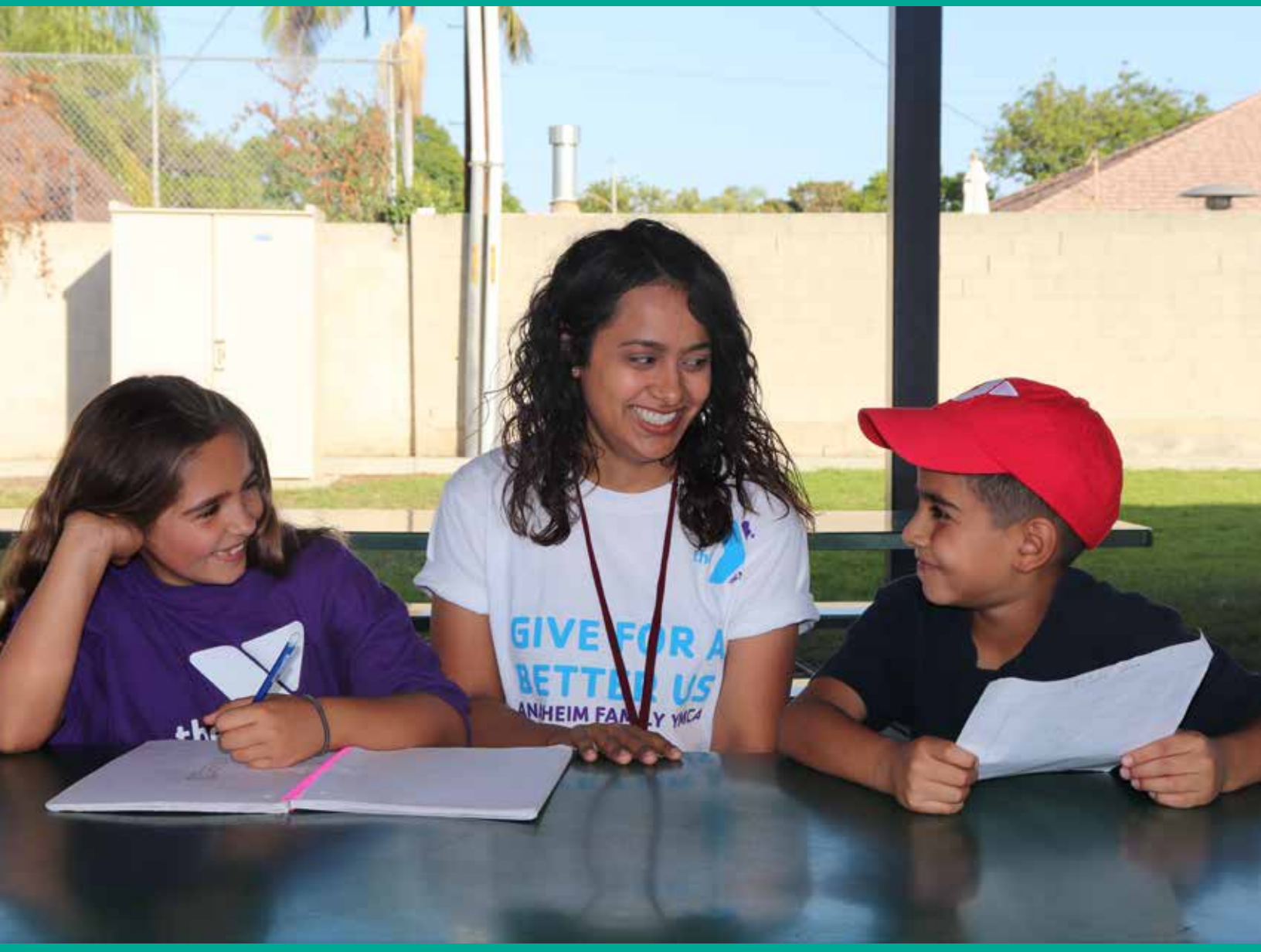
the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CONNECTIONS

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

ANAHEIM FAMILY YMCA **Winter 2019**

BE the CAUSE

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.

When you participate at the Y, you become part of something bigger. You become part of a cause — a cause dedicated to building a better community and a better us.

Together, we are connecting people of every age and walk of life through programs that address critical needs such as school readiness, water safety, healthy living and safe spaces after school. **Every day**, the Y's presence is seen and felt by more than **7,000** people in neighborhoods across Anaheim, Cypress, Stanton and La Palma.

From everyone on the YMCA staff, we thank you for being an important part of our impact.

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

Cuando participas en el YMCA, te conviertes en parte de algo más grande. Te unes a una causa dedicada a construir una mejor comunidad, y un mejor futuro para nosotros.

Juntos, estamos conectando personas de todas las edades y pasos de la vida a través de programas que abordan las necesidades críticas como la preparación escolar, la seguridad del agua, una vida saludable y espacios seguros después de la escuela. Todos los días, la presencia del YMCA se ve y se siente por más de 7,000 personas en los vecindarios de Anaheim, Cypress, Stanton y La Palma.

De todos los miembros del personal de YMCA, les agradecemos por ser una parte importante de nuestro impacto.

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.

Donate online at anaheimymca.org
The Anaheim Family YMCA's
Tax ID# is: 95-1709299

Y GIVE ANYTHING ELSE

Give the gift that lasts a lifetime

The Perfect Gift El regalo perfecto

Whether it's learning to swim, participating in a team sport, or getting an opportunity to explore nature and make lifelong friendships and memories, there are so many ways a YMCA gift card can help someone you care about reach their potential. A YMCA gift card is a perfect way to say, "I care about you." There is no better way to show someone you care than to give them something that helps them gain confidence, feel stronger and have a lot of fun while doing so. Ya sea aprender a nadar, participar en un deporte de equipo o tener la oportunidad de explorar la naturaleza y hacer amistades y recuerdos de por vida, hay muchas formas en que una tarjeta de regalo de YMCA puede ayudar a alguien que te importa a alcanzar su potencial. Una tarjeta de regalo de YMCA es una manera perfecta de decir "Me preocupo por ti". No hay mejor manera de mostrarle a alguien que te importa que darles algo que los ayude a ganar confianza, sentirse más fuertes y divertirse mucho al hacerlo.

Purchase at the Anaheim Family YMCA Administrative office, 240 S. Euclid Street, Anaheim CA 92802
Compre en la oficina administrativa de Anaheim Family YMCA en 240 S. Euclid Street, Anaheim CA 92802Compre en la oficina administrativa de Anaheim Family YMCA en 240 S. Euclid Street, Anaheim CA 92802

NEW ANAHEIM FAMILY YMCA FACILITY

Coming Soon!

3 Soccer Arenas
Recreation Field
Parking Lot

Programs
Youth Futsal League
Preschool Sports
Preschool Soccer League
Adult Soccer League
Tai Chi
Community Events

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 teamwork and connect with positive role models.
En la Y, nuestro personal deportivo, entrenadores y voluntarios comparten una visión singular de ayudar a todos los jóvenes a alcanzar su máximo potencial en la vida. Aprovechamos la emoción y la pasión en torno a la programación recreativa y competitiva para crear una salida saludable para que los niños adquieran nuevas habilidades, desarrollen un sentido de trabajo en equipo y se conecten con modelos positivos.

GYMNASTICS $95 – 9 weeks

Classes focus on self-discipline, teach basic skill development, physical strength and building self-esteem. Students will be introduced to balance beams, bars, vault and trampoline. Las clases se enfocan en la autodisciplina, enseñan el desarrollo de habilidades básicas, la fuerza física y el desarrollo de la autoestima. Los estudiantes serán introducidos a vigas de equilibrio, barras, bóveda y trampolín.

Gymnastics Mini Stars Parent & Me – Padres e hijos

Ages/Edades 1½-3

Sat	9:05-9:50am	DAYC	Jan 5 - Mar 2
Sat	9:05-9:50am	WAYC	Jan 5 - Mar 2
Sun	10:50-11:35am	WAYC	Jan 6 - Mar 3
Mon	4:20-5:05pm	DAYC	Jan 7 - Mar 18

Gymnastics Little Stars – Empezar

Ages/Edades 3-4

Sat	9:05-9:55am	DAYC	Jan 5 - Mar 2
Sat	9:05-9:55am	WAYC	Jan 5 - Mar 2
Sun	10:50-11:40am	WAYC	Jan 6 - Mar 3
Mon	4:20-5:10pm	DAYC	Jan 7 - Mar 18
Mon	5:15-6:05pm	DAYC	Jan 7 - Mar 18

Gymnastics Beginning Stars – Empezar

Ages/Edades 5-8

Sat	10:00-10:50am	DAYC	Jan 5 - Mar 2
Sat	10:00-10:50am	WAYC	Jan 5 - Mar 2
Sun	11:45-12:35pm	WAYC	Jan 6 - Mar 3
Mon	4:20-5:10pm	DAYC	Jan 7 - Mar 18
Mon	5:15-6:05pm	DAYC	Jan 7 - Mar 18

Gymnastics Intermediate Stars – Intermedios

Ages/Edades 8-12

Sat	10:00-10:50am	DAYC	Jan 5 - Mar 2
Sat	10:00-10:50am	WAYC	Jan 5 - Mar 2
Sun	11:45-12:35pm	WAYC	Jan 6 - Mar 3
Mon	5:15-6:05pm	DAYC	Jan 7 - Mar 18

TUMBLING $95 – 9 weeks

This class benefits youth that would like to enhance their tumbling, balance and motion skills. Beginning level is recommended for those with skills below a round off. Esta clase beneficia a los jóvenes que desean mejorar sus habilidades de volteo, equilibrio y movimiento. Se recomienda el nivel de inicio para aquellos con habilidades por debajo de una ronda.

Ages/Edades 6-17

Sun	12:40-1:30pm	WAYC	Jan 6 - Mar 3
Mon	6:05-6:55pm	DAYC	Jan 7 - Mar 18

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 3-5

Wed	5:30-6:30pm	WAYC	Jan 9 - Mar 6

Ages/Edades 6-11

Mon	6:00-7:00pm	DACC	Jan 7 - Mar 18
Wed	6:30-7:30pm	WAYC	Jan 9 - Mar 6

Ages/Edades 12-17

Mon	7:00-8:00pm	DACC	Jan 7 - Mar 18
Wed	7:30-8:30pm	WAYC	Jan 9 - Mar 6

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	Jan 5 - Mar 2
Sun	9:00-9:55am	Twila Reid Park	Jan 6 - Mar 3

Ages/Edades 12-17

Sat	10:00-10:55am	Twila Reid Park	Jan 5 - Mar 2
Sun	10:00-10:55am	Twila Reid Park	Jan 6 - Mar 3

Ages/Edades 18-50

Sat	11:00-11:55am	Twila Reid Park	Jan 5 - Mar 2
Sun	11:00-11:55am	Twila Reid Park	Jan 6 - Mar 3

GYMNASTICS AND TUMBLING ATTIRE

Wear elastic waist shorts (no belts, buckle, buttons or zippers) with a tucked-in shirt. 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 should be removed.

ROPA PARA CLASES DE GYMNASIO Y TUMBLING

Use pantalones cortos de cintura elástica (sin cinturones, hebillas, botones o cremalleras) con una camisa metida. Leggings o pantalones de entrenamiento son aceptables. Las niñas pueden usar un leotardo de una sola pieza. No se requieren zapatos ni medias. El pelo largo debe ser levantado, y todas las joyas deben ser removidas.

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

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	Jan 5 - Mar 2
Sat	9:00-9:55am	Twila Reid Park	Jan 5 - Mar 2
Sun	9:00-9:55am	Twila Reid Park	Jan 6 - Mar 3

BITTY SOCCER $85 – 9 weeks

Ages/Edades 3-6

Sat	10:00-10:55am	DAYC	Jan 5 - Mar 2
Sat	10:00-10:55am	Twila Reid Park	Jan 5 - Mar 2
Sun	10:00-10:55am	Twila Reid Park	Jan 6 - Mar 3

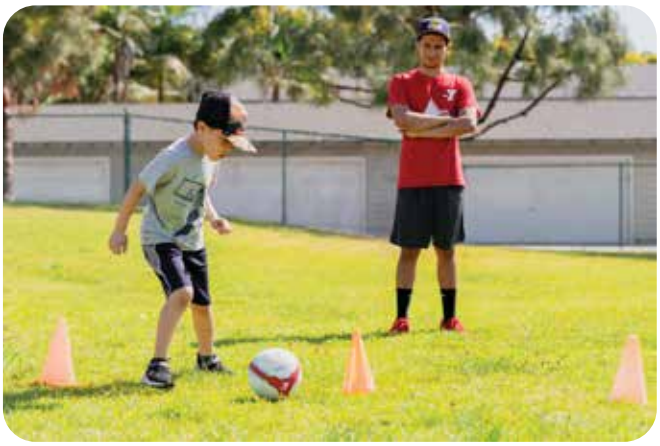
BITTY T-BALL $85 – 9 weeks

Beisbol de Niños
Ages/Edades 4-6

Sat	11:00-11:55am	DAYC	Jan 5 - Mar 2
Sat	11:00-11:55am	Twila Reid Park	Jan 5 - Mar 2
Sun	11:00-11:55am	Twila Reid Park	Jan 6 - Mar 3

BITTY SPORTS ATTIRE
ROPA PARA CLASES DE BITTY SPORTS

Wear comfortable workout clothes and running shoes.
Usen ropa y zapatos cómodos de deporte.



Fun Fact!

Softball was given its name by motion of Walter Hakanson of the Denver YMCA in 1926.

YOUTH CO-ED BASKETBALL LEAGUE

MANDATORY SKILLS EVALUATION: SATURDAY, JAN. 12
EVALUACIÓN MANDATORIO: SABADO, 12 DE ENERO

Teams will be determined after an initial skills assessment of all participants to establish appropriate age divisions and teams.
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 January 22nd Las prácticas comienzan la semana del 22 de enero

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 January 22 Los primeros juegos comienzan el fin de semana del 22 de enero
Final games are the weekend of April 6 Los juegos finales son el fin de semana del 6 de abril

Fun Fact!

The Y invented BASKETBALL in 1891.

CONNECTING YOUTH TO PERFORMING ARTS

Our Performing Arts programs for youth encourage, nurture and provide an outlet for creativity. Performing Arts leave a mark on children that last a lifetime, inspire self-expression, self-esteem as well as critical and creative thinking. Nuestros programas de artes escénicas para jóvenes alientan, nutren y proporcionan una salida para la creatividad. Las artes escénicas dejan una marca en los niños que duran toda la vida, inspiran la autoexpresión, 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	Jan 8 - Mar 5
Thu	5:00-5:55pm	DACC	Jan 10 - Mar 7

HIP HOP — $90 – 9 weeks

Danza de hip-hop

Ages/Edades 7-11

Tue	6:00-6:55pm	WAYC	Jan 8 - Mar 5
Thu	6:00-6:55pm	DACC	Jan 10 - Mar 7

Ages/Edades 12-17

Tue	7:00-7:55pm	WAYC	Jan 8 - Mar 5
Thu	7:00-7:55pm	DACC	Jan 10 - Mar 7

MUSICAL THEATER — $90 – 9 weeks

Teatro Musical

Ages/Edades 7-11

Tue	7:00-8:00pm	DACC	Jan 8 - Mar 5
Thu	6:00-7:00pm	WAYC	Jan 10 - Mar 7

Ages/Edades 12-17

Thu	7:00-8:00pm	WAYC	Jan 10 - Mar 7

HULA DANCE — $90 - 9 weeks

Danza de Hula - Empezar

Ages/Edades 4-6

Mon	6:00-7:00pm	WAYC	Jan 7 - Mar 8

Ages/Edades 7-11

Mon	7:00-8:00pm	WAYC	Jan 7 - Mar 18

Ages/Edades 12-17

Mon	8:00-9:00pm	WAYC	Jan 7 - Mar 18

BITTY BALLET — $90 – 9 weeks

Ballet para Niños

Ages/Edades 3-4

Sat	9:05-10:00am	WAYC	Jan 5 - Mar 2
Tue	5:00-5:55pm	DACC	Jan 8 - Mar 5
Thu	4:00-4:55pm	WAYC	Jan 10 - Mar 7

Ages/Edades 5-6

Sat	10:05-11:00am	WAYC	Jan 5 - Mar 2
Tue	6:00-6:55pm	DACC	Jan 8 - Mar 5
Thu	5:00-5:55pm	WAYC	Jan 10 - Mar 7

BALLET AND TAP BEGINNING — $90 - 9 weeks

Empezar

Ages/Edades 5 and up

Sat	11:15-12:15pm	DACC	Jan 5 - Mar 2
Sat	12:15-1:15pm	DACC	Jan 5 - Mar 2
Wed	5:00-6:00pm	DACC	Jan 9 - Mar 6
Wed	6:00-7:00pm	DACC	Jan 9 - Mar 6

BALLET INTERMEDIATE — $90 - 9 weeks

Intermedio

Ages/Edades 6 and up

Sat	11:05-12:05pm	WAYC	Jan 5 - Mar 2

ADVANCED BALLET CLASS — $140 - 9 weeks

Ballet Advanced - Avanzado

Ages/Edades 7 and up

Sat	12:10-2:10pm	WAYC	Jan 5 - Mar 2

BALLET ATTIRE

Wear leotards, tights and 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	1/19-2/23	9:00am-9:55am
Thu	1/25-2/28	4:30pm-5:25pm
Sat	3/9-4/13	9:00am-9:55am
Thu	3/14-4/18	4:30pm-5:25pm

BITTY BASKETBALL — $56 – 6 weeks

Baloncesto para Niños

Ages/Edades 3-6 years

Thu	1/25-2/28	5:30pm-6:25pm
Thu	3/14-4/18	5:30pm-6:25pm

BITTY SOCCER — $56 – 6 weeks

Fútbol de Niños

Ages/Edades 3-6 years

Sat	1/19-2/23	10:00am-10:55am
Tue	1/23-2/26	4:30pm-5:25pm
Sat	3/9-4/13	10:00am-10:55am
Tue	3/12-4/16	4:30pm-5:25pm

BITTY T-BALL — $56 – 6 weeks

Deportes para Niños

Ages/Edades 4-6 years

Sat	1/19-2/23	11:00am-11:55am
Tue	1/23-2/26	5:30pm-6:25pm
Sat	3/9-4/13	11:00am-11:55am
Tue	3/12-4/16	5:30pm-6:25pm

GYMNASTICS – Mini Stars Parent & Me — $63– 6 classes

Gimnasia

Ages/Edades 18 months-3 years

Wed	1/24-2/27	9:10am-9:55am
Wed	1/24-2/27	10:00am-10:45am
Wed	1/24-2/27	4:10pm-4:50pm
Wed	1/24-2/27	5:00pm-5:45pm
Wed	3/13-4/17	9:10am-9:55am
Wed	3/13-4/17	10:00am-10:45am
Wed	3/13-4/17	4:10pm-4:50pm
Wed	3/13-4/17	5:00pm-5:45pm

BITTY BALLET — $56 – 6 weeks

Deportes para Niños

Age: 3-4 years

Sat	1/19-2/23	10:00am-10:55am
Thu	1/25-2/28	5:00pm-5:55pm
Sat	3/9-4/13	10:00am-10:55am
Thu	3/14-4/18	5:00pm-5:55pm

Age: 5-6 years

Sat	1/19-2/23	11:00am-11:55am
Thu	1/25-2/28	6:00pm-6:55pm
Sat	3/9-4/13	11:00am-11:55am
Thu	3/14-4/18	6:00pm-6:55pm

ART BASICS — $56 – 6 weeks

Conceptos Básicos de Arte

Ages/Edades 6-11 years

Tue	1/23-2/26	5:00pm-6:00pm
Tue	3/12-4/16	5:00pm-6:00pm

ART FUNDAMENTALS — $56 – 6 weeks

Fundamentos Del Arte

Ages/Edades 12-17 years

Tue	1/23-2/26	6:00pm-7:00pm
Tue	3/12-4/16	6:00pm-7:00pm

Ages/Edades 18-up

Tue	1/23-2/26	7:00pm-8:00pm
Tue	3/12-4/16	7:00pm-8:00pm

SOCCER SKILLS CLINICS — $50/5 classes

Clínicas de Habilidades de Baloncesto

Ages/Edades 7-12 years

Mon-Fri	4/8-4/11	5:30pm-7:30pm

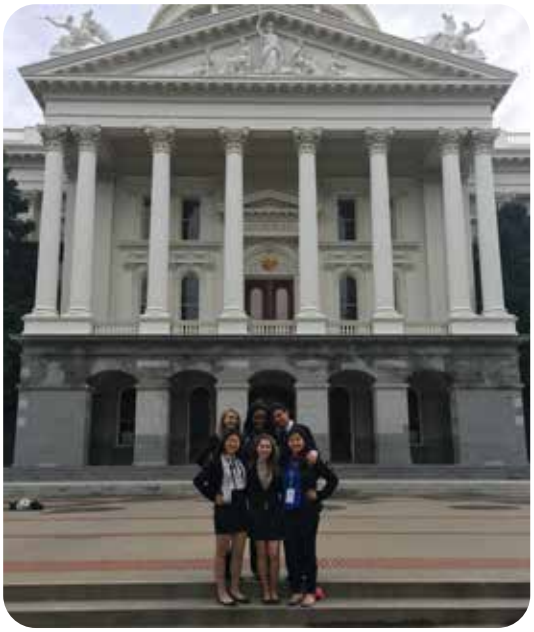
Healthy Tip!

Choose Your Drinks with Care

A simple way to improve your family's overall health is to explore your approach to fluids by cutting out the drinks with added sugar and adding more water, 100% fruit juice and low-fat milk.

CONNECTING PEOPLE TO CONFIDENCE

YOUTH & GOVERNMENT



Anaheim YMCA Youth and Government delegates are preparing for their first conference of the season! In addition to improving their debate skills and public speaking techniques, delegates have been busy drafting their first piece of bill legislation. After researching a variety of topics such as royalties for college football players and mandating health curricula for high school students, our delegates have decided on developing a Constitutional Amendment, proposing a new voting system for California. Delegates spend hours calculating the costs relating to their legislation, studying current laws involving their ideas, and finding creative ways to debate their views.

Their upcoming conference in Fresno will be focused on training for specific program areas, such as Appellate Court and Department of Finance, and elections for delegates running for elected state-wide positions, such as Youth Governor or Speaker of the Assembly!

¡Los jóvenes delegados de la YMCA y el Gobierno de Anaheim se están preparando para su primera conferencia de la temporada! Además de mejorar sus habilidades de debate y técnicas para hablar en público, los delegados han estado ocupados en redactar su primer proyecto de ley. Después de investigar una variedad de temas, como las regalías para los jugadores de fútbol americano universitario y los planes de estudio de salud para estudiantes de secundaria, nuestros delegados decidieron desarrollar una Enmienda Constitucional, proponiendo un nuevo sistema de votación para California. Los delegados pasan horas calculando los costos relacionados con su legislación, estudiando las leyes actuales relacionadas con sus ideas y encontrando formas creativas para debatir sus puntos de vista.

Su próxima conferencia en Fresno se centrará en la capacitación para áreas específicas del programa, como el Tribunal de Apelaciones y el Departamento de Finanzas, y las elecciones para los delegados que se postulan para los puestos designados, como el gobernador de la juventud o el presidente de la Asamblea.

YEAR ROUND SWIM PROGRAMMING WITH THE CITY OF LA PALMA
Water Exercise & Learn to Swim

"I joined Water Fitness class 2 years ago. It has really helped with my aches and pains. Gave me back mobility and I could finally exercise without hurting. It's helped also with my depression. I like the class because it makes me feel good mentally and physically. The best part is I have made many new friends! The instructors are very good and welcoming. Their warmth and friendliness make you very comfortable in the class. I have never felt self-conscious. I am glad YMCA offers this class it had helped in many ways!"

"Me uní a la clase de ejercicios de agua hace 2 años. Realmente ha ayudado con mis dolores y molestias. Me devolvió la movilidad y finalmente pude hacer ejercicio sin lastimarme. Ha ayudado también con mi depresión. Me gusta la clase porque me hace sentir bien mental y físicamente. La mejor parte es que he hecho muchos nuevos amigos! Los instructores son muy buenos y acogedores. Su calidez y amabilidad te hacen sentir muy cómodo en la clase. Nunca me he sentido cohibido. ¡Me alegra que YMCA ofrezca esta clase que ayudó en muchas formas! "

-Sharon Soto, Program Participant

Registration

The Y offers year-round swim lessons for youth, water exercise and aerobics classes for adults and seniors at the La Palma Intercommunity Indoor Hospital Pool. La Y ofrece clases de natación durante todo el año para jóvenes, ejercicios acuáticos y clases de aeróbic para adultos y adultos mayores en la piscina cubierta del Hospital Intercomunitario de La Palma.

To register for YMCA swim lessons and classes in the City of La Palma, please contact the City of La Palma. Para inscribirse en las clases y clases de natación de YMCA en la ciudad de La Palma, comuníquese con la ciudad de La Palma.
La Palma Community Center and Central Park - 7821 Walker St., La Palma, CA 90623 Phone: (714) 522-2967

CONNECTING OUR COMMUNITY

Working with our partners to give back.
Community Health Initiative of Orange County

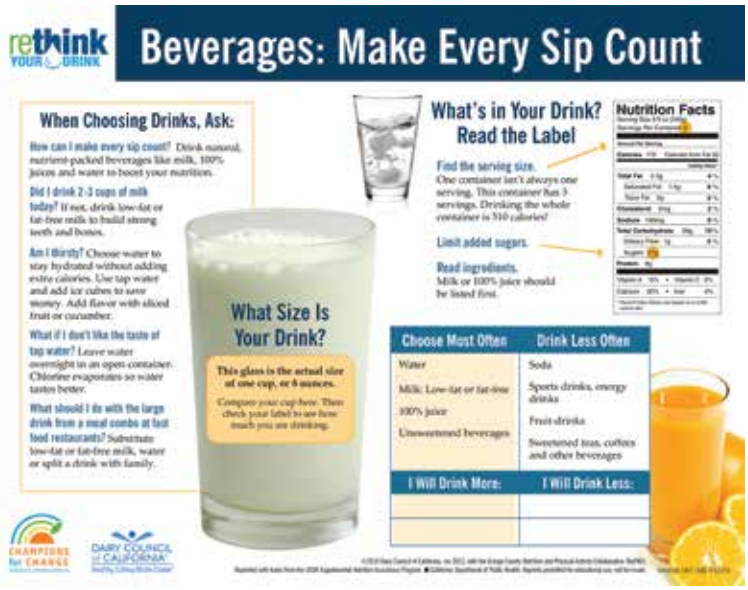
Through their mission of connecting children, families and other adults to affordable and quality healthcare and social services, Community Health Initiative of Orange County (CHI OC) helps Orange County residents stay healthy by helping families navigate the complexities of today's health care system, which is essential to a healthy community. A través de su misión de conectar a los niños, las familias y otros adultos a servicios de salud y servicios sociales asequibles y de calidad, la Iniciativa de Salud Comunitaria del Condado de Orange (CHI OC) ayuda a los residentes del Condado de Orange a mantenerse saludables al ayudar a las familias a navegar por las complejidades del sistema de atención de salud actual. Esencial para una comunidad sana.

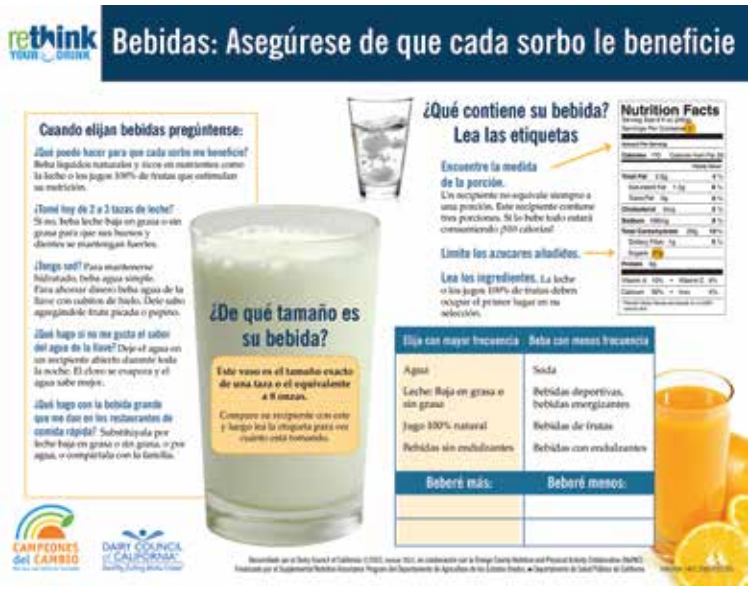
CHI OC is a non-profit agency dedicated to reducing the number of uninsured children in Orange County and is pleased to be a key partner in the YMCA's collaborative health efforts in Anaheim, specifically through the HEAL Zone Collaborative, over the last three years. CHI OC es una agencia sin fines de lucro dedicada a reducir la cantidad de niños sin seguro en el Condado de Orange y se complace en ser un socio clave en los esfuerzos de colaboración de salud de YMCA en Anaheim, específicamente a través de la Colaborativa de la Zona HEAL, durante los últimos tres años.

CHI OC helps families by screening them for health care and social services programs, such as CalFresh and CalWORKS, and determining their eligibility and assisting them with the enrollment process in health programs, such as Medi-Cal and Covered California. After families apply, CHI OCs Certified Enrollment Counselors (CECs) follow-up with them through outreach and enrollment support, ensuring that residents are able to access their covered benefits and that their coverage renews every year. CHI OC ayuda a las familias al evaluarlos para programas de atención médica y servicios sociales, como CalFresh y CalWORKS, y determinar su elegibilidad y ayudarlos con el proceso de inscripción en programas de salud, como Medi-Cal y Covered California. Después de que las familias solicitan, los Consejeros de Inscripción Certificados (CEC) de CHI OC hacen un seguimiento de ellos, a través del apoyo de extensión e inscripción, asegurando que los residentes puedan acceder a sus beneficios cubiertos y que su cobertura se renueve cada año.

If you would like to learn more about how CHI OC can connect your family to health care and social services programs, schedule an appointment at their main office or call (714) 619-4050 for assistance or more information. Si desea obtener más información sobre cómo CHI OC puede conectar a su familia con los programas de atención médica y servicios sociales, programe una cita en su oficina principal o llame al (714) 619-4050 para obtener ayuda o más información.

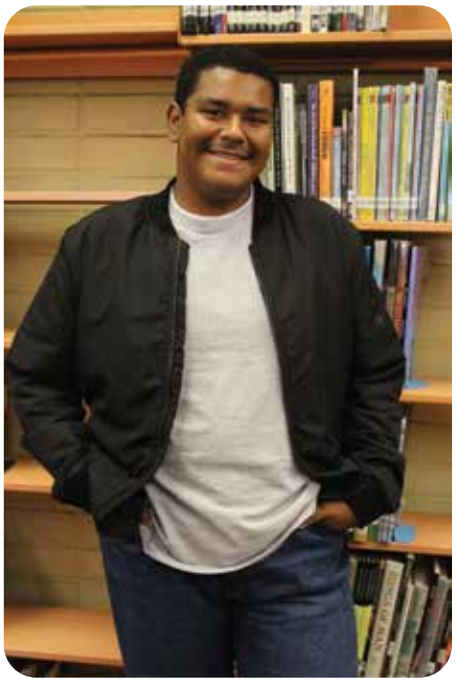
HEALTHY TIP





TEEN VOICE

Written by: Damian Rodriguez
Loara High School, 11th Grade



I have been involved in the YMCA program for about 8 years now. I started when I was 6 years old in the **Anaheim Achieves** afterschool program in elementary school. Since then I have moved onto being in it in high school, which I'm a Junior right now. The Y has been a home away from home for me. I come to the Anaheim Achieves afterschool program for some fun, to do homework, and to look for any new opportunities that could help in college or help me with high school. I see the Y as a great opportunity for people to get involved and have the greatest time in life. In the Y, I have been involved in numerous things such as Camp Fox, the summer program, Anaheim Achieves, and as a volunteer. The Y has a lot of awesome programs for teenagers like me and programs for youngsters that can really help them in developing into a great person who volunteers weekly in their community with an outgoing, respectful, encouraging, kind, and loving personality. I can say that I am that person and I'm so glad that I am because that has helped in my everyday life in lot of situations.

I've come to love **Camp Fox**. It had a part in shaping me into who I am today. We took a boat to Catalina Island and the whole week we did activities like tubing, snorkeling, fishing, hiking, and kayaking. The best part would be the "road trip," as the camp leaders would call it, which was a journey through the week where you would work on yourself with your cabin mates and leader and try to be a better you. Everyday in the morning we would go to campfire and the leaders would put on a little show discussing what the goal of the day would be and how we were to accomplish it. It was very eye-opening experience to see such a big group of teenagers, who had a great and positive outlook and looked forward to everyday in camp. It was a safe place for everyone and no one was ridiculed or judged. It was the best week of my life and summer. Camp Fox leaves with you, to the mainland, and adapts to your everyday life and the way it does that is by the Rag Program, which is a program that helps you focus on a certain goal. Camp has helped me put my goals into focus and being a better person.

He estado involucrado en el programa YMCA durante aproximadamente 8 años. Comencé cuando tenía 6 años en el programa extracurricular Anaheim Achieves en la escuela primaria. Desde entonces, he pasado a ser parte de la escuela secundaria, que ahora soy un Junior. La Y ha sido un hogar lejos de casa para mí. Vengo al programa después de clases de Anaheim Achieves para divertirme, hacer las tareas y buscar nuevas oportunidades que puedan ayudar en la universidad o que me ayuden con la escuela secundaria. Veo la Y como una gran oportunidad para que las personas se involucren y tengan el mejor momento de la vida. En la Y, he estado involucrado en numerosas cosas como Camp Fox, el programa de verano, Anaheim Achieves y como voluntario. La Y tiene muchos programas asombrosos para adolescentes como yo y programas para jóvenes que realmente pueden ayudarlos a convertirse en una gran persona que trabaja como voluntaria semanalmente en su comunidad con una personalidad sociable, respetuosa, alentadora, amable y amorosa. Puedo decir que soy esa persona y estoy muy contento de estarlo porque eso me ha ayudado en mi vida cotidiana en muchas situaciones.

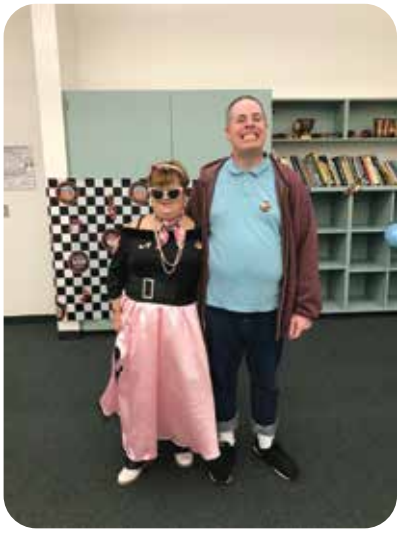
He llegado a amar Camp Fox. Tuvo un papel en moldearme en lo que soy hoy. Tomamos un bote a la isla Catalina y durante toda la semana hicimos actividades como tubing, snorkeling, pesca, senderismo y kayak. La mejor parte sería el "viaje por carretera", como lo llamarían los líderes del campamento, que fue un viaje a través de la semana en el que trabajarías contigo mismo con tus compañeros de cabina y con el líder y tratarías de ser mejor que tú. Todos los días por la mañana íbamos a la fogata y los líderes hacían un pequeño programa para discutir cuál sería el objetivo del día y cómo íbamos a lograrlo. Fue una experiencia muy reveladora ver a un grupo tan grande de adolescentes, que tenían una perspectiva excelente y positiva y esperaban con ansias todos los días en el campamento. Era un lugar seguro para todos y nadie fue ridiculizado ni juzgado. Fue la mejor semana de mi vida y verano. Camp Fox se va con usted al continente y se adapta a su vida cotidiana y la forma en que lo hace a través del Programa Rag, que es un programa que lo ayuda a enfocarse en un objetivo determinado. El campamento me ha ayudado a poner mis metas en foco y ser una mejor persona.

Registration for Summer Resident Camp opens November 15th!

Early bird registration opens November 15th , receive a 10% discount when you register before Dec. 31st. Use code **CAMP2019** at registration for discount.
Apply for financial assistance starting November 15th.

THERAPEUTIC PROGRAMS

For Teens and Adults with Special Needs



With the growing need for programs for youth & adults with special needs, the City of Anaheim and the Y continue to work together at the Anaheim Accessibility Center. Con la creciente necesidad de programas para jóvenes y adultos con necesidades especiales, la Ciudad de Anaheim y la Y continúan trabajando juntos en el Centro de Accesibilidad de Anaheim.

The YMCA holds quarterly themed socials. Adults with disabilities, as well as family and friends, are invited! Light refreshments, music, and activities will be provided. Participants that require assistance must be accompanied by a caregiver or family member, who can attend free of charge. El YMCA tiene eventos sociales trimestrales. ¡Adultos con discapacidades, así como familiares y amigos, están invitados! Se proporcionarán refrescos, música y actividades. Los participantes que requieran asistencia deben estar acompañados por un cuidador o miembro de la familia, que puede asistir sin cargo alguno.

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

Musical Theater, "Seussical"

Program (Ages 15+)
Experience the many facets of musical theater including singing, dancing, acting and performing arts events. At the end of the program, actors participate in a performance to showcase their diverse talents. Experimenta las múltiples facetas de la música. Teatro incluyendo canto, baile, actuación y eventos de artes escénicas. Al final del programa, los actores participan en una actuación para mostrar sus diversos talentos.

Location: 100 S. Atchison St, Anaheim
Fee: $55 for 8 weeks
January 10 - February 28
Thursdays, 6:30pm-8:00pm

Special Friends "Seussical" 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. ¡Diviértete en nuestro Social Friends! La noche consistirá en un baile temático con Música, amigos y diversión. Se proporcionarán refrescos.

Participants that require assistance must be accompanied by a caregiver or family member who can attend free of charge. Los participantes que requieran asistencia deben ser Acompañado por un cuidador o familiar que pueda asistir sin cargo.

Fee: $5 admission
Friday, March 8
6:30pm-8:00pm

Upcoming Events!

Giving Tuesday	November 27, 2018
City of Stanton Tree Lighting Ceremony	December 6, 2019
City of Anaheim Tree Lighting Ceremony	December 8, 2019
Kaboom! Build Day	January 26, 2019
Camp Endowment Brunch Fundraiser	January 27, 2019
Inaugural YMCA Gala	March 2, 2019
Alden Esping Putting Classic	March 30, 2019
Annual Good Friday Breakfast	April 19, 2019

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.

We're Hiring!

ANAHEIM ACHIEVES AFTER-SCHOOL PROGRAM
CHANGING LIVES FOR TODAY AND TOMORROW

BENEFITS:
Starting rate: $13
Part-time: M-F
Hours vary between 12-6pm
Paid sick leave
Multiple locations available
Enriching experiences
Life changing opportunities

Apply today!
Online at anaheimymca.org or at the Y administrative office.

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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