



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **STRONG KIDS STRONG FAMILIES**

**WENATCHEE VALLEY YMCA  
YOUTH AND FAMILY PROGRAMS  
*JANUARY – JUNE 2017***

**No child is ever denied participation because of inability to pay.**

***Information on membership, youth swimming lessons, and other programs and policies is available at the Y membership desk and at [www.wenymca.org](http://www.wenymca.org).***

**Wenatchee Valley YMCA**  
217 Orondo Avenue  
Wenatchee, WA 98801  
509.662.2109

**Eastmont YMCA Aquatic Center**  
980 3<sup>rd</sup> Street NE  
East Wenatchee, WA 98802  
509.884.3113



**YOUTH PROGRAMS**

### Youth and Teen Center (Grades K-9)

The Youth and Teen Center is a supervised area which includes a fitness arcade, imagination area, learning center with computers and game (pool table, foosball, table tennis, air hockey, etc.) area. Free for Y members.

Hours:

M-F 4:00 pm – 8:00 pm

Sat 8:30 am – 10:30 am

Learning Center:

M-Th 5:00 pm – 6:30 pm

### Youth Open Swim Times (Grades K-9)

(Please see Swimmer Identification Procedures below)

Wenatchee

M, W, F 4:00 pm – 4:45 pm

Eastmont YMCA Aquatic Center

M-Th 6:15 pm – 7:00 pm

Sat 1:00 pm – 2:30 pm

### Swimmer Identification Procedures

The Y is committed to the safety of our participants. All youth participants wishing to move outside the designated shallow end of the pool must take a swim test. Those passing the swim test will be given an orange bracelet and may swim outside the designated shallow area. Those who do not pass the test or do not wish to take the test must stay in the designated shallow area. During Family Swims, a parent may take one of their non-swimmer children out of the designated shallow area provided that continuous physical contact is maintained. Upon entering EYAC or the pool area at the Y, if the staff on duty can verify that a youth participant has previously passed a swim test, the youth participant will be given an orange bracelet. Participants are requested to return their bracelets when they are done swimming. The Y reserves the right to deny participation, even in the designated shallow area, to unaccompanied youth participants who have not passed a swim test and do not meet pool specific minimum height requirements. The Y appreciates your support of our safety efforts.

### Saturday Birthday Program

The Y has birthday party options available at the Wenatchee facility and Eastmont YMCA Aquatic Center. Each option includes a birthday host, party favors, birthday treats, vegetable tray, and lots of fun for young guests. Options include Climbing Wall, Youth and Teen Center, Sportwall, and swimming (participants must be at least 6 years of age). We are pleased to offer healthy food options for your party upon request. All parties require advance registration and full payment at the time of registration. For specific details, please go to [www.wenymca.org/birthday-parties](http://www.wenymca.org/birthday-parties) or contact Membership Services.

### Uplift (Grades 6-9)

Uplift is an educational course that teaches practical components related to Nautilus, free weights, and cardiovascular training and conditioning. Upon successful completion, graduates may participate in adult programs without adult supervision. Contact the Membership Services for the dates and times of the next group session (One session per month) or to schedule Private Uplift Instruction.

Group Uplift Instruction: \$55 for Y Members

Semi-Private Uplift Instruction: \$120 for Y Members

### Gym Activity (Grades K-9)

The Y is pleased to offer a variety of physical activities for youth. All activities are free for Y members and may include:

- Climbing Wall: Supervised, auto-belay climbing technology with over 750 square feet to conquer. Equipment provided.

- Sportwall: Interactive fitness technology that allows individual reactive time training or group relay activities.
- Open Gym: Open area in gym for activities like basketball.
- Group Games: Group Games led by Y Staff

M-F 4:00 pm – 5:00 pm

Sat 10:30 am – 11:30 am

#### After School Program (Grades K-5)

Activities include homework help, nutritious snacks, and physical and educational activities.

Children will transition to the Youth and Teen Center at 4:30 pm. (The Y After School Program is a drop-in recreation program, not a state licensed child care program.)

*M-F 2:30 pm - 4:00 pm (Wenatchee School District regular schedule school days)*

*Y Members - \$8.00 per visit or \$144.00 for 20 visit punch card*

*Or \$136 per month per child as a bank draft*

*Community Members - \$13 .00 per visit*

Wenatchee School District Early Release Days

11:30 am - 4:00 pm

Y Members: \$16.00 per visit or double punch on punch card

Community Members: \$26.00 per visit

#### Holiday Program (Grades K-5)

The Y Holiday Program is a special program available during most Wenatchee School District non-school days. Activities include swimming, small and large group games, arts & crafts and a snack. Participants must bring a lunch, swimsuit, and towel. Check in: 7:30 - 8:30 am. Early registration is recommended. *Holiday Program is not included in the After School Program bank draft.*

*\$28.00 per day for Y Members*

*\$38.00 per day for Community Members*

Fees increase by \$10.00 on the Friday before the program starts

#### Babysitting (Crawling through age 5)

M - F 8:30 am - 1:00 pm

M - Th 4:00 pm - 8:00 pm

F 4:00 pm - 7:00 pm

Sat 8:30 am - 11:00 am

Babysitting is included with your Family Membership

For children not on a family membership, the fee is \$3.00 per hour per child. Parents must remain in the Y facility. A ten hour punch card may be purchased at Membership Services for \$25.00.

## **FAMILY PROGRAMS**

At the Y, we believe family recreation is a part of healthy living and youth development. An effort has been made to develop opportunities purely for family recreation as well as allowing children to participate with an adult family member during some adult program times under certain circumstances:

- The Y has family times in the Youth and Teen Center and family swims times. To participate in these activities, children age 15 and under must be accompanied by an adult family member 21 years of age or over. Children in grades K-9 can be in the Youth & Teen Center while it is open without a parent.
- The Y has Family Gym activity time. To participate, children aged 12 and under must be accompanied by an adult family member 21 years of age or over.
- Children age 13 -15 may participate in fitness center activities, group exercise classes, adult volleyball and adult open gym, if they are under the direct and constant supervision of an adult family member 21 years of age or over.
- Racquetball courts are also available for family participation. Children age 15 and under must be uplift graduates or under the direct and constant supervision of an adult family member 21 years of age or over.
- If the gym is not being used for its scheduled purpose, others may use the gym, but must leave if members arrive to use the gym for its scheduled purpose.
- There are no youth or family activities after 8:00 pm. Children should not be in the building unless they are an Uplift graduate or under the direct and constant supervision of an adult family member 21 years of age or over.

## EYAC

### Youth & Family Swim

Monday - Thursday 6:15 pm – 7:00 pm

Saturday 1:00 – 2:30 pm

## YMCA

(child with adult family member 21 years of age or over, participating together)

### Family Gym Activity

Climbing Wall, Sportwall, Open Gym

M,W, F 6:40 pm – 7:30 pm

Sat 10:30 am – 11:30 am

Sunday 3:00 pm – 4:00 pm (November through March)

### Family Group Exercise

Family Group Exercise classes are offered periodically. See monthly Group Exercise Schedule at [www.wenymca.org](http://www.wenymca.org) for dates, times and format.

### Family Swim

M,W,F 5:00 pm – 7:00 pm

In the YMCA Pool, family swim requires a child to be in the water with an adult family member 21 years of age or over.

### Family Youth and Teen Center

M - F 6:30 pm – 8:00 pm

Sat 8:30 am – 10:30 am