

Activities Available at Presidio YMCA for SF CASA Volunteers and Youth



All youth participants must have the attached liability waiver signed by their legal guardian to participate in programs. Please find our digital liability waiver [here](#).

All CASA volunteers must have a FREE community membership ([join here!](#)) with their youth added to the account. Once you have created your FREE community membership, please email Amanda Ables at aables@ymcasf.org. Participants must email Amanda in order to receive CASA rates.

Please contact Amanda Ables at aables@ymcasf.org or Kate Eaneman at keaneman@ymcasf.org with any questions or for additional information.

Available Programs

Rec Swim

Fee: FREE

Times: Saturday and Sundays 1:00-6:00pm

Contact: Amanda Ables at aables@ymcasf.org

Youth must be directly supervised by their CASA volunteer at all times.

Teen and Youth Swim Lesson Drop In:

Fee: \$10/class

Times: Varying times. For current availability, please contact Kate Eaneman.

Contact: Kate Eaneman at keaneman@ymcasf.org

All registrations for teen swim lessons must go through Kate Eaneman. The goal of these classes is increased comfort and confidence, water skills, and education on possibilities for lifelong wellness, and employment opportunities in aquatics.

Girls Bike Club:

Fee: Free

Times: 10ish-2ish every 3rd Saturday of the month, plus an additional evening ride for Presidio's Holiday Lights Gathering.

Contact: Malay Khamsyvoravong, at malay@ybike.org

Related: Build a Bike

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More info can be found online here:

<https://linkprotect.cudasvc.com/url?a=https://www.ymcasf.org/programs/ybike-presidio%23field-collection-1792&c=E,1,VTjrztYENJXLhrU9PwKcppokr8CcgFFFaNEgdZgriRKbZdb5TZOg8oVCRhCxgH-CAX2elveg0Pcv55ul0c8T5nZ2jzevOLh-WDAAt2LUaLqSHxo-DXXWQk78,&typo=1>

Learn to Ride

Fee: Free!

Times: 1st Sunday of Every monthly 11am-2pm

Location: South End of the Main Post Lawn in the Presidio

Learn to ride a bike, or improve your biking skills- no bike needed!

Upcoming Events

Presidio Trail Run:

Fee: Scholarships available

Early Bird Registration Fee (through January 31st): 10K Adult - \$50, 5K Adult - \$35, 1.5 Mile Adult - \$20 | Youth: \$5

Registration Fee (starting February 1st): 10K Adult - \$55, 5K Adult - \$40, 1.5 Mile Adult - \$25 | Youth: \$10

Times: April 29, 2018 8:30-11:30

Registration includes:

- **Awards:** Top finishers in each category (male and female for youth and adult) will receive special awards.
- **Post-race Celebration:** Join us afterwards at the Presidio Y for post-event awards, refreshments and family activities!
- **Shirts:** We have a new shirt design this year! There is an option to order extra shirts on the registration page.

Contact: Christine Lunde at clunde@ymcasf.org