



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPAND YOUR CIRCLE

YMCA OF SAN ANGELO
2019 FALL BROCHURE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A SHAPSHOT TODAY, THE BIG PICTURE TOMORROW

Brick Paver Campaign YMCA OF SAN ANGELO

Brick pavers are an excellent way to support the Capital Campaign of the YMCA of San Angelo. It is our goal to raise **\$7.5 million** to construct a second location at 2833 College Hills Blvd. This location will serve as the headquarters for Youth and Child Development at the Y. This center will allow higher enrollment for the Little Explorer's Preschool and improvement to the Day Camp and Summer Day Camp Program. Along with renovating the existing 11,000 square foot facility, and constructing a new 12,000 square foot multi-use center, a brick walkway will be installed. For a donation, a personal message will be engraved on the brick size of your choosing.

4" x 8" = \$100.00

8" x 8" = \$500.00

12" x 12" = \$1,000.00



Payment options available. For more information on the Capital Campaign and/or how to donate visit the website at www.ymcasanangelo.org or call 325-655-9106.

Online ordering available at www.bricksrus.com/donorsite/ymcasanangelo.org

The mission of the San Angelo YMCA is to serve the people in the San Angelo community of all faiths and ages, with emphasis on families and youth, to permit them to achieve their God-given potential in spirit, mind and body through its programs, staff, facilities and the community.

YOUTH DEVELOPMENT

GIVING IDLE HANDS SOMETHING TO DO

AFTERSCHOOL PROGRAM

The Y Afterschool Program provides a safe, structured environment for children when school lets out. Our trained staff assists with homework, leads engaging activities, provides a healthy snack and creates an overall fun environment. Program sites are located at all of the SAISD elementary schools and all Headstart locations from 2:30 pm - 6:00 pm.

Registration Fee

\$20.00

School Aged Weekly Fee

\$50.00 Y - Members / \$63.00 Non - Members

Head Start Weekly Fee

\$60.00 Y- Members / \$69.00 Non - Members

Drop-In

\$18.00 per day

DAY CAMP

During school holidays, on the days that the Y is open, full day camps are offered from 7:00 am - 6:00 pm. Registration and fees are separate from the Afterschool Program and available on a first come, first serve basis.

Daily Fee

\$20.00 Y - Members / \$25.00 Non - Members

Available Camp Dates

October 11, 14 & 23

November 25 - 27

December 23, 27 & 30

LITTLE EXPLORER'S PRESCHOOL (Program is full. A wait-list is available)

By participating in the Little Explorers Preschool Program your child will have the opportunity to prepare for kindergarten while taking advantage of all that the YMCA has to offer. Children will participate in engaging educational activities, swim days, field trips, and more. Low ratio classrooms will allow children to build educational skills as well as foster social and emotional growth. In order to participate in our program your child must be 3 - 5 years of age with a current shot record and health assessment.

Program Dates: August 21, 2019 - August 13, 2020

Registration Fee: \$25

Weekly Fee: \$110.00 Y - Members / \$123.75 Non - Members

KID'S NIGHT OUT (KNO)

At the Y, we know parents need a break from time to time. With Kids Night Out events, parents can have a night out while kids have fun. Many fun and exciting events to keep your child happy at the Y. This program is a great opportunity for parents to have a night out to see a movie, catch up with friends or have dinner out, while your children have fun in a familiar environment. Children must be 3 - 12 years old and potty trained. Kid's Night is offered on occasional Friday evenings from 6:00 - 10:00pm.

Fee per KNO: \$13 Y - Members / \$18 Non - Members

KNO Winter Schedule:

September 6 & 20

October 4

November 1

November 15

December 6



YOUTH BASKETBALL

League Basketball

For: K - 8th grade students

Fees: \$55.00 Y - Members / \$65.00 Non - Members

Specifics: Teams are formed by grade and school and/or area of town. Playing time rules apply.

Club Basketball

For: 4 - 8th grade students

Team Fees: \$425.00 per team w/out jerseys

\$450.00 per team with YMCA issued jerseys

Specifics: Roster minimum of 7 / maximum of 10. Team registration only.

No individual registrations available. Financial assistance is **NOT** available for team registration. The champion of the YMCA post season tournament will have their entry paid to a grade level tournament in San Antonio, TX in April 2020.

Registration Dates: September 15 - November 15, 2019

Late Registration: November 16 - November 23, 2019

\$15 Late Fee Applies

Preseason Clinic

The objectives of the San Angelo YMCA is to teach young players the real skills of the game and provide them with opportunities to improve their skills while playing in a competitive capacity. Clinic staff will promote the concepts of **HARD WORK, DEDICATION, and DETERMINATION** in achieving one's goals.

Registration Dates: September 15 - November 19, 2019

Clinic Specifics: November 18 - 21, 2019

5:30 pm - 7:30 pm

Fees: \$50.00 Y - Members / \$60.00 Non - Members

LITTLE SPORT'S LEAGUES

The Y has designed a set of sport specific programs for 3 - 5 year olds who have an interest in learning more about sports. These leagues are designed to teach terminology, basic fundamentals in both individual and team play while in a modified setting, creating success. The program is instructed by Y staff.

Little Kickers

For: 3 - 5 year olds

Registration Dates: August 1 - September 2

Clinic Specifics: September 3 - October 8

Every Thursday from 5:30pm - 6:30pm

Fees: \$45 Y - Members / \$55 Non - Members

Little Dribblers

For: 3 and 4 year olds

Registration Dates: September 15 - January 6

League Dates: January 6 - February 10, 2020

Every Monday from 5:15pm - 6:30pm

Fees: \$45 Y - Members / \$55 Non - Members



ROLE MODELS WANTED!

Volunteer to coach at the Y. You won't regret it.



ADULT SPORTS

At the Y, it's not just kids stuff. Game on! YMCA Adult Sports programs offer fun ways for men and women ways to stay active, get fit and explore new hobbies. Whether you are a seasoned athlete or just looking to explore a new hobby, we have something for you! The YMCA offers a variety of adult sports leagues and programs that provide fun and healthy activities for adults of all fitness levels.

Co-Ed Futsal

Join us for this new indoor, air-conditioned league! Focus on footwork and efficient ball movement. Games will be played on the gym surface, regulation size basketball court. Indoor shoes or tennis shoes only.

Registration Dates: August 1 - September 30

Fees: \$175.00/team

Season: Wednesday nights, October 9 - November 20

Ages: 16+ years

5 v 5 Basketball Tournament

October 4 - October 6, 2019

Round up your players and form your team for the Y's 5 v 5 Adult Basketball Tournament! Teams are guaranteed 3 games. Men and women ages 16+ can participate. The winner receives a free entry into the next tournament.

Registration Dates: August 1 - September 30

Fees: \$175.00/team

Adult Volleyball

Bring a team of your friends, family or co-workers and get in the game! Must be 16+ yrs. Games are played on Wednesday evenings.

Registration Dates: October 1 - November 30, 2019

Fees: \$200.00/team

Season: December 4 - January 29, 2020

TENNIS

Junior Team Tennis

All players 18 and under are encouraged to join or form a team to compete against other teams in the Concho Valley. Intermediate and advanced divisions are available in 8U, 10U, 12U, 14U and 18U. Basic knowledge is required regarding rules and score keeping. No instruction provided during this program.

Registration Dates: Now - September 27

Fees: \$25.00 paid through USTA

Season: September 22 - November 3

3 match guarantee

Games are played on Sunday between 1:00 pm - 6:00 pm

Fall Tennis Clinic

Registration Dates: Now - September 11

Fees: \$55 Quickstart / \$65 Intermediate and Adult

Program Information:

September 9 - October 16

Quickstart (7 - 10 years): Monday from 5:30 pm - 6:30 pm

Intermediate (11 - 18 years): Tuesday from 5:30 pm - 7:00 pm

Adult (18+ years): Wednesday from 5:30 pm - 7:00 pm

All session will be held at the Concho Valley Tennis Center.

KARATE

The San Angelo YMCA and The Karate Institute collaborate to offer karate at the Y! Children ages 4 and up are encouraged to learn the fundamentals associated with karate while instilling values such as confidence, discipline, perseverance and mental focus.

Sessions offered monthly on Saturdays from 11:00 am - 12:30 pm.

Uniform Fee: \$40.00

Monthly Session Fee: \$50.00 Y - Members / \$75.00 Non - Members

HEALTHY LIVING

DISCOVER MORE THAN ONE WAY TO ENERGIZE



LUNCH CRUNCH

NOBODY IS TOO BUSY!

A half hour, high intensity workout designed for those on the go! Class meets Monday, Wednesday and Friday from 12:00 pm – 12:30 pm. Sessions are offered monthly.

Monthly Fee: \$30.00 Y - Members / \$35.00 Non - Members

SILVER SNEAKERS

SilverSneakers is the nation's leading exercise program designed exclusively for Medicare-eligible adults. SilverSneakers offers physical activity, health education and social events, helping to reduce health care costs driven by the physical and mental effects of aging and physician and hospital visits. The Y offers amenities such as fitness equipment, treadmills, free weights, and signature SilverSneakers classes, which are designed specifically for older adults and taught by certified instructors.

PRIME® FITNESS

Prime® Fitness is offered through select commercial health plans and employer groups to the 18-to-64 age group. Prime helps remove common barriers to physical activity – inconvenient locations, cost, lack of accountability, and motivating support – through convenient access to the nationwide Prime Network, quick and easy online enrollment and opportunities to meet other members who share their interest in a healthy lifestyle. Prime membership includes access to amenities and any group exercise classes that are included in a basic membership.

DIABETES COALITION AT THE Y

The mission of the San Angelo Diabetes Coalition is to improve community health by creating and supporting programs to decrease the incidence and complications of diabetes and address causative factors. The organization works to reduce the complications of diabetes in our community by hosting free diabetes self-management education classes as well as monthly outreach events. At these outreach events we will offer education as well as screenings for diabetes and kidney disease risk factors.

September 10, 2019 @ 3:00 pm: One Hour Diabetic Medication Talk

September 25, 2019 @ 9:00 am – 1:00 pm: Diabetic Education Seminar (RSVP REQUIRED)

Free and open to the public. RSVP by calling (325) 481-8603

FINANCIAL ASSISTANCE IS AVAILABLE FOR ALL THAT QUALIFY! APPLY TODAY

GROUP FITNESS

American Barre: Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates, that focuses on low-impact, high intensity movements designed to strengthen and tone your body in ways that few other workouts can.

Balance and Strength: In this 30 minute class you will be performing coordinated actions to help develop and maintain equilibrium by strengthening your muscles with various resistance exercises and techniques.

Balletates: Full body, no impact combo class with emphasis on strength, flexibility, balance, and cardio.

Beginner's Yoga: Classroom setting for beginner to intermediate yoga with a focus on balance, stability, core strength and flexibility.

Build N Burn: This class offers an intense workout, combining total body strength training with weights and cardio.

Insanity: Cardio based, athletic style workout that combines the best of HITT and strength moves designed to help you get fit fast! Modifications for every fitness level.

Multi-Level Yoga: A class that everyone can relate to individually, taking home new methods and inspiration off the mat from various yoga techniques. Students improve overall wellness and experiences of life.

PiYo Live: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Improve your flexibility, balance and core power with this intense, low-impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean and beautiful physique.

Cycling: Come join us for 1 hour for an early morning ride on our stationary bikes.

Instructor's Choice: This class will vary week to week. It could be a full hour of Toning or a combination of Strong and Zumba. You are at the mercy of your instructor.

Silver Sneakers I: Muscular strength & range of movement. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity of daily living skills.

STRONG by Zumba: Combines high intensity interval training (HITT) with science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Tabata: Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

Toning: This class utilizes strength training exercises, aiming to tone your physique with a large emphasis on strength and muscle toning. With the use of light weights (1lbs - 3lbs.) this class will give your body a noticeable muscle definition and shape.

Zumba: Dance your way to a fitter you with exciting and unique Latin moves and rhythms!

Zumba Gold: This dance fitness class has all the same energizing music as Zumba®, but set to a low- or no-impact routines designed to be easy-to-follow and fun!

Aqua Zumba: Water class offering low impact, allowing you to let loose. The waters natural resistance provides a challenge that will help to tone muscles.

Water Aerobics: Low- impact performed in the water to induce strength and muscle gains. With added equipment like paddles, noodles, and kickboards. Ideal class for those with arthritis, back problems, foot or leg injuries, and knee conditions will benefit from the reduced impact this class has to offer.

H2O Yoga: Aqua Yoga helps to relieve symptoms of neuropathy associated with diabetes, mobility, arthritis and gout.

VISIT THE WELCOME CENTER OR WWW.YMCASANANGELO.ORG FOR A COMPLETE SCHEDULE OF CLASSES.

AQUATICS

SEA DRAGON'S SWIM CLUB

WANT MORE FOR YOUR SWIMMER?

Students 6 - 18 yrs. will learn the importance of water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Internal swim meets will be held to show participants progression and help to create friendly competition.

Multiple Sessions To Choose From!

Afternoon Sessions

A: Monday and Wednesday, 1:00 pm - 2:30 pm

B: Tuesday and Thursday, 1:00 pm - 2:30 pm

Evening Session

Monday - Thursday, 5:30 pm - 6:30 pm

Monthly Session Fee: \$30 Y - Members / \$45 Non - Members

SWIM LESSONS

The YMCA is San Angelo's community resource when it comes to safety in/around water and swim education. Parents are invited to register their children ranging from 6 months to 12 years of age in our aquatics program. Our aquatics program builds swimmers from the ground up and instills skills they can carry with them for a lifetime. With these skills they will not only lead healthier and happier lives but they will have the knowledge to possibly save their own life.

Each participant will be taught to their own swimming level regardless of swim time. It is strongly recommended that any young swimmers be tested before registration for our Swim Stroke course.

Swim Starters: 6 mo. - 3 yrs.

Swim Basics: 3 yrs. - 12 yrs.

Swim Strokes: 5 yrs. - 12 yrs.

Fee per session: \$30 Y - Members / \$45 Non - Members

Evening sessions: (Tuesday and Thursday evenings for 4 weeks at 5:00pm, 5:30pm, 6:00pm and 6:30pm)

September 3 - September 26

October 1 - October 29 (No class on October 24)

October 31 - November 26

GYM N' SWIM

Sign your toddler up (3 yrs. - 5 yrs.) for this combination class that focuses on the fundamentals of movement using kinder gymnastics and basic swim skills. Start with 45 minutes of kinder gym instructor-led activities focused on improving balance, flexibility and confidence followed by a 30 minute basic swim lesson.

Each session consists of 8 classes

Tuesday and Thursdays from 11:00 am - 12:30 pm

Fees: \$50 Y - Members / \$65 Non - Members

Sessions

September 5 - October 1

October 3 - October 29

October 31 - November 26



HOURS OF OPERATION

Monday - Friday

8:00 am - 2:00 pm

3:00 pm - 8:00 pm

Open for special events like tournaments, family events and more!



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FALL POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Lap Swim & Water Fitness 5:30am - 7:30am</p> <p>Advanced H2O 7:30am - 8:30am</p> <p>Lap Swim & Water Fitness 8:30am - 12:00pm</p> <p>Lap Swim 12:00pm - 1:00pm</p> <p>SWIM CLUB 1:00pm - 2:30pm</p> <p>OPEN SWIM 2:30pm - 5:40pm 2 lap lanes are available during open swim times</p> <p>WATER AEROBICS 5:40pm - 6:40pm NO lap lanes available</p> <p>SWIM CLUB 5:30pm - 6:30pm (lap lanes)</p> <p>OPEN SWIM 6:40pm - 8:45pm 2 lap lanes are available during open swim times</p>	<p>Lap Swim & Water Fitness 5:30am - 8:00am</p> <p>WATER AEROBICS 8:00am - 9:00am</p> <p>Lap Swim & Water Fitness 9:00am - 10:30am</p> <p>WATER AEROBICS 10:30am - 11:30am 2 lap lanes available</p> <p>Lap Swim 11:30am - 1:00pm</p> <p>SWIM CLUB 1:00pm - 2:30pm</p> <p>OPEN SWIM 2:30pm - 5:00pm 2 lap lanes are available during open swim times</p> <p>SWIM LESSONS 5:00pm - 7:00pm</p> <p>SWIM CLUB 5:30pm - 6:30pm (lap lanes)</p> <p>OPEN SWIM 7:00pm - 8:45pm 2 lap lanes are available during open swim times</p>	<p>Lap Swim & Water Fitness 5:30am - 7:30am</p> <p>Advanced H2O 7:30am - 8:30am</p> <p>Lap Swim & Water Fitness 8:30am - 11:00am</p> <p>H2O YOGA 11:00am - 12:00pm 2 lap lanes available</p> <p>Lap Swim 12:00pm - 1:00pm</p> <p>SWIM CLUB 1:00pm - 2:30pm</p> <p>OPEN SWIM 2:30pm - 5:40pm 2 lap lanes are available during open swim times</p> <p>WATER AEROBICS 5:40pm - 6:40pm NO lap lanes available</p> <p>SWIM CLUB 5:30pm - 6:30pm (lap lanes)</p> <p>OPEN SWIM 6:40pm - 8:45pm 2 lap lanes are available during open swim times</p>	<p>Lap Swim & Water Fitness 5:30am - 8:00am</p> <p>SILVER SNEAKERS 8:00am - 9:00am</p> <p>Lap Swim & Water Fitness 9:00am - 10:30am</p> <p>WATER AEROBICS 10:30am - 11:30am 2 lap lanes available</p> <p>Lap Swim 11:30am - 1:00pm</p> <p>SWIM CLUB 1:00pm - 2:30pm</p> <p>OPEN SWIM 2:30pm - 5:00pm 2 lap lanes are available during open swim times</p> <p>SWIM LESSONS 5:00pm - 7:00pm</p> <p>SWIM CLUB 5:30pm - 6:30pm (lap lanes)</p> <p>OPEN SWIM 7:00pm - 8:45pm 2 lap lanes are available during open swim times</p>	<p>Lap Swim & Water Fitness 5:30am - 11:00am</p> <p>H2O YOGA 11:00am - 12:00pm 2 lap lanes available</p> <p>Lap Swim 12pm - 1:00pm</p> <p>OPEN SWIM 1:00pm - 7:45pm 2 lap lanes are available during open swim times</p>	<p>OPEN SWIM 8:00am - 10:00am 2 lap lanes are available during open swim times</p> <p>AQUA ZUMBA 10:00am - 11:00am 2 lap lanes available</p> <p>OPEN SWIM 11:00am - 4:45pm 2 lap lanes are available during open swim times</p> <p>OPEN SWIM 1:00pm - 4:45pm 2 lap lanes are available during open swim times</p>	

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE TO NO NOTICE.

For real time updates subscribe to the REMIND app. Simply text @saymca2 to 81010.

Activities indicated in purple are instructor led classes. The participants in these classes must have the ability to hear the instructor with no distraction. Please be mindful of others and the activities taking place.

TO UTILIZE THE DEEP END, ALL SWIMMERS YOUNGER THAN 12 YEARS OF AGE MUST TAKE A SWIM TEST ANNUALLY. (Those who lack strong swim skills may be required to perform the swim test.)

The swim test is as follows:

Enter water by jumping in and surfacing to the top

Tread water for 60 seconds

Swim the length of the pool consistently and unassisted showing a front crawl stroke

Float on back showing the skill is efficient

SOCIAL RESPONSIBILITY

DISCOVER MORE THAN ONE WAY TO ENERGIZE

Y NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel.

As a part of Nationwide Membership the YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

FOR ALL: WE WELCOME ALL INCOMES, AGES AND ABILITIES

Everyone belongs at the Y, regardless of ability to pay. The YMCA turns no one away due to the inability to pay. In 2018 the Y awarded over \$338,000.00 in scholarships for programs and membership. Financial assistance is available for most programs and services. Applications are available at the Welcome Center and online. Submit the application with proof of income for all wage earners in the household and expect a response within 7 - 10 business days.

NATIONAL HEPA STANDARDS

One area of Social Responsibility assumed by the YMCA childcare department is the use of National HEPA Standards (Healthy Eating and Physical Activity) in order to reverse the obesity epidemic, prevent diabetes and lower the risk of heart disease.

CELEBRATE AT THE Y!

Host your next party at the Y. Many options available to meet your needs. Contact the Y for more information.

CHILD ABUSE PREVENTION

Child Abuse Prevention (CAP) is a top priority at YMCA's across the State of Texas. Physical, emotional and sexual abuse is prevalent in society today. The San Angelo Y trains staff and volunteers to recognize, prevent and report any form of child abuse to authorities. All YMCA's in Texas are actively participating with a leading organization to enhance and provide children with a safe environment.



PARTY IN PINK™ ZUMBATHON

October 12, 5:30 pm - 7:30 pm

\$10.00 Y - Members / \$15.00 Non - Members

Proceeds go to the Zumba Global Research Grant for Breast Cancer Prevention.

Register at the Welcome Center, now - October 12!

EVENT T-SHIRTS AVAILABLE BY PRE-SALE ONLY

HALLOWEEN AT THE Y

October 24, 2019

6:30 pm - 8:30 pm

Free family event with games, bounce houses, haunted house, costume contest and more! Sponsors and volunteers needed!

Contact the Y for more information.



MEMBERSHIP

BY JOINING THE Y, YOU JOIN OUR CAUSE TO MAKE THE COMMUNITY STRONGER

As a member, you get more than just a great workout! You discover new connections. Build a stronger you & a stronger community at the Y. The Y offers a variety of membership types to accommodate all.

	MONTHLY	ANNUALLY	JOIN FEE
ADULT	\$46	\$496	\$50
SENIOR ADULT (60+)	\$37	\$395	\$25
FAMILY	\$64	\$691	\$75
SINGLE PARENT FAMILY	\$52	\$561	\$75
FULL TIME COLLEGE STUDENT	\$28	\$302	\$25
YOUTH 13+	\$16	\$192	\$0
YOUTH	N/A	\$90	\$0

MEMBERSHIP INFORMATION

All new members are required to pay the joining fee & pro-rated first month's dues upon registration. Active military & first responders (Police, EMT and Fire Fighters) are NOT required to pay a joining fee. Proof of current employment is required. Un-renewed memberships in excess of 30 days will require a joining fee upon renewal.

All monthly payments must be made by auto draft from a checking or savings account. A voided check or letter with account information from the financial institution is required. All membership changes/terminations require a 30 day written notice.

Members may add an adult, living in the home, to any FAMILY type membership for an additional \$21 per month. Proof of residency is required.

Student memberships are defined as full-time college students with 12+ credited hours. A copy of the current school schedule is required.

ACTIVE MILITARY AND FIRST RESPONDERS NEVER PAY A JOINING FEE

Everyday at the Y joining fees are waived for active military and first responder's including police, EMT and Fire Fighter's. Proof of current employment is required.

GUESTS ARE WELCOME AT THE Y

College Students / Youth : \$5.00

Adults: \$7.00

Adults accompanied by a Y - Member: \$5.00

Childwatch usage for Non - Members: \$2.00

CHILDWATCH IS A SERVICE THE Y OFFERS TO FAMILY TYPE MEMBERSHIPS. TO UTILIZE OUR CHILDWATCH SERVICE THE CHILD MUST BE A MEMBER OF THE Y.

CHILDWATCH PASSES ARE AVAILABLE FOR GUESTS.

YMCA OF SAN ANGELO
353 S. Randolph St.
San Angelo, TX 76903

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 7
San Angelo, Texas

HOURS OF OPERATION

Monday - Thursday	5:00 am - 9:00 pm
Friday	5:00 am - 8:00 pm
Saturday	8:00 am - 5:00 pm
Sunday	1:00 pm - 5:00 pm

CHILDWATCH HOURS OF OPERATION

Monday - Friday	8:00 am - 1:00 pm
	5:00 pm - 8:00 pm
Saturday	9:00 am - 1:00 pm
Sunday	CLOSED

HOLIDAY HOURS OF OPERATION

October 24	5:00 am - 6:00 pm
November 27	5:00 am - 6:00 pm
November 28	CLOSED
November 29	8:00 am - 8:00 pm
December 24	5:00 am - 6:00 pm
December 25	CLOSED
December 26	8:00 am - 9:00 pm
December 31	5:00 am - 6:00 pm
January 1	CLOSED

CONTACT INFORMATION

Phone: (325) 655-9106
Fax: (325) 659-1952
Web: www.ymcasanangelo.org

Like Us On Facebook, Follow us on Instagram and Twitter!



MEMBER APPRECIATION DAYS

Celebrating you and the relationships built right here in our facility.

Membership appreciation days hosted every other month. Subscribe to remind.com for regular facility information.

Member Holiday Luncheon
Thursday, December 5
11:00 am - 1:00 pm

Text @saymca2 to 81010

