

Grants Pass Family YMCA

WINTER SPRING 2010



YOUTH ACTIVITIES GUIDE

1000 Redwood Avenue Grants Pass Oregon

HOMEWORK HELP

Do you need some extra help on your homework? Stan Olds, YMCA volunteer, will help elementary and junior high students with their homework. Monday and Tuesday 4-6pm Meet in Front Lobby No appointment necessary.

MONTHLY SPORTS NEWS

JANUARY-BIDDY BASKETBALL

Come and enjoy a YMCA original, pee-wee sized basketball. This program is especially designed for athletes 3-8 years old. We play on smaller courts with 6' hoops...

Tuesdays, Jan 5-26 (4 wks)

3 & 4 year olds—4:30-5:30pm

5 & 6 year olds—5:30-6:30pm

7&8 year olds-6:30-7:30pm

FEBRUARY-INDOOR SOCCER

It's too wet outside to play, no problem, build your skills indoor... Especially designed for athletes 3-6 years old...

Tuesdays, Feb 2-23 (4wks)

3 & 4 year olds—4:30-5:30pm 5 & 6 year olds—5:30-6:30pm

MARCH-FLOOR HOCKEY

Fast, furious, fun...Hockey in your tennis shoes!

Tuesdays, Mar 2-30* (4wks) *no hockey March 23rd*

3 & 4 year olds—4:30-5:30pm 5 & 6 year olds—5:30-6:30pm

APRIL-TRACK & FIELD

This is our third season of indoor track here at the Y. Athletes will learn three track events and then finish the session with a mini-track meet...designed for athletes 3—6 years old...

Tuesdays, Apr 6-27(4wks) 4:30-5:30pm or 5:30-6:30pm

\$20 members \$35 non-members (includes T-shirt)

MAY-SOCCER

Time to bust outdoors and enjoy all the freshness of spring. Time to chase butterflies, pick dandelions and play soccer... For athletes 3-8 years old... All games will be at Riverside Park.

Saturdays, May 1-29 *no soccer May 22nd Memorial weekend* (4wks) Times—TBA

\$20 members \$35 non-members (includes soccer ball)

Youth Programs

ARCHERY

Come, bring the whole family and learn how to shoot the Genesis Compound Bows. We coach each archer at his or her level, so if you have already taken the class before and would like to take it again you will be coached at your ability and level...ages 8 & up

Winter and Spring Classes

Jan 5-Feb 2

Feb 9-Mar 9

Mar 30-Apr 27

Mondays from 4—5:00pm (5weeks)

\$30 members \$45 non-members

ROCK WALL SCHEDULE

COST: Free to Members; Non-members —normal drop in rate.

CLIMBING WALL WAIVER MUST BE ON FILE.

Hours*: T-F 4-8pm;
Sat: 1pm-5pm

For more information, talk to Steve Carlino.

*hours may change based on demand.

Youth Gym Activities

Dance, Dance Revolution; Climbing Wall; Crazy Kars; Wii; Roller Racers; Games; Bounce Track; Dodgeball; Unicycles & more!

Ages 6 and up

Hours M-Th 5-8pm

.....

Youth Room

Foosball, Ping-pong, Pinball, Pool, Movies, Video games, Wii, Board games...

M-F 4-9pm Sat & Sun 12-5pm

Red Cross Babysitting Certification Classes



We will be offering Red Cross Babysitter's Classes once a month for students 11-15 years old. This is a one-day class that runs from 8:30am-4:00pm.

Pre-registration is required

\$40 members

\$45 for non-members

New prices start in Oct because students receive a new DVD.

Class dates are as follows:

Saturday, January 17th

Saturday, February 21st

Saturday, March 21st

Saturday, April 18th

Saturday, May 16th

Babysitter's Backpacks are also available for \$15.00

For more information call Sue Bars @ 474-0001

Y-HALL After School Program

After school program that provides a wide variety of positive activities in a relaxed, character oriented, atmosphere. Program runs everyday after school from 2:45 until 6pm.

*Free busing from Jerome

Prairie and Redwood

Elementary

Members \$9/ day \$135/ month
Non-members \$11/ day \$185/ month

We build strong kids, strong families, strong communities.

MORE YOUTH ACTIVITIES...

Spring Break Day Camp

March 23-27

Ages K-8th grade

Camp hours 9am-4pm

*Extended hours 7-9am & 4-6pm

Daily trips (Science Works, Skating, etc), games, swimming, crafts, songs, special activities and fun, fun, fun. Call the Y for more details about trip days.

Members \$27 per day: \$120 per week

Non-members \$40 per day: \$180 per week

*No extra charge for extended hours

YOUTH KNITTING CLASS

Come and learn how to knit and make a hat, scarf, socks, etc... All ages welcome.

Tuesdays from 2:30-4:30pm

-Jan 6-27th- -Feb 3-24th-

-Mar 3-31st *- -Apr 7-28th-

-May 5-26th-

(*no class on March 24)

Instructor: Sharon Regan

Members: free

Non-members \$15 per month

Beginning knitting supplies needed. Yarn, needles, etc. Bring your own or by a kit from the instructor for \$25.

Class limited to 15 students

HEALTHY KIDS DAY...

FREE...health screening, games, carnival booths, puppet show, hands on snack making, swimming...
Coming on April 18, 2009

SPORTS CONDITIONING

Increase your performance with Plyometrics...group or individual

Louis Molano 472-0587

GRANTS PASS SWIMMING

Swim all year around! Competition swim training that works with children to advance their swimming skills, have fun while working on their endurance, as well as, learning to work with each other as a team. For swimmers 5 years and up. Must be a YMCA Member.

M-F 4:15-5:45 \$41
or M/W/F 4:15-5:15 \$28

SCHOOL DAYS OFF BASKETBALL SKILLS DEVELOPMENT CLINICS

Come on down and work on some of your mad basketball skills when school is out...Coached by retired high school coach Ken Lathen.

5 & 6th grade Shooting & Ball Handling

March 11th from 9-10am

April 10th from 9-10am

Member: \$5 per clinic

Non-member: \$10 per clinic

7 & 8th grade skills ball handling, shooting, offensive moves and foot work

March 11th from 10-12pm

April 10th from 10-12pm

Member: \$10 per clinic

Non-member: \$15 per clinic

FATHER DAUGHTER DANCE

Saturday, March 14, 2009 6-8pm

Bring your Dad and enjoy an evening of dancing, food, and games. Each couple will receive a complimentary picture, so wear your Sunday best.

Member-\$20 per couple *

Non-member-\$30 per couple*

*\$5 per additional child

WE ARE EXCITED TO OFFER CUSTOM BIRTHDAY PARTIES STARTING JANUARY 2009...
MORE INFO AVAILABLE SOON

YMCA Child Development Center at RCC.

We are located in the A building. We offer full-time, part-time, and occasional child care for children 2-6 years old. We also have a preschool program for children 2-5 years old. Additional child care for preschoolers is also available. The Center hours are:

Monday-Friday, 7:30am-5:30pm.

We serve USDA meals.

Call 956-7011 for more information on the child development center or check us out on the web at roguecc.edu

Out of the Boat Adventures

Christian Adventure Program

JANUARY ACTIVITIES

2nd-Backcountry Ski Day

19th-Backcountry Ski Day

23rd-Backcountry Ski Day

FEBRUARY ACTIVITIES

7th-Backcountry Ski Day

16th-Backcountry Ski Day

MARCH ACTIVITIES

11th-Day Hike

13th-Day Hike

23rd-27th Crater Lake Rim Trip

APRIL ACTIVITIES

10th-Mountain Biking

25th-Mountain Biking

.....
All camps start at 8am and finish at 5pm

Cost: Day Trips-\$25 bring your own lunch

Overnight Trips-\$50

YMCA Members receive a 10% discount

Pre-registration is required

All equipment is provided. Day Trips 11 years & up.

For more info...call-Steve Carlino at 474-0001 or email scarlino@grantspassymca.net

CUSTOM ADVENTURE TRIPS

available for your group

(families, youth groups, teams, co-worker, friends)

Rock Climbing-Hiking-Mountain Biking-Caving-

Rafting-Kayaking-Surfing-Backcountry Skiing-

Snow Shoeing-Team Building-Orienteering-

Mountaineering

Call Steven Carlino 474-0001

STORY TIME and PLAY GROUP at The YMCA

Indoor play group on Mondays 10-11am for families. All sorts of gym toys are available. Free to members or \$2 per child or \$5 per family.

Story Time is on Fridays from 11-12pm. This is designed for toddlers but older siblings are welcome. We read 2-3 picture books and then do an activity. Free to all. Parent supervision is expected at all activities..

Register at the YMCA for all activities. Some class sizes are limited. Sign-up early to reserve your spot. Questions? Please call Sue Bars @ 474-0001



Grants Pass Family YMCA

GRANTS PASS SWIM TEAM

Competition swim training
3 days a week (M/W/F) \$28
5 days a week (M-F) \$41

TEEN ACTIVITIES GUIDE

Grants Pass Family YMCA
1000 Redwood Avenue 474-0001

Red Cross Babysitting Certification Classes

We will be offering Red Cross Babysitters Classes once a month for students 11-15 years old. This is a one-day class that runs from 8:30am-3:30pm

Pre-registration is required
\$35 members

\$40 for non-members

Class dates are as follows:

Wednesday, August 29th

Saturday, September 15th

Saturday, October 20th

Saturday, November 17th

Saturday, December 15th

Babysitters Backpacks are also available for \$15.00

SPORTS

VOLLEYBALL LEAGUE

A league, quads, Fridays, 6:30-9pm \$110 per team (8 weeks)

September 28th—November 16th

B league, 6 person, Thursdays, 6-9pm \$150 per team (8 weeks)

September 27th—November 15th

Co-ed, 14 years and up

OPEN GYM -Thursdays 6:30-9:00pm

November 29th—January 5th

Co-ed, 14 years and up

Members—free. Non-members, punch cards, 5 visits \$15

VOLLEYBALL LEAGUES FOR 2008

WINTER

B League: January 10-February 28th

NEW—Women's League: January 11th—February 29th

OPEN GYM—March 6-27 6:30-9pm

SPRING LEAGUES

A league—quads: April 4—May 23

B league—sixes: April 3-May 22

MODERN MARTIAL ARTS

Hapkido, Judo, Grappling, Boxing, Kempo, and Tae Kwon Do

Monday/Wednesday, 6:15-7:15pm, 11 years and up

Members—free Non-members—\$40 per month

Jim Dolmage, Instructor

JUNIOR HIGH INDOOR BOYS SOCCER LEAGUE

This is our second year offering a very competitive and fun 6th-8th grade boys league. Teams will play adult 5 a side game rules.

There will be seven weeks of play and then a single elimination tournament the eighth week. Teams will be seeded according to season play.

Saturdays, January 12th—March 1st

Times: Mornings-TBA

\$160 per team Limited to 8 teams.

Registration due by Jan 4, 2008

ARCHERY

Come, bring the whole family learn how to shoot the Genesis Compound Bows...ages 8 and up

Session I—Oct 2nd-30th

Session II—Nov 6th-Dec 4th

Tuesdays from 4:00—5:00pm

5 weeks

\$30 members

\$45 non-members

OPEN RANGE...

...Come in and hone your skills

Tues, Dec 11th from 4:00-5:00 pm

Ages 8 & up

\$5 members, \$8 non-members

All participants must have completed a beginning archery course and know the whistle command system.

SPORTS CONDITIONING

Increase your performance with Plyometrics...

Group or Individual

Louis Molano 472-0587

INDOOR SOCCER

Indoor five-a-side soccer league

January—Mid March, Times TBA

\$300 per team.

Must be 14 and over to participate.

OPEN GYM BASKETBALL

Mon & Wed - 7:15-9:00pm

14 and older

Members—free

Out of the Boat Adventures

Christian Adventure Camping Program

Rock Climbing at Emigrant Lake

Saturdays 8:00am- 5:00pm

September 8th, 29th

October 14th, 27th

November 10th, 24th

Cost: \$25 bring your own lunch

DECEMBER SNOW DAYS - TBA

Snow Shoeing at Crater Lake

Tubing at snow parks

More information available soon...

Custom adventure trips available for your group

Rock Climbing Hiking

Mountain Biking Caving

Rafting Kayaking

Call Steven Carlino 474-0001

NEW Youth class for 11-14 year olds
GET FIT

This class will improve your individual endurance, flexibility and strength.

T/Th 6-6:30pm in Blue Room

Members \$20 per month

Non-members \$35 per month

Grants Pass Family YMCA

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
Email: xyz@microsoft.com

► Your business tag line here.

We're on the Web!
example.microsoft.com



Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

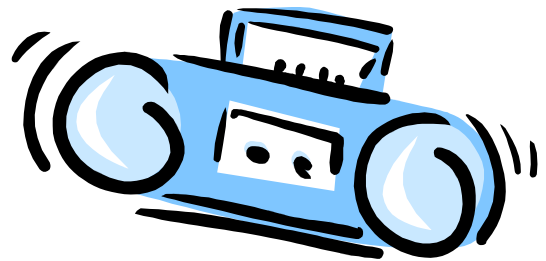
A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.