

BELONG. BE STRONG.

South County
YMCA



560 Walker Drive, Soledad, CA 93960

831-678-1239

**YOU CAN WORKOUT ANYWHERE,
BUT YOU BELONG AT THE YMCA.**

- Caring, Well-trained Staff
- Weight Training
- Indoor Rock Climbing Wall
- Childwatch
- Adult Fitness Classes
- Youth Sports Leagues
- Teen Programs
- Family Open Gym Nights
- Senior Fitness
- Adult Sports Leagues
- Karate and Yoga
- Cheer and Dance Classes
- Day Camps
- Preschool Programs
- Afterschool Programs
- Locker Rooms
- YMCA Values of Caring, Honesty, Respect and Responsibility



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.

FINANCIAL ASSISTANCE

Financial assistance is available for those in need. We make every effort to ensure that no one is turned away due to an inability to pay. We are grateful to our generous donors whose contributions to the annual YMCA Community Support Campaign make assistance possible.

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.

At the YMCA, we build strong kids, strong families and strong communities.



CHILDWATCH Ages 3 months - 7 years
 A service for the convenience of members with children while they are enjoying classes and facilities. Children are provided with positive social experiences and a secure, happy environment. Kid's Zone staff are hired for their ability to work with children. Free for Members.

CHILDWATCH HOURS

Monday - Friday, 8:00am - 11:00am
 Monday - Friday, 5:30pm - 8:00pm

KINDER KIDS Kindergarten
 Kinder Kids is a program that offers your Kindergarten age children a safe, fun environment to go to after school. This program includes homework help, snack, rest time, arts and crafts, physical fitness and a whole lot of fun. Your child must be enrolled in Kindergarten to participate. **Call for a schedule.**

AFTER SCHOOL KOOL Grades K - 6
 This program is held at the YMCA. This program offers an enjoyable, safe and affordable place for children to go to after school. *After School Kool* includes homework time, computer time, arts and crafts, physical fitness, theater and a whole lot of fun. **Call for a schedule.**

Y LEADERSHIP CLUB Grades 6 - 12
 A program for teenagers that provides leadership training, personal growth, service to others and social development. Teens will have the opportunity to plan and organize fun field trips, local events and meet new people.

FACILITY HOURS

Monday-Friday 5:00am - 8:30pm
 Saturday 7:30am - 12:30pm
 Sunday Closed

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

YOUTH AGE REQUIREMENTS

- **FACILITY (8+)**
Ages 8 and older without an adult
- **BASKETBALL COURT (8+)**
Ages 8 and older without an adult
- **FITNESS CENTER (15+)**
Ages 12-14 upon completion of Youth Strength Training Orientation or be with a parent or guardian



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.

- **Ballet** (Ages 3 - Adult)
- **Cheer and Dance** (Ages 3 - Adult)
- **Indoor Rock Climbing Wall** (Ages 6 - Adult)
- **Karate** (Ages 4 - Adult)
- **Youth Basketball League** (Ages 3 - 4 and Grades K - 8)
- **Youth Soccer League** (Ages 3 - 4 and Grades K - 8)
- **Youth Strength Training** (Ages 12 - Adult)
- **Teen Hoops** (Grades 9 - 12)
- **Tumbling** (Ages 3 - 9)

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

YDAY CAMP™



YMCA DAY CAMPS Grades K - 8

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.

YHEALTH & WELLNESS™



Health and wellness programs promote a positive self-image and support you 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. To view class schedules, or for more details, pick up a flyer at the Membership Desk.

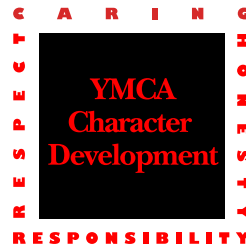
- Aerobic Classes
- Ballet and Tap Dancing
- Beginning Exercise
- Body Sculpt
- Cardio Step N Sculpt
- Karate
- Kick Boxing
- Pilates
- Salsa
- Yoga
- Indoor Rock Climbing Wall

YFAMILY TIME™

FAMILY FUN NIGHTS Entire Family
This supervised play time in the gym is fun and exciting for the whole family. Join YMCA staff for something a little different and fun for the entire family. For scheduled weekly activities call the YMCA.

INDOOR ROCK CLIMBING WALL Ages 6 and older
Get the thrill of a 25 foot high wall with three separate paths to the top. Certified belayers will be your guides to a successful climb.

CLIMBING WALL HOURS *Call for a schedule.*



YADULT LEAGUES™

MEN'S AND WOMEN'S ADULT SPORTS LEAGUES
Ages 18 and older

YMCA Adult Leagues are meeting a community need. Adults have the opportunity to come together to socialize with friends, renew old friendships and/or make new friends. Come be a part of the fun while building a healthy mind, body and spirit. *Call the YMCA or ask for a flyer at the Membership Desk.*

- Basketball
- Indoor Soccer
- Volleyball



YMEMBERSHIP™

FACILITY MEMBERSHIP

Enables you to use the YMCA facility or register for any of our character-building programs.

Facility Memberships	Monthly (bank draft)	Quarterly (3 Mo)	Daily Use
Youth (3-14)	\$10	\$30	\$2
Teen (15-18)	\$17	\$51	\$3
Young Adult (19-22)	\$25	\$75	\$4
Adult (23-64)	\$36	\$108	\$6
Senior (65+)	\$25	\$75	\$4
Family*	\$48	\$144	\$10

Facility Membership Joining Fee: \$25

***Family** - two adults who consider themselves a couple and live in the same household or single parents with children through age 18. Young Adult 19 - 22 must be full-time students and show proof of current school registration.



CENTRAL COAST YMCA AND SAN FRANCISCO BAY AREA MEMBERSHIP

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



MEMBERSHIP CARDS

For your protection and benefit, we require members to bring their membership cards to the YMCA on each visit. This verifies your membership and helps us monitor the use of the facility. Membership cards remain the property of the YMCA and must be returned to the YMCA in order to process any change or discontinuation of membership. Guests are required to show photo I.D.

VISITING OTHER YMCAS

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 RENTAL

The YMCA is available for weddings, quinceañeras, parties, meetings and special events. This includes the use of the gymnasium, large and small multi-purpose rooms, large commercial kitchen, locker rooms and lobby.

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, facilities, equipment and program activities at their own risk. The YMCA reserves the right to refuse service.

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 Steve Orozco at 831-678-1239.



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