



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTHENING COMMUNITY IS OUR CAUSE

Fall/Winter 2011-2012  
Program Guide  
EL CAMINO YMCA



# OUR CAUSE

**At the Y, strengthening community is our cause. We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility.**

**We believe that everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. We mobilize communities, so you can feel more healthy, confident, connected and secure.**

**Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.**

**Visit us today to build a healthy spirit, mind and body.**

**Elaine Glissmeyer, Executive Director**

**Join the Y today**  
Financial assistance available

**WHO WE ARE**

The Y is the nation’s leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

**EL CAMINO YMCA OFFERS**

- Strength training/free weights to enhance your muscular strength and endurance
- Cardiovascular equipment (treadmills, stairmasters, stepmills, lifecycles and elliptical trainers)
- Swim lessons (private, group, parent/child) and water fitness classes
- More than 135 group exercise classes weekly
- Child Watch and Youth Center
- Full-size gymnasium
- Youth and family programs, including family gym and family swim
- School-Age Child Care and Preschool Programs
- Fitness Programs
- Lap Swimming
- Massage
- Personal Training: Personalize your workout and help you reach your fitness goals
- Triathlon Club

**HOURS OF OPERATION**

Monday – Thursday	5:30 am – 10:00 pm
Friday	5:30 am – 9:00 pm
Saturday & Sunday	7:00 am – 7:00 pm

**CHILD WATCH AND YOUTH CENTER**

If you are a facility member, while you’re at the Y, your child can enjoy Child Watch or our Youth Center while playing with other children and participating in fun activities under the supervision of our caring staff.

**Child Watch (Ages 7 weeks – 5 years)**

Monday & Friday	8:00 am – 8:00 pm
Tuesday – Thursday	8:00 am – 8:30 pm
Saturday & Sunday	8:00 am – 2:00 pm

**Youth Center (Ages 6–11)**

Monday – Friday	4:00 pm – 7:00 pm
Saturday	8:00 am – 2:00 pm
Sunday	9:00 am – 2:00 pm

**Fee:**

Family Facility Member	FREE
Individual Facility Member & Program Member	\$2/hr/child

**LOCATION & CONTACT INFORMATION**

**El Camino YMCA**

2400 Grant Road, Mountain View CA 94040  
Phone: 650 969 9622 | Fax: 650 969 1053  
See map on back cover

**WEBSITE**

[elcaminoymca.org](http://elcaminoymca.org)

**TABLE OF CONTENTS**

**For Healthy Living**

**Health, Well-Being & Fitness**

Adult Water Fitness	4
Healthy Living	6
Active Older Adults	7
Wellness Center	8
Personal Fitness	9
Nutrition Counseling	10

**Sports & Recreation**

Group Sports	11
--------------	----

**Family Time**

Special Events	20
----------------	----

**For Youth Development**

**Child Care**

Way to Grow Preschool	12
Kids’ Place	

**Holiday and School Break Camps**

	13
--	----

**Swim, Sports & Play**

Youth Swim	14
Youth Sports	16
Youth Fitness	18

**Education & Leadership**

Model United Nations	19
Teen Leadership Conference	
Youth and Government	

**For Social Responsibility**

**Get Involved**

Join. Give. Volunteer. Advocate. Project Cornerstone	21
---	----

# HEALTH, WELL-BEING & FITNESS

## ADULT WATER FITNESS

Our 25-yard, six-lane lap pool is kept between 82 and 84 degrees year-round. Our smaller teaching pool is approximately 86 degrees. Certified lifeguards are always on duty to ensure your safety.

**Schedule:**

Our pool schedule changes periodically throughout the year. Visit our website or Member Services Desk for a current schedule.

For daily schedules, call 650 429 1355.

### FAMILY SWIM

Family swim is for members and guests of all ages. All family swim participants under age 18 will be swim-tested and given a colored wristband to wear to identify their appropriate level. Only Coast Guard-approved flotation devices are permitted and are available at the YMCA.

### FITNESS SWIM

Fitness swim is for members who wish to swim laps. Swimmers must be able to swim full lengths continuously. When space is limited, circle swim (see diagram to the right) must be utilized to ensure everyone has equal use of the pool. If space is available, exercising, walking and floating are permitted; however, lane priority is given to lap swimmers. Equipment such as pull buoys and kickboards are available for use during fitness swim. Fitness swim is available for facility members, ages 11 and older, who have passed the swim test and who can swim laps continuously.



### WATER FITNESS CLASSES

Water fitness classes are a wonderful alternative to land-based exercises. With water exercise, there is less impact on your joints, but you still receive the same cardiovascular workout as you would on land. All fitness levels and non-swimmers are welcome. Visit our website or our Member Services Desk for a current schedule of classes and a list of class descriptions. Financial assistance is available.

- Available only for YMCA facility members

**Water Fitness Classes include:**

- Aqua Aerobics
- Aqua Circuit
- Aqua Fit
- Aqua Noodles
- Aqua Advance
- Arthritis Aquatics\*

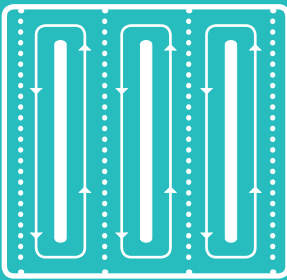
\*Available seasonally; register through Foothill College.



## HOW TO GET STARTED IN WATER FITNESS CLASSES

1. Choose a class from our schedule available on our website or at the Member Services Desk.
2. Proper swim attire is required—sunglasses, hat/visor, water shoes, sunscreen, and aqua fitness gloves are recommended for the full benefit of water fitness classes.
3. Show up for class. Be sure to inform your instructor you are new and if you have any circumstances that need alternative accommodations.

### CIRCLE SWIM DIAGRAM



## FAMILY SWIM For Special Needs Families

Children and adults with special needs and their families are very special to us. All of our programs are open to people with special needs. Program coordinators are available to work with you to ensure a rewarding and enjoyable experience. Family swim is an informal time for families to meet, chat, swim and play together.

For details, call 650 429 1371.



FOR HEALTHY LIVING

# HEALTH, WELL-BEING & FITNESS

## HEALTHY LIVING

### GROUP FITNESS CLASSES

At El Camino YMCA, we offer a wide variety of exercise classes, from yoga to ballroom dancing. Group exercise is a great opportunity to improve your fitness level, lose weight and condition your muscles. To try a class, arrive 5–10 minutes prior to its start, and let the instructor know that it is your first time and/or any special circumstances; the instructor can recommend appropriate modifications. You are encouraged to work at your own pace, and we strive to accommodate all levels of fitness. Visit our website or our Member Services Desk for a current schedule of classes and a list of class descriptions.

**Fee:** Facility Member FREE  
Available only for YMCA facility members

#### Group Exercise Classes include:

- Advanced Jazzy Aerobics
- Aqua Aerobics
- Body Attack/Body Pump\*
- Cardio Dance
- Cardio Kickbox
- Chair Aerobics
- Core Functionality
- Cycling\*
- ♥ Family Karate
- ♥ Feldenkrais
- ♥ High-Energy and Low-Impact Aerobics
- ♥ Martial Arts (Youth Karate/  
Seigo Kan Karate/Tae Kwon Do)
- ♥ Muscle Conditioning/Total Body/  
Body Sculpt
  - NIA
- ♥ Pilates (Beginner to Advanced)
- ♥ Pilates Rhythm
  - Piloxing
- ♥ Step
- ♥ Tai Chi
  - Walk Fit (Outdoor classes)
  - Yoga (Beginner to Advanced)
  - Yogilates
  - Zumba

\*You must sign up 30 minutes prior to class

### ♥ PRE/POSTNATAL EXERCISE CLASSES

It's important for the health of mothers-to-be and new mothers to receive regular exercise. We follow the American College of OB/GYN guidelines, and these classes are carefully monitored and modified. A physician's consent is required to register. Register for the program and pick up a doctor's release form at our Member Services Desk.

**Fee:** Facility Member FREE  
Program Member\* \$30/month

\*A current \$45 program membership fee per year is required for registration.

#### Exercise Classes include:

- Pre/Postnatal Aerobics
- Prenatal Yoga
- Stroller Aerobics



## ACTIVE OLDER ADULTS (AOA)

### IT'S NEVER TOO LATE TO FEEL GREAT

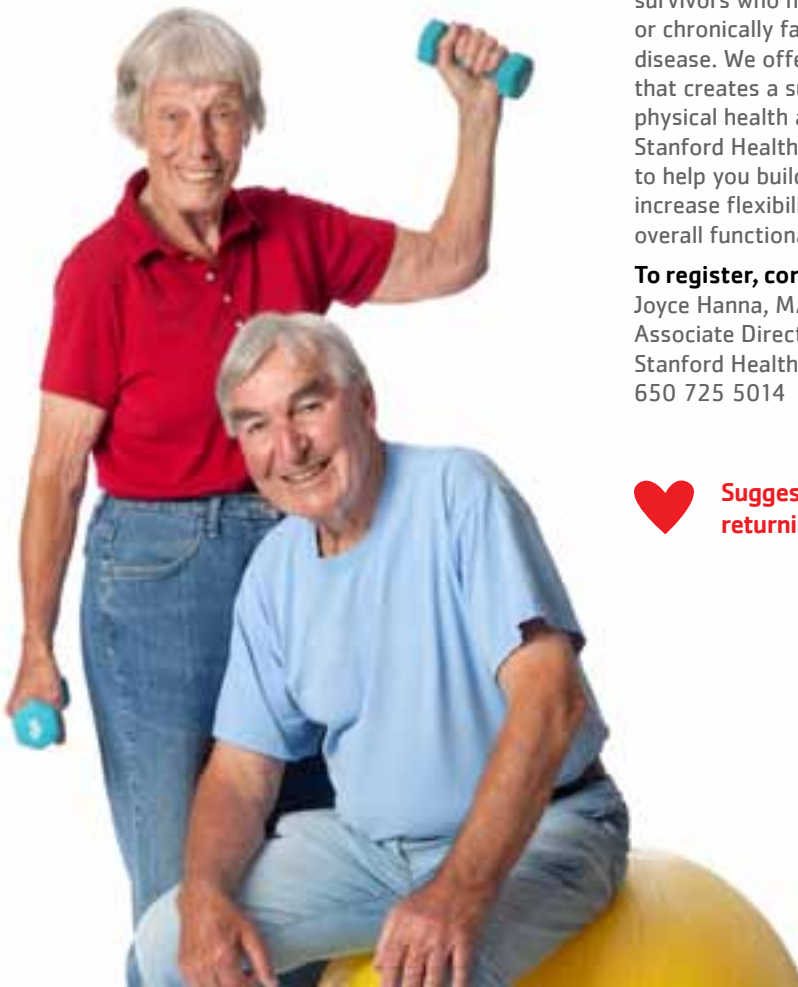
Our Active Older Adult (AOA) program is for men and women 50 and older. AOA strives to offer a comprehensive and integrated program that encourages you to grow in the areas of physical, emotional, social, vocational, intellectual and spiritual wellness.

### NOONTIME LECTURE SERIES

AOA Noontime Lectures are held monthly. This is a great venue to meet new people and learn about issues and topics of interest to active older adults. This is free and open to both members of the Y and the community. Space is limited. Call 650 969 9622 to reserve your spot.

### AOA NEWSLETTER

Pick up your copy of the AOA newsletter in our lobby to find out the latest AOA news, including dates and subjects for monthly lectures and information on topics of current interest to active older adults.



### ♥ GROUP FITNESS CLASSES

The classes below are taught by fitness specialists with an expertise in working with active older adults. Group fitness classes provide a supportive and safe environment to help increase your strength, endurance, flexibility and balance. Visit our website or our Member Services Desk for a current group exercise schedule and a list of class descriptions.

#### Classes include:

- Aqua Fit
- Arthritis Aquatics
- Chair Exercise
- Cycling
- Fit & Flexible
- Feldenkrais
- Gentle Strength & Balance
- Gentle Yoga
- Hearts/Balanced & Flexible
- Low Impact Aerobics
- NIA
- Wellness Walk
- Wellness Weights
- Yoga
- Zumba Gold

### ♥ LIVING STRONG, LIVING WELL™

This program is designed for adult cancer survivors who have recently become de-conditioned or chronically fatigued from treatment and/or disease. We offer a small and intimate group setting that creates a supportive environment to enrich physical health and fitness. In collaboration with the Stanford Health Improvement Program, our goal is to help you build muscle mass and muscle strength, increase flexibility and endurance, and improve overall functional ability.

#### To register, contact

Joyce Hanna, MA, MS  
Associate Director  
Stanford Health Improvement Program  
650 725 5014



Suggested for new or returning exercisers

FOR HEALTHY LIVING

# HEALTH, WELL-BEING & FITNESS

## WELLNESS CENTER

Our state-of-the-art fitness center provides excellent cross-training benefits with both strength training and cardiovascular equipment. Selectorized Cybex machines and free weights are available for resistance training. We have a variety of cardiovascular machines including treadmills, elliptical cross trainers, steppers, rowing machines, and upright and recumbent stationary bicycles. Contact the Wellness Center at 650 429 1342 to schedule your free, hour-long Wellness Orientation. Our Wellness Coaches are available to help you put together a wellness program that works for you and support you along the way.



### ♥ FITLINXX – VIRTUAL WORKOUT PARTNER

FitLinxx is an interactive fitness network designed to make sure you get a personalized workout each and every time you exercise. The system is designed to give you instant feedback while you exercise on the equipment and for your Wellness Coach to monitor your progress and help you reach your overall health and fitness goals. Each piece of equipment works on a specific muscle and is safe, effective and easy to use. El Camino YMCA members receive a free Wellness orientation with one of our Wellness Coaches.

#### Using FitLinxx at the YMCA enables you to:

- Exercise to a customized program geared toward your exercise goals
- Receive personalized support from your Wellness Coach
- Get immediate feedback on your precise exercise movements
- Track your strength and cardiovascular workout progress
- Enhance your overall lifestyle at [fitlinxx.com](http://fitlinxx.com) where you can log additional workouts, find articles on nutrition and health and wellness, and view member success stories
- Earn FitLinxx prizes



**Suggested for new or returning exercisers**



## PERSONAL FITNESS

### PILATES EQUIPMENT TRAINING: PRIVATE, SEMI-PRIVATE AND ONGOING GROUPS

Get Pilates training in a private, semi-private or small group setting on a variety of equipment. Equipment includes the reformer, chair, spring board and tower, and some small props. Pilates exercises are specifically designed to improve your core strength, flexibility and balance. Enhances sports performance, injury recovery and optimal health.

- Ongoing enrollment is recommended
- Available only for YMCA facility members

#### Group Class (5 people)

**1 Session**      \$33 per person/per class  
sold monthly

#### Private

**1 Session**      \$75  
**4 Sessions**    \$288 (\$72/session)  
**8 Sessions**    \$540 (\$70/session)

#### Semi-Private

**1 Session**      \$55 per person  
**4 Sessions**    \$210 (\$52.50/session)  
**8 Sessions**    \$400 (\$50/session)

### SMALL GROUP PILATES AND TRX

You'll meet weekly for six weeks to get a total body workout with hundreds of exercises and variations using your own body weight and small props to generate resistance. Small props include foam rollers, arcs, exercise balls and magic circles. You'll improve your balance, joint stability and flexibility.

**Fee:**      Facility Member      \$100/six weeks  
Available only for YMCA facility members

### PERSONAL TRAINING

Whether you're new to fitness, a seasoned athlete or somewhere in between, you'll get the personalized attention, support and resources you need to commit to improving your health and well-being. Our certified Personal Trainers are passionate about serving you and assisting you in reaching your goals.

- We offer one-hour sessions and buddy sessions
- Personal Training Studio opens Summer 2011
- You must be a facility member (over the age of 11) to be eligible for Personal Training sessions

Sessions	One hour	Buddy
<b>1 Session</b>	\$65	—
<b>4 Sessions</b>	\$220	\$160
<b>8 Sessions</b>	\$400	\$320
<b>12 Sessions</b>	\$540	\$480

For details, call 650 429 1349.



FOR HEALTHY LIVING

# HEALTH, WELL-BEING & FITNESS

## NUTRITION COUNSELING

Our Registered Dietitians will provide you with a lifetime strategy for healthy eating. Eating right is vital to a healthy lifestyle, and proper nutrition can increase your energy and help with weight management and weight loss.

Choose the package that best meets your needs. If you need help choosing, let us know.

### PACKAGE A: PRIVATE CONSULTATION

In this one-hour appointment, the nutritionist evaluates your diet based on a 24-hour recall of food you've eaten, answers your questions about nutrition, and gives you practical tips and advice for attaining your nutrition-related goals.

<b>Fee:</b>	Facility Member	\$65
	Program Member*	\$130

### PACKAGE B: A COMPLETE DIET "TUNE UP"

Meet with the nutritionist three times (two hours total) and get a computerized analysis of your diet (calories, protein, carbohydrate, fat, fiber, vitamins, minerals and more) and an individualized action plan with nutrition goals and strategies for achieving them.

<b>Fee:</b>	Facility Member	\$120
	Program Member*	\$240

\*A current \$45 program membership fee per year is required for registration.

### PACKAGE C: CONTINUE YOUR ACTION PLAN

This follow-up plan to Package A or B includes an additional one-hour meeting with the nutritionist to provide needed support and guidance to help you achieve your goals and maintain your healthy eating lifestyle.

<b>Fee:</b>	Facility Member	\$50
	Program Member*	\$100

### WEIGHT LOSS CHALLENGE

This is part class, part support group with the goal of learning skills and tools to lose weight healthfully and keep it off. Package includes seven meetings over six weeks.

For details, call 650 429 1349.



# SPORTS & RECREATION

## GROUP SPORTS

### ADULT BASKETBALL

At the Y, we believe sports, fun and exploring new interests aren't just for the young.

Our fun, yet competitive adult basketball league plays tournament-style games every week. Each player receives a reversible league jersey.

**Seasons:** **September 26 – December 10, 2011**  
7:00 – 9:00 pm  
(No games November 21–25)

**January 30 – April 7, 2012**  
8:00 – 9:45 pm

**April 16 – June 23, 2012**  
7:00 – 9:00 pm

**Date:** Tuesday Nights 3-on-3 (Ages 18+)  
Thursday Nights 3-on-3 (Ages 30+)

**Location:** El Camino YMCA

**Fee:** **Tuesdays or Thursdays**  
Facility Member \$31  
Program Member\* \$47

**Tuesdays & Thursdays**  
Facility Member \$52  
Program Member\* \$78

You must be registered for a league in order to play.

### TRIATHLON CLUB

Join this awesome group for an amazing training experience. We welcome athletes of all levels and offer daily, coach-led workouts in swimming, biking and running. New to triathlon? We offer a 15-week "New to Multi Sport" program with the goal of getting you across the finish line of a sprint distance triathlon. Whatever your goal, you'll meet training partners and mentors to help you prepare for Sprint, Olympic and Half-Ironman distances.

**Fee:** **5.5 Month**  
Facility Member \$275  
Program Member\* \$325

**3 Month**  
Facility Member \$165  
Program Member\* \$200

### MASTERS SWIM TEAM (Ages 18+)

Enjoy a coached workout with our adult swim team. Swimmers have a variety of goals, including fitness, fun and training for open water swims or U.S. Masters competitions. Our coaches help you meet your goals with targeted workouts and technique development. Masters meets year-round on a weekly basis. Financial assistance is available.

**Date:** Fall/Winter  
October 4 – May (monthly)

**Location:** **Tuesday & Thursday**  
St. Francis  
until October 4  
El Camino YMCA  
October 8 – May

**Saturday & Sunday**  
El Camino YMCA

**Fee:** Facility Member FREE  
Program Member\* \$40/month



Register online for Group Sports  
at <https://reg.ymcasv.org>

\*A current \$45 program membership fee per year is required for registration.

# CHILD CARE

## NURTURING YOUR CHILD'S POTENTIAL

With so many demands on today's families, parents need all the support they can get. That's why child care at the Y is about more than looking after kids. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

For details, contact a child care center listed below or El Camino YMCA at 650 429 1344. Financial assistance is available.

### WAY TO GROW PRESCHOOL

(Pre-K-K: Ages 2.9-5)

Way to Grow Preschool is committed to the healthy development of your child through individual attention and encouragement, as well as through group participation and sharing. This state-licensed preschool program focuses on creating developmentally appropriate experiences. Our goal is to provide your child with a safe, caring and cheerful environment in which he or she can make friends, learn new skills, and develop self-esteem.

- Bilingual program (English and Spanish)

#### Way to Grow Preschool at Oak Elementary School (#434411574)

1501 Oak Ave, Los Altos 94024  
Phone: 650 962 1527  
School Hours: 7:30 am – 6:00 pm

#### Way to Grow Preschool at Landels Elementary School (#TBD)

115 W. Dana Ave, Los Altos 94041  
Phone: 650 965 2008  
School Hours: 8:00 am – 12:00 pm

### KIDS PLACE – SCHOOL-AGE CHILD CARE

(Grades K-6)

Our state-licensed Kids' Place school-age child care programs operate on school campuses, offering a variety of age-appropriate enrichment and recreational activities. Our child care programs deliver stimulating learning experiences in a safe environment that aim to enhance your child's social, intellectual, physical and emotional development. Daily homework assistance time is also scheduled. Children must attend on a regular basis. Part-time and full-time options available. The program does provide drop-in child care. 1-5 days availability.

**Morning care available at all Kids' Place locations, 7:00 – 8:30 am.**

#### Los Altos sites

Monday - Friday 8:00 am – 6:00 pm

##### Almond Kids' Place (#434411576)

550 Almond Ave, Los Altos 94022  
Phone: 650 941 8102

##### Oak Kids' Place (#434411575)

1501 Oak Ave, Los Altos 94024  
Phone: 650 969 6865

#### Mountain View sites

Monday - Wednesday 1:00 pm – 6:00 pm  
Thursday 11:00 am – 6:00 pm  
Friday 1:00 pm – 6:00 pm

##### Bubb Kids' Place (#434411577)

525 Hans Ave, Mountain View 94040  
Phone: 650 965 2922

##### Castro Kids' Place (#434410837)

505 Escuela Ave, Mountain View 94041  
Phone: 650 526 3591

##### Huff Kids' Place (#434411578)

253 Martens Ave, Mountain View 94040  
Phone: 650 567 9928

##### Landels Kids' Place (#434411579)

115 West Dana, Mountain View 94041  
Phone: 650 965 2008

##### Monta Loma Kids' Place (#TBD)

460 Thompson Ave, Mountain View 94041  
Phone: 650 903 6950

##### Theuerkauf Kids' Place (#TBD)

1625 San Luis Ave, Mountain View 94041  
Phone: 650 903 6925



Register online for Child Care at <https://reg.ymcasv.org>

# CAMP

## BUILDING SKILLS, CONFIDENCE AND CHARACTER

### HOLIDAY AND SCHOOL BREAK CAMPS

Join the Y for a fun-filled, activity-packed week during school holiday breaks. Kids enjoy awesome art and craft projects, weekly field trips, swimming, outdoor games and more. Holiday Camp enables children to stay physically active, develop friendships, and engage in a variety of activities that promote character development. Financial assistance available.

For details, call 650 429 1344. Pre-registration is required at El Camino YMCA.

#### Holiday Care Camp

**Dates:** December 19–30

**Location:** Bubb and Oak

#### Winter Break Camp

**Dates:** February 20–21, 2012

**Location:** Huff and Almond

#### Spring Break Camp

**Dates:** April 9–13, 2012

**Location:** Bubb, Huff, and Almond

<b>Fee:</b>	Facility Member	\$50/day
	Program Member*	\$60/day

\*A current \$45 program membership fee per year is required for registration.

### SUMMER 2012 CAMP PROGRAMS

We offer camps for youth ages 3 through high school. Choose from traditional day camps, sports day camps, specialty day camps, half-day camps, resident camp at YMCA Camp Campbell, travel camps, and teen leadership camps.

All our camps are accredited by the American Camp Association, meeting the highest standards in camping services in nearly 300 areas, including health, safety, personnel, transportation and facilities. Check out our summer camp brochure and register in January 2012.

For details, call 650 429 1313.

### WHY YOUR CHILD BELONGS AT THE Y:

**Our core values.** We make our core values—caring, honesty, respect and responsibility—part of everything we do.

**Our commitment.** We plan our programs around essential elements to help kids grow up caring and responsible. We call these elements “Developmental Assets.”

**Our staff.** We are caring, competent and experienced. Our training includes safety, activity planning, CPR, First Aid, and more, making your child’s experience both safe and fun.

#### Low staff to child ratios

- 1:6 for 3- to 5-year olds
- 1:8 entering grades 1–2
- 1:10 entering grades 3–8
- 1:12 entering grades 9–11

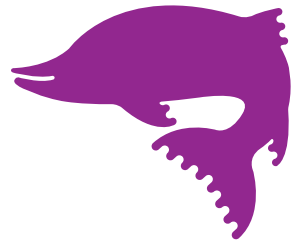


**Our promise.** No child is denied access due to an inability to pay.

**Our pledge.** We are dedicated to making you and your child’s experiences at the Y extraordinary. At the end of the day, your child will come home with a positive experience.



# SWIM, SPORTS & PLAY



## YOUTH SWIM

### FAMILY LESSONS

#### Parent/Child (Ages 6 months – 3 years)

The primary objective of this class is to get both the parent and child comfortable in the water. Classes are designed for parents to help guide their children in learning aquatic skills.

### PRESCHOOL LESSONS

#### Pike (Ages 3–5)

This level is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of flotation devices, and comfort with holding the face in the water while blowing bubbles and swimming.

#### Eel (Ages 3–5)

This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water. Your child learns to kick and perform the progressive paddle stroke.

#### Ray (Ages 3–5)

At this level, your child reviews previous skills, improves stroke skills, builds endurance by swimming on their front and back, and learns to tread water.

#### Starfish (Ages 3–5)

At this level, your child continues to review previous skills and refine strokes.

### YOUTH LESSONS

#### Polliwog (Ages 6–14)

This is the beginning level for school-age children. Your child gets acquainted with the pool, the use of flotation devices, and floating.

#### Guppy (Ages 6–14)

Your child continues to practice and build upon basic skills, now performing more skills without the use of a flotation device. We introduce lead-up strokes to the front and back crawl, side-stroke, breaststroke, and elementary backstroke.

#### Minnow (Ages 6–14)

This is the initial intermediate level. Your child refines the lead-up strokes learned, as skills become more like those normally used in swimming.

#### Fish (Ages 6–14)

At this point, your child works to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke, with turns. We also introduce the butterfly stroke.

#### Flying Fish (Ages 6–14)

At this advanced level, your child works on refining strokes and increasing endurance.

### ADULT LESSONS (Ages 14+)

This class is for adults who don't feel at ease in the water or who have never participated in swim lessons. Non-swimmers are taught basic swimming skills and water safety.

### GROUP SWIM LESSONS

Registration opens on the first of the month, two months prior to the start date of the session. Registration closes exactly one week before the start of the session. Visit our Member Services Desk or our website to register for group swim lessons. Financial assistance is available.

#### Sessions

##### Session 1

M/W September 7–28

T/Th September 6–29

Registration opens July 1

##### Session 2

M/W October 3–26

T/Th October 4–27

Sat October 1 – November 19

Registration opens August 1

##### Session 3

M/W October 31 – November 16

T/Th November 1–17

Registration opens September 1



Register online for Youth Swim  
at <https://reg.ymcasv.org>

**View our full class schedule  
at [elcaminoymca.org](http://elcaminoymca.org)**

**PRIVATE SWIM LESSONS** (Ages 3+)

Private swim lessons provide personal instruction and help to improve stroke technique, enhance ability, and improve endurance and strength. Lessons are taught according to the swimmer’s ability and skill level. Private lessons are available to swimmers ages 3 and up, and each lesson is 30 minutes. Private swim lessons can be taught one-on-one or in a semi-private group (up to 2 swimmers). Semi-private swim lesson participants should find similarly skilled partners; the YMCA does not match swimmers for semi-private lessons. Fill out a Private Lesson Interest Form at our Member Services Desk.



**Private Lessons**

(one-on-one instruction)

<b>1 Class</b>	Facility Member	\$38
	Program Member*	\$47
<b>4 Classes</b>	Facility Member	\$144
	Program Member*	\$180
<b>8 Classes</b>	Facility Member	\$243
	Program Member*	\$303

**Semi-Private**

(up to 3 participants; price is per swimmer)

<b>1 Class</b>	Facility Member	\$19
	Program Member*	\$23
<b>4 Classes</b>	Facility Member	\$72
	Program Member*	\$90
<b>8 Classes</b>	Facility Member	\$121
	Program Member*	\$151

**EL CAMINO SWORDFISH**

**YOUTH SWIM TEAM** (Ages 6–14)

If you’re looking for a non-competitive swimming experience, our youth swim team offers swimmers of many levels a positive, healthy environment to grow and learn within the sport. Swimmers practice twice per week year-round and participate in various swim meets throughout the year. Swimmers must have passed one session of Flying Fish in order to participate. Other requirements are the ability to swim 100 yards freestyle, 100 yards backstroke, 50 yards breaststroke, and 50 yards butterfly. Financial assistance is available.

<b>Fee:</b>	Facility Member	\$55/month
	Program Member*	\$70/month

\*A current \$45 program membership fee per year is required for registration.



# SWIM, SPORTS & PLAY

## YOUTH SPORTS

### Youth Development: Nurturing the potential of every child and teen

At the Y, our youth sports programs engage children and teens in positive, fun activities that build athletic, social and interpersonal skills. We encourage safety, fair play and good sportsmanship. Everyone contributes to the team’s success.

We encourage parent involvement, including volunteering as a coach, official, timekeeper or team parent, as we work together to build skills, confidence and character.

**Schedule & Fees:** For current fees and more information, visit our website or our Member Services Desk.

- Program may be cancelled due to low enrollment

### FALL SEASON

Registration is now open.

#### Flag Football

**Grades:** 2-3, 4-6 (co-ed)  
**Dates:** September 19 – October 24  
**Practice:** 1 hour/week, Monday – Friday  
**Games:** 1 hour on Saturdays

#### Volleyball Clinics

**Grades:** 3-4, 5-6, 7-10 (co-ed)  
**Dates:** November 5 – December 10  
**Practice:** 1 hour on Saturdays  
 Grades 3-4 9:30 – 10:25 am  
 Grades 5-6 10:30 – 11:25 am  
 Grades 7-8 11:30 am – 12:25 pm

#### Little Kickers Indoor Soccer

**Ages:** 3-4 years old (co-ed)  
**Dates:** September 17 – October 22  
**Practice:** Saturdays, 9:30 – 10:25 am

#### Rookies Indoor Soccer

**Ages:** 5-6 years old (co-ed)  
**Dates:** September 17 – October 22  
**Practice:** Saturdays, 10:30 – 11:35 am

#### Little Hoopsters Basketball

**Ages:** 3-4 years old (co-ed)  
**Dates:** November 13 – December 8  
**Practice:** Thursdays, 4:30 – 5:25 pm

#### Rookies Basketball

**Ages:** 5-6 years old (co-ed)  
**Dates:** November 13 – December 10  
**Practice:** Thursdays and Saturdays  
 5:30 – 6:30 pm

#### Basketball Clinics

**Grades:** K,1-2, 3-4, 5-6, 7-8 (co-ed)  
**Dates:** September 17 – October 22  
**Practice:** 1 hour on Saturdays  
 Kindergarten 11:30 am – 12:30 pm  
 Grades 1-2 1:00 – 2:00 pm  
 Grades 3-4 2:00 – 3:00 pm  
 Grades 5-6 3:00 – 4:00 pm  
 Grades 7-8 3:00 – 4:00 pm

**Grades:** K,1-2, 3-4, 5-6, 7-8 (co-ed)  
**Dates:** November 5 – December 17  
**Practice:** 1 hour on Saturdays  
 Kindergarten 1:00 – 2:00 pm  
 Grades 1-2 2:00 – 3:00 pm  
 Grades 3-4 3:00 – 4:00 pm  
 Grades 5-6 4:00 – 5:00 pm  
 Grades 7-8 4:00 – 5:00 pm

#### Rugby Clinics

**Grades:** 3-4, 5-6  
**Dates:** September 24 – October 12  
**Practice:** 1 hour on Saturdays  
 Grades 3-4 9:00 – 10:00 am  
 Grades 5-6 10:00 – 11:00 am





Register online for Youth Sports  
at <https://reg.ymcasv.org>

## WINTER SEASON

Registration begins September 12 for Facility Members and September 26 for Program Members. Registration ends on November 4.

### Winter Basketball (YBL)

**Grades:** 1, 2, 3, 4, 5-6, 7-8  
(Boy/girl divisions)  
**Dates:** January 2 – March 10, 2012  
No games on February 18  
**Practice:** 1 hour, Monday – Friday  
**Games:** 1 hour on Saturdays

### Little Hoopsters Basketball

**Ages:** 3-4 years old (co-ed)  
**Dates:** January 14 – February 18, 2012  
**Practice:** Saturdays, 9:00 – 9:50 am

### Rookies Basketball

**Ages:** 5-6 years old (co-ed)  
**Dates:** January 14 – February 18, 2012  
**Practice:** Saturdays, 10:00 – 10:50 am  
and 11:00 – 11:50 am

## MORE SPORTS COMING SOON:

- Kids Tennis
- Soccer
- Semi-Private Basketball Clinics
- Cheerleading



## FOR YOUTH DEVELOPMENT

# SWIM, SPORTS & PLAY

## YOUTH FITNESS

At the Y, your child can learn something new, interact with peers and mentors, and stay active in our youth fitness programs. Visit our website or our Member Services Desk for a current schedule of youth activities.

### **YOUTH WELLNESS ORIENTATION** (Ages 11–13)

This orientation is required for all youth 11–13 who want to use the Wellness Center. Strength training principles, proper equipment use, weight room etiquette, flexibility, and cardiovascular exercise are some of the topics covered during this orientation. Must be 4'11" to use Cybex machines. Contact the Wellness Center today to schedule a Youth Wellness Center Orientation at 650 429 1342.

**Fee:** FREE for Facility Member

### **YOUTH DANCE** (Ages 4–13)

A fun atmosphere where your child can learn dance and exercise. The emphasis is on expression of mind and body and fun—not perfection of movement. Children also have the opportunity to showcase their talents at various venues. Visit our Member Services Desk for current schedule and fees.

- Follows public school schedule

### **GYM VENTURES** (6 months – 5 years)

Discover the important link between play and learning with Gym Ventures at the Y. Gym Ventures is a unique program for newborns, toddlers, preschoolers and their parents to engage in activities that develop the child's motor skills, social skills and self-esteem. The early years of a child's life have a profound impact on their future, so nurturing their development early on is crucial. Visit our website or our Member Services Desk for pricing, current schedule, and class descriptions.

#### **Classes include:**

- Gym Wiggles (Ages 6–15 months)
- Gym Tots (Ages 12–36 months)

Register online at <https://reg.ymcasv.org>



### **YOUTH STRENGTH TRAINING** (Ages 11–13)

Youth Strength Training is a carefully designed program of age-appropriate exercises to increase your child's muscle strength and endurance. Class emphasis is on proper technique and safety. Meets once a week for four weeks. Successful graduates of this program can use the FitLinxx/Cybex equipment without adult supervision.

**Fee:** Facility Member \$80

### **KARATE** (Ages 4+)

Our caring instructors provide expert training in a fun and safe environment to produce positive results and improved self-confidence. Visit our Member Services Desk for current schedule and fees.

### **YOGA FOR KIDS** (Ages 5–9)

Children learn a variety of yoga poses as well as develop better body awareness, self-control, flexibility and coordination—all in a safe, fun and nurturing environment.

**Fee:** FREE for Facility Member

### **ZUMBA®** (Family-friendly)

Zumba is a fun and exciting dance class full of Latin and world music flavors. Routines feature fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body. Our Sunday Zumba class is for all ages from 6 to 96, and family-friendly. All children under 13 must be accompanied by an adult.

**Fee:** FREE for Facility Member

# EDUCATION & LEADERSHIP

## NURTURING THE POTENTIAL OF EVERY TEEN

### MODEL UNITED NATIONS (Grades 6–8)

Teens take on the roles as Ambassadors of countries to address global issues, write resolutions, discover other cultures, and make new friends. MUN is designed to:

- Expand awareness of and engagement in global issues
- Teach public speaking skills
- Develop leadership skills
- Promote social development and fellowship with peers
- Enhance personal growth reflecting the YMCAs core values of caring, honesty, respect and responsibility

#### Meetings

**Dates:** Beginning mid-February  
**Time:** 1 hour/week  
 4:30 – 5:30 pm  
**Location:** El Camino YMCA Teen Center

#### Training Conferences

**Camp Roberts** March 30 – April 1, 2012  
**MUN Summit (Irvine, CA)** May 3 – 6, 2012

For details, call 650 429 1313.

### 2ND ANNUAL NORTHERN CALIFORNIA TEEN LEADERSHIP CONFERENCE (Grades 9–12)

Join us for Teen Leadership Weekend at YMCA Camp Jones Gulch. Participate in fun group activities like campfire, dance, and chill time and choose from the following Teen Leadership Workshops:

- Life Skills
- Leading Your Peers
- Conflict Resolution
- College Bound
- Expectations for Officers

#### Teen Leadership Workshop

**Dates:** August 26 – 28, 2011  
**Location:** YMCA Camp Jones Gulch

For details, call 650 429 1313.

### YOUTH AND GOVERNMENT (Grades 9–12)

Youth and Government gives teens a hands-on experience with the inner workings of California’s government. Meet weekly to write bills, practice Parliamentary Procedure and trial court, take part in group-bonding activities, and attend several conferences and weekend retreats. The highlight of this program is the gathering of more than 2,500 high school students in a five-day model legislature and court held in the State Capitol and Court buildings in Sacramento.

A nationally recognized program, Youth and Government is a wonderful way for teens to learn about our state government, add more experience on college applications, and meet and have fun with friends and positive mentors. Come and join us for this once-in-a-lifetime experience.

#### Meetings

**Dates:** Begins September  
**Time:** Tuesdays  
 7:00 – 8:15 pm  
**Location:** El Camino YMCA Teen Center

#### Training Conferences

**Training election 1** November 11–13, 2011  
**Training election 2** January 14–16, 2012  
**Sacramento** February 16–20, 2012

For details, call 650 429 1313.



# FAMILY TIME

## SPECIAL EVENTS

### FAMILY MOVIE NIGHT

Invite family and friends to join us at El Camino YMCA for this FREE community family event. We serve popcorn and drinks and provide plenty of seating and fun.

**Date:** Once a month, first Friday  
**Time:** 7:00 – 9:00 pm  
**Location:** El Camino YMCA

For details, call 650 429 1344.

### PARENTS' NIGHT OUT

Movie and pizza nights for kids only.

**Date:** Every 3rd Friday of the month  
**Time:** 6:00 – 10:00 pm  
**Location:** all Kids' Place locations  
**Fee:** \$25 for first child  
\$20 for each additional

For details, call 650 429 1344.

### WALK TO THE FUTURE

Join us in Alviso (San Jose just north of Highway 237) on Saturday, September 17, to "Walk to the Future." Raise pledges online for youth to be enriched at the Y, and then join thousands of our neighbors for a walk through historic Alviso. Start walking at 9 am at Jubilee Church (105 Nortech Pkwy, Alviso), and end at the Alviso Marina for a fabulous "Day on the Bay" (10 am – 4 pm). Be a part of the El Camino YMCA team in this great event and recruit walkers and pledgers with us.

**Date:** Saturday, September 17  
**Time:** 9:00 am – 4:00 pm  
**Location:** Alviso

Register at:  
[regathon.com/walkforyouth/walker-registration.htm](http://regathon.com/walkforyouth/walker-registration.htm)

### HALLOWEEN AT THE YMCA

For a safe, exciting Halloween, we're offering an afternoon of imaginative Halloween experience—an afternoon for your little ones and your entire family to enjoy in an environment that's both caring and safe. We'll have a wide variety of games and family activities including a haunted house, costume contest, face painting and more.

**Date:** Saturday, October 29  
**Time:** 12:00 – 2:00 pm  
**Location:** El Camino YMCA

For details, call 650 429 1312.

### YMCA HOLIDAY BRUNCH

Come celebrate the holidays with your family at El Camino YMCA. Enjoy holiday crafts, games, music, pictures with Santa and more.

**Date:** Saturday, December 3  
**Time:** 10:00 am – 12:00 pm  
**Location:** El Camino YMCA

For details, call 650 429 1312.



# GET INVOLVED

## JOIN. GIVE. VOLUNTEER. ADVOCATE.

As the leading nonprofit for youth development, healthy living and social responsibility, the Y works side-by-side with our neighbors every day to make sure 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.

When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve your or your family's health and wellness, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.

**JOIN THE Y:** Be a part of a cause for strengthening community that is committed every day to helping you and your kids learn, grow and thrive.

**GIVE TO THE Y:** Donate vital financial resources for nurturing the potential of kids, improving the nation's health and wellness, and giving back and supporting our neighbors.

**VOLUNTEER AT THE Y:** Take an active role in bringing about meaningful, enduring change right in your own neighborhood.

**ADVOCATE WITH THE Y:** Address the nation's most pressing social issues, with a nonprofit that has the long-standing track record and on-the-ground presence to both promise and deliver lasting personal and social change.



### HELPING CHILDREN THRIVE Project Cornerstone

At the YMCA, we partner with Project Cornerstone to help adults connect with children and youth in a positive way to help young people thrive.

Research shows that there are essential elements that are crucial to their healthy development. We call these elements "Developmental Assets"—the positive experiences, relationships, opportunities and values that young people need to thrive. We integrate these into all our programs and services.

The essential building blocks for young people's successful growth and development fall into eight categories:

1. **Support**—Young people need to experience support, care, and love from their families and many others. They need organizations and institutions that provide positive, supportive environments.
2. **Empowerment**—Young people need to be valued by their community and have opportunities to contribute to others. For this to occur, they must be safe and feel secure.

3. **Boundaries and expectations**—Young people need to know what is expected of them and whether activities and behaviors are "in bounds" or "out of bounds."

4. **Constructive use of time**—Young people need constructive, enriching opportunities for growth through creative activities, youth programs, congregational involvement, and quality time at home.

5. **Commitment to learning**—Young people need to develop a lifelong commitment to education and training.

6. **Positive values**—Young people need to develop strong values that guide their choices.

7. **Social Competencies**—Young people need skills and competencies that equip them to make positive choices, build relationships, and succeed in life.

8. **Positive identity**—Young people need a strong sense of their own power, purpose, worth, and promise.

You have the power to change lives. By building assets with Silicon Valley's children and youth, you can help them to become competent, caring, and responsible adults.

Visit [elcaminoymca.org](http://elcaminoymca.org) for giving, employment and volunteer opportunities.

# DEDICATED TO TODAY'S YOUTH FOCUSING ON HEALTHY LIVING DRIVING SOCIAL RESPONSIBILITY

## HOW WE DO IT

- The Y is community centered. Since our founding in 1867, we've been listening and responding to our communities' most critical needs.
- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive.
- The Y has local presence and national reach. We mobilize local communities to effect lasting, meaningful change.

## OUR IMPACT

The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.

## YOUTH DEVELOPMENT

### **Nurturing the potential of every child and teen**

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

## HEALTHY LIVING

### **Improving the nation's health and well-being**

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

## SOCIAL RESPONSIBILITY

### **Giving back and providing support to our neighbors**

Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people in the communities in which they live to be healthy, confident, connected and secure.



### **FACILITY MEMBERSHIP BENEFITS**

With a Facility Membership, you have membership privileges and access to our facility, including our fitness center, group exercise classes, lap and recreational swimming, and Child Watch (babysitting while you're at the Y). You also get a free fitness orientation, priority registration for programs, and reduced fees for most programs. You may also visit any other YMCA of Silicon Valley branch for a small fee and can receive all Program Member privileges at all YMCA of Silicon Valley branches. Ask us for details.

### **PROGRAM MEMBERSHIP BENEFITS**

If you wish to participate in a particular class or program, a Program Membership is required. General usage of the Y is not included. Additional fees apply per class or program.

### **BAY AREA MEMBERSHIP**

Bay Area Membership gives you the freedom to use any YMCA of Silicon Valley facility location, plus more than 25 additional YMCAs in the area. Visit [elcaminoymca.org](http://elcaminoymca.org) for details.

### **VISITING YMCAS ACROSS THE COUNTRY**

During your travels, the AWAY Program (Always Welcome At YMCAs) entitles you to visit more than 2,600 YMCAs in the U.S. when you show your Y membership card. For details, call 888 333 9622 or visit [ymca.net](http://ymca.net).

### **JOIN THE Y**

For a personalized experience, come into the Y to connect to the support and opportunities for you and your entire family to learn, grow and thrive. You also can sign up for programs by mail and register for select programs online at [elcaminoymca.org](http://elcaminoymca.org).

### **FINANCIAL ASSISTANCE**

The Y is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership. If you need financial assistance, please let us know or download a confidential application from our website.

### **DIVERSITY AND INCLUSION**

We are committed to inclusion and dedicated to promoting participation of children and adults of all backgrounds and abilities in all our programs.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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## EL CAMINO YMCA

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[elcaminoymca.org](http://elcaminoymca.org)

