

# Fit Kids News

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## 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 4<sup>th</sup> -  
CLOSED*

## 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 4<sup>th</sup> -  
CLOSED*

## Contact us

Heather Cunningham, Child  
Supervision Dir.  
(510) 665-3241  
[hcunningham@baymca.org](mailto:hcunningham@baymca.org)

Trudi Petersen, Volunteer  
Specialist, (510) 848-6834  
Box # 534  
[tpetersen@baymca.org](mailto:tpetersen@baymca.org)

Eden O'Brien-Brenner,  
Youth and Family Services.  
Dir.  
(510) 665-3238  
[eobrienbrenner@baymca.org](mailto:eobrienbrenner@baymca.org)

## Downtown Berkeley YMCA

Spring 2010

## Greetings from Fit Kids!

Fit Kids News is published quarterly. Look for information related to Fit Kids inside, including program news and policies, information about our staff, parent contributions, tips, fun, and other Y news and events.

## Meet our Staff

Welcome to our new Fit Kids staff and volunteers! Our staff team is growing and now includes volunteers. While in Fit Kids, you will see Nahid, Preet, Jefferson, Ali, Trudi, Heather, Ian, Kyle, and Sam challenging kids to their favorite games and activities. Ali and Nadia are leaving us for the summer, but we hope they return in the fall once classes begin. And a final good-bye to Irene. We wish her all the best as she enters graduate school!

## Program Survey

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/WEB22AP87ZYP7J>. Your feedback is vital to the continued growth of our program and we always value your input, both positive and negative. In addition, considerations are being made about the Fit Kids summer operating hours. We are interested in hearing your summer schedule needs. Daytime hours, for a small fee, may be available if there is enough interest from members. Return completed surveys to the box outside Heather's office (near Childwatch) by Monday, June 7. *We value your feedback!*

## 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)

## Register Now!

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 Cherry Picking Trip

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

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! Plan on bringing water, snacks, and sunscreen.

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

### Join the growing Fit Kids electronic family!

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

### Comments...Questions? Compliments!

We work hard to create a strong, unique, and fun environment for your children. Fit Kids always welcomes your ideas. Please feel comfortable letting us know what you like (or love), what you'd like to see be different, or any other comments or ideas you may have. Your feedback is important – fill out a comment card from the Welcome Desk or contact Heather anytime!

## Notable News and Events

### *Family Movie Night*

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!

### Youth and Family Fitness Zone

#### *Family Circuit*

Here is the time to work out as a family unit! This circuit is fun and educational, and the instructor will break down how the different machines use different muscle groups. This time is for families only so that you can get a good work out in.

Wednesday 6:30 - 7:15 PM & 7:15 - 8:00 PM

Saturday & Sunday 10:00 - 11:15 AM

#### *Family Fitness Drop In Hours*

These are times that you can drop in to use the Life Fitness Circuit equipment without the structure of a class. The instructor will be available to assist you as needed.

Friday 6:00 - 8:00 PM

Saturday & Sunday 11:15 AM - 12:30 PM

- Children who are 6yrs of age are allowed in the room, THEY ARE NOT ALLOWED ON THE EQUIPMENT and must be accompanied by an adult.
- Children who are 7 yrs and up are allowed in the room and can use the equipment and do not need to be accompanied by an adult WHEN IT IS ON MONDAY and WEDNESDAY from 5:00 - 6:00PM - all other types they must be accompanied by an adult.

### Summer Camp

Our day camps provide progressive programs that encourage fun, self-discovery, and group adventures while teaching important character values. YMCA camps are age specific and ensure a meaningful and exciting experience for all campers. We include a variety of activities, from games, sports and art to science and cooking. Whether you are looking for a traditional day camp or a specialty camp, we offer a range of programs to fulfill the changing interest of our community's youth.

For more information please check out our website <http://www.baymca.org/dt/downtown-Summer-Programs.aspx> or contact Noelle Boero, Camp Director at 665-3271 or [nboero@baymca.org](mailto:nboero@baymca.org)



We build strong kids,  
strong families, strong communities.

2001 Allston Way Berkeley, CA 94704 (510) 848-9622 [www.baymca.org](http://www.baymca.org)

