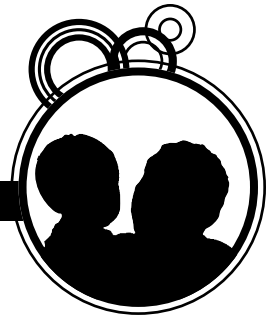


# family programs

## registration guide winter/spring 2010

Downtown Berkeley YMCA



### 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, family fitness and interactive activities. Look forward to special evenings with family dance and family yoga. Staff and volunteers provide a safe and fun environment.

Friday 7:00-9:00 PM  
FREE Full Service / \$2 per person for Program Members (under 6 mos. free)

#### Family Night Activity Schedule:

Family Fitness: 6:00-8:00 PM Youth & Family Fitness Zone  
Interactive Families: 7:00-9:00 PM Interactive Wellness Center  
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 (*Free play for ages 8 and younger*)  
Family Swim: 7:00-7:40 PM Shallow Pool\* (*6 yrs & 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.*

### Family Circuit

A time for you to work out as a family unit! This circuit class is fun and educational. The instructor will break down how the different machines use different muscle groups. Work at your own pace. **Free** for Full Service members. Come try it out! No registration required.

Monday & Wednesday 6:30-7:15 PM, 7:15-8:00 PM  
Saturday & Sunday 9:30-10:15 AM, 12:00-12:45 PM

### Family Fitness Drop-In Hours

These are times when 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. **Free** for Full Service members. Program members may participate on Fridays.

Monday & Wednesday 5:00-6:30 PM  
Friday 6:00-8:00 PM  
Saturday & Sunday: 10:15 AM-12:00 PM  
12:45-1:30 PM (*Time available Jan. 9 - Mar. 20, 2010*)  
Youth & Family Fitness Zone

### Family Movie Nights

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

February 13, April 10  
7:00-9:00 PM Youth Movement Studio

### Positive Discipline Parenting Series

Catherine Bronnert is an engaging instructor with an incredible wealth of knowledge to share. This series is a great opportunity to meet with other parents and learn how to develop positive strategies for becoming a more kind and firm parent. For more information on Positive Discipline, please visit the website [www.posdis.org](http://www.posdis.org). To register for the series, please sign up at the Welcome Desk.

January 12 - February 9 (*5 week series*)  
Tuesdays 6:00-8:00 PM Annex  
Cost: \$95 members, \$130 non-members  
Code: IKPARENT  
(*Financial assistance available for eligible members.*)

## Family Special Events

### National YMCA Healthy Kids Day Celebration

Saturday, April 17

YMCA's across the country will celebrate the healthy development of children and families on this special day! There will be fun activities for kids and great resource materials available to parents and caregivers. Please check for fliers with more detailed information in early April.

### 12<sup>th</sup> LGBTQ Family Night

Saturday, May 15

This is an annual collaboration between the Downtown Berkeley YMCA and the Our Family Coalition. From 6:00-7:00 PM there is a pizza party, followed by kindergym, swimming, sports, arts & crafts, and entertainment. Families come from all over the Bay Area. This event is open to everyone! No membership required. Pre-party activities are available from 5:00-6:00 PM for littler ones.

Please RSVP with the number of people in your family and the ages of your children to Eden O'Brien-Brenner at 665-3238 or [cobrienbrenner@baymca.org](mailto:cobrienbrenner@baymca.org).

### Family Dance Workshops

2<sup>nd</sup> Friday of the month

6:30-7:15 PM

Different instructors will come each month to lead family dance workshops. Families will get a chance to try lots of different dance styles throughout the year. Family Dance Workshops are free drop-in programs, no reservations are required. Check the Youth Movement School information board to find out specifics.

## Family Outings

*For more information or to RSVP for all family outings, contact Eden O'Brien-Brenner at 665-3238 or [eobrienbrenner@baymca.org](mailto:eobrienbrenner@baymca.org).*

### "Long Day" Ski, Snowboarding or Sledding Trips

Friday, February 12 & Sunday, March 7

Bus leaves the Berkeley Marina 5:30 AM / Bus leaves the Resort 4:30 PM

Ages 5 and up

Enjoy skiing, snowboarding, or tubing. While the day will be long, you won't have to drive, as we'll enjoy a chartered bus for the ride. We'll stop at a family-style restaurant on the way home for dinner and then watch a movie for the rest of the ride home. Prices will vary depending on the activities you want to sign up for. **NOTE:** Friday February 12 is an off-school day for BUSD and will be a great opportunity to enjoy the slopes without crowds!

### Sledding Only Shorter Day

Sunday, March 21

Bus leaves the Berkeley Marina 8:00 AM / Bus leaves the Resort 3:00 PM

Ages 5 and up

This trip will be for those who just want to play in the snow. Prices will be significantly lower than skiing or snowboarding. You won't need to get up as early, or return as late. We will spend a half day at a sled park.

### Family Cherry Picking

Dates are dependent on weather and ripening, but we promise to choose a date when the cherries are at their best! Relax on a bus with other families while we head out to Brentwood to pick our own. Cherries tend to ripen in mid to late May. Look for fliers with more detailed information closer to that time.

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## For Kids While You Work Out

Parents must stay in the YMCA. There is a two-hour maximum per day that children may stay.

### Childwatch — Ages 8 weeks - 7 years

YMCA Childwatch is a drop-off service Full Service Members can use while they exercise. Your children are provided with positive social experiences in a secure, happy environment. Childwatch is staffed by loving and conscientious staff and volunteers. All staff are CPR and First Aid certified. All staff and volunteers are finger-printed and reference checked. Low ratios are implemented at all times.

Available with Full Service membership only. Please see a copy of the policies and procedures for more information, including hours of operation

Additional cost applies. Cost per half hour per child, or flat monthly fee. Financial assistance is available for monthly bank draft payment option, only. Childwatch Financial Assistance Applications and additional information are available at the Welcome Desk or at Childwatch.

### Fit Kids — Ages 6 - 13

Fit Kids is a drop-off service Full Service Members can sign their children into while they exercise. Your children enjoy interactive games and active movement while supervised by paid YMCA staff. All staff are CPR and First Aid certified, finger-printed and references are checked. Fit Kids meets in the Interactive Wellness Center located on the top floor of the YMCA next to the Youth Movement Studio. Older Fit Kids may also use the Youth & Family Fitness Zone or swim.

**Special note to parents:** during Fit Kids hours only, middle school students who have a signed parental agreement on file may sign in and out of the program without parents being present.

Location: Interactive Wellness Center  
FREE for Full Service Members

The Fit Kids schedule is available at the Welcome Desk with details of times and locations. Each Fit Kids participant must be signed in & out each time they attend. Members may only bring their own children.



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## YMCA Youth Parties

Register online at [www.baymca.org](http://www.baymca.org) to reserve your space early!

All parties include table settings. A party host assists you throughout your stay. Parties include one hour in the kindergym or shallow pool followed by one hour in the party room. For more information contact the Party Coordinator at the party hotline number: 848-6834, ext. 538. You can also email [cobrienbrenner@baymca.org](mailto:cobrienbrenner@baymca.org). Party reservations are made by registering for a party and filling out an application at the Welcome Desk.

Cost: \$195 Full Service / \$245 Program

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## Parents Take-a-Break Events

All take-a-break events drop off and pick up at Childwatch. A registration form is required. Only persons listed on the form will be able to pick up.

### Kids' Night Out — Ages 2 - 11

Kids spend an evening on their own at the Berkeley YMCA. They enjoy a fun, age-appropriate mini-camp that includes swimming for children ages 5 and older, arts & crafts, Kindergym play and more. The YMCA provides pizza and snacks. Low ratios are implemented at all times.

Cancellation Policy: You must cancel at least 7 days in advance to receive a credit voucher that can be used towards other YMCA programs.

Dates: January 9, 23  
February 6, 27  
March 13, 27  
April 3, 17

**Registration begins December 5.**

Saturday 5:00-10:00 PM

Cost: \$29 Full Service / \$39 Program Code: 1KN

### Single Parent Night Outs

If you are a single parent, you may qualify for a special discounted rate for our Kids Night Out program. Please contact Heather Cunningham at [hcunningham@baymca.org](mailto:hcunningham@baymca.org) or 665-3241 for more information. Limits apply.

### Special Needs Kids Night Out

Enjoy a night out while your children play and swim at the YMCA. Pizza and snack are provided. The ratio of staff to kids will be 3:1. If your child needs more supervision because of behavior issues, health conditions, or tendency to bolt, you must contact Rachel before registering. If we are able to find volunteers, aides may be provided on a first come first served basis. This is a shorter evening from 5:30-9:00 PM to accommodate this group!

Over the 3.5 hours your child will spend time in: Childwatch, the shallow pool, kindergym and Interactive Wellness Center.

Date: February 20  
Saturday 5:30-9:00 PM  
Cost: \$29 Full Service / \$39 Program  
*Siblings may also register.*

Just like the other Kids Night Outs, you need to be a member (Full Service or Program). Financial Aid is available. Please apply prior to registering. If you need more information or would like to register please contact Rachel Longan at [rlongan@baymca.org](mailto:rlongan@baymca.org) or 665-3280.

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## YMCA Day Camps

### One Day Camps

When your kids are out of school we will keep them healthy and happy! Offered on Berkeley Unified School District break days:

February 1  
May 17  
8:00 AM-6:00 PM  
Location: YMCA Annex or branch  
Cost: \$55  
Code: 1CAMP

### Spring Camp

A one week camp full of exciting activities! Spring camp is a great way to "try out" Y camp before summer begins. We'll swim and play at the YMCA – using kindergym, the Interactive Wellness Center, and much more. There will be field trips and guest speakers. Your child will go home tired and happy each day! Schedule will be available Feb. 1, 2010.

March 29 - April 2  
7:30 AM-6:00 PM  
Location: YMCA Annex or branch  
Cost: TBA

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## Special Needs Programs

### Swim and Gym Inclusion Program\* — Ages 2 - 4

*Includes Parent Support Group*

Do you have a pre-schooler with special needs? This program focuses on children ages 2, 3, and 4 who would benefit from swim lessons and a tumbling class. Support group time will be offered following these activities for parents and caregivers to hash out the difficult aspects of dealing with their situation and to network with one another to sharevaluable resources. Childcare will be provided during support group time. Contact Rachel Longan for more information at 665-3280 or rlongan@baymca.org.

*\*Made possible by an Every Child Counts grant funded by First 5 of Alameda County.*

### Play Pals — Ages 5 - 11

Play Pals is a socialization/tumbling class for special needs children with a support group provided for their parents/guardians. The class runs for 1.5 hours offering a 45 minute tumbling class in Kindergym followed by socialization and creative movement in the Youth & Family Fitness Zone. Take advantage of this unique opportunity to get valuable support from other families while providing your child with an engaging and safe environment to learn and make friends. The ratio of staff to children will be 1:3. If your child needs more supervision due to behavior issues, health conditions, or a tendency to bolt, you must contact Rachel at 665-3280 or rlongan@baymca.org before registering.

Sessions: January 11 - March 4  
March 8 - April 29

Beginning: Thursdays 4:00-5:30 PM  
Youth & Family Fitness Zone followed by Kindergym

Intermediate: Mondays 4:00-5:30 PM  
Youth & Family Fitness Zone followed by Kindergym

Cost: \$126 Full Service/Program Member \*

Code: 1KPLAY

*\*Fee will be pro-rated when classes do not meet for holidays. No class Jan. 18, Feb. 15.*

Look in the Parents Take-A-Break Events section for information on the Special Needs Kids Night Out program.

### Inclusion / Special Needs Swim Program — Ages 6 - 8

Provide adapted swim lessons for individuals with disabilities and special needs.

See Youth Aquatics Registration Guide for details.

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## Parent-Child Programs

### Babygym — Ages 6 - 36 months

A precious time when Kindergym is big-kid free and toddler friendly, with a 15-20 minute circle that boasts bubbles, songs, games, and a parachute. All Full Service Members and their tots are welcome, and the circle is free with your membership!

Monday - Friday 9:15-10:00 AM Kindergym

FREE for Full Service Member only

*Babygym does not meet on holidays. Babygym will break beginning December 24, 2009 and resume January 4, 2010.*

### Kindergym Open Gym/Free Play

*Parents with children ages 8 years & younger*

During open gym, Full Service Members can bring their young children to Kindergym for unstructured play time that builds physical coordination. With a slide, ball pit, bounce house and other play equipment, the Kindergym is a great place for kids to run, climb, jump and explore. Parents must actively supervise children in Kindergym. Guidelines are posted for everyone's safety.

*See Welcome Desk for current schedule of open hours, or check the schedule on the website at [www.baymca.org](http://www.baymca.org). Schedule subject to change.*

**Winter Kindergym Ticket System:** *From January 9 through March 21 kindergym will use a ticket system to keep the space a safe and quality experience for your family.*

*Tickets will be in use Saturdays and Sundays 10:00 AM-12:00 noon.*

### Parent-Child Sports — Ages 3 - 4

What better way for your child to learn a sport than with you! This weekly parent-participation program is designed to develop motor, listening and fundamental skills in a variety of sports while fostering good sportsmanship between parent and child.

*See Youth Program Registration Guide for details.*

### Parent-Child Swim Program — Ages 6 - 36 months

These parent/child water enrichment classes focus on water adjustment and orientation by promoting safety and fun in and around the water. Activities include songs, games, and instruction to help your child become more comfortable kicking, blowing bubbles, and floating on front and back in the water. Plastic swim diaper required (available at the Welcome Desk).

*See Youth Aquatics Registration Guide for details.*

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## Family Aquatic Programs

Children ages 6 months to 13 years are welcome with parental supervision in Family Aquatic programs. Parents must be in the water with their children. These programs are free for Full Service Members. Most sessions require tickets. Tickets are handed out at the Welcome Desk 15 minutes prior to each session.

*See Aquatics Program Guide for details on days and times.*

### Tiny Waves • Shallow Pool

*For kids 6 months to 4 years with parents*

A quieter time in this warmer pool just for the little ones! Not as loud or splashy as family swim.

### Family Swim • Shallow Pool

*For kids 6 months to 14 years with parents*

Family Swim is a great way to activate your family and practice swimming skills at the same time. Tickets go quickly for this popular program, so be sure to arrive for the line at least 15 minutes before the session. Please reserve the Friday 7:00 PM session for families with children 6 years and younger.

Available to Program Members on Friday nights only (from 7:00-9:00 PM), \$2 per person (under 6 mos. free).

### Open Swim • Grace's Pool

*For families and adult members*

Grace's pool has a deep end which older kids love. Open swim is a great time for them to frolic in a more "grown up" pool. Children are required to pass a test to be able to swim in the deep end of this pool.

Available to Program Members on Friday nights only (from 7:00-9:00 PM), \$2 per person. Not for Adult Program Members who wish to lap swim.

### 7-Up Lap Swim • Lap Pool

*For kids 7 & older with parent*

7-Up Lap Swim is designed for families who really want to practice their strokes. Kids are expected to swim laps at this time.

## YMCA Character Values

The YMCA believes character development is essential in building strong kids, strong families and strong communities. YMCA programs teach individuals to understand, accept and demonstrate caring, honesty, respect and responsibility.

## Downtown Berkeley YMCA Membership

Membership is required to participate in programs and to use the facility of the Berkeley YMCA. There are two types of membership: Full Service membership and Program membership.

### Full Service Membership

Full Service membership gives adult members full access to our fitness centers, lap pools, fitness classes and more. Children age 13 and under are included at no additional cost (with both single adult and couple/family memberships). Children age 13 and under may not access adult fitness facilities.

The many benefits of Full Service membership for families include:

- Open gym time in Kindergym FREE!
- Full Service pricing on all youth classes and sports leagues
- Childwatch services (Ages 8 weeks - 7 years)
- Fit Kids program FREE! (Ages 6 - 13 years)
- Family Circuit Classes FREE!
- Family Fitness Drop In Hours FREE!
- Babygym FREE!
- Family Swim, Open Swim and Tiny Waves FREE!
- Towel service FREE!
- Validated parking during specific time periods.

### Program Membership

Program membership is an option available to families who only want to sign up for classes. For information on annual costs and structure, please inquire at the Welcome Desk. Program membership allows participation in the following programs only:

- Swimming lessons
- Youth sports, dance, exercise classes
- Summer camp
- Family Nights (\$2 per person)
- Pool or Kindergym rental for birthday parties
- Program membership does not include general access to the YMCA facility. Program Members may not use Childwatch, open Kindergym or validated parking, and may not bring guests.

### Program Membership for Your Childcare Provider

If you are a Full Service Member, you may have a babysitter, nanny or other designated caretaker accompany your child to Kindergym, parent-participation classes, swimming lessons, other youth sports or programs if the caretaker has his or her own membership. Details available at the Welcome Desk. Program membership does not include towel service.

## For Security Reasons

All members and guests must have a photo ID card to enter the building. No children under the age of 11 may enter the YMCA without a guardian. Middle School Members may enter the building without supervision for specific programs ONLY.

## Parking

Public parking is available at the Allston Way Parking Facility and the Center Street Garage. Parking is validated for Full Service Members at the Allston Way garage during key hours. See the parking flyer or our website for details.

## How to Register for Youth and Family Programs

### Registration Dates

Registration for youth programs opens on the following days at 10:00 AM: December 7, 2009 for winter sessions.

### Registration Hours

Monday - Friday 9:00 AM-9:00 PM  
Saturday & Sunday 8:00 AM-7:00 PM

### Online Registration

The best way to register is from the comfort of your own home when you have the time. Your child must be an active member of the YMCA to register online. Go to [www.baymca.org](http://www.baymca.org) and click on "Online Registration." If you would like to receive program updates via email, please email [cobrienbrenner@baymca.org](mailto:cobrienbrenner@baymca.org) to be added to the Family E-News.

### Walk-In Registration

You may register in person for any class or program at the Welcome Desk during registration hours.

### Phone-In Registration

Phone-in registration is for current YMCA members only. If you wish to pay for your program or class with your Visa or MasterCard, you can register by phone, (510) 848-9622, during registration hours.

## Youth Program Policies

- Full Service or Program Membership is required for participation. Some programs are for Full Service members only.
- There are **no make-up** lessons for missed classes or sessions.
- Classes are **nontransferable**.
- All fees are **nonrefundable** unless classes are cancelled by the YMCA or if you or your child is unable to attend due to illness, and provides a doctor's note.
- To receive a refund you must cancel before the first lesson begins by contacting the coordinator of the specific program. There will be a \$25 processing fee for a check refund. A credit voucher can be added to your account for the full amount.
- Minimum enrollments for each class apply. Classes may be cancelled or combined due to low enrollment. The YMCA reserves the right to make program schedule changes.
- Parents are encouraged to wait for their child outside all youth program areas.
- It is required that both parents/guardians and youth who are participating in the Parent/Child program have Full-Service or Program Membership.
- Children younger than 11 **must** be accompanied to the class location by an adult for pick up and drop off to and from scheduled classes.
- Middle School Members may only be in the facility without a parent/guardian for the purpose of attending a program.

## Financial Assistance

Financial assistance is available to help make YMCA programs and services available to people of all ages, abilities, and backgrounds. The YMCA will grant financial assistance to the extent that funds are available. The YMCA reserves the right to refuse assistance to any applicant. Applications are available at the Welcome Desk.

## Volunteer Opportunities

Berkeley YMCA volunteers share their time and talents to enhance the quality and strength of our programs and services at the YMCA. If you are interested in becoming a YMCA volunteer, stop by our Welcome Desk for an application.



### Downtown Berkeley YMCA

2001 Allston Way Berkeley 94704  
(510) 848-9622 [Phone]  
(510) 848-6835 [Fax]  
[dtberkeley@baymca.org](mailto:dtberkeley@baymca.org)  
[www.baymca.org](http://www.baymca.org)

### Contact Us

#### Eden O'Brien-Brenner, Family Service Dir.

(510) 665-3238  
[cobrienbrenner@baymca.org](mailto:cobrienbrenner@baymca.org)

#### Heather Cunningham, Child Supervision Dir.

(510) 665-3241  
[hcunningham@baymca.org](mailto:hcunningham@baymca.org)

#### Rachel Longan, Special Needs Coord.

(510) 665-3280  
[rlongan@baymca.org](mailto:rlongan@baymca.org)

#### Join the tree!

Contact Eden at [cobrienbrenner@baymca.org](mailto:cobrienbrenner@baymca.org) to have bulletins sent to you electronically.