

**Summer
2010**

Our Mission:

We build strong kids, strong families and a strong community by providing opportunities for character development and promoting the values of Honesty, Caring, Respect and Responsibility.



Guide

Siskiyou Family YMCA

Programs • Activities • Events

INSIDE...

**Summer Day Camp
Schedule!*

Variety of Sports Camps
Whitewater Rafting
Kayaking
Mountain Bike Racing
USGA Golf Clinics
British Soccer Camp



*** Learn More Inside!!**



**For Information On Our Summer Programs
Call 842-(YMCA) 9622**

Don't forget to visit our website: www.siskiyou-ymca.org

YMEMBERSHIP™

We build strong kids, strong families, strong communities.

FACILITY HOURS

Monday–Friday 5:30am–8:30pm
Saturdays 8:00am–5:00pm
Sundays 12:00–4:00pm

BUSINESS HOURS

Monday–Friday 8:00am–5:00pm

CHILDWATCH HOURS

Mon–Thurs 5:30–7:30pm
Mon & Wed 9:00–10:00am
\$2.00 Per Hour – Members
\$4.00 Per Hour – Non-Members
Children 6 months–11 years

***Please Note that hours may be modified for summer months.**

MEMBERSHIP CATEGORIES

We offer a variety of membership categories based on age and family status. Children under 6 years old receive a free membership with a valid adult membership. See the front desk for details

METHODS OF PAYMENT

Members have 3 different ways to pay their membership dues.

- 1. Electronic Funds Transfer (EFT):** An easy way to pay as you go! Your checking or savings account is debited the 15th of each month.
- 2. Annual or Semi-Annual Payment:** Dues may be paid in full upon joining and yearly or semi-annually thereafter.
- 3. Monthly Invoice:** For your convenience we will bill you monthly. Sorry, this is more costly and so we add \$3 to our monthly fee for those members we invoice monthly.



FINANCIAL ASSISTANCE

The YMCA has never turned anyone away for inability to pay. Last year alone, the Siskiyou Family YMCA gave out over \$32,500 in financial scholarships. Financial scholarship packets are available at the YMCA front desk.

TO CANCEL YOUR MEMBERSHIP

To cancel your membership you must provide 30 days written notification.

REFUNDS

Programs: The Siskiyou Family YMCA wants you to get the most out of your program fees. Refunds will be given only for circumstances that cannot be controlled (illness, injury). Refunds will not be given for classes missed due to vacations etc. All refunds will be given in the form of program credit, which can be used for any YMCA program.

A.W.A.Y. PROGRAM

Always Welcome At YMCA (A.W.A.Y.) Your YMCA membership is honored at most YMCA's throughout the nation. Don't upset your fitness routine while out of town! See the front desk for details.

GUESTS

Each YMCA "Membership" will receive 12 free guest passes per year. Only members who are 18 years and older may bring guests. Guests 18 years and older must sign the standard liability release form. Guests of adult members who are under 18 years old must have a parent or guardian sign the standard liability release form. Members 17 years old and younger may not bring guests.



ATTIRE

Athletic shoes and shirts must be worn during exercise in all workout areas of the facility. Street shoes are not permitted on any wood floors

FOOD AND BEVERAGES

No food or drinks (With the exception of water) are permitted in the workout areas or gymnasium. Please limit your food and drinks to the lobby area.

SUGGESTIONS

This is your YMCA. Please feel free to make your concerns known. Member suggestion cards are available in the lobby. We pledge to acknowledge each comment and respond appropriately.

For More Information Call 842-(YMCA) 9622

YMEMBERSHIP™

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Why Be a Member of the Siskiyou Family YMCA?

The Siskiyou Family YMCA helps to build strong families that can meet the challenge of their fast paced lives by offering activities that promote learning and playing together. We're not just a gym! Gymnastics, Ski Trips, & Open Gym nights are just a few of the fun times to be had. Not only does your membership provide a safe and fun environment for you and your family it also provides opportunities to our community by offering a wide variety of programs and services. Whether it is through your sports, child care, mentoring programs or our Afterschool and Summer Day Camps we emphasize core values of respect, caring, honesty, and responsibility! So consider becoming a member today. Without even thinking about it, you will touch a life, and that makes our community a little stronger!

Category	Joiner Fee	Monthly Invoiced	Monthly Bank Draft	Semi-Annual 6 months	Annual Paid on full
Youth/Student 20 years or Younger	\$25	\$22	\$19	\$132	\$210
Adult 21-59 years	\$49	\$37	\$34	\$204	\$375
Family 2 adults and dependent children	\$49	\$60	\$57	\$342	\$630
Single Parent Family 1 adult and dependant children	\$49	\$49	\$46	\$276	\$509
Couple 2 adults same household	\$49	\$48	\$45	\$270	\$497
Senior Adult 60 and older	\$49	\$30	\$27	\$162	\$300

As with all of our programs, membership assistance is made available to those who qualify, thanks to the generosity of our donors. Request an application at the front desk.

Remember, your membership is not a charitable contribution. All membership fees go to operate the YMCA facility and its many services.

And...every year the YMCA asks for donations so all kids can participate in the many programs offered by the YMCA and to provide membership and program scholarships. We do this so others who are not as fortunate, may have the opportunity to pursue a healthy life with balance of body, mind and spirit.



MEMBERSHIP HAS ITS BENEFITS!

- The AWAY program (your membership is good at many YMCA's across the nation when you are out of town)
- Discounts on all YMCA programs and events
- Free fitness center/ weight room orientations
- A host of free fitness classes to choose from
- Free guest passes for friends
- Opportunities to participate in YMCA member events, like raft trips, open gym nights and more!

The YMCA is a Family Environment

At the discretion of the YMCA, membership or service may be denied or revoked for any reason, including but not limited to, fighting, abusive language, smoking in the facility, using illegal substances, inappropriate behavior toward other members, guests or staff, vandalism of the facility or property.

YPERSONAL TRAINING™

We build strong kids, strong families, strong communities.

Your YMCA fitness team is dedicated to making your fitness experience pleasant and rewarding. **Join us for a free 1/2 hour orientation** to show you around the fitness center and demonstrate how to adjust the equipment to work for you.

Our YMCA Personal Trainers offer the following services for YMCA members and Non-Members alike!

The following programs are designed for any individual who sincerely wants to change their life style for the better. Committing to a new lifestyle that includes exercise can be difficult and many people appreciate the extra help and support a personal fitness trainer provides.



Health Risk and Assessment Testing

The results of the tests included in this session are helpful to anyone seeking to become healthier and to change their body. The tests establish a baseline, show if you are at risk for current and/or future health problems and help determine what health and fitness routine may benefit you the most. Testing includes an analysis of your resting heart rate, blood pressure, % of body fat, girth measurements, cardio respiratory fitness, muscular strength & endurance, and flexibility.

Personalized Fitness Prescriptions

These programs work well for individuals who are already committed to a healthy lifestyle but prefer individualized workout prescriptions. Includes a 1/2 hour health assessment and choice of 3 to 12 weeks of work out sessions. Please check with the front desk for pricing.

****Personal Training is not included with Fitness Prescriptions and can be purchased for an additional fee.***

Personal Fitness Training

Includes multiple health assessments and personalized fitness prescriptions both off site and gym based. Also includes supervised workouts, continual analysis and adjustments of your program as you advance toward your health and fitness goals.

****1/2 hour and 1 hour sessions available—please check the front desk for pricing.***

Group Fitness Training

This new program offers fitness training sessions for groups of 2-4 people. Now you can bring your friends with you to a fun and energetic session with your personal trainer!

****1/2 hour and 1 hour sessions available—please check the front desk for pricing.***

... don't forget!

YMCA OPEN GYM NIGHTS

Free to Members / \$5 Non-Members

Monday Night Basketball

Get your team together and take on all challengers. At YMCA Open Gym nights we stress honesty and respect....so call your own fouls!

6:30pm—8:30pm / High School +

Wednesday Night Volleyball

It can be hard to find good pick-up volleyball games around this area, it happens here at the YMCA every Wednesday night!

6:30pm—8:30pm / High School +

**** Please note that the Gymnasium will be closed for repairs from August 1– August 22. No Open Gyms will be offered during this time.***

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

There's a Fitness Class for Everyone!

-Schedule available at the Front Desk or Online-

Morning / Noon Circuit & Core

These classes will feature different strength and conditioning exercises in a circuit and/or interval format. This class is a great way to increase your muscular strength, endurance and balance .

Steptacular Sculpting

A blend of STEP aerobics and strength conditioning exercises that will keep your heart and muscles working in top form.

Yoga

We offer a variety of yoga classes such as Restorative Yoga, Active Yoga, and Power Yoga that work to increase flexibility, inspire joy, improve posture and relieve tension.

Mommy and Me Yoga

See page 7 for more information!

Dancercise

Combined with today's hottest music, these choreographed dances are low impact exercise routines that are fun and easy to follow.

Senior Fit

This class will keep you moving through the decades with step, low impact aerobics, stretching, strength and balance work. Class formats change day to day to keep it lively and fun!

Luck of the Draw

A group exercise class that changes weekly. Instructors will utilize Reebok Steps, Bosu's, hand weights, body bars, etc. Rotating cardio-interval and kickboxing formats will keep this class innovative throughout the year!

Zumba®

A Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements. Merengue, Salsa, Cumbia, & Reggae-ton are just a sample of the moves to motivate you into shape. All fitness levels are welcome.



Get a Fitness Class 'Punch' Card Today!

**Don't want to commit to a YMCA membership yet?
Get a 'punch' card and join us for a class!**

- 5 Visit 'Punch' Card—\$25.00
- 10 Visit 'Punch' Card—\$45.00

Classes are subject to change. We value your input and suggestions, please share them with us!

YDAY CAMP™

We build strong kids, strong families, strong communities.

Children leave YMCA Day Camp with more than just fond memories—they take with them the YMCA Core Values of Caring, Honesty, Respect and Responsibility. Camp counselors will take time to interact and listen to each child as they play games and work on crafts together!

2010 Day Camps

Terrific Teamwork 6/21–6/25
Mind Blossoms 6/28–7/2
It's a Zoo Out There 7/12–7/16
Bon Voyage 7/19–7/23

Times: Monday-Friday, 7:45 am to 12:00 noon
Location: Gold Street School
Ages: 1st–8th Grade



YMCA Swim & Gym Club

Come have a ball at Ringe Pool & at the YMCA with us! We'll walk from Gold Street School after a sack lunch and return to campus by 3:00pm.

Days: Monday through Friday 12:00 noon to 3:00pm
Location: Begin and end at Gold Street School, swimming will be at Ringe Pool
Ages: 1st–8th Grade

**Swim Club Kids must purchase daily punch cards or a seasonal pool pass, both available at the City of Yreka*

Extended Care

Childcare is available in the late afternoons for those families who need it. This is an opportunity for kids to enjoy time with each other in an informal, and less structured setting. Activities will include sports games, arts & crafts, and free play, that help kids unwind from their busy days at camp. Please pack a snack.

Days: Monday through Friday 3:00pm-5:30pm
Location: Gold Street School
Ages: 1st–8th Grade

Day Camp Packages:

Cost per week	Members	Non-Members	Daily Drop-in
7:45 am to 12:00 noon	\$50	\$65	\$15.00
7:45 am to 3:00 pm	\$90	\$115	\$28.00
7:45 am to 5:30 pm	\$110	\$145	\$35.50
12:00 noon to 3:00 pm	\$40	\$50	\$13.00
12:00 noon to 5:30 pm	\$60	\$80	\$20.50
3:00 pm to 5:30 pm	\$20	\$30	\$7.50

The YMCA does not turn anyone away for inability to pay! Please ask about financial assistance.

The YMCA is promoting Motor Development in children!

A fun, exciting, and safe atmosphere is ideal for developing fine and gross motor skills in young children. Join our great YMCA staff in two fantastic classes designed to further develop motor skills in children.

Kinder Gym

This 6 week Kinder Gym Class serves as an excellent introduction into tumbling / early gymnastics. Kinder Gym facilitates the development of balance & overall coordination. Please...Parent participation is requested!

Instructor: Jennifer Higelin

Day	Start/End Date	Time	Cost
Tue	6/22/10-7/27/10	3-3:45	\$15 Member \$25 Non Member
Thu	6/24/10-7/29/10	3-3:45	\$15 Member \$25 Non Member

Mommy and Me Yoga

Mommy and Me Yoga is designed to inspire joy through movement, laughter and sharing with other moms. Please bring a blanket or towel if you have one. Appropriate for moms, babies & children of all ages. Instructor: Kate Ashbey

Class Type– Ongoing Fitness Class

Day/Time– Fridays/9-9:45am

Age– All Ages

Cost– Free for Members/ \$5 for Non-Members

The Siskiyou Family YMCA believes that character development is an essential element of its sports programs.

- **Caring** - To love others and be sensitive to the well being of others involved in the sports program
- **Honesty** - To have integrity, making sure that one's actions match one's values through participation in sports
- **Respect** - To value the worth of every person, including oneself, one's teammates, opponents and officials
- **Responsibility** - To be accountable for one's behavior and obligations



Cheerleading Camp

This summer the YMCA is proud to be offering its first ever cheerleading camp. 3rd-8th graders will learn basic techniques of cheerleading as well as expectations for high school cheerleaders. The camp will be put on by the YHS Cheerleading Coaches. Free T-Shirt and other prizes.

Grades: 3rd-8th

Date: July 19-22 (Mon.-Thur.)

Location: YMCA GYM

Time: 4pm-6pm

Cost: \$25 Member / \$40 Non-member

***10 Discount for each additional sibling**

Dance Classes

Dance will be returning to the Y in September. Please keep an eye out for more information in August.

The YMCA offers classes in Tap, Jazz and Ballet Dance for all ages.



YMCA SUMMER SPORTS CAMPS

Our summer sports camps will feature an amazing collection of High School and Elementary Coaches throughout the county. These camps are designed to accelerate the learning process of skills in the rapidly changing world of basketball, volleyball, tennis and golf today!

YVOLLEYBALL™

We build strong kids, strong families, strong communities.

Girls and Boys / Grades 4-8

Dates: June 28–July 1 (M–TH)

Time: 8:00 AM to 12:00 Noon

Cost: Member: \$40 / Non-member: \$60

**\$10 discount for each additional sibling*



Girls and Boys / High School

Dates: June 28–July 1 (M–TH)

Time: 5:00PM to 8:00PM

Cost: Member: \$40 / Non-member: \$60

**\$10 discount for each additional sibling*

YBASKETBALL™

We build strong kids, strong families, strong communities.

Please see back page for basketball camp information!



USTA Tennis Camps & Classes



For the past 6 years, the YMCA's tennis camps have helped hundreds of participants come away with an improved tennis game and a greater love of the sport!

Beginning Youth Camp

Dates: July 19–22 (M–TH)

Time: 9:00 to 10:30 AM

Cost: Members: \$25 / Non-members: \$40

Ages: Grades 1–6

Location: Yreka High School Tennis Courts

Intermediate Youth / Teen Camp

Date: July 19–22 (M–TH)

Time: 10:30 AM–12:00 PM

Cost: Members: \$25 / Non-members: \$40

Ages: Grades 7–12

Location: Yreka High School Tennis Courts

USGA Golf Clinics & Camps



For the third year in a row, the YMCA will be able to expand our golf program this summer with the help of the United States Golf Association! Proper mechanics, etiquette, rules of the game and course management will be featured!

Beginning–Intermediate Youth Camp

Date: July 12–16 (M–F)

Time: 9:00–11:00AM

Ages: 7–13

Cost: Members:\$35 / Non-Members: \$55

Location: TBA

**Cost includes 2 practice rounds on course*

Beginning Adult Class

Date: July 12–15 (M–TH)

Time: 5:30–7:30 PM

Cost: Members:\$35 / Non-Members: \$55



Challenger Sports–British Soccer Camps

Challenger Sports is the #1 soccer camp provider in the United States and Canada. Challenger's British soccer coaches focus on teaching key techniques and technical components of soccer, but they also stress character development in the children. Each participant will receive a camp shirt and a camp ball! **Participants will receive a replica soccer jersey if they register by May 7th!**

Camp	Ages	Date	Time	Cost	Location
First Kicks	3–5	June 21–25	9–10:00 AM	\$64	SDA School Soccer Field 346 Payne Ln. Yreka
Player Development Camp	6–9	June 21–25	10 AM–12 PM	\$89	
Player Development Camp	10–14	June 21–25	12:30–2:30 PM	\$89	



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YMCA Outdoor Recreation Dept.

The Siskiyou Family YMCA offers a variety of outdoor recreation opportunities for the entire family. Siskiyou County is noted for its camping, hiking, mountain biking, fishing, kayaking and whitewater rafting! We plan on putting our local resources to good use this summer!



Whitewater Raft Guide Training

Siskiyou County boasts some of the best whitewater action in the world, and we intend to take advantage of that! For the fifth year in a row, the Siskiyou Family YMCA will be conducting a Whitewater Raft Guide Training. This program consists of two days 'on the water' and one evening in the classroom. Great leadership development program for teens and young adults.

Dates: Wednesday, May 19 (Classroom Work)
Saturday, May 22—Sunday, May 23 ('On Water' Training)

Time: Wednesday: 6-8PM
Saturday: Leave YMCA @ 7:00 AM
Sunday: Return to YMCA @ 6:00 PM

Location: Wed (YMCA) / Sat. & Sun. (Klamath River)

Ages: High School +

Cost: \$100 YMCA Members / \$150 Non-Members

NEW* YMCA Cross Country Race Series

The YMCA is proud to be teamed up with YHS Cross Country Coach and 2010 CIF Model Coach Award Winner Pam Borg to put on it's first ever Cross Country Race Series. Runners of all ages are welcome to join in on the 3 series of 1 Mile (for children) 5k and 8k races.

Date: June 29, July 6 & 13

Time: Races start at 6:00 pm

Cost: \$5 per race/ \$13 for all 3 races

Location: Lower Greenhorn Park

Family/Group Whitewater Rafting Trips

Please check with front desk for more information!

Teen Rafting Trip

Join us for a one day whitewater rafting adventure down the Klamath River. Whether you're a beginner or an expert, you're welcome to join us.



Ages: 13+

Date: Sunday, June 20

Time: Leave YMCA Parking Lot @ 7AM Sunday and
Return to the YMCA Parking Lot @ 7PM

Location: Klamath River—Below Happy Camp

Cost: \$30 YMCA Members / \$45 Non-Members

YMCA Mountain Bike Race Series

For the 7th year in a row, bike racing enthusiast Jason Singleton brings this 3-Race Series to Yreka! Designed for Beginning to advanced mountain bike racers. Registration starts June 1st .

Dates: June 8, 15 & 22 (Tuesday Evenings)

Time: "B" Racers @ 6:00 PM

"A" Racers @ 6:30 PM

Cost: \$8 per race / \$21 for all 3 races

Location: Upper Greenhorn Park

Beginning Kayaking Clinic

Did you know that Yreka is the one of the only towns in the US that can boast having 3 of the top 15 recognized whitewater runs within an hour and a half driving distance? Our instructors will help you get out there and enjoy our amazing local resource!

Date: Saturday, July 10

Ages: High School +

Cost: Members \$40 / Non-members \$60

Location: Klamath River

Beginning Fly Fishing Clinic

We live in one of the hottest fishing regions in the western states. Isn't it about time you tried? Fee includes use of equipment for the evening.

Date: Friday, July 9

Time: 6:00PM-8:00 PM

Cost: Members \$15 / Non-members \$25

Location: TBA

Paintball Adventure

Paintball is a fun, exercise based activity that promotes teamwork and strategy! Cost will cover gear, paintball guns, unlimited air, and 500 rounds of paintballs.



Ages: 13+

Date: Sunday, July 19

Time: Leave YMCA Parking Lot @
5 PM and Return to the
YMCA Parking Lot @ 8:30 PM

Location: John Cunningham's Paintball Range

Cost: \$30 for all participants



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Summer Basketball Camps

Yreka Area

Girls: 4th-9th Grade

Date: June 14-18

Location: YHS Gym

Time 4th-6th Grade: 9am-12pm

Time 7th-9th Grade: 1pm-4pm

Cost: \$40 Member/\$60 Non Member

Boys: 4th-9th Grade

Date: June 14-18

Location: YMCA

Time 4th-6th Grade: 9am-12pm

Time 7th-9th Grade: 1pm-4pm

Cost: \$40 Member/\$60 Non Member



Mt. Shasta Area

Coed: Grades 3rd-8th

Date: June 21-25

Location: Sisson Elementary School

Time: 8:30am-12:00pm

Cost: \$40 participant if registered before June 4th/ \$60 participant if registered after June 4th

***All Basketball Camps offer \$10 discount for additional siblings!**

**Siskiyou Family YMCA
350 Foothill Drive
Yreka, CA 96097**

BULK RATE
U.S. Postage
Paid
Yreka, CA 96097
Permit No. 24

Or Current Resident

For information or registration call 842-(YMCA) 9622