My Y Story

"My son has high-functioning Autism. Since starting childcare at the Y, he has really come out of his shell. He speaks more, is more social, and happier in general. Previously he was very quiet and kept to himself, and now he will engage his peers in conversation, and participate in activities with them. He is now helpful with picking up toys and better at learning how to take turns. He has made friends, and always tells me about his day at the Y when I pick him up. The staff have been wonderful, understanding and extra patient. We really feel that he is safe and well taken care of at the Y. Thank you from the bottom of our hearts."

Simi Y Parent
STORIES

My Y Story

“Our family has been going through a very rough and sad time. We have lost loved ones and had many heartbreaking things happen in our family circle in the last two months. It is during these times that it is difficult to keep one’s faith. It only takes one small act of kindness to begin to restore and build that faith as the Y’s gift of a Christmas tree has done. As we enjoy the scent of the tree and as these four children hang ornaments, we will be saying a prayer for the Y and all the behind the scenes work that made this possible.”

Simi Y Family
"We have been members of the Simi Y for about 3 years, and our lives have benefitted in so many ways ever since. By showing our daughters that mommy and daddy are swimming or running on the treadmill proves by example to them that exercise is extremely important. My daughters have benefitted tremendously from Y programs including gymnastics, ballet and tap as well as swim lessons. The Y is like a second home. Showing our kids the importance of physical activity on our mind, body and soul has been possible through the Y." Simi Y Family