



AHWATUKEE FOOTHILLS FAMILY YMCA
 PHOENIX AZ 85048 | 480.759.6762

REGISTER ONLINE AT
valleyYMCA.org

HOURS OF OPERATION

Monday–Thursday
 5:00AM – 10:00PM

Friday
 5:00AM – 9:00PM

Saturday
 6:30AM – 7:00PM

Sunday
 7:00AM – 5:00PM

FOR YOUTH DEVELOPMENT

FALL SPORTS

Contact: **TANK GILES**
tank.giles@vosymca.org

Get your game on at the YMCA! Our dynamic sports programs nurture the potential of youth by strengthening character, engaging families, and building lasting relationships. Participants will build skills, learn about teamwork, and focus on sportsmanship.

Cost reflects regular registration period

Recreational Basketball • Grades PreK–6th

A co-ed beginning league teaching youth the basics and fundamentals in basketball. Practices once a week with games on Saturdays. There is equal play time with no guaranteed score-keeping or playoffs.

Session dates: **Sept 2–Oct 19**

Cost: **Member \$65 / Non-Member \$130**

Competitive Basketball • Grades 3rd – HS

A co-ed league for the competitive and highly skilled basketball player. Practices occur minimum once per week with games on Friday/Saturday. Valley-wide Championship game held at Talking Stick Resort Arena.

Session dates: **Sept 2–Oct 26**

Cost: **Member \$99 / Non-Member \$175**

Itty Bitty Sports • Ages 3 – 5

Parents join in the fun, and you and your kids will love it! The YMCAs four core values: Caring, Honesty, Respect, and Responsibility are infused into every class so that kids focus on the value of sportsmanship.

Session dates: **Wed. 9:30–10:15 AM**

Recreational Volleyball • Grades 1st – 6th

Beginning volleyball league teaching the fundamentals and basics of the game in a fun environment. Equal playing time with no standings being kept or playoffs. League is co-ed.

Session dates: **Sept 2–Oct 19**

Cost: **Member \$65 / Non-Member \$130**

Competitive Volleyball • Grades 4th – HS

Volleyball for the most highly skilled players. Practices minimum once per week with games on Saturdays. Standings are kept online with a single-elimination tournament to end the season. League is co-ed.

Session dates: **Sept 2–Oct 26**

Cost: **Member \$65 / Non-Member \$130**

Basketball requires purchase of \$20 Jr. Suns Jersey and volleyball/soccer requires \$10 shirt

Club Sports

Ready to take your volleyball or basketball skills to the next level? Join our CLUB VOS Volleyball team or our Desert Storm Basketball team. Try-outs will be announced this fall.

Contact: **Tank Giles**
tank.giles@vosymca.org

Adult Basketball

Bring your family out and relive your glory days! Our league focuses on creating a fun yet competitive experience. Sign-up as an individual or bring your team.

Contact: **Tank Giles**
tank.giles@vosymca.org

FUN FALL ACTIVITIES

From tots to teens, each program provides enrichment and special interests designed to keep your children engaged. Make new friends, learn, explore, and play!

Parent's Night Out • Ages 3–11

Our childcare specialists will watch your kids while you have a night out. Fun, friends, crafts & games; supervised by experienced and caring Child Care staff in safe, well-supervised environment. SNACK is included. ***Must be potty-trained**

Days of Program: **Every third Saturday of the month**

Time: **5:00–9:00 PM**

Cost: **Member FREE**—Only available for members

Toddler Time • Ages 2–5

Your family membership includes our weekday toddler time program! Your tot will have the opportunity to explore, move, play and grow. Weekly themes tie subjects together and make learning fun. These classes are geared to foster academic and social development in the areas of reading, math, science, foreign language, art, music and physical education.

Contact: **Aly Arndt**
alexandra.arndt@vosymca.org

Birthday Parties

The Valley of the Sun YMCA branches offer family and group party and room rentals that provide the perfect venue for your get-together! The Y is the place to have your next corporate meeting, training event, birthday party, baby shower, or family reunion! We have many different rental spaces available to suit your event needs!

Contact: **Dawn Stipe**
dawn.stipe@vosymca.org

Dodgeball Wednesdays • Ages 5–11

Join us at the YMCA every Wednesday during early release for an eventful game of dodgeball.

Day of Program: **Wednesdays**

Time: **1–2:15 PM**

Cost: **Member Free**—Only available for members

Rock Wall

Rock Climbing is a unique and challenging sport that requires strength of mind and body. If you're looking to try something new, mix up your routine, or challenge yourself, then the rock wall is for you! Check with the welcome center for current days and times.

Dance Classes • Ages 3–12

We offer beginner ballet, tap, jazz, hip-hop as well as Jazz II and the Shake it Up dance team!

SCHOOL AGE CHILDCARE

Contact: **Mike Speciale**
michael.speciale@vosymca.org

GRADES K–5

After School

The YMCA After School programs is designed to build your child's potential and equip them with lifelong skills in a safe, engaging and supportive environment. Each day, youth will have opportunities to participate in activities designed to teach them 21st century skills, while reinforcing healthy living, the arts, math, and literacy. Our unique program is created to help your child thrive and excel!

Session Dates: **Monthly**

Cost: **Member \$235 / Non-Member \$ 295**

Fall and Winter Break Camps

The Intersession camps during school breaks are designed to encourage learning beyond the classroom in a fun and exciting camp setting! Campers will experience daily art and STEM projects as well as field trips and character development programming.

Session Dates: **OCT 4–12**
DEC 20–JAN 3



GRADES 7-12

Teen Membership • Ages 12-17

A membership offering exclusively for teens! Parent must be present at sign-up.
Cost: \$33 per Month

Teen Transportation

After school and early release days we pick up your middle school student from Altadena and Akimel and bring them back to the Y for a fun and safe place to hang out.

Session Dates: Monthly

Cost: Member \$55/ Non-Member \$85

Youth & Government

With the premise that leaders are developed by doing, the YMCA's Youth and Government program's motto is "democracy must be learned by each generation." Participants meet in groups throughout the year to discuss and debate issues that affect citizens of their state and to propose legislation. The program culminates with teens serving as delegates at their state conference, debating bills on the floor of the legislature.

Session Dates: August 12– December 8

Cost: Member \$270/ Non-Member \$400

Teen Leaders Club

Is a focused group that will provide opportunities for teens to become leaders in their community through fundraising, philanthropy, and building social skills.

Volunteering

The Valley of the Sun YMCA offers an excellent volunteering program for youth in our community. Please inquire within our branch for more details or for information on how to become a volunteer.

ADVENTURE GUIDES

Contact: Mike Speciale
michael.speciale@vosymca.org

Adventure Guides is a Father-Child program where dads gather in local "circles" and have adventures with their kids. Camping, service projects, leadership experiences and character building programs all culminate camping trips. New Adventure Guide Circles will be launching this Fall!



SWIM

Contact: BLAKE ZICKAFOOSE
blake.zickafoose@vosymca.org

Just add water for instant fun! Learn and practice new swimming skills while participating in fun water sports and games. Participants in our swim programs will learn water safety and improve their swim skills with a splash of fun!

Group Swim Lessons • Ages 6mo-Adult

Designed to help participants feel more comfortable and secure around water as they learn water safety and improve their swim skills in a group setting. Select from sessions that meet 1, or 2 times per week.

Days of Programs: Mondays & Wednesdays (8 lessons) or Saturdays (4 lessons)

Cost: Members \$80 / Non-Member \$100, Members \$40 / Non-Member \$75 (Sat)

Private Lessons • Ages 3 - Adult

These 30-minute one-on-one lessons help students of all ages reach personal goals at their own pace. Select 1, 4, or 8-lessons to focus on your individual needs.

Days of Program: Scheduled w/ instructor
Cost (4 package): Members \$125 / Non-Member \$160

Swim Team • Ages 5 - 18

Competitive swimming is part of our programming. We offer recreational swim team for various kids of all levels. They have several practices a week and compete in swim meets. Our fall season runs August 6 - November 2.

Days of Program: Tuesdays & Thursdays, 5:30pm-6:30pm

Cost (per month): Members \$80 / Non-Member \$125

CPR/First Aid Certification • Ages 15+

This class can be done on your own time but must be complete within two weeks of the course being assigned to you. The first part is online. Once the online course has been completed you will be required to do a skills check by appointment on site at the YMCA.

Cost:
CPR/AED only: Members \$30 / Non-Member \$50

Cost CPR, AED, First Aid: Members \$50 / Non-Member \$70

FOR HEALTHY LIVING

Group Fitness Classes

Whether you're a beginner or a disciplined athlete, we have a wide variety of classes for all levels—high cardio classes to low impact/low cardio classes. Burn calories, sculpt, shape, and increase muscle tone! See our website for our current schedule and a complete listing of classes:

<http://valleymca.org/>

UPCOMING EVENTS

Back 2 School Week

July 22 - July 27

Check out all your fall programming options this week including swim team and lessons, childcare, family activities, fitness, and more!

DOG DAY AT THE YMCA

AUGUST 10 9:00-11:00AM

ADVENTURE GUIDES KICK-OFF

AUGUST 24 4:00-6:00PM

Personal Training

Our personal trainers are certified, skilled, and experienced professionals who maximize training time using proven, cutting-edge tools and techniques in efficient, organized, diverse, and challenging progressions. Nutrition training also available.

One-On-One, Small Group, & Partner Training

Time: By appointment

Cost: \$40 for 30 minutes

\$50 for 45 minutes

\$60 for 1hr.

Barre

This fitness class is a high-energy program that includes intense cardio and strength training drills.

Session dates: Ongoing

Time: Thursdays 7:25-8:30 PM

Cost: Members \$48/ Non-Member \$96

FOR SOCIAL RESPONSIBILITY

Financial Assistance

There is no other nonprofit quite like the YMCA. We are—and always will be—dedicated to building healthy, confident, connected, and secure children, adults, families, and communities. We make accessible the support and opportunities that empower people in our community to learn, grow, and thrive.

We encourage people who are in need of financial assistance to contact us for application information. The process is simple and confidential. Funds for this purpose are provided by contributions to our Annual Community Support Campaign.

Thanksgiving Basket Drive

The Y is here for our community. Within our Y, we have families with different levels of financial means. Please consider sponsoring a family this Thanksgiving.



• **DID YOU KNOW?** You can sign up for programs & membership online.

• **STAY CONNECTED!** Download the Valley of the Sun YMCA app for Apple & Android.