



DISCOVER YOUR Y



YMCA of San Angelo
353 S. Randolph St.
San Angelo, TX 76903
(325) 655-9106
www.ymcasanangelo.org

**A SNAPSHOT TODAY,
THE BIGGER PICTURE TOMORROW**
Our impact, our need and ways you can
make a contribution located inside!

YOUTH DEVELOPMENT

THINK OUTSIDE, NO BOX REQUIRED

SUMMER DAY CAMP

The Y's Summer Day Camp is held Monday - Friday and provides kids K - 5th grade supervised activities that foster youth development. The Y's Summer Day Camp focuses on honesty, caring, respect and responsibility in all of its fun-filled activities. We allow for physical involvement, social interaction, educational opportunities, leadership building, personal growth and creativity in everything we do. Participants will experience field trips to skating rink, movie theatre and more!

REGISTRATION IS ON A NEW DAY!

THURSDAY, MARCH 26, 2020!

6:30 PM - 9:00 PM

Registration remains open until all spots are filled.

SUMMER DAY CAMP PRICING

\$105 PER WEEK **\$118** PER WEEK

YMCA MEMBERS NON-MEMBERS

REGISTRATION FEE PER CHILD \$20.00



- Registration fee and \$10 deposit per week is required at registration.
- Registration for partial weeks is not allowed.
- Full payment is required regardless number of days attended in that week.
- A 2 week notice is required for vacation weeks.



WE ARE HERE TO HELP! Our **YOUTH SERVICES** Department takes pride in offering a program that your child looks forward to attending each day. Have more questions. Contact our Cause Driven Leaders at the information below.



KASSANDRA ADKINS
Youth Services Director
kadkins@ymcasanangelo.org
325-655-9106



DUSTIN ESTES
Assistant Youth Services Director
destes@ymcasanangelo.org
325-655-9106

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 and Wall elementary schools and all three Headstart locations from 2:30 pm - 6:00 pm.

SCHOOL AGED PRICING

\$50 PER WEEK	\$63 PER WEEK
YMCA MEMBERS	NON-MEMBERS

WALL ISD PRICING

\$57 PER WEEK	\$70 PER WEEK
YMCA MEMBERS	NON-MEMBERS

HEAD START PRICING

\$60 PER WEEK	\$69 PER WEEK
YMCA MEMBERS	NON-MEMBERS

DAY CAMP PRICING

\$20 PER DAY	\$25 PER DAY
YMCA MEMBERS	NON-MEMBERS

WHEN SCHOOL IS OUT, WE HAVE



DAY CAMP

During school holidays, on the days that the Y is open the Y will offer full day camps 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.

2020 Available Camp Dates:

January 2, 3 & 20
February 14, 17
March 9 - 13
May 1

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

PRESCHOOL PRICING

\$110 PER WEEK	\$123.75 PER WEEK
YMCA MEMBERS	NON-MEMBERS

REGISTRATION FEE PER CHILD \$25.00



The YMCA is a United Way Agency.
Funds awarded benefit the
Afterschool Scholarship Program.

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.

Fee per KNO: \$20 Y - Members / \$25 Non - Members

KNO Winter Schedule

6:00 pm - 10:00 pm

January 17, January 31, February 21, March 20, April 3, April 24, May 1

YOUTH VOLLEYBALL

Developmental League

For: 3rd - 6th grade students

Fees: \$60 Y - Members / \$70 Non - Members

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

Competitive League

For: 4th - 8th grade students

Fees: \$60 Y - Members / \$70 Non - Members

Specifics: Teams are formed by the coach. Playing time rules do not apply.

Program Specifics

Registration Dates: January 1 - February 23

Late Registration: February 24 - March 1

\$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.

Clinic Information

Registration Dates: January 1 - February 25

Clinic Specifics: February 24 - 27, 5:30 pm - 7:30 pm

Fees: \$50 Y - Members / Non - Members \$60

Little Bumpers

Designed especially for 1st and 2nd grade students with an interest in volleyball. This 6 week program will meet on Tuesdays and focus on the fundamentals of volleyball with age modifications to the game.

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

Registration Dates: January 1 - March 17

Program Information: Tuesdays from 5:30 pm - 6:30 pm beginning March 17 - April 21



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN TO SWIM

March 9 - 13, 2020

\$5.00

4 - 12 years

Did you know that drowning is the leading cause of death for children, offering low-cost swim lessons and water safety education for those with no swimming experience.

REGISTRATION OPENS FEBRUARY 17

TENNIS

Spring Tennis Clinic

In collaboration with Concho Valley Tennis the Y has the goal of teaching a lifelong sport to the San Angelo community. Learn the proper techniques essential for growth in tennis. AGE IS NOT A FACTOR.

For: 7 years+

Registration Dates: January 1 - March 2

Fees: \$55 Quickstart (7 - 10 years)

\$65 Intermediate (11 - 18 years)

\$65 Adult (18 years+)

Days and times: February 18 - March 27

Quickstart: Mondays 5:30 pm - 6:30 pm

Intermediate: Tuesdays 5:30 pm - 7:00 pm

Adult: Wednesdays 5:30 pm - 7:00 pm

Junior Team Tennis

Join in the newest team sport to hit San Angelo. All players 18 and under are encouraged to join a team to compete with. Teams will compete against other teams in the Concho Valley.

Divisions include 8U, 10U, 12U, 14U and 18U in beginner, intermediate and advanced divisions.

Registration Dates: January 1 - March 11

Program Information: Season starts March 22 - May 3

3 match guarantee

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

Monthly Session Fee: \$50 Y - Members / \$75 Non - Members

EXTREME 7 on 7 FOOTBALL

League

A skills league for 2nd - 8th grade students. League will incorporate the use of helmet and shoulder pads, with limited contact allowing players to improve skill and ability and decrease risk of injury. This is a no tackle league. Games will be played on Tuesdays and Fridays with a guarantee of 7 games.

Registration Dates: February 15 - May 4

Season: March 24 - May 14, 2020

Program Fee: \$45 Y - Members / \$55 Non - Members

Rental Fees: Helmet \$25.00 / Shoulder Pads \$15.00 (optional)

TENNIS CLINIC PRICING

\$55 **\$65** **\$65**

QUICKSTART INTERMEDIATE ADVANCED

JR. TEAM TENNIS PRICING

\$25 PAID TO USTA

SUBMIT REGISTRATION FORM TO THE Y

WEEK

leading cause of death for children between the ages of 1 and 5? The YMCA of San Angelo is
d water-safety classes during Spring Break. The program is for children ages 4 - 12 with little or

UARY 3, 2020!

HEALTHY LIVING

DISCOVER MORE THAN ONE WAY TO ENERGIZE

ADULT SPORTS

Adult Co-Ed Volleyball

The Y is entering its 3rd season of Adult Co-Ed Volleyball and is excited to be able to offer an exciting and competitive league. Games are played on Sunday evenings beginning at 5:00 pm. Players must be 16+ years of age.

Team Fee: \$250 per team

Registration Dates: January 1 - March 1

League kicks off March 3!

Adult Co-Ed Futsol

Our inaugural season of Adult Co-Ed Futsol was great, but it can only get better. Participants ages 16+ gathered and participated in friendly indoor competition. Join us on Wednesday nights at the Y!

Team Fee: \$200 per team

Registration Dates: January 1 - February 1

Season: February 5- March 25, 2020

Open Court Adult Pickle ball @ the Y!

Pickle ball has hit the Y's courts every Monday and Friday morning.

9:00 am - 11:00am

Free to YMCA members / Guests can pay the normal day fee

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.

Program fee per session: \$30 Y - Members / \$35 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. Many locations offer amenities such as fitness equipment, treadmills, free weights, and signature SilverSneakers classes, which are designed specifically for older adults and taught by certified instructors. Additional signature classes may be offered by select locations.

"TO THE LIMIT" STRENGTH CLUB

March 9 - 13 & March 16 - 20

Participants have to successfully perform a one repetition max on the bench press, squat, and deadlift with correct form for a combined designated total. Challenge available in the following divisions:

Divisions available for 12+ years. A FREE PROGRAM AVAILABLE TO Y MEMBERS!

Meet the challenge criteria to have your photo placed on the "To The Limit Strength Club" wall. Must be 12+ years (with parental consent) and older to test.

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 with aiming in developing a 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 water's 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.

FULL SCHEDULE AVAILABLE AT WWW.YMCASANANGELO.ORG

A SNAPSHOT TODAY, THE BIG PICTURE TOMORROW

Capital Campaign of YMCA OF SAN ANGELO



THE COMMUNITY NEED

It is critical to ensure that early in a child's life, no matter their socioeconomic status, that they are exposed to positive environments that encourage teamwork and collaboration, and make learning fun and exciting. The growing demand for those wanting to join the Y's programs is a testament to our good work.

DID YOU KNOW?

The current capacity for The Little Explorer's Preschool Program is 30 and the wait list has over 75 names with a wait time of over 1 year. This project will increase the capacity to 72 children.

THE PROPOSED SOLUTION

The Y is proposing to renovate and add on to a second location at 2833 College Hills Boulevard. It will be known as the Y Preschool and Youth Development Center.

This center will accommodate the **Little Explorer's Preschool Program, Day Camp, and Summer Day Camp** and the home of the newly developed program, **Y-Town**. Additionally, a new 12,000 square foot multi-use center, with a cafeteria and multi-purpose court will be constructed.

WHAT IS Y-TOWN?

Y-Town is the Y's fight against idle hands! Y-Town is an interactive play center focused on providing engaging and hands on activities that promote active learning and family engagement.



WE CANNOT DO IT ALONE

OUR CHILDREN NEED YOUR HELP! We ask you to consider making a financial gift the Y today! Our SNAPSHOT TODAY is their BIGGER PICTURE TOMORROW!



PURCHASE YOUR BRICK PAVER TODAY!

The Y offers contribution levels of all amounts. Brick pavers are a lasting way to contribute to a child's future while leaving your mark in the history of San Angelo for years to come.

\$100.00 Contribution

4" x 8" Engraved Brick Paver for Exterior Walkway

\$250.00 Contribution

4" x 8" Engraved Marble Wall Tile in Multi-Purpose Center

\$500.00 Contribution

8" x 8" Engraved Brick Paver for Exterior Walkway

\$1,000.00 Contribution

12" x 12" Engraved Brick Paver for Exterior Walkway

\$2,500.00 Contribution

3' x 5' Donor Banner in Gymnasium

\$5,000.00 Contribution

4' x 6' Donor Banner in Gymnasium



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



AQUATICS

SEA DRAGON'S SWIM CLUB

WANT MORE FOR YOUR SWIMMER?

Students 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 time trials and swim meets will be held to show participants progression and help to create friendly competition. Instructed by Aquatics Director, Aaron Byrd.

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

Available Sessions:

Monday - Thursday / 1:00 pm – 2:30 pm YMCA Pool (6 yrs. – 18 yrs.)

Monday - Thursday / 5:30 pm - 6:30 pm (4 yrs. - 18 yrs.)

SWIM LESSONS

The YMCA is San Angelo's community resource in safety in or 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 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 Basics: (3 YRS. - 12 YRS.) Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim-sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

Swim Strokes: (5 YRS. - 12 YRS.): Having mastered the fundamentals, students learn additional 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.

Program Fees: \$30 Y - Members / \$45 Non - Members

Sessions: Offered Tuesday and Thursday evenings at 5:00 pm, 5:30 pm, 6:00 pm and 6:30 pm

Sessions offered January - May.

GYM N' SWIM

Sign your toddler up (3 - 5 years) 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.

Session Dates:

January 7 - 30

February 4 - 27

March 5 - 31

April 7 - 30

Monthly Session Fee:

\$50 Y - Members

\$65 Non - Members





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 @saymca3 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

LIFEGUARD TRAINING

The American Red Cross Lifeguard and Training certification is imperative to the process of obtaining employment as an official Red Cross Lifeguard. This detailed training includes testing and hands on skills as well as comprehensive written tests. This certification includes First Aid, CPR and AED training, is valid for 2 years and accepted nationwide. **Students must be 15 yoa by the last day of the class and must pass a pre-course swimming skills test prior to taking the learning courses.**

Cost: \$200

Sessions: January 17 - 19, February 21 - 23, March 20 - 22, April 17 - 19, May 22 - 24
Friday 4:00 pm - 8:00 pm, Saturday 9:00 am - 5:00 pm, Sunday 9:00 am - 5:00 pm

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.

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.

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 all 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.



Did you know?

- **4.5 million** Americans will need blood transfusion each year.
- 43,000 pints: amount of donated blood used each day in the U.S. & Canada.
- Someone needs blood every **two seconds**.
- About one in seven people entering a hospital need blood.
- One pint of blood can save up to **three** lives.

(www.givingblood.org)

GIVE THE GIFT OF LIFE!

January 30 at the Y!

Parking Lot

Time TBA

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	\$48	\$518	\$50
SENIOR ADULT (60+)	\$38	\$410	\$25
FAMILY	\$66	\$712	\$75
SINGLE PARENT FAMILY	\$54	\$583	\$75
FULL TIME COLLEGE STUDENT	\$30	\$324	\$25
YOUTH 13+	\$20	\$240	\$0
YOUTH	N/A	\$95	\$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.

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.

KIDS TRIATHLON

SATURDAY, APRIL 4



Keep your child active, healthy and engaged with our annual Kids Triathlon. The race will consist of 3 separate legs (swimming, biking and running). Individual and team divisions available for ages 6 - 18.

Junior Division: 6 - 10 years

Senior: 11 - 14 years

Elite Senior: 15 - 18 years

Pre-registration until April 1: \$10.00

Day of registration: \$15.00

Races start at 8am! Division specifics TBA

HEALTHY EMPLOYEES ARE GOOD BUSINESS!

YMCA Corporate Wellness Program

It is no secret. A wellness program is an investment in your company's most valuable resource, your **EMPLOYEES!**

>90%

of business leaders say that promoting wellness can affect employee productivity performance (shrm.org)

26%

Is the average reduction in health costs for companies that have wellness programs (Partnership for Prevention)

3:1

Is the average return on investment for an employee wellness program across industries and company sizes. (forbes.com)



- Minimum of 5 employees required
- Discounts offered based upon number of enrolled employees
- Employer subsidy available
- Additional workplace incentives available
- No contracts

Find out more about Corporate Memberships @ the Y by visiting www.ymcasanangelo.org

WE PROVIDE AN OPPORTUNITY FOR EVERYONE!

At the YMCA, we believe that all children deserve the opportunity to discover who they are, what they can achieve, and how to reach their full potential. Through the **YMCA's Scholarship Program** everyone, regardless of income has the opportunity to participate in membership and programming at the Y.

Applications are available at the Welcome Center or online. Approval process takes 5 - 10 business days.

APPLY TODAY!

For more information on how to apply please contact the Welcome Center at (325) 655-9106 or Operations Assistant, Larissa Rivera at lrivera@ymcasanangelo.org.



30th Annual CHILDREN'S FAIR

Sunday, April 26, 2020
1:00 pm - 5:00 pm
Unidad Park

Your YMCA is the new host of the 30th Annual Children's Fair (formerly hosted by Healthy Families San Angelo). The Children's Fair acts as a fundraiser for the YMCA while giving other child based organizations the opportunity to earn funds for their project.

HAS YOUR CAUSE PARTICIPATED BEFORE AND WANTS TO PARTICIPATE AGAIN?

That is wonderful news. Give us a call at 325-655-9106 to reserve your organization's booth. Reservation must be made by **February 29, 2020** to guarantee your spot/booth.

NEW ORGANIZATION/CAUSE?

Registration for new booth's opens March 1, 2020!

SPONSORSHIP OPPORTUNITIES AVAILABLE

The Children's Fair is a fundraising event for the YMCA and other child based projects. Sponsorships are critical to the success of the event. Specifics regarding the sponsorships can be found at www.ymcasanangelo.org

- Main Sponsor (\$5,000)** - 1 Available
- Smiley's Dining Tent (\$2,000)** - 1 Available
- Food Row Sponsor (\$1,500)** - 1 Available
- Ticket Booth (\$1,000)** - 4 Available
- Parking Sponsor (\$1,000)** - 1 Available
- T-Shirt Sponsor (\$1,000)** - 1 Available
- Fair Supporter (\$1,000)** - unlimited available
- Shade Spot (\$500)** - unlimited available

WHO TO CONTACT FOR MORE INFORMATION?



Stacy Duffell, Sports Director
325-655-9106
sduffell@ymcasanangelo.org

CITY WIDE COLORING CONTEST IN APRIL!!

SPECIFICS REGARDING THE COLORING CONTEST
COMING SOON!

LIKE US ON FACEBOOK!



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

Sunday, April 12	CLOSED
Monday, May 25	CLOSED

CONTACT INFORMATION

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

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**WE LOVE OUR
MEMBERS!**



MEMBER APPRECIATION DAYS

Celebrating you and the relationships built right here in our facility. Membership appreciation days hosted every quarter. Subscribe to remind.com for regular facility information.

Text @saymca3 to 81010