



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BACK 2 SCHOOL 2019 Fall Programs



SOUTHWEST VALLEY FAMILY YMCA
2919 N Litchfield Rd Goodyear, AZ 85395 | 623.935.5193

REGISTER ONLINE AT
valleyYMCA.org

HOURS OF OPERATION

Monday–Thursday
5:00AM – 9:00PM

Friday
5:00AM – 8:00PM

Saturday
7:00AM – 5:00PM

Sunday
12:00PM – 4:00PM

FOR YOUTH DEVELOPMENT

FALL SPORTS

Contact: Chevin Noone
chevin.noone@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 08/31

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: 09/01—10/26

Cost: Member \$45 / Non-Member \$120

Recreational Soccer • Ages 3-10

Designed to encourage participation and to have fun, kids are taught basic game skills such as trapping, dribbling, passing and shooting as well as goalie skills.

Session dates: 09/23—11/16

Cost: Member \$45 / Non-Member \$90

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: 09/01—10/26

*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 SATURDAY 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. Dinner is included.

***Must be potty-trained**

Days of Program: Every third Saturday of the month

Time: 5-9 PM

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: Devon Casem
devon.casem@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!
Wednesday 5pm-7pm
Saturday 9am-12pm

SCHOOL AGE CHILDCARE

Contact: Devon Casem
Devon.casem@vosymca.org

GRADES K-6

After School

The YMCA 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: \$30 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–December

Cost: Conference Prices include Hotel stay and weekly meetings. Check with Front Desk for pricing.

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: Weekly Meetings; Check with Front Desk for Details.

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: David Laudati
David.laudati@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: DAYS

Cost: Members \$000 / Non-Member \$000

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: Personalized Schedule
Cost (4/8 package): Members \$150/ \$275 / Non-Member \$275/\$375

Silver Fins Swim Team • Ages 5 & Up

The Silver Fins subscribe to a philosophy of teaching and training that provides for maximum long-term performances for its swimmers both in and out of the pool. Leadership and accountability are two essential "life skills" we strive to develop in our athletes. Our athletes learn self-discipline, time management, sportsmanship and goal setting - important lessons that will ultimately will prepare them for life after swimming.

Team Tryout begin in August: Contact Coach David for more information

ADVENTURE GUIDES

Contact: Lance Thornton
lance.thornton@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!

AWESOME AUGUST

Ice Cream Social

August, 10th—12:00PM-1:30PM

It's everyone's favorite event! Come enjoy ice cream, fun, and one last hurrah before school starts!

Family Game Night

August, 14th—6:30PM-8:00PM

Bring and share your family's favorite games! Whether you enjoy board games, or good ole card games, we want to have fun with you! We will have different games available as well!

Adventure Guides Kickoff Pizza Party Event

August, 23rd—6:00PM-7:30PM

Come enjoy pizza with Dad as we kickoff our Adventure Guide program! Learn all about this Father-Child program where dads gather in local "circles" and have adventures with their kids!

So Long to Summer Pool Party!

August, 31st—9:00AM-12:00PM

This is sure to be a splashing good time as we say, "So long, Summer," and dive straight into the school year!



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://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: \$35 for 30 minutes
\$65 for 1hr.

Welcome Workout

Don't know where to start? Schedule your 30min appointment with one of our Personal Trainers, they will assist you on getting you familiarized with the cardio or Strength training equipment, a Tanita assessment and help you make S.M.A.R.T. goals to help you achieve your health and fitness goals.

Session dates: Ongoing

Time: by appointment (See Front Desk)

Cost: FREE

UPCOMING EVENT SPOTLIGHT(S)

Back 2 School Week

July 22 - July 27

See Welcome Center for details.

Awesome August

Whole Month of August

Various Times and Activities

Trunk or Treat

October 26th

6:00-7:30PM

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.