

Everyone belongs at the Y, regardless of ability to pay.  
Financial assistance is available.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN GROW THRIVE

Program Guide

SANTA MARIA VALLEY YMCA



Quentin Castellanos  
Joaquin and Joseph



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELCOME TO THE Y OF SANTA MARIA VALLEY!



**Your involvement here,** whether it is as a volunteer, a new member, a program participant, a donor, a parent or in any other capacity, **will change your life.** There is something so profoundly fundamental and necessary about involving yourself with a place where people care about others; it cannot help but alter your perceptions in a positive way. The more you delve in, the deeper the personal reward.

The Y is for everyone. Our programs, services and initiatives: enable kids to

realize their potential, prepare teens for college, offer ways for families to have fun together, empower people to be healthier in spirit, mind and body, prepare people for employment, welcome and embrace newcomers and help foster a nationwide service ethic. And that's just the beginning.

On a National level we focus on the 3 key areas:

## **YOUTH DEVELOPMENT:**

Nurturing the potential of every child and teen.

## **HEALTHY LIVING:**

Improving the nation's health and well-being.

## **SOCIAL RESPONSIBILITY:**

Giving back and providing support to our neighbors.

Beyond this wide scope, this particular YMCA has an amazing relationship-building capacity. The staff and board work together to build collaborations in our community that serve those who need us the most. And we have fun doing it!

Whether you're here to exercise your way into better health and a different pant size or simply want to find an excellent swim lesson for your child, you'll feel the difference. Guaranteed.

I look forward to seeing you here and am delighted to be here myself.

With gratitude,

Shannon Seifert, CEO



## **OUR REASON FOR BEING**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## **OUR YMCA FACILITIES**

- Over 40,000 sq. ft. of indoor activity and program areas
- 25 yard, 6 lane heated pool (80°F), open year round
- Enclosed pool observation area
- Fitness center (2,300 square feet) includes:
  - Exercise machines
  - Lifecycles
  - Stairmasters
  - Circuit Training
  - Treadmills
  - Elliptical Machines
- Large aerobics room (2,000 square feet) that is dividable into two sections
- Free weight room (1,500 square feet)
- Gymnasium with two half court basketball courts
- Two racquetball/handball/wallyball courts
- Outdoor spa, indoor steam room and dry sauna
- Child care development center
- Dividable multi-purpose room including full kitchen
- Full locker and shower room facilities
- Outdoor basketball courts
- Fenced children's play area
- Barbecue area
- Walking and jogging access to adjacent Waller Park
- Skateboard Park (15,000 square feet)
- Arena Soccer facility
- Family Park and picnic area
- New Spin area
- Volleyball court

# BETTER TOGETHER

We're more than just a gym, we're a community

## PEOPLE WE SERVE:

Youth nurtured daily in our after school programs .....	560
Children empowered through our youth sports.....	494
Children mentored through our camps.....	380
Youth taught to swim and feel safe in the water.....	1,067

**KEY STATISTICS:**

People Served .....	5,427
Adults.....	2,309
Families.....	3,118

**VOLUNTEERS AND STAFF:**

Total Volunteers.....	300
YMCA Employees.....	Over 120

## SM VALLEY YMCA STAFF

- Shannon Seifert, CEO
- Lisa Niedrauer, Associate Director
- Cindy Dauster, Finance Director
- Brettly Biedinger, Events Coordinator
- Angeli Guerrero, Sports & Aquatics Director
- Dana McNutt, ASES / Camp Director
- Diane Majewski, Childcare/Preschool Director
- Cindy Most, Membership Services Director
- Mark Youvan, Maintenance Supervisor

...and over 110 dedicated support staff!

## BOARD OF DIRECTORS

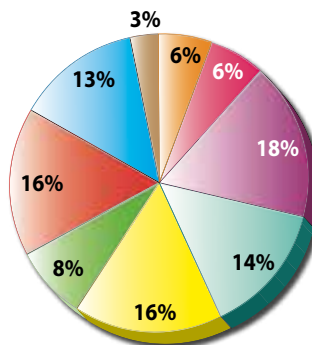
Jeanie Ardantz	Camille Edie	Kevin Morris
Peggy Blough	Mike English	Jeff Saleen
Jim Bray	Wendy Foxen	Maynard Silva
Joel Byars, Jr.	Bob Friedlien	Kevin Small
Lorena Chavez	Mike Gibson	Dave Wright
Terri Lee Coleman	Brad Johnson	
Ed Cora	Pat McDermott	

## OUR FUNDERS:

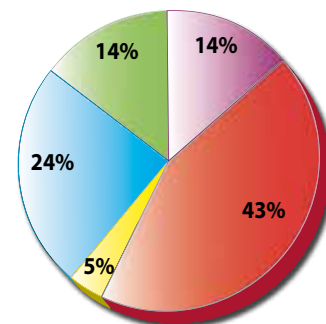
- Altrusa
- Apio
- Boni-Pak
- Driscoll Foundation
- Fusion
- Henry Mayo Newhall Foundation
- Jack's Plumbing
- Marian Foundation
- Orfalea Foundations
- Rabobank
- Santa Barbara Foundation
- Santa Maria Pacific Holdings, LLC
- Santa Maria Valley Chamber of Commerce
- Smith Electric
- Mark & Dorothy Smith
- Towbes Foundation
- Tracer ES&T
- Wood-Claeyssens Kinderbridge
- Woods Family Foundation

## HOW WE'RE FUNDED

Your 2010 Membership Fees At Work



Your 2010 Donations & Grants At Work



- Management
- Long-Term Debt Reduction/Insurance
- Facility Repairs & Replacement
- Lifeguard/Pool Costs
- Fitness Staff
- Facility Cleaning & Maintenance
- Utilities
- Welcome Center/Membership Services
- Technology
- Community Outreach
- Aquatics, Sports
- Camp Scholarships
- Childcare Scholarships
- Membership/Health/Fitness

The Santa Maria Valley YMCA's funds for its annual operations are largely received from facility membership, program fees and activities. Our Y conducts a fundraising campaign each year in January/February that helps subsidize our local programs. The success of this campaign accounts for the largest source of contributed income needed in keeping our youth and family activities affordable to the members and participants we serve.

The greatest need for the future of the SMV YMCA is the financial security made possible through endowment gifts and bequests. Remembering the SMV YMCA in your will ensures financial strength for the association and helps prevent your estate from being eroded by taxes. There are a variety of plans available, some of which provide tax benefits now and lifetime income to the donor.

Consider a gift to the Santa Maria Valley YMCA Foundation, Inc. Contact Shannon for more info at [SSeifert@smvymca.org](mailto:SSeifert@smvymca.org).

## OUR PARTNERSHIPS:

- The Y partners with community agencies, schools, and business including:
- Santa Maria Bonita School District
  - Boys & Girls Club of Santa Maria Valley
  - Marian Medical Center
  - Kohl's
  - City of Santa Maria
  - County of Santa Barbara
  - Big Brothers/ Big Sisters
  - Fighting Back
  - Breakfast Rotary of Santa Maria
  - CASA



# MEMBERSHIP

Your membership gives you the opportunity to learn, grow and thrive



## MEMBERSHIP FEES

Type	Monthly (bank draft)	Joiner Fee*	Annual Payment
<b>Youth</b> (13 and under)	\$12	\$20	\$144
<b>Student</b> (14-17/full-time student)	\$22	\$30	\$264
<b>Adult</b> (18 - 61)	\$34	\$60	\$408
<b>Adult Couple</b>	\$48	\$75	\$576
<b>Family</b> (see below)	\$54	\$85	\$648
<b>Senior</b> (62 and over)	\$28	\$60	\$336
<b>Senior Couple</b>	\$37	\$70	\$444

\*When upgrading membership type, the difference in Join Fee will be charged.

## MEMBERSHIP INCLUDES

- Swimming Pool
- Exercise Machines and Free Weights
- Basketball and Racquetball Courts
- Spa and Saunas
- Fitness Classes
- Healthy Lifestyles Program
- Special Rates on YMCA Programs
- Skate Park

## POLICY OF FINANCIAL NEED

No individual or family will be denied full membership or program access because of their inability to pay. Partial assistance funds are available to any qualified person or family.

## FAMILY MEMBERSHIP

A family consists of no more than two adults residing in the same household and all others under 18.

## AWAY PROGRAM – FREE!

YMCA members have the privilege of using other YMCAs when traveling. Members of other YMCAs may use the Santa Maria Valley YMCA up to six times per month upon verification of current paid membership status at the home YMCA.

## KIDS KORNER BABY-SITTING

Quality group baby-sitting for children ages infant to nine years is available while parents are enjoying the YMCA facilities, with a three-hour maximum per day.

M – Th 8am – 12:30 pm and 3:30 pm – 8:00 pm  
 Fri 8am – 12:30 pm and 3:30 pm – 7:00 pm  
 Sat 8am – 1pm  
 Fee: Members: \$0.75/hour/child  
 Non-Members: \$3.00/hour/child

## MONTHLY MEMBERSHIP BANK DRAFT

An automatic draft from a checking or credit card account is used for all monthly dues. When making account changes, the member must provide the YMCA with new account information and a one month payment. A \$25.00 service charge will be assessed for all returned drafts.

## EXPIRED CREDIT CARDS

Members must provide the YMCA with a new or updated credit card by the 25<sup>th</sup> of the month in which their credit card expires. Failure to do so will result in termination of membership privileges.

## NON-REFUNDABILITY OF DUES

It is the YMCA’s policy that once dues have been paid in full or via monthly draft, they are non-refundable.

## CANCELLATION OF MEMBERSHIP

**Payment Annually:** non-cancelable; no partial refund.

**Payment by Monthly Draft:** may not be canceled until after your account has been drafted for one month.

Membership is cancelable upon written notice provided by the 25<sup>th</sup> of the month in order to stop the next month’s draft. Members must complete a YMCA Cancellation Form at the service desk to request your membership be canceled. It is solely the responsibility of the member to validate monthly bank statements to ensure drafts have been discontinued. The YMCA will not refund monthly membership dues beyond the effective cancellation date.

## MEMBERSHIP IDENTIFICATION CARDS

All members will gain access to the YMCA using the identification card scanning system. A \$2.00 replacement charge will be charged for each lost ID card.

## AGE RESTRICTIONS

- DRY SAUNA and STEAM ROOM may only be used by members 18 or older.
- OUTDOOR SPA may be used by members under 18 only if accompanied by a parent.
- FITNESS MACHINE CENTER and FREE WEIGHT ROOM: Members ages 12-17 will be allowed to use these rooms only after completing a youth certification class, offered monthly. No children, with or without supervision, will be allowed in the Fitness Center or Free Weight Room without a valid youth certification.
- GROUP EXERCISE CLASSES: Youth are welcome to participate at the discretion of the instructor.

## APPROPRIATE BEHAVIOR

There is zero tolerance for foul or abusive language or actions toward any member, employee, or guest of the YMCA. The YMCA reserves the right to cancel or suspend a membership at any time.

## PROPER ATTIRE

All members and guests are expected to wear appropriate attire when using the facility. Shoes and shirts must be worn at all times in all areas outside the locker rooms and pool area. Only athletic shoes with non-marking soles are permitted in the gym and court areas. Jeans and pants with rivets are not allowed.

## POOL RULES

- Members must actively swim laps for exercise and fitness during lap swim hours.
- The Lifeguard has the option to correct any situation that may be unsafe or objectionable.
- For the entire listing of Pool Rules see the Lifeguard or the displayed rules on the pool deck.

## FOOD AND BEVERAGE

Food and beverages are only permitted in marked areas. Absolutely no glass bottles or containers are permitted except in marked areas. Only water in plastic bottles is allowed in workout areas.

## LOCKERS

Both day use and rentals are available. Members should bring their own lock and remove it from the locker when leaving. Locks left on day use lockers will be cut off and contents removed. Children age 5 and older should use the locker room for their gender. Rental Fee: \$10/month

## ALCOHOL/SMOKING/DRUG POLICY

The YMCA is a non-smoking facility. Alcohol and illegal drugs are prohibited anywhere on the YMCA property.

## BALLS, RACQUETS, WEIGHT BELTS, ETC

These items may be checked out at the front desk free of charge. Collateral is required and will be returned when the item is checked back into the front desk.

## RACQUETBALL

Courts may be reserved by members one day in advance. Reservations will be forfeited if the member is not at the court within 10 minutes of start time. Eye-guards are required.

## GUEST PASSES

All memberships are eligible to receive three (3) courtesy one-time use guest passes per calendar year. The member must accompany the guest when using the facility. Lost or unclaimed guest passes will not be replaced.

## LOST OR STOLEN ITEMS

The YMCA is not responsible for any personal items. A Lost and Found area is maintained at the front desk. Members are encouraged to turn in any personal items found in the building or on the premises. Items turned into the Lost and Found are not kept longer than 30 days.



## FINANCIAL ASSISTANCE

The Santa Maria Valley YMCA makes every effort to ensure that no person, especially youth, will be turned away because of financial hardship. Our financial assistance program is supported by contributions to our annual campaign.



# HEALTHY LIVING

YMCA Group Fitness offers something for everyone...



Group exercise classes range from the soothing calm of Yoga and Pilates to the high intensity of Boot Camp and Cycling! Attending a class with others who are motivated to get fit and have fun will inspire you to keep healthy and try something new every time you come into the Y!

## YOGA

Designed to increase flexibility, strength and balance while improving posture, coordination and mental focus.

## PILATES (MAT-BASED)

The Pilates method of body conditioning is a unique system of stretching and strengthening exercises. This class will help strengthen and tone muscles, improve posture, provide flexibility and balance, unite body and mind, and create a more streamlined shape.

## BODY SCULPTING

This class provides a workout focused on toning, strengthening and defining all major muscle groups.

## CARDIO SCULPT

Body building with a cardio twist. This class is a total workout using heart pumping muscle conditioning combined with intense cardio training.

## CYCLING PROGRAM

The latest in cross training, cycling is an instructor-led program for those interested in intense bicycle training. This class is appropriate for beginners as well as avid bicyclists.

## STEP

Step classes use high intensity, low impact movements performed stepping up and down on a platform for aerobic conditioning.

## SENIORCISE

This class combines aerobics with upper and lower body strength training. A great overall conditioner!

## STRENGTH & BALANCE

Two of the most important factors to living a healthy lifestyle are strength and balance. The class focus is to strengthen your muscles and maintain stability with core and balance exercises created to enhance your quality of life.

## KARDIO KICKBOXING

An intense interval strength and cardio training program. Designed for all levels of fitness and performed on kickboxing bags with boxing gloves provided. Excellent challenge for all those ready to release some energy!

## YOUTH FITNESS (SEASONAL)

Get your kids moving and promote fitness at an early age! Youth fitness classes are for kids 5 and up.

## BOOT CAMP

Work hard and get results! This drill based class will challenge the athlete within. By incorporating interval training and conditioning drills, you will improve your muscle endurance, agility and strength.

## PEDAL AND PUMP

Cycling combined with strength training for a complete exhilarating workout.

## ZUMBA

Latin-inspired dance fitness class. Zumba is fun, different, easy and effective.

## BODY PUMP

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography.

# HEALTHY LIVING

Improve your health and well-being

## EXERCISE MACHINES AND WEIGHTS

The Fitness Center and Free Weight Room are available to members during all YMCA hours. Facilities include:

- Elliptical Crosstrainers (EFX)
- State-of-the-art Atlantis training machines
- Treadmills
- Lifecycles (including Recumbent)
- Stairmasters/Stairclimbers
- Olympic Rowing Machine
- Upper Body Machine (UBE)
- Spinning Cycles
- Complete free weight and bench/machine selection

## PERSONAL TRAINING

Personal Training delivers one-on-one attention to all fitness levels. Work with a YMCA Certified Personal Trainer to develop a specialized fitness program to meet all your fitness needs.

P.T. Groups- Personal training within a group setting.

## HEALTHY LIFESTYLES

Get the basic tools to meet your fitness goals! Six weekly sessions with a Healthy Lifestyles counselor. The best part is it's **free** to members!

## YOUTH FITNESS CERTIFICATION

YMCA youth members ages 12-17 are required to participate in the youth certification course before using the Free Weight Room or the Fitness Center. This 3 hour course is offered monthly and is **free** to members!



## BE INVOLVED

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 well-being, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.

## VOLUNTEERISM & GIVING

The generosity of others is at the core of our existence. It is only through the support of our hundreds of thousands of volunteers and public and private donors that we are able to give back to the communities we serve.

- The rewards of volunteer service to the YMCA:
- Personal gratification
- Leadership opportunities
- Participation in enjoyable activities.
- Recognition by your peers, friends and the YMCA
- Support of the YMCA, its goals, programs and experiences
- Actively supporting an organization that cares about all people

## VOLUNTEER OPPORTUNITIES:

- Support Campaign
- Healthy Kids Day
- Tri for Fun
- Fireworks Booth (must be 18 years or older)
- Day in the Park
- Ride for Youth
- Labor Day Shut Down



# HEALTHY LIVING

Swim, Sports & Play – Positive, fun activities that build athletic, social and interpersonal skills



Photo courtesy of Santa Maria Times

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

## POOL SCHEDULE

The YMCA pool is used for a variety of aquatics activities throughout the day. For a current schedule, stop by the front desk or visit our website at: [www.smvymca.org](http://www.smvymca.org).

## LAP SWIMMING

Ideal non-impact exercise that works the entire body and cardiovascular system. Depending on pool use, swimmers may be required to share a lane or circle swim.

## LIFEGUARDING & WATER SAFETY

A number of additional classes are scheduled as demand justifies. Classes include Water Safety, Lifeguarding, CPR, Title 22 and more! Fees vary per program. Contact the Aquatics office for more information.

## RECREATIONAL FAMILY SWIMMING

Available to all individuals and families for water enjoyment, swimming and recreation are offered throughout the week. No inflatable toys are allowed. Monthly schedules are available at the front desk or online.

## AQUA FITNESS

A water aerobics class that increases cardiovascular endurance, improves metabolic efficiency, increases range of motion while causing no trauma to weight bearing joints.

## DEEP WATER WALKING

Use the natural resistance of the deep water in this "impact free" class to increase muscular endurance, flexibility and cardiovascular health.

## SWIM CONDITIONING

This class is geared for kids ages 8-16 years and adults looking to expand their level of swimming. Students will learn to perfect each stroke including front crawl, breast stroke, back stroke, side stroke, butterfly, egg beater technique and flip turns. They'll learn the basics of lap swimming and competitive techniques while increasing endurance and their cardiovascular system. Students must be able to swim at least one lap. Please see front desk for specific times.

## TELL US YOUR Y STORY

The Y is, and always will be, here building healthy, confident, connected and secure families in our community. We learn from each other. We grow through our shared commitment. We are inspired getting to know our members and families. We'd love to hear and/or share your story! Send stories to: [cmost@smvymca.org](mailto:cmost@smvymca.org)



The Halsell Family, YMCA Members & Volunteers





YMCA progressive swim classes are for people of all ages. Sign ups should be made one week before the start of the session. Class fees are non-refundable. For additional information contact the YMCA at 937-8521.

### PARENT AND CHILD (AGES 6 MONTHS TO 36 MONTHS)

Parent and child are in the water together. Parent or another trusted adult must accompany the child. These are water adjustment classes that offer parent education as well as a fun time for parents and children to interact. Instruction includes leading the class in song and games.

### SKIPPERS (AGES 3, 4, AND 5)

The overall goals at this age are for the child to learn to adjust to a group situation, water safety, increased confidence, basic swimming skills (depending on readiness) and to prepare for transition from Skippers to the Progressive Swimming Program.

### POLLIWOG (BASIC BEGINNER, AGES 5 AND UP)

The child has little to no water experience. Child learns to float on their back and front, and begins freestyle swim technique.

### GUPPIES (INTERMEDIATE - BEGINNER, AGES 6 AND UP)

The child is comfortable in the water. The student is able to float (front and back) and can swim 10 yards freestyle.

### MINNOWS (INTERMEDIATE - ADVANCED. AGES 8 AND UP)

The child is able to swim freestyle for 25 yards with confidence and good form. The child will learn elementary backstroke, and instruction is given in surface and eggbeater techniques.

### FISH AND ABOVE (ADVANCED, AGES 8 AND UP)

The child swims 50 yards freestyle. The goal is to improve backstroke and sidestroke, also to learn butterfly. Rescue skills and flip turns are also taught during this level. Lessons are also available for higher levels.

### GROUP SWIM LESSONS

Morning, evening, and Saturday lessons are available for all levels of progressive swim. Class size ranges from 3 to 7 participants per instructor.

Cost per session: \$35 Members; \$55 Participants

### PRIVATE SWIM LESSONS

Offered for all ages on a one-to-one basis, with times throughout the week. Great program for people with special needs or a busy schedule. Contact the Aquatics office for more information.



SANTA MARIA AFFILIATE  
Making Philanthropy Work for Everyone



Rabobank

Photo courtesy of Santa Maria Times



# HEALTHY LIVING

## Y Sports – Sportsmanship, teamwork and personal development



### KICK YOUR WAY INTO CONFIDENCE!

We're committed to providing healthy lifestyle activities that bring together people with shared athletic and recreational interests. Santa Maria Valley YMCA youth and adult sports focus on sportsmanship, teamwork, and the development of all participants to their fullest potential.

The Santa Maria Valley YMCA has the only multipurpose sports arena on the Central Coast. Arena Soccer is a fast paced, non-stop action sport that will be enjoyed by kids and adults alike. Youth and Adult Soccer leagues are offered.

### ADULT LEAGUES

YMCA Adult Sports are focused on good sportsmanship and fair competition. Adult sports participants register as a TEAM. Four 8-week seasons are offered each year, with playoffs during the 9th week of play.

### ADULT LEAGUES

- Women's Open
- Coed 35+
- Men's B Open
- Men's A Open

Open Leagues are for ages 16+



ORFALEA  
FOUNDATIONS

The Orfalea Fund | Orfalea Family Foundation

### ROOKIE SPORTS

Pre-competitive sports programs are offered for children ages 3-6. Games are modified to be developmentally appropriate for this age group and to maximize fun and success. Children learn at their own pace, develop confidence, and start a lifetime of healthy living through enjoyable physical activity. Rookie Sports focuses on tactics and skills, rules and traditions of the sport, fitness and character development. A different sport is featured each season, including soccer, tee ball, basketball, floor hockey, football and golf.



### YOUTH ARENA SOCCER

Kick up your confidence with our YMCA youth sports programs! They promote skill development, fair competition, sportsmanship, and the premise that "Everybody Plays, Everybody Wins." Youth Sports leagues rely on the involvement of volunteer coaches who accept this philosophy.

In YMCA Youth Sports, there are no all-star teams, playoffs, or league champions. Each participant receives the same season-ending award. Strict rules govern the conduct of players, parents and coaches involved in the program.

### YOUTH LEAGUES

- Divisions available for ages 3 and up
- Three seasons offered each year
- Leagues fees include team jersey, socks and end-of-season award
- Required equipment: shorts, shin guards, indoor shoes, tennis shoes or cleats



# YOUTH DEVELOPMENT

Skate Park – The place to have fun, learn new skills and make friends

We believe the values and skills learned here at the Y make for confident kids today and engaging adults tomorrow.

Our 15,000-square-foot Santa Maria Valley YMCA Skate Park offers ramps and obstacles for skaters of all abilities. It's all here – ramps, rails, stairs, grind boxes and halfpipe!

## FEES:

### YMCA Facility Members

Free! Skate Park use is included in membership

**Non-member Day Use Fee \$5/day**

## RULES AND REGULATIONS

All skaters must review and sign the Skate Park rules waiver stating they understand and agree to abide by the rules. Minors must also have a parent/guardian sign a waiver in person prior to using the Skate Park. All participants must check in at the front desk each day to receive a valid wristband. No park entrance will be granted until all application forms are completed and signed.

## SAFETY EQUIPMENT

Participants must wear a helmet with chin straps latched. Elbow and knee protection are strongly recommended.

## PRIVATE SKATE LESSONS

Whether your child is just learning to skate or ready to learn more advanced tricks, YMCA skate lessons are just right for them. Advance your child's skateboarding skills, create new friendships and most importantly, have fun!



## SKATE PARK SCHEDULE

	Spring/Fall	Summer	Winter
Monday - Friday	3pm – 8pm	12pm – 8pm	3pm – 6 pm
Saturday	10am – 6pm	10am – 6pm	10am – 6pm
Sunday	12pm – 6pm	12pm – 6pm	12pm – 6pm

Hours are subject to weather and YMCA closures.





# YOUTH DEVELOPMENT

Child Care that nurtures the potential of every child and teen

At the Y, kids learn their ABC's, learn to share, learn about sportsmanship and, most importantly, learn how to be themselves. Our licensed child care programs provide a safe, wholesome, creative and educational place where children learn about the world around them, develop problem solving and decision making skills, and grow through modeling our caring staff.



## PRESCHOOL

### YOUNG CHILDREN'S PRESCHOOL

Location: 3400 Skyway Drive  
Santa Maria Valley YMCA

The Santa Maria Valley YMCA offers childcare for children ages 2 1/2 to 5 years.\* The philosophy at the Y is to provide quality care and promote growth in all areas of development for children. Year-round programs will enhance physical, social, emotional and cognitive growth to prepare children for academic readiness. We provide the opportunity for younger children to explore, rest, and be nurtured.

All of our staff are highly qualified, have CPR and First Aid certificates, and have taken or are enrolled in child development classes and training. Hours of operation are from 7:00 am to 6:00 pm based upon the needed or committed child care hours. Part time programs are available on a space-available basis.

\*Children must be potty trained.



## AFTER SCHOOL

### KINDERBRIDGE AFTERSCHOOL CARE

Kinderbridge Afterschool Care at Tunnell Elementary School is available and funded by Wood-Claeysens and Henry Mayo Newhall Foundation. Curriculum follows the ASES program with which the YMCA is a collaborative partner. Curriculum includes homework time, enrichment activities, structured outdoor activities, healthy snacks, skills based projects, games, arts and crafts. Limited space is available for full time. Registration is required. Families can register at the YMCA. State funding is available to qualified applicants.

### Y DAY CAMPS

#### When School's Out...The Y is Open!!

Looking for something fun, exciting and safe for your school-age kid (5-15) to do on days that school is closed this year? If they were able to join us for camp this summer, remember how much fun they had? Many of our fabulous summer camp counselors are staying on with us during the school year to work in the ASES afterschool program. When those school breaks occur, we've cooked up a whole bunch of great activities here at the Y for kids of all ages to participate in, incorporating nutrition, going green, literacy, and fitness into our fun activities. For more information or if you have any questions about the program, please give us a call at 937-8521. We truly love having your children at our YMCA...and they are absolutely going to love Y Day Camp.

## FINANCIAL ASSISTANCE

The Santa Maria Valley YMCA makes every effort to ensure that no person, especially youth, will be turned away because of financial hardship. Our financial assistance program is supported by contributions to our annual campaign.





# YOUTH DEVELOPMENT

Summer Camp – memorable experiences for kids and teens that are fun and build confidence



## DAY CAMP

Outdoor fun and quality supervision provide a positive camp experience for all day campers. Trained staff will concentrate on building self-esteem, developing social skills and an appreciation of the outdoor environment. Activities include arts and crafts, skits, games, cooking and science projects, nature, theme events, swimming, nutrition, going green, literacy and a lot more.

Day camp hours are 7:00 a.m. – 6:00 p.m.

Registration starts in April 2011.

Programs, Camp dates, fees and deposits may vary. Please check out our website at: [www.smvymca.org](http://www.smvymca.org) or pick up a Camp Brochure with a complete listing of camps at the YMCA.



## TEEN CAMP

If you're an adventurous teen excited to have the best summer of your life, then join us for Teen XTreme. Join other teens and ride, slide, eat, paddle and climb your way through summer. And on the way make music, art and new friends. See Summer Camp Brochure for dates and pricing.

## SKATE CAMP

Learn all about Skateboarding at the Santa Maria Valley YMCA. This camp is offered for all abilities. Learn the basics of skating as well as some advanced stunts and tricks. Lessons are available. Participants are required to bring their own boards and helmets. See Summer Camp brochure for dates, lessons and pricing.

## SPLASH CAMP

The program accomodates everyone from the non-swimmer to the competent swimmer. Our objective is to motivate all levels of swimmers to improve their skills and become more comfortable in the water while enjoying themselves at the same time. We have well-trained, competent swim instructors who will make swimming lessons both fun and effective. After morning swim lessons, campers will have time to take on traditional day camp activities.



## WE BUILD STRONG KIDS...

If it were not for someone partnering with them, many kids and families might not participate in the YMCA, due to lack of funds. They need someone like you to help. By giving generously to the YMCA, you can help build strong kids, enabling them to participate in swim lessons, summer camps, preschool, after school care, youth sports, and youth fitness programs.





# SOCIAL RESPONSIBILITY

Community Programs that give back and provide support to our neighbors



## HEALTHY KIDS DAY

Saturday, April 16, 2011  
12:00pm – 4:00pm

Free Health Screenings and  
Carnival Games

3400 Skyway Drive

**YMCA Family Fun & Healthy Kid's Day** is the largest national health day for children. Come join us in celebration of this event as together we provide various health care screenings and promote an active and healthy lifestyle for our community.

All activities are free and all families are welcome.

This day of fun will feature Family Olympics, Bounce Houses, Carnival games, prizes, as well as free health care screenings to all! We will be offering diabetes screenings for adults and youth as well. Police, Fire, and DARE will also be in attendance. BBQ lunches will be available for purchase. Each family that visits all booths will have an opportunity to win door prizes during the event. Matt Eggbert Chiropractic and Marian Medical Center are two of the many collaborative sponsors for this event.

For more information or an application contact Brettly Biedinger @ 937-8521 or email [bbiedinger@smvymca.org](mailto:bbiedinger@smvymca.org)

## TRI-FOR-FUN

The YMCA is holding its 17th annual Tri-For-Fun Triathlon on Saturday April 30, 2011. If you are looking for a fun way to challenge yourself and accomplish a personal fitness goal this triathlon is for you. The triathlon consists of a ¼ mile swim, 12.5 or 17.9 mile bike & 5K run. Do all the events yourself or put a team together. For more information or to register contact the YMCA at 937-8521.



## TOUR & TASTE OF THE VALLEY

The Boys & Girls Club and YMCA of Santa Maria Valley are joining forces to provide a community event that brings together two premier non-profit organizations that share a common cause – serving area youth. Come support these two non-profits and enjoy a fun family day for any and all who want to stop by and be part of the festivities!

## RIDE FOR YOUTH

Saturday  
October 22, 2011

This event will start and culminate at Orcutt Union Plaza in Old Town Orcutt with all proceeds going directly to the local Boys & Girls Club and YMCA youth. You can experience a 10, 25 or 50 mile ride plus a new addition this year: The 'Metric Century'!



## TASTE OF THE VALLEY



Post-ride festival with delicious local samplings from our own Central Coast's finest chefs, brewers and vintners! Local vendors will provide food, beer and wine to further benefit both clubs.

For registration and information, check out our websites: [smvymca.org](http://smvymca.org) and [bgcsmv.org](http://bgcsmv.org)



## BINGO

YMCA Bingo is entertaining and challenging. Seconds count and our non-smoking bingo sessions move quickly! Fun, fast and competitive, YMCA Bingo is packed with action!

Dates: Saturdays Times: 10:30 am – 3:00 pm



# SOCIAL RESPONSIBILITY

Our doors are open to all thanks to the generosity of our members and partners

## ANNUAL SUPPORT CAMPAIGN

### WE BUILD STRONG FAMILIES...

We know firsthand how difficult it is to find balance in life. That's why for over 40 years, the Santa Maria Valley YMCA has been here for you, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive. Each year, the Y family programming serves over 11,000 youth and families, giving each a safe environment and fun family activities to enjoy together. We count on the generosity of our members and partners to keep our doors open to whoever needs a place to go to help them be more healthy, confident, connected and secure. By contributing to the annual support campaign, you are providing an opportunity to enjoy all the YMCA has to offer for families who cannot afford our program fees.

### WE BUILD STRONG COMMUNITIES...

The Y makes strengthening our community our cause. By examining its needs and offering programs and services that promote a healthy spirit, mind and body, our Y is here every day for everyone in our community. We are a leader in teaching water safety and swimming, partnering with area schools and community organizations, and providing leadership opportunities through the spirit of volunteerism.

## WE NEED YOUR HELP!

You can be a part of the annual campaign in many ways! Your time spent spreading the word about the YMCA in the community is invaluable to us, to our community and to you. It's satisfying being part of the bigger picture and raising the level of your community. You can help by donating monetarily, by volunteering or by simply learning what it is we do for others and sharing that information. Please contact Shannon Seifert at [sseifert@smvymca.org](mailto:sseifert@smvymca.org) or call 937-8521 for details.

## KOHL'S AFTER SCHOOL WELLNESS PROGRAM



In 2000, Kohl's introduced the Kohl's Cares for Kids® (KCK) program to reinforce their commitment to children's health and education. In 2009, Kohl's raised \$39,005 for a health-focused outreach program in Santa Maria by offering the books and plush animals you see in this picture at our local Kohl's location – the proceeds fund this healthy initiative right here in Santa Maria! Marian Medical Center and the Y address a real need for children in our community by providing programs including nutritional education, diabetes and childhood obesity prevention, skill-based fitness such as swim lessons, soccer and basketball, health screenings and Family Evenings that provide healthy dinners for all attending along with an educational and fitness component. The local program is called **Kohl's After School Wellness Program** and we encourage you to participate! The books are classic, the plush are quality and the end result? Priceless.

## WANT TO HELP THE Y?

### NEED GAS?

TUESDAY is "Y" DAY at **Santa Maria Wash & Lube**  
Fill up on Tuesdays, present your Y card and one cent per gallon goes to the YMCA!

Santa Maria Wash & Lube  
2301 South Broadway  
Santa Maria, CA 93455

Santa Maria Car Wash  
617 South Broadway  
Santa Maria, CA 93454

### NEED YOUR OIL CHANGED?

**Santa Maria Wash & Lube** AND **Santa Maria Car Wash** will donate to the YMCA if you show your membership card when getting your car serviced at either location.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SANTA MARIA VALLEY YMCA

3400 Skyway Drive  
Santa Maria, CA 93455-2599  
(805) 937-8521  
Fax (805) 937-7007  
website: [www.smvymca.org](http://www.smvymca.org)



### CLOSING FOR HOLIDAYS & MAINTENANCE

The YMCA reserves the right to close the facility during the year for maintenance. However, when closing the facility we will make every effort to provide prior notification to our members.

### HOURS OF OPERATION

Monday - Friday 4:15am to 10:30pm  
Saturday 7:00am to 7:00pm  
Sunday 12:00pm to 6:00pm

### YMCA CLOSURES FOR 2011

January 1 ..... New Year's Day  
April 24 ..... Easter  
May 30 ..... Memorial Day  
July 4 ..... Independence Day  
September 3-5 ..... Labor Day Weekend  
November 24 ..... Thanksgiving  
December 25 ..... Christmas

## SPECIAL EVENTS FOR 2011

Annual Community Support Campaign ..... January 26 thru March 4  
Annual Dinner Victory Party ..... March 9  
YMCA Healthy Kids Day ..... April 16  
Tri-4-Fun Triathlon ..... April 30

YMCA Fireworks Booth ..... June 26 thru July 4  
YMCA Family Day in the Park ..... August 14  
YMCA Golf Tournament ..... September 26  
Ride For Youth/  
Tour & Taste of the Valley ..... October 22

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