



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG KIDS STRONG FAMILIES

Youth & Family Programs

Questions?

Membership Services

membership@wenymca.org

Wenatchee Valley YMCA

217 Orondo Ave

Wenatchee, WA 98801

509.662.2109 | wenymca.org

YOUTH POLICY

The safety and welfare of every child in our facilities is of the utmost importance for the Y administration. To that effect, the following policy will help us protect and care for your child while they are with us.

All members under age of 16 must be in a structured Y activity, such as Kid Zone, Child Watch, Teen Center, Youth Sports, Open Youth Swim, Swim Lessons, or directly supervised at all times by an adult family member, age 18 and older.

Youth ages 11-15 are permitted in the Fitness Center with direct and constant supervision of a parent or legal guardian. Youth ages 11-15 must complete Uplift to be permitted in the Fitness Center or allowed to participate in adult programs without a parent or guardian.

Members 16 and older may use the Y facility and services without parental supervision.

THROUGH EVERY STEP

Child Watch (Crawling through 5 years) & Kid Zone (6yrs-10yrs)

Let us watch your little one while you work out! Our youth program staff will supervise and provide children with developmentally appropriate and engaging activities while you use our facilities. Our program space is located downstairs next to the teen center.

Y Members: Free | Community Members: \$4 (for 90 minutes of care and a day pass is required)

CHILD WATCH ONLY
CHILD WATCH & KID ZONE

AM Sessions: Monday-Saturday 9:00am-12:00pm
PM Sessions: Monday-Thursday 4:00pm – 7:30 pm



Toddler Open Gym (Crawling-5 years)

Our Toddler Open Gym Program offers families a variety of activities to play explore together. Parents must stay with their child/ren. **Back again in the Fall of 2023.**

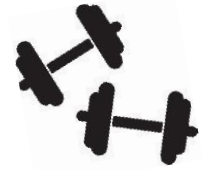
Itty Bitty Sports (4-11 years)

The YMCA's Itty Bitty program introduces sports to children ages 4 to 11. Kids in this session will have the opportunity to play and sample multiple sports disciplines: Soccer, Basketball and Volleyball. Sessions are structured with a focus on learning basic skills, teamwork, and sportsmanship, while developing healthy habits and self-esteem.

Student Care (Grades K-Age 12): Our state licensed before, after and out of school care takes place in our school sites at Wenatchee School District, Eastmont School District and Cascade School District. Separate brochures and registrations are available at the front desk or online at wenymca.org/child-care.

Ultimate Uplift (ages 11-15)

Designed for youth members aged 11-15 who want to participate without adult supervision. This one-hour trainer led session will guide students through goal setting and the basics of living a healthy, active lifestyle. They will learn how to use both cardio and functional equipment. The trainer will review proper form in the weight and circuit rooms as well as expected behavior and etiquette in the fitness center. Upon successful completion, participants gain adult privileges at the Y.



Uplift classes are typically held the third Monday of each month or by appointment.

Y Members: \$50 | Financial assistance is available

Teen Center (Ages 11-17)

The Teen Center offers teens, ages 11-17 their own space to be active, socialize, study and grow in a fun and friendly atmosphere. The space offers active games (ping-pong, foosball, and pool), WIFI, Video games, study areas, craft/STEAM activities, and access to recreational areas. Tours available upon request.

Monday-Friday; School Year hours 3pm-7pm | Summer hours 2pm-6pm

Member & Community Members: Free

Teen Center membership allows you access only to the Teen Center during operating hours. Teen Center Membership scholarships are awarded at 100%!

Teen Open Gym (Ages 11-17)

Teen Open Gym is for teens 11-17yrs. Teens are welcome to drop in to play basketball, volleyball and more!

No Membership needed. Teens are responsible for signing in at the Front Desk. Teens must provide emergency contact information.

Fridays | 4:00pm-5:30pm

Member & Community Members: Free

BIRTHDAYS AT THE Y



Have your child's next birthday party with us at the Y. Our staff take care of the setup, clean up, fun activities, and party favors. Activity options include: Toddler Open Gym, Basketball Gym, Swimming Pool, and Gaga Pit. Please check with Membership Services for details and pricing.

FAMILY PROGRAMS

The Y believes that families need the chance to play, learn, and grow together. So, an effort has been made to develop opportunities for family time. For Family Programming, the Y asks that parents/guardians be with their kids at all times.

Family Racquetball/Wally Ball

Family Racquetball/Wally Ball time requires reservation at Membership Services. Equipment is available to check out at Membership Services for family use at no cost!

Family Swim

The pool will be set up for normal usage with the shallow rope in place. During family swim times, an adult family member (18 or older) must participate in the water with children. If pool is at capacity (24 participants) time may be limited to 30 minutes to allow equal opportunity for all members.

Monday, Wednesday, Friday	4:00 pm – 5:00 pm & 5:15 pm – 6:15 pm
Saturdays	9:00 am – 10:00 am & 10:15am -11:15 am

Family Group Fitness Class

Are you ready to move? We are! Join us in a family boot camp, yoga, or dance class for kids, ages 5 and up, and their grown-ups. Please see [Group Fitness Calendar](#) for days and times.

Parents Night Out

Y's Parents' Night Out program is the perfect way to give yourself some time away while your kids play and learn alongside their peers under the supervision of our caring and trained staff. Parents Night Out offers enrichment and interaction that includes a variety of toys, games, crafts, and other activities and the opportunity to have fun and make new friends. See [Family Programming](#) Calendar for days and times.