



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAYING TOGETHER STAYING TOGETHER

Family Programs
CENTRAL YMCA



HELPING CHILDREN THRIVE PROJECT CORNERSTONE

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. **Constrictive use of time**-Young people need constrictive, 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.

FAMILY TIME

Serving families has always been at the heart of the Y. We are a safe, welcoming place for you to strengthen family bonds with communication, cooperation and fun. Our fundamental desire while you're building stronger bonds is to help you achieve greater work/life balance and become more engaged with community. Family programs at Central YMCA include activities for your health, fitness and well-being, regardless of your age or ability.

Contact Info

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SPECIAL EVENTS

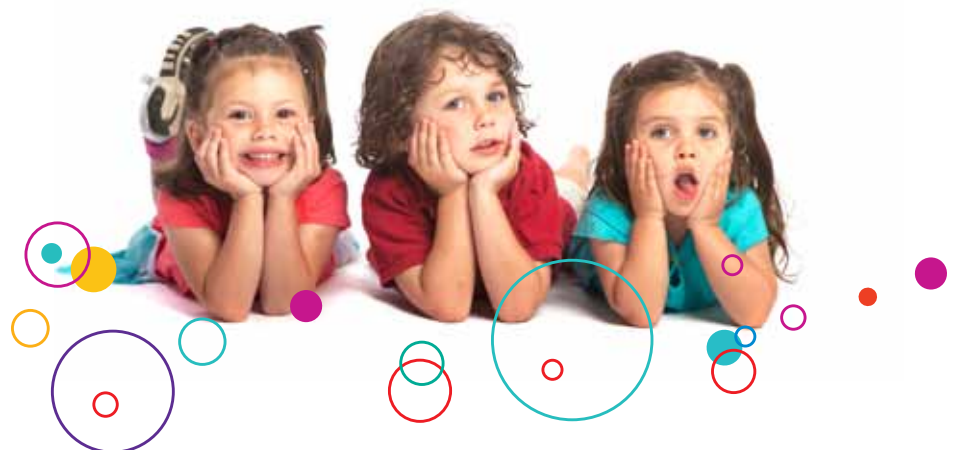


Fall Family Festival Friday, October 26, 2012

Join us for fun for the entire family. We'll have arts and crafts, games and Halloween fun. Everyone is welcome. Each child will receive three free booth tickets, with additional tickets for sale at the event.

Spring Fling Friday, April 20, 2012

Check out our annual Spring Fling with activity booths, healthy living resources and other excitement. There will be games and prizes for everyone. Everyone is invited. Each child will receive three free booth tickets, with additional tickets for sale at the event.



PARENT'S NIGHT OUT

Parent's Night Out Dates

April 13, 2012 / May 11, 2012 / June 15, 2012 /
July 20, 2012 / Aug 17, 2012

Location: Upstairs in Multi-purpose Room C

Time: 6:00 - 9:30 pm

Fee: \$20/First child in family, \$10/Each additional child in family

Enjoy an evening out on the town while your child is engaged at the Y. Kids will create seasonal crafts, eat dinner, enjoy story time, and play games.

Registration is required one week before the event. This is open to both facility and program members. (Minimum 10 children needed to hold event)

FAMILY MOVIE NIGHT

JOIN US

First Friday of the Month

Doors Open: 6:15 pm

Movie Begins: 6:30 pm

Location: Central YMCA



Event is FREE for facility members with YMCA card.

An adult must remain in the room with kids. Concessions available for sale, popcorn is free of charge. Floor seating. Kids, please feel free to be comfortable while watching the movie: bring a blanket, pillow or arrive in your pj's.

CARING AND LEARNING FOR ME

1 2 3 Grow

Date/Time: Tuesdays & Thursdays, 10:30 - 11:30 am

Ages: 6 weeks to 3 years

Location: Small Gym



Playtime leads to building confidence, social skills and physical development in our 1 2 3 Grow weekly classes. These parent participation classes are structured, age-appropriate sessions with dance, games and gym activities designed to develop strength, balance, coordination, agility and flexibility. To the kids it's play time, for the parents it's an opportunity to provide encouragement and support, and for everyone, it's a time to build confidence and friendships.

The Next Step

Date/Time: Mondays & Wednesdays, 10:30 - 11:30 am

Ages: 3 - 5 years

Location: Multipurpose Room C



Set off on a new adventure with your child in our newest program: The Next Step. This is a fun, interactive parent participation class that helps your little one get ready for kindergarten. There are monthly themed projects and curriculum designed to develop language and literacy, math skills, social and emotional skills, science skills, creative arts, Developmental Assets, and character.

Ready, Set, Read

Date/Time: Fridays, 10:30 - 11:30 am

Ages: All ages welcome

Location: Multipurpose Room C



Teaching children a love for literacy at an early age is important to help create a lifelong appreciation for knowledge and reading. Come join us for an hour of story time and arts and crafts that foster this love. Each week we will read a new story and have an activity you and your child(ren) can make together and take home. This provides an opportunity for plenty of fun for the whole family.

CLASSES FOR KIDS

Kid's Ballet

Date/Time: Saturday, 9:45 - 10:30 am

Ages: 2 - 3 years

45 minute class using early learner ballet music that encourages creative movement, incorporates basic ballet skills and steps, and includes "across the floors." Classes also include time for solo and free dancing.

Kid's Ballet

Date/Time: Saturday, 9:00 - 9:45 am

Ages: 4 - 6 years

This is a 45 minute class that teaches basic ballet skills, positions, steps and "across the floors." Each class ends with time for solo and free dancing.

Kid's Ballet

Time: Tuesdays & Thursdays, 5:30 - 6:15 pm

Ages: 7 - 11 years

45 minute class that teaches basic ballet skills, positions, beginning ballet technique, barre work, "across the floors" and center work. Each class ends with time for solo and free dancing.

Glitz Kids

Date/Time: Mondays & Fridays, 9:40 - 10:20 am

Ages: 2.5 - 6 years

Glitz kids give kids a chance to shine and get healthy as they learn different dance styles and techniques. Children ages 2.5 - 6.

Kids Creative Dance

Date/Time: Tuesdays & Thursdays, 3:30 - 4:15 pm

Ages: 2.5 - 6 years

For kids ages 6 and under this 45 minute class encourages a love of activity through fun fitness like dancing like animals, playing hop and freeze, and doing the hokey pokey.

Kids Hip-Hop

Date/Time: Tuesdays & Thursdays, 4:15 - 5:15 pm

Ages: 6 - 12 years

Kid-friendly hip hop is fun and wholesome while building strong bodies and coordination. Children ages 6-12.

Family Yoga

Date/Time: Friday, 9:45 - 10:30 am

Age: All

Alongside with their parent/caregiver, children learn yoga fundamentals through movement that incorporates stories, songs and games. The class stimulates the imagination while building flexibility, strength, good breathing techniques and relaxation.



KID'S CLUB

INFANT/TODDLER & CHILDREN'S ROOMS

About Kid's Club

Kid's Club is a special area for your kids to have fun in a safe, engaging environment while you're at the Y. As a facility member, you can rest assured while your child ages 6 weeks to 12 years old enjoys age-appropriate activities.

Kids participate in a variety of activities focused on physical activity, Asset development, and arts & crafts.

What To Bring

To make your child's visit to Kid's Club more enjoyable, be sure to:

- Label snacks with your child's name
- Have your child wear shoes if they can walk.
- Have your child wear socks if they cannot walk.

For babies, bring:

- At least one change of clothing
- A diaper bag with your child's name
- Disposable diapers

Feel free to pack a snack, crackers or juice for your child. **Do not bring popcorn, hard candy, gum, nuts or products made with nuts, grapes, or other items that may pose a choking hazard.** If your child is bottle fed, include a labeled bottle and give staff instructions on how your child likes his/her bottle (cold, warm, etc.)

Before Your Visit

- Be sure your child has been changed or has used the restroom prior to entering Kid's Club.
- All children need to wash their hands before entering Kid's Club.
- Be sure to share specific information with our staff about your child regarding teething, allergies, stages of toilet training or any other concerns for that day.

When you bring your child to Kid's Club for the first time, you will receive a Kid's Club parent handbook for your signature and will be asked to complete an emergency information form, as well as purchase an admittance card from our Member Sales Team.