



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BACK 2 SCHOOL 2019 Fall Programs



## TEMPE FAMILY YMCA

7070 S Rural Rd. Tempe, AZ 85283 | 480.730.0240

REGISTER ONLINE AT  
[valleyYMCA.org](http://valleyYMCA.org)

### HOURS OF OPERATION

Monday–Thursday  
5:00AM – 10:00PM

Friday  
5:00AM – 9:00PM

Saturday  
7:00AM – 7:00PM

Sunday  
8:00AM – 2:00PM

### FOR YOUTH DEVELOPMENT

#### FALL SPORTS

**Contact: Michael Partel**  
[michael.partel@vosymca.org](mailto:michael.partel@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 09/07/2019

#### 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: 09/02–10/26**

**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: 09/02–11/02**

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

#### Recreational Soccer League • Ages 3 – 10

Soccer is back at the Tempe Family YMCA! There's no better time to get back on the field. Learn new skills, create new friendships, and compete at one of the biggest leagues in the valley!

**Session dates: 09/25–11/16**

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

#### 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: 09/02–10/26**

**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: 09/02–11/02**

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

\*Basketball require purchase of \$20 Jr. Suns Jersey and Volleyball/soccer require \$10 shirt

### FALL FAMILY ENRICHMENT

**Contact: David Burckhard**  
[david.burckhard@vosymca.org](mailto:david.burckhard@vosymca.org)

From tots to teens, each program provides enrichment and special interests designed to keep your children engaged. Make new friends, learn, explore, and play!

**Classes will begin the week of August 5th and run for 4 Weeks**

#### Energy Zone! • Ages 3–5 Years

Escape the summer heat indoors to burn some energy off! Play high energy games, enjoy obstacle courses, relay races, and more!

**Day of Program: Monday**

**Time: 9:00am–9:30am**

**Cost: Member Free / non-member \$35**

#### Little Picasso's • Ages 1.5– 3 Years

Toddler's get the chance to create freely, with an instructor. Children will receive various supplies to allow for creative thinking, gross motor skills, listening and interpretation. Class will start with a story, focus on painting, and end with clean-up and creative play time.

**Day of Program: Tuesday**

**Time: 9:00am–9:30am**

**Cost: Member: Free / non-member: \$35**

#### World Culture Class • Ages 3–5 Years

Children will get to experience different cultures around the world, including being introduced to the Spanish language!

**Day of Program: Wednesday**

**Time: 9:00am–9:30am**

**Cost: Member Free / non-member \$35**

#### Mini Musician's • Ages 3–5 Years

Sing songs and enjoy musical play with an instructor. Children will enjoy musical play using a variety of instruments.

**Day of Program: Thursday**

**Time: 9:00am–9:30am**

**Cost: Member: Free / non-member: \$35**

#### 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.

**Day of Program: Saturdays**

**Time: 10:00am–10:45am**

**Session dates: 9/25–11/16**

#### 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: 6:00pm–9:00pm**

**Cost: Member FREE / non-member: \$20**

### SCHOOL AGE CHILDCARE

**Contact: Kinzie Verkerk**  
[kinzie.verkerk@vosymca.org](mailto:kinzie.verkerk@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**

\*We Accept DES

#### 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: DATES**

**Cost: Member FREE / Non-Member \$40 per month**

##### 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: Starts 8/12**

## SWIM

**Contact: Cassidy Marmont**  
[cassidy.marmont@vosymca.org](mailto:cassidy.marmont@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:** T/Th or Sat

**Cost:** Members: \$80 (T/Th) or \$40 (Sat)  
Non-Member: \$150 (T/Th) or \$80 (Sat)

### Private Lessons • Ages 3 – Adult

These 30-minute one-on-one lessons help students of all ages reach personal goals at their own pace.

**Days of Program:** Determined w/Instructor

**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:**

Tuesday/Thursday: 6–7pm

**Cost:** Members \$80 / Non-Member \$150

## ADVENTURE GUIDES

**Contact: David Burckhard**  
[david.burckhard@vosymca.org](mailto:david.burckhard@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!

Join us for a Kickoff Pool Party on August 24th, from 4:00–6:00pm!!!

**Cost:** Members: FREE / Non-Member \$75



## FOR HEALTHY LIVING

### HEALTHY LIVING

**Contact: Tamra Garstka**  
[tamra.garstka@vosymca.org](mailto:tamra.garstka@vosymca.org)

#### 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 strength & flexibility! 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 1hr.

\*\*Packages Available\*\*

#### Massage Therapy

Treat yourself to a relaxing massage at The Tempe Family YMCA! Our Licensed Massage Therapist has a flexible schedule to help with pain relief, increased circulation, decreased stress, increased relaxation and mobility!

**Time:** By appointment

**Cost:** \$65 for 60 minutes  
\$95 for 90 minutes.

\*\*Packages Available\*\*

#### Nutritional Restart Program

This 5-Week Restart program is a simple, powerful way to get you on track! Part nutritional education, part sugar detox, part support group! This class is Taught by a Nutritional Therapeutic Practitioner (NTP)

**Time:** Sundays, 11:30am–1:00pm

**Cost:** Member \$99 / Non-Member \$139

## UPCOMING EVENT SPOTLIGHT(S)

Back 2 School Week!

July 22 – July 27

See Welcome Center for details.

Adventure Guides – Kickoff Pool Party!

August 24th

4:00pm–6:00pm

## 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.

### Spooky Sprint 5K

Save the date for The Tempe Family YMCA's 1st Annual Spooky Sprint 5K!

Bring the family in costume to run or have fun cheering on the runners. Pre-registered runners will receive a t-shirt and race bag. Prizes will be awarded for top runners and best costumes. All Proceeds will go towards the Tempe Family YMCA's Annual Campaign! Saturday, October 26th – 8:30am Start More Details to come!

### 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](http://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.