



ANAHEIM FAMILY YMCA

FIND YOUR Y.

anaheimymca.org



**SUMMER
CONNECTIONS**



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	Dr. Rick Martens	Orange County Soccer Club
Affiliates in Motion	Ducks/Honda Center	Patrick and Jolynn Mahoney
Alden and Linda Esping	F&F Capital	Paul Kott Realtors
Allen Schreiber	F&M Bank	Pepsico
Alta Med	Ganahl Family Foundation	Republic Services
Anaheim Lions Club	Gary & Michelle McFarland	Revolution Foods
Anaheim Public Utilities	Grazie Grazie Pizzeria	Rob Friedman
Angels Baseball	James & Lori Dinwiddie	Robert Nease
Assemblywoman Sharon-Quirk Silva	James Russell	Rotary Club of Anaheim
AUHSD	Jeff Frieden	SA Recylcing
Banc of California	Jim Krutcik	SoCal Gas
Bharat Patel and Castle Inn Suites	John Deacon	Stephen H. Sain
Bill and Cindy Taormina	John H. Grace Foundation	SVA Architects
Bill Berndt	Kay Carpenter	The Taormina Family
Bobbie Stovall	Kenneth A. Picerne Foundation	The Anaheim Hotel
Brent and Julie Finlay	Kym Falsetti	Tony Serna
Cathy and Jeff McIndoo	LA84 Foundation	US Auto Force
City of Anaheim	Marco Angulo and Anabel Arroyo	Valentine Campos
Congressman Lou Correa	Mary Doerges Frey, Esq.	Visit Anaheim
Daniel Fierro	Millenium Logistics	Wincome Hospitality
Disneyland Resort	Nathan Hittle	Yolanda and Dan King
	OC Navigator	

THANK YOU FOR YOUR SUPPORT!

"These gifts will support youth development, program scholarships and food insecurity initiatives at the Anaheim Family YMCA and support our promise to strengthen and enrich the lives of kids and families in our communities."

- Brent Finlay, Anaheim Family YMCA President & CEO

Dear YMCA Family Members,

With grand optimism and excitement, we share with you our summer program offerings! The Y is the best kept secret in our region and my team is thrilled you are a part of it.

It is a pleasure to announce an all-new baseball program in partnership with Angels Baseball Foundation, The Angels Nike RBI, and our new Sunday T-ball league for youth ages three to six.

I am eager to share that our "We Build People" campaign will be chaired by Nicole Provansal, with a goal of raising \$500,000 to support the important and crucial mission of the Y. Our capital development work continues at our Community Complex. We are closing in on our campaign goal with an autumn groundbreaking ceremony anticipated, signifying a giant leap forward in our mission to serve our youth. This is exciting news!

We invite you to join any program and jump into the amazing opportunities the Y is offering you and your family. We want you to thrive at the YMCA as we build strong kids, strong families, and strong communities!

Queridos miembros de la familia YMCA,

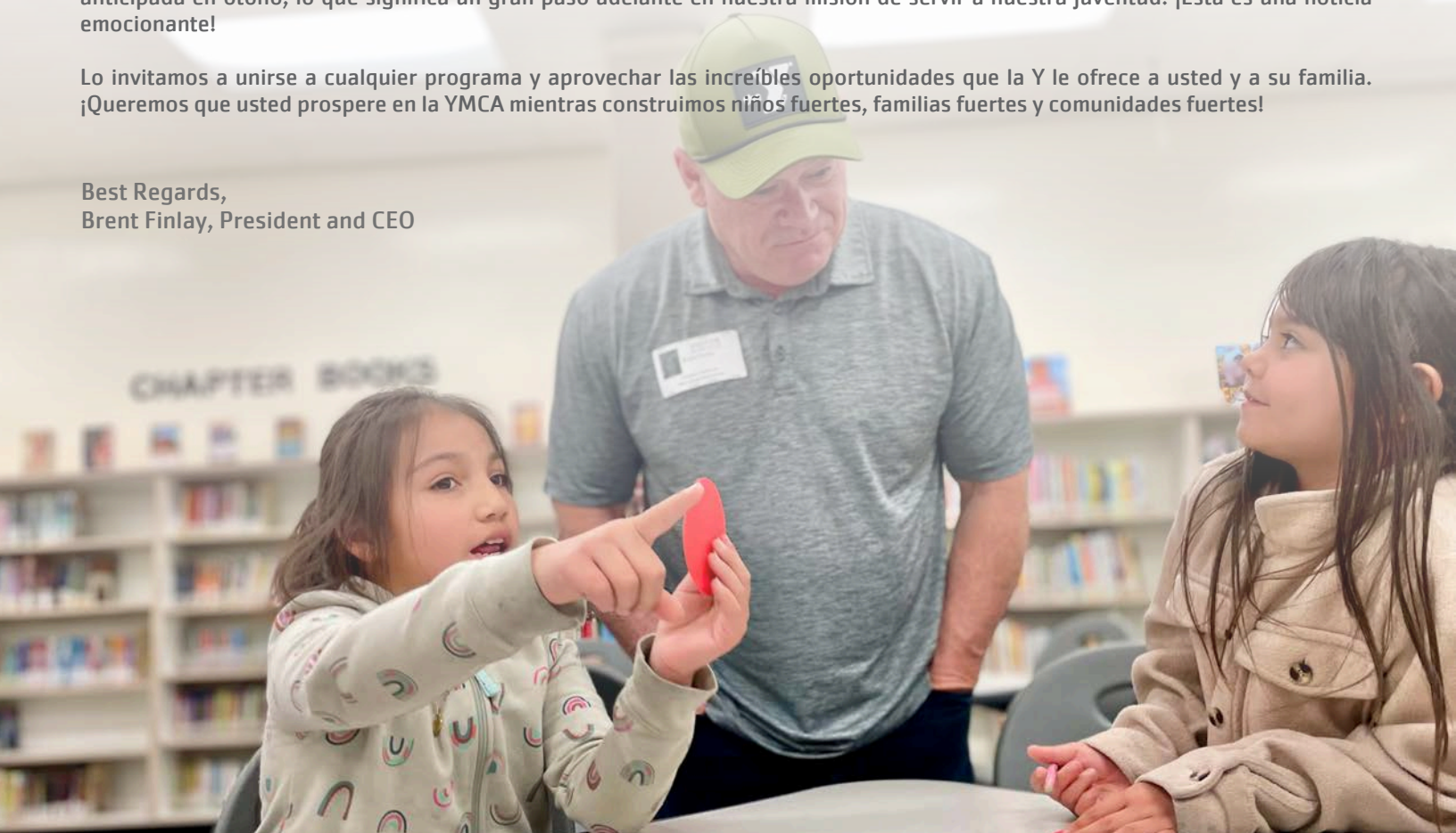
¡Con gran optimismo y entusiasmo, compartimos con usted nuestra oferta de programas de verano! La Y es el secreto mejor guardado de nuestra región y mi equipo está encantado de que seas parte de él.

Es un placer anunciar un programa de béisbol completamente nuevo en asociación con Angels Baseball Foundation, The Angels Nike RBI y nuestra nueva liga dominical de T-ball para jóvenes de tres a seis años.

Estoy ansioso por compartir que nuestra campaña "We Build People" estará presidida por Nicole Provansal, con el objetivo de recaudar 500.000 dólares para apoyar la importante y crucial misión de la Y. Nuestro trabajo de desarrollo de capital continúa en nuestro Complejo Comunitario. Nos estamos acercando a nuestro objetivo de campaña con una ceremonia de inauguración anticipada en otoño, lo que significa un gran paso adelante en nuestra misión de servir a nuestra juventud. ¡Ésta es una noticia emocionante!

Lo invitamos a unirse a cualquier programa y aprovechar las increíbles oportunidades que la Y le ofrece a usted y a su familia. ¡Queremos que usted prospere en la YMCA mientras construimos niños fuertes, familias fuertes y comunidades fuertes!

Best Regards,
Brent Finlay, President and CEO



FIND YOUR TEAM.

YMCA SPORTS LEAGUES

For more info, visit
anaheimymca.org



YOUTH STREET HOCKEY LEAGUE

In partnership with the Anaheim Ducks



Registration: May 22
Evaluation: July 9
League Begins: July 23
Last Game: August 27



YOUTH SOCCER LEAGUE

In partnership with the OC Soccer Club



Registration: June 1
Evaluation: June 28
League Begins: August 3
Last Game: September 21



YOUTH BASKETBALL LEAGUE



Registration: August 5
Evaluation: September 14
League Begins: September 28
Last Game: December 8



SUMMER VOLLEYBALL LEAGUE



Registration: July 1
Evaluation: July 28
League Begins: August 17
Last Game: September 21



SUNDAY ROOKIE (PRESCHOOL) T-BALL LEAGUE



Registration: Now Open
League Begins: June 9
Last Game: July 21



YOUTH FLAG FOOTBALL LEAGUE



Registration: May 1
League Begins: June 1
Last Game: July 6



For more information, contact
Raheem Odomes at rodomes@anaheimymca.org
or call (714) 635-9622

FIND YOUR FUN. YOUTH SPORTS AND PLAY

**SUMMER REGISTRATION OPENS MAY 6
SEASON BEGINS: THE WEEK OF JUNE 16**

**¡INSCRIPCIONES DE VERANO ABRE EL 9 DE MAYO
COMIENZA LA TEMPORADA: 25 DE JUNIO**

CLASSES:

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

**ROOKIE T-BALL
T-BALL NOVATO**
AGES/EDADES 3-6 YEARS

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

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

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

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

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

CLINICS:

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

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

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

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

**VOLLEYBALL
VOLEIBOL**
AGES/EDADES 9-17 YEARS

Fees start at \$100 for 9 weeks.

**Las tarifas comienzan en \$100
durante 9 semanas.**



FIND YOUR PASSION. YOUTH 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 adquieren nuevas habilidades, desarrollar un sentido de equipo y conectarse con modelos positivos.

VOLLEYBALL CLINICS

SESSION I

SUNDAYS, JUNE 2 - JUNE 30
MONDAYS, JUNE 3 - JULY 1

SESSION II

SUNDAYS, JULY 14 - AUGUST 11
MONDAYS, JULY 15 - AUGUST 12

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

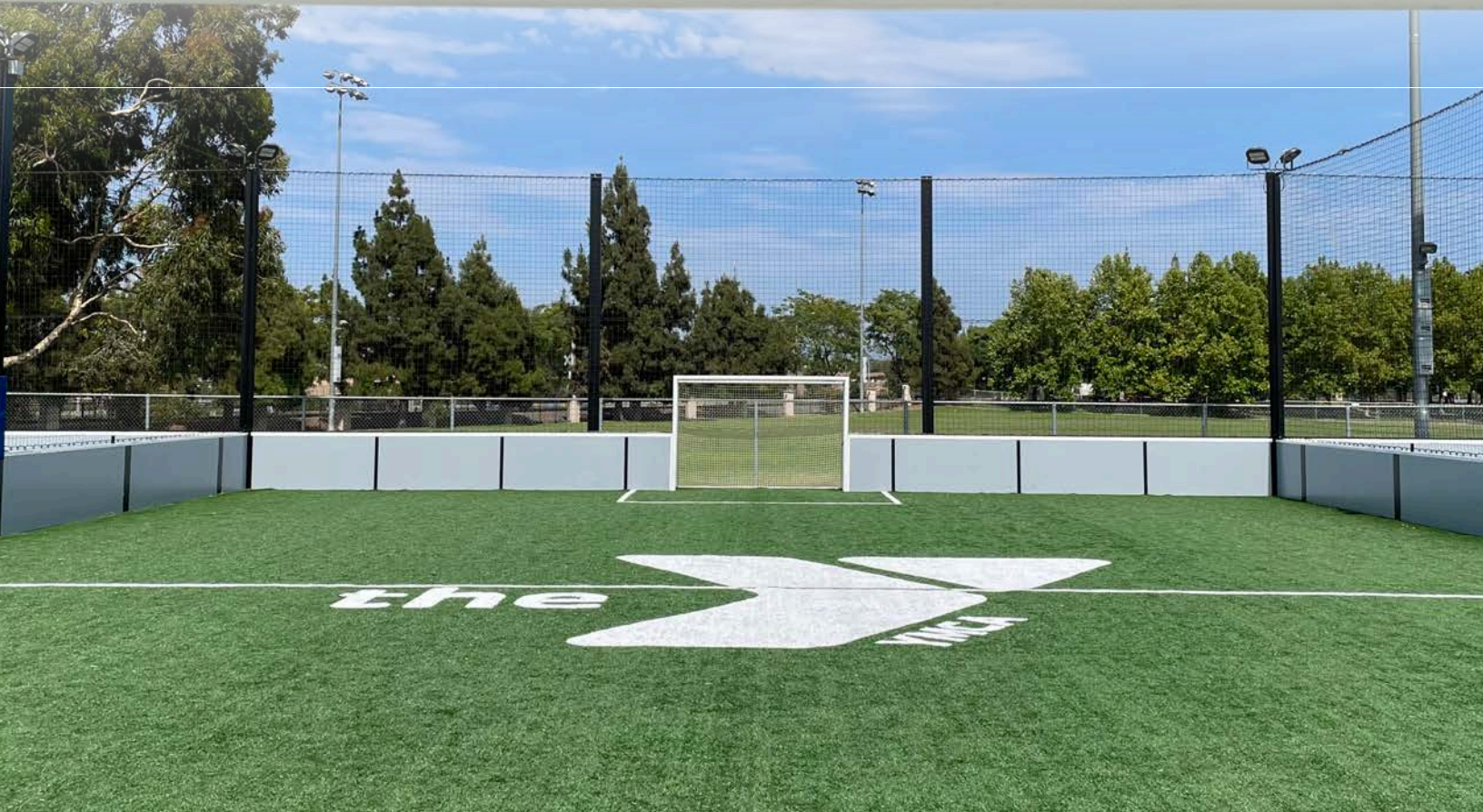


FIND YOUR FIELD.

YMCA COMMUNITY COMPLEX

MEET AT OUR FIELDS. BOOK AN ARENA AT THE Y!

Discover the perfect venue for your next sports event or meet at the YMCA Community Complex. With five soccer arenas available for rent during non-program hours, our facilities are ideal for futsal, training, yoga, and similar activities. Each arena features an enclosed open-air space, complete with nets and premium turf to provide enhanced playing experience. Whether you are looking to host a friendly match, a competitive tournament, or simply a fun gathering that gets everyone moving, our arenas provide an ideal backdrop. Rentals can be booked on an hourly basis for a minimum of 1 hour and a maximum of 2 hours per day. Book your space today and bring your game to the Y!



To Reserve, follow the steps below:

1. Log in or create an account (Daxko)
2. Click my account (top right-hand corner)
3. Book a rental

For more info, visit
anaheimymca.org



For more information, contact Raheem Odomes at rodomes@anaheimymca.org or call (714) 635-9622.

FIND YOUR SWIM SKILLS.

anaheimymca.org/swim-lessons



» Registrations Now Open!

Register Today!

We are now hiring for Swim Instructors and Lifeguards!

PEARSON PARK POOL

400 N Harbor Blvd,
Anaheim, CA 92805

Saturday Sessions

(4 classes on consecutive Saturdays)

Saturday Session 1: June 8 – June 29

Saturday Session 2: July 13 – August 3

Saturday Session 3: August 10 – August 31

Sunday Sessions

(4 classes on consecutive Sundays)

Sunday Session 1: June 9 – June 30

Sunday Session 2: July 14 – August 4

Sunday Session 3: August 11 – Sept 1

SUMMER MON/WED SESSIONS

(6 classes Mondays & Wednesdays)

Session 1: June 10 – June 26

Session 2: July 8 – July 24

Session 3: August 5 – August 21

SUMMER TUE/THU SESSIONS

(6 classes Tuesdays & Thursdays)

Session 1: May 21 – June 6

Session 2: June 11 – June 27

Session 3: July 9 – July 25

Session 4: August 6 – August 22

ANAHEIM HIGH SCHOOL

811 W Lincoln Ave,
Anaheim, CA 92805

SUMMER MON/WED SESSIONS

(6 classes Mondays & Wednesdays)

M/W Session 1: June 10 – June 26

M/W Session 2: July 8 – July 24

SUMMER TUE/THU SESSIONS

(6 classes Tuesdays & Thursdays)

T/TH Session 1: June 11 – June 27

T/TH Session 2: July 9 – July 25

SUMMER MON - THU SESSIONS

(1-week sessions)

Mon - Thu Session II:

July 29 - August 1

CYPRESS HIGH SCHOOL

9801 Valley View St.,
Cypress, CA 90630

SATURDAY SESSIONS

(4 classes on consecutive Saturdays)

Saturday Session 2: June 1 – June 22

Saturday Session 3: June 27 - July 27

Saturday Session 4: Aug. 3 - Aug. 24

CANYON HIGH SCHOOL

220 S Imperial Hwy,
Anaheim, CA 92807

SUMMER MON/WED SESSIONS

(6 classes Mondays & Wednesdays)

M/W Session 1: June 10 – June 26

M/W Session 2: July 8 – July 24

SUMMER TUE/THU SESSIONS

(6 classes Tuesdays & Thursdays)

Session 1: June 11 – June 27

Session 2: July 9 – July 25

KENNEDY HIGH SCHOOL

8281 Walker Street
La Palma, CA 90623

JUNE SESSIONS (six 40 minute classes)

Session 1: June 10 – June 26 Mon. – Wed.

Session 1: June – June 27 Tues – Thurs

JULY SESSIONS (six 40 minute classes)

Session 2: July 8 – July 24 Mon. – Wed.

Session 2: July 9 – July 25 Tues – Thurs

LATE SUMMER (six 35 minute classes)

Session 3: July 29 – Aug. 1 Mon. – Wed.

FREE PUBLIC SWIM

Anaheim Family YMCA in partnership with City of Anaheim

- **FRIDAYS** 2:30 p.m. – 4:00 p.m. June 7 – August 30
- **SATURDAYS** 1:30 p.m. – 4:00 p.m. June 8 – September 21
- **SUNDAYS** 1:30 p.m. – 4:00 p.m. June 9 – September 22

RESERVATIONS RESERVAS

• All participants must "Schedule a Visit" to do Public Swim through your FREE YMCA online account. Todos los participantes deben "Programar una visita" para hacer Public Swim a través de su cuenta en línea de YMCA.

• "Schedule a Visit" is FREE and available up to 3 weeks in advance. "Programe una visita" son GRATIS y están disponibles con hasta 3 semanas de anticipación

For more information or to reserve or to schedule a visit, go to our website at anaheimymca.org

TEEN DANCE ENSEMBLE & PRODUCTION

This class provides opportunities for creative dance expression like improv, learning how to choreograph with other students, and learning to dance all different types of dance styles including Modern, Ballet, Hip Hop, Jazz, Afro, Etc.. The emphasis is on dance techniques and choreography. This class is great for students who aspire to be dancers. Students will also have seasonal performance opportunities available.

Ages 14 - 17

\$130 for 9 Weeks

Thursdays: 7:00 pm - 8:30pm

Registration Opens: May 6th

Summer Season: June 20 - August 22

Location: Downtown Anaheim Community Center



MOVE TO THE RHYTHM! ADULT DANCE CARDIO

Days: Tuesdays

Cost: \$55

Times: 9 a.m. and 10 a.m.

Location: West Anaheim Youth Center

Session 1: 6/4 - 6/25 Session 2: 7/2 - 7/23

Session 3: 7/30 - 8/20

Days: Wednesday Nights

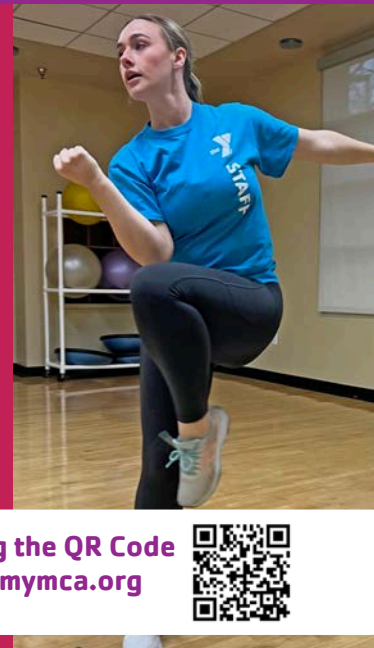
Cost: \$55

Times: 6:30 p.m. and 7:30 p.m.

Location: Downtown Anaheim Community Center

Session 1: 6/5 - 6/26 Session 2: 7/3 - 7/24

Session 3: 7/31 - 8/21



Register by scanning the QR Code
or by visiting anaheimymca.org



ADAPTIVE PROGRAMS - CHOIR & MUSICAL THEATER

We are now offering Adaptive Choir!

Our Adaptive Programs help individuals gain confidence, promote independence and responsibility, help participants socialize and work with others, as well as nurture a healthy and active lifestyle.

At the end of the 9 week program, participants showcase their diverse talents in a final performance and Special Friends Social!

For youth and adults with diverse disabilities (Ages 16+).



Fee:
\$85 for 8 weeks

Choir Season (Tuesdays):
June 11, 2024 - July 30, 2024

Musical Theater Season (Thursdays):
June 20, 2024 - August 15, 2024
(No Class on July 4th)

Location:
100 S. Atchison St. Anaheim, 92805

FIND YOUR RHYTHM. YOUTH PERFORMING ARTS



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

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.

SUMMER REGISTRATION NOW OPEN! SEASON BEGINS: THE WEEK OF JUNE 16
¡INSCRIPCIONES DE VERANO YA ABIERTAS! COMIENZA LA TEMPORADA: LA SEMANA DEL 16 DE JUNIO

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

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

BALLET
DANZA DE BALLET
AGES/EDADES 3 & UP

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

POLYNESIAN DANCE
DANZA DE POLINESIA
AGES/EDADES 3-6

POM DANCE
DANZA DE POM
AGES/EDADES 10 & 17

SPIRIT SQUAD
ESCUADRÓN ESPÍRITU
AGES/EDADES 6 & UP

MUSICAL THEATER
TEATRO MUSICAL
AGES/EDADES 7 & UP

JAZZ DANCE
DANZA DE JAZZ
AGES/EDADES 3-6

TEEN DANCE ENSEMBLE
CONJUNTO DE DANZA
ADOLESCENTE
AGES/EDADES 14 - 17



Fees range from \$105 - \$154
 Las tarifas oscilan entre \$105 y \$154



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 las transacciones ACH, que no es mayor que nuestro costo de aceptación.

A PLACE FOR PLAY AND PLATES

Anaheim Achieves continues to provide an enriching array of activities entirely free for participants, such as the Esports Club. A variety of popular video games such as Madden, NBA2K, Valorant, FIFA, Smash Bros, and more are made accessible to students, allowing structured team play, healthy competition, or casual play for all.

Additionally, the Nutrition Club's popularity among students continues to rise like dough! Under guided supervision, students learn to safely prepare a range of recipes, turning each session into a fun, hands-on educational experience that emphasizes the nutritional benefits of healthy food choices.

Looking ahead, both Nutrition Club and Esports are headlining the upcoming Esports Tournament on May 10th, showcasing the competitive spirit and collaborative achievements of our students.

Anaheim Achieves continúa brindando una enriquecedora variedad de actividades completamente gratuitas para los participantes, como el Esports Club. Una variedad de videojuegos populares como Madden, NBA2K, Valorant, FIFA, Smash Bros y más se ponen a disposición de los estudiantes, lo que permite un juego estructurado en equipo, una competencia sana o un juego informal para todos.

Además, ¡la popularidad del Club de Nutrición entre los estudiantes continúa aumentando como la masa! Bajo supervisión guiada, los estudiantes aprenden a preparar de forma segura una variedad de recetas, convirtiendo cada sesión en una experiencia educativa práctica y divertida que enfatiza los beneficios nutricionales de la elección de alimentos saludables.

De cara al futuro, tanto los clubes de deportes electrónicos como los de nutrición encabezarán el próximo torneo de deportes electrónicos el 10 de mayo, mostrando el espíritu competitivo y los logros colaborativos de nuestros estudiantes.



ANAHEIM ACHIEVES SPOTLIGHT

THE THRILLS OF LEARNING

During Spring Break, Anaheim Achieves students from all 23 AESD schools experienced the thrills of Knott's Berry Farm, from exhilarating rides to engaging activities. Our students embarked on the "Energy In Motion" Tour, a fascinating journey into the world of physics and engineering that powers the park's most iconic rides. They dove into the science of roller coasters, exploring real-world applications of centrifugal force, mass, and inertia. Each twist, turn, and drop on the rides provided a live demonstration of these concepts, making education an electrifyingly interactive experience.

Durante las vacaciones de primavera, los estudiantes de Anaheim Achieves de las 23 escuelas de AESD experimentaron la emoción de Knott's Berry Farm, desde atracciones emocionantes hasta actividades interesantes. Nuestros estudiantes se embarcaron en el Tour "Energía en Movimiento", un viaje fascinante al mundo de la física y la ingeniería que impulsa las atracciones más emblemáticas del parque. Se sumergieron en la ciencia de las montañas rusas y exploraron aplicaciones del mundo real de la fuerza centrífuga, la masa y la inercia. Cada giro, vuelta y caída en las atracciones proporcionó una demostración en vivo de estos conceptos, haciendo de la educación una experiencia electrizantemente interactiva.



ELO-P SUMMER DAY CAMP 2024

The Expanded Learning Opportunities Program (ELO-P) will be available at all 23 elementary school sites, free of charge, for all TK-6th grade AESD students. Please send your child with a breakfast item. Lunch and snack will be provided. This program is available to AESD students only.

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 sexto grado. Por favor envíe a su hijo con un artículo para el desayuno. Se proporcionará almuerzo y merienda. Este programa está disponible únicamente para estudiantes de AESD.

Dates: Monday – Friday

June 6–28 (closed June 19th)

July 1–19 (closed July 4th)

Program Hours: 7:30 a.m. – 6 p.m.

Fee: FREE for Anaheim Elementary Students (TK-5) through ELOP/ASES Funds

Registration Closes: May 17

Scan the QR Code to register!

Fechas: Lunes – Viernes

Del 6 al 28 de junio (cerrado el 19 de junio)

Del 1 al 19 de julio (cerrado el 4 de julio)

Horario del programa: 7:30 a. m. – 6 p. m.

Tarifa: GRATIS para estudiantes de primaria de Anaheim (TK-5) a través de fondos ELOP/ASES

Cierre de inscripciones: 17 de mayo

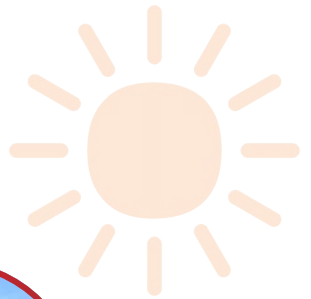
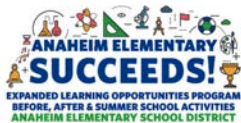
¡Escanear el código QR para registrarte!

Priority registration will be given to McKinney-Vento and foster youth.

Se dará prioridad de inscripción a McKinney-Vento y a los jóvenes de crianza.

For more information, call (714) 635-9622.

Para más información, llame al (714) 635-9622.



ANAHEIM ACHIEVES SUMMER PROGRAM

June 3rd to June 28th • 8:30am–2:30pm

Why go to Anaheim Achieves?

Don't spend your summer on the couch. Enjoy spending time engaged in fun and enriching activities, make new friends, and learn something new!

Who may attend?

AUHSD Students entering 7th, 8th, and 9th grade during the 24–25 school year.

Cost: FREE

Five location to choose from

Katella High School—2200 E Wagner Ave, Anaheim, CA 92806

Loara High School—1765 W Cerritos Ave, Anaheim, CA 92804

Magnolia High School—2450 W Ball Rd, Anaheim, CA 92804

Savana High School—301 N Gilbert St, Anaheim, CA 92801

Western High School—501 S Western Ave, Anaheim, CA 92804

PROGRAM OFFERS

- Esports
- Academic Enrichment
- Cooking Club
- Cricut Club
- Sports and Fitness
- Lunch



**Space is limited.
Registration is open!**

For more information, visit anaheimymca.org



ADVENTURE BEGINS HERE!

CAMP MIEHANA

Ages 8 - 16

July 7, 2024 - July 13, 2024

SUMMER CAMP 2024

At Y overnight camp, kids get to explore the wonders of nature while discovering hidden talents and passions they never knew they had.



REGISTER NOW!



Cristina Casas,
Community Engagement Director

HOW WE'RE KEEPING CAMPERS SAFE

There is no higher priority than the safety of our campers. We closely monitor and follow recommendations from medical professionals, YUSA, The American Camping Association (ACA), the Centers for Disease Control and Prevention (CDC), local government and health agencies, and internal teams to ensure our procedures meet and exceed expectations.

No hay mayor prioridad que la seguridad de nuestros campistas. Supervisamos y seguimos de cerca las recomendaciones de los profesionales médicos, YUSA, la Asociación Estadounidense de Camping (ACA), los Centros para el Control y la Prevención de Enfermedades (CDC), el gobierno local y las agencias de salud, y los equipos internos para garantizar que nuestros procedimientos cumplan y superen las expectativas.

FINANCIAL ASSISTANCE

The Anaheim Family YMCA is committed to making its programs available to everyone. We offer Financial Assistance to reduce program fees to ensure that everyone has the opportunity to learn, grow and thrive.

Anaheim Family YMCA se compromete a hacer que sus programas estén disponibles para todos. Ofrecemos asistencia financiera para reducir las tarifas del programa y garantizar que todos tengan la oportunidad de aprender, crecer y prosperar.



22nd ANNUAL

ALDEN ESPING PUTTING CLASSIC

Honoring Dave Matthey

Saturday, May 18, 2024
Golfers Paradise

1600 N Harbor Blvd, Fullerton, CA 92835



SEND A KID TO CAMP!

100% OF YOUR SUPPORT GOES TOWARDS YOUTH WHO NEED
IT MOST TO EXPERIENCE A LIFE-CHANGING WEEK AT Y CAMP.

BUILDING TOMORROW'S CIVIC LEADERS

YOUTH IN GOVERNMENT MLC CONFERENCE 2024

This past spring, twelve high school students from Anaheim showcased their talent and aspirations by representing the Anaheim YMCA delegation at the 76th Youth and Government MLC Conference. This event marked the peak of their six-month legislative journey, during which they successfully drafted and passed a bill focusing on mental health.

The thrill of empowerment and sense of accomplishment that comes from such achievements are the driving force of this program. As we look forward to expanding these opportunities to more students, the YMCA remains dedicated to nurturing future leaders passionate about making meaningful changes in society.



La primavera pasada, doce estudiantes de secundaria de Anaheim mostraron su talento y aspiraciones representando a la delegación de Anaheim YMCA en la 76ª Conferencia MLC de Juventud y Gobierno. Este evento marcó la cima de su viaje legislativo de seis meses, durante el cual redactaron y aprobaron con éxito un proyecto de ley centrado en la salud mental.

La emoción del empoderamiento y la sensación de logro que surge de tales logros son la fuerza impulsora de este programa. Mientras esperamos ampliar estas oportunidades a más estudiantes, la YMCA sigue dedicada a formar a futuros líderes apasionados por realizar cambios significativos en la sociedad.

LEAD ENGAGE ACHIEVE

YOUTH & GOVERNMENT

Youth & Government's Model Legislature & Court (MLC) continues to be the state's premier youth leadership and civic engagement program. The MLC creates a six-month learn-by-doing experience that teaches the values of democracy by bringing together a cross-section of high school students — grades 9th – 12th — from across the state of California.

Program Fee: \$1,300

Payment plans and financial assistance are available. Fee includes weekly meetings, program sweatshirt, transportation, lodging, meals, Camp Roberts Conference and MLC Conference in Sacramento.

Participating youth will:

- Connect with new peers.
- Develop an understanding of civic engagement and local politics.
- Learn about and debate viewpoints on a wide variety of current events.
- Develop, plan, and execute service projects in your community.
- Attend Camp Roberts Training Camp in late 2024
- Participate in Sacramento MLC Conference in February 2025.
- Attend bi-weekly meetings, beginning in September 2024.



Registration opens
Fall 2024

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

WELLNESS THROUGH CULINARY ARTS

Teaching kids about healthy eating and nutrition is essential for building lifelong healthy habits. By choosing fresh, nutritious ingredients, children learn the value of fueling themselves with the best possible foods. Cooking alongside family members or under proper guidance reinforces choices, strengthens family bonds, and builds confidence in the kitchen.

Enseñar a los niños sobre alimentación y nutrición saludables es esencial para desarrollar hábitos saludables para toda la vida. Al elegir ingredientes frescos y nutritivos, los niños aprenden el valor de alimentarse con los mejores alimentos posibles. Cocinar junto a miembros de la familia o bajo la orientación adecuada refuerza las opciones, fortalece los vínculos familiares y genera confianza en la cocina.

TRY A NUTRITION CLUB FAVORITE RECIPE!

PESTO PASTA SALAD

COOKING TOOLS NEEDED

- Teaspoons
- Kitchen Knives
- 6-Cup Rice Cooker

INGREDIENTS

- 1 recipe Basil Pesto, made with an additional $\frac{1}{4}$ cup olive oil ($\frac{1}{2}$ cup total)
- 12 ounces Cellentani, Cavatappi, or Fusilli pasta
- $\frac{3}{4}$ cup pasta water
- 2 small zucchini, sliced into very thin rounds
- 1 small yellow squash, sliced into very thin rounds
- 1 tablespoon fresh lemon juice
- 1 teaspoon sea salt
- Freshly ground black pepper
- $\frac{1}{4}$ cup toasted pine nuts
- $\frac{1}{2}$ cup fresh basil
- Red pepper flakes, optional

DIRECTIONS

1. Prepare the pesto and set aside.
2. Bring a large pot of salted water to a boil. Prepare the pasta according to the package directions, or until slightly past al dente. Before draining the pasta, scoop $\frac{3}{4}$ cup of the starchy pasta water and set aside.
3. Drain the pasta and toss it with a little olive oil so that it doesn't stick together. Spread the pasta on a baking sheet and let it (and the reserved pasta water) cool to room temperature.
4. In a large bowl combine the pasta, zucchini, yellow squash, pesto, the reserved pasta water, lemon juice, salt, and pepper and toss. Season to taste. Top with the pine nuts, fresh basil, and red pepper flakes, if using. Serve the salad at room temperature.



THE FASTEST WAY TO BECOME A BETTER ATHLETE

Parisi Speed, Agility, & Strength Program

Now at the Anaheim Family YMCA Community Complex
1422 W Broadway, Anaheim, CA, 92802

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%.

El programa Parisi es impartido por entrenadores de rendimiento certificados de Parisi y utiliza las investigaciones más actualizadas para desarrollar la base física de un atleta joven, mejorar su coordinación y autoestima. Nuestros métodos exclusivos de entrenamiento de velocidad y fuerza son serios, pero todo dentro de un ambiente divertido y amigable para garantizar que el joven atleta esté comprometido y motivado para dar el 110%.

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



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

UPCOMING 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.



MAY 18, 2024
Golfer's Paradise



JUNE 29, 2024
Championship Stadium



SEPTEMBER 30, 2024
Aliso Viejo Country Club

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

**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 - 4:30pm

P 714 635 9622 W anaheimymca.org

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