



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEST SUMMER EVER.

# 最好的暑假。

Summer Program Guide 2017 / 2017 暑期活動手冊

CHINATOWN YMCA 華埠青年會

855 Sacramento, San Francisco, CA 94108

**SUMMER SCHOOL  
REGISTRATION BEGINS  
IN-PERSON ON  
SATURDAY, 2/4/17,  
10:00AM AT THE  
CHINATOWN YMCA.**

2017 CHINATOWN YMCA SUMMER PROGRAM  
ONLINE REGISTRATION BEGINS ON SATURDAY  
2/4/17.

\*FINANCIAL ASSISTANCE AVAILABLE FOR ALL  
PROGRAMS. PLEASE APPLY EARLY.

**\*暑期班  
報名日為2/4/17,  
星期六,10:00am,  
到華埠青年會報名。**

2017年2月4日開始上網報名。

\* 我們所有的活動提供費用補助。  
請儘早申請。

# AQUATICS 水上活動

## GROUP SWIM LESSONS

Saturday/Sunday Lessons  
Age: 6 months old+

### SESSION 1

5/6/17 – 6/25/17 (8 classes)

Priority Registration: 4/22/17 9:30am – 4:00pm  
Open Registration: 4/23/17 – 4/30/17  
Facility Member: \$112  
Community Participant: \$136

### SESSION 2

7/1/17 – 8/27/17 (9 classes)

Priority Registration: 6/17/17 9:30am – 4:00pm  
Open Registration: 6/18/17 – 6/25/17  
Facility Member: \$126  
Community Participant: \$153

## SUMMER WEEKDAY LESSONS

**Youth Ages 3 – 13 (Pike, Polliwog, and Guppy only)**  
2x per week

Monday/Wednesday 5:00pm – 5:30pm  
7/24/17 – 8/9/17 (6 classes)  
Priority Registration: 7/8/17 9:30am – 4:00pm  
Open Registration: 7/9/17 – 7/16/17  
Cost: Facility Member: \$84; Community Participant: \$102

Tuesday/Thursday 5:00pm – 5:30pm  
7/25/17 – 8/10/17 (6 classes)  
Priority Registration: 7/8/17 9:30am – 4:00pm  
Open Registration: 7/9/17 – 7/16/17  
Cost: Facility Member: \$84; Community Participant: \$102

4x per week

**Monday – Thursday 4:30pm – 5:00pm**

7/24/17 – 7/27/17 (4 classes)  
Priority Registration: 7/8/17 9:30am – 4:00pm  
Open Registration: 7/9/17 – 7/16/17  
Cost: Facility Member: \$56; Community Participant: \$68

7/31/17 – 8/3/17 (4 classes)  
Priority Registration: 7/8/17 9:30am – 4:00pm  
Open Registration: 7/9/17 – 7/23/17  
Cost: Facility Member: \$56; Community Participant: \$68

8/7/17 – 8/10/17 (4 classes)  
Priority Registration: 7/8/17 9:30am – 4:00pm  
Open Registration: 7/9/17 – 7/30/17  
Cost: Facility Member: \$56; Community Participant: \$68

## PRIVATE AND SEMI-PRIVATE LESSONS

Private and Semi-Private lessons are great for those who want a little extra attention or who only want to learn specific swimming skills. They are tailored to the participants wants and needs as a swimmer and provide a little more flexibility with scheduling. Lessons are sold on a monthly basis but can be started anytime. Scheduling is done at the member service desk. If a specific lesson time is not available, a request form can be filled out and the participant will be added to a waiting list.

PRIVATE LESSON SEMI-PRIVATE LESSON  
1 LESSON: \$30/\$35 1 LESSON: \$48/\$58

## 小組游泳課

週六/週日課堂  
年齡: 6個月+



5/6/17 – 6/25/17 (共8堂)

優先報名: 4/22/17 上午9時半 - 下午4時  
開放報名: 4/23/17 – 4/30/17  
保健會員 - \$112  
社區參與者 - \$136

7/1/17 – 8/27/17 (共9堂)

優先報名: 6/17/17 上午9時半 - 下午4時  
開放報名: 6/18/17 – 6/25/17  
保健會員 - \$126  
社區參與者 - \$153

## 暑期週日游泳班

年齡: 3-13歲 (只有梭子魚, 蝌蚪和孔雀魚)  
每週2次

星期一/星期三 下午5時 - 下午5時半  
7/24/17 – 8/9/17 (共6堂)  
優先報名: 7/8/17, 上午9時半 - 下午4時  
開放報名: 7/9/17 – 7/16/17  
費用: 保健會員 - \$84; 社區參與者 - \$102

星期二/星期四, 下午5時 - 下午5時半  
7/25/17 – 8/10/17 (共6堂)  
優先報名: 7/8/17, 上午9時半 - 下午4時  
開放報名: 7/9/17 – 7/16/17  
費用: 保健會員 - \$84; 社區參與者 - \$102

每週4次

星期一 - 星期四, 下午4時半 - 下午5時

7/24/17 – 7/27/17 (共4堂)  
優先報名: 7/8/17, 上午9時半 - 下午4時  
開放報名: 7/9/17 – 7/16/17  
費用: 保健會員 - \$56; 社區參與者 - \$68

7/31/17 – 8/3/17 (共4堂)  
優先報名: 7/8/17, 上午9時半 - 下午4時  
開放報名: 7/9/17 – 7/23/17  
費用: 保健會員 - \$56; 社區參與者 - \$68

8/7/17 – 8/10/17 (共4堂)  
優先報名: 7/8/17 上午9時半 - 下午4時  
開放報名: 7/9/17 – 7/30/17  
費用: 保健會員 - \$56; 社區參與者 - \$68

## 私人或半私人游泳班

私人 and 半私人課程很適合那些想獲得額外注意或學習特定游泳技能的參加者。課程針對參加者對游泳的喜好和需求而設計, 並提供彈性的上課時間。課堂按每月計算, 但可隨時開始。有興趣者可於會員服務處安排上課時間。如所需時間未能提供, 請填寫申請表加到等待名單上。

私人課 半私人課  
1堂: \$30/\$35 1堂: \$48/\$58

## AVAILABLE SWIM LESSON TIMES 合適的游泳班時間

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六	Sunday 星期日
1pm - 2pm	12 pm-2 pm	1 pm-2 pm	12 pm-2 pm	1pm-2pm	2 pm-4:30 pm	2 pm-4:30 pm
5:30pm-7:30pm		5:30pm-7:30pm		5:30pm-7:30pm		

# AQUATICS 水上活動

## PRE-SWIM TEAM AND SWIM TEAM

All participants must try out for First Mates and/or Swim Team. This program is run on a monthly basis and does not allow for any pro-rations. Participants can add and/or drop in the middle of the month, but the monthly fee will not be discounted.

### FIRST MATES (PRE-SWIM TEAM)

Twice a week:

Tuesday/Thursdays from 5:30pm – 6:30 pm

Facility Member: \$154/month

Community Participant: \$220/month

OR

Once a week:

Saturday from 11:30 am – 12:30pm

Facility Member: \$77/month

Community Participant: \$110/month

### PIRATES SWIM TEAM

Tuesday & Thursdays 6:30pm – 8pm

Saturdays 6:30am – 8am

Facility Member: \$99/month

Community Participant: \$126.50/month

Contact Greg Lee at [GLEE@ymcasf.org](mailto:GLEE@ymcasf.org) for how to sign up and more info.

### MASTERS (ADULTS)

Join The Chinatown Y Dragon-Masters Swim Program! A USMS Swim Coach personally trains you in custom swim sets geared towards giving you a great workout for a healthier lifestyle! During practice times, you get great tips on all 4 swim strokes, customized swim workouts, videos and more upon request when you join to be a Dragon-Master!

### PRACTICE TIMES

Monday, Wednesday & Friday

6am – 7am and 12pm-1pm

Facility Member: \$22/ month

Community Participant: \$50

Drop-in: \$10/visit

## AMERICAN SAFETY AND HEALTH INSTITUTE CPR AND BASIC FIRST AID CLASSES

CPR and Basic First Aid is about more than just putting on a Band-Aid. YMCA training is a great way for parents, teachers, coaches, baby sitters, and others to learn valuable lifesaving techniques. This course gives participants the knowledge and skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness until advanced medical personnel arrive and take over.

Keep an eye out for course dates or contact Courtney Wheelock at [cwheelock@ymcasf.org](mailto:cwheelock@ymcasf.org) or 415.748.3563 for more info and how to sign up.

Class Dates:

6/11/17 10 am – 2 pm

7/27/17 5 pm – 9 pm

8/13/17 10 am – 2 pm

## 準游泳隊和游泳隊

所有參加者必須先經過游泳預備隊/或游泳隊的甄選。這項目的是月費活動,並不給予任何費用扣取/調整。參與者可在每月中加入或退出,但將不會作出任何退款或費用調整。

### 準游泳隊

每週兩次:

逢星期二和星期四,下午5時半至下午6時半

保健會員: \$154/月

社區參與者: \$220/月

或

每週一次:

星期六,上午11時半至下午12時半

保健會員: \$77/月

社區參與者: \$110/月

### 海盜游泳隊

逢星期二和星期四: 下午6時半至下午8時

星期六: 上午6時半至上午8時

保健會員 - \$99/月

社區參與者 - \$126.50/月

如想了解更多詳情,請聯絡Greg Lee at

[glee@ymcasf.org](mailto:glee@ymcasf.org).



### 習泳項目 (成人)

來參加華埠青年會的飛龍-習泳項目!由 USMS 的游泳教練親自訓練,讓您藉由優質的健身得到一個健康的生活型態!練習時,教練會針對您的四種泳式給予建議、個人化您的游泳鍛煉、提供相關影片和更多協助!

### 練習時間

星期一, 星期三, 星期五

上午6時至上午7時和下午12時至下午1時

保健會員 \$22/月

社區參與者 \$50

單次 \$10/訪問

## 美國的安全與健康研究所心肺復甦法和基本急救班

心肺復甦法和基本急救不但是貼上一塊膠布。青年會的訓練班適合家長,老師,教練,保姆等學習一項終生受用的救生技巧方法。這個課程提供正確的知識給學員,並提供必要的預防和識別技能以在突發疾病的情況下向傷者提供基本的照顧,直至醫療人員到達。

密切留意有關課程日期或向Courtney Wheelock查詢:

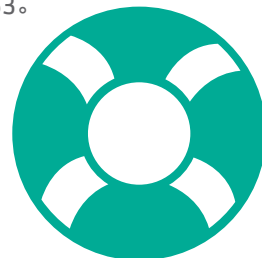
[cwheelock@ymcasf.org](mailto:cwheelock@ymcasf.org)或415.748.3563。

課程日期及時間:

6/11/17, 上午10時 -下午2時

7/27/17, 上午5時 -下午9時

8/13/17, 上午10時 -下午2時



# AQUATICS 水上活動

## YMCA LIFEGUARD CERTIFICATIONS

The Chinatown YMCA offers full and re-certification lifeguard training courses for ages 16+. This 30-hour course certifies you as a YMCA lifeguard and provides certification for CPR and First Aid for Professional Rescuer.

Keep an eye out for course dates or contact Courtney Wheelock at [cwheelock@ymcasf.org](mailto:cwheelock@ymcasf.org) or 415.748.3563 for more info and how to sign up.

## 青年會救生員證書

華埠青年會為16歲以上的參加者提供全面或再認證的救生員培訓課程。這30小時的課程可認證你適合作為青年會救生員,並合資格提供心肺復甦法和急救的專業救援。

密切留意有關課程日期或向Courtney Wheelock 查詢有關詳情:  
[cwheelock@ymcasf.org](mailto:cwheelock@ymcasf.org)或415.748.3563。

## SUMMER SCHOOL SWIM LESSONS

Dates and Times: 5/30/17 - 7/20/17 (2x/week for 8 weeks)

### MONDAYS/WEDNESDAYS (15 classes)

4:30pm-5:00pm  
5:00pm-5:30pm  
Facility members \$210  
Community Participants \$255

### TUESDAYS/THURSDAYS (15 classes)

\*No class Tuesday 7/4  
4:30pm-5:00pm  
5:00pm-5:30pm  
Facility members \$210  
Community Participants \$255

## SUMMER ADVENTURE ACADEMY SWIM LESSONS

Dates and Times: 5/30/17 - 7/13/17 (2x/week for 7 weeks)

### MONDAYS/WEDNESDAYS (13 classes)

4:30pm-5:00pm  
5:00pm-5:30pm  
Facility members \$182  
Community Participants \$221

### TUESDAYS/THURSDAYS (13 classes)

\*No class Tuesday 7/4  
4:30pm-5:00pm  
5:00pm-5:30pm  
Facility members \$182  
Community Participants \$221  
\*\*FINANCIAL AID UP TO 50% Available with appropriate income verification. Please see the membership desk for more information.

## DAY CAMP SWIM LESSONS

Swim Lessons are offered weekly at 2x/week  
Swim lessons offered during Day Camp program time!  
Lessons are 30 minutes in length and take place on Monday/  
Wednesdays between 3:00 - 4:30.  
Facility Members: \$28 per week session  
Additional \$34 per week session\*

## FAMILY MOVIE NIGHT

Join us for a night of fun at the pool! You can watch on the deck or in the pool. All children must be accompanied by an adult and must follow all normal pool rules and pass a swim test in order to not wear a lifejacket. We will be watching a kid friendly movie, while snacks are served just outside in the lobby. Pool toys and floaties will be provided, please do not bring your own.

Saturday, July 29th from 4:30pm-6:30pm  
Facility membership: \$10/family  
Community Participant: \$20/family

Registration dates: 7/1/17-7/27/17



## 暑期班游泳課

日期及時間: 5/30/17 - 7/20/17(共8週, 每週2堂)

### 星期一及星期三 (共15堂)

下午4時30分 - 下午5時  
下午5時 - 下午5時30分  
保健會員:\$210  
社區參與者:\$255

### 星期二及星期四 (共15堂)

7/4休課  
下午4時30分 - 下午5時  
下午5時 - 下午5時30分  
保健會員:\$210  
社區參與者:\$255

## 暑期探險學園游泳課

日期及時間: 5/30/17 - 7/13/17(共7週, 每週2堂)

### 星期一及星期三 (共13堂)

下午4時30分 - 下午5時或  
下午5時 - 下午5時30分  
費用: 保健會員:\$182; 社區參與者:\$221

### 星期二及星期四 (共13堂)

和7/4休課  
下午4時30分 - 下午5時或下午5時 - 下午5時30分  
保健會員:\$182  
社區參與者:\$221

\*\*財政資助高達50%, 必須提供適當的收入證明。請到會員服務部了解更多詳情。

## 日營游泳課

游泳課每週提供 (每週2堂) - 游泳課在日營項目的時間內進行! 逢星期一和星期三, 下午3時 - 下午4時30分之間進行, 每堂30分鐘。

費用: 保健會員\$28/週;  
社區參與者\$34/週

## 家庭電影之夜

與我們一起在泳池中渡過一個有趣的晚上! 你可以在泳池邊或游泳中裡觀看。所有兒童必須由成人陪同, 並且必須遵守所有正常的泳池規則, 並需通過游泳測試才不需穿著救生衣。

我們會看一部適合兒童觀看的電影, 而我們將會在大堂提供小吃。將提供水中玩具和漂浮用具, 請不要自備。

7月29日, 星期六, 下午4時半至6時半

保健會員: \$10/家庭  
社區參與者: \$20/家庭

報名日期: 7/1/17 - 7/27/17

# COMMUNITY CENTER PROGRAMS

## YOUNG ARTIST PROGRAM

Is there a Picasso in your midst? These kids will learn a little about influential art movements and explore different mediums that can include: water color, sculpting, sketching.

Dates and Times:  
Saturday, 6/3/17-8/12/17 (10 classes)  
(No Class 7/1)

Beginner (ages 5-7) 12:00 pm-1:00 pm  
Beginner (ages 5-7) 1:30 pm- 2:30 pm  
Facility Member: \$150 (Includes \$10 material fee)  
Community Participant: \$170 (Includes \$10 material fee)

Intermediate and Advanced (ages 8-13)  
10:00 am-11:30 am  
Facility Member: \$220 (Includes \$10 material fee)  
Community Participant: \$240 (Includes \$10 material fee)  
Location: 3rd floor Classroom, Chinatown

## BALLET

Ballet Class offers youth of all ages a disciplined and nurturing environment to learn the basics of classical ballet. Ballet teaches skill, grace, poise, self-discipline, and self-confidence.

Dates:  
Saturday, 6/03/17-8/12/17 (10 classes)  
(No Class 7/1)

Youth Advanced: 11:00am-12:00pm  
Youth Intermediate: 12:00pm-1:00pm  
Youth Beginners: 1:00pm-2:00pm  
Facility Member: \$165  
Community Participant: \$185  
Location: Studio A, Chinatown YMCA

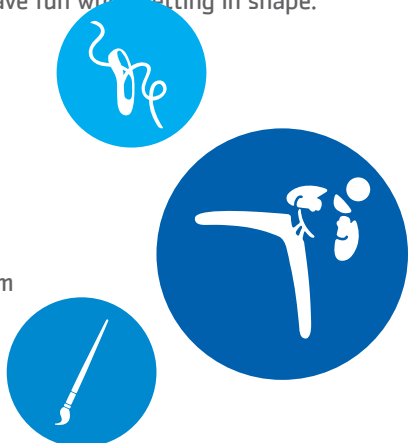
## MARTIAL ARTS

Our martial arts class incorporates a traditional Goju-Ryu karate program along with self-defense techniques. Our instructor Angela Swanson, holds a black belt and has over 10 years of experience teaching martial arts. She is dedicated to helping students build self-confidence, flexibility, concentration, self-discipline, self-esteem and have fun while getting in shape.

### SATURDAY CLASSES:

Dates and Times:  
Saturday, 6/03/17-8/12/17  
(10 classes)  
(No Class 7/1)

Age: 6 - 15 years old  
Intermediate: 3:30pm-5:00pm  
Beginning: 2:30pm-3:30pm  
Facility Member:  
\$160(Intermediate)  
\$110(Beginning)  
Community Participant:  
\$180 (Intermediate)  
\$130 (Beginning)  
(\$30 additional uniform fee)  
Location: Studio A, Chinatown YMCA



## MARTIAL ARTS

### SUNDAY CLASSES:

Dates and Times:  
Sunday, 6/04/17-8/13/17 (10 classes)  
(No Class 7/2)

Age: 6 - 15 years old  
Intermediate: 3:30pm-5:00pm  
Beginning: 2:30pm-3:30pm  
Facility Member:  
\$160(Intermediate); \$110(Beginning);  
Community Participant:  
\$180 (Intermediate); \$130 (Beginning)  
(\$30 additional uniform fee)  
Location: Studio A, Chinatown YMCA



## LITTLE CHEFS COOKING CLASS

Our Little Chefs Program will help your child gain a lot of hands-on-experience working with different foods and recipes throughout the program. Age appropriate instruction will engage campers' curiosity with the fundamentals of cooking.

Date: 06/03/17 - 08/12/17 (10 Classes) No class on 07/01  
Time: Age 5-7 12:00pm-1:00pm  
Age 8-11 1:15pm-2:15pm  
Cost: Facility Member: \$120  
Community Participant: \$140

## FAMILY TIME

Join us for Family Time! Family Time is designed to provide healthy, fun, and educational activities for toddlers, youth, parents, and families. It's a great opportunity to stay active, make new friends, engage in undiscovered hobbies, and spend quality time with the family. Our activities are divided among age specific groups to get the most out of you and your child's experience. Our age specific activity kits can be checked out at any time during Family Time. You will also be able to enjoy monthly pool events on the second Saturday of each month. Children under 8 years old must have a parent/guardian with them while at the YMCA. Children ages 8 years and older must be signed in and out with a YMCA staff member during program times.

Dates and Times:  
Saturdays: 6/3/17-8/12/17, 11:30am-5:00pm  
(No Class 7/1) (10 classes)  
Sundays: 6/4/17-8/13/17, 1:00pm-5:00pm  
(No Class 7/2) (10 classes)  
Facility Member: \$68/Family  
Community Participant: \$98/Family  
Ages: All Ages  
Location: Family Center, Chinatown YMCA

## COMMUNITY EVENTS

### FAMILY DINNERS:

**THAI DINNER**, Saturday June 3, 6PM - 8PM

**JAPANESE DINNER**, Saturday July 8, 6PM - 8PM

**BBQ & POOL PARTY**, Saturday August 12, 6PM - 8PM

### FAMILY OUTINGS:

**FAMILY CAMP**, June 16 - 18

**GREAT AMERICA**, Saturday July 22

**TEAMLAB**, Saturday August 5

# 社區中心活動

## 小畫家班

您體內是否也住著一位畢卡索? 學員將學到一些具影響力的藝術運動, 以及探索包括水彩、雕塑和素描在內的不同藝術媒介。

時間及日期:

逢星期六, 06/3/17-08/12/17 (共10堂)  
(7/1休課)

初班 (5歲-7歲) 中午12:00 至下午 1:00

初班 (5歲-7歲) 下午1:30 至下午2:30

保健會員: \$150 (包含\$10材料費)

社區參與者: \$170 (包含\$10材料費)

中班和高班 (8歲-13歲)

上午10:00 至中午11:30

保健會員: \$220 (包含\$10材料費)

社區參與者: \$240 (包含\$10材料費)

地點: 華埠青年會三樓課室

## 芭蕾舞班

芭蕾舞提供所有年齡的兒童一個紀律和培育的環境來學習古典芭蕾舞的基礎知識。芭蕾舞技巧、優雅、姿態、自律和自信。

日期:

日期: 6/3/17-8/12/17, 逢星期六 (共10堂)

(7/1休課)

小童高級: 上午11:00-下午1:00

小童中級: 中午12:00 -下午1:00

小童初級: 下午1:00 -下午2:00

保健會員: \$165

社區參與者: \$185

地點: 練習室A, 華埠青年會



## 武術班

我們的武術班配合自我防衛技術與傳統剛柔流空手道一起。我們的導師Angela Swanson擁有黑帶和超過10年的武術教學經驗。她致力於幫助學生從強身健體建中立自信心, 靈活度, 集中力, 自律性, 自尊和享樂。學生將進行測試, 並獲得他們的升級色帶。

週六班:

日期及時間:

6/3/17-08/12/17 (10 classes), 逢星期六 (共10堂)

年齡: 6-15歲

中班: 3:30pm至 5:00pm

初班: 2:30pm至 3:30pm

保健會員:

\$160(中班); \$110(初班)

社區參與者:

\$180 (中班); \$130 (初班)

(另交\$30制服費)

地點: 華埠青年會, 練習室A

## 武術班

週日班:

日期及時間:

6/4/17-8/13/17逢星期日(共10堂)

(7/2休課)

年齡: 6-15歲

中班: 3:30pm至5:00pm

初班: 2:30pm至3:30pm

保健會員:

\$160 (中班); \$110(初班)

社區參與者:

\$180 (中班); \$130 (初班)

(另交\$30制服費)

地點: 華埠青年會, 練習室A

## 夏季社區活動

家庭聚餐:

泰式晚餐, 6/3/17 6PM - 8PM

日式晚餐, 7/8/17 6PM - 8PM

燒烤和游泳池派對, 8/12/17 6PM - 8PM

家庭出遊:

家庭宿營, 6/16/17-6/18/17

探險樂園, 7/22/17

數碼科技館, 8/5/17

## 家庭時間

家庭時間歡迎來參加我們新推出的家庭時間項目! 本項目為幼兒、青少年、家長和家庭提供健康、好玩和富教育性的活動。這是一個用嶄新和有趣的方式保持活躍、結交新朋友、接觸尚未發掘的嗜好, 以及花時間與家人共處的大好機會。我們的活動會依照年齡分組, 以協助您和孩子獲得最棒的經驗。我們按各年齡設計的活動組合可以在家庭時間進行的任何時段供您使用。您也可以參加每月第一個星期六舉辦的游泳活動。8歲以下的孩童必須有家長/監護人陪同前來青年會。8歲以上的孩童必須在項目進行時間裡向青年會的職員簽到和簽出

日期及時間:

星期六: 6/3/17-8/12/17, 上午11時半至下午5時

(共10堂, 07/01休課)

星期日: 6/4/17-8/13/17 下午1時至下午5時 (共10堂, 07/02休課)

費用: 保健會員\$68/家庭; 社區參與者: \$98/家庭

年齡: 所有年齡皆可參加

地點: 華埠青年會二樓的家庭中心

## 小廚師烹飪班

我們的小廚師項目將在每星期使用適當參加者年齡的指令和基本的烹飪方法, 讓你的孩子親身製作不同的美食以滿足其好奇心。

日期: 06/03/17 - 08/12/17 (10堂) 07/01休課

時間: 5-7歲 12:00pm-1:00pm

8-11歲 1:15pm-2:15pm

費用: 保健會員 \$120

社區參與者 \$140



# COMMUNITY CENTER PROGRAMS

## 社區中心活動

### EXTENDED FUN SPECIALTY CLASSES

Does your camper have a thirst to explore further? Our Extended Fun Specialty Classes weave in topic-based sessions during the camper's extended care time. Age specific Specialty sessions will be held at the Chinatown YMCA on Monday and Wednesday or Tuesday and Thursday from 4:30pm-6:00pm. These sessions give campers an opportunity to explore specialized areas, pushing summer adventure to the extreme!

Available for campers Kindergarten-5th grade.  
Cost: Additional \$195 per 7 week session (13 classes) (no class 7/4) or \$65 per 2 week session (4 classes)

\*Subject to change based on enrollment

\*\*Summer School and SAA Participants may only enroll in 7 week Sessions

7 Week Session Date: 5/30/17 - 7/14/17

2 Week Session Dates: 6/5 - 6/15, 6/19-6/29 and 7/10 -7/20 (Mon and Wed or Tues and Thurs)

**STEM LABORATORIES**— Science, Technology, Engineering, and Math (STEM) never sounded so sweet. Explore the world through a scientific lens as we experiment with chemistry, biology, and green science through hands on activities and projects.

Ages 5-7: Tues and Thurs from 4:30pm-6:00pm

Ages 8-11: Mon and Wed from 4:30pm-6:00pm

**LITTLE CHEFS**— Our Little Chefs Program will help your child gain a lot of hands-on-experience working with different foods and recipes throughout the weeks. Age appropriate instruction will engage campers' curiosity with the fundamentals of cooking.

Ages 5-7: Mon and Wed from 4:30pm-6:00pm

Ages 8-11: Tues and Thurs from 4:30pm-6:00pm

**ART**— Is there a Picasso in your midst? Youth will learn a little about influential art movements and explore different medias that can include: water color, sculpting, sketching.

Ages 5-11: Mon and Wed from 4:30pm-6:00pm

**KENPO FOR BEGINNERS (WEEKDAY CLASSES)**—

Dates: Tuesday and Thursdays 5/30/17-7/14/17(14 classes)

Ages 5-7: 4:30pm-5:15pm

Ages 8-11: 5:15pm-6:00pm

Cost: Facility member: \$154

Community Participant: \$182

(\$30 Additional Uniform fee)

Location: Studio A, Chinatown YMCA

### 特別附加的項目

您的孩子渴望探索更多不同的興趣嗎?我們在托兒服務時間裡為學員安排了特別附加的主題性項目。這些課程將在星期一和星期三或的星期二和星期四的下午4時半-下午6時在華埠青年會進行。為期兩週的課程將提供學員一個探索專科領域的機會，讓這個暑假更不同凡響！

所有K-5年級 (5-11歲)的學童均可參加。

費用：每項額外\$195/7週(共13堂, 和7/4休課)

或\$65/2週 (共4堂)

\*會因應報名人數多少而作出調整

\*\*暑期班和SAA的學生只能揀參加7週的附加項目

(參加者將由我們安排前往華埠青年會)

7週的課程日期：5/30/17 - 7/14/17

2週的課程日期：6/5 - 6/15, 6/19-6/29, 7/10-7/20

(星期一和星期三或星期二和星期四)

**科學實驗室**- 科學、科技、工程和數學 (STEM) 合起來是如此悅耳動聽。領導學員在科學的鏡頭下探索這個世界，我們會動手透過不同的活動和項目來進行化學、生物和綠色科學的實驗。

5 -7歲：逢星期二和星期四, 下午4:30 - 下午6時

8-11歲：逢星期一和星期三, 下午4:30 - 下午6時

**小廚師** - 我們的小廚師項目將在每星期使用適當參加者年齡的指令和基本的烹飪方法，讓你的孩子親身製作不同的美食以滿足其好奇心。

5 -7歲：逢星期一和星期三, 下午4時半 - 下午6時

8-11歲：逢星期二和星期四, 下午4時半 - 下午6時

**美術**— 你的心中是否住著一位畢卡索? 參加者將學習一些具影響力的藝術運動，以及探索包括水彩、雕塑和素描在內的不同藝術媒介。

5 -11歲：逢星期一和星期三, 下午4時半-下午6時

**週日初級空手道**—

日期及時間：5/30/17-7/14/17, 逢星期二和星期四 (共14堂)

5-7歲：下午4時30分至下午5時15分

8-11歲：下午5時15分至下午6時

費用：保健會員 \$154

社區參與者 \$182

(另交\$30制服費)

地點：華埠青年會運動A室

2017 EXTENDED CARE CHART 最好的暑假	MON/WED 星期一/星期三 4:30-6:00	TUE/THUR 星期二/星期四 4:30-6:00
(Age 5-7) 5 -7歲	Art or Little Chefs 小畫家班/ 小廚師	STEM 科學實驗室 or Martial Arts 週日初級空手道 (4:30-5:15)
(Age 8-11) 8 -11歲	STEM or Art 科學實驗室/ 小畫家班	Little Chefs 小廚師 or Martial Arts 週日初級空手道 (5:15-6:00)

# TEEN/MIDDLE SCHOOL PROGRAMS

## TEEN PROGRAMS (HIGH SCHOOL)

Check out our teen programs for opportunities to explore your potential in leadership and community service. We grow and build the teens by developing their skills to become and accomplish the great things we know teens are capable of. We give back, time and time again, because through service we honor our legacy and build our future leaders.

### COUNSELOR IN TRAINING:

The Counselor in Training Program is designed to give teens interested in becoming a summer Y camp counselor a chance to learn and develop their skills as a leader. Through this program, participants will learn how to lead games, teach cheers, supervise a group of children grades K-8, and understand the importance of group work. Along with learning the skills needed to lead a group, teens will learn valuable confidence building life skills such as responsibility, time management, and organization. To enforce group bonding and team work, CIT's will go on fieldtrips every other week such as: bowling, ice skating, and movies to name a few. All participants will meet at the Chinatown YMCA during the first 2 weeks of their CIT session. During the rest of the program, they will be placed in Summer School, Day Camp, and Summer Adventures Academy for hands on training. All will need to bring a bag lunch every day.

Ages: Entering Freshmen, Sophomore, or New High School  
Participant Date: 6/5/17-7/28/17 OR 6/12/17-8/4/17  
Time: 9:00am-4:00pm  
Cost: \$375/\$35 deposit required for registration

### TEEN VOLUNTEER:

Our Day Camp, Summer School, and Aquatics programs are looking for a few good volunteers. Volunteers must apply, interview, and attend training to develop and refresh their skills. This is the place to be for entering high school juniors and seniors (and older). Along with gaining over 200 hours of service hours, we will grow you to be leaders through weekly workshops and chances to build your college resume! Let this summer be the one where you work with a fun, caring staff and get first hand training in all aspects of being a camp counselor.

Ages: Entering Sophomores with previous childcare experience, entering Juniors and Seniors  
Dates: Applications out: 2/6/17  
Applications due: 5/19/17  
Program: 5/30/17 – 8/11/17, 9:00am – 4:30pm  
\*Applications available online or at our Welcome Center beginning 2/4/17

### I-WORKS:

Did the CIT and Volunteer thing? Ready to step it up and get paid? Our stipend teen employment program will give you just that opportunity. If hired, you will receive the title of Junior Counselor and will be responsible for duties similar to that of a Staff Counselor. Applications and interviews are required so polish those résumés and interviewing skills, because we'll be waiting!

Ages: Juniors and Seniors  
Dates: Applications out: 2/4/17  
Applications due: 4/23/17  
Interviews: 4/24/17-5/5/17  
Program: 5/10/17-8/11/17, 9:00am-4:30pm  
\*Applications available online or at our Welcome Center beginning 2/6/17.

## TEEN OVERNIGHT CAMP (CAMPFERENCE):

Campference: Teen Camp Campference is a week-long overnight camp held together with Boys and Girls camp. Campference offers teens a chance for self-exploration, sessions that explore teenage topics such as: social pressures, how to deal with stressors, and making smart choices. We strive to create a memorable camping experience by developing the foundation for strong self-confidence surrounded by positive adult and peer influences, interactive and fun games that build teamwork, and friends that last a lifetime. Escape the urban jungle with us!

Ages: Entering Sophomore – First year in College  
Date: 7/29/17-8/05/17  
Cost: \$450

### RESIDENCE CAMP:

Residence Camp is a week-long sleep away camp. Held at Camp Fleischmann in Chester, CA. Activities include archery, riflery, swimming, crafts, singing, and values education through the YMCA Ragers Programs, which encourages personal growth.

Ages: Boys & Girls Camp: 8 to 14 years old, 1:6 Staff to Camper Ratio  
Dates: 7/29/17-8/5/17  
Cost: Facility Member \$450, Community Participant \$475 (\$100 deposit required at registration)

\* Special for Day Camp, Summer School Participants, and CIT's  
!! Receive a \$100 credit towards Residence Camp if you are registered for Summer School, CIT or 8 weeks or more of Day Camp.

\* See Residence Camp Brochure for more information.

Youth ages 8-14 are divided into age appropriate groups and experience sleeping under the stars in tents and participate in activities such as swimming, arts & crafts, outdoor education, music, games, archery, and campfire. Staff to youth ratio is 1:6.

Teens entering high school and older enjoy all aspects of camp as well as a progressive curriculum designed to encourage teamwork and leadership development. Staff to youth ratio 1:12.





# 青少年活動

## 青少年活動 (高中)

快來查閱我們的青少年活動,一起培育青少年的領袖和服務社區的能力。我們共同為青少年創造一個可以安全無慮地發掘他們興趣的環境。我們藉由培養青少年的技能來碩造他們成為有為的青年。我們教導他們不時地奉獻回饋,因為透過為社會服務讓我們尊敬我們的傳統並培養下一代的領袖。我們用行動來實現理想。

### 輔導員訓練項目(CIT)

輔導員訓練項目旨在為有興趣成為青年會暑期營輔導員的青少年提供一個可以學習和培養領導能力的機會。透過這個項目,參加者將學習如何帶領團康遊戲、呼口號、監督一群從幼稚園到8年級大的兒童,以及了解團隊合作的重要性。除了學習帶領團體的技巧之外,青少年還將學到寶貴的信心建立的技能,例如責任感、時間管理和組織能力。為了加強團隊的感情和合作,輔導員訓練項目每隔一週會舉辦戶外出遊活動:保齡球、溜冰和看電影等。所有參加者將在華埠青年會集合,而且每天都需要自備午餐。

年齡:升高中一年級和二年級,或新來的高中生

日期:6/5/17-7/28/17 OR 6/12/17-8/4/17

時間:上午9時-下午4時

費用:\$375/報名時需付\$35留位費

### 青少年義工

我們的日營、暑期班和水中項目都在尋找優質的義工朋友。義工必須報名、面試和接受培訓來發展並精進其技能。如果你即將成為高中三或四年級生,或年齡更長者,並且有興趣在這個暑假和兒童們一起渡過,這個地方正適合你。除了能累積200個小時以上的服務時數,我們還會透過每週的座談來培養你成為領導者,而且這段經驗更能豐富你的大學申請履歷!在這個暑假,你可以與一群有趣又關心彼此的職員一同工作,並且獲得成為營隊輔導員的全方面培訓。

年齡:高進入中二年級(有兒童看護經驗),三年級和四年級的高中生

日期:表格派發日期:2/6/17

表格截止日期:5/19/17

活動進行日期及時間:5/30/17-8/11/17,上午9時-下午4時半

\*2/4/17起可以透過網上或親自到會員服務處索取報名表格

### I-WORKS:

已經參加過輔導員訓練(CIT)和義工訓練了嗎?準備前往更高一級並獲得新酬嗎?這個支付薪水的青少年項目正為你提供一個不可錯過的機會。如果你被雇用了,你的職位就是初級輔導員,與正職輔導員負擔相同的責任。你必須提交工作申請和接受面試,所以記得準備好你的履歷和面試技巧,因為我們正期待你的加入!

年齡:高中三年級和四年級的高中生

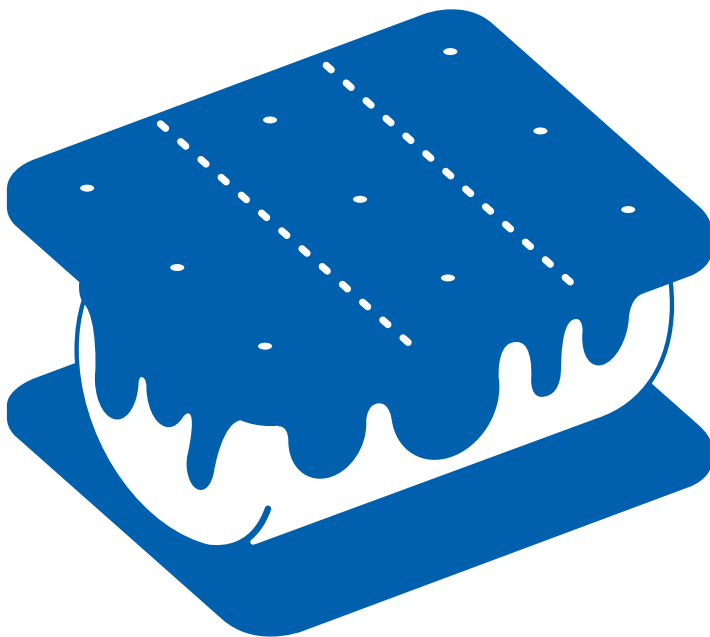
表格派發日期:2/4/17

表格截止日期:4/23/17

面試:4/24/17-5/5/17

活動進行日期及時間:5/10/17-8/11/17,上午9時-下午4時半

\*2/6/17起可以透過網上或親自到會員服務處索取報名表格



### 青少年宿營(CAMPFERENCE)

Campference是一個為青少年舉辦,為期一週的過夜宿營活動。Campference為青少年提供一個自我探索的機會,以及探討青少年話題的會談,例如社會壓力、如何應對壓力和做出明智的選擇。藉由具有正面態度的成人和同儕的影響來建立自信的基礎、用互動和有趣的遊戲來建立團隊合作,以及認識能結交一輩子的朋友,幫助我們創造出一個難忘的宿營經驗。與我們一起遠離都市叢林吧!

年齡:即將成為大學新生-大學一年級者

日期:7/29/17-8/05/17

費用:\$450

### 夏令營

夏令營是一個為期一週的在外過夜宿營的活動,位於Chester的Fleischmann營地。活動包括射箭,射擊,游泳,手工藝,唱歌,和透過青年會的Raggers活動學習價值觀和鼓勵個人發展。

年齡:

男生與女生營:8至14歲,師生比例1:6

日期:7/29/17-8/5/17

費用:保健會員\$450;社區參與者\$475(報名時必須繳交\$100按金)

\*詳情可參閱夏令營小冊子。請記緊在報名時索取資料手冊。

八至十四歲的青少年將分配到合適的小組內,參加這個活動的營友們可以親身體驗睡在帳篷裡觀望一望無際的星空。其餘的集體活動包括游泳、勞作美術、戶外教育、音樂、遊戲、射箭、和營火會。青少年學員與員工們的比例為一比六。

這是一個以循序漸進形式進行的課程,為青少年進入高中或各階段而設,鼓勵營友著重團隊合作精神和發掘其領導才能。青少年學員與員工們的比例為一比十二。

\*暑期班和日營參加者優惠!!如您報名以下其中一項活動則可在夏令營上獲得\$100的折扣:1.暑期班或2.至少八週的日營,3.CIT

# SUMMER SCHOOL 暑期班

## SUMMER SCHOOL

Children learn best when instruction is continuous. To close that summer learning gap, our program strives to prevent summer learning loss and fill your child's summer with fun, friends, and academic enrichment. Our qualified staff is dedicated to building the learning confidence of our youth so that they are better prepared for the coming school year, while squeezing in some summer fun. Together, we can cross those "t's", dot those "i's", find the difference of 2017, and 1844; and share adventures on the playground!

Ages: Entering K to 8th Grade  
Dates: 5/30/17 - 7/21/17 (8 weeks)  
NO PROGRAM on 7/4/17

Time: Monday-Friday:  
7:30am-9:00pm: Free Extended Care  
9:00am-4:00pm: Program  
4:00pm - 6:00pm: Free Extended Care

Fees: Facility members \$1,000; Community Participants \$1,088  
(A \$100 deposit is required at registration)  
Location: Gordon J. Lau Elementary 950 Clay Street, San Francisco, CA 94108

Summer School is divided into two age divisions:

Elementary Bunch - Incoming K-5th graders

Subjects in Math, Language Arts, Science, and Social Studies will be taught by multi-subject teachers aligning with their school day learning and providing continuity in the summer. The teachers will fill half the day with skill building activities and recreation activities. Our activities encourage exploration and sparks curiosity that enriches the learning experience. As an added enrichment, STEM classes will be offered to some grade levels twice a week. More STEM information coming soon! Summer break will never be the same again!

Middle School Huddle - Incoming 6th-8th graders

Academic instruction will be taught by a single-subject teacher for half-a-day in Math and English/Language Arts. The second half will be time set aside for skill building enrichment, leadership building, and recreation. It is important for middle school youth to be surrounded by enriching project based activities and teaching opportunities outside the classroom that spark their curiosity to learn. Paired with a half day of academic instruction along with project based learning and intentional activities to enhance team building, we strive to inspire their learning in and outside the classroom.

All Summer School teachers are credentialed. There will be a fun-filled full day fieldtrip each week. We will also take advantage of our saline swimming pool for recreational swim!

Sign up to create unbreakable bonds, lifelong friendships, and awesome memories!

## SUMMER SCHOOL SWIM LESSONS

5/30/17 - 7/20/17 (2x/week for 8 weeks)

### MONDAYS/WEDNESDAYS (15 classes)

4:30pm-5:00pm  
5:00pm-5:30pm  
Facility members \$210  
Community Participants \$255

### TUESDAYS/THURSDAYS (15 classes)

\*No class Tuesday 7/4  
4:30pm-5:00pm  
5:00pm-5:30pm  
Facility members \$210  
Community Participants \$255

## 暑期班

孩童在連貫性的指導方式下學習成效最佳。為了避免暑假期間的學習差距，我們的項目致力不讓孩童在暑期產生學習能力退步，並會為您的孩子帶來充滿趣味、朋友和學術性的綜合活動。我們合資格的職員努力為您的孩子建立學習自信心，好讓他們為即將到來的新學年做好準備，同時也會安排一系列的夏日趣味活動。讓我們一起做更仔細、找出1844的平方根並在遊樂園一同玩樂！

年齡：進入幼稚園至8年級(秋季2017年)  
日期：5/30/17 - 7/21/17(8週)  
(7/4\*休課)

時間：星期一至星期五：上午九時至下午四時  
免費早上和下午托兒服務：上午7時30分至上午9時以及下午4時至下午6時

費用：保健會員\$1,000; 社區參與者為\$1,088  
(報名時需支付\$100留位費)  
地點：劉貴名小學  
950 Clay Street, San Francisco, CA 94108

暑期班分成兩個年齡組別：

小學組-進入幼稚園至5年級的學生

我們安排擁有多科目教學資格的老師來教導數學、語文、科學和社會學習等科目，並結合孩童在學校的日常學習以及提供暑期教學的連貫性。老師將安排半天的技能培養和康樂活動。我們的活動鼓勵探索和激發好奇心來豐富學習經驗。作為一個額外的活動，STEM項目將為某些年級的學生提供每週2節課。有待公佈更多相關資料！暑假對和以前不一樣！

中學組-進入6至8年級的學生

我們安排擁有單一科目教學資格的老師利用半天教導數學和英文/語文藝術。下半年則將安排技能培養的充實性活動、領導能力培養和康樂活動。對中學生而言，接觸以充實性項目為基礎的活動和激發學習好奇心的課外教學機會都很重要。我們將以上下半天的學術指導與項目學習活動結合來加強團隊建設，旨在激發孩童在教室內外的學習態度。

所有暑期班的老師皆有教師資格。每週皆有安排戶外出遊日和康樂游泳！



## 暑期班游泳課

5/30/17 - 7/20/17(共8週, 每週2堂)

### 星期一及星期三(共15堂)

下午4時30分 - 下午5時  
下午5時 - 下午5時30分  
保健會員:\$210  
社區參與者:\$255

### 星期二及星期四(共15堂)

和7/4休課  
下午4時30分 - 下午5時  
下午5時 - 下午5時30分  
保健會員:\$210  
社區參與者:\$255

# SUMMER ADVENTURE ACADEMY

## 暑期探險學園

Summer Adventure Academy is a 7-week program designed to keep students learning and active in the summer. The summer months offer a huge potential to get your student ready for the coming school year; don't let this chance slip by! We have credentialed teachers, experienced enrichment and recreational leaders, free breakfast and lunch, exciting field trips and much, much more!

We'll help prepare your student as we focus our curriculum on intensive Literacy (reading and writing) and engaging STEM projects (science, technology, engineering and MATH). We believe learning can be an adventure, so our program themes are Exploration, Expression and Excellence! Space is limited so enroll now!

Check out a short video from last summer at <http://youtu.be/QGBu8LXg35I>

**Ages:** Entering 1st to 6th Grade (for Fall 2017)  
**Dates:** 5/30/17 – 7/14/17 (7 weeks)  
NO PROGRAM on 7/4/17

**Time:** Monday – Friday  
8:00am – 9:00am: Free Extended Care  
9:00am – 4:00pm: Program  
4:00pm – 5:00pm: Free Extended care

Program available to current students at Spring Valley, Yick Wo & Gordon J. Lau students only.

**Fees:**  
\$595/child  
(A \$875 value)  
(A \$100 deposit is required at registration)

**Location:** Gordon J. Lau Elementary, 950 Clay St., SF

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## SUMMER ADVENTURE ACADEMY SWIM LESSONS

Dates & Times: 5/30/17 – 7/13/17 (2x/week for 7 weeks)

**MONDAYS/WEDNESDAYS** (13 classes)  
4:30pm-5:00pm  
5:00pm-5:30pm  
Facility members \$182  
Community Participants \$221

**TUESDAYS/THURSDAYS** (13 classes)  
\*No class Tuesday 7/4  
4:30pm-5:00pm OR  
5:00pm-5:30pm  
Facility members \$182  
Community Participants \$221

\*\*FINANCIAL AID UP TO 50% Available with appropriate income verification. Please see the membership desk for more information.

暑期探險學園是一個為期7週的項目，其目的是在暑假裡讓學生保持學習和活躍。三個月的暑假提供了巨大的潛力讓你的學生為即將到來的學年作準備。不要讓這個機會溜走！我們有持有證書的老師、經驗豐富的活動領導者、免費的早餐和午餐、刺激的實地考察旅行和其它很多的活動！

我們將幫助你的學生做好準備，因為我們的課程集中在讀寫能力（閱讀和寫作）和STEM（科學、技術、工程和數學）。我們相信學習可以是一個冒險，所以我們計劃的主題是探索、表達和卓越，并以青年會的尊重、責任、關懷和誠實等四個核心價值為重點。

看看去年夏天的一個簡短視頻：  
<http://youtu.be/QGBu8LXg35I>

**年齡:** 進入1日至6年級（秋季2017）  
**日期:** 5/30/17 – 7/14/17(共7週)  
7/4/17休課

**時間:** 星期一至星期五  
上午8時至上午9時：免費托兒  
上午9時至下午4時：活動時間  
下午4時至下午5時：免費托兒

此項目只給Spring Valley, Yick Wo和Gordon J. Lau的學生參加

**費用:**  
\$595/人  
(價值 \$875)  
(報名時需支付\$100留位費)

**地址:** 劉貴名小學, 950 Clay St., SF



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## 暑期探險學園游泳課

日期及時間: 5/30/17 – 7/13/17(共7週, 每週2堂)

星期一及星期三(共13堂)  
下午4時30分 - 下午5時或  
下午5時 - 下午5時30分  
費用: 保健會員:\$182; 社區參與者:\$221

星期二及星期四(共13堂)  
7/4休課  
下午4時30分 - 下午5時或下午5時 - 下午5時30分  
保健會員:\$182  
社區參與者:\$221  
\*\*財政資助高達50%，必須提供適當的收入證明。請到會員服務部了解更多詳情。

# DAY CAMP

Put those books away, this kind of learning happens outside the classroom! The Chinatown YMCA Day Camp provides a safe and positive atmosphere for our campers to play, explore, and create. This 11 week, theme based camp will be full of opportunities to close that summer learning gap and fill it with experiences and project based activities. Campers will engage in 20 minutes of reading, 2 activities and 1 math related activity. We use this strategy We will divide campers according to grade level following an age relevant schedule of group games, mini local trips, arts and crafts, recreational swimming, field trips, and so much more!

**Ages:** 5-13 years  
**Dates:** 5/30/17 – 8/11/17 (11 weekly sessions)  
 (\*No session on 5/29/17 & 7/4/15)  
 (\$35 deposit per session required)  
**Time:** Monday- Friday 9:00am-4:00pm

**Free morning and afternoon care:** 7:30am-9:00am and 4:00pm-6:00pm

**Location:** Chinatown YMCA, 855 Sacramento Street

Your child will be enrolled in Pioneers, Adventurers, Explorers, or Movin' On Camp. These camps represent different age levels. Please see the descriptions below:

**Pioneers:** Entering Kindergarten and 1st grade:  
 (staff to youth ratio 1:8)  
 Pioneers will discover basic skills and abilities to develop motor and creative thinking skills with activities based around early childhood development principles.

**Adventurers:** Entering 2nd and 3rd grade:  
 (staff to youth ratio 1:10)  
 Adventurers will continue to build on developing individual skills with a focus on working with others through playing games, singing songs, and structured activities.

**Explorers:** Entering 4th and 5th graders :  
 (staff to youth ratio 1:12)  
 Explorers are on the cusp of accomplishing great things through experimentation and self-discovery. They will learn about their world through project based activities and team work.

**Movin' On- Entering Middle Schoolers:**  
 (staff to youth ratio 1:15)  
 This Day Camp is just for your middle schooler. We know that at this age, middle schoolers thrive on strong peer networks and need a fun summer program tailored towards their interests. We will challenge your minds and abilities to be creative and to think critically while playing team building games, cooking special projects, and exploring age relevant fieldtrips.

## DAY CAMP SWIM LESSONS\*

Swim Lessons are offered weekly at 2x/week  
 Swim lessons offered during Day Camp program time!  
 Lessons are 30 minutes in length and take place on Monday/Wednesdays between 3:00 – 4:30 PM.  
 Facility Member: \$28/week  
 Additional \$34 per week session.  
 \*No Day Camp swim lessons Week #1

2017 EXTENDED CARE CHART	MON/WED 4:30-6:00	TUE/THUR 4:30-6:00
(Age 5-7)	Art or Little Chefs	STEM or Martial Arts (4:30-5:15)
(Age 8-11)	STEM or Art	Little Chefs or Martial Arts (5:15-6:00)

## Sign up and let's get outside and explore together!

(More information will be available in our Day Camp Fact Sheet available 2/6/17)

- Week 1: 5/30-6/2  
(no camp 5/29)
- Week 2: 6/5-6/9
- Week 3: 6/12-6/16
- Week 4: 6/19-6/23
- Week 5: 6/26 – 6/30
- Week 6: 7/3-7/7  
(no camp 7/4\*)
- Week 7: 7/10-7/14
- Week 8: 7/17-7/21
- Week 9: 7/24-7/28
- Week 10: 7/31-8/4
- Week 11: 8/7-8/11
- Week 12: 8/14-8/18

### Facility Member - Per Week

Week 1	\$112
Week 2	\$140
Week 3	\$140
Week 4	\$140
Week 5	\$140
Week 6	\$112
Week 7	\$140
Week 8	\$140
Week 9	\$140
Week 10	\$140
Week 11	\$140
Week 12	\$140

### Community Participant - Per Week

Week 1	\$120
Week 2	\$150
Week 3	\$150
Week 4	\$150
Week 5	\$150
Week 6	\$120
Week 7	\$150
Week 8	\$150
Week 9	\$150
Week 10	\$150
Week 11	\$150
Week 12	\$150

# 日營

暑假到了，讓我們把書本擱到一邊、離開沙發並和朋友們一同享受愉快的夏日時光吧！華埠青年會的日營為孩童提供一個安全和正面的環境來遊戲、探索和發揮創造力。這個為期11週的主題性日營將充滿各式各樣的體驗和項目活動，讓你在暑假期間不會有學習差距。我們將依照孩童的年級分組，並安排適合其年齡的團體遊戲、小型地方郊遊、藝術和工藝、康樂游泳、戶外出遊和更多其它活動！



## 快來報名參加，讓我們展開我們的夏日冒險吧！

(詳細資料將於2月6日在我們的日營手冊子中公佈)

- 第一週: 5/30-6/2  
(5/29\*休課)
- 第二週: 6/5-6/9
- 第三週: 6/12-6/16
- 第四週: 6/19-6/23
- 第五週: 6/26 - 6/30
- 第六週: 7/3-7/7  
(7/4\*休課)
- 第七週: 7/10-7/14
- 第八週: 7/19-7/21
- 第九週: 7/24-7/28
- 第十週: 7/31-8/4
- 第十一週: 8/7-8/11
- 第十二週: 8/14-8/18

### 保健會員 = 每週費用

第一週	\$112
第二週	\$140
第三週	\$140
第四週	\$140
第五週	\$140
第六週	\$112
第七週	\$140
第八週	\$140
第九週	\$140
第十週	\$140
第十一週	\$140
第十二週	\$140

### 社區參與者 = 每週費用

\$120
\$150
\$150
\$150
\$150
\$120
\$150
\$150
\$150
\$150
\$150
\$150

年齡：5至13歲  
日期：5/30/17 — 8/11/17 (為期11週)  
(沒有類5/29和7/4)  
(報名時需付每週\$35留位費)  
時間：星期一至星期五，上午九時至下午四時

\*免費早上及下午托兒服務: 上午7時30分至上午9時以及下午4時至下午6時

地點：華埠青年會, 855沙加甸度街

您的孩子將會被分到先驅者、冒險家、探險家和Movin' On營隊。這些營隊代表不同的年齡層。請參閱以下說明：

**先驅者** — 進入幼稚園和1年級者  
(職員與兒童的比例為1:8)  
先驅者級別孩童將發展其基本技能和能力，並採用以早期兒童發展原則為主的活動來培養動作和創造性思維的技能。

**冒險家** — 進入2和3年級者  
(職員與兒童的比例為1:10)  
冒險家級別的孩童將繼續鞏固發展其個人技能，以及透過遊戲、唱歌和結構性的活動來加強與他人的合作。

**探險家** — 進入4和5年級者  
(職員與兒童的比例為1:12)探險家級別的孩童透過實驗和自我發現的方式來完成偉大的事情。他們將透過主題性的活動和團隊合作來學習他們所成長的世界。

**Movin' On - 進入6至8年級者**  
(職員與兒童的比例為1:15)  
這個日營是專為中學生所設計。我們知道這個年紀的初中生喜歡有一個同齡的社交網，而且需要一個專門針對他們的興趣以設計的趣味暑期項目。我們將透過團隊建立遊戲、烹飪項目和適合其年齡的戶外出遊來挑戰孩童的心智、創造力和分析思考的能力。

## 日營游泳課\*

游泳課每週提供 (每週2堂) - 游泳課在日營項目的時間內進行！逢星期一和星期三，下午3時 - 下午4時30分之間進行，每堂30分鐘。

費用：保健會員\$28/週  
社區參與者\$34/週\*  
\* 在第1週,無夏令營游泳課。

2017	星期一/星期三 4:30-6:00	星期二/星期四 4:30-6:00
5 - 7歲	小畫家班/ 小廚師	科學實驗室 /週日 初級空手道 (4:30-5:15)
8 - 11歲	科學實驗室/ 小畫家班	小廚師/週日初級 空手道 (5:15-6:00)

# ADULT & SENIOR PROGRAMS

## 成人和老年人

### PRIVATE & SEMI PRIVATE SWIM LESSONS

Private and Semi-Private lessons are great for those who want a little extra attention or who only want to learn specific swimming skills. They are tailored to the participants wants and needs as a swimmer and provide a little more flexibility with scheduling. Lessons are sold on a monthly basis but can be started anytime. Scheduling is done at the member service desk. If a specific lesson time is not available, a request form can be filled out and the participant will be added to a waiting list.

Facility Member:

Private Lesson - \$30 per lesson  
Semi-Private Lesson - \$48 per lesson

Community Participant:

Private Lesson - \$35 per lesson  
Community Participant - \$58 per lesson

### MASTERS SWIM

Join The Chinatown Y Dragon-Masters Swim Program! A USMS Swim Coach personally trains you in custom swim sets geared towards giving you a great workout for a healthier lifestyle! During practice times, you get great tips on all 4 swim strokes, customized swim workouts, videos and more upon request when you join to be a Dragon-Master!

### PRACTICE TIMES

Monday, Wednesday & Friday  
6am - 7am and 12pm-1pm

Facility Member: \$22/Month  
Community Participant: \$50/Month  
Drop-in: \$10/Visit

### PERSONAL TRAINING

We understand that one size does not fit all your goals and motivations are unique to you. Your trainer will customize a lifestyle and exercise program based on your specific needs. We will help you maximize your time, increase your effectiveness, and stay motivated! We're passionate about helping you live a longer, leaner, and healthier life. Life is too precious to live otherwise. There's no time like the present! Schedule your first appointment today and be on your way to living a healthier lifestyle now!

### PACKAGES AND SERVICES

Intro Package: 3 Sessions/\$180  
Value Package: 6 Sessions/\$320  
Ultimate Package: 12 Sessions/\$600

### GROUP PACKAGES

3 Sessions/\$140  
6 Sessions/\$210  
12 Sessions/\$420

\*All Sessions are 1 hour in length. Gift Certificates also available. Contact Raymond Wan, Community Health Coordinator, at 415 748 3542 or email rwan@ymcasf.org.

### 私人或半私人游泳班

私人或半私人課程很適合那些想獲得額外注意或學習特定游泳技能的參加者。課程針對參加者對游泳的喜好和需求而設計,並提供彈性的上課時間。課堂按每月計算,但可隨時開始。有興趣者可於會員服務處安排上課時間。如所需時間未能提供,請填寫申請表加到等待名單上。

成本:

保健會員:

私人課 - 1堂: \$30

半私人課 - 1堂: \$48

社區參與者:

私人課 - 1堂: \$35

半私人課 - 1堂: \$58



### 習泳項目

來參加華埠青年會的飛龍 - 習泳項目!由 USMS 的游泳教練親自訓練,讓您藉由優質的健身得到一個健康的生活型態!練習時,教練會針對您的四種泳式給予建議、個人化您的游泳鍛煉、提供相關影片和更多協助!

### 練習時間

星期一, 星期三, 星期五

上午6時至上午7時和下午12時至下午1時

保健會員 \$22/月

社區參與者 \$50/月

單次\$10/上門

### 私人健身訓練

我們了解單一模式並不適合所有人,而您的目標和動機是獨一無二的。您的教練將依據您具體的要求,來為您設計一套個人化的生活方式和鍛煉計劃。我們將協助您有效的利用時間、提高效率,並保持動機!。我們對協助您達到一個長遠、精實和健康的生活充滿熱情。生命的價值無可取代。沒有比現在更適合的時機了!現在就預約,並準備開始一個更健康的生活!

### 個人套票

基礎套票: 3 堂課/\$180

超值套票: 6 堂課/\$320

終極套票: 12 堂課/\$600

### 組套票

3 堂課/\$140

6 堂課/\$210

12 堂課/\$420

\*類是一個小時。禮卷販售中。聯絡業務總監Raymond Wan以討論您的需要和目標,致電415-748-3542 或電郵 rwan@ymcasf.org

# ADULT & SENIOR PROGRAMS

## 成人和老年人

### INTRO TO GET FIT

Intro to Get Fit is for those newer to fitness training. Students will learn basic exercises for the major muscle groups so they can successfully progress to Get Fit as well as other higher intensity classes such as Boot Camp and 3Dxtreme. Basic information will be provided on goal setting, injury prevention, body composition and overall health.

Meets Mondays and Wednesdays 7-8 AM  
Maximum 10 people  
Program Prices are based on \$7 per class rate

#### DATES FOR 2017:

July 10th – July 31st  
7 classes = \$49

### GET FIT – 60 DAYS

Get Fit is a small group training program designed for those who have some prior exercise experience, need some accountability and who enjoy the guidance of a skilled trainer. Throughout the session the instructor will lead a variety of workouts while correcting form and offering modifications as needed. Students get a great workout while learning the skills they will need to work out on their own.

Meets Tuesdays and Thursdays 7-8 AM  
Maximum 6 participants assuring personal attention  
Program Prices are based on \$10 per class rate

#### DATES FOR 2017:

June 6th - July 27th  
15 Classes = \$150

August 1st - September 28th  
16 classes = \$160  
(No class September 5th and 7th due to annual closure)

### SILVER & FIT

The YMCA of San Francisco is happy to partner with American Specialty Health to offer their Silver & Fit® programs at 5 of our locations, Bayview, Buchanan, Chinatown, Stonestown and Mission. Eligible members (based on your health insurance subscription) may qualify to have their membership dues waived in exchange for a minimum number of visits to their home branch. To find out more or whether or not you qualify, please visit our Membership Desk at any of our participating locations.

### GET FIT 計劃簡介

適合沒有經驗者參加。學生將學習對主肌肉組的基本訓練，以便他們可以成功地完成該計劃和其它高強度的訓練，如訓練營和3Dxtreme。將提供有關目標設定，預防受傷，目標設定，身體結構和總體健康的基本資料。

逢星期一和星期三 7-8 AM  
最多可容納10人  
計劃費用根據每堂課\$7計算

2017年日期：

7月10日至31日  
7堂= \$49

### GET FIT – 60天

Get Fit是一個小組訓練計劃，專為那些有少許運動經驗，但需要一些問責制和教練指導的參加者。在整個計劃期間，教練將領導各種鍛煉，同時糾正和提供必要的修改。學生在學習他們可自行鍛煉的技能時也得到一個很好的鍛煉。

逢星期二和星期四 7-8 AM  
最多6名參加者以保證每人都得到關注  
計劃費用根據每堂課\$10計算

2017年日期：

6月6日 - 7月27日  
15堂= \$150

8月1日 - 9月28日  
16堂= \$160  
(由於年度關閉，9月5日和9月7日放假)

### SILVER & FIT

三藩市青年會很高興能和美國專業健康合作在我們5個地點提供他們silver & fit的計劃，所屬地點包括Bayview, Buchanan, Chinatown, Stonestown 和Mission。合資格的會員（按醫療保險而定）有可能只需達到計劃所要求到訪所屬青年會的次數而可享免交會員費。如想查該你是否合資格，請到參與此活動的青年會了解。

