



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVING FORWARD TOGETHER

2020 WINTER/SPRING PROGRAM GUIDE
SAN ANGELO YMCA



#avanzandojuntos



FOR YOUTH DEVELOPMENT®
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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**, individual and corporate donations the Y is able to break down financial barriers, providing the same opportunity to all. 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 lriviera@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.

CHILDREN'S FAIR – APRIL 25, 2021

In 2020 the Y made the decision to be the new host of the Children's Fair. Like thousands of events nationwide, we were forced to cancel the event.

We look forward to 2021 and the opportunity to host an event that serves non-profits and causes city-wide!

More information coming soon.



HEALTHY LIVING: 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

COVID-19 SAFETY PROTOCOL

- Temperature checks and masks are **REQUIRED** to enter the facility.
- When exercising, masks are required when social distancing is not achievable.
- **SOCIAL DISTANCING** from non-family members is expected.
- Gloves are strongly suggested.
- **DISINFECTION** of equipment after each use is required. Supplies are available.

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, VETERANS 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 10%. **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 is 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.

EVERYONE IS WELCOME AT THE Y

DAY PASSES

College Students & Youth: \$5.00
Adults \$7.00

Childwatch for non-members: \$2.00
Adults accompanied by a Y member: \$5.00

YOUTH DEVELOPMENT: CHILD DEVELOPMENT

nurturing the potential of every child and teen

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

The Y Afterschool Program is a licensed program that 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	\$51.50	\$64.50	\$18.00
Headstart	\$61.50	\$71.00	\$18.00

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 are available on a first come, first serve basis.

Daily Fee: \$20.00 Y-Members / \$25.00 Non-Members

CAMP DATE	REGISTRATION OPENS
January 4	December 4
January 18	December 4
February 12	January 12
February 15	January 12
March 5	February 5
March 15 - 19	February 5



SUMMER DAY CAMP (3 years - 12 years)

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.

Should Covid allow, participants will experience field trips to skating rink, movie theatre and more!

WEEKLY PRICING

Y-MEMBERS \$105.00

NON-MEMBERS \$118.00

REGISTRATION FEE \$25.00

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.

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



YOUTH DEVELOPMENT: YOUTH SPORTS, WELLNESS & RECREATION

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LITTLE BUMPERS VOLLEYBALL LEAGUE: (ages 6 - 7)

This six week program is for young athletes with an interest in volleyball. Program will meet once a week for 45 minutes. Instructors will focus on rules, terminology and fundamentals of the game utilizing fun, dynamic drills.

Registration: January 15 - March 23, 2021

Season: March 23 - April 27, 2021

Time: 5:15 p.m - 6:30 p.m.

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

YOUTH VOLLEYBALL LEAGUE: (grades 3 - 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. Games will be played once per week, Monday, Tuesday or Thursday evenings. Recreational and club leagues are available.

Registration: January 15 - February 24, 2021

Late registration: February 25 - March 3, 2021

Season: March 29 - May 22, 2021

\$60.00 Y-Members / \$70.00 Non-Members

Recreational: (grades 3 - 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.

Club: (grades 5 - 8)

Teams are formed by the coach. The Y does not accept player's without a team and does not create rosters in this division. Coaches will make team decisions regarding playing time, game strategy and more.

YOUTH VOLLEYBALL CLINIC: (grades 3 - 8)

This preseason volleyball 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 players and coaches.

Registration: January 15 - March 1, 2021

Clinic Information: March 1 - 4, 2021

5:30 p.m. - 7:30 p.m.

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

GYM N' SWIM: (3 - 5 year olds)

By introducing two activities to your child, the Y focuses on keeping your little one engaged, having fun and learning the basic fundamentals of the two activities. Gym N' Swim offers 30 minutes of introductory gymnastics and 30 minutes of introductory swim lessons. Sessions begin in February and are offered M & W or T & Th. from 11:00 a.m. - 12:00 p.m.

\$50.00 Y-Members / \$65.00 Non-Members

**Save 25% when
you register for
both league
and clinic.**

Due to COVID-19 all programs have been modified. Expect changes in program operations, procedure and policy. Program specific guidelines will be communicated prior to program start date.

YOUTH DEVELOPMENT: YOUTH SPORTS, WELLNESS & RECREATION

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TENNIS (ages 7+)

Spring Tennis Clinic

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: February 22 - March 29, 2021

Registration: December 15 - February 22, 2021

Quickstart: \$55.00

Youth 7 - 10 years

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

Intermediate: \$65.00

Youth 11 - 18 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 March 28 - May 2, 2021

Registration: January 15 - March 21, 2021

Estimated Cost: \$30.00

LEARN TO SWIM WEEK

Did you know that drowning is the leading cause of death for children between the ages of 1 and 5? The YMCA of San Angelo is offering low-cost water-safety classes during Spring Break. The program is for children ages 4 - 12 with little or no swimming experience. Participants meet M - F for 30 minutes.

For your convenience, morning and evening sessions are available. Registration opens February 15, 2021.

March 15 - 19, 2021 \$5.00 per child

KIDS TRIATHLON

May 1, 2020

For over 15 years the Y has provided the youth of San Angelo with an event that promotes healthy living, giving children the opportunity to find passion in non-traditional physical activity. This race consists of a biking, running and swimming and can be completed as a part of a team or individually.

Divisions available for children 5 - 18 years of age.

Pre-registration available \$10.00

Day of Event: \$15.00

MOTIVATION. SUPPORT. SUCCESS.

Group Ex Classes are included with every membership! Try one of our instructor led classes:

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

Pool and Group Ex class schedules can be found at the Welcome Center or online at www.ymcasanangelo.org

Various classes are available virtually though FB Live. Find our private group on FB. Search **San Angelo YMCA Group Fitness**

LUNCH CRUNCH

Looking for a high-impact class that you can fit into your schedule, or a boost to your current exercise plan? This high intensity interval (HIIT) class led by personal trainer Quinn Barfield is guaranteed to work all of your major muscle groups and leave you feeling accomplished. This specialty class is offered every Monday, Wednesday and Friday from 12:00 p.m. - 12:30 p.m.. Members and non-members are encouraged to participate.

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

YOUTH DEVELOPMENT: YOUTH SPORTS, WELLNESS & RECREATION

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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.

Sessions available on a weekly and monthly basis.

Weekly sessions are offered Monday - Friday with multiple sessions between 4:00 p.m. - 7:00 p.m. Each session consists of (8) 45 minute lessons.

Monthly sessions are offered on Tuesday & Thursday between 4:00 p.m. - 6:00 p.m.

All sessions operate with a student to teacher ratio of 5 to 1.

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

Session dates are available on-line at ymcasanangelo.org.

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

Swim Club is for those looking to take their swimming skills further. Swim competitively in a fun and welcoming environment, with monthly time trials and internal swim meets. Two options are available for home school and traditional school students. Participants are welcome to attend as much or as little as their schedules are allowed.

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 blended 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 I: February 24 - 28

Session II: March 15 - 19

Session III: April 7 - 11

Session IV: April 28 - 2

Course cost: \$275.00 Fees include hip pack, whistle and face mask.

* 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.

Cost is per session and varies by instructor. For more information or to set up a lesson contact Aaron Byrd at 325.655.9106 or abyrd@ymcasanangelo.org.

OPEN COURT ACTIVITIES AT THE Y!

During this time 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. More information on guest fees in the membership section of the program brochure.

PICKLEBALL: Monday, Wednesday and Friday
9:00 a.m. - 11:30 a.m.

ADULT BASKETBALL: Monday - Friday
11:30 a.m. - 1:00 p.m.

WHAT TO EXPECT DUE TO COVID-19

- Face coverings are required to enter the facility and while moving about in common areas such as lobby, locker rooms, gyms, restroom facilities and spectating during activity.
- Face coverings are strongly encouraged when engaging in exercise, but not required if social distancing is achievable. This includes the wellness and cardio center, group ex classes and pick-up sports.
- Members are required to sanitize equipment before and after use.
- Sanitizing stations are located throughout the building for your use.
- Coffee and water stations are currently closed.

Schedules and policies are subject change with little to no notice. Stay connected by using the following platforms.



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.

The pool closes 15 minutes before facility closing time.

CHILD WATCH HOURS

Monday - Friday	8:00 a.m. - 1:00 p.m. 5:00 p.m. - 7:30 p.m.
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FACILITY HOLIDAYS

New Year's Day	Closed
Easter 4/4/21	Closed
Memorial Day 5/31/21	Closed

STAY CONNECTED

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

P: 325.655.9106

E: information@ymcasanangelo.org

W: www.ymcasanangelo.org

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