



# CHILDWATCH CONNECTION

Downtown Berkeley YMCA

Spring 2010

## Childwatch Hours

*Monday - Friday*

9:00 AM – 2:30 PM, 4:00 - 8:00 PM

*Saturday and Sunday*

8:30 AM - 2:30 PM

## Holiday Hours

*Memorial Day, Monday, May 31*

*Reduced Hours, OPEN 9:00AM-1:00PM*

*4<sup>th</sup> of July, Sunday, July 4th - CLOSED*

## Fit Kids Hours

*Monday - Friday*

4:30 - 8:00 PM

*Saturday and Sunday*

8:30 AM – 2:30 PM

## Holiday Hours

*Memorial Day, Monday, May 31 - CLOSED*

*4<sup>th</sup> of July, Sunday, July 4th - CLOSED*

## Contact Us

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## Join the growing Childwatch electronic family!

If you would like to receive email notifications about Childwatch events and newsletters, Holiday Hours and scheduled closings, and other relevant YMCA news, please contact Heather Cunningham at [hcunningham@baymca.org](mailto:hcunningham@baymca.org)

## Greetings from Childwatch!

Childwatch Connection will be published quarterly. Look for information related to Childwatch inside, including program news and policies, information about our staff, parent contributions, age and stage information, tips, fun, and other Y news and events.

## Meet our Staff

This issue, we'd like to introduce you to Veronica, a Childwatch shift leader. Veronica began volunteering in Childwatch before transitioning to a paid staffer, and later a shift leader. Veronica leads the Monday – Thursday evening shifts, and Sunday mornings. In her own words:

“In 2004, when I was a busy student in college and worked part-time at a dental office, I decided to go back to my volunteering life which I have been engaging since high school. When I was a junior in high school, I volunteered at El Cerrito library, the experience of teaching senior citizens to use computers and explore the cyber world was amazing and fulfilling. I loved it so much and enjoyed every aspect and role being a volunteer.

The Y came to my mind just then, its location and hours was able to accommodate my school and work schedule, although I have not known much about the organization back in the days.

And today, after six years working at the Y. I have worked at the Swim & Gym Program, Childwatch and Fit Kids, first 2 years being a volunteer, 2 years being a staff attendant and 2 years being a shift leader. I have known the Y's core value and found my Big Why.

I love to work with family and kids. This is a total different experience than what I have worked before, not just being a trainee at a sushi shop, a secretary at an office, and an accountant in a company. Working at Childwatch fulfills my desire to be a teacher, a mentor and an artist and a leader, which I never thought I would become after what I studied at school. And working in such an inspiring and loving environment, I am being more positive, proactive and enthusiastic for my life and work.

At this moment, besides my life at the Y, I'm ready to achieve and explore more in different areas. I will put more focus and efforts on my new studies, which are Fashion Design & Merchandising & Foundation for Design & Management. And at the same time, managing my time wisely and expand the ecommerce business with my partners, using our knowledge as certified Consultants (areas in Nutraceutical, Anti-Aging, Capital Resource, Web Center, etc.) and make sure people we served are fulfilling their needs.”

## Program Survey

*We value your feedback!*

Parent Surveys are now available! Please help us improve our services by responding to the attached survey. Or take the survey online at <http://www.zoomerang.com/Survey/WEB22ANFKHHMRR>. Your feedback is vital to the continued growth of our program and we always value your input, both positive and negative. Return completed surveys to the lock box near Heather's office (outside of Childwatch) by Monday, June 7.

## Reduce, Reuse, Recycle

Childwatch accepts donations of new or gently used games, art supplies, and books. Ask staff about our wish list, or check with staff about any items you may think would be a great addition to our program. Currently, Childwatch is requesting donations of children's books, baby items and toys, clothing for children ages 2 and older, and dress-up costumes. All donations to the YMCA are tax deductible, so please leave your name and address if you would like to be mailed an acknowledgement letter. Thank you!

## Upcoming Events

Kids Night Out - Ages 2 - 11  
*Registration for Session 2 begins June 19!*

Session 1:

May 22 – Rock'n Roll

June 5 – Talent Show

June 19 – Wii Play

Session 2:

July 17 – Creative Movement

July 31 – Game Night

August 28 – Celebration!

*Family Movie Night 7:00-9:00pm*

Saturday, June 26

Youth Movement Studio

Come relax and watch a movie with your friends on movie night. Bring a pillow or a comfy blanket to relax with. Pizza and popcorn provided. No registration required, drop on by!

## FREE Trial Classes in the Youth Movement School

**May 12-19**

We invite you to come try one of the following classes to see if it might be a good fit for your family:

**Monday:** Musical Gym for 1.5-3 years with Erica Blue 10:30-11:15 (Family Gym)

**Wednesday:** Gym Adventures for 4 year olds with Erin Lutes 10:30-11:15 (Family Gym)

**Thursday:** Pre-Ballet 1 for 3-4 year olds with Brianna Skellie 4:00-4:40 (Movement Studio)

**Saturday:** Pre-Ballet 2 4-5 years 9:45-10:25 or 10:30-11:10 (Movement Studio)

To use this pass, just bring this newsletter and present it to the instructor.

*Or register for a summer session:*

**Session 2: Sunday, June 21 - Saturday, July 17, 2010**

No classes July 4, 2010.

**Session 3: Monday, July 19 – Saturday August 14, 2010**

Cost: \$70 Full Service Members/\$92 Program Members\*

\*Some classes sessions pro-rated to accommodate holidays.

Classes are located in the Youth Movement Studio unless otherwise indicated.

## Family Fun at the YMCA

### Family Cherry Picking Trip

Sunday, May 23 9:30 AM - 1:30 PM

Cost: \$10 per person adult \$5 per child

Grab a bus to Brentwood and pick fruit with family and friends. Show your kids where fruit actually comes from! Price is for bus fare only. Families pay for their fruit at the farm. NO INFANTS PLEASE! The bus does not have the ability to use car seats and is not appropriate for infants. Families with children ages 3 or 4 and up are encouraged to attend. Weather can be hot in Brentwood this time of year, so plan on bringing water, snacks, and sunscreen. *Ages 3 and up*

### Friday Family Night

Come enjoy YMCA Family Night, every Friday! Family Night provides programs for the whole family: swimming, arts & crafts, kindergym, floor hockey, soccer, basketball and group games. Look forward to special evenings with family dance and family yoga. Staff and volunteers provide a safe and fun environment.

#### Family Night Activity Schedule:

Arts & Crafts: 7:00 - 9:00 PM Art Room

Family Sports and Group Games:

7:00 - 9:00 PM Main Gym

Kindergym: 7:00 - 9:00 PM Kindergym (Open Gym)

Family Fitness Drop In:

6:00 - 8:00 PM Youth & Family Fitness Zone

Interactive Wellness Center: 7:00 - 9:00 PM

Family Swim: 7:00 - 7:40 PM Shallow Pool\*

(6 years & younger ONLY for this session)

7:45 - 8:25 PM Shallow Pool\*, 8:30 - 9:00 PM Shallow Pool\*

Open Swim: 7:00 - 8:00 PM Grace's Pool\*, 8:00 - 9:00 PM Grace's Pool\*

*\*To participate in one of the swim sessions be sure to get a ticket early. Tickets are available 15 minutes prior to session time and can be picked up at the Welcome Desk.*

## Volunteer News

Our Strong Kids Campaign recently ended. This volunteer led fundraiser for YMCA programs and financial assistance could not have been successful without your support. And like campaign, we have just as many volunteers committed to making Fit Kids a quality and fun program! Many thanks to all of our volunteers.

The Berkeley-Albany YMCA was founded on and continues to thrive because of volunteers. From the Board of Directors overseeing the entire organization to volunteer swim instructors and childwatch assistants, volunteer opportunities bring the expertise, diversity and richness of our community into the doors of the YMCA. Spend an hour or ten with us each week – beyond Childwatch, you can join a policy committee, become a mentor or tutor or join a campaign team during our Youth Support Campaign in March. You will be enriched, we will be stronger and a young person, family or neighbor will thank you! If you are interested in becoming a volunteer, please contact our Volunteer Coordinator, Trudi Petersen at [tpetersen@baymca.org](mailto:tpetersen@baymca.org)



We build strong kids, strong families, and strong communities.