



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**HELP THE Y BUILD
A BETTER US**

The Y.™ For a better us.™

SUMMER SESSION June, & July

Registration Open April 23th



OAKLAND YMCA
2350 BROADWAY
OAKLAND, CA 94612

REGISTER FOR CLASSES

ONLINE REGISTRATION : www.ymcaeastbay.org/Register

REFUND POLICY

Refunds will be granted if requested 7 days or more prior to the start of the session. No refund will be granted after this time period. A refund processing fee will be applied as follows : \$10 for a credit card refund, or Credit to your YMCA Account. \$25 for a check or cash payment refund.

FINANCIAL ASSISTANCE

The Y is committed to ensuring that everyone has the opportunity to learn, grow, and thrive. To help, the Downtown Oakland YMCA provides financial assistance for those who may not be able to afford the full cost of programs and services. By offering a financial assistance program, Y programs can be accessible to individuals and families at all income levels without maintaining a fee structure that is artificially low or that compromises program quality.

LATE PICK-UP

All children not picked up by the end of camp day will be assessed the late fee of \$1.00 for every minute, due to additional staff support needed to supervise a child beyond their scheduled shift. All charges are due at time of pick up or before your child returns to camp

SPRING 2019 YOUTH & FAMILY PROGRAM GUIDE

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CONTACT INFO

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 Youth and Families Associate
 Program Director
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SUPERVISED PLAY / WHILE YOU WORK OUT

Child watch

Child Watch is a drop-in service for full-service members providing a safe, healthy, and interactive space for kids so you can take full advantage of your visit to the Y. Our Child Watch staff is well-trained and committed to creating a welcoming environment that meets the needs of you and your child.

Child Watch Cost:

Monthly Pass: \$30 per month, \$15 per month for each additional child

Daily Pass: \$4 per day per child



Child Watch Hours

Kids ages 8 weeks to 5 years old

Monday through Friday: 8:30am - 1:15pm and 4:00pm - 8:30pm

Saturday and Sunday: 8:30am - 2:00pm

Kids ages 6 years to 12 years old



ONGOING PROGRAMS / FOR MEMBERS

Monday

Wednesday

Friday

**Kids Night Paint
 Every 1st Friday**

Age: 18mo-12 Years
 6-10pm

**Kids Paint Night
 Paint**

Age: 5-12years
 6-10pm

Kids Night Out

Ready for a kid-free night? On the first Friday of every month, bring your kids to us for a fun, supervised night of games, sports, crafts, movies, and dinner!

Age: 18mos-12years

Dates: 1st Friday

Time: 6-10pm

Cost :: Facility Member \$25/ Non-Member \$30

Kids Paint Night Out

Join a night of painting fun just for kids! Kids Paint Night Out where kids paint, play and eat pizza while you have a date night. This special Paint Night experience is led by a local artist. All painting supplies and instruction are included.

Age: 5- 12 years

Upcoming Dates : September 21st, November 16th , January 18th , March 21st, May 16th.

Time: 6-9pm

Cost :: Facility Member \$25/ Non-Member \$30



TEEN ZONE / AGES 13-17 YEARS

Teen Pick-Up Basketball

Make the Oakland YMCA your new hang-out place with friends! Enjoy activities such as basketball, pool, game night, and more. Sign-up for 4 on 4 teams for 8 minutes games. Games are played on half court.

Teen Game Night : Ever 4th Friday

Chill out and socialize while enjoying Xbox One . Weekly Game challenge with friends, and Prizes . Game nights will be hosted every 4th Friday of the month from 5:00 - 7:30pm. Snacks will be provided.

Teen Yoga : Starting August 5th

This class will offer teens ages 12-17 the experience of the power and benefits of Yoga in a fun and teen-friendly environment. Yoga helps teens develop better body awareness, self-control, flexibility and coordination. Students will learn to carry these skills beyond class and into their hectic daily lives of school, family and work responsibilities. The goal of the class is for teens to develop a balanced and integrated body for a lifetime of health and wellness through self-awareness and self-management.

Monday	Wednesday	Friday
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Teen Yoga Age: 12-17 years 6:20-7:05pm	Teen Pick-up Basketball 7:30-9:30pm	Teen Game Night 5:00-7:30pm Teen Pick-up Basketball 7:30-9:30pm
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Child/ Family Yoga

YMCA Little Lotus Yoga :Age 6-11 years

This class focuses on the union of the spirit, mind and body. With games, stories, imagination and kid friendly yoga poses we simplify a complex, ancient practice into something that is modern, inclusive, accessible and fun.

Cost: Facility Member \$45/ Non-Member \$65

Toddler & Me : Ages 2+

This yoga class is designed to introduce children to the wonderful world of yoga poses and activities and become aware of their inner selves through music, laughter and play! . Parent and Child yoga

Cost: Facility Member \$20 / Non-Member \$30

Monday	Tuesday	Saturday
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Toddler & Me Age: 2+ 5:30-6:15pm		YMCA Little Lotus Yoga Age: 6-11 Years 11:35-12:35pm
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Attire and What to Bring

- Come to class dressed and ready to move your body
- Loose-fitting, functional clothing made of breathable material to allow air flow
- Shoes are optional
- Water, towel
- Yoga mat – bring your own or check with your branch for availability



YOUTH SPORTS / AGES 3-13

Youth Co-Ed Basketball League: Age 5-8 years

Youth basketball teams usually play one game per week and attend one practice per week. Team members spend time on skill-specific drills and learning plays and game strategy.

Age Divisions: 5-6, & 7-8

Program Fee: Facility Member \$135 / Non-Member \$160

Early registration is recommended to avoid waiting lists

Jersey Fee: \$20 (Due at registration). All new players and players moving to a new age division must purchase a jersey.

Tennis H.I.T.S : Ages 7-10years

H.I.T.S. stands for Honesty, Integrity, Teamwork, Sportsmanship and uses the "right-sized" equipment to allow young players to learn and play more effectively. H.I.T.S. is an educational enrichment program focused on growing a child's core values while having fun and learning the fundamentals of tennis. H.I.T.S. is a tennis program for kids that incorporates the fundamentals of a team sport with life skills enrichment. It is a fun and easy program supported by United States Tennis Association of Northern California's training and resources

Saturday , 12:30-1:30pm

Location : Gym

Cost: Facility Member \$45 / Non-Member \$65

YOUTH DANCE / AGES 3-8

Monday	Wednesday	Saturday
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	Dance 101 Age: 3-5 Years 4:15-4:55pm	Youth Pre-Ballet Age: 3-5 Years 9:30-10:15am Youth Ballet Age: 6-8 Years 10:30-11:15am
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Summer Session : June 3rd—July 27th (8 weeks)

Cost: Facility Member \$72 / Non-Member \$92

Location : Spirit Studio



Youth Basketball : Clinic Ages 3-13 Years

Brush up on your basketball skills as we go over basics of shooting, passing, defense, and teamwork. Players will learn the fundamentals and the rules of the game through scrimmages. Open to youth ages 3-13 years old.

Location : Gym

Ages: 3-13 years

Cost | Facility Member \$135 / Non-Member \$160

Summer Session 2 : August 5th—September 14th

Monday	Wednesday	Saturday
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	Youth Basketball League Age: 3-5 years 5:30-6:30pm Youth Basketball League Age: 9-11 Years 6:35-7:30pm	Youth Basketball League Age: 3-5 years 10-11am Age: 9-11years 11:15-12:15 pm Tennis H.I.T.S Age: 7-10Years 12:30-1:30pm
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Summer Session 1: June 3rd –July 27 (8 weeks)

Youth Ballet : Ages 6-8 years

Our Ballet class is designed to inspire and encourage your child while instructing them in essential ballet positions, such as foot and posture alignment, working at the barre, executing floor exercises, turns, leaps and more.

Youth Pre-Ballet : Ages 3-5years

Our instructors lead participants in an introduction to ballet basics. Children will enhance balance, coordination, rhythm, and dance skill in a nurturing environment. We invite family and friends to join us the end of each session for a dance performance!

Dance 101

Explore many different styles of dance while improving balance, coordination, and motor skills. Students will be introduced to basic techniques from ballet, modern, hip hop, and world dance in a fun and playful class.

Homeschool P.E. AGES 5-13 YEARS

Friday Saturday

Homeschool P.E.

Age: 5-13 Years

Time: TBA



Homeschool P.E. Ages 3-7 years

The YMCA homeschool program is taught by our trained staff and includes a variety of youth programming; including Recreational Swim, sports, and is made available at times most convenient for homeschoolers. Homeschooler program participants will improve their strength, endurance, coordination, balance, and energy levels with age-appropriate activities, sports, and games.

This program is offered to children that are homeschooled. This program is offered in 8-week sessions. The class will be split into two 45-minute sections; they will utilize both Gym and the pool. The class time includes time to change clothes into the proper attire. We encourage the parents and/or caregivers to work out and attend fitness classes within our facility while their children participate in our homeschool program. Children must be 5 years of age by September 1, 2019, to enroll. Program participants will be divided into two or three smaller age or ability-based groups, as needed. Space is limited and registration is on a first come first serve basis.

Fall Session : September 30th—November 16th (8weeks)

Cost: Facility Member \$40 a week / Non-Member a week \$50

Location : Multipurpose Room



STEM FUNDAMENTALS USING LEGO / AGES 5-10 YEARS

Minecraft Engineering with LEGO® Materials : Ages 5-10 years

Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and the LEGO® building system or a seasoned veteran, you'll be hooked on the endless creative possibilities.

Monday

Wednesday

Saturday

Stem Fundamentals using LEGO

Age: 5-10 Years

Summer session II : August 4th - September 14th (6weeks)

Cost: Facility Member \$145/ Non-Member \$175

Location : Multipurpose Room



DAY CAMP / AGES 3-7 YEARS

Summer Day Camp 2019: Grades k-8th

Oakland YMCA Day Camps offer children positive developmental experiences and encourages them to forge bonds with each other and with staff while developing confidence through skill-building activities suited to their ages. Day campers are able to explore creativity, teamwork and leadership in a wide range of physically active programs that influence lifelong learning and healthy living. With increased emphasis on child safety, learning traditions, personal values and social skills, today's camp is more vital than ever.

Dates: June 3rd -July 26 (8Weeks)

Time : 7am-6pm

Location : Oakland YMCA

Cost: Facility Member \$280/ Non-Member \$290

FINANCIAL AID Deadline :June 1st 2019

Day Camp Refund Policies

Refunds will be granted if requested 2 weeks or more prior to the start of the session. No refund will be granted after this time period. A refund processing fee will be applied as follows: \$10 for a credit card refund, or Credit to your YMCA Account. \$25 for a check or cash payment refund.



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