



ABOUT THE YMCA

**WORKING
TOGETHER
WITH THE
WELLNESS
YMCA**



**VALLEY OF THE SUN YMCA & MARICOPA COUNTY
WELLNESS PROVIDER PARTNERSHIP
YMCA INFORMATION
MEMBERSHIPS, CHILD CARE, AND OTHER PROGRAMS**

WHO IS THE YMCA?

The YMCA is an organization of men, women and children joined together by a shared commitment to promoting healthy living, nurturing the potential of children with many programs geared towards youth development, and fostering a sense of social responsibility.

OUR CAUSE DEFINES US

The YMCA is a cause-driven organization. We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our partners to make sure that everyone, regardless of age, income or background, has the opportunity to learn, become healthier, grow and thrive.

WHAT MAKES THE Y DIFFERENT?

The Y is a nonprofit like no other. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver positive change. The Y is community centered. For nearly 160 years, we've been listening and responding to our communities. The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs. The Y has local presence and global reach.

WORKING TOGETHER TOWARDS WELLNESS

We believe that everyone has the desire to be well and that well-being is best cultivated by providing supportive relationships and environments. Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit; well-being and fitness at the Y is so much more than just working out. Beyond fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength. Being healthy means maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself not only to work out, but to learn a new skill or hobby, fostering connections with friends through our lifelong learning programs, or bringing your loved ones closer together through our many family-centered activities.

ABOUT THE VALLEY OF THE SUN YMCA

VALLEY OF THE SUN YMCA is an organization with the capacity and will to inspire positive and lasting social and healthy lifestyle change, and is pursuing a mission to do just that. So what does this mean for you? This means that we provide every opportunity to help our local members achieve their goals for peak health and well-being by offering unparalleled support, guidance, resources, and facilities. We know that our considerable expertise will lead hundreds to achieve their wellness goals and get on a path to a healthier life. The VALLEY OF THE SUN YMCA has 17 branch facilities and countless programs to help realize those goals. You can find children growing confidently in the direction of their dreams in child care and day camp as well as teens developing leadership skills studying and doing their homework with other teens at the Y and developing their creative spirit by taking an art class or putting on their dancing shoes and trying hip hop. You also see dedicated volunteers helping seniors by taking them to their doctor's appointments, grocery shopping and even taking them out to lunch or bringing them dinner. Only at the Y, can you build, nurture and grow relationships while being a part of your community.



FACILITY MEMBERSHIP:

A Facility Membership includes:

- 1) **FREE** Access to **1 OR ALL** 17 Branch Locations (only for or those who choose a **NON-Cigna Branch Only Membership** –See **NON-CIGNA Overview**- access to only 1 branch will be applicable)
- 2) **FREE SMART START** Appointment
- 3) **FREE** Dozens of Fitness Classes
- 4) **FREE** Water Fitness Classes
- 5) **FREE** Child Watch while you work out (with Family 1 and II Memberships) for age 3 months to 12 years
- 6) **FREE** Senior Programs
- 7) **Reduced Rates** on Swim Lessons
- 8) **Reduced Rates** on Youth Sports
- 9) **Reduced Rates** on Summer Day Camp
- 10) **Reduced Rates** on After School Programs
- 11) **Priority Registration** for all YMCA Programs
- 12) **FREE** Access to web-based fitness software

CHILD CARE (DISCOUNT THROUGH FACILITY MEMBERSHIP + 15% OFF):

- 1) Our **Preschool Child Care Programs** are **fully state licensed** and provide excellent care for children, in a nurturing environment. The curriculum at our early childhood learning centers is designed to offer enrichment child care, catering to families who value education beyond traditional child care. We provide an engaging environment for your child to explore activities in literacy, mathematics, science, social studies, arts, technology, healthy habits & social, moral & spiritual development.
- 2) **Day Camps** - Throughout the school year, there are occasions for schools to close, such as holidays and school breaks. At the YMCA, we realize the importance of providing a safe environment for these elementary-age students during the time that schools are not operating. These are fun-filled days at the YMCA that include art projects, games, and swimming.
 - a. **Full Day Summer Camp (Ages 5-12):** This is our most popular summer camp! School-age children enrolled in our traditional Summer Day Camp will not want the summer to end! Each week has its own "theme" like Safari, Xtreme Sports, and Ahoy Matey!--all packed with themed activities, crafts and games, treasure hunts, water-fun, sports of all sorts, field trips, and so much more! And there'll be plenty of time to make new friends, sing, play, explore, learn, and laugh--all under the watchful eyes of fully-trained staff. Fun for kids, peace of mind for you. Sign up for your favorite "Theme Week" or join us for all twelve weeks of fabulous fun!
 - b. **NEW – Part Day Summer Camp / Adventures (Ages 5-15):** Our new part day Summer Adventures program provides kids with enrichment and special interests, all designed to keep them engaged. This program gives moms and dads a part day break too!



- c. Pre-School – Full Day Summer Camp (Ages 3-5): YKIDZ Preschool Summer Camps offer kids the opportunity to participate in the fun and adventure of summer camp for the first time, all in a character-building camp setting of FUN!
 - d. Movin' On Camps (Ages 11-14): Designed for tweens and teens, this camp places kids with their peers as they travel throughout the area and have fun seeing new places and keeping busy!
- 3) **Overnight / Resident Camps**
- a. Sky Y Camp (Ages 7-16): Located in the Prescott National Forest, YMCA Camp Sky-Y has been building friendships and making memories for over 70 years. Whether a camper wants to ride a mountain bike through the cool Ponderosa pines, make a mug in ceramics class or attack the high ropes course, there is something for everyone. Our professional staff and excellent facilities come together to provide an unforgettable experience for young campers.
 - b. Chauncey Ranch (Ages 7-16): is a 5,000-acre working ranch for kids, located on the Agua Fria river and surrounded by cottonwood trees, willows, and green pastures. Campers who are interested in ranch life can choose from a variety of horse and ranch camps and age appropriate programs.
- 4) The **YMCA's Before and After-School Programs** are fully state licensed and offer quality care for elementary-age children, in a safe, secure environment. We offer a curriculum that appeals to kids and teaches confidence, encourages self-expression and enriches social development, all under the watchful eyes of trained and caring staff. We also provide other after school programs offering enrichment activities for kids and teens.

OTHER YMCA PROGRAMS (DISCOUNT THROUGH FACILITY MEMBERSHIP):

The VALLEY OF THE SUN YMCA offers countless programs. Please visit our website valleyYMCA.org for more information. Following is a partial list of programs:

- 1) **Aquatics**
 - Swim Lessons
 - Swim Teams
- 2) **Youth Sports**
 - Basketball
 - Soccer
 - Volleyball
 - Golf
 - Flag Football
 - Gymnastics
 - T-Ball
 - Skateboarding
 - Baseball
 - Cheerleading
 - Martial Arts



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- 3) **Education, Teen Leadership, Arts & Humanities**
 - Art Classes
 - Hip-Hop Dance Classes
 - Ballet
- 4) **Family Time**
 - Family Fitness Classes
 - Family Fuel – Nutrition Classes
 - Adventure Guides / for fathers-daughter, for fathers-sons