



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# CONNECTIONS

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

Fall 2018

ANAHEIM FAMILY YMCA



# BE <sup>the</sup> CAUSE

**Thank you to all our volunteers.**

Volunteerism is central to the founding and legacy of the Y. The YMCA was founded on a simple but powerful idea: by bringing neighbors together to advance the common good, we can improve lives and strengthen communities. Volunteers are the heart and soul of the Y. From coaching youth sports to raising funds for our annual campaigns to leading our boards, volunteers are essential to elevating our mission, our cause and our voice. Thank you to our volunteers for giving back and advancing our cause of strengthening communities.

Ser voluntario es fundamental para la fundación y el legado de el Y. El YMCA se fundó con una idea simple pero poderosa: al unir a los vecinos para promover el bien común, podemos mejorar las vidas y fortalecer las comunidades. Los voluntarios son el corazón y el alma de el Y. Desde el entrenamiento deportivo para jóvenes hasta la recaudación de fondos para nuestras campañas anuales para dirigir nuestras juntas, los voluntarios son esenciales para elevar nuestra misión, nuestra causa y nuestra voz. Gracias a nuestros voluntarios por retribuir y avanzar en nuestra causa de fortalecimiento de las comunidades.

## 2018-2019 KIDS NOW CAMPAIGN

**Your gift now. Helps kids now.**

The 2018-2019 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 and families we impact every day, thank you for your generous support.

### For a better us.

La campaña 2018-2019 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.

### Para un mejor nosotros

[www.anaheimymca.org](http://www.anaheimymca.org)  
The Anaheim Family YMCA's  
Tax ID# is: 95-1709299



# CONNECTING OUR COMMUNITY

**Working with our partners to give back.**

**Anaheim Lions Club and Orange County Family Justice Center**

## **ANAHEIM LIONS CLUB**

The Anaheim Lions Club is a valued donor and partner with the Anaheim Family YMCA. Beyond their generous support, the Lions Club helps to promote YMCA events and activities, such as the Good Friday Breakfast. This past year, we have strengthened our partnership in a number of ways. The YMCA now provides its conference room twice a month for Lions Club meetings. The YMCA and Lions Club also partnered this past July to collaboratively manage a fireworks booth. We look forward to working together in even more ways moving forward. **El Anaheim Lions Club es un valioso donante y socio de Anaheim Family YMCA. Más allá de su apoyo generoso, el Club de Leones ayuda a promover eventos y actividades de YMCA, como el Desayuno del Viernes Santo. El año pasado, hemos fortalecido nuestra asociación de varias maneras. El YMCA ahora ofrece su sala de conferencias dos veces al mes para las reuniones del Club de Leones. El YMCA y el Lions Club también se asociaron en julio pasado para administrar en colaboración un stand de fuegos artificiales. Esperamos con interés trabajar juntos de muchas maneras más para seguir adelante.**



To learn more about the Anaheim Lions Club, visit [www.e-clubhouse.org/sites/anaheim](http://www.e-clubhouse.org/sites/anaheim).  
Para obtener más información sobre el Anaheim Lions Club, visite [www.e-clubhouse.org/sites/anaheim](http://www.e-clubhouse.org/sites/anaheim).

## **ORANGE COUNTY FAMILY JUSTICE CENTER**

The Orange County Family Justice Center's collaboration with the Anaheim Family YMCA has helped the community in many ways. **La colaboración del Centro de Justicia Familiar del Condado de Orange con el YMCA Familiar de Anaheim ha ayudado a la comunidad de muchas maneras.**



- The OCFJC has provided meeting space for our Camp Miehana Parent Meetings and have referred children for both Camp Fox and Camp Miehana.
- **OCFJC ha proporcionado espacio para reuniones para nuestras Reuniones de padres de Camp Miehana y ha recomendado niños para Camp Fox y Camp Miehana.**
- Campership funds go further and help more families in need because of OCFJC. For financial assistance, families pay the deposit, OCFJC pays a large portion of the cost, and the Anaheim Family YMCA pays the remainder.
- **Los fondos de Campership van más allá y ayudan a más familias necesitadas debido a OCFJC. Para asistencia financiera, las familias pagan el depósito, OCFJC paga una gran parte del costo y el YMCA de Anaheim Family paga el resto.**
- OCFJC also go through the Parent Handbook to help families if they need assistance with items from the packing list for their children.
- **OCFJC también revisa el Manual para padres para ayudar a las familias si necesitan ayuda con artículos de la lista de empaque para sus hijos.**
- In 2017 they partnered with the Y on programs such as Violence Prevention Program and Real Teens/Real Talk Program.
- **En 2017 se asociaron con Y en programas tales como el Programa de Prevención de la Violencia y el Programa Real Teens / Real Talk.**

To learn more about the OC Family Justice Center, visit [www.anaheimfamilyjusticecenter.org](http://www.anaheimfamilyjusticecenter.org).  
Para obtener más información sobre el OC Family Justice Center, visite [www.anaheimfamilyjusticecenter.org](http://www.anaheimfamilyjusticecenter.org).



**Thank you for your partnerships and strengthening our community.**

# 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	Sept. 8 - Nov. 3
Sat	9:05-9:50am	WAYC	Sept. 8 - Nov. 3
Sun	10:50-11:35am	WAYC	Sept. 9 - Nov. 4
Mon	4:20-5:05pm	DAYC	Sept. 10 - Nov. 5

### Gymnastics Little Stars – Empezar

Ages/Edades 3-4

Sat	9:05-9:55am	DAYC	Sept. 8 - Nov. 3
Sat	9:05-9:55am	WAYC	Sept. 8 - Nov. 3
Sun	10:50-11:40am	WAYC	Sept. 9 - Nov. 4
Mon	4:20-5:10pm	DAYC	Sept. 10 - Nov. 5
Mon	5:15-6:05pm	DAYC	Sept. 10 - Nov. 5
Tue	5:10-6:00pm	DAYC	Sept. 11 - Nov. 6

### Gymnastics Beginning Stars – Empezar

Ages/Edades 5-8

Sat	10:00-10:50am	DAYC	Sept. 8 - Nov. 3
Sat	10:00-10:50am	WAYC	Sept. 8 - Nov. 3
Sun	11:45-12:35pm	WAYC	Sept. 9 - Nov. 4
Mon	4:20-5:10pm	DAYC	Sept. 10 - Nov. 5
Mon	5:15-6:05pm	DAYC	Sept. 10 - Nov. 5
Tue	5:10-6:00pm	DAYC	Sept. 11 - Nov. 6

### Gymnastics Intermediate Stars – Intermedios

Ages/Edades 8-12

Sat	10:00-10:50am	DAYC	Sept. 8 - Nov. 3
Sat	10:00-10:50am	WAYC	Sept. 8 - Nov. 3
Sun	11:45-12:35pm	WAYC	Sept. 9 - Nov. 4
Mon	5:15-6:05pm	DAYC	Sept. 10 - Nov. 5
Tue	5:10-6:00pm	DAYC	Sept. 11 - Nov. 6

## 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	Sept. 9 - Nov. 4
Mon	6:05-6:55pm	DAYC	Sept. 10 - Nov. 5
Tue	6:00-6:50pm	DAYC	Sept. 11 - Nov. 6

## MARTIAL ARTS

\$80 – 9 weeks

Classes build strength, sharpen reflexes, and build self confidence. Students will learn the fundamentals of self-defense techniques and basics in blocking and kicking. **Las clases aumentan la fuerza, agudizan los reflejos y generan confianza en uno mismo. Los estudiantes aprenderán los fundamentos de las técnicas de auto defensa y lo básico en el bloqueo y las patadas.**

Ages/Edades 6 and up

Mon	6:30-7:30pm	DACC	Sept. 10 - Nov. 5
Mon	7:30-8:30pm	DACC	Sept. 10 - Nov. 5
Wed	5:00-6:00pm	WAYC	Sept. 12 - Nov. 7
Wed	6:00-7:00pm	WAYC	Sept. 12 - Nov. 7

## FLASH FITNESS

\$80 – 9 weeks

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	Sept. 8 - Nov. 3
Sun	11:00-11:55am	Twila Reid Park	Sept. 9 - Nov. 4

Ages/Edades 12-17

Sat	10:00-10:55am	Twila Reid Park	Sept. 8 - Nov. 3
Sun	10:00-10:55am	Twila Reid Park	Sept. 9 - Nov. 4

Ages/Edades 18-50

Sat	11:00-11:55am	Twila Reid Park	Sept. 8 - Nov. 3
Sun	9:00-9:55am	Twila Reid Park	Sept. 9 - Nov. 4

## 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.

## 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

\$85 - 9 weeks

Basketball, Soccer and T-Ball

Deportes para Niños - Baloncesto, Soccer y Béisbol

Ages/Edades 3-6

Sat	9:00-9:55am	DAYC	Sept. 8 - Nov. 3
Sat	11:00-11:55am	Twila Reid Park	Sept. 8 - Nov. 3
Sun	10:30-11:25am	WAYC	Sept. 9 - Nov. 4
Tue	5:00-5:55pm	DAYC	Sept. 11 - Nov. 6

### BITTY T-BALL

\$85 - 9 weeks

Beisbol de Niños

Ages/Edades 4-6

Sat	11:00-11:55am	DAYC	Sept. 8 - Nov. 3
Sat	10:00-10:55am	Twila Reid Park	Sept. 8 - Nov. 3
Sun	1:00-1:55pm	Twila Reid Park	Sept. 9 - Nov. 4

### BITTY SOCCER

Fútbol de Niños

Ages/Edades 3-6

Sat	10:00-10:55am	DAYC	Sept. 8 - Nov. 3
Sat	9:00-9:55am	Twila Reid Park	Sept. 8 - Nov. 3
Sun	12:00-12:55pm	Twila Reid Park	Sept. 9 - Nov. 4



### BITTY SPORTS ATTIRE

Wear comfortable workout clothes and running shoes.

### ROPA PARA CLASES DE BITTY SPORTS

Usen ropa y zapatos cómodos de deporte.

## YOUTH CO-ED BASKETBALL LEAGUE

### MANDATORY SKILLS EVALUATION: SATURDAY, AUG. 25TH

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

### EVALUACIÓN MANDATORIO: SABADO, 25 DE AGOSTO

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



### BASKETBALL PRACTICES & GAMES

Practices start the week of September 10 *Las prácticas comienzan la semana del 10 de septiembre*

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 Sept. 15 *Los primeros juegos comienzan el fin de semana del 15 de septiembre*

Final games are the weekend of December 8 *Los juegos finales son el fin de semana del 8 de diciembre*

# 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 Sept. 11 - Nov. 6

**HIP HOP** \$90 – 9 weeks  
**Danza de hip-hop**  
 Ages/Edades 7-11  
 Tue 6:00-6:55pm WAYC Sept. 9 - Nov. 4

Ages/Edades 12-17  
 Tue 7:00-7:55pm WAYC Sept. 9 - Nov. 4

**MUSICAL THEATER** \$90 – 9 weeks  
**Teatro Musical**  
 Ages/Edades 7-11  
 Tue 6:30-7:30pm DACC Sept. 11 - Nov. 6

Ages/Edades 12-17  
 Tue 7:30-8:30pm DACC Sept. 11 - Nov. 6

Ages/Edades 7 and up  
 Thu 7:00-8:00pm WAYC Sept. 13 - Nov. 8

**HULA DANCE** \$90 – 9 weeks  
**Danza de Hula - Empezar**  
 Ages/Edades 4-6  
 Mon 6:00-7:00pm WAYC Sept. 10 - Nov. 5

Ages/Edades 7-11  
 Mon 7:00-8:00pm WAYC Sept. 10 - Nov. 5  
 Thu 6:30-7:30pm DACC Sept. 13 - Nov. 8

Ages/Edades 12-17  
 Mon 8:00-9:00pm WAYC Sept. 10 - Nov. 5  
 Thu 7:30-8:30pm DACC Sept. 13 - Nov. 8

**BITTY BALLET** \$90 – 9 weeks  
**Ballet para Niños**  
 Ages/Edades 3-4  
 Thu 5:00-5:55pm WAYC Sept. 13 - Nov. 8  
 Sat 9:00-9:55am WAYC Sept. 8 - Nov. 13

Ages/Edades 5-6  
 Thu 6:00-6:55pm WAYC Sept. 13 - Nov. 8  
 Sat 9:00-9:55am WAYC Sept. 8 - Nov. 13

**BITTY BALLET** \$90 – 9 weeks  
**Ballet para Niños**  
 Ages/Edades 3-4  
 Thu 5:00-5:55pm WAYC Sept. 13 - Nov. 8  
 Sat 9:00-9:55am WAYC Sept. 13 - Nov. 8

Ages/Edades 5-6  
 Thu 6:00-6:55pm WAYC Sept. 13 - Nov. 8

**BALLET & TAP BEGINNING** \$90 – 9 weeks  
**Empezar**  
 Ages/Edades 5 and up  
 Sat 11:15-12:15pm DACC Sept. 8 - Nov. 3  
 Sat 12:15-1:15pm DACC Sept. 8 - Nov. 3

**BALLET INTERMEDIATE** \$90 – 9 weeks  
**Intermedio**  
 Ages/Edades 6 and up  
 Sat 11:25-12:25pm WAYC Sept. 8 - Nov. 3

**ADVANCED BALLET CLASS** \$140 – 9 weeks  
**Ballet Advanced - Avanzado**  
 Ages/Edades 7 and up  
 Sat 12:30-2:30pm WAYC Sept. 8 - Nov. 3

**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.

**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.



# 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

Sat	9/8-10/13	9:00am-9:55am
Thu	9/6-10/11	5:00pm-5:55pm
Sat	11/3-12/15	9:00am-9:55am
Thu	11/1-12/13	5:00pm-5:55pm

### BITTY BASKETBALL

\$56 – 6 weeks

Baloncesto para Niños

Ages/Edades 3-6 years

Thu	9/6-10/11	6:00pm-6:55pm
Thu	11/1-12/13	6:00pm-6:55pm

### BITTY SOCCER

\$56 – 6 weeks

Fútbol de Niños

Sat	9/8-10/13	10:00am-10:55am
Mon	9/10-10/22	5:00pm-5:55pm
Sat	11/3-12/15	10:00am-10:55am
Mon	10/29-12/17	5:00pm-5:55pm

### BITTY T-BALL

\$56 – 6 weeks

Deportes para Niños

Ages/Edades 4-6 years

Sat	9/8-10/22	11:00am-11:55am
Mon	9/10-10/22	6:00pm-6:55pm
Sat	11/3-12/15	11:00am-11:55am
Mon	10/29-12/17	6:00pm-6:55pm

### GYMNASTICS – Mini Stars Parent & Me

\$63 – 6 classes

Gimnasia

Ages/Edades 18 months-3 years

Wed	9/5-10/10	9:10am-9:55am
Wed	9/5-10/10	10:00am-10:45am
Wed	9/5-10/10	4:10pm-4:50pm
Wed	9/5-10/10	5:00pm-5:45pm
Wed	11/7-12/19	9:10am-9:55am
Wed	11/7-12/19	10:00am-10:45am
Wed	11/7-12/19	4:10pm-4:50pm
Wed	11/7-12/19	5:00pm-5:45pm

### BITTY BALLET

\$56 – 6 weeks

Deportes para Niños

Age: 3-4 years

Thu	9/6-10/11	5:00pm-5:55pm
Thu	11/1-12/13	5:00pm-5:55pm

Age: 5-6 years

Thu	9/6-10/11	6:00pm-6:55pm
Thu	11/1-12/13	6:00pm-6:55pm

### HULA DANCE

\$56 – 6 weeks

Baile hula

Age: 3-6 years

Mon	9/10-10/22	5:00pm-6:00pm
Mon	10/29-12/17	5:00pm-6:00pm

Age: 7-11 years

Mon	9/10-10/22	6:00pm-7:00pm
Mon	10/29-12/17	6:00pm-7:00pm

Age: 12-17 years

Mon	9/10-10/22	7:00pm-8:00pm
Mon	10/29-12/17	7:00pm-8:00pm

### ART BASICS

\$56 – 6 weeks

Conceptos Básicos de Arte

Ages/Edades 6-11 years

Tue	9/4-10/9	6:00pm-7:00pm
Tue	10/30-12/11	6:00pm-7:00pm

### ART FUNDAMENTALS

\$56 – 6 weeks

Fundamentos Del Arte

Ages/Edades 12-17 years

Tue	9/4-10/9	7:00pm-8:00pm
Tue	10/30-12/11	7:00pm-8:00pm

### SOCCER SKILLS CLINICS

\$50/5 classes

Clínicas de Habilidades de Baloncesto

Ages/Edades 7-12 years

Sat	10/27	9:00am-1:00pm
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# HEALTHY BACK TO SCHOOL TIPS

Kids are heading back to school which means they may need an extra boost in the morning in order to stay alert and focused throughout the school day. Not to mention, students are likely waking up earlier than normal in order to catch the bus and/or make it to school on time in the mornings whatever transportation possible.

Breakfast is known to be the most important meal of the day (for kids and adults!). By eating a healthy, substantial, and nutrient-filled breakfast, you are encouraging your mind and body to work at its highest potential throughout the day. A fulfilling breakfast means energy, increased concentration, and can even improve your mood.

## Parents ... Get Straight A's With a Healthy Breakfast

Your Child's Attention, Attendance and Academic Achievement Improve With Breakfast

Healthy Eating Made Easier®

### The proven benefits of breakfast for your child include:

- Better overall nutrition and healthy body weight
- Fewer absences and reduced tardiness
- Higher scores on achievement tests



### Did You Know?

- Breakfast is the most important meal of the day.
- Any child who skips or does not have access to breakfast can suffer learning and health problems.
- Eating breakfast gets rid of hunger symptoms such as being tired or sleepy, getting headaches or becoming cranky.



### Helpful hints for busy parents

- **Get off to a good start:** Make sure your child has time for breakfast at home or take advantage of the School Breakfast Program if your school operates one. School meals are not only convenient but also an inexpensive and healthy option.
- **Keep breakfast simple:** Have items available in your kitchen that can easily be put together in the morning: cereal, milk, toast or bagels, cheese, fruit and yogurt.
- **Join your child for breakfast:** Be a positive role model—eat breakfast yourself and share breakfast with your child when you can.

### Quick and easy ideas for breakfast ...

Cereal and low-fat milk	Toasted bagel with cream cheese	Toast with peanut butter	Fruit smoothie (blend fruit with milk or yogurt)	Cereal bar with fruit and a yogurt	Hard-cooked egg and whole-grain toast
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DAIRY COUNCIL of CALIFORNIA Healthy Eating Made Easier®

Visit [HealthyEating.org](http://HealthyEating.org) for FREE tips, interactive nutrition assessment tools, meal suggestions and more.

## Padres de Familia, Obtengan la Mejor Calificación con un Desayuno Saludable

Alimentación Saludable

El Logro Académico, la Asistencia y la Atención que su Hijo Pone en la Escuela Mejoran con un Buen Desayuno

### Los beneficios comprobados del desayuno para su hijo incluyen:

- Mejor nutrición y peso saludable
- Menos faltas y retardos en la escuela
- Mejores resultados en pruebas



### ¿Sabía usted que?

- El desayuno es la comida más importante del día.
- Un niño que no desayuna o no tiene acceso al desayuno puede sufrir problemas de aprendizaje y de salud.
- Desayunar elimina los síntomas del hambre como sentirse cansado, adormilado, con dolor de cabeza o de mal humor.



### Consejos prácticos para padres ocupados

- **Comience bien el día:** Asegúrese de que su hijo tenga tiempo para desayunar en la casa o que aproveche el Programa Escolar de Desayuno si su escuela lo ofrece. Las comidas escolares no son sólo convenientes, sino una opción saludable y de bajo costo.
- **Haga desayunos sencillos:** Mantenga en casa alimentos que se puedan combinar y preparar fácilmente en la mañana: cereal, leche, pan tostado o rosca bagel, queso, fruta y yogur.
- **Acompañe a su hijo a desayunar:** Siempre que pueda, tómese tiempo para compartir el desayuno con su hijo y modelar así este buen hábito.

### Ideas rápidas y fáciles para el desayuno ...

Cereal y leche baja en grasa	Rosca bagel tostada con queso crema	Pan tostado con mantequilla de cacahuete	Líquido de frutas (licue fruta con leche o yogur)	Barrita de cereal con fruta y un yogur	Huevo cocido y pan integral tostado
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DAIRY COUNCIL of CALIFORNIA Healthy Eating Made Easier®

Visite [HealthyEating.org](http://HealthyEating.org) para obtener GRATIS consejos, herramientas interactivas para evaluar su nutrición, recomendación de comidas y más.

Los niños regresan a la escuela, lo que significa que es posible que necesiten un impulso extra por la mañana para mantenerse alertas y concentrados durante el día escolar. Sin mencionar que es probable que los estudiantes se despierten antes de lo normal para tomar el autobús o llegar a la escuela a tiempo por las mañanas, sea cual sea el medio de transporte posible.

Se sabe que el desayuno es la comida más importante del día (para niños y adultos!). Al comer un desayuno saludable, sustancial y lleno de nutrientes, está alentando a su mente y cuerpo a trabajar a su máximo potencial durante todo el día. Un desayuno satisfactorio significa energía, mayor concentración e incluso puede mejorar su estado de ánimo.



# CONNECTING PEOPLE TO CONFIDENCE

## YMCA Early Learning Readiness Program

The YMCA's Early Learning Readiness Program provides a stimulating classroom environment for children infants-5yrs to play and learn while developing the physical, verbal and social skills they'll need to start school ready to succeed. The program focuses on increasing the school readiness of young children in low-income families.

In an informal setting with multiple play stations, adults will learn more about how children develop and how they can encourage learning and skill building at home.



### PROGRAM DETAILS

Open to children ages infant to 5 years old & their adult caregivers – parent, aunt or uncle, older brother or sister, grandparent, neighbor or nanny.

Dates: Aug. 7-Oct. 4 and Oct. 9-Dec.13

Classes: Tues. & Thurs.

Location: Stanton Civic Center – 7800 Katella Ave. Stanton, CA 90680

Hours: 2pm-4pm

Fee: \$15

## Therapeutic Programs For Teens And Adults With Special Needs

### Special Friends Social

(Adults 18+ years)

Have fun at our Special Friends Social! Evening will consist of a themed dance with music, friends and fun. Light refreshments will be provided.

Participants that require assistance must be accompanied by a caregiver or family member who can attend free of charge.

Fee: \$5 admission  
November 2

For more information contact Caitlyn Fry at [cfry@anaheimymca.org](mailto:cfry@anaheimymca.org).

### Musical Theatre

Program (Ages 15+)

Experience the many facets of musical theatre including singing, dancing, acting and performing arts events. At the end of the program, actors participate in a performance to showcase their diverse talents.

Location: 100 S. Atchison St, Anaheim

Fee: \$55 for 8 weeks

Sept. 13 – Nov. 1

Thursdays, 6:30pm-8:00pm



## Youth & Government

Youth & Government will begin weekly meetings Tuesday, Sept. 4th, 6:00-7:30 pm, and continue through mid February at the YMCA main office, 240 S. Euclid St., Anaheim

Program cost: \$1150 (some additional travel costs not included)

Register online at [anaheimymca.org/yg](http://anaheimymca.org/yg) or for more information contact Caitlyn Fry at [cfry@anaheimymca.org](mailto:cfry@anaheimymca.org).

### NOW ENROLLING / AHORA INSCRIBIENDO!

The Anaheim Achieves Afterschool Program is now enrolling at several schools, including junior high schools. Learn more at [anaheimymca.org/after-school](http://anaheimymca.org/after-school) El programa de Anaheim Achieves está matriculando en varias escuelas, incluyendo las escuelas secundarias. Más información en [anaheimymca.org/after-school](http://anaheimymca.org/after-school)

# TEEN VOICE

Written By: Athena Christiano  
Western High School, 12th Grade

I've grown up going to daycares/after school cares since I was in kindergarten because my mom is a hardworking single parent. Some daycares were amazing. They provided the basic supervision any daycare is expected to give. Anaheim Achieves was different. The YMCA had a new feel that I hadn't previously experienced. Activities at the YMCA were more inclusive. We learned together as a large group. Learning crafts and doing various activities together gave my after school care experience a close-knit vibe. Friendships were created.

My favorite after school care overall is Anaheim Achieves. I attended the YMCA everyday 5th to 7th grade and my sophomore year to my junior year. I liked the high school one mostly because I was able to do my homework without much distraction. I finally realized in high school, how important homework was unlike my 5th and 6th grade years. The one thing I loved the most was my very first camp recommended by my YMCA program supervisor, Mr. Alex. It was called Camp Titan. It was the absolute best experience of my life, we learned archery, we canoed, went to a small observatory and looked at the stars, we even got to sleep in a room that was exposed to the wilderness. That in itself is a thrilling adventure to an eleven year old who hasn't been camping as much. I was mostly a shy child but being alone at that camp forced me to step out a bit, ultimately helping me later in life. Stepping out of my shell has helped me get a part-time job and become the brass captain, high brass section leader and the drum major of my high school marching band. Positions that will really help me as I start to mature and go about starting my career.

The Anaheim Achieves junior high program introduced new careers to us. They brought in police officers, firefighters, and paramedics. I later decided I want to eventually become a police officer. I wouldn't have had the idea nor would I have wanted to become an officer had Anaheim Achieves not brought in these officers. Being around the YMCA staff has inspired me to want to become a YMCA team member as a job I get in my 20's while im going to college and studying to become a detective. The kids really care about their instructors and the instructors also cared about the kids just as much. It wasn't just their job. They actually enjoyed being there and making the kids laugh, drawing with the more quiet kids, playing soccer with the active ones, or helping out when a kid is crying. They really influence our lives, more than they may think. The YMCA really is a great place, I'm glad I was a part of it, and maybe I'll get to be a part of it again only this time I won't be the kid.



Crecí yendo a guarderías / cuidados después de la escuela desde que estaba en kindergarten porque mi madre es una madre soltera trabajadora. Algunas guarderías fueron increíbles. Proporcionaron la supervisión básica que se espera que brinde la guardería. Anaheim Achieves fue diferente. El YMCA tenía una nueva sensación que no había experimentado anteriormente. Las actividades en YMCA fueron más inclusivas. Aprendimos juntos como un gran grupo. Aprender manualidades y hacer varias actividades juntas dieron a mi experiencia de cuidado después de la escuela un ambiente muy unido. Las amistades fueron creadas.

Mi cuidado favorito después de la escuela en general es Anaheim Achieves. Asistí a YMCA todos los días de 5 ° a 7 ° grado y mi segundo año a mi tercer año. La escuela secundaria me gustaba sobre todo porque era capaz de hacer mi tarea sin mucha distracción. Finalmente me di cuenta en la escuela secundaria de cuán importante era la tarea a diferencia de mis años de quinto y sexto grado. Lo que más me gustó fue mi primer campamento recomendado por mi supervisor de programa YMCA, el Sr. Alex. Se llamaba Camp Titan. Fue la mejor experiencia absoluta de mi vida, aprendimos tiro con arco, navegamos en canoa, fuimos a un pequeño observatorio y miramos las estrellas, incluso pudimos dormir en una habitación que estaba expuesta al desierto. Eso en sí mismo es una aventura emocionante para un niño de once años que no ha acampado tanto. En su mayoría, era una niña tímida, pero estar sola en ese campamento me obligó a dar un paso al costado y finalmente a ayudarme más adelante en la vida. Salir de mi caparazón me ayudó a conseguir un trabajo de medio tiempo y me convertí en el capitán de bronce, el líder de la sección de alto metal y el tambor mayor de mi banda de marcha de la escuela secundaria. Posiciones que realmente me ayudarán cuando empiece a madurar e inicie mi carrera profesional.

El programa de secundaria de Anaheim Achieve nos presentó nuevas carreras. Trajeron policías, bomberos y paramédicos. Más tarde decidí que quería convertirme eventualmente en un oficial de policía. No hubiera tenido la idea ni hubiera querido convertirme en un oficial si Anaheim Achieves no hubiera traído a estos oficiales. Estar cerca del personal de YMCA me ha inspirado a querer convertirme en un miembro del equipo de YMCA como un trabajo que obtengo en mis 20 años mientras voy a la universidad y estudio para convertirme en detective. Los niños realmente se preocupan por sus instructores y los instructores también se preocuparon por los niños. No fue solo su trabajo. Realmente disfrutaron estar allí y hacer reír a los niños, o dibujando con los niños más tranquilos, jugando fútbol con los activos, o ayudando cuando un niño llora. Realmente influyen en nuestras vidas, más de lo que pueden pensar. El YMCA es realmente un gran lugar, me alegro de haber sido parte de él, y tal vez pueda formar parte de él otra vez, solo que esta vez no seré el niño.



# PAVE THE WAY

The Anaheim Family YMCA's new facility will be an indoor/outdoor community hub that will welcome more than **3,000** residents each week, expand our community impact and provide a place of belonging for local residents of every age.

We have a special way you can get involved and commemorate your support in stone. In between the two activity fields will be a beautifully tiled area with paving stones.

With your gift of **\$500**, you receive one paver to share your legacy with the community for decades. Leave your legacy and etch a commemorative paver with your name or pay tribute to a loved one.

Donate online at [donate.anaheimymca.org/pavetheway](https://donate.anaheimymca.org/pavetheway)



## Coming Soon!

- Youth arena soccer leagues
- Adult arena soccer leagues
- Bitty sports
- Fitness classes
- Community events

2018 SPRING	SUMMER	2019 WINTER	SPRING	SUMMER
	Phase 1 Groundbreaking Phase 1 Construction	Phase 2 Fundraising Begins	Phase 1 Ribbon Cutting/ Grand Opening	Phase 2 Vision Continues



# 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.

## DO MORE. BE MORE.

### JOIN OUR TEAM!

Now hiring part-time staff & volunteers to inspire youth through sports and afterschool. To learn more, visit us at [anaheimymca.org](http://anaheimymca.org) or call 714-635-9622.

Únete a nuestro equipo. Estamos contratando a personal de medio tiempo y voluntarios para inspirar a la juventud a través de deportes y el Program de Anaheim Achieves. Para obtener más información, visítenos en [anaheimymca.org](http://anaheimymca.org) o llame a 714-635-9622

## 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](http://anaheimymca.org)

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