



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



ALWAYS HERE FOR OUR COMMUNITY

**2011 – 2012 PROGRAM GUIDE
BAYVIEW HUNTERS POINT YMCA**

WELCOME

Dear YMCA Friends and Family,

The BVHP YMCA continues to create unique Y stories by Moving Community Forward!

Through our work to deliver programs for children and parents we are committed to providing the highest quality services and resources that positively impact the lives of our community's families. We are a focal point of youth sports, youth development, and youth leadership— a conduit for the forward movement of our future generation.

Our facility has consistently served as a safe haven where people gather for a wide variety of health and wellness programs, community-wide meetings, events, and celebrations. The BVHP YMCA is an anchor organization working with key partners to bring quality services and programs to the diverse communities it serves. In the interest of positive *Social Change*, we have established a practice of collaboration with community organizations, schools, faith-based institutions, and neighborhood businesses. And so, we are remodeling and expanding our building's capacity to better serve the needs of our community.

The Bayview Hunters Point YMCA is always working to make a difference for you, for your family, for our partners, and for the community. It is our mission to build strong kids, strong families, and strong communities by enriching the lives of all people in mind, body, and spirit.

We see firsthand the difference our YMCA makes everyday in the lives of ordinary people. We continue to grow and move our vision forward in the Bayview!

Please join us today.



Gina Fromer
District Vice President



FITNESS MEMBERSHIP

As a member of the Bayview Hunters Point Y, you will have unlimited access to our Fitness Center, Weight Room, Dance Studio, Group Exercise Classes, Indoor Gymnasium, and discount in our After School Programs.

MEMBERSHIP RATES

Type	Monthly fee	Joining Fee
Family (2 Adults and up to 4 children)	\$45	\$35
One Adult Family (1 Adults and up to 2 children)	\$35	\$35
Adult (26- 64)	\$30	\$35
Young Adult (18- 25)	\$25	\$35
Senior (65+)	\$23	\$35
San Francisco Membership (SAM)	\$125 (Family) \$75 (Adult)	\$149 \$99
Bay Area Membership (BAM)	\$126 (Family) \$76 (Adult)	\$149 \$99

OTHER MEMBERSHIP FEE

Day pass	\$15
Replacement cards	\$5
Guest of Member	\$6
Member of another YMCA	\$3
Group Exercise class	\$5
Locks	\$3



PAYMENT PLANS

Term Memberships

These can be purchased with cash, credit cards (MC/Visa) or check. Term memberships can be purchased for 3, 6, or 12 months.

Monthly Draft

Membership fees may be paid on a monthly basis through our automatic bank draft through credit card (MC/Visa), or checking account on the 5th or 20th of the month.

CANCELLATION

A thirty (30 day) notice prior to your bank draft date is required to cancel any membership. The YMCA will refund the remaining portion of the term memberships at their discretion. Past months membership due are non-refundable. Members are required to turn in their membership cards upon cancellation.

Membership cancellation forms are available at the Membership Services Desk. Cancellations are never accepted over the phone without a written note.

FINANCIAL ASSISTANCE:

YMCA Membership and programs are open to everyone. To the extent possible, financial assistance is made available to those in need, so they are not excluded from YMCA programs.

TABLE OF CONTENTS

Page 2	LETTER FROM THE DISTRICT VICE PRESIDENT
Page 3	Fitness Membership Information
Page 4	Members and Guest Code of Conduct
Page 5	Introduction
Page 6	<u>FOR YOUTH DEVELOPMENT</u>
Page 6	After School Academic & Fellas/Just 4 Girls
Page 7	“Choizes” Teen Center, Sports & Recreation
Page 8	<u>FOR HEALTHY LIVING</u>
Page 8	Community Health and Wellness
Page 9	<u>FOR SOCIAL RESPONSIBILITY</u>
Page 9	Bayview Beacon Center & Center for Academic Re-entry and Empowerment
Page 10	TLC Family Resource Center
Page 11	Financial Support and Volunteerism

MEMBERS AND GUEST CODE OF CONDUCT

CARING

The YMCA is committed to providing a safe and welcoming environment for every member and guest. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in the YMCA facilities or participating in YMCA programs.

Smoking is not permitted in the YMCA facilities. The YMCA provides a smoke-free environment.

YMCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if any assistance is needed.

HONESTY

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

RESPECT

We expect persons using the YMCA to behave in a mature and responsible way, and to respect the rights and dignity of others. We do not permit language or any action that would tend to hurt or frightens another person, including staff, or that falls below a generally accepted standard of conduct.

RESPONSIBILITY

Members and guests are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their comfort to refrain from such behavior. If a member or guest feels uncomfortable, they also may report the offending behavior or condition to a YMCA staff person.

The YMCA reserves the right to deny access or membership to any person who has been charged with or convicted of any crime involving sexual abuse or who is required by law to register as a sex offender.

YMCA management will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a violation of the YMCA Member and Guest Code of Conduct, or from a violation of any other posted or published rules or policies at your YMCA branch or program.

INTRODUCTION

HOURS, STAFF & BOARD MEMBERS

FACILITY HOURS

Monday – Friday: 8:00am – 8:00pm

Saturday: 8:00am – 4:30pm

Sunday: 8:30am – 1:00pm

LEADERSHIP TEAM

District Vice President

Associate Executive Director

Group Administrative Services Director of Finance

Group Director of Resource Development

Director of Membership and Marketing

Director of TLC Family Resource Center

Director of Center for Academic Re-Entry and Empowerment

Director of Sports and Recreation

Director of Community Holistic Wellness

Director of Teen Services

Director of Bayview Beacon

Building Superintendent

Director of Physical Activity & Wellness

Facility Night Manager

Gina Fromer

Neal Hatten

Sam Le

Melissa Langness

Itchel Alsalte

Altamara Minix

Eason Ramson

Celestino Ellington

Antoine Moore

Jasmine Benton

Carol Hill

Kevin Chiles

Michael Bennett

Mike Kirtman

BOARD OF MANAGERS

Russell L. Jones (Chair)

Dr. Olivia Herriford (Vice-Chair)

Jack Bair

Bret Balonick

Cliff Bell

Theria Boyd

Kimberly Brandon

J. Alton Byrd

Juliana Choy Sommer

Rufus Davis

Kathy Jamison

Patti Lee

Eric Prosnits

Dr. Bob Shokes

Chief Greg Suhr

Lynette Sweet

Derek Toliver

Marianne Wallace

Jennifer Yelton

Jed York

Deloitte & Touche LLP, Principle Security Services

Herriford Consulting

SF Giants

PricewaterhouseCoopers

Infogain Corporation

Alfa Tech Cambridge Group

The Brandon Chandler Group Morgan Stanley Smith Barney

Clear Focus Coaching, Inc.

Priority Architectural Graphics

San Francisco Housing Authority

Recology

KTVU

Sports Basements

SAIC

SF Police Department

San Francisco BART

Stream Venue Healthcare, LLC

Lufkin Advisors, LLC

Blue Coat Systems, Inc.

San Francisco 49ers

FOR YOUTH DEVELOPMENT

AFTER SCHOOL ACADEMIC & SPORTS ACADEMY (AGES 5-9)

The After School Academic is a safe and fun place exclusively designed to promote learning and inspire creativity for children. With caring program staff, the program is intended for youth grades K-4. Scholarships may be available. This Program is limited to 20 program participants per school year.

The After School Academic provides:

- Homework Assistance
- Literacy Support
- Math & Science
- Civic Engagement
- Sports
- Healthy Snacks

Cost: Facility Members \$100
Program Member \$150 with transportation

Monday- Friday
2:00-6:00PM



For questions about this program call:
P. 415.822.7728 or visit www.ymcasf.org/bayview

FELLAS / JUST 4 GIRLS (AGES 10-12)

The Fellas and Just 4 Girls are gender specific but similarly structured programs. Both are academically focused, culturally enriching, and fun. Activities also include some week-end community service, field trips and special events. Both programs provide developmentally appropriate opportunities for growth for Middle School aged Girls and Boys.

Each Program provides:

- Homework Assistance
- Math & Science
- College & Career Exploration
- Civic Engagement
- Social Skills Development
- Sports
- Healthy Snacks

Cost: Free

Monday- Friday
3:30-7:30PM



For questions about this program call:
P. 415.822.7728 or visit www.ymcasf.org/bayview

SPORTS AND RECREATION (AGES 4-17)

The Bayview Hunters Point YMCA Sports & Recreation program provides both competitive and non-competitive athletics for youth. We view sports as a vehicle for moving our student-athletes towards greater academic achievement. Engaging with the parent/caregivers of the youth in our activities to better support the overall development of their children is of the most importance. We have partnerships and collaborations with the San Francisco 49ers, San Francisco Giants, and the Golden State Warriors, allowing many of our participants and their families the opportunity to attend and experience these professional sporting events.

Current Sports:

- Jr. Warriors Basketball leagues and training camps (ages 8-16)
- Jr. Giants Baseball (Pre-K-12th grades)
- Jr. 49ers Football training camps (ages 5-14)
- CYO (Catholic Youth Organization) Basketball (2nd -8th grades)
- CYO Girls Volleyball (2nd -8th grades)
- Spring Baseball (2nd -8th grades)
- Flag Football (6th-8th grades)
- "Barclays Spaces for Sports" Flag Football (9th-12th grades)
- "Mini-Hoopers" Basketball (Pre -K - 1st grades)

Family Activities/Events:

- Annual Sports Awards Banquets
- Attendance to both professional & college sporting events
- Family Night Outings
- Family Fitness Days/Nights
- Family picnic & BBQ

Academic Support:

- Tutoring
- College preparation workshops
- Seasonal Leagues (cost apply)

Cost: Facility Members \$30
Program Member \$60 per child



FOR MORE INFORMATION:
Celestino "Tino" Ellington, Director
of Sports and Recreation, at (415)
877-7728 ext. 226 or email
cellington@ymcasf.org

"CHOIZES" TEEN CENTER (AGES 13-17)

The "Choizes" Teen Center provides academic support and activities focused on youth development and leadership for teens, each teen selects a program track and attends activities relevant to their track. The program is open Monday-Friday from 2:30PM-7:30PM.

Program Tracks:

- Academic Track
- College Track
- Health & Wellness Track
- Cultural Arts & Creative Expression
- Career & Vocational Track

Relevant Activities and Facilities:

- Self-awareness and prevention workshops
- College and career support
- field trips
- Lyrix Lounge (music recording studio)
- Computer lab
- Fitness center and gym
- Comfortable lounge and more.

Cost: Free



FOR MORE INFORMATION:
Jasmine Benton, Teen Services
Director, at (415) 822-7728 or
email jlbenton@ymcasf.org

FOR HEALTHY LIVING

COMMUNITY HEALTH AND WELLNESS

There are two programs within the Community Health and Wellness Department at the Bayview YMCA: The Physical Fitness and Nutrition Program and the African American Holistic Wellness Program.

THE PHYSICAL FITNESS AND NUTRITION PROGRAM

It focuses on helping members build strong, healthy bodies through exercise & fitness classes and nutrition education workshops. This program specializes in providing wellness classes outside the YMCA and in the community at large. The goal of this program is to:

- Increasing knowledge of health, wellness, proper nutrition, and exercise by creating workshops.
- Improve the health status of BVHP and southeast sector residents through participation in physical activities and community wellness events.
- Address the health disparities in our community and to stimulate pride in individuals, families, and the community.



FOR MORE INFORMATION:
Michael Bennett, Director of
Physical Activity & Wellness, at
(415) 877-7728 ext. 245 or
email mbennett@ymcasf.org

THE AFRICAN AMERICAN HOLISTIC WELLNESS PROGRAM

It works to build a strong sense of community among African American individuals and families in San Francisco. The program also aims to decrease the impact of trauma within the community, and improve the health and wellness of all members of the neighborhood. The program targets African American families and individuals living in Bayview Hunters Point, OMI (Oceanview, Merced, Ingleside), and the Western Addition. Program activities include, but are not limited to the healing rituals, cultural and community celebrations, support groups and fellowship opportunities, creative arts classes and informational workshops on health. The African American Holistic Wellness Program uses these tools to achieve the following:

- Improving self-awareness and encouraging healthy behaviors
- Encouraging healthy child development and strong family functioning
- Growing community support networks
- Re-affirming common history and traditions among African Americans
- Promoting cultural expression and celebration

FOR MORE INFORMATION:
Antoine Moore, Director of
Community Holistic Wellness, at
(415) 877-7728 ext. 254 or
email a.moore@ymcasf.org



FOR SOCIAL RESPONSIBILITY

THE BAYVIEW BEACON CENTER

The Bayview Beacon Center is located at Sala Burton High School provides free programs and services open to adults and ALL youth after dismissal each weekday and Saturday mornings.

Services and activities take place in a safe environment, are supervised by instructors and staff and are completely FREE. All participants must complete a Beacon enrollment packet. Youth must have all forms signed by a parent/guardian. Completed packets should be returned to the Teen Center (room 315) or to the Beacon staff office (room 223).

Programs and Services:

- Homework help
- Enrichment activities
- Sports
- Wellness workshops/case management
- GED classes and employment trainings.

FOR MORE INFORMATION:
Carol Hill, Director of Beacon, at (415)
337-7991, email chill@ymcasf.org or
visit www.bayviewbeacon.org



CENTER FOR ACADEMIC RE-ENTRY AND EMPOWERMENT (CARE)

The CARE program is designed to support the San Francisco Unified District by providing a “circle of care” that re-engages youth, their families, and the community. We will provide intensive educational support, youth advocacy & leadership engagement activities, life skills & empowerment curriculum, health & wellness programs, financial planning, recreational activities, and an intense mentor matching program. Youth from 14- 17 years old who complete the program will be given a map to graduation and the supports needed to make it there.

CARE provides the Five Keys Charter School that re-engages truant minors from 16 ½ - 18 years of age to increase their education levels to provide credit recovery opportunities for High School dropouts and to provide an opportunity for seniors who have dropped out or have been expelled to complete their High School Diploma.

FOR MORE INFORMATION:
Eason Ramson, Director of CARE
at (415) 877-7728 ext. 231 or
email eramson@ymcasf.org



TLC FAMILY RESOURCE CENTER

The Bayview TLC Family Resource Center is a family supportive and responsive empowerment program that serves as a hub for connecting families with a network of local and city-wide resources to strengthen families and prevent the risk of abuse and neglect.

Comprehensive services are geared to be responsive and flexible enough to address each family's unique and individual concerns. Central to our operations is our commitment to identify and enhance each family's strengths, and through caring and knowledgeable support, to help each family reach its goals.

PARENT SUPPORT AND SERVICES:

- Crisis Intervention/Family Strengthening
- Individual and Family Counseling
- Parenting Education
- Fatherhood Services
- Domestic Violence Services
- Linkage to Mental Health Counseling
- Healing Circles
- Help with Family Well-Being
- Information and Referral



INFORMATION AND SUPPORT GROUPS:

- These confidential groups are for families, adults, and youth, and meet in a safe place. Meeting participants are encouraged to network with other group members in search of solutions. Topics covered will be determined by the group.

EMERGENCY FOOD ASSISTANCE AVAILABLE:

- In order to qualify your family must be registered with the Bayview TLC Family Resource Center.

ADDITIONAL SERVICES FOR OUR FAMILIES WHILE ATTENDING PROGRAMS:

- Meals or Snacks – with workshops and classes
- Child Watch – under adult supervision during workshop and classes
- Incentives that enhance families stability and well-being
- Multi-cultural celebrations and community wide events

FOR MORE INFORMATION:
Tami Minix, Director of Family
Resource Center, at (415) 822-9404
or email aminix@ymcasf.org



FOR SOCIAL RESPONSIBILITY

FINANCIAL SUPPORT

Every day, with your support, the Y ensures that individuals have access to the essentials needed to learn, grow and thrive. Our Annual Giving Campaign allows us to enrich the lives of thousands in our community through our various youth development programs and by providing financial assistance to those in need. Daily, the potential of those we work with is nurtured as they discover new ways to live healthy and develop a sense of social responsibility. **Your donation to the Annual Giving Campaign allows us to make a meaningful impact on individuals in our local community.** Please consider volunteering or donating this fall. For more information, please contact Alicia Meeks, Associate Administrative Services, at (415) 822-7728, or email ameeks@ymcasf.org

VOLUNTEERS

Volunteers are at the heart of the YMCA and the important work we do would not be possible without those that share their passion and skills with us.

No matter how you help, you'll make a big difference as you work with others to create a feeling of connectedness in your community. If you want to make a difference in your community, we invite you to explore one of our website volunteer postings at: <http://www.ymcasf.org/bayview/volunteer>

DONORS

Corporate & Foundation

- Blue Coat Systems, Inc
- Deloitte Touche LLP
- EMC^2
- GAP Foundation
- Horizons Foundation
- JPMorgan Chase
- Kapor Foundation
- KTVU Partnership
- Lennar Urban
- Metta Fund
- Nueva Castillo Co.
- Olympic Foundation
- Parker Foundation
- Payne Family Foundation
- Priority Architectural Graphics Inc.
- Recology
- SF 49ers Foundation
- San Francisco Giants
- Stone Oak Athletics Association
- The Sports Basement
- United Way
- Walter and Elise Haas Fund
- Leader Enterprises Inc.
- Coxmedia Group

President's Club Donors

- Bret Balonick
- Carol Holland
- Chief Gregory Suhr
- Cliff Bell
- Dr. Bob Shokes
- Dr. Olivia Herriford
- Eric Prosnitz
- Gina Fromer
- J. Alton Byrd
- Jack Bair
- Jed York
- Jennifer Yelton
- Juliana Choy Sommer
- Kathy Jamison
- Kimberly Brandon
- Nora Nicholson
- Patti Lee
- Rufus Davis
- Russell Jones
- Stan Hales
- Tami Minix

Capital Donors

- Anonymous Foundation
- Coblentz, Patch, Duffy & Bass, LLP
- Herbst Foundation
- Horizons Foundation
- Koret Foundation
- Low Income Investment Fund
- Marston Family Vineyard
- Mr. Clinton Reilly
- Mr. Joe Betz
- Mr. Larry Nibbi
- Mr. Warren Hellman
- San Francisco Forty Niners Foundation
- The Honorable Richard Kramer
- U.S department of Housing and Urban Development
- William G. Irwin Charity Foundation
- Zelle, Hofmann, Voelbel, Mason & Gette LLP

GET OUT AND EXPLORE



PHOTO: TIM KEMPLE



Sports Basement
San Francisco - Sunnyvale - Walnut Creek
415-437-0100
Open Every Day

www.sportsbasement.com



NEVER STOP EXPLORING™

BAYVIEW HUNTERS POINT YMCA
1601 Lane St., San Francisco, CA 94124
www.ymcasf.org/bayview
P. 415.822.7728
F. 415.822.7769

