2019–2020 KIDS NOW CAMPAIGN
Your gift now. Helps kids now.

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

FOR A BETTER US PARA UN MEJOR NOSOTROS

DONATE AT ANAHEIMYMCA.ORG
Anaheim Achieves, an award-winning YMCA-led collaboration with county, state and national recognition is celebrating 20 years of strong partnerships and community impact.

Anaheim Achieves launched in 1999 with the Anaheim Family YMCA, City of Anaheim, Anaheim Elementary School District, Magnolia School District, Savanna School District and Anaheim Union High School District. This community collaboration has earned local, state and national recognition. Anaheim Achieves serves 7,000 youths and their families at 46 different school sites DAILY and builds upon daytime curriculum by providing homework assistance, mentoring, enrichment activities (art, music, dance), character development, STEM education, nutrition and physical activity.

Benefits students receive include:
- Homework/study time to help address specific academic needs
- Structured recreational and enrichment activities
- Field trips (at no extra cost)
- Character Development (to learn about honesty, caring, respect and responsibility)
- Afternoon snacks & supper
- Avid tutors in Junior High and High Schools
- A variety of clubs, such as cooking, drama, sports, arts & crafts, cheerleading
Gymnastics $98 – 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
Mon 4:20-5:05pm  DAYC Jan. 6 - Mar. 16
Sat 9:05-9:50am  DAYC Jan. 11 - Mar. 7
Sat 9:05-9:50am  WAYC Jan. 11 - Mar. 7
Sun 9:05-9:50am  DAYC Jan. 12 - Mar. 8
Sun 10:50-11:40am  WAYC Jan. 12 - Mar. 8

Gymnastics Little Stars - Empezar
Ages/Edades 3-4
Mon 4:20-5:10pm  DAYC Jan. 6 - Mar. 16
Mon 5:15-6:05pm  DAYC Jan. 6 - Mar. 16
Sat 9:05-9:55am  DAYC Jan. 11 - Mar. 7
Sat 9:05-9:55am  WAYC Jan. 11 - Mar. 7
Sun 9:05-9:55am  DAYC Jan. 12 - Mar. 8
Sun 10:50-11:40am  WAYC Jan. 12 - Mar. 8

Gymnastics Beginning Stars - Empezar
Ages/Edades 5-8
Mon 4:20-5:10pm  DAYC Jan. 6 - Mar. 16
Mon 5:15-6:05pm  DAYC Jan. 6 - Mar. 16
Sat 10:00-10:50am  DAYC Jan. 11 - Mar. 7
Sat 10:00-10:50am  WAYC Jan. 11 - Mar. 7
Sun 10:00-10:50am  DAYC Jan. 12 - Mar. 8
Sun 11:45-12:35pm  WAYC Jan. 12 - Mar. 8

Gymnastics Intermediate Stars - Intermedios
Ages/Edades 8-12
Mon 5:15-6:05pm  DAYC Jan. 6 - Mar. 16
Sat 10:00-10:50am  DAYC Jan. 11 - Mar. 7
Sat 10:00-10:50am  WAYC Jan. 11 - Mar. 7
Sun 10:00-10:50am  DAYC Jan. 12 - Mar. 8
Sun 11:45-12:35pm  WAYC Jan. 12 - Mar. 8

Tumbling $98 – 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 enesen conceptos básicos de volteretas y habilidades avanzadas tales como vuelos acrobáticos dependiendo del nivel de habilidad. En el primer día de clases habrá una evaluación.

Ages/Edades 6-17
Mon 6:10-7:00pm  DAYC Jan. 6 - Mar. 16
Sun 12:40-1:30pm  WAYC Jan. 12 - Mar. 8

Martial Arts $90 – 9 weeks

Artes marciales

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.

Preschool Martial Arts - Artes marciales preescolares
Ages/Edades 3-6 years
Mon & Wed 6:00-6:25pm  DACC Jan. 6 - Mar. 12

Martial Arts Beginning - Empezar
Ages/Edades 6 and up
Mon & Wed 6:30-6:55pm  DACC  Jan. 6 - Mar. 12

Martial Arts Intermediate - Intermedios
Ages/Edades 7 and up
Mon & Wed 7:00-7:25pm  DACC  Jan. 6 - Mar. 12

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 gimnasia 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

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

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 adquieran nuevas habilidades, desarrollar un sentido de equipo y conectarse con modelos positivos.
## CONNECTING YOUTH TO SPORTS & PLAY

### PRESCHOOL SPORTS
**Basketball, Soccer and T-Ball**
Deportes para Niños - Baloncesto, Soccer y Béisbol

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<th>Ages/Edades</th>
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### PRESCHOOL T-BALL
**Beisbol de Niños**

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<th>Ages/Edades</th>
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### PRESCHOOL SOCCER
**Fútbol de Niños**

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<th>Ages/Edades</th>
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### PRESCHOOL BASKETBALL
**Baloncesto de Niños**

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<th>Ages/Edades</th>
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### PRESCHOOL SPORTS ATTIRE PRENDA DEPORTIVA ATUENDO
Wear comfortable workout clothes and running shoes.
Usen ropa y zapatos cómodos de deporte.

### HEALTHY TIP
**Kids are encouraged to get at least 60 minutes of daily physical activity—including a balance of structured and unstructured activities. Here are some tips to help you ensure youth are getting and staying active.**

#### Ways to get active with the Y
- Encourage kids to play in a sports class or league
- Bring kids for free child care while you work out
- Take a kid- or family-friendly exercise class
- Help kids learn a life-long skill with Swim Lessons
- Plan a stay at Family Camp

#### Ways to stay active at home and on the go
- Use youth and family fitness cards for self-guided workouts
- Take a family bike ride
- Find creative ways to beat summer boredom
- Get kids outdoors in the winter
- Try a partner workout with this guide

### 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
**Winter Season:** January 16 – March 12

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

Contact Caitlyn Fry for more info at cfry@anaheimymca.org or 714 635 9622.
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.

**PRESCHOOL HIP HOP**
$95 – 9 weeks
Hip Hop de Niños
Ages/Edades 4-6
Tue 5:00-5:55pm WAYC Jan. 7 - Mar. 3
Thu 3:30-4:25pm DACC Jan. 9 - Mar. 5

**HIP HOP**
$95 – 9 weeks
Danza de hip-hop
Ages/Edades 7 & up
Tue 6:00-6:55pm WAYC Jan. 7 - Mar. 3
Thu 4:30-5:25pm DACC Jan. 9 - Mar. 5

**MUSICAL THEATER**
$95 – 9 weeks
Teatro Musical
Ages/Edades 7 & up
Tue 6:30-7:30pm DACC Jan. 7 - Mar. 3
Thu 6:30-7:30pm WAYC Jan. 9 - Mar. 5

**PRESCHOOL HULA DANCE**
$95 – 9 weeks
Hula de Niños
Ages/Edades 4-6
Wed 4:30-5:25pm WAYC Jan. 8 - Mar. 4
Sun 10:10-11:05am WAYC Jan. 12 - Mar. 8

**HULA DANCE**
$95 – 9 weeks
Danza de Hula - Empezar
Ages/Edades 7-11
Wed 5:30-6:25pm WAYC Jan. 8 - Mar. 4
Sun 11:10-12:05pm WAYC Jan. 12 - Mar. 8

**JAZZ DANCE**
$95 – 9 weeks
Danza de Hula - Empezar
Ages/Edades 7 & up
Tue 7:00-7:55pm WAYC Jan. 7 - Mar. 3

**NEW CLASS!**

**BALLET EN POINTE**
$95 – 9 weeks
BALLET EN POINTE COMIENZO
Ages/Edades 6 & up
Mon 6:00-6:55pm WAYC Jan. 6 - Mar. 16
Mon 7:00-7:55pm WAYC Jan. 6 - Mar. 16

**BALLET - BEGINNING**
$95 – 9 weeks
Ballet - Empezar
Ages/Edades 6 & up
Sat 9:00-9:55am WAYC Jan. 11 - Mar. 7

**BALLET - INTERMEDIATE**
$95 – 9 weeks
Intermedio
Ages/Edades 6 & up
Sat 10:00-11:00am WAYC Jan. 11 - Mar. 7

**BALLET - ADVANCED**
$140 – 9 weeks
Ballet Advanced – Avanzado
Ages/Edades 6 & up
Sat 11:05-1:05pm WAYC Jan. 11 - Mar. 7

**BALLET & TAP**
$95 – 9 weeks
Empezar
Ages/Edades 5-7
Sat 11:15-12:10pm DACC Jan. 11 - Mar. 7

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

PRESCHOOL SPORTS $60 – 6 weeks
Deportes para Niños
Ages/Edades 3-6 years
Sat 1/25-2/29 9:00am-9:50am
Thu 1/30-3/5 4:30pm-5:20pm
Sat 3/14-4/25 9:00am-9:55am
Thu 3/19-4/23 4:30pm-5:20pm

PRESCHOOL BASKETBALL $60 – 6 weeks
Baloncesto para Niños
Ages/Edades 3-6 years
Thu 1/30-3/5 5:30pm-6:20pm
Thu 3/19-4/23 5:30pm-6:20pm

PRESCHOOL SOCCER $60 – 6 weeks
Fútbol de Niños
Sat 1/25-2/29 10:00am-10:50am
Tue 1/28-3/3 4:30pm-5:20pm
Sat 3/14-4/25 10:00am-10:50am
Tue 3/17-4/21 4:30pm-5:20pm

PRESCHOOL T-BALL $60 – 6 weeks
Deportes para Niños
Ages/Edades 4-6 years
Sat 1/25-2/29 11:00am-11:50am
Tue 1/28-3/3 5:30pm-6:20pm
Sat 3/14-4/25 11:00am-11:50am
Tue 3/17-4/21 5:30pm-6:20pm

GYMNASTICS - $65 – 6 classes
Mini Stars Parent & Me
Ages/Edades 18 months-3 years
Tue 1/28-3/3 4:10pm-4:55pm
Tue 1/28-3/3 5:00pm-5:45pm
Thu 3/17-4/21 4:10pm-4:55pm
Tue 3/17-4/21 5:00pm-5:45pm

HULA DANCE $63 – 6 weeks
Baile hula
Age: 3-5 years
Thu 1/30-3/5 5:10pm-6:00pm
Thu 3/19-4/23 5:10pm-6:00pm
Age: 6-11 years
Thu 1/30-3/5 6:10pm-7:00pm
Thu 3/19-4/23 6:10pm-7:00pm
Age: 12-17 years
Thu 1/30-3/5 7:10pm-8:00pm
Thu 3/19-4/23 7:10pm-8:00pm

YMCA RUNNING CLUB $60 – 6 weeks
YMCA Club de Corredores
Age: 7-11 years
Wed 1/29-3/4 4:30pm-5:20pm
Wed 3/18-4/22 4:30pm-5:20pm
Age: 12-17 years
Wed 1/29-3/4 5:25pm-6:10pm
Wed 3/18-4/22 5:25pm-6:10pm
Age: 18-up
Wed 1/29-3/4 6:15pm-7:05pm
Wed 3/18-4/22 6:15pm-7:05pm

PRESCHOOL BALLET $63 – 6 weeks
Deportes para Niños
Ages/Edades 3-4 years
Wed 1/29-3/4 5:00pm-5:50pm
Wed 3/18-4/22 5:00pm-5:50pm
Age: 5-6 years
Wed 1/29-3/4 6:00pm-6:50pm
Wed 3/18-4/22 6:00pm-6:50pm

ART BASICS $63 – 6 weeks
Conceptos Básicos de Arte
Ages/Edades 5-8 years
Mon 1/27-3/16 5:00pm-5:50pm
Mon 3/23-4/27 5:00pm-5:50pm

ART FUNDAMENTALS $63 – 6 weeks
Fundamentos Del Arte
Ages/Edades 9-17 years
Mon 1/27-3/16 6:00pm-6:50pm *No Class 2/17
Mon 3/23-4/27 6:00pm-6:50pm

ART WORKSHOP $63 – 6 weeks
Taller de arte
Ages/Edades 18 and up
Mon 1/27-3/16 7:00pm-7:50pm
Mon 3/23-4/27 7:00pm-7:50pm

BASKETBALL SKILLS CLINICS $50/5 classes
Clínicas de Habilidades de Baloncesto
Ages/Edades 7-12 years
Mon-Fri 3/30-4/3 5:30pm-7:30pm
**Basketball League Fee:** $100 – 10 weeks

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.

**Important Dates**

**Online Registration:** Monday, December 2
Register online at anaheimymca.org

**Registro Online:** 2 de Diciembre
Regístrese en línea en anaheimymca.org

**In House Registration:** Monday, December 9
Register at the Main Office
240 S. Euclid St., Anaheim, 92802
League Fee due at registration

**Registro En Casa:** 9 de Diciembre
Regístrese en la oficina del YMCA
240 S. Euclid St., Anaheim, 92802
Cuota de la liga debida al momento del registro

**Registration Deadline:** Monday, December 30
(Any late registration will have a $3 fee applied)

**Día Final de Registración:** 30 de Diciembre
(Registraciones que son entregadas tardes tendrán una cuota adicional de $3)

**Financial Assistance:** Register online at anaheimymca.org/financial-assistance.

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

**Basketball Practices & Games**
 Practices and games start the week of January 13 Las prácticas comienzan la semana del 13 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.

Last league will be held the weekend of March 28. Los juegos finales son el fin de semana del 28 de marzo.
I’m excited to make my senior year count because this is the year that many remember for the rest of their lives. I’m genuinely excited to start applying to colleges, ready for sports, Mr. & Miss Saxon, prom and finally graduating. I’m in AVID so college was always a part of the plan, I just didn’t realize it would come around so quick. I hope to go into college as a nursing major and hope to become a pediatric nurse one day. I’m in water polo and swim. Last season for water polo, we went to CIF but I hope this year we can take League Championship. Wish us luck! Mr. and Miss Saxon is a school competition only offered to seniors, where we showcase our school spirit and talents. Prom is another thing I’m really excited. Last but not least, graduating high school, this will be an amazing accomplishment for myself.

As I started high school, I saw Anaheim Achieves posters around campus promoting tutoring after school. This was very beneficial to me because I needed that extra support in classes since I don’t receive it at home. Even though I don’t always need tutoring, Anaheim Achieves has become a second home because of the bonds I had created with other students and developed more friendships. I always stay till 5:30 because just like I said, it is my second home. Another thing that Anaheim Achieves offers is arts & crafts, games, and snacks. There’s always something offered for us the students.

Over the summer, I applied to become a Lifeguard/Swim Instructor for the Y. This was my first job and I felt like I learned so much from this experience. I got to interact with so many people all ranging from skill level and age. I’ve taught most levels, from Water Babies which is kids from 6 months to 3 years all the way to adults who are over 18 years old. I genuinely felt like I made an impact on these kids’ lives when they developed the skill of learning how to swim the proper way. As in correcting kids arm motion and kicking to telling them that they need to have straight arms and legs. My favorite class to teach is the Water Babies, because the parent and the child start learning the basic skills of swimming such as: kicking, bubbles, back floats, and going under water. Working for the Y has helped me seek a career with children.

Estoy emocionado de que mi último año cuente porque este es el año que muchos recuerdan por el resto de sus vidas. Estoy realmente emocionado de comenzar a postular a las universidades, listo para los deportes, Sr. & Miss Saxon, graduación y finalmente graduarme. Estoy en AVID, así que la universidad siempre fue parte del plan, simplemente no me di cuenta de que vendría tan rápido. Espero ingresar a la universidad como especialidad en enfermería y espero convertirme en enfermera pediátrica algún día. Estoy en waterpolo y nado. La temporada pasada para waterpolo, fuimos a CIF pero espero que este año podamos tomar el Campeonato de la Liga. ¡Deseamos suerte! Mr. and Miss Saxon es una competencia escolar que solo se ofrece a personas de la tercera edad, donde mostramos nuestro espíritu y talentos escolares. El baile de graduación es otra cosa que estoy realmente emocionado. Por último, pero no menos importante, graduarme de la escuela secundaria, este será un logro increíble para mí.

Cuando comencé la escuela secundaria, vi carteles de Anaheim Achieves en el campus que promovían la tutoría después de la escuela. Esto fue muy beneficioso para mí porque necesitaba ese apoyo adicional en las clases ya que no lo recibo en casa. Aunque no siempre necesito clases particulares, Anaheim Achieves se ha convertido en un segundo hogar debido a los lazos que había creado con otros estudiantes y había desarrollado más amistades. Siempre me quedo hasta las 5:30 porque, como dije, es mi segunda casa. Otra cosa que ofrece Anaheim Achieves es artesanía, juegos y refrigerios. Siempre hay algo ofrecido para nosotros los estudiantes.

Durante el verano, solicité convertirme en un salvavidas / instructor de natación para la Y. Este fue mi primer trabajo y sentí que aprendí mucho de esta experiencia. Tuve la oportunidad de interactuar con muchas personas, desde el nivel de habilidad y la edad. He enseñado la mayoría de los niveles, desde Water Babies, que son niños de 6 meses a 3 años hasta adultos mayores de 18 años. Realmente sentí que tuve un impacto en la vida de estos niños cuando desarrollaron la habilidad de aprender a nadar de la manera adecuada. Como en la corrección del movimiento de los brazos de los niños y las patadas para decirles que necesitan tener brazos y piernas rectas. Mi clase favorita para enseñar es Water Babies, porque los padres y el niño comienzan a aprender las habilidades básicas de la natación, como patadas, burbujas, flotadores de espalda y bajo el agua. Trabajar para la Y me ha ayudado a buscar una carrera con niños.
WINTER DAY CAMP

Day camp is more than activities for kids. It is a place for values, learning, skill building, self-confidence and fulfilling dreams. Enjoy fun-filled days of games, crafts, sports, field trips, friends and lasting memories. Dedicated YMCA staff engage day campers in activities that help youth learn, grow and develop character.

El campamento de día es más que actividades para niños. Es un lugar para los valores, el aprendizaje, la construcción de habilidades, la confianza en sí mismo y el cumplimiento de los sueños. Disfruta de días llenos de diversión de juegos, manualidades, deportes, excursiones, amigos y recuerdos duraderos. El personal dedicado de YMCA involucra a los campistas en actividades que ayudan a los jóvenes a aprender, crecer y desarrollar el carácter.

REGISTRATION DETAILS

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

DETALLES SOBRE REGISTRACIÓN
Los estudiantes deben asistir a una escuela en el distrito escolar para poder participar. Pueden registrarse para cualquier día ubicaciones de campamentos en su distrito. A registrarse, por favor visite el Anaheim Logra la oficina después de la escuela ubicada en su escuela u oferta escolar actual El programa de este verano.

WINTER DAY CAMP 2020
Camp Fee: $205
Dates: February 15th – 17th
Where: Camp Arbolado
Ages: Co-ed, 4th – 8th Grade
Register online at anaheimymca.org

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

MAGNOLIA SCHOOL DISTRICT
For MSD students only. Solo para estudiantes del distrito MSD.
$65/week
Dates: Dec 23, 26, 27, 30 & Jan 2, Jan 3
Hours: 7:30am – 6:00pm

ANAHEIM ELEMENTARY SCHOOL DISTRICT
For AESD students only. Solo para estudiantes del distrito AESD.
$85/week
Dates: January 6-10
Hours: 7:30am – 5:30pm
The holidays are a time for fun and family, but they can also be hectic and even unhealthy. Check out the following tips to help your kids (and yourself!) make good choices for a safe and healthy holiday season.

1. Fit Healthy Options into Holiday Meals  
   Ajuste las opciones saludables en las comidas festivas

   Remember that there are ways to make holiday food healthy, as well as fun and festive. Research “healthy holiday recipes” online and keep the following in mind to promote healthy eating practices all year long:
   - Drink water instead of sugary juice or soda and add fruits and vegetables to every meal and snacks and make sure to incorporate whole grains into meals.

2. Fight the Flu  
   Luchar contra la gripe

   Talk to your kids on ways that they can prevent the flu:
   - Avoid close contact with people who are sick.
   - If they have flu symptoms, stay home for at least 24 hours after their fever is gone (except to get medical care).
   - Cover their nose and mouth when they sneeze or cough, and throw away the tissue after it is used.
   - Wash their hands often with soap and water. If that’s not available, they can use an alcohol-based hand rub or hand sanitizer.
   - Avoid touching eyes, nose and mouth, which spreads germs.

3. Less Stress for Everyone  
   Menos estrés para todos

   Although the holidays are all about celebrating and having a good time, the constant activity can be as stressful for both kids and adults. Here are ways you can reduce your children’s stress to make the time merrier for everyone:
   - Stick to routines and schedules.
   - Make sure there’s downtime on the schedule.
   - Let your child express their feelings and vent.
   - Get in some exercise.
   - Be willing to skip some activities.
   - Reduce your own stress to set an example.

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**NEW YMCA COMMUNITY COMPLEX COMING SOON!**

- Youth Arena Soccer Leagues
- Adult Arena Soccer Leagues
- Preschool Sports
- Fitness Classes
- Community Events
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
Downtown Anaheim Christmas Tree Lighting & Holiday Village
December 7, 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