

**Y** BELONG.  
BE STRONG.

Watsonville Family  
**YMCA**



**27 Sudden Street, Watsonville, CA 95076**

**831-728-9622**

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

- Caring, Well-trained Staff
- Heated Indoor Pool & Sauna
- Handball and Racquetball Courts
- Indoor Gymnasium
- Cardio and Strength Training Areas
- Adult & Youth Locker Rooms
- Family Changing Room
- Kid's Zone (*Child Watch*)
- Afterschool Programs
- Water Aerobics
- Fitness Classes
- Day Camp
- Swim Lessons
- Yoga, Pilates, Karate
- Basketball, Cheerleading
- 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.

**COMMUNITY SUPPORT CAMPAIGN**

Each year YMCA Community Support 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.**

## FACILITY HOURS

Monday-Friday 5:30am - 8:30pm  
Saturday 8:00am - 3:30pm  
Sunday Closed

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

## YOUTH AGE REQUIREMENTS

- **FACILITY (8+)**  
Ages 8 and older without an adult
- **GYM & HANDBALL/RACQUETBALLCOURT (8+)**  
Ages 8 and older without an adult
- **POOL (8+)**  
Under age 8 must be with an adult - one child per adult
- **CARDIO AND STRENGTH TRAINING AREAS (15+)**  
Ages 12-14 upon completion of Youth Strength Training Orientation



## 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.

- **Body Sculpt**
- **Cardio Aerobics**
- **Cycle**
- **Latin Dance**
- **Restorative Yoga**
- **Pilates**
- **PiYo**
- **Water Aerobics**
- **Zumba**

## YAQUATICS™



From adult and youth swim lessons to pool parties, we have it all. Come work off your stress in our indoor lap pool, try an aqua aerobics class or bring the whole family down for family swim. Whatever you choose, be sure to finish up with a visit in our nice new sauna. All this and more...conveniently located in downtown Watsonville.

Swim suits are required in the pool. *Shorts and T-shirts are not appropriate.* For specifics, please ask the lifeguard on duty.

- **Adult Lap Swim** Ages 15 and older
- **Adult Swim Lessons** Ages 15 and older
- **Aqua Aerobics** Ages 15 and older
- **Family Swim**
- **Group Swim Lessons** Ages 3 - 14
- **Pool Parties**
- **Private Swim Lessons** All Ages
- **Recreational Swimming**
- **YMCA Piranha's Swim Club** Ages 6 - 17
- **Y Splash** Ages 3 - 16



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

# YCHILD CARE™

Some YMCA youth programs are designed to provide children with a caring and nurturing environment while the parent is involved in another activity. The children participate in age-appropriate activities that build self-confidence and teach new skills. Parents enjoy knowing that their children are with caring, well-trained staff.



**KID'S ZONE** *Age 3 months - 7 years*  
A service for the convenience of members with children. While parents are enjoying classes and facilities, children are provided with positive social experiences and a secure, happy environment. Kid's Zone staff are certified in First Aid and CPR and are hired for their ability to work with children.

*Free for Family Members.*

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

Saturday 8:00am - 11:00am



# YDAY CAMP™

**YMCA DAY CAMPS** *Grade 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 offered for children entering grades K - 8.

Day Camp is the YMCA's most widely offered program nationwide.



**LEADERS IN TRAINING (LIT)** *Grades 9 - 10*

The LIT program is an opportunity for teens to learn and build new skills in a fun and safe environment. This character-development program is helpful in building personal life skills, developing leadership skills and preparing teens to enter the work force.

# YSPORTS™

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.

- **Bitty Sports** *Ages 3 - 5*
- **Youth Basketball** *Ages 4 - 14*
- **Cheerleading** *Grades K - 4*
- **Karate** *Ages 6 - Adult*

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

## FACILITY MEMBERSHIP

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

Facility Memberships	Monthly (bank draft)	Annual (1 year)
Family*	\$75	\$900
Adult (19 and older)	\$45	\$540
Youth (3 - 18)	\$22	\$264

Facility Membership Joining Fee: \$50

**\*Family** - two adults who live in the same household or single parents with children through age 18. Youth 19-24 must be full-time students and show proof of current school registration.

## PROGRAM REGISTRATION FEE

*This annual fee enables you to register for any of the character-building programs offered by the Central Coast YMCA branches.*

**Individual** - \$35.00/year    **Family** - \$65.00/year

## 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 parties, meeting and special events. This includes the use of the swimming pool, gymnasium, handball/racquetball courts, 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 and guests 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 the Executive Director at 831-728-9622.

### MISSION STATEMENT

The Watsonville Family YMCA is a fellowship based on Christian values whose mission is to provide opportunities which promote healthy spirit, mind and body through programs, services and leadership available to the entire community.

**For more information check out our website at [www.ymcawatsonville.org](http://www.ymcawatsonville.org).**

**La información en este folleto es disponible en español.**