



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BACK 2 SCHOOL 2019 Fall Programs



LEGACY FOUNDATION CHRIS-TOWN YMCA
5517 N 17th Ave, AZ 85015 | 602.433.6320

REGISTER ONLINE AT
valleyYMCA.org

HOURS OF OPERATION

Monday–Thursday
5:00AM – 9:00PM

Friday
5:00AM – 7:00PM

Saturday
7:00AM – 5:00PM

Sunday
12:00PM – 4:00PM

FOR YOUTH DEVELOPMENT

FALL YOUTH SPORTS

Contact: AJ Terrill
Aj.terrillvosymca.org

Recreational Basketball • Grades PreK–6th

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

Session dates: Sep 2–Oct 26th
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: Sep 2–Nov 2nd
Cost: Member \$99 / Non-Member \$175

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: Sep 2nd
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: Sep 2nd–Nov 2nd
Cost: Member \$99 / Non-Member \$175

Soccer • Ages 3–10

A co-ed beginning league emphasizing in sportsmanship and fair play on the field. Practices once a week and with games on Saturdays.

Session dates: Sep 23–Nov 2nd
Cost: Member \$65 / Non-Member \$130

Flag Football • Ages 9–14

A recreational program designed for youngsters new to the sport of football as well as those not quite ready for tackle football. Practice once a week with a game on Saturdays.

Session dates: Sep 2–Oct 26th
Cost: Member \$65 / Non-Member \$130

Tball /Coach Pitch • Ages 4–9

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

Session dates: Sep 2–Oct 26th
Cost: Member \$65 / Non-Member \$130

Jnr Referee Program • Ages 12–18

A youth program that teaches life skills by focusing on how to be a youth referee. We meet on Saturday's 8am–2pm and will focus on learning the rules of basketball, volleyball and soccer from a referee's perspective.

Session dates: Sep 2–Oct 26th
Cost: FREE

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: Sep 2nd–Oct 12th

ADULT SPORTS

Basketball

Join our adult leagues that provide a fun and competitive environment for those looking to improve their skills
Day of Program: Tuesdays Sep 24th–Nov 2nd
Time: 8pm–10pm

Kickball

Join us at the YMCA every Wednesday for an eventful game of kickball.
Day of Program: Mondays Sep 3rd–Nov 3rd
Time: 7pm–9pm

Volleyball

Our adult co-ed volleyball leagues are a blast and offer a great way to stay in shape and be social.
Day of Program: Sundays Sep 29th–Nov 3rd
Time: 12pm–2pm

Pickleball

Pickleball is a racquet sport which combines elements of badminton, tennis and ping pong.
Day of Program: Tue/Thur
Time: 10am–12pm

FUN FALL ACTIVITIES

Parent's Night Out • Ages 3–11

Join us for Parent's Night Out EVERY 1st/3rd Friday OF THE MONTH! 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 1st/3rd Friday of the month
Time: 6:00pm–9:30pm
Cost: Member FREE \ \$15 Non-member

Birthday Parties

The Valley of the Sun YMCA branches offer family and group party and room rentals that provide the perfect venue and have rooms available 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: Andrea Taylor
ataylor@vosymca.org

SCHOOL AGE CHILDCARE

Contact: Katie Kuhl
Katie.kuhl@vosymca.org

GRADES K–6

After School

The YMCA Before and After School programs are 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 \$185 / Non-Member \$260

GRADES 7–12

Teen Membership • Ages 12–17

A membership offering exclusively for teens! Parent must be present at sign-up.
Cost: \$27 per Month

Youth & Government

With the premise that leaders are developed by doing, the YMCA's Youth and Government program's motto is that "democracy must be learned by each generation." With this in mind, teens are taught the principles of a democratic society and are given leadership roles in the

models of judicial, legislative and executive branches of local, state and national government. 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. Visit your branch for more information.

Meetings: Every Wednesday Sep-Dec
Times: 6:30pm-7:30pm

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.

Session Dates: Every Mon/Wed 5pm-7pm

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.

SWIM

Contact: Stephanie Schumann
Stephanie .schumann@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: Mon/Wed or Saturday options

Monthly Cost: Members \$60/ Non-members \$120



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: Flexible

Cost (4 package): Members \$150/ Non-Member \$250

Swim Team • Ages 5 – 10

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.

Days of Program: Days & times are dependent on the swimmers level.

ADVENTURE GUIDES

Contact: Andrea Taylor
ataylor@vosymca.org

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

Upcoming Dates:

Pizza Welcome Party	Aug 14	5:45pm
Boat Regatta	Sep 21	11am
Camp Sky Y Campout	October	2 nights

Cost: FREE

FOR HEALTHY LIVING

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Group Fitness Classes

Whether you're a beginner or a disciplined athlete, we have a wide variety of classes for all levels. They range from 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://valleyymca.org/>

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: \$35 for 30 minutes

\$55 for 60 minutes

UPCOMING EVENT SPOTLIGHT(S)

TEEN LOCK IN

08/24/2019

7PM-7AM

BOAT REGATTA

09/21/2019

11AM-1PM

PUMPKIN DIVE

10/19/2019

11AM-1PM

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.



Register online at
valleyYMCA.org



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

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