



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BACK 2 SCHOOL 2019 Fall Programs



FLAGSTAFF FAMILY YMCA

1001 N TURQUOISE DR, FLAGSTAFF, AZ 86001 | 928.556.9622

REGISTER ONLINE AT
flagstaffYMCA.org

HOURS OF OPERATION

Monday–Thursday
5:00AM – 10:00PM

Friday
5:00AM – 8:00PM

Saturday
7:00AM – 5:00PM

Sunday
10:00AM – 4:00PM

FALL SPORTS

Contact: Jonathan Byrd
jonathanbyrd@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.

Recreational Basketball • Grades PreK–6

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: SEPT. 2 – OCT. 26

Cost: Member \$40 / Non-Member \$95

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: AUG 5 – SEPT 9

Cost: Member FREE / Non-Member \$30

FOR YOUTH DEVELOPMENT



Competitive Volleyball • Grades 4 – HS

Volleyball for the most highly skilled players. Co-ed league with minimum of one practice per week with games on Saturdays. Standings are kept online with a single-elimination tournament to end the season.

Session dates: NOV 10 – 15 Tryouts

*Basketball requires purchase of \$25 Jr. Suns Jersey and Volleyball/Soccer requires \$20 shirt.

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

Join us for Parent's Night Out EVERY 1ST and 3RD FRIDAY OF THE MONTH! Our childcare specialists will watch your kids while you have a night out. Pizza, rock wall, movies, arts & crafts; supervised by experienced and caring Child Care staff in safe, well-supervised environment.

Must be potty-trained

Days of Program: Every 1st and 3rd Friday of the month

Time: 5PM – 9PM

Cost: Member FREE *Only available for members*

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!

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!

Contact: Ashley Ingram
ashleyingram@vosymca.org

SCHOOL AGE CHILDCARE

Contact: Ashley Ingram
ashleyingram@vosymca.org

GRADES K–6

Before and 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: AUG – DEC

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 • Grades 7–12th

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.

Teen Leaders Club • Grades PreK–6th

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

Register online at flagstaffYMCA.org

G.I.R.L.S. Club • Grades 8th-12th

Join us for a night of REAL talk, group games, laughs, bonding, food, and connecting with one another. You are not alone and the YMCA is here to provide you with that safe space and comfort.

Session Dates: Semester (AUG - DEC and JAN - MAY)

Cost: Member \$40 / Non-Member \$50

ADVENTURE GUIDES

Contact: Jonathan Byrd
Jonathanbyrd@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!

HEALTHY LIVING

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.



FOR HEALTHY LIVING



One-On-One, Small Group, & Partner Training. See the Front Desk to learn more about our Personal Trainers.

Time: By appointment

Cost: \$30 for 30 min. / \$50 for 1hr.

Get Tire'd Circuit Training

Get back to the basics of weight training while using minimal equipment. This class will include tire flips, tire drags, sledge hammers, box jumps and etc.

Session dates: Ongoing

Time: SAT. 10:50Am - 11:45AM

Cost: Member \$25 monthly / Non-Member \$50 monthly

COMMUNITY OUTREACH

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.

UPCOMING EVENT SPOTLIGHTS

Back 2 School Week

July 22 - July 27

See Welcome Center for details.

ADVENTURE GUIDES KICK-OFF

August 10th

12PM - 2PM

We are kicking off the Adventure Guides season with a fun celebration for the whole family!

TEEN NIGHT

August 31

12PM - 3PM

A fun night for teens to hangout and connect with one another!

FOR SOCIAL RESPONSIBILITY



Register online at flagstaffYMCA.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.