar al que ir a casa al final del día en 2005. Y desafortunadamente, el número sigue aumentando. Y muchas personas tienen la mentalidad de que, siempre que no les afecte directamente, no les concierne. Pero están equivocados. La falta de vivienda afecta a todos.

Una cosa que comencé a hacer durante el verano después de terminar el noveno grado fue ofrecirme como voluntaria en una organización sin fines de lucro llamada The Heart of Delight. Bajáramos al juzgado de Santa Ana todos los meses y asistiríamos a la población sin hogar que se agrupaba allí. No estoy hablando de un puñado o dos de personas sin hogar, estoy hablando de olas de personas sin hogar. Fue como entrar en otro mundo allí; era como una ciudad de tiendas de campaña y cajas en el estacionamiento, cada carpa perteneciente a una familia de personas sin hogar que necesitaban ayuda porque eran incapaces de ayudarse a sí mismos como resultado de las situaciones en las que fueron forzados e incapaces de detenerse. Si bien mi reacción inicial cuando comencé como voluntario fue la disparidad, pronto me olvidé por completo de la sensación y llegué a asociar a las personas sin hogar con la belleza.

A pesar de tener todas las probabilidades apiladas contra ellos, todavía son hermosos; no permiten que sus dificultades los detengan o los destruyan. Porque aunque para frotar dos centavos juntos, tendrían que pedir prestado uno, y aunque huelen a orina y tienen pelo grasoso y fibroso porque no han podido ducharse durante la última semana o dos, todavía están hermosa. Menos en el exterior, sino en el interior, donde realmente importa. Debido a que una mujer sacó su corazón como si no hubiera un mañana, y un hombre me dio un lápiz artístico, a pesar de que era una de las únicas cosas en este mundo que él tenía la capacidad de llamar suyo, me lo dio porque sabía que mi amor era el arte y quería verme triunfar a pesar de que él mismo no tenía nada; es debido a sus corazones puros y honestos que brillan tan brillantemente. Sus situaciones son muy oscuras, pero irradian felicidad y son como luces brillantes en la noche oscura, continúan y se niegan a ser definidos como simplemente "sin hogar". Como Ian Daelucian dijo: "No son descartes de la sociedad, tienen valor." Las personas sin hogar en Santa Ana cambiaron mi perspectiva de personas sin hogar; Los coloqué sobre ellos, pero después de trabajar como voluntaria con THOD, y luego de conocer a personas sin hogar y escuchar sus historias e interactuar con ellas individualmente, ahora las veo bajo una nueva luz. Son personas, solo personas como tú y yo, con personajes y personalidades increíbles. Una cosa es algo que no experimento cuando hago cola en la tienda de comestibles, o cuando me siento en la sala de espera en el consultorio de un médico, o incluso cuando me encuentro con mi vecino paseando a su perro. Pero no con las personas sin hogar. Todo lo que tienen es la ropa en la espalda y el uno al otro. Encuentran el poder entre ellos y dentro de cada uno; pueden apoyarse y confiar el uno en el otro. Es esta combinación maravillosa y única de sus situaciones y experiencias lo que hace que estas personas sin hogar sean bellas por dentro y que no se merecen las vidas que se ven obligadas a vivir. Porque si tuviéramos que medir nuestro valor por lo que tenemos en nuestros corazones y no por lo que tenemos en nuestros bolsillos, estas personas sin hogar serían reyes y reinas.

Y ofrece un programa gratuito para familias sin hogar. Estamos abiertos a todos.

WATER SAFETY TIPS

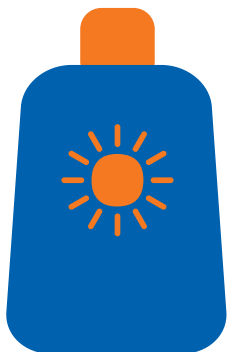


TEACH THEM EARLY

Participation in formal swimming lessons can reduce the risk of drowning by 88% among children one to four years old

WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



ACTIVE SUPERVISION & BARRIERS

Always actively supervise children when they're both in and around the water; avoid distractions. Ensure that pools are secured with appropriate barriers. Children should only swim within sight of guardians or certified lifeguards.

DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool. Children should not engage in breath holding activities or rough play (such as wrestling games).



SUIT UP

Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket while swimming. While on a boat, everyone (children & adults) should wear a PFD (personal flotation device) that fits properly.

WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



GET CERTIFIED

Take a course to become certified in Adult & Pediatric CPR, First Aid and AED.



STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.



SWIM AT LA PALMA

WATER FITNESS LA APTITUD DEL AGUA

A shallow water workout, for ages 55+ years, that includes aerobic training, muscle conditioning, and a stretch and relax phase to promote flexibility and reduce stress and tension. The 50-minute classes are taught on Monday/Wednesday or Tuesday/Thursday or Friday. These classes fill quickly, register early! **Un entrenamiento en aguas poco profundas, para mayores de 55 años, que incluye entrenamiento aeróbico, acondicionamiento muscular y una fase de estiramiento y relajación para promover la flexibilidad y reducir el estrés y la tensión. Las clases de 50 minutos se imparten los lunes / miércoles o martes / jueves o viernes. Estas clases se llenan rápidamente, ¡regístrese temprano!**

WATER SAFETY SEGURIDAD DEL AGUA

Lessons are for beginning level participants who are uncomfortable or inexperienced in the water. Classes teach basic water skills. Three different levels are available based on the age of the participants: **Las lecciones son para participantes principiantes que se sienten incómodos o inexperimentados en el agua. Las clases enseñan habilidades básicas de agua. Hay tres niveles diferentes disponibles según la edad de los participantes:**

Water Babies/Shrimps Agua Bebés / Camarones
Ages 6 months to 3 years, adult required in water

Tots/Starfish Todos / Starfish
Ages 3 to 5, participants grouped by ability

Polliwog (Level 1) Polliwog (Nivel 1)
Ages 6 to 8, introduction to basic skills—student has no experience

For specific dates & times please go to cityoflapalma.org.
Para fechas y horarios específicos, visite cityoflapalma.org.

Summer Swim Coming Soon!

Water Safety Classes

Lifeguard Certifications

Bool a Pool Party

Free Public Swim

Information regarding summer swim lessons will be available on our website March 15th.

Summer Lifeguard & Swim Instructor Jobs Available

The Anaheim Family YMCA will be hiring certified lifeguards and swim instructors for several pool locations for Summer 2018.

Lifeguards and swim instructors maintain a safe environment for our members and help them build confidence through quality instruction and relationship building.

Apply online at anaheimymca.org



ALWAYS HERE FOR OUR COMMUNITY

OUR CAUSE

We strengthen the foundations of community. We work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR FOCUS

For Youth Development

Nurturing the potential of every child and teen

For Healthy Living

Improving people's health and well-being

For Social Responsibility

Working with our community to give back

OUR VALUES

HONESTY, CARING, RESPECT AND RESPONSIBILITY

Our values are celebrated by staff, members and volunteers, and provide a positive foundation for all YMCA programs and a healthy connection with others.

UPCOMING EVENTS

Special Friends Dance	March 9, 2018
Spring Program Registration	March 1, 2018
Swim Registration	March 2018
Good Friday Breakfast	March 30, 2018
Alden Esping Putting Classic	April 21, 2018
Anaheim Achieves Showcase	May 12, 2018
Spirit Squad	May 2018
YMCA Charity Golf Tournament	August 9, 2018

ANAHEIM FAMILY YMCA

240 S. Euclid St., Anaheim, CA 92802
Hours: Mon-Fri from 8:00am-6:30pm
P 714 635 9622 W anaheimymca.org

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