



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BACK 2 SCHOOL 2019 Fall Programs



YUMA FAMILY YMCA
1917 W 32ND ST STE 2 YUMA, AZ 85364 | 928.317.0522

REGISTER ONLINE AT
valleyYMCA.org

HOURS OF OPERATION

Monday–Thursday
5:00AM – 10:00PM

Friday
5:00AM – 8:00PM

Saturday
8:00AM – 4:00PM

Sunday
9:00AM – 2:00PM

FOR YOUTH DEVELOPMENT

CLUB FIT @ GILA VISTA

Contact: Katelyn Canaday
katelyn.canaday@vosymca.org

Through a partnership with Northstar, we are bringing programs to Mesa Heights at low to no cost to youth through **Club FIT (Fitness Initiative for Teens)**. Our dynamic youth programs nurture the potential of youth by strengthening character, engaging families, and building lasting relationships.

Club FIT Conditioning • Grades 5–8 Mondays

A co-ed class teaching youth the basics and fundamentals of fitness and sports conditioning. Students will learn various ways of working out and how to optimize their fitness. Located at Gila Vista Jr High.
Cost: Member TBD / Non-Member TBD

Club FIT Nutrition • Grades 5–8 Mondays

A co-ed class teaching youth the basics and fundamentals of nutrition. Students will learn how to make choices to enhance their lives. Located at Gila Vista Jr High.
Cost: Member TBD / Non-Member TBD

Club FIT Baseball • Grades 5–8 Tues/Thurs

A co-ed beginning league teaching youth the basics and fundamentals in baseball. There is equal play time with no guaranteed score-keeping or playoffs. Located at Gila Vista Jr High.
Cost: Member TBD / Non-Member TBD

Club FIT Dance • Grades 5–8 Wed / Fri

A co-ed dance class that will mix a variety of methods and styles. Located at Gila Vista Jr High.
Cost: Member TBD / Non-Member TBD

Club FIT Youth & Government • Grades 5–8 Mondays

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.
Cost: Member \$0 / Non-Member \$0

SPORTS @ THE Y

Contact: Katelyn Canaday
katelyn.canaday@vosymca.org

Itty Bitty Sports • Ages 2–3 Saturdays 11:15am–12:00pm

Your kids will love our instructional sports program that will introduce them to the fundamentals of all sorts of sports! The YMCAs four core values— respect, responsibility, honesty, and caring — are infused into every class so that kids focus on the value of sportsmanship as well as the basic fundamentals. Parent participation is encouraged!

Cost: Member \$10 / Non-Member \$20

Tumble 1 • Ages 3+ Saturdays 10am–11am

Children will learn beginning fundamentals of gymnastics and tumbling through floor exercises & skill building techniques in a fun environment.

Cost: Member \$30 / Non-Member \$55

TUMBLE 2 • Ages 3+ Saturdays 9am–10am

Students will continue to learn the fundamentals of gymnastics. They will be taught to use proper form and safety. This class is designed to get your kids active while improving coordination, strength and motor skills.

Cost: Member \$35 / Non-Member \$60

Generation Pound • Ages 6–12 Wednesdays 4:30pm–5:30pm

Perfect for "Rockstars in Training" ages 6–12! Generation POUND® was created not just as a workout geared towards kids, but a MOVEMENT that aims to change the concept of health and fitness for today's youth. Get ready to make fitness about self-expression, empowerment, self-love and FUN! How? By introducing alternative ways to MOVE, ROCK, PLAY and MAKE NOISE! In some areas it's EARLY OUT Wednesday so it's PERFECT parents!!

Cost: Member \$0 / Non-Member \$20

Yuma Territorial Judo Club • Ages 6+ TBD

In a new partnership with Yuma Territorial Judo Club, we are proud to offer Judo at the Y. Olympic mats will be brought in to transform the teen room into an amazing studio. Available for beginners to experts. Students will have the opportunity to compete in tournaments. Classes to begin in September!

Cost: Member TBD / Non-Member TBD

SCHOOL AGE CHILDCARE

Contact: Edith Benavides
Edith.benavides@vosymca.org

Yuma Before & After School Crane District • Ages 5–12

Mon– Fri 6:30am–School Starts & After School – 6:00pm

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! Licensed Childcare, DES & Financial Aid.

Serving the following Schools: Desert View Academy, HL Suverkrup, Gowan, Gary Knox, Pueblo, Mesquite, Ronald Reagan, Salida del Sol and Valley Horizon.

Monthly Pricing:

Before Only:

\$95 Member / \$155 Non-Member

After Only:

\$165 Member / \$235 Non-Member

Before & After:

\$185 Member / \$255 Non-Member

Somerton After School

Somerton District • Ages 5–12

Mon– Fri After School – 5:30pm

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.

Serving the following Schools: Tierra Del Sol, Desert Sonora, Valle Del Encanto and Somerton Middle School

Cost: \$45/month + Bus \$45/month

Register online at
valleyYMCA.org

Adventure Guides •Grades K-7 Last weekend of the month

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. Open to kids Kindergarten- 6th grade. New Adventure Guide Circles will be launching on August 31st!

Cost: Member \$0 / Non-Member \$75

Club FIT Youth & Government •Grades 5-8 Mondays

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.

Cost: Member \$0 / Non-Member \$0
Scholarships available for conferences

Students Against Destructive Decisions •Grades 7-12

Mondays @ YMCA
Wednesdays @ Gila Ridge
Wednesdays @ Castle Dome

A youth-led organization that encourages students to empower their peers to make positive, even life-saving decisions in all aspects of their lives - whether behind the wheel, avoiding drugs or alcohol, or standing up to bullies. Make changes in our community with YOUR ideas, creativity, determination and leadership skills! Make new friends not only in Yuma but all over the country! Volunteer at numerous community events throughout the year! Be a role model to younger students! Have the chance of going to the SADD National Conference! SADD looks great on resumes and college applications!

Cost: Member \$0 / Non-Member \$0

Teen Memberships •Ages 12-17

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

Cost: \$27 per Month

Achievers •Ages 14-18 TBD

In order to empower youth in Yuma County, the Y Achievers program offers college access assistance to youth and young adults, creating a pathway that leads to higher education and job opportunities. Y Achievers is a college readiness and career exploration program designed to help underserved, first generation college-bound and minority opportunity youth to achieve higher education through experiences, exposure and empowerment.

Cost: Member \$0 / Non-Member \$0

Parent's Night Out •Ages 2-11 3rd Saturday of the Month 5pm-9pm

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

Cost: Member \$0 / Non-Member \$20

FOR HEALTHY LIVING

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Contact: Carissa Noriega
carissa.noriega@vosymca.org
Group Fitness Classes Ages 14+

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: <https://valleymca.org/yuma/schedules-downloads/>

Personal Training •Ages 12+

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.

CPR/First Aid Certification •Ages 12+

3rd Saturday of the Month 9am-11am
Do you need a CPR Certification for your job or just for a peace of mind? This course teaches you how to treat life threatening emergencies including cardiac arrest and choking and how to administer first aid in infants, children and adults. Online trainings & instructor led testing.

Cost: Member \$45 / Non-Member \$65

FOR SOCIAL RESPONSIBILITY

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Contact: Annie Clary
annieclary@vosymca.org

Volunteering

The Yuma Family 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.

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 encourage people who are in need of financial assistance to contact us for application information. The process is simple and confidential.

Annual Campaign

As a non-profit, the Yuma Family YMCA fundraises money each year to be able to provide scholarships and discounted prices for our programs. If you are interested in joining us to help the Yuma Community, please email annieclary@vosymca.org.

UPCOMING EVENT SPOTLIGHTS

Back 2 School Week
July 22 - July 27

Free Pound Fitness
August 10th
10am - 11am

Suicide Prevention
Training
August 29th & 30th
8am-5pm

Red Cross Blood Drive
September 28th
10am-3:30pm

Halloween @ the Y
October 26th
10am-12pm



• DID YOU KNOW? You can sign up for programs & membership online.

• STAY CONNECTED! Download the Valley of the Sun YMCA app for Apple & Android.