



COMMUNITY STARTS HERE

At the YMCA of San Angelo
2021 Fall Brochure





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR MISSION

The mission of the San Angelo YMCA is to serve the people in the San Angelo community of all faiths, with the 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.

STRENGTHENING COMMUNITY IS OUR CAUSE

The Y is a leading nonprofit for youth development, healthy living and social responsibility. We are a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.

With a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility, we work side-by-side with our neighbors every day to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To do our important work, the Y relies on support from members, donors, volunteers and community leaders.

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. Through funding from the **United Way of the Concho Valley**, private grants, individual and corporate donations the Y has the ability to break down financial barriers by providing financial assistance to individuals and families throughout the community. Even in the midst of a pandemic with closures and decreased enrollment the Y still awarded over \$257,000.00 in scholarships for programs and membership in 2020. 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. For more information contact our Operations Assistant, Larissa Rivera at 325.655.9106 or lrivera@ymcasanangelo.org.

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.



HALLOWEEN AT THE Y!

Thursday, October 28, 2021
6:30 p.m. – 8:30 p.m.

The most fun and engaging special event of the year is here! Reformatted so that all events are held outdoors, the Y is excited to bring the same fun with some additions. Enjoy the haunted house, carnival style booths, inflatables, costume contest and Trick-or-Treat Lane.

Sponsored by V. Ramos Roofing this event is FREE to the public.



Now accepting community partner participation for Trick-or-Treat Lane! All types of partners accepted including non-profits, for-profits, clubs, teams, etc. For more information contact Larissa Rivera at 325.655.9106

MEMBERSHIP

MEMBERSHIP FEES

Type	Joining Fee	Monthly Fee	Annual Fee
Adult	\$50.00	\$48.00	\$518.00
Senior Adult	\$25.00	\$38.00	\$410.00
Family	\$75.00	\$66.00	\$712.00
Single Parent Family	\$75.00	\$54.00	\$583.00
Full Time College Student	\$25.00	\$30.00	\$324.00
Youth 13+	\$0.00	\$20.00	\$240.00
Youth	N/A	N/A	\$95.00

IT IS YOUR RESPONSIBILITY

Help us keep you and the rest of the San Angelo community healthy. A few things to remember while at the Y.

- Masks are highly encouraged.
- Respect the space of those around you. Social distancing is expected.
- Proper cleaning of all equipment is expected.
- Sanitize your hands frequently.

EVERYONE IS WELCOME AT THE Y!

DAY PASSES

College Students & Youth: \$5.00

Childwatch for non-members: \$2.00

Adults \$7.00

Adults accompanied by a Y member: \$5.00

JOINING FEES: New members are required to pay a one-time joining fee as long the membership remains active and continuous. Any membership with a lapse or termination of 30 days or more will be assessed another joining fee at time of reactivation.

ACTIVE MILITARY AND FIRST RESPONDERS NEVER PAY A JOINING FEE! (proof is required)

CHILDWATCH: Childwatch is a service offered to family and single parent family memberships. To utilize childwatch services the child must be a member or purchase a childwatch day pass.

INSURANCE: The Y does not carry insurance on members, guests, or program participants in or outside of the facility. We do accept some insurances for membership purposes. Ask your provider.

PAYMENT OPTIONS: THE Y OFFERS TWO METHODS OF PAYMENT.

Automatic Draft: Monthly fees are drafted automatically from a checking or savings account. Available draft dates of the 1st or 15th of each month.

Annual Payment: A year of membership paid in full in one payment using check, cash, debit or credit card. the annual payment options includes a discount of 15%. No refunds available for annual membership types.

MEMBERSHIP CHANGES: All membership changes require a 30 day notice. Changes can be made at the Welcome Center. Members may add any adult, living in the home, to any FAMILY type membership for an additional \$21.00 per month. (proof of residency required)

TERMINATION: Requests to terminate must be done in writing. All requests to terminate require a 30 day notice. Termination requests may be done at the Welcome Center, via fax or email.

Memberships are all inclusive and allow access to Wellness and Cardio Center, Stephen's Natatorium, gym usage, group ex classes and more.

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.

CHILDCARE

YMCA AFTERSCHOOL PROGRAM: (Headstart and grades K - 5)

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.

COVID19 safety modifications will be made to align with state and local guidelines. Please expect changes as guidelines are likely to change with little to no notice.

	Weekly Member Rate	Weekly Non-Member Rate	Daily Drop-In Rate
School Aged	\$52.50	\$65.50	\$18.00
Headstart	\$62.50	\$75.50	\$18.00

The Y accepts Child Care Subsidy payments through the Texas Workforce Commission.

Don't qualify?
Scholarships are available.
Apply Today.



DAY CAMP: (Headstart and grades Pre-K - 5)

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. Families on CCS through the Texas Workforce Commission MUST register for these separately.

Daily Fee:

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

CAMP DATE	REGISTRATION OPENS
October 8 & 11	September 3
November 22 - 24	October 22
December 20 - 23 December 27 - 30	November 19
January 3 & 17	December 3
February 21	January 21
March 14 - 18	February 11
May 6	April 1

Did you know that you can make payments for the afterschool program online? Automatic bank draft options are also available.

Visit www.ymcasanangelo.org

LITTLE EXPLORER'S PRESCHOOL: (ages 3 - 5)

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.

WEEKLY PRICING

Y-MEMBERS \$110.00

NON-MEMBERS \$123.75

REGISTRATION FEE PER CHILD \$25.00



**NEW CENTER COMING
AUGUST 2022 !**

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.



SPORTS PROGRAMS

LITTLE DRIBBLER'S BASKETBALL LEAGUE: (ages 3 - 4)

Registration: September 15 - January 4, 2022

Season: Every Tuesday from January 4 - February 8, 2022

Sessions: 5:15 p.m. or 6:00 p.m.

\$45.00 Y-Members / \$55.00 Non-members

YOUTH BASKETBALL LEAGUE: (grades K - 8)

This league is designed to give youth of all abilities the opportunity to play in an environment that is positive while focusing on progression of skills and competition.

Recreational and club leagues are available.

Registration: September 15 - November 25, 2021

Late Registration: November 25 - December 2, 2021

Recreational: (grades K - 8)

Teams are formed by gender, grade, school and area in which the player resides.

Player's are guaranteed to play at least 50% of each game. Jersey's are provided.

Season: January 7, 2022 - March 5, 2022

\$60.00 Y-Members / \$75.00 Non-Members

Club: (grades 4 - 8)

Teams are formed by the coach. The Y does not create rosters in this division. Coaches will make team decisions regarding playing time, game strategy and more.

Season: January 7, 2022 - March 5, 2022

\$400.00 per team without Y jersey

\$525.00 per team with Y provided jersey

YOUTH BASKETBALL CLINIC: (ages 5 - 14)

This preseason basketball clinic will give your child the preparation needed for the regular season. Participants will undergo skill instruction, drills and games. Clinic is instructed by former collegiate coach and players.

Registration: September 15 - November 29, 2021

\$50.00 Y-Members / \$60.00 Non-members

ADULT CO-ED VOLLEYBALL

Games are played on Wednesday nights starting September 22. First game starts at 6:00 p.m. and last game can be played as late as 10:00 p.m. depending on league size.

\$200.00 per team
minimum roster of 7

Registration:
August 23 - September 15

Team representative must submit a team roster before first game.

KID'S NIGHT OUT

**Parent's take the night off!
You deserve it.**

On various Friday nights the Y offers hands-on activities, swimming, dinner and more.

6:00 p.m. - 10:00 p.m.

September 10 & 24

October 1 & 15

November 12

December 10

**\$20.00 Y-Members
\$25.00 Non-Member**

Due to COVID-19 you should expect modifications to program operations/procedures and expect cancellations, reschedules, etc. Program specific guidelines will be communicated prior to program start date.

SPORTS PROGRAMS

TENNIS (ages 7+)

Bouncin' Back Tennis Camp

This six week instructional clinic focuses on introducing and improving the fundamental skills including rules, terminology and technique. Through the progression of skills, participants will learn and perfect the skills essential for success in tennis.

Season: September 13 - October 14, 2021

Registration ends September 13!

Quickstart: \$35.00

Youth 7 - 10 years

Monday / 6:00 p.m. - 7:00 p.m.

Intermediate: \$75.00

Youth 11 - 16 years

Tuesday / 6:00 p.m. - 7:00 p.m.

Junior Team Tennis

Jr. Team Tennis is a league for youth 6 - 18 years of age. Teams will have weekly matches against other teams in the Concho Valley.

Intermediate and advanced divisions are available in 8U, 10U, 12U, 14U and 18U.

Basic knowledge regarding rules and score keeping is required. No individual instruction is provided.

Matches are played on Sunday afternoons between 1:00 - 6:00pm.

Submit player registration form to the Y.

Payments are paid through UTSA after registration.

Season starts September 26 - October 31, 2021

Estimated Cost: \$25.00

OPEN COURT ACTIVITIES AT THE Y!

PICKLEBALL: Tuesday, Thursday, and Friday from 9:00 a.m. - 11:30 a.m. men and woman take-over the courts for open pickleball play.

ADULT BASKETBALL: Every weekday from 11:30 a.m. - 1:00 p.m. the court is for the big kids. Members and non-members are encouraged to join for friendly pick-up games.

Open court activities are free to Y-members. Guest passes are available for non-members.

MOTIVATION. SUPPORT. SUCCESS.

Group Ex Classes are included with every membership!

Try one of our instructor led classes. Schedules available on-line or in-house.

- Cycling
- Silver Sneakers
- PiYO Live
- Build N' Burn
- Tabata
- Aqua Tabata
- Multilevel Yoga
- Strong Nation
- Toning
- H2O Aerobics
- Aqua Zumba
- **LUNCH CRUNCH**

OFFICIALLY A PART OF THE LINE-UP!

NO REGRETS, JUST RESULTS

Boot Camp is back!

This six-week specialty class is sure to jump-start your fitness journey or take it to the next level. Filled with high-intensity cardio, and total body strengthening your morning will start off with a bang.

M,W,F from 5:30 a.m. - 6:15 a.m.

September 20 - October 29

\$50.0 Y-Member / \$75.00 Non-Members

AQUATICS PROGRAMS

YOUTH SWIMMING LESSONS: (ages 8 months – 12 years)

Our aquatics department has swim lessons for all skill levels and ages. Instruction starts at 8 months with the Swim Starters program (accompanied by parent) and progresses to the Swim Strokes program. Instruction progresses from creating a comfort in the water to the specific instruction involved with the development of strokes.

Monthly sessions available Tuesday and Thursday 4:00 p.m. – 7:00 p.m. Each lesson is 45 minutes.

Student to instructor ratio of 5:1

Session cost: \$35.00 Y-Members / \$50.00 Non-members

SEA DRAGON'S SWIM CLUB: (6 – 18 years)

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.

Sessions are offered monthly and take place Monday – Thursday, 1:00 p.m. – 2:30 p.m. or 5:15 p.m. – 6:15 p.m.

Session cost: \$35.00 Y-Members / \$45.00 Non-members

LIFEGUARD CERTIFICATION: (ages 16 years+)

The American Red Cross Lifeguard training and certification teach the skills needed to effectively prevent and respond to water emergencies. Our detailed training includes both testing of hands on skills as well as comprehension on written tests. The certification, which includes First Aid, CPR and AED training is valid for 2 years and is accepted nationwide.

The American Red Cross is the most respected source for training and certification of this kind.

Session information coming soon. Visit our website or Facebook page.

\$200.00

* Participant must be able to pass a series of prerequisites. More information available online.

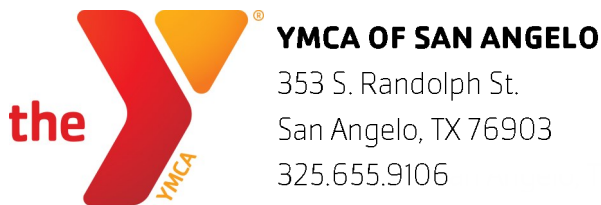
PRIVATE SWIM LESSONS: (all ages)

Private lessons are available for the child who needs more attention or thrives from one-on-one instruction or for the adult eager to learn to swim. FMI contact Aaron Byrd @ abyrd@ymcasanangelo.org

OPEN SWIM TIME AT THE Y!

There is a Y in every family. We set aside time everyday to allow for family engagement activity. Open swim starts most days at 2:30 p.m. Members are encouraged to bring their own pool toys. The Y will not provide toys. To use the slide or deep-end children must be able to pass a swim test.

A POOL SCHEDULE IS AVAILABLE ONLINE OR AT THE WELCOME CENTER!



YMCA OF SAN ANGELO

353 S. Randolph St.
San Angelo, TX 76903
325.655.9106

WORKING TOGETHER FOR OUR COMMUNITY



The Y is a community based network committed to improving the health of those we serve. We harness our network of community leaders to help the community battle chronic disease and improve individual health.

The Y will host educational sessions and seminars brought to you by Better Living For Texans. Join us FREE of charge and take back your health.

- September 2 - Balancing Your Day
- September 9 - Saving More At The Grocery Store
- September 16 - Celebrating Small Bites

All sessions will include:

- Free Admission
- Confidence to Cook Healthy
- Practical Cooking and Shopping Tips
- Receive Handy Kitchen Tools
- Recipes For Success In The Kitchen

BE THE CHANGE.

Volunteer Coaches Needed

FACILITY HOURS

Monday - Thursday	5:00 a.m. - 9:00 p.m.
Friday	5:00 a.m. - 8:00 p.m.
Saturday	8:00 a.m. - 5:00 p.m.
Sunday	1:00 p.m. - 5:00 p.m.

CHILD WATCH HOURS

Monday - Friday	8:00 a.m. - 1:00 p.m. 5:00 p.m. - 7:30 p.m.
Saturday	9:00 a.m. - 1:00 p.m.

FACILITY HOLIDAYS

Labor Day	Closed
October 28	5:00 a.m. - 6:00 p.m.
November 24	5:00 a.m. - 6:00 p.m.
Thanksgiving Day	Closed
Black Friday	8:00 a.m. - 8:00 p.m.
Christmas Eve	5:00 a.m. - 6:00 p.m.
Christmas Day	Closed
NYE	5:00 a.m. - 6:00 p.m.
New Year's Day	Closed



STAY CONNECTED

Receive Y information and updates via text by signing up for REMIND. Text @saymca3 to 81010

Phone: 325.655.9106

Email: information@ymcasanangelo.org

Website: www.ymcasanangelo.org

Like us on FACEBOOK, Follow us on Instagram, Twitter and Snapchat!