

# BEST. SUMMER. EVER.



**Spring/Summer 2016 Program Guide  
MARIN Y & NOVATO YMCA**

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## Marin Y

A branch of the YMCA of San Francisco  
1500 Los Gamos Drive  
San Rafael, CA 94903  
415-492-9622  
[www.ymcasf.org](http://www.ymcasf.org)

## Mission Statement

The YMCA of San Francisco builds strong kids, strong families and strong communities by enriching the lives of all people in spirit, mind and body.

## Novato YMCA

A facility of the Marin Y  
3 Hamilton Landing, Suite 140  
Novato, CA 94949  
415-883-9622  
[www.ymcasf.org](http://www.ymcasf.org)

## Financial Aid Statement

YMCA membership and programs are open to everyone. To the extent possible, financial assistance is made available to those in need, so they may experience and benefit from YMCA programs.

## Board of Managers

Ann Morrison  
Avard Walker  
Bill Cope  
Bob Brown  
Brian DiSanto  
Cameron Case

Jason Lau  
Joel Jutovsky  
Mark Dawson  
Mary Strebig  
Raffi Boloyan

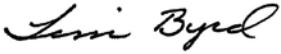
Reni Rothschild  
Sean Sullivan  
Tim Sullivan  
Woody Rowland

All information in this program guide is subject to change.

Our YMCA is celebrating 70 years of serving Marin County. While the Marin Y has seen many changes over the years, our mission has remained the same. It is our mission to improve the quality of life for children, teens, adults, families and seniors. Our goal is developing character, values, self-esteem, and a sense of belonging for our community, young and old. We are devoted to changing lives one day at a time.

We are very proud that every person that comes through our doors understands that they are part of the Y family. We wish you all a wonderful and safe summer that is filled with outdoor adventures, memories and smiles. P.S. – remember the sunblock.

Tim Byrd, Executive Director



## Marin & Novato Y Leadership

**Tim Byrd**

Executive Director  
415-446-2101  
tbyrd@ymcasf.org

**Mickey Pedersen**

Associate Executive  
Director  
415-446-2108  
mpedersen@ymcasf.org

**Maureen Bush**

Director of Child  
Development  
415-883-2663  
mbush@ymcasf.org

**Don Carney**

Youth Court Director  
415-459-9622  
dcarney@ymcasf.org

**Meghan Case**

Senior Director of  
Development &  
Communications  
415-446-2104  
mcase@ymcasf.org

**Lauren Clapperton**

Senior Director of  
Healthy Living  
415-446-2114  
lclapperton@ymcasf.org

**Griffen Cole**

Lifeguard Coordinator  
415-446-2130  
gcole@ymcasf.org

**Brandon Drake**

Camp, Family & Sports  
Director  
415-446-2178  
bdrake@ymcasf.org

**Jordan James**

Devils Gulch Coordinator  
415-446-2134  
jajames@ymcasf.org

**Jayne Johnson**

Director of Youth  
Development -  
Northern Marin  
415-446-2107  
jorlowski-johnson@ymcasf.org

**Torrey Kelly**

Director of Youth  
Development -  
Southern Marin  
415-446-2148  
tkelly@ymcasf.org

**Dana McCune**

Senior Director of  
Youth Development  
415-446-2140  
dmccune@ymcasf.org

**Suzanne Putman**

Membership Director  
415-446-2103  
sputman@ymcasf.org

**Jessie Schiesel**

Associate Director of  
Wellness Engagement  
415-446-2105  
jschiesel@ymcasf.org

**Debra Sellers**

Associate Director of Group  
Exercise  
415-446-2145  
dsellers@ymcasf.org

**Chelsea Smith**

Associate Administration  
Services Director  
415-446-2144  
csmith@ymcasf.org

**Katy Solano**

Aquatics Lead Staff  
415-446-2106  
ksolano@ymcasf.org

**Megan Turrell**

Associate Aquatics  
Director  
415-446-2132  
mturrell@ymcasf.org

# JOIN OUR COMMUNITY

## Facility Membership

A Facility membership allows our members access to Y's in Marin County, San Francisco, or throughout the Bay Area, depending on what you are looking for. At the Marin Y we offer a variety of wellness activities including group exercise classes, basketball court, cardio and strength workout equipment, 2 racquetball courts, and an indoor pool and spa.

Facility Members receive reduced pricing for fee-based programs. Other benefits of being a member at our Y include: at no-cost, Y Kids, and 2 orientations with a Wellness Coach for members 9 and up.

## Program Membership

Program membership allows members from the community to enroll in specified programs, classes, and special events. Use of the facility is limited to the program or class in which the participant is registered.

**Fee: Individual \$50/year, Family \$75/year**

## Y Kids

Y-Kids allows members and guests the time to exercise while their children, ages 7 weeks to 8 years, can play, draw, and interact in a safe, supervised, and nurturing environment. Staff are certified in CPR, First Aid, and Child Abuse Prevention.

**Fee: Family Facility Members: Free for 2 hours per child per day (in both Marin and Novato).**

**Program and Community Members: \$6 per hour, per child**

## Financial Assistance

To the extent possible, financial assistance is available for membership as well as our programs and services through the generosity of our donors.

## Day Passes

Non-Members may purchase a day pass for \$20.

## AWAY Program

Marin and Novato Y members are "Always Welcome at the Y". Facility members may use any of the over 2,600 YMCA's nationwide for \$5 per visit.

## Marin Y Facility Hours

Mon.–Fri.: 5:30 am–10:00 pm

Saturday: 7:00 am–8:00 pm

Sunday: 7:00 am–7:00 pm

Pool closes 30 minutes before the facility.

## Novato Y Facility Hours

Mon.–Thurs.: 5:30 a.m.–9:00 pm

Friday: 5:30 a.m.–7:00 pm

Saturday and Sunday:

7:00 am–2:00 pm

## Marin Y Kids Hours

Monday: 8:30am–1:30pm & 4:00pm–8:00pm

Tuesday: 8:30am–1:00pm & 4:00pm–8:00pm

Wednesday: 8:30am–1:30pm & 4:00pm–8:00pm

Thursday: 8:30am–1:00pm & 4:00pm–8:00pm

Friday: 8:30am–1:30pm & 4:00pm–6:45pm

Saturday: 8:00am–12:35pm

Sunday: 8:00am–12:00pm

## Novato Y Kids Hours

Monday: 8:30am–1:00pm & 4:30pm–8:00pm

Tuesday–Thursday: 8:30am–1:00pm & 5:00pm–8:00pm

Friday: 8:30am–1:00pm

Saturday: 8:00am–12:00pm

Sunday: 8:00am–12:15pm

# FOR SOCIAL RESPONSIBILITY

## Volunteer

Since its beginning in 1844, the YMCA has been creating, managing, and expanding its programs and facilities with the invaluable help of our volunteers. Whatever your place in our community, from student to senior, we have volunteer opportunities for you. If you are interested in volunteering at the Y, contact Meghan Case at 415-446-2104 or [mcase@ymcasf.org](mailto:mcase@ymcasf.org).

## Volunteer Hot List

1. Swim Instructor Aide
2. After-School Sports Aide
3. Membership Greeter
4. Wellness Coach
5. Group Exercise Instructor
6. Youth Basketball Coach
7. Youth Basketball Referee
8. Board of Manager
9. Adult Attorneys for Youth Court
10. Active Adult Trip Coordinator

## Principles in Practice

The Y of San Francisco expects all members, staff, and participants to practice, teach, and encourage the four character values of Caring, Honesty, Respect, and Responsibility. These are an integral part of all Y programs.

## Annual Giving Campaign

The Y is a powerful association of men, women, and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility. We believe that lasting personal and social change can only come about when we work together to invest in our kids, our health, and our neighbors. We invite you to experience the joy in changing people's lives. Make a donation that can be used to send a kid to camp and help provide a child with a memory that will last a lifetime. Donate on-line at [www.ymcasf.org/give](http://www.ymcasf.org/give). Donations can also be mailed to the Marin Y, 1500 Los Gamos Dr., San Rafael, CA 94903, dropped off at the Member Services counter, or added to your camp registration.



# SPRING BREAK CAMPS AND OUT OF SCHOOL TIME (OST)

## Lego Builders Camp

Lego Builders Camp is designed for the creative architect. From princess castles to intergalactic battleships, every camper will find projects that inspire and excite their imaginations. Tuesday through Friday feature specialized instruction in Lego Robotics provided by Sylvan Learning Center, a truly special way to gain knowledge in science and engineering while having a blast! For more information contact Brandon Drake at 415-446-2178 or [bdrake@ymcasf.org](mailto:bdrake@ymcasf.org)

**Age:** Grades K - 5

**Where:** The Y at Hamilton Elementary School

**When:** April 11 - 15, 9:00 am-5:00 pm

**Fee:** Facility Members \$290 per week • Program Members \$325 per week

## YBike Beginners Camp

Never ridden a bike before? This camp is designed for youth who are just learning to bike, or who haven't yet mastered riding on two wheels. YBike Camp empowers cyclists and provides a variety of skills from the basics of balance all the way to trail riding. Daily progress is gradual and steady, with the eventual goal of basic competence in both road and trail riding. YBike Beginners will explore the hills and streets of Novato and practice road safety skills in local areas. Bike control and fundamentals are emphasized, with focus on gearing, balance, and self-confidence as they overcome obstacles both literal and mental. For more information contact Brandon Drake at 415-446-2178 or [bdrake@ymcasf.org](mailto:bdrake@ymcasf.org)

**Age:** Grades 2 - 5

**Where:** The Y at Hamilton Elementary School

**When:** April 11 - 15, 9:00 am-5:00 pm

**Fee:** Facility Members \$290 per week • Program Members \$325 per week

## Jr. Warriors Basketball Camp

Dribble, pass, and shoot at this popular camp. Campers will develop and learn basketball skills through fundamental drills and games. Counselors will also lead the campers in non-basketball games like tag, dodgeball, and other fun activities in the Marin Y gym. Junior Warriors Camp hours are 1:30 pm to 5:00 pm, and snack is provided. For more information contact Marco Sacchetto at 415-446-2152 or [msacchetto@ymcasf.org](mailto:msacchetto@ymcasf.org).

**Age:** Grades K - 5

**Where:** Marin Y Gym

**When:** April 11 - 15, 1:30 am-5:00 pm

**Fee:** Facility Members \$35 per day • Program Members \$40 per day

# SPRING BREAK CAMPS AND OUT OF SCHOOL TIME (OST)

## Spring OST Break • April 11-15

Join us as we explore the world of rainbows and waterfalls. Get ready to go on nature hikes, waterfall walks and puddle jumping. We have a fieldtrip to Lake Lagunitas and have awesome games and STEAM activities planned. Activities include Lego Building, Science Experiments, Magic Club and special guests during the week.

**Age:** Grades K - 5

**Where:** The Y at Rancho and The Y at Hidden Valley

**When:** April 11 - 15, 7:00 am-6:30 pm

**Fee:** Facility Members \$52 per day • Program Members \$57 per week

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## CAMP UNIVERSITY

Campers at Camp University will attend a four day, five week program for eight hours. This will provide them with 160 hours of enrichment over the summer. In addition to educational programs, campers will increase their social skills and learn about character values, preparing them for a successful academic career. Campers will swim and have assemblies weekly. Campers will get three hours of instruction from a certified teacher every morning. Each afternoon is spent focusing on art, music, science, character development, physical education and nutrition. Transportation will be provided from camper's home school to Hamilton. A healthy lunch and afternoon snack will be provided daily. Principals from each of the Novato Elementary Schools will invite students to participate in this program. Invitations will be sent out April 1st. All Registration Packets must be turned into school office May 6th. For information contact Torrey Kelly tkelly@ymcasf.org or 415-446-2148.

**Age:** Grades 1 - 3

**Where:** Hamilton Elementary, 5530 Nave Drive, Novato CA 94949

**When:** 8:00 - 4:00 Transportation times vary

**Session:** 5 weeks: Monday - Thursday June 20th- July 21st (No Camp on Monday, July 4th)



# SPRING SPORTS

## Spring Indoor Co-Ed Flag Football League

NFL Flag Football helps young players learn the fundamentals of the game in a fun and friendly atmosphere. Games are held in the Marin Y gym on Saturdays. Game times vary. Your child will receive an NFL Jersey and play in 9 games for the season. The first week will include a training day with their team and coaches for learning rules and plays for beginners and advanced players alike. Let's score some touchdowns!

**Age:** Grades K - 4

**March 12th to May 14th** • Sign ups until February 28th

**Fee:** Facility member \$80 • Program member \$100

## Jr. Warriors Co-Ed Spring Basketball League (grades K-4)

Our league promotes learning the fundamentals of basketball in a non-competitive setting. Players practice once a week and play games on Friday evenings.

**Age:** Grades K - 4

**April 4-June 4** • Sign ups until March 18

**Fee:** Facility Member \$80 • Program Member \$100

## Jr. Hoopers (ages 5-7)

Jr. Hoopers is a great way for a beginning player to learn the fundamentals of basketball in a fun and non-competitive class. We focus on basic ball handling skills involving dribbling, passing, and shooting. This is a great class to prepare your child for our Jr. Warrior Basketball Leagues.

**Age:** 5 - 7

Tues., 4:15-5:00 pm, 4 week sessions, offered through May, 4 week sessions

**Fee:** Facility Member \$47 • Program Member \$57



# PREKINDERGARTEN/EARLY LEARNING PROGRAM

Contact Maureen Bush at [mbush@ymcasf.org](mailto:mbush@ymcasf.org) License: #214005358

## Mission Statement

The mission of The Marin Y Prekindergarten/Early Learning Program is to provide a supportive, nurturing environment that enriches the development of the whole child and helps to provide a foundation for the entire family.

## Philosophy

We are dedicated to providing high quality professional care to preschool children in YMCA programs. Creating the strong emotional bonds between the child, families and other children is the primary focus. Children need to feel emotionally and physically safe in their environment to reach their highest potential.

We understand that children develop at different rates and incorporate that belief into every aspect of the program. We provide opportunities for children to engage in developmentally appropriate activities that focus on learning.

- To meet the developmental needs of the child while encouraging creativity, self-esteem and self-expression
- To promote social, emotional, and cognitive growth
- To encourage active daily activities and promote healthy nutrition
- To provide a relaxed and nurturing atmosphere where self-esteem, independence, decision making, and self-control are supported
- To provide clear, easily understood expectations and boundaries for the children
- To provide a wide variety of age appropriate activities in a predictable routine schedule
- To encourage cooperation and growth of interpersonal relationships and trust
- To provide an opportunity to appreciate all aspects of diversity in other families and other children in the program

**Location:** The Y at Loma Verde, 399 Alameda de la Loma, Novato

**Hours:** Mon-Fri, 7:30am-6:00pm. Year round.

# SUMMER DAY CAMP AT INDIAN VALLEY CAMPUS (IVC)

Contact Brandon Drake at 415-446-2178 or [bdrake@ymcasf.org](mailto:bdrake@ymcasf.org)

At the Marin Y, we believe that summer is more than just a time for fun and play—it's a time for kids to discover who they are and create memories that they will never forget. Our creative and energetic counselors are the best around, and all of our campers benefit from meaningful interactions with positive role models.

## Y Camp is for:

**ACCOMPLISHMENT.** To surround your kids with the best opportunities to try new experiences—and to show them all they can do when they believe in themselves.

**BELONGING.** To make kids feel welcome, feel comfortable being themselves, and know they're a part of something great.

**FRIENDSHIP.** To inspire kids to work together, play together, and form friendships that will last a lifetime.

Y Camp offers a new adventure each day, with activities that include sports, arts and crafts projects, wacky games, swimming, songs, and so much more.

Y Campers are grouped by age into one of four different units. Camp activities are designed to be age-appropriate, with attention to the developmental characteristics of each unit. During most of the camp day, campers remain with their units and become close with their peers. Pre-and-post camp hours, lunch, and Friday choice time are all opportunities for campers to interact with others in different units.

## Camp hours: 9:00 am - 4:00 pm

No additional fee for pre & post camp and bus.

	<u>IVC</u>	<u>Marin Y</u> (For bus trans.)
<b>Pre-camp &amp; drop-off:</b>	7:30 am - 9:00 am	7:30 am - 8:30 am
<b>Post-camp &amp; pick-up:</b>	4:00 pm - 6:00 pm	4:30 pm - 6:00 pm

## TRANSPORTATION FROM MARIN Y

Check in at south side of Marin Y.....	7:30 am - 8:30 am
Arrive at IVC campus .....	9:00 am
Bus leaves IVC campus.....	4:00 pm
Bus returns to Marin Y .....	4:30 pm
Campers can be picked up on south side of Marin Y .....	4:30 pm - 6:00 pm

## SUMMER DAY CAMP FIELD TRIPS

Every week, campers go on field trips to locations around the bay area. As with our on-site activities, our field trips are divided by age units to offer experiences that are exciting and enriching for each group. Camp groups may take local field trips to nearby parks or hiking trails during on-site camp days. Additionally, Pathfinders usually take trips off-site at least 3 days out of the session. Each week, Discoverers take field trips on Tuesdays, Adventurers on Wednesdays, and both Explorers and Pathfinders on Thursdays unless otherwise noted.

### Session 1

Discoverers (Tuesday).....Marinwood Fire Station  
Adventurers (Wed) .....Walt Disney Family Museum  
Explorers & Pathfinders (Thurs).....Six Flags Discovery Kingdom

### Session 2

Discoverers (Tuesday).....Lawrence Hall of Science  
Adventurers (Wed) .....Lawrence Hall of Science  
Explorers & Pathfinders (Thurs).....Chabot Space Center & Overnight

### Session 3

Discoverers (Tuesday).....Children’s Fairyland  
Adventurers (Wed) .....Adventure Playground  
Explorers & Pathfinders (Thurs).....Muir Beach & Woods

### Session 4

Discoverers (Tuesday).....Randall Museum  
Adventurers (Wed) .....Oakland Museum of California  
Explorers & Pathfinders (Thurs).....Marin County Fair

### Session 5

Discoverers (Tuesday).....Train Town  
Adventurers (Wed) .....Exploratorium  
Explorers & Pathfinders (Thurs).....Thingamajig Convention

### Session 6

Discoverers (Tuesday).....Aquarium of the Bay  
Adventurers (Wed) .....Oakland Zoo  
Explorers & Pathfinders (Thurs).....California Academy of Sciences

### Session 7

Discoverers (Tuesday).....Bay Area Discovery Museum  
Adventurers (Thurs).....YMCA Camp Jamboree  
Explorers & Pathfinders (Wed) .....Ripley’s Believe It or Not Odditorium

### Session 8

Discoverers (Tuesday).....Children’s Creativity Museum  
Adventurers (Wed) .....Children’s Creativity Museum  
Explorers & Pathfinders (Thurs).....Museum of Arts &  
Digital Entertainment &  
Overnight

### Session 9

Discoverers (Tuesday).....Snoopy’s Home Ice  
Adventurers (Wed) .....Cal Skate  
Explorers & Pathfinders (Thurs).....Oakland A’s Game

# SUMMER DAY CAMP AT IVC

## CAMP THEMES

Our weekly themes are incorporated into camp activities each day to give every session a unique feel:

<b>Session 1</b>	<b>Superheroes</b>	<b>June 13-17</b>
<b>Session 2</b>	<b>In Deep Space</b>	<b>June 20-24</b>
<b>Session 3</b>	<b>Monsters and Magic</b>	<b>June 27-July 1</b>
<b>Session 4</b>	<b>Best Coast</b>	<b>July 5-8 (no camp July 4)</b>
<b>Session 5</b>	<b>How Do I Work This?</b>	<b>July 11-15</b>
<b>Session 6</b>	<b>Into The Wild</b>	<b>July 18-22</b>
<b>Session 7</b>	<b>We Are Scientists</b>	<b>July 25-29</b>
<b>Session 8</b>	<b>Make A Masterpiece</b>	<b>August 1-5</b>
<b>Session 9</b>	<b>You're An All-Star</b>	<b>August 8-12</b>

## OVERNIGHTS

Overnight Camping Trips are chances for Explorers and Pathfinders to adventure further into the outdoors and experience nature in a way that they will never forget. Campers pack their sleeping bags and head out after their Thursday field trip to campsites throughout the Bay Area. Overnights feature a healthy meal made over the fire, skits, and songs by the campfire before campers head to sleep on tarps under the stars. Campers get picked up in the morning and finish the week back at camp! Pathfinders and Explorers have the option of attending, or returning to camp on the bus on Thursday and being picked up during regular hours.

Session 2 Overnight	Samuel P Taylor State Park	June 23
Session 8 Overnight	Rob Hill, Presidio	August 4

## COMMUNICATION

Camp is a different adventure each day, and we want to make sure that parents stay in the loop. On the Thursday prior to the start of each camp session, you will receive a newsletter by email with details on what to expect at camp that week, reminders, photos of all of the fun we are having, and more. Our goal is to make your camper's experience as meaningful as possible.



# SUMMER DAY CAMP AT IVC

## SWIMMING

What would day camp be without swimming!? All camp groups swim twice a week at IVC pool during the afternoons (Mondays for all groups, Wednesdays for Explorers and Pathfinders, and Thursdays for Discoverers and Adventurers). Counselors are well trained in aquatic safety, and College of Marin Lifeguards supervise at a 1:25 ratio. Campers must pass a swim test to participate without a life vest, and Discoverers under age 6 are required to wear one at all times. Campers are encouraged but not required to participate in swim time.

## THINGAMAJIG

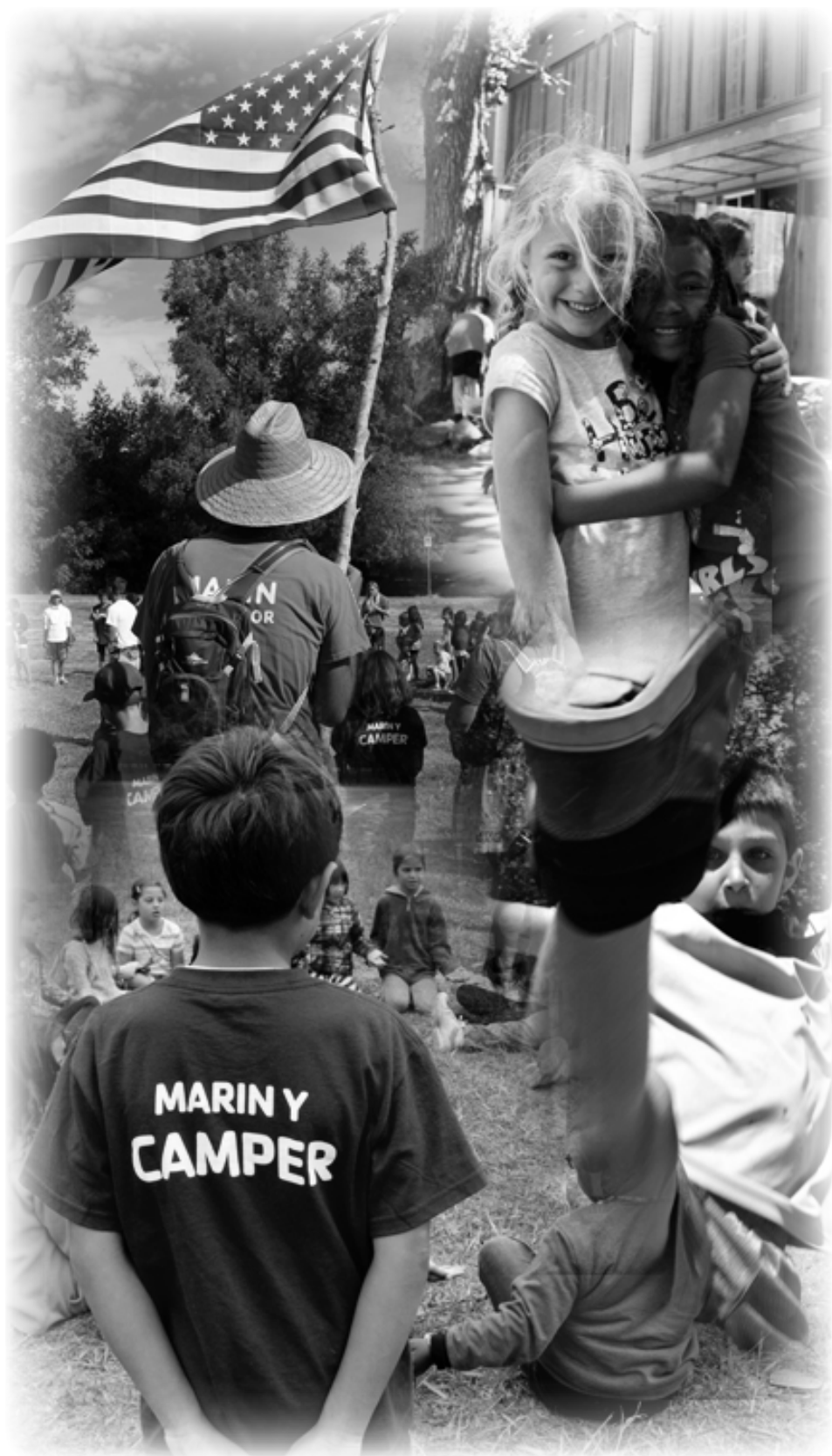
STEAM (Science, technology, engineering, arts and math) is the foundation for our future, and “Thingamajig” is a launch pad. Our camp programming incorporates a range of activities designed to develop problem-solving and encourage innovation in the most exciting way possible. Hands-on “Thingamajig” challenges include creations like “Paper Made” (eco-friendly inventions made all from paper), “Stop Motion” (stop-motion films made with an Apple iPad), and “Cool Ride” (self-propelling rolling vehicles from recycled supplies).

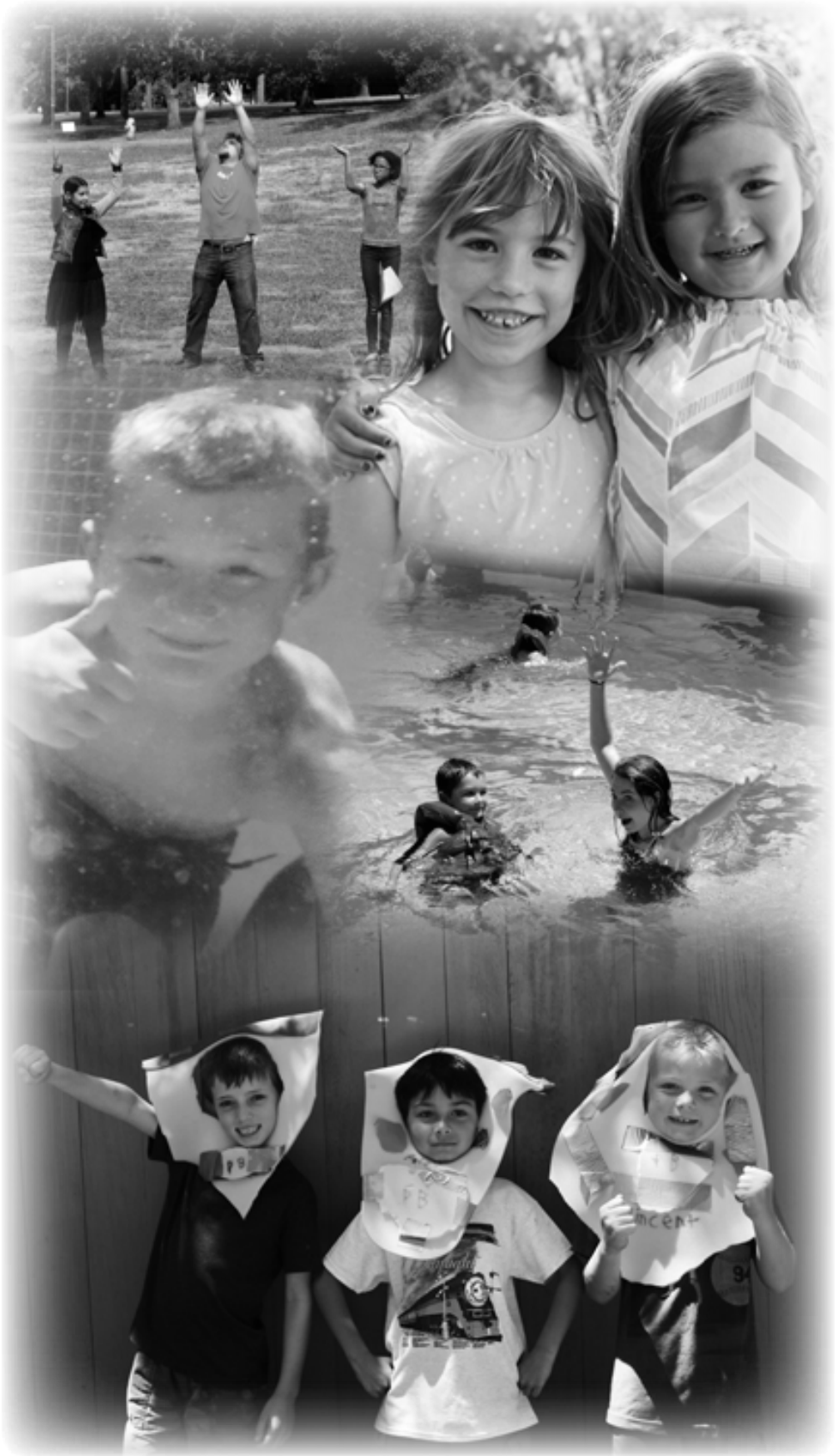
## COUNSELORS IN TRAINING

Our Counselor In Training (CIT) program for incoming 9th and 10th graders allows teens to have a blast at camp while they build youth development leadership skills in real-life group situations. CITs participate in trainings that focus and build on their camp experience, and are held to a high standard of professionalism in their roles. Being a CIT is a powerful way to become a role model, learn about being a professional, and be a contributor to our camp program. CITs register by the week for a fee of \$60 for Facility Members and \$75 for Program Members and attend camp all 5 days of each session. Participation in CIT is the best way to grow toward becoming a camp counselor, and may also count toward community service hours for local high schools.



# SUMMER DAY CAMP AT IVC





# SPECIALTY AND SPORTS CAMPS

Contact Brandon Drake at 415-446-2178 or [bdrake@ymcasf.org](mailto:bdrake@ymcasf.org)

In addition to our traditional summer day camps, we offer a range of theme-focused specialty and sports camps in several locations. Specialty and sports camps offer expert instruction from YMCA staff and community partners to deliver experiences that promote skill-building and achievement, teamwork, and problem-solving while building meaningful relationships and lasting memories. No extended care is offered for specialty & sports camps with the exception of August Adventures.

Please see our 2016 Summer Camp Calendar on page 24 for a full calendar of our summer programs.

## **Aspiring Artists Camp (grades 2–5) @ The Y at Rancho School**

Sessions 1 & 6 (June 13-17 & July 18-22)

This camp will explore a wide range of media, including acrylic painting, watercolor, drawing, textiles and more! Each day, campers will create one-of-a-kind masterpieces in areas like jewelry making, clay modeling, print making, painting, photography and recycled art. All activities are designed to promote personal expression and self-confidence.

## **Lego Builders Camp (grades K-5) The Y at @ Rancho School**

Sessions 2 & 5 (June 20-24 & July 11-15)

Lego Builders Camp is designed for the creative “blockitect.” From fantasy castles to space adventures, projects are designed to inspire children’s imagination and creativity – while teaching them important STEAM (Science, Technology, Engineering, Arts and Math) concepts. Instructors from Sylvan Learning lead campers in building and programming real-life robots with practical applications. Budding engineers will be blown away by their hand-made machines.

## **Animal Adventures Camp (grades K-5) @ The Y at Rancho School**

Sessions 3 & 7 (June 27-July 1 & July 25-29)

Join us for journey learning about our domestic furry friends. This camp will allow participants to learn about animals and animal care. Campers will go on field trips to Wild Care, Forget Me Not Farms and be visited by small animal companions and service animal agencies. All campers will get hands on opportunities to handle a variety of small animals; rabbits, guinea pigs, rats, pot-bellied pigs and domestic dogs. Each day will feature a different animal themed art and cooking project, and campers will make animal toys to donate them to local agencies.





# SPECIALTY AND SPORTS CAMPS

## **Young Chefs Camp (grades K–3) @ The Y at Rancho School**

Sessions 4 & 9 [July 5–8, (no camp July 4th), Aug 8–12]

Lessons for our beginner chefs will include nutrition education and basic culinary skills. Campers can expect to get hands on experience creating nutritious nibbles. Each day will feature a variety of different cooking projects and opportunities to get creative with items like smoothies, baked treats, kabobs and much more. Young Chefs Camp is a great way to learn just how fun cooking can be while working as a team and learning about nutrition.

## **Skateboard Camp (grades K–5) @ Hamilton School**

Session 6 & 8 (July 18–22 & August 1–5)

Learn the basics of skateboarding from professionally trained staff from 4141 Corp with support from YMCA staff. Throughout the day, young skaters will get a chance to shred and learn with a pro skateboarder. Our beginner course covers safety, stance, kick turns, carving, ollies, dropping in and movement. Our Y staff will be on site providing support to the instructors. For extended care, campers will have a variety of afternoon activities such as decorating skateboards and local trips to the Hamilton Pool and parks. All skaters must wear helmets regardless of age, and pads are required for all children under 7. Campers must provide their own helmet and pads. Skateboards are provided for those who don't have their own.

## **Outdoor Adventures Camp (grades K–3) @ The Marin Y**

Session 9 (Aug 8–12)

We are taking your child's camp experience all the way to our National Parks. Through the Play, Learn, Serve, Work Initiative in partnership with the National Park Service, Outdoor Adventures offers an exciting camp experience that will allow campers to discover why National Parks are some of America's treasures. Iconic destinations like Muir Woods and Alcatraz will become our playgrounds and classrooms, as participants become Jr. Rangers and experience service learning. Camp hours are from 9:00 am to 4:00 pm.

## **August Adventures (grades K–8) @ The Marin Y**

Session 10 (August 15–19)

Soak up those last days of summer before school begins! We're heading off to a new adventure each day, traveling everywhere from Angel Island to McInnis Park for Mini Golf. August Adventures wraps some of the best field trip experiences of the summer into an epic week of travel. All campers must be dropped off at the Marin Y by 9:00 a.m. as we will be leaving on the bus shortly thereafter. Camp runs until 4:30 p.m., with extended care offered at no extra charge from 7:00 a.m. to 9:00 a.m. and 4:30 p.m. to 6:30 p.m. Registration is available by the day for this camp only.

# SPECIALTY AND SPORTS CAMPS

## YBike @ IVC

Want to feel the wind in your hair, riding around the lakes of Marin, or riding across the Golden Gate Bridge into San Francisco? YBike Camp empowers cyclists and provides a variety of skills from the basics of balance all the way to trail riding. Our bike camps are divided into two skill levels: Beginner and Advanced. As campers' skill levels increase, so do the physical and mental demands. Helmets and bikes are provided for each camper, with leadership and lessons provided by an expert instructor.

### **YBike Beginners (grades 2-5)**

Sessions 2, 5 & 6 (June 20-24, July 11-15 & July 18-22)

Never ridden a bike before? This camp is designed for youth who are just learning to bike, or who haven't yet mastered riding on two wheels. Daily progress is gradual and steady, with the eventual goal of basic competence in both road and trail riding. YBike Beginners will explore the hills and streets of Novato and practice road safety skills in local areas. Bike control and fundamentals are emphasized, with focus on gearing, balance, and self-confidence as they overcome obstacles both literal and mental.

### **Y Bike Advanced (grades 4-8)**

Sessions 3 & 7 (June 27-July 1 & July 25-29)

Take your biking skills to the next level as we expand our rides further out into the amazing trails Marin has to offer. We will take trips out to the Marin Headlands, China Camp, Annadel State Park and more to experience the thrill of biking. YBike Advanced participants require a foundation of biking experience and knowledge, and are ready to take on new challenges. Safety, visibility and predictability are emphasized in road biking environments, and trips to mountain biking trails introduce concepts of balance and control through experiential skill-building.



# SPECIALTY AND SPORTS CAMPS

## SPORTS

### **Jr. Warriors Basketball Camp @ The Marin Y (grades K-3)**

Sessions 1 & 7 (June 13-17 & July 25-29)

Dribble, pass, and shoot at this popular camp. Campers will develop and learn basketball skills through fundamental drills and games. Counselors will also lead the campers in non-basketball games like tag, dodgeball, and other fun activities in the Marin Y gym. Junior Warriors Camp hours are Mon - Fri 1:30 pm to 5:00 pm



### **Jr. Pacifics Baseball Camp @ Hamilton Elementary (grades K-5)**

Sessions 2, 5 & 8 (June 20-24, July 11-15, Aug 1-5)

Become a baseball pro with our local sports heroes! Participants in this half-day (9:00 am-12:00 pm, Mon - Fri) camp will benefit from lessons with Pacifics players to hone their skills at America's favorite pastime. With support from YMCA counselors, campers will have opportunities to develop fundamentals for every position and learn the value of teamwork.



### **NFL Flag Football Camp @ IVC Field (grades 2-5)**

Sessions 3, 6 & 9 (June 27-July 1, July 18-22, Aug 8-12)

NFL Flag Football Camp is the best way to learn the game of football in a supportive setting. Campers will experience the thrill of the game through drills and scrimmages, and learn all of the skills needed to take their game to the next level. Camp hours are Mon - Fri, from 9:00 am to 3:00 pm, and participants will play other outdoor games throughout the day to break up their time on the football field.



# GO SPORTS!

# DEVIL'S GULCH SUMMER CAMP (GRADES 2-8)

Jordan James at 415-446-2134 or jajames@ymcasf.org

Devil's Gulch Educational Services (DGES) in partnership with the Marin Y provides an outdoor educational experience.

Devil's Gulch Ranch is a working agricultural operation that produces meat for high end restaurants and local farmers markets, giving kids and their families a chance to experience food production from the farm, through the market and often into their own kitchens. Campers connect with nature through games, primitive and ancestral crafts and skills, livestock, gardening, unstructured play and other fun outdoor activities. The Ranch is surrounded by the natural beauty of the Golden Gate Recreation Area and Samuel P. Taylor State Park. It is filled with forests, creeks, meadows and abundant wildlife.



## Transportation

- Marin Y pick-up..... 8:00 am
- Nicasio school pick-up ..... 8:45 am
- Nicasio school drop-off M/W/F ... 3:45 pm
- Nicasio school drop-off T/TH ..... 2:15 pm
- Marin Y drop-off M/W/F..... 4:30 pm

Marin Y drop-off T/TH campers swim at Marin Y from 3:00 to 4:00, pick-up is at 4:30.

Pre and post camp care are not available.

## Counselors In Training @ Devil's Gulch

Youth entering grades 9 and 10 may also experience the outdoors and all the ranch has to offer as Counselors in Training (CITs). Counselors in Training learn valuable youth development skills as the leaders of their groups. Participants may register at regular camp rates.



# DEVIL'S GULCH SUMMER CAMP (GRADES 2-8)

## Parent Information Night

Thursday, May 26 • 5:30-7:00 p.m. at the Marin Y

## Camp Dates:

Session 1:	June 13-17
Session 2:	June 20-24
Session 3:	June 27-July 1
Session 4:	<b>No camp</b> (4th of July week)
Session 5:	July 11-15
Session 6:	July 18-22
Session 7:	July 25-29
Session 8:	August 1-5
Session 9:	August 8-12

## Open House:

August 13 & 14, 10:00 a.m.-3:00 p.m.

Open to the community. Space is limited. Bring a picnic lunch and food to share. Don't forget your swimsuit! RSVP to [markdevilsgulchranch@gmail.com](mailto:markdevilsgulchranch@gmail.com)

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## DAY CAMP AT THE POINT BONITA YMCA

Families will now have the opportunity to experience day camp in the coastal bluffs of the Marin Headlands! This summer, the Point Bonita YMCA will run 6 week-long camps that focus on outdoor education within a variety of different themes. Camp hours are from 9:30 am to 4:00 pm, with both extended care and bus transportation (from Sausalito and the Presidio YMCA) available. Visit our website ([ymcasf.org](http://ymcasf.org)) for more information.

# CAMP FEES AND REGISTRATION

A YMCA membership is required to register for camp. If you are not a Facility Member, you can purchase a Program Membership (\$50/year for an individual child or \$75/year for the family). Parents can register online at [www.ymca.org](http://www.ymca.org) or pick up a packet at the Marin Y, the Novato Y, or any of our child care centers.

## SUMMER DAY CAMP AT IVC

Parents have several options when signing up for camp:

<b>3 Days of Session</b> .....	\$170 facility/\$190 program
<b>4 Days of Session</b> .....	\$230 facility/\$255 program
<b>Full (5 Day) Session</b> .....	\$270 facility/\$295 program
<b>CIT (5 Day Session)</b> .....	\$60 facility/\$75 program

A \$30 deposit is due for each session at the time of registration. This deposit is applied toward your total camp fees, due 14 days prior to the start of that session. Please note that only 3 Day and 4 Day Sessions are available for Session 4 as camp is closed on the 4th of July

## SPECIALTY, SPORTS & OUTDOOR EDUCATION CAMPS

All Specialty and Sports Camp fees are due at the time of registration:

<b>Lego Builders</b> .....	\$290 facility/\$325 program
<b>Aspiring Artists</b> .....	\$290 facility/\$325 program
<b>Animal Adventures</b> .....	\$290 facility/\$325 program
<b>Young Chefs</b> .....	\$290 facility/\$325 program
*Session 4 – 4 Days only (no camp July 4th) ....	\$230 facility/\$260 program
<b>Skateboard Camp</b> .....	\$350 facility/\$385 program
<b>Outdoor Adventures</b> .....	\$290 facility/\$325 program
<b>Beginner YBike</b> .....	\$290 facility/\$325 program
<b>Advanced YBike</b> .....	\$310 facility/\$345 program
<b>Jr. Warriors Basketball</b> .....	\$125 facility/\$145 program
<b>Jr. Pacifics Baseball</b> .....	\$225 facility/\$250 program
<b>NFL Flag Football</b> .....	\$275 facility/\$300 program
<b>Devil's Gulch Camp</b> .....	\$410 facility/\$445 program
<b>August Adventures (daily)</b> .....	\$60 facility/\$65 program

# CAMP FEES AND REGISTRATION

## Registration Policy

Registration for each camp session closes the Tuesday prior to the start of that session. You must register your camper at least 6 days in advance of start date.

## Cancellation Policy

Please note that deposits are non-refundable and non-transferable. No credits, refunds, or transfers are allowed within 14 days of the start of the program unless a doctor's note is provided. This includes transfers to different days within the weeks that your camper is registered for. In case a refund is required for a specialty, sport or outdoor education camp, a \$30 cancellation fee is applied.

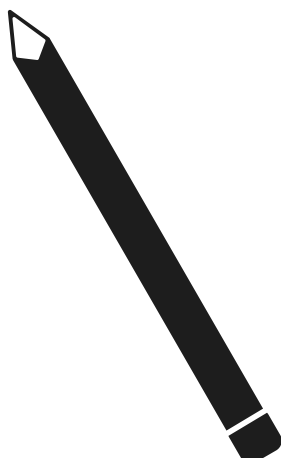
## Financial Assistance

The Marin Y is proud to offer financial assistance for families in our community. To apply for financial assistance for camp, please pick up an application from the front desk of either the Marin or Novato Y or download it at [www.ymcasf.org](http://www.ymcasf.org). Your completed Financial Assistance application must be turned in with your completed registration packet. Applications will be accepted until April 15, and scholarships are awarded in the order that they are received.

## Special Needs

We welcome campers of diverse backgrounds and abilities. Please note that if your camper has special needs and requires the assistance of a 1:1 aide in the program, they must complete our volunteer onboarding requirements and obtain Live Scan (fingerprinting) through the Marin County Sherriffs Dept.. Please contact Brandon Drake, Camp & Family Director, for more information and to discuss how we can make your camper's experience as meaningful as possible.

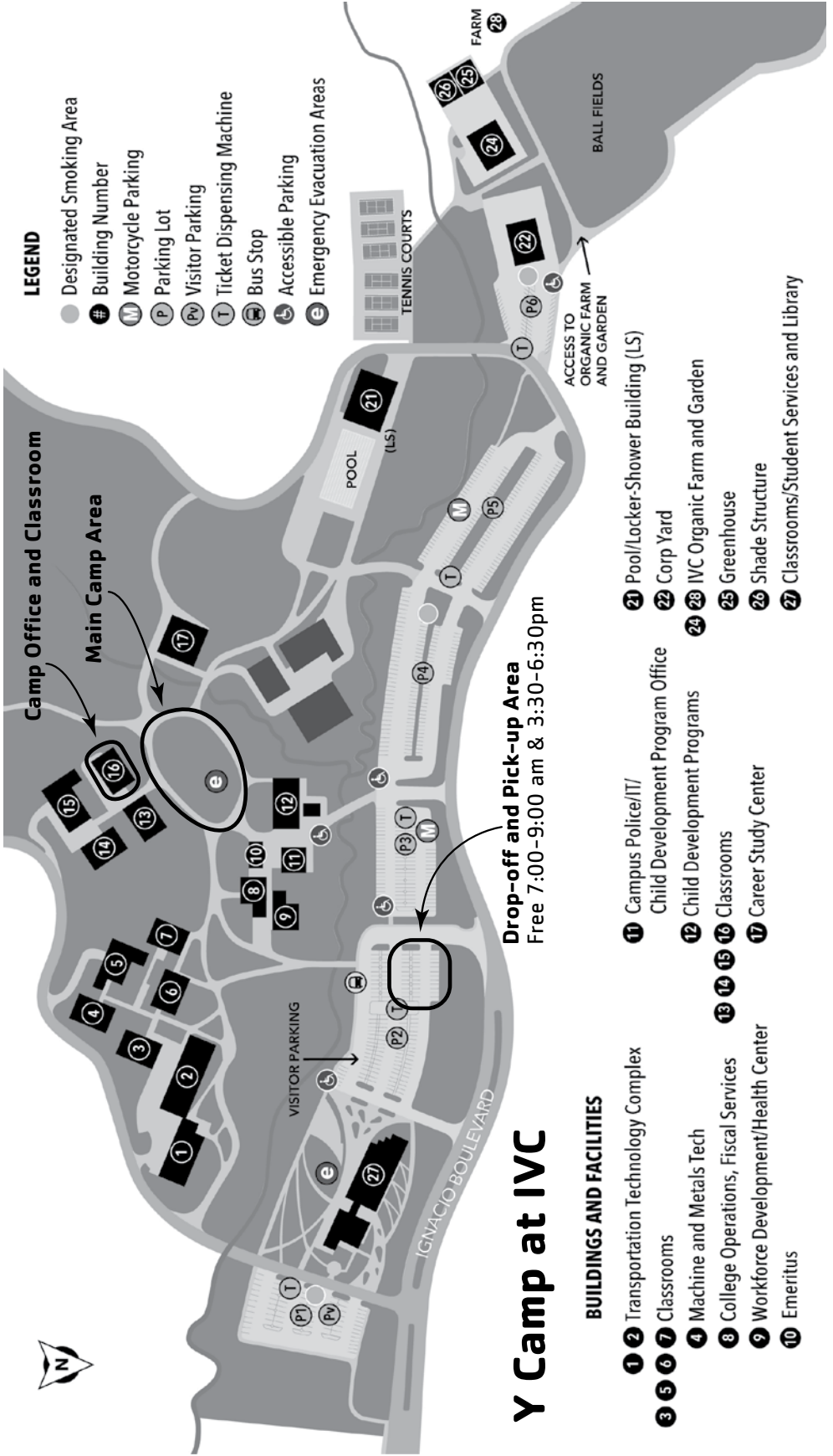
Please see the parent handbook on our website ([www.ymcasf.org](http://www.ymcasf.org)) for further information about camp policies.



# 2016 SUMMER CAMP CALENDAR (Grade levels in parenthesis)

	Session 1 June 13 - 17	Session 2 June 20-24	Session 3 June 27-July 1	Session 4 July 5-8	Session 5 July 11-15	Session 6 July 18-22	Session 7 July 25-29	Session 8 Aug 1-5	Session 9 Aug 8-12	Session 10 Aug 15-20
<b>Traditional Day Camp @ IVC</b> Discoverers (K-1) Adventurers (2-3) Explorers (4-5) Pathfinders (6-8)	Y Camp (grades K-8)	Y Camp (grades K-8)	Y Camp (grades K-8)	Y Camp (grades K-8)	Y Camp (grades K-8)	Y Camp (grades K-8)	Y Camp (grades K-8)	Y Camp (grades K-8)	Y Camp (grades K-8)	
	DGES Camp (grades 2-8)	DGES Camp (grades 2-8)	DGES Camp (grades 2-8)		DGES Camp (grades 2-8)	DGES Camp (grades 2-8)	DGES Camp (grades 2-8)	DGES Camp (grades 2-8)	DGES Camp (grades 2-8)	
	Jr Warriors Basketball @ Marin YMCA (grades K-3)	Jr Pacifics Baseball @ Hamilton (grades K-5)	NFL Flag Football @ IVC (grades 2-5)		Jr Pacifics Baseball @ Hamilton (grades K-5)	NFL Flag Football @ IVC (grades 2-5)	Jr Warriors Basketball @ Marin YMCA (grades K-3)	Jr Pacifics Baseball @ Hamilton (grades K-5)	NFL Flag Football @ IVC (grades 2-5)	
<b>Devil's Gulch Ranch</b>	Aspiring Artists @ Rancho Elementary (grades 2-5)	Lego Builders @ Rancho Elementary (grades K-5)	Animal Adventures @ Rancho Elementary (grades K-5)	Young Chefs Camp @ Rancho Elementary (grades K-3)	Lego Builders @ Rancho Elementary (grades K-5)	Skateboard Camp @ Hamilton Elementary (grades K-5)	Animal Adventures @ Rancho Elementary (grades K-5)	Skateboard Camp @ Hamilton Elementary (grades K-5)	Outdoor Adventures @ Marin Y Elementary (grades K-3)	
		Y Bike Beginners @ IVC (grades 2-5)	Y Bike Advanced @ IVC (grades 4-8)		Y Bike Beginners @ IVC (grades 2-5)	Y Bike Beginners @ IVC (grades 2-5)	Y Bike Advanced @ IVC (grades 4-8)			August Adventures @ Marin YMCA (grades K-8)
<b>Specialty Camps</b>										





**LEGEND**

- Designated Smoking Area
- # Building Number
- M Motorcycle Parking
- P Parking Lot
- Pv Visitor Parking
- T Ticket Dispensing Machine
- Bus Stop
- ♿ Accessible Parking
- e Emergency Evacuation Areas

Camp Office and Classroom

Main Camp Area

Drop-off and Pick-up Area  
Free 7:00-9:00 am & 3:30-6:30pm

# Y Camp at IVC

**BUILDINGS AND FACILITIES**

- 1 2 Transportation Technology Complex
- 3 5 6 7 Classrooms
- 4 Machine and Metals Tech
- 8 College Operations, Fiscal Services
- 9 Workforce Development/Health Center
- 10 Emeritus
- 11 Campus Police/IT/Child Development Program Office
- 12 Child Development Programs
- 13 14 15 16 Classrooms
- 17 Career Study Center
- 21 Pool/Locker-Shower Building (LS)
- 22 Corp Yard
- 24 28 IVC Organic Farm and Garden
- 25 Greenhouse
- 26 Shade Structure
- 27 Classrooms/Student Services and Library

# SWIM LESSONS

## Private Swim Lessons (ages 3 and up)

Available for adults and children. All swim instructors have YMCA Swim Instructor certification, or equivalent experience. Each lesson is 30 minutes in length and scheduled to accommodate your needs. For more information contact Katy Solano at [ksolano@ymcasf.org](mailto:ksolano@ymcasf.org) or 415-446-2106.

## Group Swim Lessons

### Lesson dates at the Marin Y indoor pool:

- May 31-June 25\*
- June 27-July 23\*
- July 25-August 27\*
- August 29-September 24\*
- September 26-October 22

\*Pro-rated for holidays: no swim lessons Memorial Day, July 4th, and Labor Day (lessons rates have been adjusted). No lessons August 14-21 for our annual facility shut down. (Lessons have been extended one week)  
Refer to website for class times.

**Days:** Mon+Wed or Tue+Thu or Sat

### Preschool Fees

**Weekdays:** Facility Member \$100, Program Member \$120

**Saturday:** Facility Member \$50, Program Member \$60

### Youth Fees:

**Weekdays:** Facility Member \$110, Program Member \$130

**Saturday:** Facility Member \$55, Program Member \$65

## Parent/Child Program (ages 6-36 months)

Experience the excitement of swimming with your child! This class will provide a fun and inviting environment for babies and toddlers alike through the use of toys, songs, and companionship with other similarly aged participants. Children become aware of the differences between dry land and water, while parents are taught how to keep their child safe in and around the pool. The child must be accompanied by a responsible adult in the water. Swimmers aged 6-18 months should enroll in the Shrimp class; 19-36 months should be in the Perch class.

### Through June 30

#### Saturdays

**Fee:** Facility Member \$49 • Program Member \$60

#### Tuesdays/Thursdays

**Fee:** Facility Member \$99 • Program Member \$120

### After June 30

#### Saturdays

**Fee:** Facility Member \$52 • Program Member \$63

#### Tuesdays/Thursdays

**Fee:** Facility Member \$104 • Program Member \$126

## **PRESCHOOL LEVELS** (ages 3-5)

### **Pike** (Beginner)

This class is designed for new swimmers and aims to develop a positive feeling about the pool. Swimmers will learn good water safety behavior, and adjust to being in the water by themselves. Parents should be aware that the first time your child goes swimming or participates in swim lessons it may bring up stress. However, our instructors will make the transition from dry land into the pool as smooth and fun as possible with games, toys, and a friendly attitude. Pikes learn pool safety, kicking skills, bubble blowing, and breath control, among other things.

### **Eel** (Advanced Beginner)

This level is for children who are comfortable in the water and is key in their development as a swimmer. Eels are on the outer cusp of being able to swim and need specific instruction on taking the next step. Participants should be able to go under water, hold their breath for a brief time, and know how to kick. Eels are taught arm movements and learn to combine their skills to achieve forward progress in the water. Focus will also be placed on gaining comfortability on their back in preparation for backstroke and developing a breaststroke kick.

### **Ray** (Intermediate)

At the Ray level, participants will take all of their skills from previous lessons and develop into polished swimmers. Before joining this class, participants should be able to move with overarm strokes and kicks, as well as back float and have knowledge of backstroke and breaststroke. Rays will improve their freestyle with side-breathing, learn a sustainable backstroke, and build a quality breaststroke.

### **Starfish** (Advanced)

This level is a gateway to lap swimming. Participants should know how to swim freestyle, backstroke, and breaststroke, as the focus will be on improving technique and endurance for these strokes. Starfish instruction also includes treading water and an introduction to the butterfly stroke. By the end of this level, children will be swimming at least one length of the pool and will be well equipped to join a swim team.

## **YOUTH LEVELS** (ages 6+)

### **Polliwog** (Beginner)

Students are acquainted with the pool environment and safety in addition to stroke and kicking skills. Polliwogs focus on holding their breath, floating, and basic movements for freestyle, backstroke, and breaststroke.

### **Guppy** (Advanced Beginner)

Guppies should be comfortable and able to move themselves through the water. Participants learn to integrate arm movements and kicks into three basic strokes: freestyle, breaststroke, and backstroke. This level is a huge step in a swimmers' development because it bridges non-swimmers and swimmers at a key stage in the learning process.

### **Minnow** (Intermediate)

This level is an introduction to lap swimming. Minnows should be able to swim freestyle, backstroke, and breaststroke about 10 yards, or halfway across pool. Students refine the basic strokes from previous classes and also learn butterfly.

### **Fish** (Advanced)

Participants should be able to swim a whole lap of freestyle, backstroke, and breaststroke. The Fish class emphasizes endurance and techniques that focus on the competitive strokes: butterfly, backstroke, breaststroke, and freestyle with flip turns. By the end of this level, Fish will have a head-start on competitive swimming and be ready for swim team.

# SWIM TEAMS

## Sea Horses Pre-Swim Team (ages 4-8)

This is a non-competitive practice group that helps participants obtain the skills necessary to be on a swim team. Swimmers work on building endurance and refining stroke technique. At the end of the session, swimmers will participate in a swim meet to showcase their improvement. Participants must be able to swim half the length of the pool. For more information contact Griffen Cole at [gcole@ymcasf.org](mailto:gcole@ymcasf.org) or 415-446-2130.

**Monday and Wednesday, 4:15-4:45 p.m. • March 7-June 4**

**Fee:** Facility Member \$200 • Program Member \$225

**Monday and Wednesday 4:15-4:45 p.m. • June 20-August 13**

**Fee:** Facility Member \$155 • Program Member \$175

## Sea Dragons Swim Team (ages 5-18)

A non-competitive swim team that gives young swimmers at all levels the experience of being on a swim team. Emphasis is placed on increasing endurance, technique, and speed while having fun and building relationships with team mates. Upon the conclusion of the session a swim meet will be held for swimmers to display their development in stroke and speed. Participants must be able to swim half the length of the pool. For more information contact Griffen Cole at [gcole@ymcasf.org](mailto:gcole@ymcasf.org) or 415-446-2130.

**Tuesdays, Thursdays, and Fridays 4:00-4:45 p.m. • March 8-June 4**

**Fee:** Facility Member \$255 • Program Member \$290

**Ages:** 9 & up

**Tuesdays, Thursdays, and Fridays 4:45-5:30 p.m. • June 21-August 13**

**Fee:** Facility Member \$180 • Program Member \$205

**Ages:** 8 & up

## Dolphins Swim Team (ages 5-14)

A non-competitive swim team that emphasizes increasing endurance, technique, and speed, all the while having fun and building relationships with teammates. Upon the conclusion of the session, a swim meet will be held for all swimmers to display their development. All participants must be able to swim the length of the pool. For more information contact Griffen Cole at [gcole@ymcasf.org](mailto:gcole@ymcasf.org) or 415-446-2132.

**Novice:** 5:45-6:15 p.m.

**Junior:** 5:00-5:45 p.m.

**Senior:** 4:00-5:00 p.m.

**Tuesday, Thursday, Friday • September 6-December 3**

**Fee:** Facility Member \$284 • Program Member \$326

**Tuesday, Thursday, Friday • January 10- February 18**

**Fee:** Facility Member \$179 • Program Member \$221

# LIFEGUARD TRAINING

Upon successful completion of this nationally recognized course, participants will have the knowledge and skills necessary to safely guard the lives of swimmers in a variety of aquatic environments. Please refer to our website for course prerequisites and additional information. CPR/AED, First Aid, and Emergency Oxygen certifications are included in this course. Participants will also receive a copy of the YMCA On the Guard (5th edition) and other training supplies. Opportunities for hire upon passing. For more information contact Griffen Cole at [gcole@ymcasf.org](mailto:gcole@ymcasf.org) or 415-446-2130.

For dates, visit our website.

**Fee:** Facility Member \$225 • Program Member \$255 • Community Member \$300



# SPECIAL EVENTS

## **SPLASH! Week • April 11–15 (ages 3 & up)**

Basic swimming skills and water safety are taught by our team of staff and volunteers. Through safety talks, participants will learn how to be safe in different aquatic environments, including pools, boats, beaches, and water parks. There are morning, afternoon, and evening sessions for children and adults. Registration for SPLASH! opens March 1. For more information contact Griffen Cole 415-446-2130 or [gcole@ymcasf.org](mailto:gcole@ymcasf.org).

**Fee:** \$5 for 5 days

## **Healthy Kids' Day • April 16**

10:00 a.m.-1:00 p.m. on Sat., April 16 at the Marin Y. Healthy Kids' Day is a no charge event filled with fun activities and education that will leave you and your kids feeling empowered to make healthy lifestyle choices. For more information contact Jayne Johnson at [JOrlowski-Johnson@ymcasf.org](mailto:JOrlowski-Johnson@ymcasf.org) or 415-446-2107.

## **Birthday Parties (ages 3–13)**

Looking for a place to hold your birthday party? Look no further than the Marin Y! Our birthday parties last 2½ hours and include up to 1½ hours of activities. We have four party packages to fit your child's interests and needs. See our website for more information or contact Marco Sacchetto at 415-446-2152 or [msacchetto@ymcasf.org](mailto:msacchetto@ymcasf.org).

**Sports & Games Party** – Includes dodgeball, basketball, indoor soccer and other indoor games! Location: Club room, gym

**Fee:** Facility Member \$200 • Program Member \$250 • Community \$300

**Bounce House & Parachute Party** – Includes Parachute games and bouncing in our jumpy house! Location: Club room, gym

**Fee:** Facility Member \$250 • Program Member \$300 • Community \$350

**Pool Party** – Includes water games and free time in the pool! Location: Club room, pool (sectioned off)

**Fee:** Facility Member \$300 • Program Member \$350 • Community \$400

## **English Tea Time Party – Mother's Day**

Celebrate the mom in your life by putting on your fancy hat and attire for a proper english tea party.

**Sunday, May 1 at the Marin Y**

**Seating Times:** 10:00 a.m.–12:00 p.m.

**Fee:** \$20 Adult • \$10 Child

# SPECIAL EVENTS

## Kids Night Out (grades K-5)

Parents, enjoy the night off while your kids experience a night of games, swimming, dinner and a movie at the Marin Y. For more information contact Marco Sacchetto at [msacchetto@ymcasf.org](mailto:msacchetto@ymcasf.org) or 415-446-2152.

**Time:** 6:00-9:30pm

**Dates:** Saturday, March 26

**Location:** Marin Y

**Fee:** \$20 for first child and \$15 for siblings



## Marin County Fair Fun Run

The 4th Annual Play Fair 1K event will be held on Wednesday, June 30<sup>th</sup>. This event at the Marin County Fairgrounds features a timed run/walk around the lagoon and is designed for parents, babies in strollers and children 12 and under. Participants will enjoy a medal, T-shirt and goodie bag. If you are interested in donating prizes or volunteering contact Brandon Drake at [bdrake@ymcasf.org](mailto:bdrake@ymcasf.org) or 415 446-2178

**Fee:** This is a free event but does require lots of energy!

**Registration:** All runners must be registered for this event. Register online or at the Marin Y.

**Location:** Starts by the Giant Ferris Wheel and finishes on the Special Event Lawn.

### June 30 Schedule

- 11:15 a.m. Check in and pick up race bib
- 11:45 a.m. Warm up and announcements
- 11:55 a.m. Lightening Lettuce (9-12 years old)
- 12:05 p.m. Power Punch Broccoli (6-8 years old)
- 12:15 p.m. Silly Dilly Green Beans (5 years and under)



# RESTORATIVE SERVICES

## Marin Y Youth Court

Youth Court is a peer-to-peer restorative justice alternative to the traditional juvenile justice system, for youth who have accepted accountability for breaking the law. The program works with youth who have been sanctioned for non-violent first time offenses, of which 80% are drug and alcohol related. Probation, law enforcement and schools refer juvenile offenders to the Youth Court program, where a jury comprised of former offenders and volunteers determine a restorative plan, that repairs the harm done and the relationships impacted. Successful completion of the program results in no juvenile record. Having this safety net for youth in the early stages of their delinquency can help them turn the corner onto a new path and a successful future. For more information contact Jennifer Puckett at [jpuckett@ymcasf.org](mailto:jpuckett@ymcasf.org) or 415-459-4875.

**Fee:** Sliding scale \$150 to \$750, based on household composition and income.

## Youth Court Advocate Training (ages 11–17)

The YMCA Youth Court uses peer-to-peer restorative justice to successfully keep kids out of the juvenile justice system. You can learn how to take part as a juror, bailiff, or advocate in the Youth Court. The leadership skills developed through the Youth Court program provides a strong foundation in character development, civic engagement and restorative justice. The course is taught by practicing student Youth Court advocates and is supervised by the Youth Court Director. Students can also receive community service hours for their participation. For more information contact Jennifer Puckett at [jpuckett@ymcasf.org](mailto:jpuckett@ymcasf.org) or 415-459-4875.

**Fee:** Facility Member \$250 • Program Member \$280





# ALCOHOL & DRUG PREVENTION AND SAFETY SKILLS TRAINING

Marin County youth are engaged in abnormally high levels of alcohol and drug experimentation. Learn how to be comfortable and confident in discussing this issue with your children.

Current data reveals that 48% of high school students are drinking alcohol, 41% have been drinking in the past 30 days and 30% of 11th graders are binge drinking (five drinks in two hours for a male and four drinks for a female). The states underage binge-drinking rate is 22%. In addition, Marin teens consume marijuana at twice the national rate, and their use of dangerous pharmaceuticals such as Ecstasy, OxyContin and other pharmaceuticals is on the rise. The 2014 California Healthy Kids survey found that 16% of Marin 11th graders had used pain killers for non-medical reasons.

While substance use is common during the teen years, with guidance the dangers of experimentation can be mitigated. Parents will learn effective methods to prevent or reduce teen substance use. Youth will practice strategies that develop refusal and survival skills. For more information contact Jennifer Puckett at [jpuckett@ymcasf.org](mailto:jpuckett@ymcasf.org) or 415-459-4875.

**Trainings are held monthly on a Saturday • 9:00 a.m.–3:00 p.m.**

**Fee: Facility Member \$250 • Program Member \$280**



## YOUTH AND GOVERNMENT

California YMCA Youth & Government's Model Legislature & Court (ML/C) has been the state's premier youth leadership and civic development program since 1948. The ML/C creates a six-month learn-by-doing experience that teaches the values of democracy by bringing together a cross-section of the state's high school students. This program provides them with the opportunity to experience government first-hand and to learn how to solve community problems through the democratic process as well as debate and discuss issues with their peers from throughout California. Tuition includes lodging and transportation costs for all three conferences along with some meals. Financial assistance available. For more information contact Torrey Kelly at [tkelly@ymcasf.org](mailto:tkelly@ymcasf.org) or 415-446-2148.



# YMCA OF SAN FRANCISCO

**Our mission is to build strong kids, strong families and strong communities by enriching the lives of all people in spirit, mind and body.**

**Our strategic vision is that healthiest children in America will live in the Bay Area, building the skills and habits for a healthy life, being empowered to reach their highest potential.**

**For more than 160 years, the YMCA of San Francisco has addressed the most pressing social issues of the day—whether that was helping immigrants adjust to life in America or supporting soldiers newly returned from war find jobs back home.**

**Our 14 YMCAs in San Francisco, Marin and San Mateo counties strive to understand the complex nature of emerging needs and develop unique programming built upon community strength. We understand that each of our communities has unique challenges which are always addressed in a pro-active and compassionate way.**

**Today, we know our community faces unprecedented challenges: disparities in academic achievement, high rates of chronic disease and obesity, and increasing challenges for our youth in the area of mental health. These challenges and many more are abundant in every community the Y serves.**

**We must ask the question, whether our children have the conditions to reach their highest potential? Then we must answer that question by saying that we will partner and collaborate to create concrete and lasting solutions to these underlying societal problems. Only by doing so can we ensure a positive future for our society through the strength of the children that we develop today.**

**The good news is the Y of San Francisco Vision and aligning Strategic Plan will deliver long-term sustainable solutions to solve the emerging needs of our population.**



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

# MARIN Y

1500 Los Gamos Drive  
San Rafael, CA 94903

A non-profit serving  
Marin County since 1946.

## 2016 HOLIDAY HOURS

### MARIN Y

Easter, Sunday, March 27 ..... Closed  
Memorial Day, Monday, May 29..... 7:00 a.m.-2:00 p.m.  
July 4th, Tuesday ..... 7:00 a.m.-2:00 p.m.  
Labor Day, Monday, September 5 ..... 7:00 a.m.-2:00 p.m.  
Thanksgiving, Thursday, November 24 ..... 7:00 a.m.-2:00 p.m.  
Friday after Thanksgiving, November 25..... 7:00 a.m.-7:00p.m.  
Christmas Eve, Saturday, December 24 ..... 5:30 a.m.-2:00 p.m.  
Christmas Day, Sunday, December 25..... Closed  
NYE, Saturday, December 31 ..... 5:30 a.m.-2:00 p.m.  
New Years Day, Sunday, January 1 ..... 7:00 a.m.-2:00 p.m.

### NOVATO Y

Easter, Sunday, March 27 ..... Closed  
Memorial Day, Monday, May 29..... Closed  
July 4th, Tuesday ..... Closed  
Labor Day, Monday, September 5 ..... Closed  
Thanksgiving, Thursday, November 24 ..... Closed  
Friday after Thanksgiving, November 25..... 7:00 a.m.-7:00p.m.  
Christmas Eve, Saturday, December 24 ..... 5:30 a.m.-2:00 p.m.  
Christmas Day, Sunday, December 25..... Closed  
NYE, Saturday, December 31 ..... Closed  
New Years Day, Sunday, January 1 ..... Closed

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