

HALF DAY PRESCHOOL CHILD CARE

Our half-day preschool program is dedicated to providing a fun and safe learning environment that nurtures your young child. The program provides opportunities and experiences that stimulate physical, social, intellectual and emotional growth, and prepare your child for a successful transition into kindergarten. Children must be out of diapers in order to register.

Monday - Friday
9:00 am - 12:00 pm

Facility Member fee: \$176/month (Tue & Thu)
\$264/month (Mon, Wed, Fri)
\$440/month (Mon - Fri)
Program Member fee: \$216/month (Tue & Thu)
\$244/month (Mon, Wed, Fri)
\$540/month (Mon - Fri)

Ages 2.5 to 5 years

Lake Heights Center YMCA 12635 SE 56th Street, Bellevue, WA 98006

For more information about our Early Learning programs contact Angela Griffin at agriffin@seattleymca.org, 425 644 8417 x 29 or visit ychild.org.

BEFORE & AFTER SCHOOL LICENSED CHILD CARE

Y staff create a welcoming and nurturing environment in our out of school programs, teaching children to develop positive relationships. The Y builds an atmosphere that fosters creativity and fun, giving children the opportunity to craft, learn new games, conduct science experiments, and enjoy outdoor and indoor play. Children will enjoy age appropriate activities and games under the supervision of trained and caring staff. Kids will receive thoughtful assistance with their homework while building healthy lifestyles through eating and learning about nutritious snacks. Below is a list of locations.

CAMPBELL HILLELEMENTARY

Provides on-site care for Campbell Hill students.

Monday - Friday
6:18 South 124th Street, Seattle, WA 98178 206 276 0095

LAKE HEIGHTS CENTER YMCA

Serves and provides transportation to and from Newcastle, Newport Heights, Woodridge, Hazelwood, St. Madeleine, and Cougar Ridge Elementary Schools.

Monday - Friday
12635 SE 56th Street, Bellevue, WA 98006 425 644 8417

RENTON PARK ELEMENTARY

Serves and provides transportation to and from Benson Hill, Cascade, Renton Park, Talbot Hill, and Tiffany Park Elementary Schools.

Monday - Friday
16828 128th Ave SE, Renton, WA 98058 206 276 0091

SIERRA HEIGHTS ELEMENTARY

Provides on-site care for Sierra Heights students.

Monday - Friday
9901 132nd Ave SE, Renton, WA 98059 206 276 0087

BEFORE & AFTER SCHOOL CHILD CARE PAYMENT OPTIONS

Includes before and after school care during the school year, including early release Wednesdays/late start Fridays, select school holidays when offered and in-service days. The School Year plan does not include a summer option.

Facility Member fee: \$470/month
Program Member: \$495/month

COAL CREEK FAMILY YMCA

13750 Newcastle Golf Club Road, Newcastle, WA 98059
P 425 282 1500 F 425 282 1501 coalcreekymca.org



ENSURING A BRIGHTER FUTURE

Youth & Family Guide: January - March 2012

COAL CREEK FAMILY YMCA

FAMILY SOCIAL EVENTS

BIRTHDAY PARTIES

Host your child's birthday party at the Y, have a blast and leave the details and clean-up to us! For more details and scheduling stop by our Member Services Desk or visit our website.

Ages 3 to 10 years

FAMILY BINGO BONANZA

Are you feeling lucky? Come try your luck at bingo. YMCA style!

Friday January 6, February 3, March 2 6:30 - 8:00 pm
Free

Community Kitchen

FAMILY DINNER

Let the Y make dinner while you spend quality time with your kids and meet new families in your community!

Friday January 13, March 9
5:30 - 6:15 pm (dinner)
6:30 - 7:30 pm (games)
\$3 (1-4)
Free (0-2)

Facility Member fee:

FAMILY FRIDAY FLICKS

Get in your pajamas, grab a blanket, relax in our gym for popcorn, a movie and all around good time! You are welcome to bring a blanket, chair, snacks, water or any other comfort items.

Friday January 27, February 24 & March 23
6:30 - 8:30 pm
Free

PIRATE PARTY

Aho mates! Want to head for different waters? Well, hoist your anchors, and set sail for a swashbuckling, plank-walking and treasure-hunting good time. Come dressed as your favorite pirate and all ages are welcome. Pre-registration is required and can be done at Member Services.

Sunday January 22
Facility Members fee: 3:30 - 5:00 pm
\$10

FAMILY WINTER DANCE: "DANCE THROUGH THE DECADES"

Do you like to dance? Well, bring the family and get ready to dance the night away through the decades. Come dressed in your favorite decade and we'll play popular music from the 50's through the present and provide snacks.

Friday February 10

6:00 - 8:00 pm

Free

Gym 1

Mornings Only (AM). Includes care before school and transportation to schools served. Does not include care on school holidays or in-service days.

Facility Member fee: \$265/month
Program Member fee: \$290/month

Afternoons Only (PM). Includes care after school and transportation from schools served. Does not include care on school holidays or in-service days.

Facility Member fee: \$335/month
Program Member fee: \$360/month

Afternoons Plus (PM Plus). Includes care after school and transportation from schools served. Include care on most school holidays and in-service days.

Facility Member fee: \$375/month
Program Member fee: \$400/month

Non-School/In-Service Days. Available for in-service days, school breaks and select holidays. Activities in art, science, and literacy are part of the full day schedule. In addition, there are opportunities for field trips to local parks, community events or special places of interest.

The Y accepts DSHS subsidy for this program.

For more information regarding licensed school age childcare contact Clara Larco at 425 644 8417 x 12, clarco@seattleymca.org or visit ychild.org.

KIDS UNIVERSITY

Kids University is a club based program encouraging kids to learn and grow through hands-on experiences. We promote activities to keep kids engaged and healthy after school. Each day kids will learn new skills, make friends, and stay safe while participating in a variety of educational and sports oriented classes. Below is a list of locations.

HAZELWOOD ELEMENTARY

Provides on-site programming for Hazelwood students.

Monday - Friday
7100 116th Ave SE, Newcastle, WA 98056 206 276 0093

KIDS UNIVERSITY PAYMENT OPTIONS

Option One. Pay per class. Additional days, such as winter break, holidays and in-service days are not included.

Option Two. Kids U Afternoon Plus includes choice of classes in the afternoon, and select school holidays and in-service days when offered.

Facility Member: \$375/month
Program Member: \$400/month

Option Three. Kids U Morning Plus includes morning care at the Lake Heights Center, choice of classes in the afternoon, and select school holidays and in-service days when offered.

Facility Member: \$470/month
Program Member: \$495/month

The Y does not accept DSHS for Kids University programs.

For more information about our Kids University program contact Rachel Crowley-Smith at rcrowley@seattleymca.org or visit ychild.org.



Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUPER HERO TRAINING PARTY

Your mission, if you choose to accept it, is to have FUN! Various superheroes will be standing by, ready to assist you in your training from our state-of-the-art obstacle course, to rescue maneuvers throughout the building, to creating your own superhero emblem. Come dressed as your favorite superhero and all ages are welcome. Pre-registration is required and can be done at Member Services.

Sunday February 26
Facility Member fee: 3:30 - 5:00 pm
\$10

For more information about our family programs contact Kim Von Wald at kvonwald@seattleymca.org.

WATER ACTIVITIES

PARENT-TOT SWIM LESSONS

Parents and children get a fun introduction to the aquatic environment while socializing with other families. Tots learn water adjustment and basic swimming skills that will prepare them for preschool levels.

Ages 6 to 24 months

Facility Member fee: \$60/session
Program Member fee: \$104/session

YOUTH SWIM LESSONS

Swim lessons at the Y gives children the opportunity to learn the lifelong skill of swimming and exercise in a fun, goal oriented environment. This program develops competency in swimming, along with confidence and endurance. The curriculum is student centered and includes five main learning components: stroke development, water sports, personal safety, rescue and personal growth. Class levels are based on age and ability of the participant. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his or her level.

Ages 3 to 12 years

Facility Member fee: \$60/session
Program Member fee: \$104/session

PRIVATE SWIM LESSONS

Trying to pass a hurdle in the swimming pool or need some extra help on a stroke? Try 30-minute private lessons.

Ages 3 years and up

Facility Member fee: \$32.50/session
Program Member fee: \$54/session

For more information about our aquatic and swim lesson programs contact Andrew Price at 425 282 1513, aprice@seattleymca.org, or visit our website or ask a Member Service Representative.

WELLNESS ACTIVITIES

KIDS YOGA

Designed for kids and focuses on a variety of balancing, standing, seated and supine/prone postures to challenge the body. Parents are welcome to participate.

Ages 4 and up
Free

TAE KWON DO

Young taekwon do training with your child through our family oriented Washington Black Belt Academy classes. Life skills, such as goal setting, integrity, confidence, discipline and respect, are taught through fun drills, beyond just kicks and punches. The instructor teaches skills to help your child succeed in all areas of life.

January - June 2012
Tuesday, Basic 1 4:15 - 5:00 pm
Tuesday, Basic 1 5:00 - 5:45 pm
Tuesday, Basic 2 5:45 - 6:30 pm
Thursday, Basic 1 4:15 - 5:00 pm
Thursday, Basic 1 5:00 - 5:45 pm
Thursday, Basic 1 5:45 - 6:30 pm

Ages 5 and up

Facility Member fee: \$28/month
Program Member fee: \$50/month
Uniform fee: \$35

Classes reoccur monthly. Please see Member Services to setup monthly bank drafts.

HOMEGONE

Home-schooled children enjoy fitness and sports activities led by Y staff. The first hour is organized, age-appropriate activities, and the second hour is swim instruction and open swim with Y lifeguards on duty.

Tuesday or Friday 2:00 - 4:00 pm
December 6 - March 16 (no class on 12/19-12/30 and 2/20-2/24)
March 20 - June 15 (no class 4/9-4/13)

Ages 5 to 12 years

Facility Member fee: \$85/session
Program Member fee: \$100/session

Meet in Gym 1

SPORTS & RECREATION

ROOKIES INDOOR SOCCER LEAGUE

Your child learns age-appropriate soccer skills with an emphasis on teamwork, sportsmanship and fun. Indoor soccer is a faster-paced version and is played on either a hardwood or carpeted floor. Parent volunteer coaches are needed for each team and parents/chaperones are encouraged to participate alongside their child. Teams meet once a week for one hour with practices taking place during the first half hour followed by a game. Practices and games will be on a rotating schedule through the season.

Ages 3 to 4 years
Saturday one hour between 9:00 - 11:00 am

Ages 5 to 6 years
Saturday one hour between 11:00 am - 1:00 pm

March 3 - April 21 (no practice/game 3/10), registration deadline is February 13.

Facility Member fee: \$40
Program Member fee: \$70

Lake Heights Center YMCA

ITTY BITTY SPORTS CLASSES

Little ones get a taste of sports through games that help develop their hand-eye and foot-eye coordination. They have a blast learning basic skills, playing with each other and using age-appropriate equipment.

Monday and Wednesday

T-Ball February 2 - 30 (no class 1/16)
Indoor Soccer February 6 - 29
Basketball March 5 - 28

Ages 3 to 4 years 4:30 - 5:00 pm or 5:00 - 5:30 pm
Ages 5 to 6 years 5:30 - 6:00 pm

Facility Member fee: \$30/sport
Program Member fee: \$43/sport

Gym 1

YOUTH SPORTS CLASSES

Kids learn and develop basic sports skills in a non-competitive environment.

Friday Flag Football February 9 - 27

Basketball February 3 - 24
March 2 - 23

Ages 6 to 8 years 4:15 - 5:00 pm
Ages 9 to 11 years 5:15 - 6:00 pm

Facility Member fee: \$23/sport
Program Member fee: \$40/sport

Gym 2

Stay tuned for our spring sports leagues: Rookies T-Ball League, Youth Volleyball League and Youth Basketball League.

For more information about our youth sports programs contact Vicky Hinds at 425.282.1520, vhinds@seattleyymca.org.

TUMBLING - MOMMY/DADDY & ME

Little ones from the walking stage to 3 years old have fun singing, climbing, jumping and playing with mom and/or dad.

Wednesday 10:45 - 11:30 am

Gym 1

CREATIVE MOVEMENT - MOMMY/DADDY & ME

Parents and kids enjoy expressing themselves through movement and exploring their own creativity with mom and/or dad.

Thursday 10:45 - 11:30 am

Community Meeting Room

Come enjoy special time with your child and socialize with other parents with our Mommy/Daddy & Me classes. Fees are based on one class, but participants can sign up for one or more classes at a time between January - June. Classes will not take place during the week of 2/20-2/24.

Ages 1 to 3 years

Facility Member fee: \$5/class
Program Member fee: \$9/class
Community Participant fee: \$9/class

CREATIVE MOVEMENT

Kids enjoy expressing themselves through movement and exploring their own creativity in this program.

Thursday January 5 - February 23

Thursday March 1 - April 19

Ages 3 to 4 years

Facility Member fee: \$32/session
Program Member fee: \$56/session

FAMILY PICKLE BALL

Sunday, Gym 2 2:00 - 4:00 pm
Free to Facility Members

BEGINNING BALLET

Your shining star will gain body awareness, strength, grace and poise along with basic ballet techniques. Ballet training encourages awareness of movement and line, builds balance and confidence, and tones and strengthens the body.

January 2 - March 26 (no class 1/16)

Ages 4 to 5 years 3:00 - 3:45 pm (2/20 starts 3:15)
Monday 5:30 - 6:15 pm
Tuesday

Ages 6 to 9 years

Monday 4:00 - 4:45 pm

Facility Member fee: \$95/session

Program Member fee: \$170/session

READING PROGRAMS

Library 2Go! Can't find time to visit the library? Let the library come to you. The Library2Go! vehicle will visit the Coal Creek Family YMCA parking lot monthly and is a free service provided by the King County Library System.

Story Time. Bring the kids to the Adventure Zone and enjoy this free program to the community provided by the King County Library System.

January 26, February 23, March 22 11:00 - 11:30 am (Story Time)
11:30 am - 12:00 pm (Library2Go!)

KIDS ZONE

Kids explore, have fun and socialize in the Kids Zone, featuring toys, games and colorful tubes, mats and slides to play on. Caring staff lead games and other activities to keep everyone active. Enjoy your workout with the reassurance that your youngsters are in a safe, engaging environment under the care of trained, qualified Y staff. Family Facility Members can use this service up to two hours each day.

Kids in Motion (K.I.M.) takes place in the Adventure Zone and is a gross motor skill opportunity for ages 2 years and up on days and times when school-age children, age 5 to 10 years old, are not present.

Junior YDC takes place in the YDC during school breaks (2/20-2/24) where youth ages 8 to 10 years old can actively engage in a variety of arts, cooking and science projects, along with challenging games. There will be no access to electronics during Junior YDC.

Monday - Friday 8:45 am - 1:30 pm (K.I.M. or Jr. YDC)
3:30 - 8:00 pm

Saturday 8:00 am - 1:00 pm

Sunday 10:00 am - 1:00 pm

Note: Kids Zone will be closed on 1/1 and 1/16.

Ages 6 weeks to 4 years (Kids Corner) and 4 to 10 years (Adventure Zone)

Free for Family Facility Members only

For more information contact Ethan Stuart at estuart@seattleyymca.org.

YOUTH DEVELOPMENT CENTER (YDC)

The YDC provides a safe, supervised place for youth to drop-in and hang out. The center is equipped with computers, big screen TV, XBOX 360 with Kinect, PS3, foosball and ping pong tables, and other creative activities. **Action Zone** is filled with fun and exciting activities for youth, ages 8 to 13 years old. Drop-in and construct something amazing.

Monday - Friday 5:30 - 8:30 pm

Saturday and Sunday 10:00 am - 1:00 pm (Action Zone)

Saturday and Sunday 1:00 - 3:00 pm

Ages 8 to 13 years (Action Zone) and 10 to 15 years (YDC)

Free to the community

ADVENTURE GUIDES

A-Guides is a program for fathers (or other significant adult) and children, designed to help foster a lifetime of understanding and companionship to strengthen the relationship between parent and child. Parent-child pairs join a circle with families in their neighborhood or school and usually meet once each month for games, crafts, stories and other activities. The circles are part of a larger Expedition which offers activities each month such as camps, pine block derbies, carnival and more.

Facility Member fee: \$25/participant
Program Member fee: \$45/participant
Expedition activities: Prices vary/activity

Programs are available for ages 3 to 5 year olds (Y-Tykes), grades K to 3 (Y-Guides and Y-Princesses) and grades 4 to 7 (Westramers).

For more information contact Darci Flynn at dflynn@seattleyymca.org.

KIDS CREATE

Your child's creativity comes to life with the guidance of our enthusiastic staff. Create lasting and fun projects to give as gifts or to keep for yourself. Easy to do, fun to make!

January 11, February 8, March 14 5:30 - 6:15 pm

Ages 4 to 10 years

Facility Member fee: \$5/class

Program Member fee: \$10/class

FUN WITH FOOD

Kids will explore the wonders of food through taste, touch and construction. Parents are welcome and encouraged to participate.

January 25, February 22, March 28 5:30 - 6:15 pm

Ages 3 to 10 years

Facility Member fee: \$5/class

Program Member fee: \$10/class

EARLY LEARNING CHILD CARE

FULL DAY TODDLER & PRESCHOOL CHILD CARE

Our teachers will welcome your child in a warm and safe, licensed environment. With a wide range of activities to stimulate your child's creativity, self-esteem and independence, our Y values-based program will help your young child learn the essential social, physical, and intellectual building blocks. Imaginative play, art projects, and hands-on experiences will spark your child's imagination and encourage lifelong positive values.

Monday - Friday 6:30 am - 6:30 pm

Facility Member fee: \$1,050/month (toddler)

\$840/month (preschool)

Program Member fee: \$1,100/month (toddler)

\$885/month (preschool)

The Y accepts DSHS for Licensed Early Childhood Care as space permits.

Ages 12 to 36 months (toddler), ages 3 to 5 years (preschool)

