

# WHERE EVERYBODY BELONGS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## CONNECTIONS

Where there's a Y, there's an US  
Fall 2019

ANAHEIM FAMILY YMCA

@anaheimymca



# BE <sup>the</sup> CAUSE



## ANAHEIM COMMUNITY FOUNDATION

In this issue of Connections magazine, we highlight the Anaheim Community Foundation (ACF). Since 1984, ACF has enriched the lives of Anaheim residents with its mission to build community through people, partnerships and pride. Through the support of caring and concerned donors, ACF assists in a multitude of areas, including:

- Championing community needs and improved outcomes
- Building the capacity of nonprofits through grants and collaboration
- Promoting philanthropy and volunteerism
- Providing community support, from youth program scholarships to senior emergency assistance

## GIVING A HELPING HAND

Each year, the Anaheim Community Foundation welcomes nonprofits to apply for support through its Helping Hands grant program. ACF recently provided 37 grants to community-based organizations, including the Anaheim Family YMCA. Thanks to the support of our donors and the generosity of the Samueli Foundation and Disneyland Resort, ACF awarded over \$60,000 in grants to strengthen community impact, including youth mentoring, literacy, water safety, cultural arts, education, career readiness, and resources for families and the community. [Learn more and donate at anaheimcf.org/donate](http://anaheimcf.org/donate)



## THE ANAHEIM HIVE: WHERE NONPROFITS THRIVE

Another exciting initiative from the Anaheim Community Foundation "The Anaheim Hive: Where Nonprofits Thrive," a partnership with the Samueli Foundation. This innovative shared workspace is designed to build the capacity of nonprofits and strengthen collective impact.

As a hub for nonprofits, The Anaheim Hive is a place to meet, work, and collaborate, featuring common area desks, workstations, offices, conference meeting space, WiFi, and many other useful amenities. Beyond physical space, The Anaheim Hive promotes opportunities for trainings and collaboration among the nonprofit community. [To learn more, visit anaheimcf.org/the-hive.](http://anaheimcf.org/the-hive)



# GOODBYE SUMMER ADIÓS VERANO HELLO BACK-TO-SCHOOL! ¡HOLA REGRESO A LA ESCUELA!

As the Best Summer Ever® at the Y ends, millions of kids from across the country are heading back to school, excited to reunite with friends and discover what the new year has to offer. Cuando finaliza el Best Summer Ever® en la Y, millones de niños de todo el país regresan a la escuela, entusiasmados de reunirse con amigos y descubrir lo que el año nuevo tiene para ofrecer.

Here are helpful reminders to ensure the students in your life thrive during the school year. Aquí hay recordatorios útiles para asegurar que los estudiantes en su vida prosperen durante el año escolar.

## GET INVOLVED

Help with homework, chat about the school day or volunteer to support classroom needs. Your involvement in a child's education helps them both inside and outside the classroom. Ayuda con la tarea, charla sobre el día escolar o voluntario para apoyar las necesidades del aula Su participación en la educación de un niño los ayuda tanto dentro como fuera del aula.

## SET A FAMILY MEALTIME

Sharing healthy meals together as a family on a regular basis is a powerful way to connect—whether at breakfast, lunch or dinner—to establish family traditions. Compartir comidas saludables en familia de manera regular es una forma poderosa de conectarse, ya sea en el desayuno, el almuerzo o la cena, para establecer tradiciones familiares.

## MAKE OUT-OF-SCHOOL TIME COUNT

From after school programs, to youth leadership clubs or youth sports, there are plenty of opportunities for kids to continue learning, building friendships and trying new things at the Y. Desde programas extracurriculares hasta clubes de liderazgo juvenil o deportes juveniles, hay muchas oportunidades para que los niños continúen aprendiendo, creando amistades y probando cosas nuevas en la Y.



## NOW ENROLLING / AHORA INSCRIBIENDO!

The Anaheim Achieves After school 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)

# CONNECTING YOUTH TO SPORTS & PLAY

## PRESCHOOL SPORTS

\$90 – 9 weeks

Basketball, Soccer and T-Ball

Deportes para Niños - Baloncesto, Soccer y Béisbol

Ages/Edades 3-6 years

Sat	9:00-9:55am	DAYC	Sept. 7 - Nov. 2
Sat	9:00-9:55am	TRP	Sept. 7 - Nov. 2
Sun	9:00-9:55am	TRP	Sept. 8 - Nov. 3
Sun	12:45-1:40pm	WAYC	Sept. 8 - Nov. 3
Tue	5:00-5:45pm	DAYC	Sept. 10 - Nov. 5

## PRESCHOOL T-BALL

\$90 – 9 weeks

Beisbol de Niños

Ages/Edades 3-6 years

Sat	11:00-11:55am	DAYC	Sept. 7 - Nov. 2
Sat	11:00-11:55am	TRP	Sept. 7 - Nov. 2
Sun	11:00-11:55am	TRP	Sept. 8 - Nov. 3

## PRESCHOOL SOCCER

Fútbol de Niños

Ages/Edades 3-6 years

Sat	10:00-10:55am	DAYC	Sept. 7 - Nov. 2
Sat	10:00-10:55am	TRP	Sept. 7 - Nov. 2
Sun	10:00-10:55am	TRP	Sept. 8 - Nov. 3

## PRESCHOOL SPORTS ATTIRE PRENDA DEPORTIVA ATUENDO

Wear comfortable workout clothes and running shoes.

Usen ropa y zapatos cómodos de deporte.



## YMCA SWIM LESSONS

PEARSON PARK POOL

400 N. Harbor Blvd. Anaheim, CA 92805

Sunday Session 3: August 18 - September 8  
9:30am - 12:05pm

Saturday Session 5: September 14 - October 5  
9:30am - 12:05pm

Sunday Session 4: September 15 - October 6  
9:30am - 12:05pm

## THERAPEUTIC PROGRAMS FOR YOUTH & ADULTS WITH DEVELOPMENTAL DISABILITIES

Adaptive Musical Theater Program & Special Friends Social (Ages 16+)

Experience the many facets of musical theater: singing, dancing, acting & performing! At the end of the program actors showcase their diverse talents in a final performance and Special Friends Social.

**Location:** 100 S. Atchison St., Anaheim 92805

**Fee:** \$60 for 9 weeks

**Fall Season:** Sept 12th - Nov. 7

Class meets Thursdays, 6:30-8:00pm  
Final performance & social on last day of season.

Please visit our website [anaheimymca.org](http://anaheimymca.org) or contact Caitlyn Fry for more info at [cfry@anaheimymca.org](mailto:cfry@anaheimymca.org) or 714 635 9622.

## STRONG SWIMMERS, CONFIDENT KIDS

### SWIM RATES

Water Babies - \$63  
Ages 6 months-3 yrs

Water Polo - \$63  
Ages 8 and up

Tiny Tots - \$65  
Ages 3-5 yrs

Adult Classes - \$63

Level 1 - 6 \$63  
Ages 5 and up

Private Lessons - \$195

Pre-Swim - \$63  
Ages 8 and up

Weekend Classes \$32-\$34

### FREE PUBLIC SWIM AT PEARSON PARK POOL

1:00pm-5:00pm

Saturdays & Sundays through October 6  
Labor Day, Monday, September 2

### JUST ADDED

Additional Weekend Sessions at Pearson Park Pool!

For more information on registration dates and schedules, please visit [www.anaheimymca.org](http://www.anaheimymca.org)

# 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

\$98 – 9 weeks

Classes focus on self-discipline, teaching basic skill development, improving physical strength and building self-esteem. Students will be introduced to balance beams, bars, vault and trampoline. *Las clases se enfocan en la autodisciplina, enseñando el desarrollo de habilidades básicas, mejorando la fuerza física y desarrollando 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 years

Sat	9:05–9:50am	DAYC	Sept. 7 – Nov. 2
Sat	9:05–9:50am	WAYC	Sept. 7 – Nov. 2
Sun	9:05–9:50am	DAYC	Sept. 8 – Nov. 3
Sun	10:50–11:35am	WAYC	Sept. 8 – Nov. 3
Mon	4:20–5:05pm	DAYC	Sept. 9 – Nov. 4

### Gymnastics Little Stars – Empezar

Ages/Edades 3–4 years

Sat	9:05–9:55am	DAYC	Sept. 7 – Nov. 2
Sat	9:05–9:55am	WAYC	Sept. 7 – Nov. 2
Sun	9:05–9:55am	DAYC	Sept. 8 – Nov. 3
Sun	10:50–11:40am	WAYC	Sept. 8 – Nov. 3
Mon	4:20–5:10pm	DAYC	Sept. 9 – Nov. 4
Mon	5:15–6:05pm	DAYC	Sept. 9 – Nov. 4

### Gymnastics Beginning Stars – Empezar

Ages/Edades 5–8 years

Sat	10:00–10:50am	DAYC	Sept. 7 – Nov. 2
Sat	10:00–10:50am	WAYC	Sept. 7 – Nov. 2
Sun	10:00–10:50am	DAYC	Sept. 8 – Nov. 3
Sun	11:45–12:35pm	WAYC	Sept. 8 – Nov. 3
Mon	4:20–5:10pm	DAYC	Sept. 9 – Nov. 4
Mon	5:15–6:05pm	DAYC	Sept. 9 – Nov. 4

### Gymnastics Intermediate Stars – Intermedios

Ages/Edades 8–12 years

Sat	10:00–10:50am	DAYC	Sept. 7 – Nov. 2
Sat	10:00–10:50am	WAYC	Sept. 7 – Nov. 2
Sun	10:00–10:50am	DAYC	Sept. 8 – Nov. 3
Sun	11:45–12:35pm	WAYC	Sept. 9 – Nov. 3
Mon	5:15–6:05pm	DAYC	Sept. 9 – Nov. 4

## TUMBLING

\$98 – 9 weeks

This course will teach a wide variety of skills. From the basics, such as forward rolls and cartwheels to more advanced skills including back walk-overs and handsprings. A skills assessment will be done at the first day of class. *Este curso enseñará una amplia variedad de habilidades. Desde lo básico, tales como rollos hacia adelante y ruedas de carro, hasta habilidades más avanzadas que incluyen pasadas de vuelta y manos. Se realizará una evaluación de habilidades el primer día de clase.*

Ages/Edades 6–17 years

Sun	12:40–1:30pm	WAYC	Sept. 8 – Nov. 3
Mon	6:10–7:00pm	DAYC	Sept. 9 – Nov. 4

## MARTIAL ARTS

\$90 – 9 weeks

Classes build strength, sharpen reflexes, and promote self confidence. Students will learn the fundamentals of self-defense techniques and basics in blocking and kicking. *Las clases desarrollan fuerza, agudizan los reflejos y promueven la confianza en uno mismo. Los estudiantes aprenderán los fundamentos de las técnicas de defensa personal y los conceptos básicos para bloquear y patear.*

### Preschool Martial Arts

Ages/Edades 3–6 years

Mon	5:40–6:25pm	DACC	Sept. 9 – Nov. 4
Wed	5:40–6:25pm	WAYC	Sept. 11 – Nov. 6

### Martial Arts – Beginning

Ages/Edades 6–up years

Mon	6:30–7:30pm	DACC	Sept. 9 – Nov. 4
Wed	6:30–7:30pm	WAYC	Sept. 11 – Nov. 6

### Martial Arts – Intermediate

Ages/Edades 6–up years

Mon	7:30–8:30pm	DACC	Sept. 9 – Nov. 4
Wed	7:30–8:30pm	WAYC	Sept. 11 – Nov. 6

## 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. *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.*

## NEW CLASS!

### RUNNING CLUB

\$90 – 9 weeks

Being a part of the Y Running Club will be a great experience for all ages. Participants will be doing fitness drills, body weight workouts, and cross training. *Ser parte del Y Running Club será una gran experiencia para todas las edades. Los participantes realizarán ejercicios físicos, ejercicios de peso corporal y entrenamiento cruzado.*

Ages/Edades 7–11 years

Tu/Th	4:30–4:55pm	TRP	Sept. 10 – Nov. 7
-------	-------------	-----	-------------------

Ages/Edades 12–17 years

Tu/Th	5:00–5:25pm	TRP	Sept. 10 – Nov. 7
Sun	8:30–9:20am	TRP	Sept. 8 – Nov. 3

Ages/Edades 18 years +

Tu/Th	5:30–5:55pm	TRP	Sept. 10 – Nov. 7
Sun	9:25–10:15am	TRP	Sept. 8 – Nov. 3

# CONNECTING YOUTH TO PERFORMING ARTS

Performing Arts classes inspire self expression, promote critical and creative thinking, and leave a mark on children that will last a life time. *Las clases de artes escénicas inspiran la autoexpresión, promueven el pensamiento crítico y creativo y dejan una yegua en los niños que durarán toda la vida.*

## PRESCHOOL HIP HOP \$95 – 9 weeks

Hip Hop de Niños

Ages/Edades 4-6 years

Tue 5:00-5:55pm WAYC Sept. 10 - Nov. 5

Thu 3:30-4:25pm DACC Sept. 12 - Nov. 7

## HIP HOP \$95 – 9 weeks

Danza de hip-hop

Ages/Edades 7 and up

Tue 6:00-6:55pm WAYC Sept. 10 - Nov. 5

Thu 5:30-6:25pm DACC Sept. 12 - Nov. 5

## MUSICAL THEATER \$95 – 9 weeks

Teatro Musical

Ages/Edades 7 and up

Mon 6:00-7:00pm WAYC Sept. 9 - Nov. 4

Mon 7:00-8:00pm WAYC Sept. 9 - Nov. 4

Tue 6:30-7:30pm DACC Sept. 10 - Nov. 5

Thu 6:30-7:30pm DACC Sept. 12 - Nov. 7

## HULA DANCE \$95 – 9 weeks

Danza de Hula - Empezar

Ages/Edades 4-6 years

Sun 12:10-12:55pm WAYC Sept. 8 - Nov. 3

Ages/Edades 7-11 years

Sun 1:00-1:45pm WAYC Sept. 8 - Nov. 3

Ages/Edades 12-17 years

Sun 1:50-2:35pm WAYC Sept. 8 - Nov. 3

## JAZZ DANCE \$95 – 9 weeks

Danza de música Jazz

Ages/Edades 7 and up

Tue 7:00-7:55pm WAYC Sept. 10 - Nov. 5

## PRESCHOOL BALLET \$95 – 9 weeks

Ballet para Niños

Ages/Edades 3-4 years

Sun 10:10-11:05am WAYC Sept. 8 - Nov. 3

Tue 3:30-4:25pm DACC Sept. 10 - Nov. 5

Thu 4:30-5:25pm WAYC Sept. 12 - Nov. 7

Ages/Edades 5-6 years

Sun 11:10-12:05pm WAYC Sept. 8 - Nov. 3

Tue 4:30-5:25pm DACC Sept. 10 - Nov. 5

Thu 5:30-6:25pm WAYC Sept. 12 - Nov. 7

## BALLET AND TAP BEGINNING \$95 – 9 weeks

Empezar

Ages/Edades 5 and up

Sat 11:15-12:10pm DACC Sept. 7 - Nov. 2

Sat 12:15-1:10pm DACC Sept. 7 - Nov. 2

Wed 5:00-5:55pm DACC Sept. 11 - Nov. 6

Wed 6:00-6:55pm DACC Sept. 11 - Nov. 6

## BALLET - BEGINNING \$95 – 9 weeks

Empezar

Ages/Edades 6 and up

Sat 9:00-9:55am WAYC Sept. 7 - Nov. 2

Thu 6:30-7:25pm WAYC Sept. 12 - Nov. 7

## BALLET - INTERMEDIATE \$95 – 9 weeks

Intermedio

Ages/Edades 6 and up

Sat 10:00-11:00am WAYC Sept. 7 - Nov. 2

## BALLET - ADVANCED \$140 – 9 weeks

Avanzado

Ages/Edades 6 and up

Sat 11:05-1:05pm WAYC Sept. 7 - Nov. 2

## BALLET ATTIRE

Wear leotards, tights, ballet shoes or isotoner slippers. Skirts and tutus are optional.

## ROPA PARA CLASES DE BALLET

Use leotardos, medias, zapatillas de ballet o zapatillas isotónicas. Faldas y tutus son opcionales.

## Social Responsibility

Looking for ways to teach your kids about giving back to the community?

Think about hosting a book drive for a local hospital, school, or library.

## 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

**TRP** - Twila Reid Park - 3100 W. Orange Ave., Anaheim, CA 92804

# YOUTH CO-ED BASKETBALL LEAGUE

## BASKETBALL

Baloncesto

**LEAGUE FEE:** \$100 – 10 weeks

**JERSEY FEE:** \$10.00

Participants will learn basic basketball skills and positive character traits. 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 habilidades básicas de baloncesto y rasgos de carácter positivos. Las prácticas son una vez a la semana y los juegos se llevan a cabo los fines de semana en DAYC y WAYC. La cuota de la liga incluye 10 juegos, prácticas semanales, trofeo / medalla del equipo y ceremonia de entrega de premios al final de la temporada.

## IMPORTANT DATES

**ONLINE EARLY BIRD REGISTRATION: MONDAY, AUGUST 5<sup>TH</sup>**

Register online at [anaheimymca.org](http://anaheimymca.org)

**REGISTRO ONLINE EARLY BIRD: 5 DE AGOSTO**

Regístrese en línea en [anaheimymca.org](http://anaheimymca.org)

**IN HOUSE REGISTRATION: MONDAY, AUGUST 12<sup>TH</sup>**

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

**REGISTRO EN CASA: 12 DE AGOSTO**

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

**REGISTRATION DEADLINE: MONDAY, AUGUST 26<sup>TH</sup>**

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

**DÍA FINAL DE REGISTRACIÓN: 26 DE AGOSTO**

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

**FINANCIAL ASSISTANCE:** Register online at [anaheimymca.org/financial-assistance](http://anaheimymca.org/financial-assistance).

**ASISTENCIA FINANCIERA:** Regístrese en línea en [anaheimymca.org/financial-assistance](http://anaheimymca.org/financial-assistance).



**MANDATORY SKILLS EVALUATION: SATURDAY, AUGUST 31<sup>ST</sup>**  
**WAYC: WEST ANAHEIM YOUTH CENTER**

Teams will be determined after an initial skills assessment. All participants must attend to establish appropriate age divisions and teams.

**EVALUACIÓN MANDATORIO: 31 DE AGOSTO**  
**WAYC: WEST ANAHEIM YOUTH CENTER**

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

## PRACTICE & GAME LOCATIONS

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

## BASKETBALL PRACTICES & GAMES

Practices start the week of September 16. Las prácticas comienzan la semana del 16 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 September 21 Los primeros juegos comienzan el fin de semana del 21 de septiembre

Final games are the weekend of December 7 Los juegos finales son el fin de semana del 7 de diciembre

# STANTON PROGRAMS

## Sports & Performing Arts Classes

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

### PRESCHOOL SPORTS \$60 – 6 weeks

#### Deportes para Niños

Ages/Edades 3-6 years

Thu	9/19-10/24	4:30pm-5:25pm
Thu	11/7-12/9	4:30pm-5:25pm
Sat	9/14-10/19	9:00am-9:55am
Sat	11/2-12/14	9:00am-9:55am

### PRESCHOOL BASKETBALL \$60 – 6 weeks

#### Baloncesto para Niños

Ages/Edades 3-6 years

Thu	9/19-10/24	5:30pm-6:25pm
Thu	11/7-12/9	5:30pm-6:25pm

### PRESCHOOL SOCCER \$60 – 6 weeks

#### Fútbol de Niños

Ages/Edades 3-6 years

Tue	9/17-10/22	4:30pm-5:25pm
Tue	10/29-12/10	4:30pm-5:25pm
Sat	9/14-10/19	10:00am-10:55am
Sat	11/2-12/14	10:00am-10:55am

### PRESCHOOL T-BALL \$60 – 6 weeks

#### Deportes para Niños

Ages/Edades 4-6 years

Tue	9/17-10/22	5:30pm-6:25pm
Tue	10/29-12/10	5:30pm-6:25pm
Sat	9/14-10/19	11:00am-11:55am
Sat	11/2-12/14	11:00am-11:55am

### GYMNASTICS - Mini Stars Parent & Me \$63 – 6 classes

#### Gimnasia

Ages/Edades 18 months-3 years

Tue	9/17-10/22	4:10pm-4:55pm
Tue	10/29-12/10	4:10pm-4:55pm
Tue	9/17-10/22	5:00pm-5:45pm
Tue	10/29-12/10	5:00pm-5:45pm

### MARTIAL ARTS \$60 – 6 weeks

#### Artes marciales

Ages/Edades 3-5 years

Thu	9/19-10/24	5:30pm-6:25pm
Thu	11/7-12/19	5:30pm-6:25pm

Age/Edades 6-11 years

Thu	9/19-10/24	6:30pm-7:25pm
Thu	11/7-12/19	6:30pm-7:25pm

Age/Edades 12-17 years

Thu	9/19-10/24	7:30pm-8:25pm
Thu	11/7-12/19	7:30pm-8:25pm

### PRESCHOOL BALLET \$63 – 6 weeks

#### Ballet preescolar

Ages/Edades 3-4 years

Wed	9/18-10/23	5:00pm-5:55pm
Wed	10/30-12/11	5:00pm-5:55pm

Ages/Edades 5-6 years

Wed	9/18-10/23	6:00pm-6:55pm
Wed	10/30-12/11	6:00pm-6:55pm

### ART BASICS

#### Conceptos básicos de arte

\$63 – 6 weeks

Ages/Edades 6-11 years

Mon	9/16-10/21	5:00pm-6:00pm
Mon	10/28-12/16	5:00pm-6:00pm

### ART FUNDAMENTALS \$63 – 6 weeks

#### Fundamentos Del Arte

Ages/Edades 12-17 years

Mon	9/16-10/21	6:00pm-7:00pm
Mon	10/28-12/16	6:00pm-7:00pm

Ages/Edades 18 and up

Mon	9/16-10/21	7:00pm-8:00pm
Mon	10/28-12/16	7:00pm-8:00pm

### BASKETBALL SKILLS CLINIC \$50 – 5 classes

#### Fundamentos Del Arte

Ages/Edades 7-12 years

Mon-Fri	12/16-12/20	5:30pm-7:30pm
---------	-------------	---------------

### RUNNING CLUB \$60 – 6 classes

#### Club de Corredores

Ages/Edades 7-11 years

Wed	9/18-10/23	4:30pm-5:20pm
Wed	10/30-12/11	4:30pm-5:20pm

Ages/Edades 12-17 years

Wed	9/18-10/23	5:25pm-6:10pm
Wed	10/30-12/11	5:25pm-6:10pm

Ages/Edades 18+years

Wed	9/18-10/23	6:15pm-7:05pm
Wed	10/30-12/11	6:15pm-7:05pm



### Healthy Tip!

Cooking together during Family Fun Month can lead to laughter, smiles, and yummy, healthier meals!



# SIX TIPS FOR INTRODUCING NEW FOODS

## SEIS CONSEJOS PARA INTRODUCIR NUEVOS ALIMENTOS

Children are known to hold strong opinions towards things that seem new or different to them, especially food. Because of this, introducing new foods to kids can prove to be a challenge. At the Y, we encourage children to experiment with nutrition, helping them to lead healthier lives. Some negative food reactions are inevitable, but that doesn't mean we should give up! To help support a positive taste testing process, we've generated a list of guaranteed food failures that adults should avoid. **Sabemos que niños tienen fuertes opiniones sobre cosas que les parecen nuevas o diferentes, especialmente la comida. Debido a esto, presentar nuevos alimentos a los niños puede ser un desafío. En el Y, alentamos a los niños a experimentar con la nutrición, ayudándoles a llevar una vida más saludable. Algunas reacciones negativas a los alimentos son inevitables, pero eso no significa que debemos rendirnos! Para ayudar a respaldar un proceso de prueba de sabor positivo, hemos generado una lista de fallas de alimentos garantizadas que los adultos deben evitar.**

**1. Don't Use Descriptors for Children's Eating Habits**  
Calling children "picky eaters" may encourage them to continue to avoid healthy foods because they get the sense that you understand and accept their behavior. **No utilice descriptores para los hábitos alimenticios de los niños. Llamar a los niños "quisquillosos" puede alentarlos a continuar evitando los alimentos saludables porque tienen la sensación de que entienden y aceptan su comportamiento.**

**2. Don't Make Demands/No hagas demandas**  
Pushing a child to try something may make them avoid it even more. Avoid using exasperated phrases like, "just try it." Instead, teach kids why certain food choices are better than others. **Presionar a un niño para que pruebe algo puede hacer que lo eviten aún más. Evite usar frases exasperadas como "simplemente Pruébalo". En lugar de eso, enséñeles a los niños por qué ciertas elecciones de alimentos son mejores que otras.**

**3. Don't Introduce Punishments.../No introduzca castigos...**  
Taking something away from children if they refuse to eat a certain food can create a negative association with that specific food or food group. Seek to create a safe, welcoming environment that encourages kids to listen to their hunger cues. **Quitarle algo a los niños si se niegan a comer un determinado alimento puede crear una asociación negativa con ese alimento o grupo de alimentos. Busque crear un ambiente seguro y acogedor que aliente a los niños a escuchar sus señales de hambre.**

**4. ...or Rewards/... o recompensas**  
Offering something for trying a food may prompt kids to establish an unhealthy relationship with that food. Also, they may learn to always expect a reward for trying a new food. A safe, welcoming environment will encourage kids to listen to their internal hunger cues. **Ofrecer algo para probar un alimento puede hacer que los niños establezcan una relación poco saludable con ese alimento. Además, pueden aprender a esperar siempre una recompensa por probar un nuevo alimento. Un ambiente seguro y acogedor alientará a los niños a escuchar sus señales internas de hambre.**

**5. Don't Shame Kids Who Can't Access Healthy Foods/No avergüences a los niños que no pueden acceder a alimentos saludables**  
Not all children have access to fruits and vegetables while at home. Talking about these food groups as a "must eat" may make them feel excluded from conversations around healthy eating. **No todos los niños tienen acceso a frutas y verduras mientras están en casa. Hablar de estos grupos de alimentos como un "deber comer" puede hacer que se sientan excluidos de las conversaciones sobre una alimentación saludable.**

**6. Don't Practice Negative Modeling/No practiques el modelado negativo**  
Anyone who has been told, "Try this, it's gross!" knows such an approach is not a successful way to introduce food. Adults, like children, have their own food preferences, so make sure all of your verbal and nonverbal cues reflect positive modeling. **Cualquiera a quien se le haya dicho: "¡Intenta esto, es asqueroso!" Sabe que este enfoque no es una forma exitosa de introducir alimentos. Los adultos, como los niños, tienen sus propias preferencias alimentarias, así que asegúrese de que todas sus señales verbales y no verbales reflejen modelos positivos.**



# TEEN VOICE

Written By: Natalie Zambrano  
Program Participant, Basketball

## The Qualities of a Great Basketball Coach

I've been very fortunate to be able to play basketball at the YMCA for several years now; it's where one of my greatest passions developed. Inevitably, I've been able to establish strong relationships with my fellow teammates, become more involved in my community, and build life-long friendships. The YMCA is a place where I can display my true self without a filter. I feel safe since it's such an inclusive and safe environment. This wouldn't be possible, however, if it weren't for my wonderful coaches, who have showed me that dedication, kindness, and character development goes a long way. They have also assisted shaping me into the player I am now and I know that they will help sculpt me into the player that I aspire to be. This reveals that commitment, selflessness, discipline, and communication are some of the most essential characteristics in a great basketball coach.

First off, let's take a look at the tremendous effect that commitment has when it comes to being a good coach. As a coach, you must be punctual at all times. It is critical that you display how committed you are. You can do so by having consistent practices and assuring the safety of your players. Your grit and willingness to make your players better people is what truly matters most.

Furthermore, we can safely assume that selflessness also serves as great importance when it comes to being a great coach. For instance, I'm so impressed when I see all three of my coaches at every game and practice, cheering us on and taking time out of their busy lives to be there every Wednesday and Saturday. I'm always flabbergasted at how selfless they all are, volunteering their time to make sure we get the help that we need. They all care about you and your own holistic growth. In addition, they all treat you as if you weren't just one of their basketball players; they treat you like family. This by itself is amazing, and it only amazes me even more knowing that they are all volunteers. This encourages me to participate in more community service, partake in more random acts of kindness, and demonstrate more empathy toward others.

If you don't push your players to their limits, they'll never improve. Based on the statement previously made, we can further argue that discipline is a critical asset when it comes to being a great coach. Discipline builds character to help players set their mind to achieve greatness. It develops a sense of self-control and obedience. For instance, my coach is an expert in discipline. He knows that several benefits of a discipline mind, and therefore applies it to our practice and games every week.

Finally, the value of communication when it comes to being an excellent coach. Communication is vital with your players so that way you can understand their needs and you can communicate your needs with them, too. Whenever I try to incorporate communication into my team, the outcome is always better as opposed to when I don't communicate at all. I see that my team is more willing to work hard, and we seem more collaborative and productive whenever we communicate with each other.

To sum everything up, these four requisite traits in a coach are imperative. I've been fortunate enough to have coaches who are exemplary whenever it comes to commitment, selflessness, discipline, and communication and I'm forever grateful.



# OWN A PIECE OF HISTORY

A great way to get involved is to commemorate your support in stone. For a donation of \$500, you can etch your name in your very own paving stone to share with the community. It will be prominently displayed in a paving area at the heart of this site, a place where thousands of people of every age will gather for decades to come.

Reserve your personalized engraved stone today at [anaheimymca.org](http://anaheimymca.org)



# NEW YMCA COMMUNITY COMPLEX



## 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

## MORE THAN A PLACE... WE'RE A CAUSE

Help continue the YMCA's charitable impact in our community. Be a dream maker and help us ensure that everyone in our community has the opportunity to thrive. There are many ways to get involved. Volunteer as a coach. Purchase your own commemorative paver stone. Advocate and spread the word. Donate to the project.

For more information go to, [anaheimymca.org/communitycomplex](http://anaheimymca.org/communitycomplex)



# 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.

## SAVE THE DATE

### Kaboom! Build at Juliana Park

September 28, 2019

### YMCA Charity 3 on 3 Basketball Tournament

October 26, 2019

### YMCA Charity Volleyball Tournament

November 9, 2019

### Gala/Champions of Philanthropy

March 14, 2020

### Good Friday Breakfast

April 10, 2020

### Alden Esping Putting Classic

June 6, 2020

### YMCA Charity Golf Tournament

August 3, 2020

## 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)

## YMCA BOARD OF DIRECTORS

### Officers

Kay Carpenter,  
Board Chair

Marty Dutch,  
Vice Chair

Frank Donovan, Ed.D.,  
Immediate Past Board Chair

Belal Dalati,  
Secretary

Steve Corona,  
Treasurer

Bharat Patel,  
Assistant Treasurer

### Executive Committee

Lucille Kring

Brandon Moody

Rick Martens, Ed.D. President & CEO

### Directors

E. Michael Ambrosi

Jim Bang

Carol Bostwick

Eric Carter

Larry Chung

Jorge Cisneros

James Dinwiddie

Jackie Filbeck

Emily France

Larry Herman

Michael Johnson

Paul Kott

Larry Mandell

Nicole Provansal

Barry Ross

Steve Sain

Bruce Solari