2019-2020 Program Guide
THE SIMI VALLEY FAMILY YMCA
a branch of the Southeast Ventura County YMCA
805-583-5338 • www.sevymca.org
OUR MISSION
The Southeast Ventura County YMCA builds relationships, impacts lives and strengthens our community through youth development, healthy living and social responsibility.

YOUR MEMBERSHIP
When you join the Y, you join a community of men, women and children who are committed to youth development, healthy living, and social responsibility. Whether you are interested in being fit, making friends, supporting your community, or all three, the Y can help you reach those goals. Our staff is committed to providing you and your family with classes, programs, and activities designed to help you learn, grow and thrive.

FINANCIAL ASSISTANCE
Our programs and membership are designed for everyone. It is the goal of the YMCA to be affordable to all. As a result, a financial assistance program is offered. Financial assistance is made possible by the generous support of members, individuals, foundations and businesses through the “Annual Support Campaign.” Financial assistance applications are available at the Welcome Center and at sevymca.org.

NATIONWIDE MEMBERSHIP
In addition to your membership at the Simi Valley Family YMCA, you’ll be able to access YMCA facilities throughout the entire United States as part of our Nationwide Membership initiative. So whether you are on vacation or traveling for work the Y is there for you.

SATISFACTION GUARANTEE
We are so confident in meeting your needs that we offer a 30-day satisfaction guarantee. We will refund your money within the first 30 days of your join date, provided you have used the Y 6 times and attended a fitness orientation with a staff member.

(Guarantee applies to full memberships only.)

FACILITY HOURS
Monday – Thursday 5:30 A.M. – 10:00 P.M.
Friday 5:30 A.M. – 9:00 P.M
Saturday 6:00 A.M. – 5:00 P.M.
Sunday 9:00 A.M. – 4:00 P.M.
*Pools close 30 minutes prior to facility closing.

HOLIDAYS
The Y will be closed in observance of the following holidays:

2019 Holiday Closings
Labor Day, September 2
Thanksgiving Day, November 28
Christmas Eve, December 24, Close at 1:00 P.M.
Christmas Day, December 25
New Year’s Eve, December 31, Close at 1:00 P.M.

2020 Holiday Closings
New Year’s Day, January 1
Easter Sunday, April 12
Memorial Day, May 25
Independence Day, July 4

FACILITY MAINTENANCE AND UPGRADE CLOSINGS
It is necessary from time to time to close YMCA areas and/or the building for short periods due to facility improvements and construction.

The Y does not provide refunds or credits due to occasional building or specific facility area closings.

VOLUNTEER OPPORTUNITIES
The Y is a cause for strengthening communities, committed every day to youth development, healthy living, and social responsibility. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change in your own neighborhood. No matter what your special talents, interests, or schedule, you can impact the lives of others as a YMCA Volunteer.

EMPLOYMENT OPPORTUNITIES
For employment opportunities, please stop by our Welcome Center in the lobby, or call 805.583.5338.
Y MEMBERSHIPS

FULL MEMBERSHIP
The Benefits of Full Membership Include:
• A wholesome, family oriented environment
• Knowledgeable fitness staff
• FREE fitness orientation
• More than 50 weekly group exercise classes
• More than 30 weekly aquatics fitness classes
• Dance classes
• Martial Arts
• Youth Gymnastics
• Youth Boxing
• Family/recreational swim time
• FREE Child Watch
• Priority registration and special rates for programs
• Nationwide Membership
• Guest privileges
• Family Fun Nights and special events

Facility Features Include:
• Fitness Center with full lines of strength and cardio equipment
• Free Weights
• Youth Fitness Center
• T-Wall – Interactive Fitness Wall
• Indoor Aquatics Center with 25 yard indoor lap pool and warm water pool
• Aquatics exercise equipment
• Group Exercise Studio with full schedule of classes including MOSSA: Strength Train Together
• Locker rooms

PROGRAM MEMBERSHIP
The Y is a membership based organization. As a Y-Program Member, you can sign up for a specific class or activity you choose at a designated fee. Y-Program Members can only participate in those activities for which they are enrolled and do not have facility use privileges except for on special occasions.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Monthly Membership Fee</th>
<th>Monthly Option Joining Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>$86</td>
<td>$50</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>$69</td>
<td>$25</td>
</tr>
<tr>
<td>Couple</td>
<td>$76</td>
<td>$50</td>
</tr>
<tr>
<td>Individual</td>
<td>$54</td>
<td>$25</td>
</tr>
<tr>
<td>Teen</td>
<td>$34</td>
<td>$0</td>
</tr>
</tbody>
</table>

THERE ARE TWO METHODS OF PAYMENT
A. MONTHLY AUTOPAY – AS EASY AS 1–2–3
Continuous membership through payment of a low monthly fee.
1. Complete a membership application form.
2. Complete and sign authorization for bank or credit card company to make monthly membership payment to YMCA.
3. Provide YMCA with a voided check/credit card number and a down payment (first month and joining fee).
Cancellation must be in writing with a 15-day notice.

B. ANNUAL PAYMENT
Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check or credit card.

JOINING THE Y IS SIMPLE
• There is a joining fee with every new Y membership. You will never have to pay this fee again as long as you keep your membership current. If the membership is inactive for more than 30 days, it is no longer considered current.
• Memberships discontinued for 30 days or more are subject to being charged the joining fee.

Individual Program Membership $40/year
Family Program Membership $80/year
Y MEMBERSHIPS

CHILD WATCH
While working out or participating in a Y program, Full Members are invited to use our complimentary Child Watch service. Children ages three months to twelve years can enjoy supervised playtime for up to 2 hours while parents are in the facility. All Child Watch staff are trained and certified in CPR and First Aid. Parents are required to observe our sign in/out policy. Diaper changing is not provided; parents will be called to change diapers.

Child Watch is offered for children ages 3 months to 11 years old.

Child Watch Hours:
Monday – Friday 8 A.M. – 12 P.M.
4 P.M. – 7 P.M.
Saturdays 8 A.M. – 12 P.M.
Sundays 9 A.M. – 12 P.M.

GUEST POLICY
We encourage adult Full Members 18 years and over to introduce family and friends to the Y. Our guest policy has been adopted to protect our members and assure safety.

• YMCA member ID is required.
• Guests must show a photo ID and sign a waiver of liability.
• Guests under 18 must be accompanied by a parent or legal guardian who must sign a waiver of liability and remain in the facility for the entire visit.
• All guests must follow YMCA policies and procedures.
• Guests are limited to two visits.

SAVE THE DATES

EVENT CALENDAR

September 2019
Family Fun Movie Night
September 14, 2019, 7:00 P.M. – 9:00 P.M.
Enjoy popcorn and watch a movie with other family members at the Y.

October 2019
Member Get a Member
October 1st – 31st, 2019
Refer a friend to join the Y and save. Contact the Welcome Center for more information.

Halloween Family Fun Night
October 11, 2019, 7:00 P.M. – 8:30 P.M.
A family friendly pre-Halloween tradition at the Y! Come in costume to enjoy games, trunk or treat, crafts, activities, snacks and more. This fun family event is open to the community.

November 2019
35th Anniversary Event
November 9, 2019
The Simi Valley Family YMCA is turning 35 years old in 2019! We want to celebrate this milestone with the community we serve. Tickets available at www.sevymca.org/thirtyfive. The event will include dinner, drinks, entertainment and fellowship. We will honor our devoted volunteers for their time, talent and treasure to the Simi Valley YMCA. We hope you join us!

Location: Rancho Santa Susana Community Center
5005-C Los Angeles Avenue, Simi Valley, CA 93063

Ticket Price:
$35 – early bird pricing until October 1
$50 – after October 1
$350 – for a table of 10

Aquatic Family Fun Night
November 8, 2019, 6:30 P.M. – 8:30 P.M.
Bring your suit and a towel and enjoy fun aquatic activities for the entire family. Snacks will be provided.

Turkey Burn Off Friday
November 29, 2019, 8:00 A.M. – 11:00 A.M.
Participants can take part in a series of 30-minute, group exercise classes from 8:00 a.m. to 11:00 a.m. with new classes starting every half hour. The classes include indoor cycling, muscle conditioning, aerobics, pilates, yoga, and ab/core exercises. The classes are designed for all fitness levels and are free to the public. A great way to burn off the holiday feast!
December 2019

Parent’s Night Out – A Night to Shop
December 13, 2019, 6:00 P.M. – 9:00 P.M.
Kids enjoy a Y staff supervised dinner, crafts, games, activities, or a movie while parents enjoy a night out. Parents Night Out is open to all Y Full Facility Members.

Pictures with Santa
December 14, 2019, 10:00 A.M. – 12:00 P.M.
Santa Claus is coming to town! Bring your little ones to the Simi Valley Family YMCA to take a picture with Santa.

Giving Tree December 2019
Help a family in need celebrate Christmas. Stop by the Welcome Center and select a tag from the Christmas Tree. Purchase gifts for the family and bring them back to the Y. The Y will deliver the gifts to the family.

Y’s Men Christmas Tree Lot December 2019
Celebrate the holiday with a fresh, beautiful tree from the Y’s Men Tree Lot. The lot opens in early December and closes just before Christmas. Proceeds from this event help support the YMCA financial assistance program.

January 2020

Zumba Family Fun Night
January 17, 2020, 7:00 P.M. – 8:00 P.M.
Focus on your family’s health and commit to get fit as a family! Enjoy healthy snacks and participate in a Zumba class taught by a certified instructor.

February 2020

Parent’s Night Out — Date Night
February 7, 2020, 6:00 P.M. – 9:00 P.M.
Kids enjoy a Y staff supervised dinner, crafts, games, activities, or a movie while parents enjoy a night out. Parents Night Out is open to all Y Full Facility Members.

Annual Support Campaign 2020
Our annual fundraising campaign is led by volunteers who come together to raise funds which help support Simi Valley families, seniors and individuals by providing them financial assistance. Financial assistance provides opportunities to those who could not otherwise afford our programs to participate in childcare, camps, aquatics, youth sports, and facility memberships.

March 2020

Safety Around Water
March 23 – 27, 2020
Safety Around Water is a FREE water safety and basic swimming program for those with little or no experience. It is open to the entire community. Classes are grouped by age with morning and evening classes available. For more information contact the Simi Valley YMCA Welcome Center at (805) 583-5338.

April 2020

Aquatic Family Fun Night
April 14, 2020, 6:30 P.M. – 8:30 P.M.
Bring your suit and a towel and enjoy fun aquatic activities for the entire family. Snacks will be provided.

May 2020

Member Appreciation Day
May 20, 2020
As a gesture of thanks to our members, the Y celebrates our members by offering a little something extra when you visit the Simi Y. Complimentary snacks and drinks will be provided.
YOUTH DEVELOPMENT
PRESCHOOL

The YMCA state licensed preschool is located at the Justin Early Learning Academy. The YMCA trained staff have completed at least 12 Early Childhood Education Units. There is 1 staff to every 12 children.

LOCATION: 2245 N. Justin Ave
            Simi Valley, CA 93065

CURRICULUM:
Each learning experience in our program develops one or more skills or concepts from these content areas:

• Fine and Gross Motor Skills
• Cognitive Development
• Science and Mathematics
• Language and Cultural Arts
• Social & Emotional Development
• Values

AGES: 2 1/2 to 5 (must be potty trained)
DAYS: Monday – Friday

HOURS:
FULL DAY 7:00 A.M. - 6:00 P.M.
PART DAY 7:00 A.M. - 1:00 P.M.

A TYPICAL DAY

<table>
<thead>
<tr>
<th>TIME</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>Interest Centers/Breakfast</td>
</tr>
<tr>
<td>8:30</td>
<td>Greeting/Group Circle Time</td>
</tr>
<tr>
<td>8:45</td>
<td>Hand Washing/Morning Snack</td>
</tr>
<tr>
<td>9:00</td>
<td>Outside Time</td>
</tr>
<tr>
<td>10:00</td>
<td>Inside Curriculum/Centers</td>
</tr>
<tr>
<td>11:00</td>
<td>Small Group Activities</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch (provided by parent)</td>
</tr>
<tr>
<td>1:00</td>
<td>Quiet Individual Reading/Nap Time</td>
</tr>
<tr>
<td>3:00</td>
<td>Interest Centers/Hand Washing/ Snack</td>
</tr>
<tr>
<td>4:30</td>
<td>Outside Play/Outside Clean Up</td>
</tr>
<tr>
<td>5:30</td>
<td>Inside Play/Clean Up</td>
</tr>
<tr>
<td>6:00</td>
<td>School Closes</td>
</tr>
</tbody>
</table>

Preschool Tuition

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>FULL TIME</th>
<th>PART TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Day</td>
<td>$695</td>
<td>$520</td>
</tr>
<tr>
<td>Part Day</td>
<td>$495</td>
<td>$325</td>
</tr>
</tbody>
</table>

*We accept CDR/CHS.
**Financial assistance is available to those who qualify.
YOUTH DEVELOPMENT
CHILD CARE

BEFORE AND AFTER SCHOOL-AGE CHILDCARE
REGISTER EARLY, SPACE IS LIMITED!
The Simi Valley Family YMCA Before and After School Program is a state-licensed, value enriched program that provides safe, caring, convenient, and reliable fun in a supervised setting for students in Kindergarten through 6th grade. We run a ratio of 1 staff to 14 students. Staff are Y trained and CPR/First Aid Certified.

TIMES: Before school 6:00 A.M.– 8:30 A.M. After school 12:30 P.M. – 6:30 P.M. *Conveniently open for local holidays and staff development days!

Before and After School Program Curriculum: Sports, Nutrition, Creative Play, Arts and Crafts, Games, Academics (science, math, language, cultural awareness, and homework), Values (Respect, Honesty, Caring and Responsibility)

CHILD CARE PROGRAM LOCATIONS:

- Arroyo Elementary
- Atherwood Elementary
- Big Springs Elementary
- Hollow Hills Fundamental
- Katherine Elementary
- Santa Susana Elementary
- Sycamore Elementary
- White Oak Elementary

*A.M. care is provided at these locations.

We provide transportation to and from selected schools.

Child Care Monthly Fees

<table>
<thead>
<tr>
<th>Category</th>
<th>Full time (4–5 days)</th>
<th>Part time (2–3 days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.M. Care</td>
<td>$115</td>
<td>$95</td>
</tr>
<tr>
<td>P.M. Care</td>
<td>$410</td>
<td>$285</td>
</tr>
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</table>

*We accept CDR/CHS
*Financial assistance is available to those who qualify.
SUMMER DAY CAMP
At the Y’s Summer Day Camps, every day is an adventure, filled with fun and shared with friends. For parents, camps are safe, affordable and convenient, with hours to accommodate their busy work schedules.

Registration begins March 1, 2020
GRADES: K–8
SUMMER STARTS: June 8, 2020
HOURS: 6:30 A.M.–6:30 P.M.
FEES: TBA January, 2020

To achieve this purpose, program staff and volunteers have adopted the following goals:
• Employ and train staff who are good role models and skilled in leading group work and outdoor activities.
• Develop and maintain facilities and equipment that provide a safe environment for exploration and growth.
• Prepare program plans that ensure an organized and well-rounded camp experience.
• Cultivate in campers strong feelings of self-worth, appreciation of diversity in others and creation of lifelong friendships.

AWAY CAMP
Join the Simi Valley Family YMCA for an unforgettable summer of magic, memories, and friendship! Campers in grades 4th - 12th spend an entire week in the beautiful mountains of Big Bear discovering and reconnecting with nature, among the trees and under the stars. Archery, canoeing, climbing wall, riflery, campfires, swimming, high ropes course, arts and crafts, and dances are just some of the activities that will make this the best summer ever!

For more information please contact the Conejo Valley YMCA at 805.523.7613
YOUTH DEVELOPMENT
SWIM LESSONS

YMCA aquatic programs promote the development of the whole person – spirit, mind, and body. In order to obtain the highest quality of instruction, our swimming lessons are structured around a child-centered learning model and children are divided into ability appropriate levels. Our trained instructors emphasize personal water safety, swimming skills, endurance, and social skills; while guiding children with praise and encouragement. Lessons are scheduled to conveniently take place once or twice a week, Monday-Thursday and Saturday, but please keep in mind that success in developing skills comes with increased repetition.

PARENT CHILD (6 months – 3 years)
Our Parent-Child Swim classes provide guidance on how to develop your child’s swimming abilities and how to protect them from harm in, on, and around the water. Research shows that participating in formal swimming lessons can reduce the risk of drowning by 88% in children ages 1-4, but we know that the water can sometimes be a scary place for children. Our Parent-Child Swim classes offer the perfect way for parents and guardians to share in the joy of helping children swim confidently for the very first time.

PRE SCHOOL (3–5 years)
PIKE (stage #1): Ages 3–5, Beginner Level I - Basic paddle stroke, kicking skills, pool safety and comfort with holding face in the water while blowing bubbles and swimming.
EEL (stage #2): Ages 3–5, Beginner Level II - Kick, float and perform the progressive paddle stroke. To move on, children will swim across the instructional pool without assistance using a float belt.
RAY (stage #3): Ages 3–5, Intermediate Level I - Improve stroke development, learn more personal safety and rescue skills, build endurance by swimming on their front and back and learn to tread water. To move on, children will swim across the instructional pool area on their front and back without assistance.

YOUTH LEVELS (6–14 years)
POLLIWOG (stage #1/2): Ages 6+, Beginner Level I - Designed for the school-age beginner with little or no experience, swimmers learn the basics of kicking, arm motions, breathing, floating and safety.
GUPPY (stage #2/3): Ages 6+, Beginner Level II - This level is for the school age advanced beginner, able to swim 15 feet on their own but needing to work on freestyle technique. Swimmers learn rhythmic breathing, backstroke and continue to build endurance while learning safety skills and having fun.
MINNOW (stage #3/4): Ages 6+, Intermediate Level I - For children who can already swim one length of the lap pool, (25 yards,) with freestyle, backstroke, sidestroke, and breaststroke. Swimmers learn to refine stroke skills as personal safety and rescue skills are introduced.
FISH (stage #5): Ages 6+, Intermediate Level II - Swimmers perfect the crawl stroke, elementary backstroke, back crawl stroke, breaststroke and the sidestroke with turns. Swimmers are also introduced to the butterfly stroke and mask and fins.
FLYING FISH (stage #6): Ages 6+, Advanced Level I - For children who can already swim 100 yards of freestyle and 50 yards of backstroke and breaststroke. Flying Fish is designed as a swim team preparatory class. In an advanced setting, swimmers work on stroke refinement and increasing their endurance in the pool.
SHARK (stage #6): Age 6+, Advanced Level II - This class is for the advanced swimmer interested in preparation for swim team. Kids should be able to swim 150 yards freestyle, backstroke, breaststroke, and 50 yards butterfly. There will be a strong emphasis on technique and endurance for individual medley strokes. The swim class will include improvement on competitive starts, turns, plus expansion on rescue skills and aquatic emergencies.

SWIM LESSONS FOR CHILDREN WITH SPECIAL NEEDS:
Swim Lessons are available for children with special needs. Lessons are developed to provide a safe, effective, and successful class for individuals requiring adaptations to any or all environments, equipment, instructional strategies, skill techniques, and teaching methods. Classes are taught by swim instructors who have experience working with children with special needs.
# SCHOOL YEAR SWIM LESSONS

Please arrive a few minutes prior to your lesson. • Please note the specific lesson start and end time.

<table>
<thead>
<tr>
<th>Weekday Lesson Times</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Weekend Lesson Times</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:40–4:10 P.M.</td>
<td>Pike, Eel, Ray</td>
<td>Pike, Eel, Ray</td>
<td>Pike, Eel, Ray</td>
<td>Pike, Eel, Ray</td>
<td>9:30–10:00 A.M. 10:40–11:10 A.M.</td>
<td>Parent/Tot, Pike, Eel, Ray</td>
</tr>
<tr>
<td>4:15–4:45 P.M.</td>
<td>Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark</td>
<td>Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark</td>
<td>Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark</td>
<td>Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark</td>
<td>10:05–10:35 A.M. 11:15–11:45 A.M.</td>
<td>Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark, Adult</td>
</tr>
<tr>
<td>4:50–5:20 P.M.</td>
<td>Private</td>
<td>Private</td>
<td>Private</td>
<td>Private</td>
<td>11:50–12:20 P.M.</td>
<td>Private, Adult</td>
</tr>
<tr>
<td>6:00–6:30 P.M.</td>
<td>Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark, Adult</td>
<td>Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark, Adult</td>
<td>Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark, Adult</td>
<td>Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark, Adult</td>
<td>1:00–1:30 P.M.</td>
<td>Private</td>
</tr>
<tr>
<td>6:35–7:05 P.M.</td>
<td>Private</td>
<td>Private</td>
<td>Private</td>
<td>Private</td>
<td></td>
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</tr>
</tbody>
</table>

### All swim lessons are once a week for 7-week sessions unless noted.

**Swim Lesson Fees**

<table>
<thead>
<tr>
<th>Group Lessons: 1 day/week</th>
<th>Family Full Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>$56 for 7 lessons</td>
<td>$112 for 7 lessons</td>
<td></td>
</tr>
</tbody>
</table>

| Group Lessons: 2 day/week | $102 for 14 lessons | $214 for 14 lessons |

| Private Lessons | $175 for 7 lessons | $275 for 7 lessons |

| Program Membership Fee | None | $40 for Individual/ $80 for Family |

### Aquatic Policies

- Swim lesson registration closes the Thursday prior to start of each session.
- Please attend your scheduled class, as make-up classes are not available for non-attendance. No credits or refunds will be given.
- Swim diapers required for all Parent/Child swim lessons.
- We cannot guarantee that the instructor that you are requesting will be available. We will do our best to accommodate your request.
- All schedules are subject to change with notifications.

### Session Dates

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall I</td>
<td>August 19 – September 28 (No classes September 2)</td>
</tr>
<tr>
<td>Fall II</td>
<td>September 30 – November 9 (No classes October 31)</td>
</tr>
<tr>
<td>Fall III</td>
<td>November 11 – December 21 (No classes November 28–30)</td>
</tr>
<tr>
<td>Winter</td>
<td>January 6 – February 22</td>
</tr>
<tr>
<td>Spring I</td>
<td>February 24 – April 18 (No classes March 23–27)</td>
</tr>
<tr>
<td>Spring II</td>
<td>April 20 – June 6 (No classes May 25)</td>
</tr>
</tbody>
</table>

### Age Group and Level

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Months–3 Years</td>
<td>Parent/Tot</td>
</tr>
<tr>
<td>3–5 Years</td>
<td>Pike, Eel, Ray</td>
</tr>
<tr>
<td>6–14 Years</td>
<td>Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark, Dolphin</td>
</tr>
<tr>
<td>15 Years Old and Up</td>
<td>Adult</td>
</tr>
</tbody>
</table>

For more information call 805-583-5338. For updated schedules stop by the YMCA.
HEALTHY LIVING
SWIM TEAM

STINGRAYS
Our Swim Team offers swimmers of all ages and abilities the chance to refine their strokes and improve cardiovascular fitness, strength and endurance through distance swimming, sprint swimming and upper and lower body workouts. Is your swimmer ready to compete?

“I like going to our swim meets because they’re pretty fun. Competing is cool too. I’m trying out for my school’s swim team next month, so my coach is helping me improve my time and technique.”

Individual teams are organized by ability levels and are designed to help team members improve and refine the four competitive strokes, sets, starts and finishes. Workouts include endurance, speed and drill techniques, with a healthy dose of teamwork and sportsmanship. Teams practice several times per week and we encourage all swimmers to attend regularly.

To ensure each athlete’s safety and success, all participants must pass a swim test to qualify as a team member. We’d love to have your swimmer as a part of our team. Contact us for further details about your child’s eligibility and swim team prerequisites.

TIMES: 5:00-6:00 P.M. or 6:00-7:00 P.M.
DAYS: Monday – Thursday.
FEES: 3-4 Day Option
Full Member - $55
Program Member - $110
2 Day Option
Full Member - $45
Program Member - $90

DOLPHIN FITNESS (6–14 years)
Excellent preparation for Swim Team or for overall cardiovascular endurance and muscle development. Student must have been passed into this level or be swim tested to participate.
If you’re unsure which program your child should attend, just give us a call and we’ll explain all the details.

TIMES: 5:00-6:00 P.M.
DAYS: Mondays and Wednesdays
FEES: Full Member - $45
Program Member - $90

MASTER SMIM TEAM
(ALL LEVELS WELCOME)
A group workout led by a swim coach. Free personalized workout designed from 30 minutes to 2 hours. Adults will improve their swim speed, technique, and endurance while having fun. Perfect for triathletes, lap swimmers, and endurance athletes. For 18 years and older.
Note: Two lap lanes are open for lap swimmers.

TIMES: 5:35 A.M. – 7:00 A.M.
DAYS: Mondays, Wednesdays, Fridays
FEES: Full Member – Included with membership
Program Member – $54 monthly fee
The Y offers a wide range of swimming options for the whole family. Our two indoor heated pools operate year round. Activities in the pools are designed to promote healthy lifestyles and offer opportunities to meet other members at the Simi Valley Family YMCA. For an updated class schedule, stop by the Welcome Center.

**JOINT MOBILITY:**
This class will provide you the opportunity to work out sore joints and aches and pains that accompany fibromyalgia, arthritis, osteoarthritis, or just those everyday aches and pains. Taught in the warm water pool.

**LOW IMPACT WATER EXERCISE TRAINING:**
An intermediate step between Joint Mobility and W.E.T., this class provides a full body workout with smooth low impact moves. Taught in the warm water pool.

**WATER EXERCISE TRAINING**
Improve your cardiovascular endurance and muscle tone using the buoyancy and resistance of the water. W.E.T. provides a great workout with no impact or harmful effects on joints/muscles, and you stay cool during your workout! Taught in the main pool.
HEALTHY LIVING
HEALTH, WELL-BEING, AND FITNESS

WELLNESS ORIENTATION
Are you a new member of the Simi Valley YMCA? Schedule your FREE Wellness Orientation at our Welcome Center today. One of our certified fitness coaches will show you how to use our cardio and strength equipment to ensure you have the necessary tools to begin your journey to health. (Ages 12+)

PERSONAL TRAINING
Get motivated with a Personal Trainer. Imagine having a professional at your side to ensure you receive proper knowledge, safety, and maximum results in your workout! Our trainers are experienced and friendly.

• Does your workout need some personal attention?
• Do you have special needs or are you recovering from an injury?
• Are you looking to achieve a specific goal or look better for a special event (i.e. wedding)?
• Do you need to jump start your exercise regime?

FEE:
3 sessions $135 ($45.00/session)
6 sessions $255 ($42.50/session)
12 sessions $480 ($40.00/session)

DIABETES PREVENTION PROGRAM
The Simi Valley Family YMCA is hosting a one year, community based, lifestyle intervention program for adults at high risk of developing type 2 diabetes. In partnership with Adventist Health Simi Valley, this program is designed to enable adults to adopt and maintain lifestyle changes that will improve their overall health and reduce their risk of developing type 2 diabetes. See our welcome center for more information.

FEE: $17.50 per participant

JOINT PREHABILITATION PROGRAM
For a stronger, shorter recovery from surgery
In partnership with Adventist Health Simi Valley, the Simi Valley Family YMCA offers a prehabilitation program to joint replacement surgery patients to prepare them for surgery. Participants receive a full membership at the Y until their surgery date. Participants only pay 25% of the cost and AHSV pays the rest. For questions regarding this program contact Adventist Health Simi Valley at 805.955.6233.

FEE: $17.50 per participant

Please call Erin Wimmer at 805.583.5338 x 234 for more information.
SIMI Y CYCLING CLUB

Join us for Fun, Fitness, and Fresh Air!
• Free Cycling Club
• Organized rides
• Connect with and gain knowledge from other cyclists
• Non-competitive

Simi Y Cycling Club is a group of social riders who love to get out and ride bicycles for exercise and have fun. Riders will need a helmet, a bicycle that is in good working condition, and possess some bicycling experience.

AGES: Must be 16 years or older to participate. If under 18, must be accompanied by a parent or guardian.

DAYS: Rides will be on the 1st and 3rd Saturday of every month.

LOCATION: Rides will start at the Simi Valley YMCA and will remain in Simi Valley depending on the group and experience level.

5K TRAINING – ROAD TO SUCCESS
Have you ever considered running a 5K (3.1 mile course) but chose not to because you lacked the confidence or knowledge to prepare for the race? Let the YMCA Fitness Coaches guide you through the process and ensure your success. Make an appointment with a fitness coach today and check out the upcoming events:

• Community Health & Fitness Expo Tooth Fairy Run 5K/10K
  Saturday, October 12, 2019 at 8:00 A.M. www.freeclinicsv.com
• Conejo YMCA Turkey Day Dash 5K
  Thursday, November 28, 2019 at 8:00 A.M www.turkeydaydash.org
• Gator Run 5K/10K

Contact Mitch McManus at mmcmanus@sevymca.org for more information
HEALTHY LIVING
HEALTH, WELL-BEING, AND FITNESS

F MOSSA: STRENGTH TRAIN TOGETHER – Results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight.

F CARDIO, CORE, & MORE – High energy and high impact class that combines cardio conditioning, core work, and resistance training. A challenging workout for all levels of fitness.

F LOW IMPACT CARDIO STRENGTH – A calorie burning full body workout using dumbbells, bands, steps, and more!

F TOTAL BODY CONDITIONING – This strength training class is aimed at increasing muscular strength, endurance, and definition for your entire body. Helps to increase bone density, burn fat, and improve your quality of life.

F PILATES – Helps to build strength and flexibility with an emphasis on lengthening the body and aligning the spine. Mats provided. All levels are welcome! Try our classic or power format.

F YOGA – Combines core conditioning with flexibility to promote a healthy relationship between mind, body and spirit. Yoga mats provided. Try our Hatha or Flow format.

F YOGA FOR BALANCE (Chair) – A modified, gentle form of Yoga practiced sitting in a chair.

F ZUMBA – A very dynamic and exciting class full of Latin and Exotic music flavors. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals, and the most important muscle in the body, the heart!

F STRONG BY ZUMBA – combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

F ZUMBA GOLD – This class recreates the original Zumba moves at a lower intensity. The class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.

F GROUP CYCLE – An instructor led cycling class designed to build strength, endurance, and expend calories for a total aerobic workout. All levels of fitness are welcome!

F LINE DANCING – This class will keep you moving with fun dance steps performed to a variety of music.

F CORE FUSION – This class is a blend of total body conditioning, Pilates, and yoga stretches. It will strengthen your core and more, and increase your flexibility.

F TOTAL BODY SHRED – Incorporates dumbbells, body weighted exercises, and classical pilates to build core strength.

F SENIOR STRONG – A stress free energetic class geared towards seniors. This low-impact class will help to increase flexibility, strengthen muscles, and improve day to day functions.

F T’AI CHI – A slow, gentle exercise based on the internal, soft Chinese martial arts and is suitable for all ages. The benefits of T’ai Chi include improved posture, coordination, flexibility, stress management, balance, strength, and more. Wear comfortable clothes and shoes, but no special equipment is required.

F Indicates Family Classes (12 & up)

Y fitness classes are included with full membership. These fitness classes are for full members only. Schedules are available at our welcome center in the lobby, or online at sevymca.org
HEALTHY LIVING
HEALTH, WELL-BEING, AND FITNESS

YOUTH FITNESS CENTER
The Youth Fitness Center, equipped with youth size equipment, is a place for our younger members to develop healthy habits that they will carry throughout their lives. A safe, fun, supervised environment where boys and girls ages 8 to 13 can participate in the cardiovascular, resistance training and flexibility activities that are appropriate for their age. Certified fitness instructors will teach children aspects of a healthy lifestyle.

AGES: 8 to 13
DAYS/TIMES: Monday – Thursday 4:30 - 7:00 P.M.
FEES: Full Member Included with Membership

T-WALL CIRCUIT
Youth will improve their power, agility, endurance, flexibility and reaction time utilizing our fun interactive fitness wall.

AGES: 8 to 13
DAYS/TIMES: Tuesdays and Thursdays 6:00 – 6:45 P.M.
FEES: Full Member Included with Membership Program Member $35/7-week session

KARATE/JJUJITSU
Karate/Jujitsu is a practical and effective way to learn to defend yourself. The class will instruct you in techniques of joint locks, throws, strikes, kicks, and blocks. Through practice, you will gain endurance, flexibility, and improve coordination while having a great time and a good workout. Children will develop self-confidence, respect, discipline, and concentration – values and skills that will support them the rest of their lives. Wear comfortable, loose fitting clothing. Uniforms (Gi) are not required; however, they are available through the Sensei. Taught by Sensei Alan McNary

AGES: 7 to Adult
DAYS/TIMES: Saturdays 11:00 A.M.-12:00 P.M.
FEES: Full Member $40/7-week session Program Member $80/7-week session

BOXING BASICS
Youth will learn the basics of boxing in a fun and safe environment. The class will incorporate focus mitts, heavy bag and cardiovascular training.

AGES: 8 to 13
DAYS/TIMES: Mondays and Wednesdays 5:00 – 5:45 P.M. 6:00 – 6:45 P.M.
FEES: Full Member Included with Membership Program Member $35/7-week session

KID FIT
Designed to help children, ages 3-7, develop an early understanding of the basic principles of health and fitness. Children learn the basics of good nutrition, proper stretching techniques, the benefits of exercise, and the emotional benefits in a fun atmosphere with music. All sessions conclude with an exercise designed to develop self-esteem.

AGES: 3 to 7
DAYS/TIMES: Tuesdays 3:30 - 4:30 P.M.
FEES: Full Member Included with membership Program Member $40/7-week session
HEALTHY LIVING
HEALTH, WELL-BEING, AND FITNESS

YOUTH GYMNASTICS
Classes are designed to build self-esteem, confidence, body coordination, balance, and motor skills. Kids are introduced to a group environment. Classes will cover the fundamentals of gymnastics, tumbling skills, and different types of apparatus, which in turn will increase muscle strength and flexibility. Fun for all ages!

BEGINNING/INTERMEDIATE
AGES: 6 to 11
DAYS/TIMES: Wednesdays 3:45-4:30 P.M.
FEES: Full Member $40/7-week session
Program Member $80/7-week session

MOMMY & ME
AGES: 2 to 3
DAYS/TIMES: Thursdays 9:00 A.M.-9:45 A.M.
FEES: Full Member $40/7-week session
Program Member $80/7-week session

TINY TOT
AGES: 3 to 5
DAYS/TIMES: Wednesday 3:00 P.M.-3:45 P.M.
Thursday 9:45 A.M.-10:30 A.M.
FEES: Full Member $40/7-week session
Program Member $80/7-week session

GIRLS & BOYS DEMO TEAM
AGES: 6 to 11
DAYS/TIMES: Thursdays 3:00 P.M.-3:45 P.M. (Girls)
Thursday 3:45 P.M.-4:30 P.M. (Boys)
FEES: Full Member $40/7-week session
Program Member $80/7-week session
HEALTHY LIVING
HEALTH, WELL-BEING, AND FITNESS

PRESCHOOL BALLET & TAP
Specially designed for the little ones who are ready for their first Ballet & Tap class. Dance instruction helps children develop motor skills and coordination. Your child will learn structured dance routines, feel comfortable exploring their artistic side and enhance their grace and poise. Our experienced instructors, will introduce your child to the joy of dance by making it a fun, enjoyable learning experience.

Requirements: Ballet slippers and Tap shoes may be required. See instructor for details.

AGES: 3 to 4
DAYS/TIMES: Saturdays 2:30 P.M. – 3:30 P.M.
FEES:
Full Member
$15/7-week session
Program Member
$40/7-week session

DANCE THEATER
Does your child have an imagination? Then this is the class for them! Dance Theater will explore the children’s imaginations through movement and dance in a fun environment. It will help develop motor skills, coordination and self-esteem. Our experienced instructor will introduce your child to the joy of dance and theater by making it a fun, enjoyable learning experience.

AGES: 4 to 7
DAYS/TIMES: Fridays 3:30–4:30 P.M.
FEES:
Full Member
$15/7-week session
Program Member
$40/7-week session

YOUTH BALLET & TAP
Is your child too old for Preschool Ballet & Tap and wants to take Ballet and Tap? This class uses the same format and is led by our very popular instructors.

Requirements: Ballet slippers and tap shoes may be required. See instructor for details.

AGES: 5 to 8
DAYS/TIMES: Saturdays 1:30 – 2:30 P.M.
FEES:
Full Member
$15/7-week session
Program Member
$40/7-week session
Future athletes start at the Y! Children ages 4–13 will enjoy learning a new sport or developing their skill in a familiar one. Beginner level is a pre-competitive sports program designed to teach the basic rules, skills and tactics of a sport using a unique “games approach” to instruction. Intermediate level is a values-based instructional/competitive program built on the foundation of beginner level. Each participant receives a full uniform, practice time, an 8-week season, and a trophy.

**BASKETBALL LEAGUE**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Divisions / Ages</th>
<th>Days &amp; Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>5–7 years, 8–10 years, 11–13 years</td>
<td>Practices on Wednesdays, Games on Sundays</td>
</tr>
<tr>
<td>(Sept. 18 - Nov. 13, 2019)</td>
<td></td>
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<tr>
<td>Winter</td>
<td></td>
<td></td>
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<tr>
<td>(Jan. 26 - Apr. 5, 2020)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer</td>
<td></td>
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<tr>
<td>(Dates TBD)</td>
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Session Fees: Full Members: $110, Program Members $120

**SOCCER PROGRAM**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Divisions / Ages</th>
<th>Days &amp; Times</th>
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</thead>
<tbody>
<tr>
<td>Summer</td>
<td>4–5 years, 6–8 years</td>
<td>Tuesdays 5 pm - 6 pm, Tuesdays 6 pm - 7 pm</td>
</tr>
<tr>
<td>(June 9 - July 28, 2020)</td>
<td></td>
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<tr>
<td>Fall</td>
<td></td>
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<tr>
<td>(September 3 - October 22, 2020)</td>
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</tbody>
</table>

Session Fees: Full Members: $80, Program Members $90
YOUTH DEVELOPMENT
FAMILY PROGRAMS

JOIN
And become your child’s “friend forever.” The Simi Valley Family YMCA Guide Program is designed to strengthen the bond between parents and children. Attend monthly events including campouts, a pinewood derby and many other fun activities. Come up with Guide nicknames for you and your child, earn patches for your vests, meet other families, and have tons of fun.

Y-GUIDES
Shouldn’t their best childhood memories include you? Designed to help families grow stronger together, Y-Guides is a national program bringing parents and kids, grades K through 4th, closer through new, healthy learning experiences. Throughout an exciting journey of discovery, parents serve as Guides and children as explorers, fostering trust, communication, and memories for a lifetime.

Y-TRAILBLAZERS
For Fifth and Sixth graders, Y-Trailblazers provides a more challenging and varied experience, while teaching leadership and responsibility. Join other parent/child pairs for meetings, fun, fantastic events and outings. Children assume the planning, organization and operation of the meetings with assistance from the parents. Children plan events, set goals, collect dues for outings and activities, and discuss service projects for their community and/or YMCA.

For more info contact:
Megan Tisler at mtisler@sevymca.org
SOCIAL RESPONSIBILITY
COMMUNITY OUTREACH

Y’S MEN
The Simi Valley Y’s Men’s Club is a service club whose primary mission is to support the YMCA. The club meets at the Y on the 2nd and 4th Thursday of every month. There is a business meeting on the 2nd Thursday evening and a dinner meeting on the 4th Thursday evening. The Y’s Men operate a food booth at the Simi Valley Street Fair in May, operate a Christmas Tree lot in December, and organize several other service projects throughout the year.

Y’s MEN CHRISTMAS TREE LOT
December 2019
Celebrate the holiday with a fresh, beautiful tree from the Y’s Men Tree Lot. The lot opens in early December and closes just before Christmas. Proceeds from this event help support the YMCA financial assistance program.

If you’d like to learn more about the Y’s Men, or are interested in joining, please call Dan Jaeger at 805.583.5338.

35th ANNIVERSARY EVENT
November 9, 2019
The Simi Valley Family YMCA is turning 35 years old in 2019! We want to celebrate this milestone with the community we serve. Tickets available at sevymca.org/thirtyfive. The event will include dinner, drinks, entertainment and fellowship. We will honor our devoted volunteers for their time, talent and treasure to the Simi Valley YMCA. We hope you join us!

Location: Rancho Santa Susana Community Center
5005-C Los Angeles Avenue, Simi Valley, CA 93063

Ticket Price:
$35 – early bird pricing until October 1
$50 – after October 1
$350 – for a table of 10

SAFETY AROUND WATER –
Sponsored by Simi Valley Y’s Men
March 23–27, 2020
SAW Week is a FREE water safety and basic swimming program for those with little or no experience. It is open to the entire community. Classes are grouped by age with morning and evening classes available. For more information contact the Simi Valley YMCA Welcome Center at (805) 583-5338.
CELL PHONES
Cell phone use is restricted to the lobby and hallways of the YMCA facility.

FOOD AND DRINK
Food and drink are allowed in the lobby only. Water may be used throughout the facility, in unbreakable containers only.

MEMBERSHIP CARDS
Each Full member 12 years and older receives a coded membership card. Your membership identification card is required for access into the facility. If you forget this card, you will be required to show a picture ID at the Welcome Center. All Full members are required to have a photo on file. A replacement card will cost $10.

MEMBER REFERRALS
Satisfied members are our best advertisement! When a friend referred by you joins the YMCA, you get one month free after your friend has completed their first 3 (three) months of full yearly membership! Thank you!

GENERAL POLICIES
All youth 11 years and under must be supervised by an adult when using the YMCA facility. To assure all feel welcome within our YMCA, access through the halls, workout areas, and to exercise equipment and programs will be maintained at all times. Safety is a priority. Members should report any injury sustained in the YMCA to a staff person or Welcome Center when it occurs. YMCA staff will provide first aid or call for emergency assistance depending on the nature of the injury. To assure safety and quality, specific rules and regulations are posted in program areas. Please abide by posted and printed rules.

LOCKER ROOMS
Locker rooms are available to all members and guests. Children ages six (6) and older must use appropriate gender locker rooms. Lockers are available for daily use only.

PROGRAM/CLASS FEES
All session fees must be paid in full at time of registration. Payments are accepted by cash, check, bank debit card with MasterCard or Visa logo, or credit card (Visa, MasterCard, Discover, or American Express). Memberships must be current through length of program.

MEMBERSHIP FEES/RATES
The joining fee is a one-time fee for as long as your YMCA membership remains current. Memberships discontinued for 30 days or more will be charged a joining fee upon re-join. The YMCA reserves the right to change all membership rates with a 30-day written notice.

LOST OR STOLEN ITEMS
We encourage you to leave your valuables at home. When using a locker we recommend you use a lock to secure your items. The YMCA is not responsible for lost or stolen items. Any lost or stolen personal items should be reported immediately to the Welcome Center. Found items are held in our lost and found for 14 days.

REFUNDS, CREDITS AND CANCELLATIONS
The YMCA reserves the right to cancel, combine or modify a program due to insufficient enrollment. If the YMCA cancels a program, every attempt will be made to place the enrollee in another session of the same level program. If the enrollee cannot be accommodated, the YMCA will issue a full refund. If a participant decides not to take a class, credit for that class must be requested prior to the first class of the session. After the session has started, credits will only be issued for extended illness/injury and with a doctor’s note. Credits will be prorated based upon attendance and all requests for credit are subject to a $20 processing fee. Credits are good for one year from issue date. Credit requests are available at the Welcome Center.

CLASS MAKE-UPS
Please attend your scheduled class, as make-up classes are not available for non-attendance. No credits or refunds will be given.

AUTO PAY
A 15-day written notice is required prior to your next scheduled draft date to stop auto pay. It is the member’s responsibility to check monthly bank/credit card statements to ensure the cancellation has taken effect. No refund will be given for an auto pay that occurs during the 15-day cancellation period. Drafts returned NSF or credit cards that are declined will be re-drafted, plus a $25 service fee. If the draft is returned or declined twice, the YMCA has the right to suspend the membership until all fees have been reconciled. All membership rates are subject to change with 30 days written notice.

NON-SUFFICIENT FUNDS
Your personal check or ACH draft is welcome here at the YMCA. If your check or draft is returned NSF, it will be collected electronically and you will be charged a $25 NSF fee. If the account has NSF a second time, or has been closed, the YMCA has the right to suspend the membership until all fees have been reconciled.
YMCA CODE OF CONDUCT

The Southeast Ventura County YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, all individuals are asked to act appropriately at all times when in our facility or participating in our programs. We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Member’s Code of Conduct outlines behaviors not allowed but is not intended to be an all-inclusive list of behaviors considered inappropriate in our facilities or programs.

- Using or possessing alcohol or illegal drugs/chemicals on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- Smoking on YMCA property– the YMCA and its property is a smoke-free environment.
- Carrying or concealing a firearm or weapon on YMCA property.
- Harassment or intimidation by words, gestures, body language, or any type of unwelcome behavior.
- Physical contact with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior. Including angry or vulgar language, swearing, name-calling, or shouting.
- Sexually explicit conversation or behavior, any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire.
- Theft or behavior that results in the destruction or loss of property.
- Transferring membership cards.
- Loitering within or on the grounds of the YMCA.

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense related to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics or intoxicating beverages.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff person on duty.

In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked.

The YMCA will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the YMCA if in its discretion a violation of the YMCA Member’s Code of Conduct has occurred.

SIMI VALLEY FAMILY YMCA BOARD OF MANAGERS

John Bagnall (Chair)  John Manchester
Paul Kaspar (Chair Elect)  Emily Newcomb
BJ Anderson  June Penrod
Michael Briggs  Wayne Press
M.G. Cantero  Brian Ruditsky
Fernando Estevez  Bill Saunders
Darren Gains  Kathy Scroggin
Tim Gray  Leslie Sinacori
Jerry Grinstein  Donna Smith
Janice Haynes  Mary Spielman
Rob Hitchcock  Cecil Valenti
Michelle Humphrey

The YMCA is advised by a volunteer Board. If you are interested in learning more or volunteering for a YMCA committee please contact Dan Jaeger, Executive Director, at 805.583.5338

YMCA Staff
Telephone number: 805.583.5338
sevymca.org

Dan Jaeger
Executive Director ......................................ext 228

Mitch McManus
Senior Director of Membership and Marketing.............................ext 225

Lynda Wiggins
Director, Business Administration .................ext 226

Jennifer Guarino
Childcare & Day Camp Director .............ext 239

Erin Wimmer
Healthy Living & Sports Director ..........ext 234

Evan Jimenez-Henriksen
Aquatics Coordinator.................................ext 236

Vince Campo
Facilities Engineer.................................ext 233
Y PROGRAMS SESSION AND REGISTRATION DATES

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Full Member Registration Begins</th>
<th>Program Member Registration Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall I</td>
<td>Aug. 19 to Sep. 28</td>
<td>July 29</td>
<td>August 5</td>
</tr>
<tr>
<td></td>
<td>(No Classes Sep. 2)</td>
<td></td>
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<tr>
<td>Fall II</td>
<td>Sep. 30 to Nov. 9</td>
<td>September 3</td>
<td>September 9</td>
</tr>
<tr>
<td></td>
<td>(No Classes Oct. 31)</td>
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<tr>
<td>Fall III</td>
<td>Nov. 11 to Dec. 21</td>
<td>October 14</td>
<td>October 21</td>
</tr>
<tr>
<td></td>
<td>(No Classes Nov. 28-30)</td>
<td></td>
<td></td>
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<tr>
<td>Winter</td>
<td>Jan. 7 to Feb. 22</td>
<td>December 2</td>
<td>December 9</td>
</tr>
<tr>
<td>Spring I</td>
<td>Feb. 24 to Apr. 18</td>
<td>January 27</td>
<td>February 3</td>
</tr>
<tr>
<td></td>
<td>(No Classes Mar. 23-27)</td>
<td></td>
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<tr>
<td>Spring II</td>
<td>Apr. 20 to Jun. 6</td>
<td>March 23</td>
<td>March 30</td>
</tr>
<tr>
<td></td>
<td>(No Classes May 25)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer I</td>
<td>Starts Jun. 8, 2020</td>
<td>April 27</td>
<td>May 4</td>
</tr>
</tbody>
</table>

DON’T MISS THESE GREAT YMCA PROGRAMS

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The Simi Valley Family YMCA, a branch of the Southeast Ventura County YMCA, is a 501c3 public charity. Please consider the Y in your charitable giving and estate planning.

WE’RE HERE FOR YOU!
IMPROVE AND MAINTAIN YOUR FITNESS LEVEL • ENJOY FAMILY TIME • MAKE NEW FRIENDS

BRANCHES OF THE SOUTHEAST VENTURA COUNTY YMCA

CONEJO VALLEY YMCA
4031 Moorpark Road,
Thousand Oaks, CA 91360
805 523 7613
Serving: Thousand Oaks,
Moorpark & Santa Rosa Valley

SIMI VALLEY FAMILY YMCA
3200 Cochran Street,
Simi Valley, CA 93065
805 583 5338
Serving: Simi Valley

YARROW FAMILY YMCA
31105 E. Thousand Oaks Blvd.
Westlake Village, CA 91362
818 707 9622
Serving: Agoura, Westlake
and Oak Park