



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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Camp now!
Details pg. 9**

CONNECTIONS

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

Spring 2020



ANAHEIM FAMILY YMCA

Serving Anaheim, Stanton, Cypress, and La Palma

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.

McPeek'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.

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

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

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

Mon/Wed	6:00-6:25pm	DACC	Mar 23 – May 18
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Martial Arts – Beginning

Ages/Edades 6-up

Mon/Wed	6:30-6:55pm	DACC	Mar 23 – May 18
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Martial Arts – Intermediate

Ages/Edades 6-up

Mon/Wed	7:00-7:25pm	DACC	Mar 23 – May 18
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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.**

Financial Assistance for all classes. Go to our website at anaheimymca.org

Asistencia financiera para todas las clases. Vaya a nuestro sitio web en anaheimymca.org



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

PRESCHOOL SPORTS

\$90 - 9 weeks

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 T-BALL

\$90 - 9 weeks

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

\$90 - 9 weeks

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 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 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

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
 Tue 5:00-5:55pm WAYC Mar 24 – May 19
 Thu 3:30-4:25pm DACC Mar 26 – May 21

HIP HOP \$95 – 9 weeks
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 \$95 – 9 weeks
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 \$95 – 9 weeks
Danza de música Jazz
 Ages/Edades 7 and up
 Tue 7:00-7:55pm WAYC Mar 24 – May 19

HULA DANCE \$95 – 9 weeks
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 \$95 – 9 weeks
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 \$95 – 9 weeks
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 \$95 – 9 weeks
Empezar
 Ages/Edades 6 and up
 Sat 9:00-9:55am WAYC Mar 21 – May 23

BALLET INTERMEDIATE \$95 – 9 weeks
Intermedio
 Ages/Edades 6 and up
 Sat 10:00-11:00am WAYC Mar 21 – May 23

BALLET ADVANCED \$140 – 9 weeks
Avanzado
 Ages/Edades 6 and up
 Sat 11:05-1:05pm WAYC Mar 21 – May 23

BALLET EN POINTE BEGINNING \$95 – 9 weeks
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

PRESCHOOL SPORTS \$60 – 6 weeks

Deportes para Niños

Ages/Edades 3-6 years

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 3/19-4/23 5:30pm-6:20pm

PRESCHOOL SOCCER \$60 – 6 weeks

Fútbol de Niños

Ages/Edades 3-6 years

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 3/14-4/25 11:00am-11:50am

Tue 3/17-4/21 5:30pm-6:20pm

GYMNASTICS – Mini Stars Parent & Me \$65 – 6 weeks

Gimnasia

Ages/Edades 18 months-3 years

Tue 3/17-4/21 4:10pm-4:50pm

Tue 3/17-4/21 5:00pm-5:45pm

HULA DANCE \$63 – 6 weeks

Baile hula

Ages/Edades 3-5 years

Tue 3/1-4/2 5:10pm-6:00pm

Ages/Edades 6-11 years

Tue 3/19-4/23 6:10pm-7:00pm

Ages/Edades 6-11 years

Tue 3/19-4/23 7:10pm-8:00pm

YMCA RUNNING CLUB \$60 – 6 weeks

YMCA Club de Corredores

Ages/Edades 7-11 years

Wed 3/18-4/22 4:30pm-5:20pm

Ages/Edades 12-17 years

Wed 3/18-4/22 5:25pm-6:10pm

Ages/Edades 18-up

Wed 3/18-4/22 6:15pm-7:05pm

PRESCHOOL BALLET \$63 – 6 weeks

Deportes para Niños

Age: 3-4 years

Wed 3/18-4/22 5:00pm-5:50pm

Age: 5-6 years

Wed 3/18-4/22 6:00pm-6:50pm

ART BASICS \$63 – 6 weeks

Conceptos Básicos de Arte

Ages/Edades 5-8 years

Mon 3/16-4/22 5:00pm-5:50pm

ART FUNDAMENTALS \$63 – 6 weeks

Fundamentos Del Arte

Ages/Edades 9-17 years

Mon 3/16-4/22 6:00pm-6:50pm

ART WORKSHOP \$63 – 6 weeks

Taller Del Arte

Ages/Edades 18 and up

Mon 3/16-4/22 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

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

Baloncesto

LEAGUE FEE: \$95 – 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: March 30

Register on line at anaheimymca.org

REGISTRO ONLINE EARLY BIRD: 30 de Marzo

Regístrese en línea en anaheimymca.org

IN HOUSE REGISTRATION: APRIL 6

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

REGISTRO EN CASA: 6 DE ABRIL

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

REGISTRATION DEADLINE: May 4

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

DÍA FINAL DE REGISTRACIÓN: 4 DE MAYO

(Registraciones 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.

DEPÓSITO DE ASISTENCIA FINANCIERA: Regístrese en línea en anaheimymca.org/financial-assistance. El depósito es de \$50. Abre el 15 de marzo. Orden de llegada. Primer servicio.



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 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

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*

CHARACTER ESSAY CONTEST



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

(CAMP FOX, Catalina Island)



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; regístrate 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. Introducción a las habilidades básicas. 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

TEEN VOICE

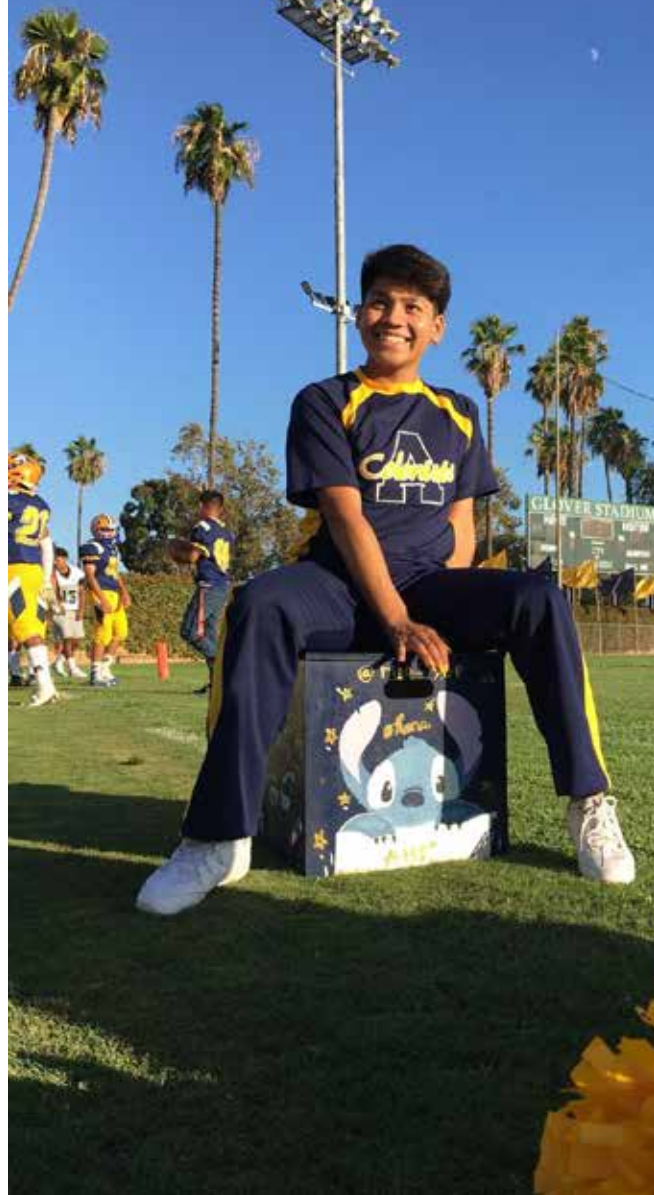
Written by: Rigo Lopez

Anaheim Achieves Student at Anaheim High School

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.



Hola Mi nombre es Rigo López, soy porrista del equipo universitario en la escuela secundaria Anaheim y he formado parte del Programa Anaheim Achieves desde que estaba en la escuela primaria. Elemental fue hace mucho tiempo, ¡oh wow, soy viejo! Estoy en el último año de la escuela secundaria y sé con certeza que cuando sea mayor y recuerde mis días de juventud, Anaheim Achieves definitivamente va a ser parte de eso.

Anaheim Achieves me ha convertido en la persona que soy hoy. A través de Anaheim Achieves, he conocido y colaborado con tanta gente. Gracias a este programa, me han brindado múltiples oportunidades para probar cosas nuevas; en Primaria con la señorita Areli que nos enseñó bailes para la Danza del Espíritu, a la señorita Millie que nos hablaba de ganchillo y manualidades. En la escuela secundaria con la señorita Monique, que me enseñó a seguir siempre lo que quería y lo que Ifelt era mejor, ahora con la señorita Hadeel, que no solo se ha convertido en uno de mis modelos más importantes en la vida, sino que también me ha enseñado a amarme a mí mismo por quién Soy.

¡Anaheim Achieves me ha presentado a tantas personas y esas personas me han enseñado muchas lecciones de vida y siempre lo agradeceré! Fuera de Anaheim Achieves, estoy aparte de APAC, que es una clase de teatro musical dirigida por Sharron King. Hice una producción a través de APAC y fue fenomenal, el elenco fue genial y el espectáculo fue increíble. Después de eso, me di cuenta de que nunca habría podido subir al escenario y actuar delante de la gente si no hubiera sido por las lecciones que me enseñaron los instructores de Anaheim Achieves, y por eso, siempre estaré agradecido. . Cuando sea grande quiero trabajar con niños debido a los momentos divertidos que he tenido en este programa. Espero inspirar a mis alumnos y ayudarlos a convertirse en nuestros futuros líderes de la forma en que mis instructores de Anaheim Achieves pasados y presentes tienen conmigo.

For more information about our Anaheim Achieves After school Program, go to our website at anaheimymca.org

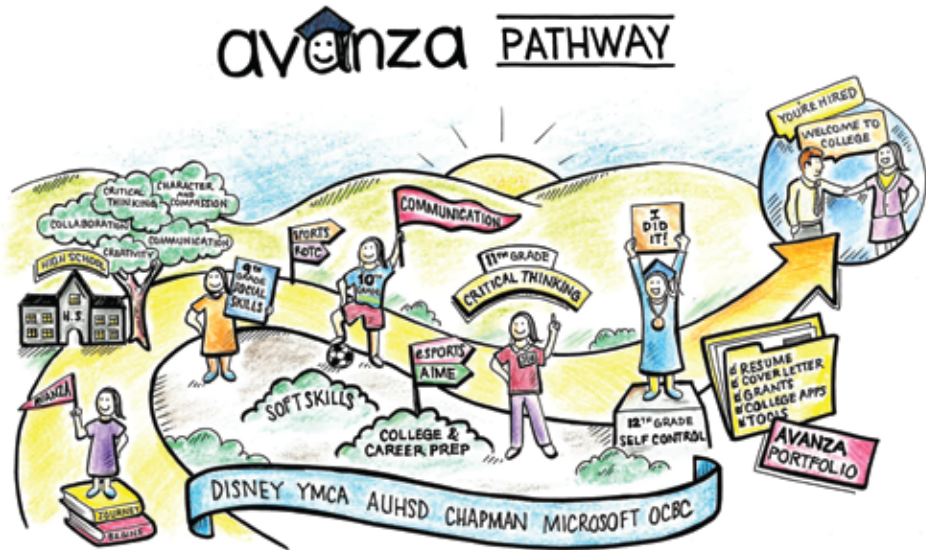


**ADVANCING YOUTH ON A PATHWAY TOWARD WORKFORCE AND COLLEGE
BY STRENGTHENING SOFT SKILLS**

**AVANZANDO A LA JUVENTUD EN UN CAMINO HACIA LA FUERZA DE TRABAJO Y LA UNIVERSIDAD
AL FORTALECER LAS HABILIDADES SUAVES**

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. **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

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.**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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

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