



# YMCA of San Benito County

**BELONG.  
BE STRONG.**

## Join

your neighborhood YMCA

For more information or to register call **(831) 637-8600** or visit our website at [www.centralcoastymca.org](http://www.centralcoastymca.org)

### Office Hours

Monday-Friday	8:30am - 5:30pm
Saturday	Closed
Sunday	Closed

The YMCA is closed on: New Year's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving and Christmas Day

### YMCA of San Benito County offers:

- Afterschool Programs
- Day Camps
- Family and Community Events
- Health, Fitness and Wellness Programs
- Preschool Programs
- Senior Fitness and Programs
- Teen Leadership Programs
- Youth Sports Leagues
- Caring, competent, adult role models
- Opportunities to discover, learn and grow
- YMCA values of caring, honesty, respect and responsibility
- Financial assistance is offered to qualified applicants based on available funds

## We are Moving in May 2010

### New Location

351 Tres Pinos Road  
Hollister, CA 95023  
(Formerly Fortino's )



YMCA of San Benito County  
We build strong kids,  
strong families, strong communities.

### YMCA of San Benito County

339 Fifth Street  
Hollister, CA 95023  
831-637-8600

[www.centralcoastymca.org](http://www.centralcoastymca.org)



Building strong kids . . .

# Y YOUTH SPORTS™

Spend time together as a family and be a part of the YMCA, where boys and girls learn sportsmanship, teamwork and the values of caring, honesty, respect and responsibility. Your child will make new friends and learn new skills in fun, safe YMCA programs.

• **Karate** (Ages 8 - Adult)

This program embraces traditional Japanese style Shotokan Karate which will expose participants to traditional martial arts including various aspects of physical, mental, spiritual and emotional growth.

• **Move & Groove** (Ages 12 months - 5 years)

This program is designed to focus on large motor skills, socialization, adult/child bonding and much more in a safe and fun environment.

2010	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Super Sports</b> Ages 2.5 - 5	Basketball & Biking		T-Ball				Biking		Soccer			
<b>Elementary Sports</b> Grades 1 - 5	Kick Ball & Street Hockey			Outdoor Basketball		Indoor Basketball		Soccer & Street Hockey				
<b>Teen Sports</b> Grades 6 - 8	Street Hockey		Outdoor Basketball			Indoor Basketball		Street Hockey				

## Y DAY CAMP™

**YMCA Day Camp** Grades K - 8  
**School's Out! Y-Camp is In!**

Day Camp is offered during school holidays and summer break. Y Day Camp provides kids a fun way to enjoy their vacations and families a way to give their children a positive developmental experience. Day Camp is the YMCA's most widely offered program nationwide.

- President's Camp: February 15 - 19
- Spring Camp: April 2 - 9
- Healthy Kids Day: April 17
- Camp Sign-Up Day: April 17
- Summer Day Camp: June 7 - August 12
- British Soccer Camp: June 21 - 25; July 12 - 16

## Y AFTERSCHOOL™

Our Afterschool Recreation program encourages children to participate in a variety of structured activities such as sports, science, art, service learning projects and much more.

**School Locations:**

- Gabilan Hills
- Ladd Lane
- Cerra Vista
- San Juan
- Spring Grove
- Sunnyslope

Every child will deepen positive values, their commitment to service and their motivation to learn.



Building strong families . . .

## YHEALTH & WELLNESS™

Health and wellness programs promote positive self-image and support along your path to a healthier, happier you. We offer a wide variety of classes led by caring, well-trained YMCA instructors. We strive to accommodate all levels of fitness.

- **Pilates** (Tuesday and Thursday)  
A mind and body mat based workout to strengthen and lengthen muscles, improve posture, stability and increase core strength.
- **Yoga** (Monday through Saturday)  
A discipline of exercise achieved through concentration, meditation, postures and controlled breathing.
- **Restorative Yoga** (Wednesday)  
Restores good health with gentle poses focusing on calming your mind and breath – great option for seniors. Chair optional.

### Health Seekers Workshops

A **FREE** class that shares information with those who are seeking a healthy lifestyle and a healthier community! First Tuesday of every month, 7:00pm at the YMCA

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### NEW PROGRAMS FOR 2010

Six week programs to introduce new ways of keeping your spirit, mind and body aligned.

- **Tai Chi**  
A gentle program to help increase range of motion, joint flexibility & improve balance.
- **Zumba**  
High energy, fun music and unique moves. Aerobic and interval training to tone & sculpt.
- **Circuit Training**  
Interval training using strength exercises to build muscular strength and endurance.

### INTERESTED?

Please call the YMCA to join the interest list.

- **Inline (Roller) Hockey**  
Similar to ice hockey, the game is played by two teams, consisting of four skaters and one goalie, on a dry rink divided into two halves by a center line, with one net at each end of the rink. This sport will be targeted for both boys and girls of all ages with the ultimate goal of also developing into an adult league.
- **Horse Care**  
This program will include grooming, horsemanship, behavior, history and over all care.
- **Lacrosse**  
Learn stick handling, cradling, catching and passing fundamentals and other essential skills. The YMCA will be making use of both competitive ranked playing through the Northern California Junior Lacrosse Association (NCJLA) along with recreational level teams.

Every family will build stronger bonds, achieve greater work.life balance and become more engaged.



# Building strong communities . . .

## Program Membership

- With your membership, you are able to sign up for any programs located in: Hollister, Watsonville, Salinas, Monterey and Soledad.
- Become a member of the YMCA, a part of a world wide organization that gives back.
- By being a member, you help the YMCA to provide programs to all ages in our community.

\$55/Family Annual Membership  
\$30/Individual Annual Membership

## Developmental Assets for Youth

Search Institute's 40 developmental assets are concrete, common sense, positive experiences and qualities essential to raising successful young people. These assets to influence choices young people make and help them become caring, responsible adults. To learn more go to: [www.search-institute.org](http://www.search-institute.org).

## Central Coast YMCA and San Francisco Bay Area Membership

For more details, ask for an information brochure at the membership desk.

## Visiting Other YMCA's

When traveling, you may utilize facilities and services of other YMCAs participating in the AWAY program. Each individual YMCA is autonomous and establishes its own guest policies.

## Facility Rentals

The YMCA conference rooms are available for training events and meetings.

## Member Etiquette

Everything we do at the YMCA is done within the framework of our core values; *caring, honesty, respect and responsibility*. All members are expected to demonstrate these values.

Members and guests are advised that they use the YMCA premises and program activities at their own risk. The YMCA reserves the right to refuse service.

## Volunteers

The YMCA is a charitable organization offering programs that build a healthy spirit, mind and body. We have many volunteer opportunities and our dedicated volunteers help the YMCA build strong kids, strong families and strong communities. Please consider becoming a YMCA volunteer.

## Strong Communities Campaign

Each year YMCA Strong Communities Campaign volunteers raise donations that enable even more kids, families and adults to become involved in character-building YMCA programs. Please consider making a gift to the YMCA to support those in need.

## Endowment Funds

Endowment funds provide the long-range financing necessary to meet the increasing community need for YMCA programs. Please consider the YMCA in your financial and estate planning.

To volunteer or to make a gift, please contact Executive Director at 831-637-8600.



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Every individual will strengthen their spiritual, mental and physical well-being.