

YOUTH DEVELOPMENT

Nurturing the development of children and teens



YOUTH ACTIVITIES

Youth and Teen Center (Grades K-9)

The Youth and Teen Center is a supervised area which includes a fitness arcade, 16-station computer lab and game (pool, foosball, etc.) area. There are special times each week for Computer Lab Enrichment, Science Activities, and Arts & Crafts. Youth and Teen Center schedules change seasonally. The current Youth and Teen Center Schedule is available at www.wenymca.org or at the Membership Services Desk. Programming for the Youth and Teen Center is overseen by a youth advisory board. Free for Y members.

School Year Hours:

M-F 4:00 pm - 8:00 pm

Sat 8:30 am - 10:30 am

Wenatchee and Eastmont School Districts

Early Release Days:

M-F 2:00 pm - 8:00 pm

Youth Open Swim Times

Youth Open Swim Times are available at both the YMCA and the Eastmont YMCA Aquatic Center. Please see the current Youth Program Schedule at www.wenymca.org or at the Membership Services Desk for the current Youth Open Swim Times.

Saturday Birthday Program

The YMCA has birthday party options available at the Wenatchee facility and Eastmont YMCA Aquatic Center. Each option includes a birthday host, party favors, birthday treats, vegetable tray, and lots of fun for young guests. Options include Climbing Wall, Youth and Teen Center, Sportwall, and swimming (participants must be at least 6 years of age).

We are pleased to offer healthy food options for your party upon request. All parties require advance registration and full payment at the time of registration. For specific details, please contact the Membership Services Desk.



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 the current Youth Program Schedule at www.wenymca.org and at the Membership Services Desk for the dates of the next session. The cost is \$45 for Y members. Private and semi private instruction is also available for an additional charge.

Parent and Tot in Motion

Parent and Tot in Motion is a group activity program for 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. The primary class location will be the Youth and Teen Center, but the location may vary depending on the activities planned. Parent and Tot in Motion is free for the first 6 weeks, after which parent and child must be Y members or pay a daily program member fee. Please see the current Youth Program Schedule at www.wenymca.org and at the Membership Services Desk for the current Parent and Tot in Motion schedule.

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. Equipment provided.
- **Sportwall:** An interactive fitness technology that allows individual reactive time training or group relay activities.
- **Open Gym:** Open area in gym for free-time activities like basketball.

Climbing Wall, Sportwall, Open Gym

Please see the current Youth Program Schedule at www.wenymca.org and at the Membership Services Desk for the current Gym Activity schedule.

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CHILD CARE

After School Program (Grades K-5)

Activities include homework help, nutritious snacks, and physical and educational activities. Children will be released to the Youth & Teen Center at 4:00 pm (This is not a state licensed program).

M-F 2:30 pm - 4:00 pm (school days)
Y Members - \$5.00 per visit or \$90 for 20 visit punch card
Program members - \$9.00 per visit

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

11:30 am - 4:00 pm
Y Members - \$10.00 per visit or double punch on punch card
Program members - \$14.00 per visit

Babysitting (Crawling to 6 years)

M - F 8:30 am - 1:00 pm
M - Th 4:00 pm - 8:00 pm
F 4:00 pm - 7:00 pm
Sat 8:30 am - 11:00 am

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

Holiday Program (Grades K-5)

Available during Wenatchee / East Wenatchee non-school days. Activities include swimming, small and large group games, arts & crafts and a snack. Participants must bring a lunch, swimsuit, and towel. Check in: 7:30 - 8:30 am \$20.00 per day for Y members; \$30.00 per day for program members. Early registration is recommended.



Financial Assistance is available for youth membership and program fees.

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SUMMER YOUTH PROGRAMS

Summer Adventure Club (Entering Grades 1-5 in the Fall 2012)

Come join the fun and excitement of the Wenatchee Valley YMCA's Summer Adventure Club. 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. Children learn to cooperate by participating in both small and large group activities. Trained staff help each child grow as an individual through character development activities. Adventure Club Plus allows youth in grades 4-5 leadership opportunities and special activities designed especially for their age group. Children may be signed in as early as 7:30 am and signed out between 4:45 and 6:00 pm at the YMCA. Registration begins in January 2012.

T-Wave (Entering Grades 6-8 in the Fall of 2012)

T-Wave is a summer recreation program for teens. The YMCA provides the leadership and transportation and allows participants to plan their own week. Each session includes service learning, team building, budgeting, and varying recreation experiences in an environment of caring, honesty, respect, and responsibility. Weekly sessions will run Monday through Friday from 7:30 am to 5:30 pm. Registration begins in January 2012.

Lake Wenatchee YMCA Camp (Entering Grades 1-10 in the Fall of 2012)

YMCA Camp Programs are challenging, fun, age appropriate, and help campers to grow in spirit, mind, and body. Y-Camp staff are dedicated to providing a safe and wholesome environment for each camper and undergo extensive training prior to the camp season. Campers will take part in a week long, traditional camping experience in a beautiful natural setting on the north shore of Lake Wenatchee. Activities include campfires, cookouts, hiking, canoeing, kayaking, archery, and arts and crafts. Older campers can take part in overnight hiking, fishing, rafting, or horseback trail riding experiences, and the very youngest campers can attend special half-week sessions designed just for them. A leadership development program is also available. Registration begins in January 2012. Visit www.lwycamp.org for more information.

Teen Silverwood Trip (Entering Grades 6-8 in the Fall of 2012)

The Y-Teen Silverwood Trip is a four-day/three-night trip to Spokane, Silverwood Theme Park and the Moses Lake Aquatic Center. Registration begins in January 2012.

Summer Swim Camp (Entering Grades 1-8 in the Fall of 2012)

This is a great opportunity for swimmers previously in swimming lessons or Summer Swim Team to enhance stroke mechanics, endurance, and self-esteem. Each day will consist of pool and dry land training led by experienced YMCA coaches. Two developmental swim meets and special presentations on nutrition, strength training, and core values will be part of the summer experience. Participants must be able to swim 25 yards without stopping.