



Youth and Family Connection

Downtown Berkeley YMCA

Summer 2010

Childwatch Hours

Monday - Friday

8:30 AM – 2:30 PM, 4:00 - 8:00 PM

Saturday and Sunday

8:30 AM - 2:30 PM

Holiday Hours

4th of July, Sunday, July 4th – CLOSED

Regular Hours – Monday, July 5

Fit Kids Hours

Monday - Friday

4:30 - 8:00 PM

Saturday and Sunday

8:30 AM – 2:30 PM

Holiday Hours

4th of July, Sunday, July 4th – CLOSED

Regular Hours – Monday, July 5

Contact Us

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Join the growing YMCA electronic family!

If you would like to receive email notifications about Youth and Family events and newsletters, holiday hours and scheduled closings, and other relevant YMCA news, please contact Heather Cunningham at hcunningham@baymca.org

Greetings from the Youth Department

Youth and Family Connection will be published quarterly and will replace Fit Kids News and Childwatch Connections. Look for information related to the Youth and Family department inside, including program news, information about our staff and members, and other Y news and events.

Meet our Staff

In this issue, we are featuring Heather Cunningham, the Director of Child Supervision Programs. For some of you, Heather is a familiar face – she has worked at the Downtown Berkeley YMCA for over three years, supervising the Childwatch, Fit Kids, and Kids Night Out programs. This spring she expanded her role to include Creative Movement programs, Kindergym, and birthday parties! She is excited to meet new families and be a part of these fabulous Y programs. Her office is located inside Childwatch – stop by anytime with your questions, concerns, or just to say hi.

Childwatch and Fit Kids Program Surveys

Survey results are in! Thank you to so many of you for participating in our recent Childwatch and Fit Kids program surveys. We received many helpful suggestions and comments. All of your feedback was appreciated. If you did not have a chance to participate in our spring surveys, but would like to comment about our programs, please speak with the staff or fill out a comment card. Feedback is always welcome!

Overall, you told us we are doing well providing safe, fun, and engaging programs. Not only are you getting to use all of the wonderful Y program areas and equipment, but your children love their time with our staff and games. It's great to hear that you noticed the hard work that staff has put into providing quality and interactive care. We love reading things like, "My kids never get bored! They love the Y and can make friends here," and "Childwatch staff has always been respectful and loving towards my family." At our staff meetings, we often comment that it feels like a family reunion – staff seeing other staff they don't usually see, and a wonderful sense of community. We are thrilled that you also feel like you are a part of our family. Your children have created special friendships and you feel connections with our staff and other members. Yahoo!

Notable Comments or Suggestions:

"The cost is just right and the hours work well."

The feedback about our program hours and fees was split about 50/50. Many of you love that we are open so much, and feel that our services are affordable and accessible. Just as many of you wished we were open more hours or felt the fees were difficult to afford. We also heard that you do not want us to charge for Fit Kids. While we are always evaluating our members' needs regarding these issues, at this time, no changes are being considered. Financial Aid is available in Childwatch, and older children may use Fit Kids during off peak times to help with after school availability. Also, we will continue to consider the needs of our members when evaluating program fees and operating hours.

"I think you should forgo the use of the stroller when children are inconsolable – holding them is more effective."

Part of the reason our programs are so unique is that we are made up of a diverse group of people – both staff and members. As wonderful as that can be (and something we are very proud of!) we often hear many, many different ideas about how to do things, including consoling crying children, discipline techniques, and much more. While we do have policies that guide us, we also try to view each situation individually and take the family's needs into consideration. For example, one child may prefer to be held when upset, while another would rather not be touched and is calmed by the motion of being pushed in a stroller. To help us, we encourage you to share as much information about your child with us as possible. Please know that we will always do our best to make each child's experience a positive one.

To learn more about our policies, please refer to the program guide you received on your first visit or speak with a staff member. We are always available to answer your questions and review our policies and procedures – there can be a lot to learn, so many parents need to ask more than once!

Upcoming Events

Contact Heather Cunningham, 510-665-3241, hcunningham@baymca.org for more information!

Kids Night Out - Ages 2 - 11

Session 2:

July 17 – Creative Movement

July 31 – Game Night

August 28 – Celebration!

Family Fun at the YMCA

Foosball Tournament

Saturday, July 10

12:30-2:30pm

Interactive Zone

Gear up for the World Cup final match by participating in the YMCA's Family Foosball Fun Tournament! Register to participate from 9:00am – 12:00pm. Based on registration numbers, groups will attempt to be divided into the following group divisions: Ages 6-8, 9-11, 12-18, and family teams of two (one child – 13 and younger/one adult). While winning is always fun, the emphasis will be on everyone having fun and participating.

Volunteer News

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

Youth and Family Programs

Youth Programs now enrolling! Register for a summer session:

Lil' Sports

T-Ball, Session 1: July 10-31

Ages 3-4 years, Sat. 9:30-10:00am, Main Gym

Ages K-1, Sat. 10:00-10:45am, Main Gym

Cost: \$20 Full Service Members/\$30 Program Members*

Have a Ball, Session 2: August 7-28

Ages 1-3 years, Sat. 9:30-10:00am, Main Gym

Cost: \$20 Full Service Members/\$30 Program Members*

Basketball, Session 2: August 7-28

Ages 3-4 years, Sat. 9:30-10:00am, Main Gym

Ages K-1, Sat. 10:00-10:45am, Main Gym

Cost: \$20 Full Service Members/\$30 Program Members*

*Some classes sessions pro-rated to accommodate holidays.

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

FREE Trial Classes in the Youth Movement School

July 19-25

We invite you to come try one of our popular youth movement classes to see if it might be a good fit for your family. Watch for coupons in Childwatch and near Kindergym.

Youth Sports

Coaching Clinics coming in September!

Would you like to be a part of your child's sports experience? We need you! Our youth sports programs only run with the support of volunteers. If you want to see if being a volunteer coach might work for you, attending a Coaching Clinic can help you decide. Coaching Clinics will be held in early September. For more information, contact Stan Caldwell at 665-3264 or scaldwell@baymca.org

For more detailed program information, or to learn more about other youth and family programs at the Berkeley YMCA, including creative movement classes, and information about the Youth and Family Fitness Center, please visit our website at www.baymca.org, or review the most current registration guide available at the front desk



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