



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

STRONG KIDS STRONG FAMILIES

**Wenatchee Valley YMCA
Youth and Family Programs
Winter 2018**



**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. Members 13 and older may use the gymnasium, when available.

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

After School Program (Grades K-5)

The After School Program engages our youth in STEAM (Science, Technology, Engineering, Art, and Mathematics) to ensure a brighter future. Our participants also benefit from homework help, a healthy snack, and 30 minutes of physical activity every day. We follow the Wenatchee School District Calendar. On regular school days we operate 2:30pm-6:00pm. On early release days we operate from 11:30am-6:00pm.

There may be a bus that runs from your child's school to the Y. Please contact the Wenatchee School District Transportation Department directly to secure your transportation or learn what buses already stop near the Wenatchee Valley YMCA. The Y After School Program is a drop-in recreational program. It is not a state licensed child care facility.

Member Fees:

Regular Days: \$8.50 per visit or \$148.00 for 20 visit punch card, or \$140.00 per month per child as a bank draft

Member Fees on Early Release Days: \$16.50 per visit or double punch on punch card

Community Member Fees:

Regular Days: \$14.00 per visit or \$208.00 for 20 visit punch card

Early Release Days: \$27.00 per visit or double punch on punch card

The bank draft option requires either an active youth or household membership. Bank drafts and punch cards are non-refundable and non-transferable.

Out of Bounds (Grades K-5)

The Out of Bounds program connects our kids to the community and culture of the Wenatchee Valley. Our participants meet local public service officials and learn about our valley's commerce through activities and presentations with businesses outside of the YMCA. Children also receive physical activity through gym games, rock climbing, or swimming. On Out of Bounds days, check in begins at 7:30am. Our planned programming runs from 9:00am-4:00pm.

Out of Bounds is available during Wenatchee School District non-contracted/district days, Winter Break, and Spring Break. We will have Out of Bounds on the following dates during the spring of the 2017-2018 school year: January 26, March 7, April 2-6, May 4.

Member: \$29*// Community Member: \$39*

*Fees increase by \$10 the Friday before the program. Out of Bounds is not included in the After School Program bank draft.

The Out of Bounds program is not a state licensed child care facility.

Youth and Teen Center (Grades K-8)

The Youth and Teen Center provides children with supervised free choice time. Children may choose from our fitness arcade, table games (pool, air hockey, ping pong, and foosball), the Imagination Station (toys, blocks, and games), and arts and crafts activities.

Monday-Friday 5:00 pm-8:00 pm ■Saturday 8:30-10:00 am



Member: Included with membership // Community Member (through age 12) \$3

Youth Open Gym (Grades K-8)

The Y is pleased to offer a variety of physical activities for youth. Activities may include:

- Climbing Wall: supervised, auto-belay climbing technology with over 750 square feet to conquer. Equipment provided. *Our staff's main focus is climbing safety. We ask that climbers are respectful of this concern by sharing their time on the wall with other climbers while usage is high.
- Sportwall: Interactive fitness technology that allows individual reactive time training or group relay activities
- Open Gym: open area in gym for activities like basketball and group games led by Y Staff

Monday-Friday 4:00 pm-5:00 pm, Saturday 10:00 am-10:50 am

Member: Included with membership // Community Member (through age 12) \$3

Youth Open Swim (Ages 6-15)

Wenatchee Valley YMCA Pool: Monday, Wednesday, Friday 4:00 pm-4:45 pm

Eastmont YMCA Aquatic Center: Monday, Wednesday 6:15 pm-6:55 pm, Saturday 1:00 pm - 2:30 pm

Babysitting (Crawling through 5 years)

Monday-Friday 8:30 am-1:00 pm

Monday-Thursday 4:00 pm-8:00 pm

Friday 4:00 pm- 7:00 pm

Saturday 8:30 am-11:00 am

Included with family/household membership // Youth Member & Community Member: \$3

Youth Swimming Programs and Lessons

The Wenatchee Valley YMCA and Eastmont YMCA Aquatic Center offers a variety of swim lessons and programs for all ages and skill-levels. Please see our Membership Services desk, the *Engage Swim Achieve* Brochure, or contact the Eastmont YMCA Aquatic Center for details and availability for current swim programs and lessons.

Weekend Birthday Program

Have your child's next birthday party with us at the Y. We offer Saturday and Sunday afternoon times to serve your family and friends. Enjoy your guests while our staff takes care of the set up, clean up, party decorations, cake, snacks, fun activities, and party favors. Activity options include: Climbing Wall, Gym, Swimming Pool, and Game Room. Please see Membership Services for details and pricing.

Uplift (Grades 6-9)

Uplift is an educational course that teaches practical components related to free weights, circuit and cardio training, as well as general conditioning. Upon successful completion, graduates may participate in adult programs without adult supervision. Sessions are offered each month. Classes run the 3rd week of each month. Check out our website or contact Membership Services for dates and times. This program is only available to members.

Group Uplift Instruction: \$55 // Semi-Private Uplift Instruction: \$120

FAMILY PROGRAMS

The Y believes that families need the chance to play, learn, and grow together. So, an effort has been made to develop opportunities for family time. For Family Programming, the Y asks that parents/guardians be with their kids at all times.

Family Group Exercise

Family Zumba Friday 5:30 pm-6:15 pm (For parents with children ages 3 and up)

Dance Together Friday 9:00 am-9:45 am (For parents with children ages 3-5)

Family Open Gym

During these times, we offer Supervised Climbing Wall, Sportwall, and open gym for activities such as basketball, volleyball, or family games. During gym activities, we do ask that everyone be respectful to all users.

Monday, Wednesday, Friday 6:40 pm –7:30 pm ▪ Saturday 10:00 am –10:50 am

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

Family Youth and Teen Center

Monday-Friday 6:30 pm –8:00 pm ▪ Saturday 8:30 am –10:00 am

Family Swim at the Y

Monday, Wednesday, Friday 5:00 pm–7:00 pm ▪ Tuesday, Thursday 5:00 pm-6:15 pm

Youth & Family Swim at Eastmont YMCA Aquatic Center

Saturday 1:00 pm – 2:30 pm