



Homeschool Enrichment Courses @ the YMCA



YMCA of Orange County | ymcaoc.org

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Everything you need to know!



SCAN ME

Who is the Y?

At the Y, strengthening community is our cause. With a focus on youth development, healthy living, and social responsibility, the Y serves Orange County, Riverside County, Pomona Valley, and East San Gabriel Valley through 5 Health & Wellness locations (Fullerton, Huntington Beach, Laguna Niguel, Mission Viejo, and Newport-Mesa), 2 program centers (Rancho Mission Viejo and Yorba Linda/Placentia), numerous community services and youth programs, 81 child & youth development centers, preschool & early learning programs and TK-kindergarten wrap-around programs. Donations, grants, and legacy gifts ensure Y programs are "Open to All" regardless of an individual's or family's financial circumstances. 100% of donations support our Financial Assistance Program or subsidized programs for marginalized populations.

Why the Y for Homeschool / Enrichment?

The YMCA of Orange County has a long history of making a positive impact on the lives of children. As the landscape of education changes, the Y recognizes the need for more Home School and enrichment learning opportunities. Using our 100+ years of experience, highly-trained staff, homeschool partnerships, we are ready to help you and your children thrive!



10,000+ children participated in YMCA programs in 2021

\$1.0 MILLION DOLLARS

in YMCA scholarships provided in 2021

8

National Homeschool Partners already contracted with the Y

9+ MILLION

is the estimated amount of Americans who had experienced being homeschooled as of February of 2020.

87%

of peer-reviewed studies on social, emotional, and psychological development show homeschool students perform statistically significantly better than those in conventional schools (Ray, 2017).

The Y Approach

Our programs emphasize Care, Honesty, Respect, and Responsibility. Our Staff is Well-Trained, Certified in their Field, and Care About Every Child.

In each of our programs and courses:

- We provide a safe, secure and supportive environment.
- We believe a child's experience is dependent on family and community life – we support the whole family through programming and a character-based curriculum.
- We believe in focusing on a child's abilities rather than their shortcomings.
- We believe when youth are exposed to consistent displays of positive character traits, they will develop healthy self-esteem and a willingness to help others.
- We believe by supporting all forms of education, children will experience success.
- We believe building strong kids and strong families will strengthen the foundation of our communities.

Each course has eleven areas:

1. Course name/title
2. Course theme
3. Core Competency; competencies are tied to our Character Development and Core Value objectives
4. Goal/Developmental Opportunity; educational outcomes
5. Getting Started; list of materials needed for each activity
6. Activity Introduction; guide to assist you in launching the activity
7. Activity Preparation; materials you will need to get started with the activity
8. Activity Directions; step by step guide to introducing the activity related to the theme
9. Taking it to the next Level; long term project associated with the activity and theme
10. Family and Home Connection; extended activities for children to do at home with their families that support the developmental objectives for the course
11. References and Resources; supporting documentation for you or the children to refer to while conducting a Course and or area to obtain additional information to expand a Course

COURSES

ART

Frequency: 4 weeks/1 x per week (based on location)

Fee: \$145 **Materials:** \$15

Locations: Laguna Niguel, Mission Viejo, or Newport-Mesa YMCA

Ages: 5-8 and 9-12

Arts education can make a tremendous impact on the developmental growth of every child and has proven to help level the 'learning field' across socio-economic boundaries. The YMCA Art Course exposes youth to mediums, techniques, and a variety of time periods in our history that has significant ties to cultural events and traditions.

COOKING

Frequency: 4 weeks/1 x per week (based on location)

Fee: \$145 **Materials:** \$30

Locations: Laguna Niguel, Mission Viejo, or Newport-Mesa YMCA

Ages: 5-8 and 9-12

Children, especially young children, rely on their senses to explore the world. Cooking offers students opportunities to use the senses of sight, hearing, smell, touch, and taste. Working with food lets a child focus on their senses individually as well as collectively. Cooking teaches a child how to use their eyes, ears, nose, skin, and tongue to observe things, in addition to improving their fine motor skills when helping out in the kitchen.

DRAMA

Frequency: 4 weeks/1 x per week (based on location)

Fee: \$145 **Materials:** \$0

Locations: Laguna Niguel, Mission Viejo, or Newport-Mesa YMCA

Ages: 5-8 and 9-12

Communication is a vital tool, and the Drama Course allows students to express themselves in a multitude of ways through words, body movements, gestures, facial expressions, and other non-verbal methods.

ENGINEERING

Frequency: 4 weeks/1 x per week (based on location)

Fee: \$285 **Materials:** \$25

Locations: Laguna Niguel, Mission Viejo, or Newport-Mesa YMCA

Ages: 5-8 and 9-12

The Engineering course teaches students the fundamentals and importance of engineering in a real-world context. Children learn about the history of engineering and its application in landmarks such as the Sydney Opera House, the Coliseum, and the Empire State Building. From there, they apply their knowledge through activities and projects where they learn about tension, weight-bearing structures, windmills, bridges, and more. Engineering Club opens students' minds to the idea that engineering is all around us, is applied to many things we see and use on a daily basis, and is FUN!

ESPORTS

Frequency: 4 weeks/2 x per week

Fee: \$285 **Materials:** \$0

Location: Laguna Niguel YMCA

Ages: 5-8 and 9-12

The YMCA Esports program serves today's youth (8-14 years old) by providing opportunities for ALL students to use Esports as a platform to acquire critical communication, collaboration, and problem-solving skills needed to thrive in work and in life.

KEEPING FIT

Frequency: 4 weeks/1 x per week (based on location)

Fee: \$237 **Materials:** \$0

Locations: Laguna Niguel, Mission Viejo, Huntington Beach, Fullerton or Newport-Mesa YMCA

Ages: 5-8 and 9-12

Children are our future—and understanding and supporting their natural yearning for physical activity will help lead them to a lifetime of happy and healthy living. Some of the many benefits of keeping children physically and mentally active includes higher self-esteem, more energy, better memory, and simply a good feeling about themselves. Students will also develop stronger muscles and bones, be less likely to become overweight, decrease the risk of developing type 2 diabetes, and have a better outlook on life.

SCIENCE

Frequency: 4 weeks/1 x per week (based on location)

Fee: \$145 **Materials:** \$25

Locations: Laguna Niguel, Mission Viejo, or Newport-Mesa YMCA

Ages: 5-8 and 9-12

There are three simple reasons why science is important for our children: they love science because it engages their curiosity, provides practical tools for understanding everyday life, and advances their critical thinking, problem-solving, and creativity. Whether a child gains an interest in becoming a doctor, lawyer, or teacher, developing a scientific mindset is critical to enhancing a child's cognitive growth, logic, and reasoning.

SIGN LANGUAGE

Frequency: 4 weeks/1 x per week (based on location)

Fee: \$145 **Materials:** \$0

Locations: Laguna Niguel, Mission Viejo, or Newport-Mesa YMCA

Ages: 5-8 and 9-12

Aside from the fact that children will be learning a second language, the learning of American Sign Language develops awareness and sensitivity to cultural and linguistic diversity. It provides cultural enrichment and is the best means of fostering understanding between children who are hard of hearing and those who are not. Furthermore, learning sign language can help a child recognize words if they are connected to a sign.

BALLET

Frequency: 6-8 weeks/1 x per week (based on location)

Fee: \$200 **Materials:** \$0

Locations: Fullerton YMCA, Huntington Beach YMCA, Mission Viejo YMCA, and Newport-Mesa YMCA.

Ages: 5-7 and 8-12

Our dance classes are designed to be age-appropriate and to teach youth dance techniques and routines by skilled dance instructors. Children in ballet class must wear ballet slippers. End of session performance TBA.

YOUTH MARTIAL ARTS

Frequency: 6-8 weeks/1 x per week (based on location)

Fee: \$200 **Materials:** \$0

Locations: Fullerton YMCA, Huntington Beach YMCA and Newport-Mesa YMCA.

Ages: 5-7 and 8-11

Our martial arts program gives students a chance to learn some of the basic elements that Muay Thai, Kick Boxing, Brazilian Jui Jitsu, and wrestling have to offer. This program will help kids not only become more engaged in physical activity but also helps teach them self-defense techniques while getting into shape.

YOUTH CHEERLEADING

Frequency: Monday/8 Weeks

Fee: \$200 **Materials:** \$50

Location: Newport-Mesa YMCA

Ages: 5-8

Teach your child the basics of cheerleading with cheers, dances, and the opportunity to cheer at YMCA league games. Uniforms are \$50 and will be ordered the first week of practice.

YOUTH GYMNASTICS

Frequency: Tuesday/8 Weeks

Fee: \$200 **Materials:** \$0

Location: Newport Mesa YMCA

Ages: 5-7 and 8-11

Beginning students will gain strength and flexibility as they learn the basics of gymnastics. They will develop the skills of tumbling including rolls, handstands, back bridges, and cartwheels. Advanced students will continue to develop strength and flexibility as they build on the fundamentals of gymnastics. They will continue to work on the basic skills of tumbling and will be introduced to round-offs, headstands, and front/back walkovers.

YOUTH BASKETBALL CLASS

Frequency: Tuesday or Wednesdays/4 weeks (Monthly)

Fee: \$100 **Materials:** \$0

Location: Tues: Laguna Niguel and Wed: Mission Viejo

Ages: 5-7, 8-12 and 13-18

Youth Basketball Class is intended for all youth ability levels. The beginner class will focus on the development of fundamental basketball skills. Participants will learn basic building blocks such as footwork, dribbling, shooting, and passing. Intermediate is for kids who want to take their game to the next level by enhancing skills by introducing them to high-level basketball drills. Advanced will engage in competition in a fun and supportive environment that emphasizes character development and participate in 30 min of practice/drills and 30 min of casual scrimmage.

YOUTH BASKETBALL LEAGUE

Frequency: 1-weekday practice and 1 weekly game on Saturday/8week

Fee: \$265

Location: Fullerton and Laguna Niguel

Ages: 6-7, 8-9, 10-11 and 12-14

Youth Basketball leagues are offered for children and youth. Through the league, they will learn the fundamentals of the sport (i.e., 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. Assessment is required. The in-season clinic is offered. Jersey cost is included in the fee.

YOUTH SOCCER CLASS

Frequency: Thursdays or Saturday/4 weeks (Monthly)

Fee: \$100 **Material:** \$0

Location: Mission Viejo

Ages: 5-7 and 8-10

Classes will focus on the development of fundamental skills and the growth of your child in our 4 core values; caring, honesty, respect, and responsibility. Participants will learn the basic building blocks for success in a fun environment.

YOUTH SOCCER LEAGUE

Frequency: 1-weekday practice and 1 weekly game on Saturday/8week

Fee: \$240

Location: Newport Mesa

Ages: 5-7 and 8-10

Youth Basketball leagues are offered for children and youth. Through the league, they will learn the fundamentals of the sport (i.e., kicking, dribbling, passing, defense) and engage in competition with local teams in a fun and supportive environment that emphasizes character development, teamwork, and good sportsmanship. Assessment is required. The in-season clinic is offered. Jersey cost is included in the fee.

YOUTH VOLLEYBALL LEAGUE

Frequency: 1-weekday practice and 1 weekly game on Sunday/8week

Fee: \$265

Location: Fullerton

Ages: 8-11 and 12-14

Youth Volleyball Leagues are offered for Youth. Youth will learn the fundamentals of the sport (serving, passing, defense) and engage in competition with local teams in a fun and supportive environment that emphasizes character development, teamwork, and good sportsmanship. Assessment is required. The in-season clinic is offered. Jersey cost is included in the fee.

YOUTH SWIM LESSONS

Frequency: Monthly (2x week) **Fee:** \$200

Frequency: Monthly (1x week) **Fee:** \$120

Locations: Fullerton, Mission Viejo

Frequency: (2x week) 8 weeks: \$400

(1x week) 8 weeks: \$240

Location: Newport Mesa

Ages: 5-16 (Levels are set by ability level)

Group swim lessons are offered year-round. Lessons are broken down into (8) levels based on ability level. Each level is taught with a specific instructor/student ratio. We offer lessons twice a week (Monday & Wednesday or Tuesday and Thursday), or once a week on Saturdays.



SCAN ME

STUDY HALL

Frequency: 4 weeks /1X per week Monday-Thursday

Fee: \$60 **Materials:** \$0

Location: Laguna Niguel, Mission Viejo, or Newport-Mesa YMCA

Ages: 5-8 and 9-12

Study Hall offers a variety of options for study and research to support individual study and group collaboration. We seek to provide an environment reflecting the needs of students and others in their learning and research activities.

LUNCH AND SOCIAL HOUR

Frequency: 4 weeks /1X per week Monday-Thursday

Fee: \$60 **Materials:** \$0

Locations: Laguna Niguel, Mission Viejo, or Newport-Mesa YMCA

Ages: 5-8 and 9-12

Lunch and Social Hour will promote social interaction with the use of fun team-building activities to form a sense of community and friendship while at lunch.

COMMUNITY AND SERVICE-LEARNING

Frequency: 4 weeks /1X per week Monday-Thursday

Fee: \$60 **Materials:** \$0

Locations: Laguna Niguel, Mission Viejo, or Newport-Mesa YMCA

Ages: 5-8 and 9-12

Service-learning and character development activities will provide a holistic learning and community engagement experience. Projects will support the development of substantive knowledge, critical thinking, and leadership skills with community involvement.



SCAN ME

Facility & Space Rentals Options

Mission Viejo		Laguna Niguel	
Rental Space	Hourly Cost	Rental Space	Hourly Cost
Pool (4 lanes)	\$75/lane	Group X Room	\$150
Racquetball court	\$50	Cycle Studio	\$75
Mind Body Room	\$70	Basketball Gym	\$150
Group X Room	\$75	Patio	\$75
Cycle Studio	\$75	E Sports Room	\$375/2 hrs
Basketball Court	\$50	Kid Zone	\$100
Soccer Arena	\$125		
Kid Zone	\$100		
Conf Room Opt 1	\$35		
Conf Room Opt 2	\$90		

Fullerton		Newport Mesa	
Rental Space	Hourly Cost	Rental Space	Hourly Cost
Pool (5 lanes)	\$75/lane	Lap Pool (6 lanes)	\$75/lane
Group X Room	\$75	Deep Water Pool	\$150
Soccer Arena	\$125	Group X Room	\$100
Basketball Gym	\$125	Kid Zone	\$150
Kid Zone	\$100	Boot Camp Area	\$100
Patio	\$75	Grass Field	\$100
		Conference Room	\$50

Huntington Beach	
Rental Space	Hourly Cost
Group X Room	\$100
Cycle Studio	\$75
Kid Zone	\$100
Barre Room	\$75

- After Hours Rental: \$30/hr cost per staff: Required for staffing rentals after regular business hours.
(i.e., Maintenance, Field Supervisor, Front Desk Staff, Lifeguard). Rates may vary for Health and Wellness Staff.
- Non-Profits/Partners- 25% optional discount
- At the discretion of branches to require a two-hour minimum reservation, based on demand.

SLIDING SCALE:

Room rental rates for teachers who we will be outsourcing are tentatively planned as follows (rates based on 1x per week):

Class size:

- 1-5 \$35 per hour (8-week session) total cost \$280
- 6-10 \$70 per hour (8-week session) total cost \$560
- 11-20 \$140 per hour (8-week session) total cost \$1,120
- 21+ \$280 per hour (8-week session) total cost \$2,240



OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



OUR VISION

To improve lives and strengthen character through youth development, healthy living and social responsibility driven by passionate staff and volunteers.



OUR VALUES

Caring, Honesty, Respect, and Responsibility – Our values are celebrated by staff and members and provide a positive foundation for all Y programs and a healthy connection with others.



OUR COMMITMENT

To keep programs open for all. The Y is a nonprofit, charitable organization that serves the entire community.

Donations support our scholarship program and Our Commitment.



OUR PURPOSE

Strengthening the foundation of communities.



SCAN ME

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Orange County • Riverside County • East San Gabriel Valley • Pomona Valley