



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

STRONG KIDS STRONG FAMILIES

**WENATCHEE VALLEY YMCA
YOUTH AND FAMILY PROGRAMS
*September 2017 Fall Brochure***



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.wenyumca.org.

Wenatchee Valley YMCA
217 Orondo Avenue
Wenatchee, WA 98801
509.662.2109

Eastmont YMCA Aquatic Center
980 3rd Street NE
East Wenatchee, WA 98802
509.884.3113

YOUTH POLICY: The safety and welfare of every child in our facilities is of the utmost importance for the Y administration. To that effect, the following policy will help us protect and care for your child while they are with us.

All members under age 13 must be in a structured activity, such as After School Program, Babysitting, Youth/Teen Center, Youth Sports, Open Youth Swim, Swim Lessons, or directly supervised at all times by an adult family member, age 18 and older.

Youth ages 11 and up are permitted in the Fitness Center with direct and constant supervision of a parent or legal guardian. Youth ages 12-15 (or grades 6-9) must complete Uplift to be permitted in the Fitness Center or allowed to participate in adult Group Exercise classes without a parent or guardian.

Members 16 and older may use the Y facility and services without parental supervision.

YOUTH PROGRAMS

Babysitting (Crawling to 6 years)

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

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

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

Youth and Teen Center (Grades K-9)

The Youth and Teen Center is a supervised area which includes a fitness arcade, imagination area, 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

Youth Open Swim Times (Grades K-9)

YMCA

M, W, F 4:00 pm - 4:45 pm

6:00 pm - 7:00 pm

Eastmont YMCA Aquatic Center

Sat 1:00 pm - 2:30 pm

Swimmer Identification Procedures

The Y is committed to providing children of all skill levels opportunities to learn, grow, and thrive. In order to accomplish these goals, swimmers who are new to our program will need to take a swimming skill evaluation so that staff can assign each child to a level, ensuring a positive and successful experience for all class participants. Evaluations are provided on Mondays and Wednesdays between 6:15 - 6:55 pm at the Eastmont YMCA Aquatic Center or by appointment. Beginner swimmers and current Y swim lesson participants may register without a swimming skill evaluation.

Who: Any swimmer under the age of 13 who would like to swim by themselves past the shallow-end rope. If a swimmer has taken Uplift or Strengthen Our Swimmers, they do not have to take a swim test.

Components:

1. Jump feet first at the start point
2. Immediately begin swimming forwards using crawl stroke, breast stroke, or a combination of both. Swimmers must demonstrate a proficient forwards stroke (no doggy paddle). Swimmers must demonstrate their ability to put their face in the water without stopping to rest on the side or bottom of the pool.
3. Back float for 10 seconds
4. Tread water for 10 seconds

Saturday Birthday Program

The Y has birthday party options available at the Y 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 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

After School Program (Grades K-5)

This program connects our kids to the community, culture, and government of the Wenatchee Valley and engages them in STEAM (Science, Technology, Engineering, Art, and Mathematics) activities to ensure a brighter future. Our participants also benefit from homework help, a healthy snack, and physical education. (The Y After School Program is a drop-in recreation program, not a state licensed child care program.)

M-F 2:30 pm - 6:00 pm (Wenatchee School District regular schedule school days)

Members - \$8.50 / visit or \$148.00 for 20 visit punch card

Or \$140 /month per child as a bank draft

Community Members - \$14 .00 per visit

Wenatchee School District Early Release Days 11:30 am - 6:00 pm

Members: \$16.50 /visit or double punch on punch card // Community Members: \$27.00 / visit

Holiday Program (Grades K-5)

The Y Holiday Program is a program available during most Wenatchee School District non-school days. Activities include STEAM projects (Science, Technology, Engineering, Art, and Mathematics) swimming, small and large group games, 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.

Members \$29.00 per day // Community Members \$39.00 per day

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

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. The Y allows children to participate with an adult family member during some adult program times under certain circumstances:

- Children age 15 and under must be accompanied by an adult family member 18 years of age or over. Children in grades K-9 can be in the Youth & Teen Center without a parent while the center is open.
- Children aged 12 and under must be accompanied by an adult family member 18 years of age or over to participate in Family Gym time.
- 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.

Youth & Family Swim at Eastmont YMCA Aquatic Center

Saturday 1:00 pm -2:30 pm

Family Swim at the Y

M, W, F 6:15 pm -7:00 pm

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 3pm -4pm (November - March)

Family Group Exercise

- Family Zumba Fri 5:30 pm -6:15 pm (For adults with children ages 3 and up)
- Dance Together Fri 9:00 am -9:45 am (For adults with children aged 3-5)

Family Youth and Teen Center

M - F 6:30 pm -8:00 pm

Sat 8:30 am -10:30 am

