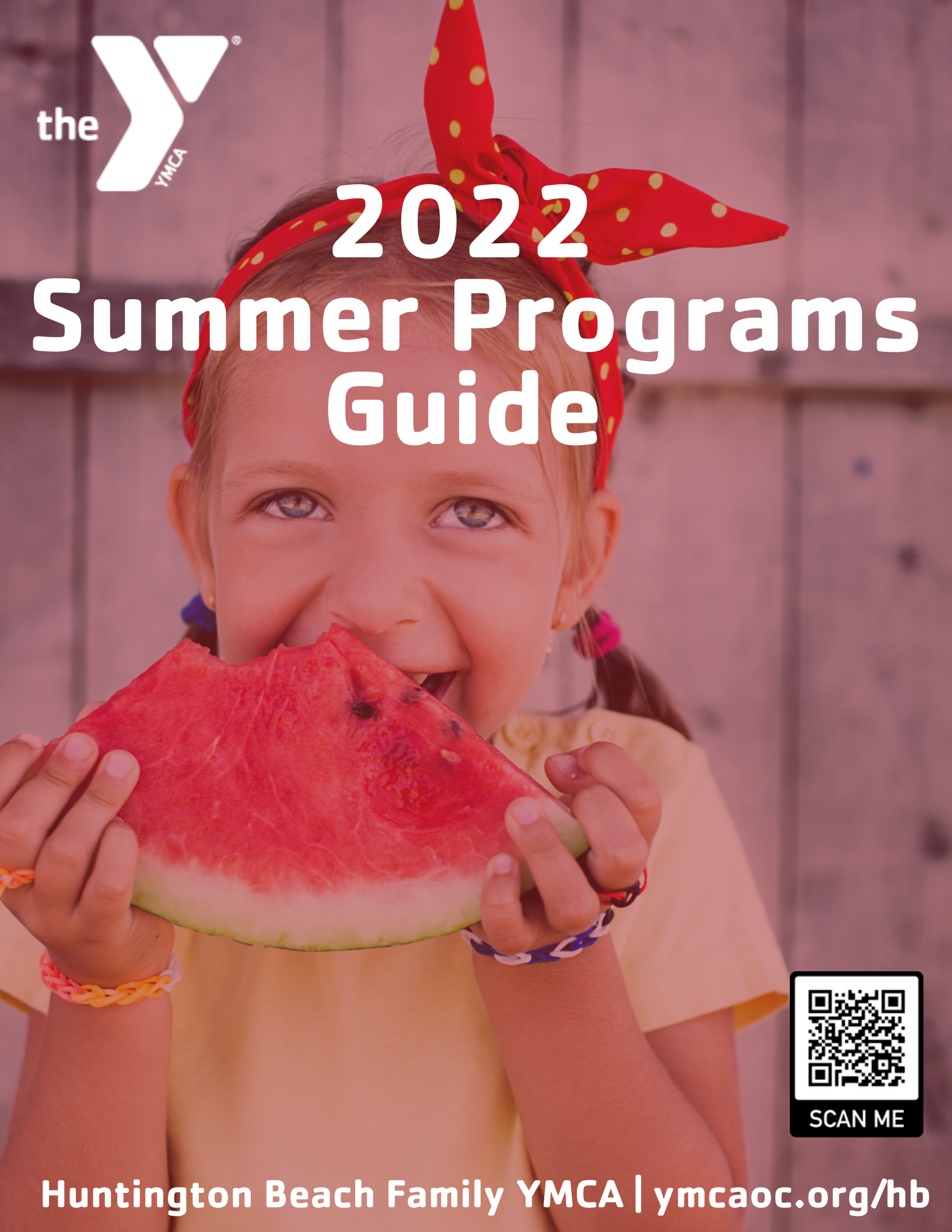

2022 Summer Programs Guide

SCAN ME

Huntington Beach Family YMCA | ymcaoc.org/hb

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADVENTURERS WANTED!

Adventure Guides (ages 5-12)

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

the YMCA

ymcaoc.org

ADVENTURES IN TIME TRAVEL

Exploring the past and creating the future

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 throughthe 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!

SCAN ME

ymcaoc.org/summer

the YMCA

SUMMER CAMPS

SPECIALTY DAY CAMPS

Frequency: Monday-Friday Fee: $175 Members/$225 non-members

Weekly Camp Themes (Morning 9:30-12:30pm)

- July 5-9: Become an Adventurer
- July 11-15: Experimental Science
- July 18-22: Art Basics
- July 25-29: Around the World
- August 1-5: Cooking Camp

LUNCH BUNCH

Frequency: Monday-Friday Fee: $50

Add on Lunch Bunch!! Lunch Bunch is offered weekly after morning camps. Children will stay after morning camp and have their lunch (lunch is not included and needs to be provided with the child) and then enjoy 1 1/2 hours of extended activities. Must be signed up for that weeks camp to be eligible for lunch bunch. Lunch bunch runs from 12:30-2:00pm.

TEEN EXTREME CAMP

Session: Starts the week of 6/28/22 Frequency: Monday-Friday

Monthly Rates:

5 Days per week- $695 per month

3 Days per week- $575 per month

Ages:12-15

Give them a summer to remember! This summer our 5 days a week summer camp will give teens the chance to be a teen again! With engaging activities, physical activity, socialization, and more, our Teen Extreme Camp is the place to be! Space is limited to 30 students!

SCAN ME

Click here to learn more and register!

YOUTH DANCE & FITNESS

YOUTH MARTIAL ARTS

Frequency: Every Thursday Free class from 4-4:30pm and Paid class 4:30pm-5:15pm. Member price $65 and non-member price $105.

Description: Training will focus on Kihon (basics) and self-defense. Learn blocking, kicking and striking. Self-discipline, confidence, fitness and body awareness will be gained from this traditional martial art.

YOUTH BALLET

Starting May 4th Every Wednesday 8-week program-3:30-4:15pm.
Fee: $120 for members and $200 non-members.

Description: Our youth dance classes are designed to teach dance techniques while exploring your child's creative and physical capabilities. The session will culminate in a dance recital, allowing dancers to showcase their skills.

YOUTH DANCE

Frequency: Every Wednesday. Free class from 4:30pm to 5:15pm.

Description: This class teaches children the beginning fundamentals of ballet, jazz, tap and hip hop. Self-discipline, self-confidence and socialization are encouraged through rhythm, coordination and musicality.

SCAN ME

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)**

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

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.

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

the YMCA

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

Cost: Free for all
What: Join in on our 20 Day Check-In Challenge! All winners will receive Y Swag, treats, and a free InBody Scan.

July

Date: Wednesday, July 16th
Time: 1:00-3:00 pm
Cost: Free for all
What: BBQ & Bingo! Join us for delicious BBQ food including hot dogs, cheeseburgers, drinks and veggie burgers!

August

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

Huntington Beach Family YMCA

8875 Adams Ave
Huntington Beach, CA 92646
714-378-4784
ymcaoc.org

Questions? Contact Jimmy Lessard at
jlessard@ymcaoc.org