CONNECTIONS

Where there’s a Y, there’s an US.

Spring 2020

ANAHEIM FAMILY YMCA
Serving Anaheim, Stanton, Cypress, and La Palma

Register for Camp now!
Details pg. 9
UPCOMING EVENTS

Gala/Champions of Philanthropy
March 14, 2020 – Anaheim Marriott

The Champions of Philanthropy Gala is an elegant evening of dinner, entertainment, and celebrating philanthropy by recognizing our major donors. Sponsoring the 2020 Gala is an exceptional opportunity to promote your business and passion for the community. La Gala de Campeones de Filantropía es una elegante velada de cena, entretenimiento y celebración de filantropía al reconocer a nuestros principales donantes. Patrocinar la Gala 2020 es una oportunidad excepcional para promover su negocio y pasión por la comunidad.

GOOD FRIDAY BREAKFAST
April 10, 2020 – The City National Grove of Anaheim

The Anaheim Family YMCA Good Friday Breakfast is an inspirational morning of praise and community fellowship. This event features an uplifting message from a keynote speaker, musical performance by the Vanguard University Choir and Orchestra, and Master of Ceremonies, Ed Arnold. The annual gathering, which currently attracts over 600 community leaders brings everyone together for a morning of praise and fellowship. This event is faith-based, welcomes all and has been a tradition in Anaheim the past 53 years. El desayuno de Viernes Santo de Anaheim Family YMCA es una mañana inspiradora de alabanza y comunidad. Este evento presenta un mensaje alentador de un orador principal, la actuación musical del coro y la orquesta de Vanguard University y el maestro de ceremonias, Ed Arnold. La reunión anual que actualmente atrae a más de 600 líderes de la comunidad reúne a la comunidad para una mañana de alabanza y compañerismo. Este evento está basado en la fe, da la bienvenida a todos y ha sido una tradición en Anaheim durante los últimos 53 años.

For more information about our upcoming events, go to our website at anaheimymca.org.
CONNECTING OUR COMMUNITY

Working with our partners to give back.
McPeeks’s Chrysler Dodge Jeep Ram of Anaheim

Instilling values in youth has been a tradition at the Anaheim Family YMCA since our beginning. In 1999, a study citing growing crime rate increases between the hours of 3:00-6:00pm among children between the ages of 7-17 became the catalyst for the establishment of the Anaheim Achieves After school Enrichment Program.

On this 20th anniversary, the Anaheim Achieves program offers a safe place for 7,000 students to go each day after school. Rooted in character development, the Anaheim Family YMCA staff serves at 47 elementary, middle and high school sites by offering a consistent trustworthy presence, healthy snacks and dinner, homework assistance, academic and physical activity courses like video production, dance lessons, eSports, art and design. The Anaheim Achieves program offers that safe, supportive network of people, programs, and places to help them succeed.

Just before the holidays, McPeek’s Chrysler Dodge Jeep Ram of Anaheim generously donated two Dodge minivans to the Anaheim Family YMCA. In addition, they also pledged $32,500 between now and December 2020.

“We believe strong partnerships make for strong communities. Our deepest gratitude to McPeek’s for making this investment in our community. As Anaheim’s largest youth non-profit, we instill the Y’s values of honesty, caring, respect, and responsibility through all we do”, said Rick Martens, CEO of the Anaheim Family YMCA. “Our youth are our future leaders, visionaries, and change-makers. We thank McPeek’s in joining us in our commitment to strengthening our community.”

Our intramural sports, field trips and mentorship opportunities move youth beyond the walls of the school. Thanks to the generosity of McPeek’s the youth who participate in these programs will have safe, reliable vehicles to transport them.

Stewart Benjamin, General Manager of McPeek’s said, "McPeek's Chrysler Dodge Jeep Ram is a family business serving Anaheim since 1962. We are committed to family values and making a difference in our community."

Over the next year as the Anaheim Family YMCA receives disbursements for programming from McPeek's they will also be offering special offers for our Anaheim Family YMCA community. Please keep an eye out for email announcements or if you are looking to purchase Chrysler Dodge Jeep or Ram stop into McPeek’s and let them know you are looking for the Anaheim Family YMCA deal!

If you know an organization or person who would also like to partner with the Anaheim Family YMCA, please contact Kathleen Hurtt, Vice President of Development at 714-399-3500 or khurtt@anaheimymca.org.
## 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
- **Sat** 9:05-9:50am DAYC Mar 21 - May 30
- **Sat** 9:05-9:50am WAYC Mar 21 - May 30
- **Sun** 9:05-9:50am DAYC Mar 22 - May 24
- **Sun** 10:50-11:40am WAYC Mar 22 - May 31
- **Mon** 4:20-5:05pm DAYC Mar 23 - May 18

### Gymnastics Little Stars – Empezar
**Ages/Edades** 3-4
- **Sat** 9:05-9:55am DAYC Mar 21 - May 30
- **Sat** 9:05-9:55am WAYC Mar 21 - May 30
- **Sun** 9:05-9:55am DAYC Mar 22 - May 24
- **Sun** 10:50-11:40am WAYC Mar 22 - May 31
- **Mon** 4:20-5:10pm DAYC Mar 23 - May 18
- **Mon** 5:15-6:05pm DAYC Mar 23 - May 18

### Gymnastics Beginning Stars – Empezar
**Ages/Edades** 5-8
- **Sat** 10:00-10:50am DAYC Mar 21 - May 30
- **Sat** 10:00-10:50am WAYC Mar 21 - May 30
- **Sun** 10:00-10:50am DAYC Mar 22 - May 24
- **Sun** 11:45-12:35pm WAYC Mar 22 - May 31
- **Mon** 4:20-5:10pm DAYC Mar 23 - May 18
- **Mon** 5:15-6:05pm DAYC Mar 23 - May 18

### Gymnastics Intermediate Stars – Intermedios
**Ages/Edades** 8-12
- **Sat** 10:00-10:50am DAYC Mar 21 - May 30
- **Sat** 10:00-10:50am WAYC Mar 21 - May 30
- **Sun** 10:00-10:50am DAYC Mar 22 - May 24
- **Sun** 11:45-12:35pm WAYC Mar 22 - May 31
- **Mon** 5:15-6:05pm DAYC Mar 23 - May 18

## 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. This class is sure to help you grow. A skills assessment will be done at the first class session. 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. Esta clase seguramente te ayudará a crecer. Se realizará una evaluación de habilidades en la primera sesión de clase.

**Ages/Edades** 6-17
- **Sun** 12:40-1:30pm WAYC Mar 22 - May 31
- **Mon** 6:10-7:00pm DAYC Mar 23 - May 18
**PRESCHOOL SPORTS**  
Basketball, Soccer and T-Ball  
Deportes para Niños - Baloncesto, Soccer y Béisbol  
Ages/Edades 3-6  
Sat 9:00-9:55am  DAYC  Mar 21 - May 23  
Sat 9:00-9:55am  TRP  Mar 21 - May 23  
Sun 9:00-9:55am  TRP  Mar 22 - May 24  
Sun 12:45-1:40pm  TRP  Mar 22 - May 24  

**PRESCHOOL BASKETBALL**  
Baloncesto de Niños  
Ages/Edades 3-6  
Tue 5:00-6:00pm  DAYC  Mar 24 - May 19  
Thu 5:00-6:00pm  DAYC  Mar 26 - May 21  

**PRESCHOOL T-BALL**  
Beisbol de Niños  
Ages/Edades 3-6  
Sat 11:00-11:55am  DAYC  Mar 21 - May 23  
Sat 11:00-11:55am  TRP  Mar 21 - May 23  
Sun 11:00-11:55am  TRP  Mar 22 - May 24  

**PRESCHOOL SOCCER**  
Fútbol de Niños  
Ages/Edades 3-6  
Sat 10:00-10:55am  DAYC  Mar 21 - May 23  
Sat 10:00-10:55am  Twila Reid Park  Mar 21 - May 23  
Sun 10:00-10:55am  Twila Reid Park  Mar 22 - May 24  

**PRESCHOOL SPORTS ATTIRE**  
Wear comfortable workout clothes and running shoes.  
**PRENDA DEPORTIVA ATUENDO**  
Usen ropa y zapatos cómodos de deporte.  

**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: April 9 - June 4  
Class meets Thursdays, 6:30-8:00pm  
Final performance & social on last day of season.  
Contact Caitlyn Fry for more information at cfry@anaheimymca.org or 714 635 9622
### PRESCHOOL HIP HOP
**Hip Hop de Niños**  
**Ages/Edades 4-6**  
Tue 5:00-5:55pm WAYC Mar 24 - May 19  
Thu 3:30-4:25pm DACC Mar 26 - May 21

### HIP HOP
**Danza de hip-hop**  
**Ages/Edades 7 and up**  
Tue 6:00-6:55pm WAYC Mar 24 - May 19  
Thu 4:30-5:25pm DACC Mar 26 - May 21

### MUSICAL THEATER
**Teatro Musical**  
**Ages/Edades 7 and up**  
Tue 6:30-7:30pm DACC Mar 24 - May 19  
Thu 6:30-7:30pm WAYC Mar 26 - May 21

### JAZZ DANCE
**Danza de música Jazz**  
**Ages/Edades 7 and up**  
Tue 7:00-7:55pm WAYC Mar 24 - May 19

### HULA DANCE
**Danza de Hula – Empezar**  
**Ages/Edades 4-6**  
Wed 4:30-5:25pm WAYC Mar 25 - May 20  
Sun 10:10-11:05am WAYC Mar 22 - May 24  
**Ages/Edades 7-11**  
Wed 5:30-6:25pm WAYC Mar 25 - May 20  
Sun 11:10–12:05pm WAYC Mar 22 - May 24  
**Ages/Edades 12-17**  
Wed 6:30–7:25pm WAYC Mar 25 - May 20

### PRESCHOOL BALLET
**Ballet para Niños**  
**Ages/Edades 3-4**  
Sun 12:10-1:05pm WAYC Mar 22 - May 24  
Tue 3:30-4:25pm DACC Mar 24 - May 19  
Thu 4:30–5:25pm WAYC Mar 26 - May 21  
**Ages/Edades 5-6**  
Sun 1:10-2:05pm WAYC Mar 22 - May 24  
Tue 4:30–5:25pm DACC Mar 24 - May 19  
Thu 5:30–6:25pm WAYC Mar 26 - May 21

### BALLET AND TAP BEGINNING
**Empezar**  
**Ages/Edades 5-8**  
Sat 11:15-12:10pm DACC Mar 21 - May 23  
**Ages/Edades 8 and up**  
Sat 12:15–1:10pm DACC Mar 21 - May 23

### BALLET BEGINNING
**Empezar**  
**Ages/Edades 6 and up**  
Sat 9:00-9:55am WAYC Mar 21 - May 23

### BALLET INTERMEDIATE
**Intermedio**  
**Ages/Edades 6 and up**  
Sat 10:00-11:00am WAYC Mar 21 - May 23

### BALLET ADVANCED
**Avanzado**  
**Ages/Edades 6 and up**  
Sat 11:05–1:05pm WAYC Mar 21 - May 23

### BALLET EN POINTE BEGINNING
**Empezar**  
**Ages/Edades 10 and up**  
Mon 6:00-6:55pm WAYC Mar 23 - May 18  
Mon 7:00-7:55pm WAYC Mar 23 - May 18

### 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
Use leotardos, medias, zapatillas de ballet o zapatillas isotónicas. Faldas y tutus son opcionales. Pantalones de yoga aceptados solo para adultos.
## STANTON PROGRAMS
Performing & Visual Art Classes
Location: Stanton Central Park 10660 Western Ave, Stanton CA 90680

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### Healthy Tip!
**Fuel for the Family**
Research indicates that people who eat a healthy breakfast are more likely to have better concentration and better productivity throughout the morning. Eating a healthy breakfast can boost your metabolism, which helps with weight control, mood and school/work performance.
YOUTH CO-ED BASKETBALL LEAGUE

**BASKETBALL**

**LEAGUE FEE:** $95 – 10 weeks

**Baloncesto**

**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.

**PRACTICE & GAME LOCATIONS**

Todas las prácticas se llevarán a cabo en la ubicación de la liga en la que elijas participar.

**MAIN OFFICE:**
240 S. Euclid St., Anaheim, 92802

**IN HOUSE REGISTRATION:** APRIL 6
Register at the Main Office

**REGISTRATION DEADLINE:** May 4
(Any late registration will have a $3 fee applied)

**DIA FINAL DE REGISTRACIÓN:** 4 DE MAYO
(Registaciones que son entregadas tardes tendrán una cuota adicional de $3)

**FINANCIAL ASSISTANCE DEPOSIT:** Register online at anaheimymca.org/financial-assistance. Opens March 15th. First come. First serve. Deposit is $50.


**Mandatory Skills Evaluation:** May 9

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

**Evaluación MANDATORIO:** 9 DE MAYO

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

**Age Divisions**

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**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

**Basketball Practices & Games**

Practices start the week of May 18

Las prácticas comienzan la semana del 18 de mayo

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

First games start the weekend of May 18

Los primeros juegos comienzan el fin de semana del 18 de mayo

Final games are the weekend of August 1

Los juegos finales son el fin de semana del 1 de agosto
Every season we focus not only on improving our basketball skills, but also our character development. The Y focuses on four pillars of character; Caring, Honesty, Responsibility, and Respect. Each season we have a character contest to demonstrate these four pillars.

“Thanksgiving is a time to give thanks to God about our family, friends, well-being, and more. Some creative ways to give back to the community while showing gratitude is by volunteering at the Y and the library, and collecting items for people. These methods show honesty, respect, responsibility, and caring.”  – Melanie, Age Group 12–14

“I demonstrate the character trait of caring by giving back to my community and the Y. I enjoy volunteering at the libraries. I help children find books and help with answering any questions.”  – Pablo, Age Group 9–11

Fun Fact
Did you know that the YMCA invented Basketball? In 1891, a YMCA director invented the game using peach baskets! After that, basketball spread like wildfire throughout the U.S. and the world.

Today at the Y, basketball is more than just a game – it’s a tradition!
BEST SUMMER EVER: CAMP

CAMP FOX

Dates: June 21 - June 27, 2020 - Catalina Island

Ages/Edades: 13-18

Registration Deadline: June 7

Financial Assistance Deadline: May 23
(Available funds are limited and given on a first come, first served basis for completed applications.)

Camp Fee: $690

CAMP MIEHANA

Dates: July 18-25, 2020 - San Bernardino Mountains

Ages/Edades: 7-12

Registration Deadline: July 5

Financial Assistance Deadline: June 20
(Available funds are limited and given on a first come, first served basis for completed applications.)

Camp Fee: $520

CONNECTING YOUTH TO PEERS, ROLE MODELS AND NATURE

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

CONECTANDO A NUESTROS JÓVENES A COMPAÑEROS, MENTORES Y LA NATURALEZA

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

Caitlyn Fry, Program Director
P 714 635 9622 x 1606
cfry@anaheimymca.org
SWIM AT LA PALMA
WATER FITNESS        LA APTITUD DEL AGUA

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

WATER SAFETY        SEGURIDAD DEL AGUA

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

Tots/Starfish   Todos / Starfish
Ages 3 to 5, participants grouped by ability
Edades 3 a 5 años, participantes agrupados por habilidad

Polliwog (Level 1)   Polliwog (Nivel 1)
Ages 6 to 8, introduction to basic skills—student has no experience
Edades 6 a 8 años. Introduccion a las habilidades basicas. El estudiante no tiene experiencia.

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

La Palma Intercommunity Hospital
7901 Walker St, La Palma, CA 90623

Summer Swim Coming Soon!
Water Safety Classes
Lifeguard Certifications
Book a Pool Party
Free Public Swim

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

Summer Lifeguard & Swim Instructor Jobs Available

The Anaheim Family YMCA will be hiring certified lifeguards and swim instructors for several pool locations for Summer 2020.
Lifeguards and swim instructors maintain a safe environment for our members and help them build confidence through quality instruction and relationship building.

Apply online at anaheimymca.org
Hiya! My name is Rigo Lopez, I’m a varsity cheerleader at Anaheim High school and have been a part of the Anaheim Achieves Program since I was in elementary school. Elementary was a LONG time ago, oh wow, I’m old! A senior in high school and I know for a fact that when I’m older and looking back at my younger days that Anaheim Achieves is most definitely going to be apart of it.

Anaheim Achieves has molded me into the person I am today. Through Anaheim Achieves I have met and collaborated with so many people. I’ve been given multiple opportunities to try new things because of this program; in Elementary with Miss Areli who taught us dances for the Spirit Dance, to Miss Millie talking to us about crocheting and arts and crafts. In middle school with Miss Monique who taught me to always follow what I wanted and what I felt was best, to now with Miss Hadeel who has not only become one of my biggest Role models in life, but who also has taught me to love myself for who I am.

Anaheim Achieves has introduced me to so many people and those people have taught me so many life lessons and I will forever be grateful for that! Outside of Anaheim Achieves, I’m apart of APAC which is a musical theatre class directed by Sharron King. I have done one production through APAC and it was phenomenal, the cast was great and the show was amazing! I realized after that I know that I would have never been able to get up on stage and perform in front of people had it not been for the lessons that I was taught by the Anaheim Achieves instructors, and for that, I will always be grateful. When I grow up I want to work with kids because of the fun times that I’ve had at this program. I hope to inspire my students and help guide them into becoming our future leaders the way that my past and present Anaheim Achieves instructors have with me.
AVANZA is a new collaborative program funded by Disneyland Resort, and led by the Anaheim Family YMCA, Anaheim Union High District, and numerous partners. AVANZA es un nuevo programa de colaboración financiado por Disneyland Resort y dirigido por Anaheim Family YMCA, Anaheim Union High District y numerosos socios.

AVANZA leverages the collaboration and expertise of its partners to provide youth with soft skills necessary for advancement through high school and after graduation. AVANZA aprovecha la colaboración y la experiencia de sus socios para proporcionar a los jóvenes las habilidades sociales necesarias para avanzar a la escuela secundaria y después de la graduación.

SPRING DAY CAMP

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

REGISTRATION DETAILS

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

DETALLES SOBRE REGISTRACIÓN

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

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

- Tracy Hengehold

For more information, contact the Y at 714-635-9622.
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!
Go to our website at anaheimymca.org for more information.

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