



GLENDAL/ PEORIA FAMILY YMCA
 14711 N. 59th Avenue, Glendale, AZ 85306 | 602.588.9622

REGISTER ONLINE AT
valleyYMCA.org

HOURS OF OPERATION

Monday–Thursday
 5:30AM – 9:00PM

Friday
 5:30AM – 8:00PM

Saturday
 7:00AM – 7:00PM

Sunday
 9:00AM – 4:00PM

FOR YOUTH DEVELOPMENT

FALL SPORTS

Contact: Ray Smith
Ray.Smith@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.

*Registration ends September

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: 9/15/2019– 11/02/2019
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: 9/06/2019– 11/02/2019
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. Offered monthly!
Session dates: 8/10/2019–09/21/2019.
Cost: Member Only, FREE

Recreational Volleyball • Grades 3rd – 8th

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: 9/18/2019–11/02/2019
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: 9/07/2019–11/02/2019
Cost: Member \$99 / Non-Member \$175
 *Basketball require purchase of \$20 Jr. Suns Jersey and Volleyball/ Soccer require \$10 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 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 third Friday of the month
Time: 5pm to 9pm
Cost: Member FREE *Only available for members.
 ASK US ABOUT OUR FIRST FRIDAY PNO

Poolside at the Y

Come enjoy a family-friendly night of relaxation, fun, and film at the pool!
Day of Program: August 24th
Time: 5pm to 7pm
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! We have many different rental spaces available to suit your event needs!
Contact: Anthony Lehn
Anthony.Lehn@vosymca.org

Ballroom Dance • Ages 18 and up Ages 14 to 17 are welcome with a parent/ guardian

Day / Times: Friday, 6pm to 8pm
Cost: Member FREE / Non-Member \$15 per day.

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.

ADULT SPORTS • Ages 18 and up

Contact: Larry Murphy
llmurphy@vosymca.org

SCHOOL AGE CHILDCARE

Contact: Nicky Hong
Nicky.Hong@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! See the registration form for specific dates.
Session Dates: Monthly, August to May
Before Care: 6:30am to start of school
Member \$110/ Non-Member \$160
After Care: end of school to 6:30pm.
Includes early release days.
Member \$185/ Non-Member \$260

Before School Care is included with After School Care enrollment.

GRADES 7–12

Teen Membership • Ages 12–17

A membership offering exclusively for teens! Parent must be present at sign-up.
Cost: \$24 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.
Session Dates: August 12th to December.
Meets Monday evenings
Cost: Member \$25 per 1st and 2nd conference / Non-Member \$45 per 1st and 2nd conference

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. Dinner provided.
Session Dates: Meets every Tuesday evening 5pm to 6pm.

SWIM

Contact: Anthony Lehn
Anthony.Lehn@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: M–Th & Saturdays
Cost: Members \$30–\$60/ Non-Member \$60–\$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: M–Th and Saturdays
Cost (4 package): Members \$150 / Non-Member \$250

Swim Team • Ages 6 – 17

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:** youth meet Monday and Wednesday evening. Times are dependent on the swimmers level.

ADVENTURE GUIDES

Contact: Ray Smith
Ray.Smith@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!

First Meeting: August 17th, 9am to 11am



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. 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://valleymca.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: \$30 for 30 minutes
\$50 for 1hr

Boot Camp

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

Session dates: Ongoing

REGISTER at the welcome center for a small group Boot Camp session.

Contact: Darius Yabo
darius.yabo@vosymca.org

Do you get our monthly e-newsletter?
Leave your email with the welcome center!

PRODUCE ON WHEELS

We are hosting the Borderlands Food Bank Produce on Wheels With Out Waste event at the Glendale/ Peoria Family YMCA.

Attend these event as a YMCA member or community member. The YMCA volunteers to help Borderlands RESCUE the produce and serve the community. Receive up to 70 pounds of produce for only \$12 cash.

We look for volunteers to help the YMCA distribute produce monthly through December. Volunteers are needed 5:30am to 9:30am.

Days of Program:

Saturday, July 27th, 6am to 9am

Saturday, August 24th, 6am to 9am

Future dates will be posted at the YMCA.

YMCA MEMBER ONLY EVENT SPOTLIGHT

AWESOME AUGUST EVENTS

Sign up at the Welcome Center!

FROZEN PARTY! Snow Cones

Sat., August 3rd, 12pm to 1pm

TWO HOURS OF SUMMER FUN

Fri., August 9th, 4:30pm

ADVENTURE GUIDES

Sat. August 17th, 9am to 11am

PARENT’S DAY OUT

Sat. August 24th, 1pm to 5pm

POOL & PIZZA PARTY

Sat. August 24th, 5pm to 7pm

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.