



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BACK 2 SCHOOL 2019 Fall Programs



ROSS FARNSWORTH EAST VALLEY FAMILY YMCA
1807 S Sunview, AZ 85206 | 480.649.9622

REGISTER ONLINE AT
valleyYMCA.org

HOURS OF OPERATION

Monday–Thursday
5:00AM – 9:00PM

Friday
5:00AM – 9:00PM

Saturday
7:00AM – 7:00PM

Sunday
10:00AM – 3:00PM

FOR YOUTH DEVELOPMENT

FALL SPORTS

Contact: **Greg Bouslog**
gbouslog@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.

Late Registration Begins August 20th

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: **Sept. 7–Oct. 26**

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. 6–Nov. 2**

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: **Sept. 14–Oct. 19**

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. 7–Oct. 26**

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. 7–Nov. 2**

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

Recreational Soccer • Ages 3 – 10

A co-ed beginning league teaching the basics and fundamentals in soccer. Practices once a week with games on Saturdays. There is equal play time with no scorekeeping.

Session dates: **Sept. 28–Nov. 16**

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

*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–9pm**

Cost: **Member FREE/ Non-Members \$15**

Poolside BBQ

Come enjoy a family-friendly night of relaxation, fun, and food at the pool!

Day of Program: **August 29**

Time: **4–6pm**

Cost: **FREE**

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: **Alison Owen**

alison.owen@vosymca.org

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!

SCHOOL AGE CHILDCARE

Contact: **Alison Owen**
alison.owen@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: **Monthly**

Cost: **Member \$210 / Non-Member \$300**

GRADES 7–12

Teen Membership • Ages 12–17

A membership offering exclusively for teens! Parent must be present at sign-up.

Cost: **\$32 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: **TBD**

Cost: **Free**

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: **TBD**

Cost: **Free**

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: Kylee Austin
kylee.austin@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-Thurs & Sat
Cost: Members \$60 / Non-Member \$120
Parent/Child Lessons FREE for members

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

Swim Team • Ages 5 – 16

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: Mon-Thurs 5-6pm (4 or 2-day options available)
Cost: Members \$150/month / Non-Member \$225/month

ADVENTURE GUIDES

Contact: Greg Bouslog
gbouslog@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!



FOR HEALTHY LIVING

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
\$45 for 45 minutes
\$50 for 1hr.

Boot Camp

This fitness class is a high-energy program that includes intense cardio and strength training drills. Your trainers will focus on functional moves in a small group setting. Session dates: Sept 16– Oct 25

Time: Monday, Wednesday, Friday 6-7pm
Cost: Members \$100 / Non-member \$150

Youth Conditioning

Encouraging young people to embrace physical activity through strength and cardiovascular training. We will be using the elements of agility, balance, coordination, strength, endurance and stretch to build our physical fitness while having fun and learning about healthy living.

Session dates: New session begins every first Tuesday of the month
Time: Tuesdays & Thursdays 4:30-5:30pm
Cost: Members \$40 / Non-member \$75

UPCOMING EVENT SPOTLIGHT(S)

Back 2 School Week
July 22 – July 27
See Welcome Center for details.

Family Night In
Friday, August 9
6-9pm

Babies & Burpees
(Mommy & Me Workout)
Wednesday, August 14
9:30am-10:30am

Toy Story Watch & Swap
(Bring Toys to Exchange)
Monday, August 19
9-12pm

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



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.