

# Youth Programs

## Nurturing the development of children and teens

### Babysitting (crawling to 6 years)

Fee is \$2.00 per hour per child for healthy children while their parents are in the YMCA facility.

M-F 8:30 – 1:00 pm M-Th 4:00 – 8:00 pm F 4:00 – 7:00 pm

Sat 8:30 – 11:00 am

### Parent and Tot Classes

*Both of these Parent and Tot classes are free to Y members. Program members may participate in Parent and Tot in Motion and Stroller Fitness for six consecutive weeks at no cost. Program members who join as an Adult or Household Y member during the six week participation will receive 50% off the joining fee.*

**Stroller Fitness** – Parent and children birth to three years. Group fitness class that incorporates cardio and strength exercises in and out of the stroller for parent and child.

M 9:15 – 9:45 am

**Parent and Tot in Motion** – Children age 12 to 36 months and their parent. The program promotes listening and fine motor skills using a variety of equipment including balls, scarves, hoops, and parachutes.

F 10:15 – 10:45 am

### Saturday Birthday Program (ages 3 – 12)

The YMCA has birthday party options available at the Wenatchee facility and the Eastmont YMCA Aquatic Center. Please see our Birthday Flyer located at the Membership Services Desk.

### Youth and Teen Center (grades K-9)

The Youth and Teen Center is a supervised area which includes a fitness arcade, 12 station computer lab, and game area (foosball, pool, etc). Scheduled activities also happen in this area and are listed below.

M-F 4:00 – 8:00 pm

Sat 8:30 – 10:30 pm

#### Enrichment/Computer Lab:

M-Th 5:00 – 7:00 pm

#### Science Activity Time:

Tu 4:30 – 5:00 pm

#### Arts & Crafts Time:

Th 4:30 – 5:00 pm

### Wenatchee and Eastmont School District early release days and no school days, opens at 2:00 pm.

<b>Both School Districts:</b>	January 2, 16 & 27 February 17 & 20 April 2 – 6 June 13	Wenatchee only: March 7	Eastmont only: March 22 & 23
-------------------------------	--	-------------------------	------------------------------

### Holiday Program (grades K-5)

Available during Wenatchee/Eastmont non-school days. Activities include swimming, small and large group games, arts & crafts, and a snack. Participants must bring a lunch, swimsuit and a towel. Early registration is recommended.

**Both School Districts:** January 2, 16 & 27 February 17 & 20 April 2-6 June 14 & 15

Check in: 7:30 – 8:30 am

Y Members – \$20.00 per day Program members – \$30.00 per day

### Gym Activity (grades K-9)

The YMCA is pleased to offer exciting forms of recreation for youth. **Climbing Wall:** Supervised, auto-belay climbing technology with over 750 square feet to conquer. **Sportwall:** An interactive fitness technology that allows individual reactive training or group relay activities. **Open Gym:** Supervised free-time with activities like basketball and group games.

#### Climbing Wall, Sportwall, Open Gym

M, W, F 4:00 – 5:00 pm

Sat 10:30 – 11:30 am

#### Open Gym

Tu, Th 4:00 – 4:30 pm

# Youth Programs continued

## After School Program (grades K-5)

Activities include homework help, nutritious snacks, physical and educational activities. Children will be released to the Youth and Teen Center at 4:15 pm. (This is not a state licensed program.)

M-F 2:30 – 4:15 pm (school days)

Y Members – \$ 5.00 per visit or \$90.00 for 20 visit punch card      Program members – \$ 9.00 per visit

Early School Release Days (Wenatchee and Eastmont S.D. only)

11:30 am – 4:15 pm

Y Members – \$ 10.00 per visit or double punch on punch card      Program members – \$14.00 per visit

## Uplift (grades 6-9)

Uplift is a strength training course that teaches educational and practical components related to Nautilus, free weights, and cardiovascular equipment. Upon successful completion, participants may participate in adult programs without direct parental supervision. (One week sessions) Please see membership services for times and dates.

\$45.00 for Y members only

# Healthy Living – Family Programs

## Improving Community Health and Well-being

### Parents and their children participating together

**Family Youth and Teen Center** \*Children may participate without a parent at these times. \*\*Family time only.

\* M-Th 6:30 – 8:00 pm

\* F 6:00 – 6:30 pm

\* Sat. 8:30 – 10:30 am

\*\*Sun. 2:40 – 3:30 pm (Open Sundays, October 15 – March 15)

**Family Gym Time** – (Climbing Wall, Sportwall, Open Gym) \*\*Family time only.

\*\*M-W 6:40 – 7:30 pm

\*\*F 5:45 – 6:30 pm

\*\*Sat. 10:30 – 11:30 am

\*\*Sun. 1:30 – 2:30 pm (Open Sundays, October 15 – March 15)

# Summer Youth Programs

The Y offers week long summer program for School Age Children. Registrations for these programs begin as early as January 2012. Please see Resident Camp Brochure or Youth Summer Program Brochure for details.

**Summer Adventure Club Day Camp (Entering Grades 1-5 in the Fall of 2012)** - Each week is packed with exciting activities like Chelan Slidewaters, nature hikes, trips to local parks and climbing wall activities. Participants will also receive two free swimming lessons each week as part of the program.

**T-Wave (Entering Grades 6-8 in the Fall of 2012)** - A recreation program for young teens, encouraging leadership and promoting budgeting and time management skills. Participants plan the week's activities and transportation is provided by the YMCA. Seattle and Spokane trips include an overnight experience and a variety of activities in each city.

**Teen Silverwood Trip (Entering Grades 6-8 in the Fall of 2012)** - The Teen Silverwood Trip is a four-day/three-night trip to Silverwood Theme Park, Spokane and the Moses Lake Surf n' Slide park.

**Lake Wenatchee YMCA Camp (Entering Grades 1-10 in the Fall of 2012)** - Camp Programs are challenging, fun, age appropriate, and help campers to grow in spirit, mind and body. Campers will take part in a week long, traditional camping experience in a beautiful natural setting on the north shore of Lake Wenatchee. Registration begins in January 2012.