



2022 Summer Programs Guide



Fullerton Family YMCA | ymcaoc.org/fn



ADVENTURERS WANTED!

Adventure Guides (ages 5-12)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Adventure Guides program* was developed to help strengthen family relationships. As the parent of a young child, you have the tremendous opportunity to get to know your child. Spending quality one-on-one time with your child will help build a strong bond of trust and memories that will last a lifetime.

We offer:

- Father/Daughter Expeditions
- Father/Son Expeditions

Events & Activities Include:

- Catalina
- Camp Outs
- Bowling
- Hiking
- Sporting Events
- Pinewood Derby
- Fishing
- Community Service Projects
- Monthly Gatherings
- And Much More!

*Yearly program fee and event fees apply.



\$50 off if you register by 7/1/22!

CONTACT US!

Ready to come out to our next event? Or if you would just like more information, please give us a call or send us an email.

Michael Prange | (949) 249-6216 | mprange@ymcaoc.org

Zach Brooks | (949) 380-3509 | zbrooks@ymcaoc.org

aginfo@ymcaoc.org | ymcaoc.org/ag

Junior Guides (ages 3-5)

Start your journey early in **Junior Guides!** Get to know and develop friendships with local families!

Islanders (ages 12+)

The journey continues in our **Islanders** program for those who have graduated from Adventure Guides!

THANK YOU TO THE OC COMMUNITY FOR
VOTING US THE #1 FITNESS CHAIN IN OC

FAMILY TIME @ THE Y!

THE YMCA OF ORANGE COUNTY OFFERS A
ONE-STOP SHOP FOR ALL YOUR FAMILY'S
FITNESS NEEDS! IT IS THE PERFECT BLEND OF
ADULT "ME-TIME," YOUTH ENRICHMENT,
FITNESS, HEALTH AND FUN!

WE OFFER:

- Unlimited Group X Classes
- Cardio & Weight Training Equipment
- Swimming Pool & Aqua Fit Classes*
- Swimming Lessons (Private, Group, and Semi-Private)*
- Adult & Youth Sports*
- Youth Enrichment Programs
- Youth Specialty Camps
- KidZone Care while you workout
- Fitness Challenges
- No Contracts
- A Supportive Fitness Community
- A Gym for the Whole Family
- A Safe & Clean Environment
- **And much more!**

*At select locations

WITH YEAR-ROUND
PROGRAMS AND
SERVICES, WE INVITE
YOU TO LEARN MORE!

OUR OC LOCATIONS:

HUNTINGTON BEACH FAMILY YMCA
8875 Adams Avenue
Huntington Beach, CA 92646
(714) 378-4784

MISSION VIEJO FAMILY YMCA
27341 Trabuco Circle
Mission Viejo, CA 92692
(949) 859-9622

FULLERTON FAMILY YMCA
2000 Youth Way
Fullerton, CA 92835
(714) 879-9622

LAGUNA NIGUEL FAMILY YMCA
29831 Crown Valley Parkway
Laguna Niguel, CA 92677
(949) 495-9622

NEWPORT-MESA FAMILY YMCA
2300 University Drive
Newport Beach, CA 92660
(949) 642-9990



ymcaoc.org

ADVENTURE AWAITS!



We are VERY excited about Summer! We have planned months of camps, activities, sports and more to ensure you and your family find the best adventure this summer!

Camp, like many Y programs, is about learning skills, developing character, and making friends. Camps provide opportunities for kids to become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social, and educational activities. Find the camp that's perfect for your child!

CAMPS

S.T.E.A.M CAMP

SESSION: 6/20/2022-6/24/2022 **FEE:** \$175 MEMBERS / \$225 NON-MEMBERS

AGES: 4-12

Join the Fullerton Family YMCA for enrichment activities that will teach you all about science, technology, engineering, and math through art! Make a robot hand, explore with baking soda science, create spin art, and more! We will play games, sing songs, and have a blast while we learn! Emails will be sent to campers the week prior with information on weekly activities, what to bring, and an emergency form to bring the first day.

S.T.E.M. CAMP

SESSION: 7/11/2022-7/15/2022 **FEE:** \$175 MEMBERS / \$225 NON-MEMBERS

AGES: 4-12

Do you love pure Science, Technology, Engineering, and Math?! We have a camp for you! We will use various materials to build and create fun projects every day! Join us as we explore S.T.E.M while we play games, sing songs, and have fun! Emails will be sent to campers the week prior with information on weekly activities, what to bring, and an emergency form to bring the first day.

ARTS & CRAFTS CAMP

SESSION: 7/25/2022-7/29/2022 **FEE:** \$175 MEMBERS / \$225 NON-MEMBERS

AGES: 4-12

Join the Fullerton Family YMCA to experience art and crafts with daily themes including superheroes, nature, and beach day! You'll have fun painting, creating, and exploring with various art materials. Come play games, sing songs, and craft with us all week! Emails will be sent to campers the week prior with information on weekly activities, what to bring, and an emergency form to bring the first day.



Scan here to learn more and register!



ADVENTURE AWAITS!

Summer Camp is Back @ Camp E.L.K.

We are excited to welcome campers back for a week of outdoor fun, campfire stories, adventures, and more. Camp is an opportunity for youth to engage in life-changing experiences and activities led by positive and encouraging Y staff.

CAMP DETAILS

2022 DATES

Week 1 June 26 - July 1

Week 2 July 10-15

Week 3 July 24-29

(All sessions are 6 days/ 5 nights)

AGES: 8 - 17 years

COST: \$695 per Camper

Includes 6 days/5 nights, 3 meals/day, Transportation, Camp T-shirt, Photo Yearbook, and all activities.

Register today at campelk.org or scan the QR code below!



SCAN ME

Register by May 5th
and receive a FREE
2022 Camp E.L.K.
hoodie sweatshirt.

YMCA Camp E.L.K. | Wrightwood, Ca | (760)249-3822
| campelk.org | campelk@ymcaoc.org





2022 SUMMER DAY CAMP

TIME TRAVELERS WANTED!

The YMCA of Orange County is looking for kids K-8th grade to spend this summer traveling through history and creating the future. Our 5-day-a-week day camp (located on school campuses) will offer a full summer of time travel expeditions including:

- Field trips
- Activities
- Experiments
- Games
- STEM projects
- So much more

Just pack a lunch and their imagination and off we will go!



Camps starts **June 6, 2022**, and runs through the entire summer school break.



All kids in grades **K-8th** are welcome!



Fees vary based on your selected schedule. Contact us to build the ultimate summer schedule for you and your family!



ymcaoc.org/summer



YOUTH DANCE

BALLET

Session: Monthly **Frequency:** Tuesdays and Thursdays **Fee:** \$0 **Material:** \$0 **Ages:** 4-12

Let's move with YMCA Dance! Dance classes are a great way for youth to develop coordination and discipline while discovering movement through music. All participants will learn choreography and artistic expression through a variety of dance styles. This Ballet class at the YMCA will teach participants the basics of ballet through games, music and dance. The emphasis will be on coordination, musicality and movement. Classes are FREE and are for members only. Registration is required to attend.

YOUTH FITNESS

MARTIAL ARTS

Session: Monthly **Frequency:** Mondays and Wednesdays **Fee:** \$0 **Material:** \$0 **Ages:** 4-12

Develop strength, balance, flexibility, and self-defense skills in a fun and supportive environment that emphasizes character-development and self-discipline. In this kid-friendly Karate class, kids will learn the basics of Traditional Japanese Shindo Jinen Ryu Karate, and WKF Olympic Karate, including proper form, breathing, stances, punches, and kicks. Classes are FREE and are for members only. Registration is required to attend.

YOUTH SPORTS

BASKETBALL LEAGUE

Session: July 30 – Oct. 1 **Frequency:** Saturday games for 10 weeks

Fee: member early bird: \$175/non-member early bird: \$200

Ages: 6-14

It's Game Time! Is your child ready for team play? Our leagues put your child in the game with children their age/skill level as they learn sportsmanship, develop their skills, and gain a sense of accomplishment, no matter the outcome of the game. Basketball leagues are offered for children ages 6-14. Children will learn the fundamentals of the sport (e.g., ball handling, shooting, passing, defense) and engage in competition with local teams in a fun and supportive environment that emphasizes character development, teamwork, and good sportsmanship.

Assessments will be: July 16th.

PRE-K BASKETBALL MONDAYS

Frequency: Every Monday for 6 Weeks **Session 3:** 5/9 - 6/20 **Session 4:** 7/11 - 8/15

Fee: Members \$95/Non-members: \$125

Ages: 3-5

At the Y, participants will learn the fundamentals of Basketball in a fun and engaging supportive environment and emphasizes character development, teamwork, and good sportsmanship. Participants will learn the sport and will play against each other on teams. Leagues consist of 3 weeks of practice and 3 weeks of games. A uniform t-shirt is included in the registration cost. Players are required to wear close toe shoes. The YMCA provides all equipment necessary and a team T-shirt, which is included in the cost of the program. Monday Basketball will be 4:30pm-5:15pm.



PRE-K SOCCER WEDNESDAYS

Frequency: Wednesdays/6 Weeks **Fee:** members: \$95/non-members: \$125

Session 3: 5/11 - 6/15 **Session 4:** 7/13 - 8/17

Ages: 3-5

At the Y, participants will learn the fundamentals of Soccer in a fun and engaging supportive environment and emphasizes character development, teamwork, and good sportsmanship. Participants will learn the sport and will play against each other on teams. Leagues consist of 3 weeks of practice and 3 weeks of games. A uniform t-shirt is included in the registration cost. Players are required to wear close toe shoes. The YMCA provides all equipment necessary and a team T-shirt, which is included in the cost of the program. Wednesday Soccer will be 4:30pm-5:15pm.

PRE-K SOCCER SATURDAYS

Frequency: Saturdays /6 Weeks **Fee:** members: \$95/non-members: \$125

Session 3: 5/14 - 6/25 **Session 4:** 7/16 - 8/20

Ages: 3-5

At the Y, participants will learn the fundamentals of Soccer in a fun and engaging supportive environment and emphasizes character development, teamwork, and good sportsmanship. Participants will learn the sport and will play against each other on teams. Leagues consist of 3 weeks of practice and 3 weeks of games. A uniform t-shirt is included in the registration cost. Players are required to wear close toe shoes. The YMCA provides all equipment necessary and a team T-shirt, which is included in the cost of the program. Saturday Soccer will be 8:30am-9:15am.

Pre-K T-BALL

Frequency: Saturdays /6 Weeks **Fee:** members: \$95/non-members: \$125

Session 3: 5/14 - 6/25 **Session 4:** 7/16 - 8/20

Ages: 3-5

At the Y, participants will learn the fundamentals of T-Ball in a fun and engaging supportive environment and emphasizes character development, teamwork, and good sportsmanship. Participants will learn the sport and will play against each other on teams. Leagues consist of 3 weeks of practice and 3 weeks of games. A uniform t-shirt is included in the registration cost. Players are required to wear close toe shoes. The YMCA provides all equipment necessary and a team T-shirt, which is included in the cost of the program. Saturday Soccer will be 9:30am-10:15am.

VOLLEYBALL LEAGUE

Session: July 31 – Oct. 2 **Frequency:** Sundays for 10 weeks

Fee: member early bird: \$175/non-member early bird: \$200

Ages: 5-14

This Volleyball league is are offered for children ages 5-7, 8-11 or 12-14. Youth will learn the fundamentals of the sport (e.g., ball handling, serving, passing, defense) and engage in competition with local teams in a fun and supportive environment that emphasizes character development, teamwork, and good sportsmanship. Games will be held on Sunday afternoons at the Fullerton Family YMCA. One (1) hour practice held on weeknights at the Fullerton Family YMCA. Time and day to be determined following assessments. Mandatory Assessment: Sundays, July 17th. Jersey cost is included in registration, picture costs are not. Pictures will be before a game during the league.

SWIM PROGRAMS



SWIM LESSONS

Strong Swimmer. Confident Kids. The YMCA's youth swim lessons teach your child how to become a safe and confident swimmer in a friendly and supportive small-group setting. As their skills and confidence in the water grow young swimmers progress from learning basic water safety to swimming skills including How to tread and float in the water, Proper breathing techniques, Key swimming strokes (such as the front crawl and backstroke) needed to pass the YMCA swim test, Safety and rescue skills, Proper conditioning and personal fitness habits.

Parent & Child Lessons

Monthly Frequency: Monday & Wednesdays or Tuesday & Thursday for 4 Weeks total of 8 classes.

Fee: Members \$105 and Non-Member \$200.

Monthly Frequency: Saturday for 4 weeks, a total of 4 classes.

Fee: Members \$70 and Non-Member \$120.

Pre-School Lessons

Ages: 3-5

Monthly Frequency: Monday & Wednesdays or Tuesday & Thursday for 4 Weeks total of 8 classes.

Fee: Members \$105 and Non-Member \$200.

Monthly Frequency: Saturday for 4 weeks, a total of 4 classes.

Fee: Members \$70 and Non-Member \$120

Youth Lessons

Ages: 6-12

Monthly Frequency: Monday & Wednesdays or Tuesday & Thursday for 4 Weeks total of 8 classes.

Fee: Members \$105 and Non-Member \$200.

Monthly Frequency: Saturday for 4 weeks, a total of 4 classes.

Fee: Members \$70 and Non-Member \$120

Fullerton Family YMCA Marlin Swim Team

Our swim team is a year-round competitive team that competes in the YMCA Swim League. Currently we are in the process of being USA Swim League recognized in order to also compete in the USA Swim League. Call or email us to schedule a tryout with our swim team. Practices depending on what group you test into are Monday- Thursday 6:00-7:00PM or Monday-Thursday 7:00-8:00PM and Sunday at 7:00-9:00AM.



Scan here to register for any of our Youth Sports programs!



FAMILY GUIDES

The Family Guides program provides opportunities for families to engage in activities that promote nature, family, fun, and community.

Family Guides is for everyone! Our program and events are open for anyone in the community to join, including:

- Mom + Dad + Child(ren)
- Mom + Child(ren)
- Dad + Child(ren)
- Caregiver/Guardian + Child(ren)



This program:

- Fosters companionship and understanding and sets a foundation for positive, lifelong relationships between parent/guardian and child.
- Builds a sense of self-esteem and personal worth.
- Expands awareness of spirit, mind, and body.
- Provides the framework to meet a mutual need of spending enjoyable, constructive, and quality time together.
- Enhances the quality of family time.
- Emphasizes the vital role that parents/guardians play in the growth and development of children.
- Offers an important and unique opportunity to develop and enjoy volunteer leadership skills.



\$25 off
each adult if you
register by 7/1/22!

CONTACT US

For more information or to join the Family Guides Program visit us online or give us a call!



ymcaoc.org/family-guides



(949) 380-3509

YMCA OF ORANGE COUNTY



FOR YOUTH DEVELOPMENT •
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BELONG.

Inclusion Program

The YMCA Inclusion Program supports children ages 3–17, in child care programs, helping them to stay in a child care setting with their typical peers, rather than being limited to special needs specific programs. Keeping kids of all abilities together creates a feeling of belonging that strengthens our community.

Our Services

Our program provides the following support services to help build confidence, increase independence and achieve success:

- 1:1 aide services focused on teaching valuable social, play and behavior management skills
- Consultations, assessments and behavior plans to address challenges and promote learning
- Trainings on special needs support topics to educate child care & preschool providers

Program Cost

Our program fees are separate from any fees paid to the child care provider. The YMCA Inclusion Program is a vendor with the Regional Center of Orange County and Regional Center consumers may qualify for program funding through the Regional Center. Private pay options are available to families without Regional Center support. Financial assistance may be available to families who qualify.



Contact Us!

Visit our website to learn more
or contact us for enrollment.



ymcaoc.org/inclusion



inclusion@ymcaoc.org



(714) 508-7624



HERE FOR GOOD SUMMER SERIES EVENT CALENDAR



June

Date: Week of June 6 - ALL WEEK!

Time: Vary

Cost: Free

What: Join us for family fun day at the Y. Enjoy food, drinks, games, jumpers and more. Bring the whole family for fun under the sun.

July

Date: July 4th

Time: 8 am

Cost: \$45 for adults & \$25 for kids

Location: Laguna Niguel Family YMCA

What: Annual Laguna Niguel Run In The Parks 5k & Kids Races!
Register at ymcaoc.org/community-events/

Date: July 15th

Time: 7-9 pm

Cost: Free

What: Join us for family movie night at the Y. Enjoy free popcorn, drinks and other snacks and enjoy the movie: TBD

August

Date: August 6th

Times: 12-2pm

Cost: Free

What: End of Summer BBQ. Enjoy hot dogs, cheeseburgers, drinks and veggie burgers and activities & giveaways for the whole family!

Questions? Contact Program Director Luis Regalado at lregalado@ymcaoc.org