

FALLINTO FUN 2023 FALL BROCHURE

YMCASANANGELO.ORG



For a better us®



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 PURPOSE

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.

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, individuals and corporate donations, the Y has the ability to break down financial barriers by providing financial assistance to individuals and families throughout the community. The YMCA of San Angelo has awarded over \$300,000 in scholarships for programs and membership in 2022. 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 Membership Director, Larissa Rivera at 325.655.9106 or Irivera@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.

OPEN COURT ACTIVITIES AT THE Y!

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

PICKLEBALL: Monday - Thursday from 8:00 am - 11:00 am. | Friday 8:30 am - 11:00 am. Men and women take-over the courts for open pickleball play. Beginners are always welcome in our pickleball community. Many beginners tend to join closer to the starting time of the pickleball sessions.

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

Adult Sports

Adult Co-Ed Volleyball League

Playing volleyball helps build agility, coordination, speed, balance, and improves hand-eye coordination. Volleyball requires teammates to work cooperatively and at a fast pace, which can help improve interpersonal skills as well. Playing volleyball may also enhance your energy level and improve overall performance in other sports and workouts. Whether you are a seasoned athlete or just looking to explore a new hobby, YMCA Volleyball is a great way to stay active, have fun, and meet new people.

Registration starts: September 11, 2023

Price: \$200.00/team

League starts: October 2023 Games are on Sunday

MEMBERSHIP

Membership Fees

Туре	Joining Fee	Monthly Fee	Annual Fee
Adult	\$50.00	\$48.00	\$518.00
Adult Couple	\$75.00	\$66.00	\$712.00
Family	\$75.00	\$70.00	\$756.00
Senior Adult (60+)	\$25.00	\$38.00	\$410.00
Senior Couple (60+)	\$50.00	\$55.00	\$594.00
Single Parent Family	\$75.00	\$56.00	\$605.00
Young Adult (19 - 25)	\$25.00	\$30.00	\$324.00
Youth 13+	N/A	\$20.00	\$240.00
Youth	N/A	N/A	\$95.00

Memberships are all inclusive, allowing access to wellness and cardio center, Stephen's Natatorium, gym usage, group fitness classes and more.

Financial assistance is available for all membership types except Youth, and Youth 13+. For information on how to apply for assistance please see the Welcome Center or email Irivera@ymcasanangelo.org

EVERYONE IS WELCOME AT THE Y!

MOST AFFORDABLE FAMILY RATES IN TOWN!

No reoccurring maintenance fee!

DAY PASSES:

College Students, Seniors, Military, & Youth: \$5.00

Adults: \$7.00

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

Any membership with a lapse or termination of 30 days or more will be assessed another joining fee at the 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 a single parent family memberships. To use our childwatch services, children aged 3 months to 12 years must either be a member or an adult must 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.

INSURANCE BASED MEMBERSHIP: The Y partners with Contact your insurance provider to see if you qualify.

Silversneakers©, Prime, Renew Active, and Peerfit.

Spouse and/or dependents can be added to memberships. A fee will be applicable for additional members.

PAYMENT OPTIONS: The Y accepts

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

Debit/Credit Draft: Monthly fees are drafted automatically from a debit or credit card. Available draft dates are the 1st or 15th of each month.

Annual Payment: A year 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 an adult, living in the home, to any FAMILY type membership for an additional \$25 per month. (Proof of residency required)

TERMINATION: Requests to terminate MUST be done in writing. All requests to terminate require a requests may be done at the Welcome Center, via fax or email the Membership Director.

TAL

CORPORATE MEMBERSHIP: The YMCA of San Angelo is proud to provide local employers with a new approach to employee health. Research has shown an effective wellness program can have significant impact on a variety of health risk factors including cholesterol, blood pressure, cardiovascular disease and obesity.

For more information reach out to the Membership Director, Larissa Rivera at Irivera@ymcasanangelo.org.

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 where ever you live, work, or travel.

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

WE LOVE OUR TEACHERS!

At the YMCA we give all teachers and school district employees 25% off membership dues and joining fee. (Employment proof is required.)

MAKING A DIFFERENCE TOGETHER

Full-time non-profit employees are eligible to receive a 50% discount off membership dues and the joining fee. A current full-time employment verification letter will need to be provided.

(Employment proof is required yearly.)

PARTY AT THE Y

We are proud to have the ability to offer our facility to the community for the use of birthday parties, baby showers, meetings, school functions and more.

For more information regarding dates available contact the Welcome Center.

Pool & Party Room: \$110.00

The in the pool, 1hr in the party room

Private Party: \$310.00 for 2hrs.

Non Member Rates
Pool & Party Room: \$130.00
1hr in the pool, 1hr in the party room
Private Party: \$325.00 for 2hrs.

*Extended times and balloon arches are available.

GROUP FITNESS

Get Inspired. Get Together. Get Results.

Group Exercise Classes are included with every membership!

At the YMCA of San Angelo we offer group exercise classes for all levels and all interests. From low-impact exercises to high intensity interval training, you'll be able to find a group fitness class that is fun and supportive. For a current schedule please see the Welcome Center.

Cycling, Lunch Crunch, Silver Sneakers, Build N' Burn, Total Body Power, Every Minute Counts, HIIT, All level Yoga, Strong Nation, Toning, H2O Aerobics, De-Stress, OH, My Quad, Zumba, Zumba Burst, Firm & Fabulous

CURLS FOR THE GIRLS

October 14, 2023
9:30 AM - 10:30 AM
San Angelo YMCA - Main Gym
\$5.00 Suggested donation
Event Benefiting A Breast Cancer Treatment/research facility

Sponsored by AEP





CHILDCARE

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

The Y Afterschool Program provides a safe, structured environment for children when school lets out. During the program, participants will have homework time, engaging activities, and a healthy snack in a fun environment. Program sites are located at most SAISD elementary schools and all CVCOG headstarts locations.

PLEASE NOTE THAT SOME SCHOOLS MAY HAVE LIMITED CAPACITY.

REGISTRATION FEE: \$25.00 All fees are per-child					
	Weekly Member Rate	Weekly Non-Member Rate	Daily Drop-In Rate		
School Aged	\$56.00	\$69.00	\$18.00		
Headstart	\$66.00	\$76.00	\$18.00		

CCS ACCEPTED SCHOLARSHIP AVAILABLE

Scan QR code with your phone to apply

for a scholarship!



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

During school holidays, on 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:

\$27,50 Y-Members | \$32.50 Non-Members

Camp Date	Registration Open
September 18	August 18
October 6	September 8
October 9	September 8
November 6	October 9
November 20 & 21	October 16
December 21 & 22	November 23
December 27, 28, & 29	November 23
January 2, 3, 4, & 5	November 23
January 15	December 11

KIDS NIGHT OUT

Kids' Night Out is an opportunity for parents to spend quality time together while children enjoy an assortment of fun events at the YMCA. Supervised by our very own Afterschool staff, your child will enjoy swimming, movies and activities. Dinner will be served.

Let the YMCA engage with your children so you can have a parent's night out!

Dates:

Kids Night Out Fees \$20.00 Y-Members \$30.00 Non-Members Scholarship available.

-Members
Ion-Members
September 22, 2023
October 13, 2023
November 10, 2023

When and Where?

6:00 pm - 10:00 pm San Angelo YMCA 353 S. Randolph St.

3 - 12 years old and potty trained

Registration closes the Thursday before event day.

REGISTER IN-HOUSE OR ONLINE



United Way Concho Valley

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 trip, 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, potty trained, and health assessment.

Registration fee: \$50.00 T-Shirt Fee: \$8.00				
Weekly Member Rate	Weekly Non-Member Rate			
\$120.00	\$135.00			

2833 College Hills Contact us for availability 325-617-4986

*Prices are subject to change

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, prevention diabetes and lower the risk of heart disease.

ORTS | AQUATICS

Concho Valley Tennis Academy

Monthly Sessions

Join us and CVTA as we host monthly session of instructional activity. In these sessions, participants will focus on the introduction of fundamental skills including rules, terminology, and technique. Through the progression of skills, participants will learn and perfect the skills essential for success in tennis. **LIMIT TO 8 PARTICIPANTS IN EACH SESSION/MONTH.**

Registration is open. | Monthly registration for programming is required.

Sessions: September, October and November Quick-start: Thursdays (7 - 10-year-old)

Program Fees: \$40.00 for Y - Members | \$55.00 for Non-Members

Intermediate: Mondays (11 - 16-year-old)

Program Fees: \$50.00 for Y - Members | \$65.00 for Non-Members

Youth Basketball League (Grades K - 8)

This league is designed to give youth of all abilities opportunity to play in an positive environment while focusing on progression of skills and competition. Jersey's are provided for all participants.

Registration: October 1 - November 22, 2023

Late Registration: November 23 - November 29, 2023

Program Fees: \$60.00 for Y-Members | \$75.00 for Non-Members

Recreational: (Grades K - 8th)

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. The YMCA of San Angelo will create teams based on grade and school district the participants resides in.

Club: (Grades 4th - 8th)

Teams are formed by the coach. The YMCA **does not** create rosters in this division. Coaches are required to turn in a roster to the Sports Director before registration ends. Coach will make team decisions regarding playing time, game strategy and more. Registration must be done individually and can be done at the YMCA of San Angelo or online.

Youth Basketball Clinic: (Ages K - 8)

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

Registration: October 1, 2023 until first day of clinic or until full.

Clinic: November 27, 2023 - November 30, 2023

Time: 5:30 pm - 7:30 pm

Program Fees: \$50.00 for Y-Members | \$65.00 for Non-Members

League Game Dates:

January 5 - March 3, 2024

Games may be played on Friday or Saturday

Little Dribbler's Basketball League (Ages 3 -4)

This 6 week program is for young athletes with an interest in basketball. Program will meet on Tuesdays and focus on the fundamentals of basketball with age modification to the game.

Registration: October 1 - first day of session or until full

Season: Every Tuesday starting January 9, 2024 through February 13, 2024

Session I - 5:15 pm - 6:00 pm Session II - 6:15 pm - 7:00 pm

Program Fees: \$50.00 for Y-Members | \$65.00 for Non-Members

AQUATICS

Swim Starters: (6 months - 2 years | Parent & Child lessons)

Swim Starters focuses on developing swim readiness skills through fun and confidence-building experiences. Parents will also learn essential skills in Swim Starters. Parents learn how to supervise children in the water, how to prevent accidents, and how to plan for emergencies.

Monthly sessions available Monday and Wednesday 4:00 pm - 5:00 pm.

Each lesson is 30 minutes

Session cost: \$40.00 for Y-Members | \$55.00 for Non-Member



Youth Swimming Lessons: (3 years - 12 years)

Our aquatics department offers swim lessons for all ages and skill levels. The instruction starts by helping participants become comfortable in the water and then progresses to teaching specific strokes. We have a swim lessons indicator that assists parents in selecting the level that best suits their child's swimming abilities.

Monthly sessions available Tuesday and Thursday 4:00 pm - 6:00 pm.

Student to instructor ratio of 5:1

Each lesson is 30 minutes

Session cost: \$40.00 for Y-Members | \$55.00 for Non-Members

Sea Dragon's Swim: (6 years - 18 years)

Students 6 - 18 years 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, Wednesday and Friday, 1:00 pm - 2:00 pm & 6:15 pm - 7:15 pm. Session cost: \$40.00 for Y-Members | \$55.00 for Non-Members

Private Swim Lessons: (all ages)

Private lessons are available for the participants who need more attention or thrive from one-on-one instruction or for the adult eager to learn to swim. For more information contact the Aquatics department at arosales@ymcasanangelo.org.

Price: Varies by instructor



SWIM LESSONS LEVEL INDICATOR

TYPICALLY KIDS FROM 6 YEARS - 9 YEARS

When deciding on a level for your child, please select the level based on your child skills and swimming ability. Ages are listed as a guide.

TYPICALLY KIDS FROM 3 YEARS - 5 YEARS

SKILLS

 Enter water using a ramp, steps, or side

Level 1

- Exit water using the ladder, steps, or side
- Blow bubbles for 3 seconds
- Open eyes underwater and retrieve submerged objects.
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

Level 2

SKILLS

- Step or jump from the side into shoulderdeep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats for 10 seconds
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front

Level 3

• Jump into deep water

- from the side,
 submerge, return to
 the surface then to
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety

Survival float for 30

- · Rotary breathing
- seconds
 Back float for 1
- minute

 Tread water for 1

minute

- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Swim front crawl for 15 yards
- Swim elementary backstroke for 15 yards
- Flutter, scissors, breaststroke, and dolphin kicks

Level 4

SKILLS

- Headfirst entry in compact and stride positions
- · Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute

SWIMMING:

- Front crawl for 25 yards
- Elementary
 backstroke for 25
 vards
- Breaststroke for 15 vards
- Back crawl for 15 vards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back

· Push off in

streamlined position on back, then begin kicking

Level 5

SKILLS

- Shallow-angle dive into deep water
- Tuck surface dive
- Pike surface dive
- Tread water for 5
 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds

SWIMMING:

- Front crawl for 50 vards
- Elementary backstroke for 50 yards
- Breaststroke for 25 vards
- Back crawl for 25 vards
- Butterfly for 25 yards
- Sidestroke for 25 vards
- Front flip turnBackstroke flip turn

Level 6

SKILLS

TYPICALLY KIDS FROM 10 YEARS - 12 YEARS

 Surface dive and retrieve object from the bottom, 7-10 feet deep

SWIMMING:

- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 vards
- Back crawl for 50 yards
- Butterfly for 50 yardsSidestroke for 50
- yards

 Demonstrate open
- Demonstrate open turns and front and back flip turns when swimming

COMING SOON



Prepare to be thrilled and exhilarated at YMCA Esports! Immerse yourself in the heart-pounding world of video game competitions, featuring the hottest titles like Fortnite, Minecraft, and much more!

But it's more than just competition; it's about fostering a community of champions and education. At YMCA Esports, we prioritize sportsmanship, teamwork, and personal growth above all else. Embrace healthy competition, form unbreakable bonds with fellow gamers, and witness your individual talents and soar to new heights. Along with foster educational movement for graphic design, coding and game design.

DISCOVER YOUR PASSION

Explore Volunteerism at the Y

Y volunteers give people of all ages—from all walks of life—the resources and support they need to be healthy, confident, connected and secure. Our volunteers are critical to implementing everything that happens at the Y and in our community. Contact the Welcome Center at 325.655.9106 to acquire about volunteer openings.

Events seeking volunteers:

- Halloween at the Y (Booths and Haunted House)
- Children's Fair (Booths)
- Backpack Program
- Back to school, Lookin' Cool (Barbers and Hairstylist)
- Kids Triathlon (Registration tables and route monitors)

Sports seeking volunteers:

- Football
- Volleyball
- Basketball
- E sports leagues

CAREERS THAT STRENGTHEN COMMUNITIES

Employment opportunities in...

- Welcome Center
- Afterschool/Summer Camp
- Pre-School
- Maintenance
- Wellness Center

- Child watch
- Aquatics
- Group Fitness
- Youth Sports

Possible Employee Benefits

- Free single adult YMCA Membership
- Discounted program fees
- Retirement Plan
- Advancement Opportunities
- Tuition Reimbursement

The YMCA of San Angelo accepts applications year round. For current career opportunities check our website at www.ymcasanangelo.org. To obtain an application, visit the Welcome Center located at the YMCA of San Angelo.

For more information contact our Human Resource Department at plongoria@ymcasanangelo.org.

The YMCA San Angelo YMCA provides equal employment opportunities (EEO) to all employees and applicants for employment without regard to race, color, religion, sex, national origin, age, disability or genetics. In addition to federal law requirements, The San Angelo YMCA complies with applicable state and local laws governing nondiscrimination in employment in every location in which the company has facilities. This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, transfer, leaves of absence, compensation and training.

EVENTS



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FREE AND OPEN TO THE PUBLIC

SEPTEMBER 8 - 17, 2023

The YMCA of San Angelo is throwing open its doors to the public, welcoming everyone to indulge in a fantastic week of free activities! Discover all the incredible offerings the YMCA has in store for you. Don't hesitate to inquire about any special promotions happening this week at our friendly Welcome Center!

TRY THE Y TUESDAY

Get ready for a thrilling treat this

October at the YMCA of San Angelo!

Every Tuesday of the month, we're delighted to invite guests for an exhilarating experience – absolutely FREE! Come on in and discover the amenities we have to offer. Don't forget to swing by our Welcome Center to unlock an exclusive special promotion tailor-made just for you! It's an offer you won't want to miss!

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We cordially invite prospective volunteers, community partners, and generous patrons to join us to make this the best Halloween at the Y yet! For details and inquiries, kindly reach out to Stacy at 325.655.9106 or sduffell@ymcasanangelo.org.





CHILDREN'S FAIR

APRIL 28, 2024

The Children's Fair serves as a fundraising event for child-based non-profit organizations and the YMCA of San Angelo. This exciting, fair-filled day brings together families and the community to celebrate the awesomeness of our youth and all that they can do.

HAVE YOU PARTICIPATED BEFORE AND WANT 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 to guarantee your spot/booth.

NEW ORGANIZATION/CAUSE?

Registration for new booth's open in March.

SPONSORSHIP OPPORTUNITIES AVAILABLE!

For more information contact Stacy Duffell at 325.655.9106 or sduffell@ymcasanangelo.org





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOURS OF OPERATIONS

 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 HOUR OF OPERATIONS

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 OPERATIONS

September 4, 2023 CLOSED

October 26, 2023 CLOSE AT 6:00 PM November 22, 2023 CLOSE AT 6:00 PM

November 23, 2023 CLOSED

November 24, 2023 8:00 AM - 8:00 PM

December 24, 2023 CLOSED
December 25, 2023 CLOSED
January 1, 2024 CLOSED

During these holiday hours childwatch may differ.

STAY CONNECTED!

Receive Y information and updates via text by signing up for REMIND. Text @saymca5 to 81010 To join our email list please see the Welcome Center.

Contact Information

Phone: 325.655.9106

Email: information@ymcasanangelo.org

Fax: 325.659.1952

Web: www.ymcasanangelo.org

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



For a better us.®