

CONNECTING OUR
COMMUNITY FOR A
BETTER TOMORROW.



WINTER CONNECTIONS ANAHEIM FAMILY YMCA

1422 W. Broadway, Anaheim, CA 92802 | 714.635.9622

FIND YOUR PASSION.
FIND YOUR Y.





COMMUNITY SUPPORT FOR YOUTH DEVELOPMENT

The Anaheim Family YMCA believes that young people deserve every opportunity possible to learn, grow and thrive. By connecting kids to their potential, purpose, and each other, the Y empowers kids and teens to shape the communities of tomorrow and today.

The Anaheim Family YMCA thanks the following partners for their support this past quarter in Youth Development:

- AESD
- Alta Med
- Anaheim Ducks
- Angels Baseball Foundation
- Anaheim Hotel and Lodging Association
- Anaheim Transportation Network
- Assemblywoman Sharon Quirk-Silva
- AUHSD
- Bomel Construction
- Castle Inn & Suites
- City of Anaheim
- Compass Real Estate
- Delta Wye Electric
- Discovery Cube of Orange County
- Disneyland Resort
- Jim Watson
- Kiwanis Club of Greater Anaheim
- LA84 Foundation
- Liz Chaney
- Marty and Rich Dutch
- O'Connell Hotels & Hospitality
- Orange County Soccer Club
- Paul Kott Realtors
- PCL Construction
- PepsiCo
- Representative Lou Correa
- Republic Services
- SA Recycling
- Senator Josh Newman
- Smart City
- SVA Architects
- US AutoForce

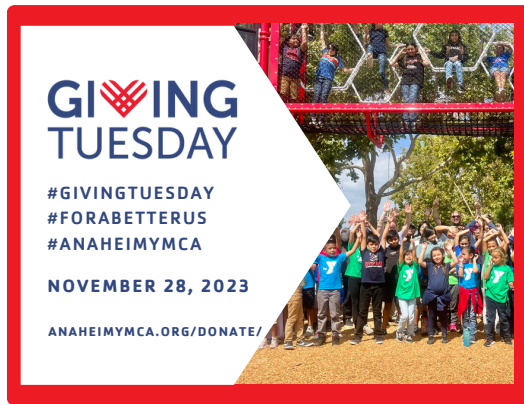
THANK YOU FOR YOUR SUPPORT!

Dear YMCA Family Members,

As we near the end of another remarkable year, I am proud to reflect on the incredible impact your support has allowed us to make in our community. The YMCA strengthens the Anaheim community by providing opportunities for individuals, families, and our community as a whole to learn, grow, and thrive.

With a focus on lasting personal and social change, your Anaheim Family YMCA continues to expand on Broadway. With the addition of pickleball courts, an air-nasium, and a street hockey rink in partnership with the Anaheim Ducks, we aim to serve over 12,000 participants in the Anaheim region.

As we enter this season of gratitude, opportunities abound for acts of kindness and charity. Giving Tuesday presents an excellent opportunity for such acts. This year's Giving Tuesday on November 28 will bring our community together under one unifying banner of positive change. Stay tuned for more information.



The spirit of the season lights our way. Our Toy Drive and Gifts for Seniors Drive returns this year to provide comfort and companionship to two pillars of our neighborhoods: the youth and the elderly. Shine bright for others by donating for their cause starting November 13th until December 11th at our YMCA Community Complex.

Your steadfast support, trust, and faith in the Anaheim Family YMCA are deeply appreciated and felt. You inspire us to foster an enriching atmosphere for this community, where dreams can grow and neighborhoods can prosper. We are humbled by your commitment to our cause and could not have come this far without you.

Warmest regards,
Brent Finlay, President & CEO

UPCOMING WINTER EVENTS

When you get involved with YMCA community events, you not only enjoy unique experiences, you impact thousands of youth, teens, adults and families. There are many opportunities for you to get involved. Become a partner, sponsor or guest. Every role plays an important part in our cause. Event proceeds benefit families and children in YMCA programs.

Cuando participa en los eventos comunitarios de la YMCA, no solo disfruta de experiencias únicas, sino que impacta a miles de jóvenes, adolescentes, adultos y familias. Hay muchas oportunidades para que usted participe. Conviértete en socio, patrocinador o invitado. Cada papel juega un papel importante en nuestra causa. Las ganancias del evento benefician a familias y niños en los programas de la YMCA.



To find out more information or to become a sponsor, email info@anaheimymca.org or call 714.635.9622.

PIECE HEALTH TOGETHER!

Think of your health like a puzzle. Imagine it has many pieces that fit together and it is balanced. These pieces fit together when we make good choices about what we eat, how we remain active, and how we cope with stressful situations. When all these pieces are carefully placed together, we piece together a healthy image of our own wellness.

Take a look at some of the different puzzle pieces below you can take action on today!



PHYSICAL HEALTH



- ▶ Include a balanced diet with your daily exercise.



- ▶ Go to a park, your neighborhood, or the Y Community Complex to get your daily dose of daylight and air.

NUTRITIONAL HEALTH

- ▶ Include fish in your diet as a source of lean protein.



- ▶ If water is not accessible, opt for unsweetened beverages like fruit juice.



MENTAL HEALTH

- ▶ If daily stress affects mental health, seek help from a professional. Environmental factors can play a role in mental health issues.



- ▶ A consistent schedule can aid in regulating sleep and stress levels. It's important to adhere to it regularly.



TRIVIA TIME!



1. Which food group includes milk, cheese, and yogurt?
2. Following schedules consistently builds healthy ____.
3. Unsweetened beverages like fruit juice and water lack this ingredient, which can be harmful in large amounts.
4. This vitamin can be received by spending time in the sun by going to a park, a stroll around the neighborhood, or spending time at the YMCA Community Complex.

1. Dairy 2. Habits 3. Sugar 4. Vitamin D

FROSTY FUN AWAITS! WINTER WEEKEND CAMP

February 10th–12th, 2024

Resident camps at the Y are all about discovery. Kids and teens have the opportunity to explore nature, find new talents, try new activities, gain independence, and make lifelong friendships and memories.

Los campamentos para residentes en la Y tienen como objetivo el descubrimiento. Los niños y adolescentes tienen la oportunidad de explorar la naturaleza, encontrar nuevos talentos, probar nuevas actividades, ganar independencia y hacer amistades y recuerdos para toda la vida.

Ages/Adades: Co-ed, 9-13

Location/Ubicación: Camp Arbolado in Angelus Oaks

Cost/Costo: \$335* – \$50 Deposit

Financial assistance and payment plans are available!

¡Asistencia financiera y planes de pago disponibles!

Registration Now Open!

Sign up early and save \$25 by registering before January 10th.

Regístrese temprano y ahorre \$25 registrándose antes del 10 de enero.



REGISTER TODAY!

For more information, contact Cristina Casas at ccasas@anaheimymca.org or call (714) 635-9622.

2023 – 2024 ELO-P WINTER DAY CAMPS

The Expanded Learning Opportunities Program (ELO-P) will be available at all 23 in-person school sites, free of charge, for all TK–6th grade AESD students.

El Programa de Oportunidades de Aprendizaje Ampliadas (ELO-P) estará disponible en las 23 escuelas presenciales, de forma gratuita, para todos los estudiantes de AESD desde jardín de infantes hasta grado seis.

WINTER DAY CAMP SESSIONS:

- November 20 – 21, 2023
- December 18 – 21, 2023
- January 2 – 5, 2024

For all TK–6th grade AESD students on the following non-school days from 7:30 – 6:00 PM.

Para todos los estudiantes de AESD de TK –6 grado en los siguientes días no escolares de 7:30 a 6:00 p. m.



REGISTER TODAY!



YMCA COMMUNITY COMPLEX

**WINTER REGISTRATION OPENS:
NOVEMBER 15, 2023
SEASON BEGINS: THE WEEK OF
JANUARY 7, 2024**

**INSCRIPCIÓN DE INVIERNO ABRE:
15 DE NOVIEMBRE DE 2023
COMIENZA LA TEMPORADA: LA SEMANA DE
7 DE ENERO DE 2024**

**Fees: \$99 – \$100
for 9 weeks**

CLASSES:

**SOCCER
FÚTBOL
AGES/EDADES 3-6 YEARS**

**SPORTS
DEPORTES
AGES/EDADES 3-6 YEARS**

**T-BALL
BEISBOL DE NIÑOS
AGES/EDADES 3-6 YEARS**

**MARTIAL ARTS
ARTES MARCIALES
AGES/EDADES 3 & UP**

**RUNNING CLUB
CLUB DE CORREDORES
AGES/EDADES 7-11 YEARS**

CLINICS:

**SOCCER SKILLS CLINIC
CLÍNICA DE HABILIDADES
FUTBOLÍSTICAS
AGES/EDADES 5-7 YEARS**

**BASEBALL SKILLS CLINIC
HABILIDADES DE BÉISBOL
AGES/EDADES 5-7 YEARS**

**FOOTBALL SKILLS CLINIC
HABILIDADES DE FÚTBOL
AMERICANO
AGES/EDADES 7-11 YEARS**

**STREET HOCKEY SKILLS CLINIC
CLÍNICA DE HABILIDADES DE
HOCKEY CALLEJERO
AGES/EDADES 7-14 YEARS**



YOUTH WINTER LEAGUES Join the Fun!

SOCCER

**Ages: 3 – 17
Registration: October 15th
Evaluation Day: December 2nd
First Game: January 20th
Last Game: March 23rd**

**In partnership with
the OC Soccer Club**



BASKETBALL

**Ages: 3 – 17
Registration: December 1st
Evaluation Day: January 13th
First Game: January 27th
Last Game: March 30th**

STREET HOCKEY

**Ages: 7-14
Registration: February 1st
Evaluation Day: March 19th
First Game: April 2nd
Last Game: May 14th**

**In partnership with
the Anaheim Ducks**



For more info, visit anaheimymca.org

CONNECTING ALL TO SPORTS AND 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.

WINTER REGISTRATION OPENS: DECEMBER 2, 2023

SEASON BEGINS: THE WEEK OF JANUARY 8, 2024

ABRE LA INSCRIPCIÓN DE INVIERNO: 2 DE DICIEMBRE DE 2023

COMIENZA LA TEMPORADA: LA SEMANA DEL 8 DE ENERO DE 2024

**Fees: \$99 - \$108
for 9 weeks**

**SOCCER
FÚTBOL**
AGES/EDADES 3-6 YEARS

**T-BALL
BEISBOL**
AGES/EDADES 3-6 YEARS

**BASKETBALL
BALONCESTO**
AGES/EDADES 3-6 YEARS

**TUMBLING
VOLTEANDO**
AGES/EDADES 7-17 YEARS

**RUNNING CLUB
CLUB DE CORREDORES**
AGES/EDADES 7-11 YEARS

**GYMNASTICS
GIMNASIO**
AGES/EDADES 1½-12 YEAR

**SPORTS
DEPORTES**
AGES/EDADES 3-6 YEARS



**SCAN HERE TO REGISTER FOR
CLASSES / ESCANEE AQUÍ PARA
REGISTRARSE EN LAS CLASES**

CONNECTING ALL TO PERFORMING ARTS

Our Performing Arts programs for youth encourage, nurture, and provide an outlet for creativity. Performing Arts leave a mark on children that last a lifetime, inspiring self-expression, self-esteem, 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, el pensamiento crítico y creativo.

WINTER REGISTRATION OPENS: DECEMBER 2, 2023

SEASON BEGINS: THE WEEK OF JANUARY 8, 2024

ABRE LA INSCRIPCIÓN DE INVIERNO: 2 DE DICIEMBRE DE 2023

COMIENZA LA TEMPORADA: LA SEMANA DEL 8 DE ENERO DE 2024

Fees: \$105 for 9 weeks

** Advanced Ballet (\$154)*

**HIP-HOP
DANZA DE HIP-HOP**
AGES/EDADES 3 & UP

**POLYNESIAN DANCE
DANZA DE POLINESIA**
AGES/EDADES 3-6

**MUSICAL THEATER
TEATRO MUSICAL**
AGES/EDADES 7 & UP

**BALLET
DANZA DE BALLET**
AGES/EDADES 3 & UP

**POM DANCE
DANZA DE POM**
AGES/EDADES 10 & 17

**JAZZ DANCE
DANZA DE JAZZ**
AGES/EDADES 3-6

**BALLET & TAP
DANZA DE BALLET Y TAP**
AGES/EDADES 6 & UP



**SCAN HERE TO REGISTER FOR
CLASSES / ESCANEE AQUÍ PARA
REGISTRARSE EN LAS CLASES**

**In-person Registration is at the YMCA Community Complex
1422 W. Broadway, Anaheim CA 92802**



CALLING ALL FEMALE ATHLETES! AGES 8-14



**Now Accepting Applications
for 100% Coverage Cost!**
¡Ahora aceptando solicitudes
para el 100% del costo de
cobertura!

The Anaheim Family YMCA received a \$50,000 grant from the LA84 Foundation to expand and enhance youth activity through sport and play. Through this grant, the Anaheim Family YMCA is launching its TRYumphant Sports Program, which provides female athletes access to three sports programs:
Street Hockey, Soccer, and Volleyball.

Anaheim Family YMCA recibió una subvención de \$50,000 de la Fundación LA84 para expandir y mejorar la actividad juvenil través del deporte y el juego. A través de esta subvención, Anaheim Family YMCA está lanzando su programa TRYumphant Sports, que provee a las atletas femeninas acceso a tres programas deportivos:
Street Hockey, fútbol y voleibol.

Qualifications/Requisitos:

- Must be a female athlete/Debe ser una atleta femenina
- Ages/Edades 8-14
- Must qualify for Financial Aid/ Debe calificar para ayuda financiera
- Enrolled in either/Estár inscrito en:
Volleyball, Soccer, or Street Hockey

Apply Today!



THE FASTEST WAY TO BECOME A BETTER ATHLETE

Parisi Speed, Agility, & Strength Program

Coming soon to the Anaheim Family YMCA Community Complex
1422 W Broadway, Anaheim, CA, 92802

Starting August 7, 2023

Ages 7 & up

The Parisi program is taught by certified Parisi Performance Coaches and utilizes the most up-to-date research to build a young athlete's physical foundation, improve their coordination and self-esteem. Our signature speed and strength training methods are serious, but all within a fun and friendly environment to ensure the young athlete is engaged and motivated to give 110%.

Before signing up, all athletes must complete a 60 minute mandatory evaluation to place the athlete in the correct class.

Evaluation Cost: \$19 for the first 100 Athletes
(original price - \$59)



Scan to Schedule Evaluation.
For more information, email
paul@parispeedschools.com or call us
at 949.201.0568



NOW HIRING

FIND YOUR PURPOSE.
FIND YOUR Y.

To view job opportunities, visit
anaheimymca.org



APPLY TODAY!



We impose an Infrastructure Fee of 3% on Cards and 0.79% on ACH transactions, which is not greater than our cost of acceptance.

Imponemos una tarifa de infraestructura del 3% a la tarjeta y del 0.79% a la transacciones ACH, que no es mayor que nuestro costo de aceptación.

Effective starting December 1, 2023/Efectivo a partir del 1 de diciembre de 2023.



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.

**Do you think you have what it takes
to serve your community?**

**We are in need of Creative Thinkers,
Leaders, and Team Players!**

Find your passion and APPLY TODAY!

ANAHEIM FAMILY YMCA COMMUNITY COMPLEX

1422 W. Broadway, Anaheim, CA 92802

Office Hours: Mon-Fri from 9:00am - 5:30pm

P 714 635 9622 W anaheimymca.org

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