



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CONNECTIONS | FALL 2022

ANAHEIM FAMILY YMCA

Serving Anaheim, Stanton, Cypress, Buena Park, and La Palma

anaheimymca.org

**FREE PUBLIC SWIM UNTIL
OCT. 9th!**

**Saturdays & Sundays
2:00pm - 4:00pm**

Reservations required.

Go to anaheimymca.org
for more info.

Welcome to the Anaheim Family YMCA. The Y has the long standing tradition and physical presence to not just to promise, but to deliver, lasting personal and social change. Strengthening Anaheim, La Palma, Stanton, Cypress and Buena Park and surrounding communities is our cause and we serve three crucial areas of focus to help individuals, families, communities learn new skills, grow and thrive.

The Y is for Youth Development, because we believe all kids deserve opportunities to discover who they are and what they can achieve. The Y is unique in the area of Youth Development due to our ability to serve over 7,000 kids per day in our after school programs, swim lessons, summer camps and top rated youth sports programs and many more youth development programs. We often find that our Y bridges the gap for childhood friendships. Our “pride and joys” of serving these communities is very youth focused. We strongly believe that every child should have an opportunity to learn to swim, attend a day camp, and attend youth sports or educational programs. That strong belief is why we have worked tirelessly to ensure that our programs meet the physical, mental, and social/emotional needs of all kids.

I am proud to announce a new YMCA partnership with the Ducks professional hockey team to deliver to our youth a new Ducks/Y street hockey league combined with skill development clinics with professional curriculum support. In addition to the street hockey leagues the partnership will also offer a Junior High ages after school Street Hockey Skills Development Program. We are so proud to work with the ducks in supporting youth development in the community. Be watching for registration information soon.

The Y is for Healthy Living, improving the communities health and well-being is one of the Y’s biggest priorities. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. The YMCA has partnered with the City of Anaheim and a number of local education, civic and corporate enterprises to help design the best program models possible. We are always creating NEW and exciting programs for all our residents and participants.

The Y is for Social Responsibility, giving back and providing support to all our neighbors. The Y has been listening and responding to our communities’ most critical needs for over 112 years. We are committed to collaborating with other community organizations that make social responsibility a priority, offering assistance to anyone in need, providing both paid and volunteer opportunities, and creating affordable programs for those with special needs . We provide over \$1,819,965 in financial assistance for memberships and programs annually and have collaborated with number of community organizations. We currently supply and support our community with over 200 paid jobs, 93 volunteers with 13,920 hours of service.

The Y is for the entire community, and is open to everyone. Donors enable the YMCA, a charitable, non-profit organization in compliance with IRS code 501(C) 3, to offer a Financial Assistance Program for those individuals and families that qualify. We are here to serve you, your family and all of our communities while developing your spirit, mind and body. **Welcome to our Y!**

In service to the community,



Brent Finlay
President and CEO

"WE BUILD PEOPLE" ANNUAL SUPPORT CAMPAIGN

October 27 – December 13, 2022

Every year, YMCA's across the country engage their largest throng of volunteers to conduct the most important, and impactful, adult program that any YMCA can offer: The Annual Support Campaign. The Y Campaign is an intense, short term (8 weeks) fundraising drive during which YMCA supporters from all corners of the Anaheim Family YMCA service area, and from every program offered by the YMCA, go out into their communities to share their "personal Y-story", and ask for the community's financial support of the YMCA.



The funds raised through the Y Campaign make it possible to provide financial assistance for YMCA programs to children and families in need, and enable us to keep our national YMCA financial assistance promise, which simply states that "No one is turned away due to the inability to pay."

The Anaheim Family YMCA is excited to introduce our newly themed "WE BUILD PEOPLE" (formerly Kids Now) Annual Support Campaign, kicking off October 27, 2022, to raise \$500,000 for the Y Financial Assistance Fund! This bold new theme shines a spotlight on the proud anniversary of our YMCA Community Complex (opened April 2021) and the bright future that the \$\$ raised in this Campaign will provide for youth, families, seniors, and all who come into contact with our YMCA.

VOLUNTEERS NEEDED – Right now, YMCA Board members, Sports Swim Lesson, and Afterschool program parents, with Y-Camp Alumni and local business persons, are forming YMCA Community Campaign Teams. Won't you join them in this most uplifting effort? It promises to be a joyful 8-week journey! Please say 'YES' when a YMCA volunteer calls upon you to give to and/or Campaign for your Anaheim Family YMCA.

HERITAGE CLUB

The Anaheim Family YMCA Heritage Club was established in the 1980's, to honor those men, women, families and organizations who have demonstrated a long-term commitment to ensuring the financial survival and stability of the Anaheim Family YMCA through either:

- a) Direct contributions to the YMCA endowment fund, or
- b) Inclusion of the Anaheim Family YMCA in their estate planning, or
- c) Lifetime contributions to the YMCA "We Build People" Annual Support Campaigns (formerly Kids Now Campaign) totaling \$25,000 or more.

Benefits of Heritage Club Membership. . . are numerous. Some examples are:

- Heritage Club members receive a special quarterly newsletter dedicated to illustrating the ongoing "return on investment" for their YMCA gift.
- Heritage Club members are invited to an annual Legacy Dinner to be thanked, meet fellow Heritage Club supporters, and be inspired by Y stories of lives positively affected by Club members' giving
- Heritage Club members can take pride in the knowledge that their generosity helps to ensure the long-term financial stability of the Y.

How Do I Become a Heritage Club Member? YMCA Heritage Club membership is special, yet simple. Here are the steps:

- 1) Communicate your desire/intention to join the Heritage Club via completion of a short, 1-page form, provided by Y staff.
- 2) Consult your banker or other financial advisor if you're new to the estate planning process. Ask that person to coordinate a connection with the Y.

For more information on the YMCA 2022 WE BUILD PEOPLE Campaign or Heritage Club, contact Eric Boyd, Vice President of Development at eboyd@anaheimymca.org; you may also call (714) 635-YMCA [9622], or call mobile # (310) 874-3841.

CONNECTING YOUTH TO SPORTS & PLAY

PRESCHOOL SPORTS

\$99 – 9 weeks

Basketball, Soccer and T-Ball

Deportes para Niños – Baloncesto, Soccer y Béisbol

Ages/Edades 3-6

Sat	9:00-9:55am	Pearson Park	Sept. 17 – Nov. 12
Sat	9:00-9:55am	TRP	Sept. 17 – Nov. 12
Sun	9:00-9:55am	TRP	Sept. 18 – Nov. 13

PRESCHOOL SOCCER

\$99 – 9 weeks

Fútbol de Niños

Ages/Edades 3-6

Sat	10:00-10:55am	Pearson Park	Sept. 17 – Nov. 12
Sat	10:00-10:55am	TRP	Sept. 17 – Nov. 12
Sun	10:00-10:55am	TRP	Sept. 18 – Nov. 13

PRESCHOOL T-BALL

\$99 – 9 weeks

Beisbol de Niños

Ages/Edades 3-6

Sat	11:00-11:55am	Pearson Park	Sept. 17 – Nov. 12
Sat	11:00-11:55am	TRP	Sept. 17 – Nov. 12
Sun	11:00-11:55am	TRP	Sept. 18 – Nov. 13

PRESCHOOL BASKETBALL

\$99 – 9 weeks

Baloncesto de Niños

Ages/Edades 3-6

Mon	5:00-5:55pm	DAYC	Sept. 19 – Dec. 5
Thur	5:00-5:55pm	WAYC	Sept. 22 – Dec. 8

RUNNING CLUB

\$99 – 9 weeks

Being a part of the Y Running Club is a great experience for all ages. Whether you are training for a race, need extra conditioning for another sport or just have an interest in running and endurance, this course will benefit everyone! Participants will also be doing fitness drills, body weight workouts and cross training as well. **Ser parte del Y Running Club es una gran experiencia para todas las edades. Ya sea que esté entrenando para una carrera, necesite acondicionamiento adicional para otro deporte o simplemente tenga interés en correr y resistir, ¡este curso beneficiará a todos! Los participantes también harán ejercicios de acondicionamiento físico, entrenamientos de peso corporal y entrenamiento cruzado.**

Ages/Edades 7-11

Sat	9:00-9:55am	TRP	Sept. 17 – Nov. 12
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Ages/Edades 12-17

Sat	10:00-10:55am	TRP	Sept. 17 – Nov. 12
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Ages/Edades 18 & up

Sat	11:00-11:55am	TRP	Sept. 17 – Nov. 12
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SPORTS ATTIRE DEPORTIVA ATUENDO

Wear comfortable workout clothes and running shoes.

Usen ropa y zapatos cómodos de deporte.

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

CONNECTING YOUTH TO SPORTS & PLAY

GYMNASTICS

\$108 – 9 weeks

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

Gymnastics Mini Stars Parent & Me – Padres e hijos

Ages/Edades 1½-3

Sat	9:05-9:50am	DAYC	Sept. 17 – Dec. 3
Sat	9:05-9:50am	WAYC	Sept. 17 – Dec. 3
Sun	9:05-9:50am	DAYC	Sept. 18 – Dec. 4
Sun	10:05-10:50am	WAYC	Sept. 18 – Dec. 4
Mon	4:20-5:05pm	DAYC	Sept. 19 – Dec. 5

Gymnastics Little Stars – Empezar

Ages/Edades 3-4

Sat	9:05-9:50am	DAYC	Sept. 17 – Dec. 3
Sat	9:05-9:50am	WAYC	Sept. 17 – Dec. 3
Sun	9:05-9:50am	DAYC	Sept. 18 – Dec. 4
Sun	10:05-10:50am	WAYC	Sept. 18 – Dec. 4
Mon	4:20-5:10pm	DAYC	Sept. 19 – Dec. 5
Mon	5:15-6:05pm	DAYC	Sept. 19 – Dec. 5

Gymnastics Beginning Stars – Empezar

Ages/Edades 5-8

Sat	10:05-10:50am	DAYC	Sept. 17 – Dec. 3
Sat	10:05-10:50am	WAYC	Sept. 17 – Dec. 3
Sun	10:05-10:50am	DAYC	Sept. 18 – Dec. 4
Sun	11:05-11:50am	WAYC	Sept. 18 – Dec. 4
Mon	4:20-5:10pm	DAYC	Sept. 19 – Dec. 5
Mon	5:15-6:05pm	DAYC	Sept. 19 – Dec. 5

Gymnastics Intermediate Stars – Intermedios

Ages/Edades 8-12

Sat	10:05-10:50am	DAYC	Sept. 17 – Dec. 3
Sat	10:05-10:50am	WAYC	Sept. 17 – Dec. 3
Sun	10:05-10:50am	DAYC	Sept. 18 – Dec. 4
Sun	11:05-11:50am	WAYC	Sept. 18 – Dec. 4
Mon	5:15-6:05pm	DAYC	Sept. 19 – Dec. 5

TUMBLING

\$108 – 9 weeks

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

Ages/Edades 6-17

Sun	12:00-12:50pm	WAYC	Sept. 18 – Dec. 4
Mon	6:10-7:00pm	DAYC	Sept. 19 – Dec. 5

YMCA COMMUNITY COMPLEX CLASSES

Location: 1422 W. Broadway, Anaheim CA 92802

PRESCHOOL SPORTS

\$99 – 9 weeks

Ages/Edades 3-5

Mon	4:00-4:50pm	Arena 1	Sept. 12 – Nov. 7
Wed	5:00-5:50pm	Arena 1	Sept. 14 – Nov. 9
Fri	4:00-4:50pm	Arena 1	Sept. 16 – Nov. 18
Sun	1:00-1:50pm	Arena 2	Sept. 18 – Nov. 13

PRESCHOOL SOCCER

\$99 – 9 weeks

Ages/Edades 3-5

Mon	5:00-5:50pm	Arena 2	Sept. 12 – Nov. 7
Thurs	6:00-6:50pm	Arena 1	Sept. 15 – Nov. 10
Fri	5:00-5:50pm	Arena 4	Sept. 16 – Nov. 18
Sat	9:00-9:50am	Arena 1	Sept. 17 – Nov. 12
Sun	9:00-9:50am	Arena 2	Sept. 18 – Nov. 13

PRESCHOOL T-BALL

\$99 – 9 weeks

Ages/Edades 3-4

Sun	9:05-9:50am	Arena 1	Sept. 18 – Nov. 13
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SOCCER SKILLS CLINICS

\$99 – 9 weeks

Ages/Edades 5-7

Fri	4:00-4:50pm	Arena 3	Sept. 16 – Nov. 18
Sat	10:00-10:50am	Arena 1	Sept. 17 – Nov. 12
Sun	10:00-10:50am	Arena 2	Sept. 18 – Nov. 13

Ages/Edades 8-10

Mon	6:00-6:50pm	Arena 4	Sept. 12 – Nov. 7
Wed	6:00-6:50pm	Arena 3	Sept. 14 – Nov. 9
Sat	11:00-11:50am	Arena 2	Sept. 17 – Nov. 12
Sun	11:00-11:50am	Arena 2	Sept. 18 – Nov. 13

Ages/Edades 11-14

Sat	12:00-12:50pm	Arena 2	Sept. 17 – Nov. 12
Sun	12:00-12:50pm	Arena 2	Sept. 18 – Nov. 13

BASEBALL SKILLS CLINICS

\$99 – 9 weeks

Ages/Edades 5-7

Sat	11:00-11:50pm	Arena 2	Sept. 17 – Nov. 12
Sun	12:00-12:50pm	Arena 3	Sept. 18 – Nov. 13

Learn more about YMCA Community Complex classes at anaheimymca.org

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

Hip Hop de Niños

Ages/Edades 3-6

Tue 5:00-5:55pm WAYC

Thu 4:30-5:25pm DACC

\$105 - 9 weeks

Sept. 20 - Nov. 15

Sept. 22 - Nov. 17

HIP HOP

Danza de hip-hop

Ages/Edades 7 and up

Tue 6:00-6:55pm WAYC

Thu 5:30-6:25pm DACC

\$105 - 9 weeks

Sept. 20 - Nov. 15

Sept. 22 - Nov. 17

MUSICAL THEATER

Teatro Musical

Ages/Edades 7 and up

Tue 6:00-7:00pm DACC

Thu 6:30-7:30pm WAYC

\$105 - 9 weeks

Sept. 20 - Nov. 15

Sept. 22 - Nov. 17

PRESCHOOL HULA DANCE

Danza de Hula/Polynesian

Ages/Edades 3-6

Sun 11:05-12:00pm WAYC

Wed 4:30-5:25pm DACC

\$105 - 9 weeks

Sept. 18 - Nov. 13

Sept. 21 - Nov. 16

HULA DANCE

Danza de Hula/Polynesian

Ages/Edades 7 and up

Sun 12:05-1:00pm WAYC

Wed 5:30-6:25pm DACC

\$105 - 9 weeks

Sept. 18 - Nov. 13

Sept. 21 - Nov. 16

JAZZ DANCE

Danza de música Jazz

Ages/Edades 9 and up

Tue 6:00-7:00pm WAYC

\$105 - 9 weeks

Sept. 28 - Nov. 15

PRESCHOOL BALLET I

Ballet para Niños

Ages/Edades 3-6

Sun 9:00-9:55am WAYC

Tue 4:00-4:55pm DACC

Thu 4:30-5:25pm WAYC

\$105 - 9 weeks

Sept. 18 - Nov. 13

Sept. 20 - Nov. 15

Sept. 22 - Nov. 17

PRESCHOOL BALLET II

Ballet para Niños

Ages/Edades 3-6

Sun 10:00-10:55am WAYC

Tue 5:00-5:55pm DACC

Thu 5:30-6:25pm WAYC

\$105 - 9 weeks

Sept. 18 - Nov. 13

Sept. 20 - Nov. 15

Sept. 22 - Nov. 17

BALLET - BEGINNING

Empezar

Ages/Edades 6 and up

Sat 9:00-9:55am WAYC

\$105 - 9 weeks

Sept. 17 - Nov. 12

BALLET - INTERMEDIATE

Intermedio

Ages/Edades 6 and up

Sat 10:00-11:00am WAYC

\$105 - 9 weeks

Sept. 17 - Nov. 12

BALLET - ADVANCED

Avanzado

Ages/Edades 6 and up

Sat 11:00-1:00pm WAYC

\$154 - 9 weeks

Sept. 17 - Nov. 12

BALLET & TAP

Avanzado

Ages/Edades 6 and up

Sat 10:00-10:55am DACC

\$105 - 9 weeks

Sept. 17 - Nov. 12

POM DANCE

Danza de Pom

Ages/Edades 10-17

Sat 11:00-11:55am DACC

\$105 - 9 weeks

Sept. 17 - Nov. 12

BALLET ATTIRE ROPA PARA CLASES DE BALLET

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

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

WE'RE HIRING!

Be the change you want to see in the world — from teaching the next generation to designing programs that address the health and wellness of our community. Join our team of exceptional leaders making a difference through the Y!

For more information go to ANAHEIMYMCA.ORG

STANTON PROGRAMS

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

GYMNASTICS Mini-Stars \$84 - 14 weeks

Ages/Edades 1½-3
Tue 4:10-4:55pm SCP Aug. 23 - Oct. 4
Tue 5:00-5:45pm SCP Aug. 23 - Oct. 4

Tue 4:10-4:55pm SCP Oct. 18 - Nov. 29
Tue 5:00-5:45pm SCP Oct. 18 - Nov. 29

PRESCHOOL SPORTS \$77 - 14 weeks

Ages/Edades 3-6
Thur 4:30-5:25pm SCP Aug. 25 - Oct. 6
Sat 9:00-9:55am SCP Aug. 27 - Oct. 8

Thur 4:30-5:25pm SCP Oct. 20 - Dec. 8
Sat 9:00-9:55am SCP Oct. 22 - Dec. 3

PRESCHOOL SOCCER \$77 - 14 weeks

Ages/Edades 3-6
Tue 4:30-5:25pm SCP Aug. 23 - Oct. 4
Sat 10:00-10:55am SCP Aug. 27 - Oct. 8

Tue 4:30-5:25pm SCP Oct. 18 - Nov. 29
Sat 10:00-10:55am SCP Oct. 22 - Dec. 3

BUENA PARK PROGRAMS

Location: West Anaheim Youth Center
320 S. Beach Blvd, Anaheim CA 92804

GYMNASTICS Mini-Stars \$108 - 9 weeks

Ages/Edades 18 months-3 years
Sat 9:05-9:50am WAYC Sept. 17 - Dec. 3
Sun 10:05-10:50am WAYC Sept. 17 - Dec. 3

GYMNASTICS Little Stars \$108 - 9 weeks

Ages/Edades 3-4
Sat 9:05-9:50am WAYC Sept. 17 - Dec. 3
Sun 10:05-10:50am WAYC Sept. 17 - Dec. 3

GYMNASTICS Beginning Stars \$108 - 9 weeks

Ages/Edades 5-8
Sat 10:05-10:50am WAYC Sept. 17 - Dec. 3
Sun 11:05-11:50am WAYC Sept. 17 - Dec. 3

GYMNASTICS Intermediate Stars \$108 - 9 weeks

Ages/Edades 8-12
Sat 10:05-10:50am WAYC Sept. 17 - Dec. 3
Sun 11:05-11:50am WAYC Sept. 17 - Dec. 3

TUMBLING \$108 - 9 weeks

Ages/Edades 6-17
Sun 12:00-12:50pm WAYC Sept. 18 - Dec. 4

GRAB & GO MEAL SERVICE SCHEDULE

Anaheim Elementary School District

Dates: 8/15/22-6/8/23

Time: 3:00pm-3:45pm

Elementary Sites:

- Edison Elementary: 1526 E. Romneya Dr
- Lincoln Elementary: 1413 E. Broadway
- Madison Elementary: 1510 S. Nutwood St
- Ponderosa Elementary: 2135 S. Mountain View Ave
- Sunkist Elementary: 500 Sunkist St



All persons in the community who are 18 years of age and under and those persons over age 18 who meet the CDE's definition of having a mental or physical disability may participate. Children do not need to be present to receive meals. Meals are for "pick-up" only. Can either walk-up or drive-up.

Pueden participar todas las personas de la comunidad que tengan 18 años o menos y aquellas personas mayores de 18 años que cumplan con la definición del CDE de tener una discapacidad mental o física. Los niños no necesitan estar presentes para recibir comidas. Las comidas son solo para "recoger". Pueden llegar por pie o auto.

Contact/Contacto: Yuri Sandoval, Nutrition & Outreach Director 714.329.2880

ANAHEIM FAMILY YMCA FALL COMMUNITY COMPLEX REGISTRATION NOW OPEN

- RUNNING CLUB
- PRESCHOOL SOCCER
- T - BALL
- PRESCHOOL SPORTS
- PRESCHOOL MARTIAL ARTS
- FOOTBALL CLINIC
- BASEBALL CLINIC
- SOCCER CLINIC
- ADULT HIIT CARDIO



Register online at anaheimymca.org or for more information call 714.635.9622

BOOK A FIELD RENTAL

The Y community complex has 5 arenas available to rent during non-program times. Rentals can be booked on hourly bases for a minimum of 1 hour and a maximum of 2 hours per day. For more information visit, anaheimymca.org or call Raheem Odomes at 714.635.9622

ANAHEIM FAMILY YMCA EL REGISTRO DEL COMPLEJO COMUNITARIO DE OTOÑO YA ESTÁ ABIERTO

- CLUB DE CORREDORES
- FÚTBOL PREESCOLAR
- T - PELOTA
- DEPORTES PREESCOLAR
- ARTES MARCIALES PREESCOLAR
- CLÍNICA DE FÚTBOL
- CLÍNICA DE BÉISBOL
- CLÍNICA DE FÚTBOL
- CARDIO HIIT PARA ADULTOS

Regístrese en línea en anaheimymca.org o para más información llame al 714.635.9622

RESERVA UN ALQUILER DE CAMPO

El complejo de la comunidad Y tiene 5 arenas disponibles para alquilar fuera del horario del programa. Los alquileres se pueden reservar por horas por un mínimo de 1 hora y un máximo de 2 horas por día. Para obtener más información, visite anaheimymca.org o llame a Raheem Odomes al 714.635.9622

ANAHEIM FAMILY YMCA COMMUNITY COMPLEX PRESENTS **Adult HIIT Cardio**

HIIT Cardio is designed to help you enhance your fitness level, giving you the opportunity to maximize the athlete in you, while pushing your limits.

The class will consist of various stations set up for group activities. Functional training at hand. Each exercise and movement are particularly pieced and designed for you to reach your fitness goals. It consists of the fundamentals of exercise, correction of posture, while practicing form & technique. You will get the one-on-one attention, while being part of a group setting, working alongside other like-minded members.

First Class Starting
Saturday, August 13th @ 9 AM

Register online at anaheimymca.org or for more information call 714.635.9622

YMCA DE LA FAMILIA ANAHEIM **COMPLEJO COMUNITARIO PRESENTA**

Register online at anaheimymca.org or for more information call 714.635.9622 Adulto HIIT Cardio HIIT Cardio está diseñado para ayudarlo a mejorar su nivel de condición física, dándole la oportunidad de maximizar el atleta que hay en usted, mientras supera sus límites.

La clase consistirá en varias estaciones configuradas para actividades grupales. Entrenamiento funcional a mano. Cada ejercicio y movimiento están particularmente divididos y diseñados para que pueda alcanzar sus objetivos de acondicionamiento físico. Consiste en los fundamentos del ejercicio y la corrección de la postura mientras se practica la forma y la técnica. Obtendrá atención personalizada, mientras forma parte de un entorno grupal, trabajando junto a otros miembros de ideas afines.

Comienza el sábado el trece de agosto a las nueve de la mañana



Coach Lilly
HIIT Cardio Instructor



BUILDING BRIGHTER FUTURES CONSTRUYENDO FUTUROS MÁS BRILLANTES

ANAHEIM FAMILY YMCA ELO-P Before School Program ELO-P Programa Antes de Clases



We are now accepting applications for TK-6th grade students for the 2022-2023 school year. YMCA & ELO-P school programs work together to serve our school community. Both programs are FREE with the goal of supporting your child before school with quality enrichment, academic and physical education.

Este programa está aceptando solicitudes para estudiantes en los grados TK-6 para el año escolar 2022-2023. Los programas escolares de YMCA y ELO-P trabajan juntos pa-rra servir a nuestra comunidad escolar. Ambos programas son GRATIS con el objetivo de apoyar a su hijo antes de la escuela con enriquecimiento de calidad, educación académica y física.

ELO-P Before School Program

Available at the following Schools/Disponible en siguientes escuelas:

- Revere Elementary
- Loara Elementary
- Guinn Elementary
- Sunkist Elementary
- Westmont Elementary

Program information/Informacion del Programa:

- Free/Gratis
- Closed on Holidays and non-student days
Cerrados días festivos y cuando no hay classes
- Monday-Friday 6:30am-8:30am
Lunes-Viernes 6:30am-8:30am

To register: Scan the QR code or visit the Anaheim Family YMCA at:
240 S Euclid St Anaheim CA 92802



Contact us at 714.635.9622 for info.

Para registrar: scanee el codigo QR o visite la officina del YMCA:
240 S Euclid St Anaheim CA 92802



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE TEAMWORK

YOUTH BASKETBALL LEAGUE – ANAHEIM FAMILY YMCA AGES 3–17

ONLINE EARLY BIRD REGISTRATION STARTS MONDAY, July 25TH

Register online at anaheimymca.org

IN-HOUSE REGISTRATION STARTS MONDAY, August 8TH

Register at the Main Office: 240 S. Euclid St., Anaheim 92802

\$ 110 REGISTRATION FEE (Due at registration)

Early registration is recommended to avoid waiting lists.

REGISTRATION DEADLINE: Tuesday, September 6th
(Any late registration will have a \$3 fee applied)

FINANCIAL AID DEADLINE: Wednesday, August 17th
(Both financial aid and registration are due by this day)

DOWNTOWN ANAHEIM LEAGUE

DAYC: Downtown Anaheim Youth Center
225 S. Philadelphia St., Anaheim, 92805

WEST ANAHEIM LEAGUE

WAYC: West Anaheim Youth Center
320 S. Beach Blvd., Anaheim, 92804

Practices and games start the week of September 19th
Last league games will be held the weekend of October 1st

MANDATORY SKILLS EVALUATION: Saturday, September 10th



Register online: anaheimymca.org

For more information call 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.

YMCA Hiring Fair

Know anyone who is interested in joining the Y family?

Come by our monthly job fairs! Find out more information about our job openings by visiting anaheimymca.org

ANAHEIM FAMILY YMCA

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