



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CHINATOWN YMCA

WINTER/SPRING 2024

華埠青年會
冬/春季2024

CHINATOWN YMCA
855 Sacramento St,
San Francisco, CA 94108
(415) 576-9622
ymcasf.org/chinatown



AQUATICS

GROUP SWIM LESSONS

WEEKEND LESSONS (1X PER WEEK)

JANUARY – FEBRUARY

Open Registration Begins: 12/20/23
Registration Closes: 1/6/24

SATURDAY: 1/13/2024 – 2/24/2024 (7 classes)

***PRIORITY REGISTRATION:** 12/3/23

- Facility Member: \$165.20
- Community Participant: \$207.20

SUNDAY: 1/14/2024 – 2/25/2024 (7 classes)

***PRIORITY REGISTRATION:** 12/3/23

- Facility Member: \$165.20
- Community Participant: \$207.20

MARCH – APRIL

Open Registration Begins: 2/17/24
Registration Closes: 2/24/24

SATURDAY: 3/9/2024 – 4/27/2024 (8 classes)

***PRIORITY REGISTRATION:** 2/10/2024

- Facility Member: \$188.80
- Community Participant: \$236.80

SUNDAY: 3/10/2024 – 4/28/2024 (8 classes)

***PRIORITY REGISTRATION:** 2/11/2024

- Facility Member: \$188.80
- Community Participant: \$236.80

MAY – JUNE

Open Registration Begins: 4/13/24
Registration Closes: 4/20/24

SATURDAY: 5/4/2024 – 6/22/2024 (7 classes)

No class 5/27

***PRIORITY REGISTRATION:** 4/6/2024

- Facility Member: \$165.20
- Community Participant: \$207.20

SUNDAY: 5/5/2024 – 6/23/2024 (7 classes)

No class 5/28

***PRIORITY REGISTRATION:** 4/7/2024

- Facility Member: \$165.20
- Community Participant: \$207.20





水上活動

小組游泳課程

週末課程 (每週 1 次)

1月 – 2月

開放報名日期: 12/20/23

報名截止日期: 1/6/24

週六: 1/13/24 – 2/24/24 (7 節課)

* 優先報名日期: 12/3/2023

- 保健會員: \$165.20
- 社區參與者: \$207.20

週日: 1/14/2024 – 2/25/2024 (7 節課)

* 優先報名日期: 12/3/2023

- 保健會員: \$165.20
- 社區參與者: \$207.20

3月 – 4月

開放報名日期: 2/17/24

報名截止日期: 2/24/24

週六: 3/9/2024 – 4/27/2024 (8 節課)

* 優先報名日期: 2/10/2024

- 保健會員: \$188.80
- 社區參與者: \$236.80

週日: 10/8/2023 – 11/19/2023 (8 節課)

* 優先報名日期: 2/11/2024

- 保健會員: \$188.80
- 社區參與者: \$236.80

5月 – 6月

開放報名日期: 4/13/24

報名截止日期: 4/20/24

週六: 5/4/2024 – 6/22/2024 (7 節課)

* 5/27 無課 *

* 優先報名日期: 4/6/2024

- 保健會員: \$165.20
- 社區參與者: \$207.20

週日: 5/5/2024 – 6/23/2024 (7 節課)

* 5/28 無課 *

* 不設有優先報名

- 保健會員: \$165.20
- 社區參與者: \$207.20



MONDAY/WEDNESDAY WEEKDAY LESSONS (2X PER WEEK)

JANUARY

1/8/2024 – 1/31/2024 (7 classes)

No class on 1/15

***PRIORITY REGISTRATION:** 12/11/23

Open Registration Begins: 12/13/23

Registration Closes: 12/20/23

Facility Member: \$165.20

Community Participant: \$207.20

FEBRUARY

2/5/2024 – 2/28/2024 (8 classes)

***PRIORITY REGISTRATION:** 1/17/24

Open Registration Begins: 1/24/24

Registration Closes: 1/29/24

Facility Member: \$188.80

Community Participant: \$236.80

MARCH

3/4/2024 – 3/27/2024 (8 classes)

***PRIORITY REGISTRATION:** 2/15/24

Open Registration Begins: 2/22/24

Registration Closes: 2/24/24

Facility Member: \$141.60

Community Participant: \$177.60

APRIL

4/1/2024 – 4/25/2024 (6 classes)

*No class on 4/8 and 4/10

***PRIORITY REGISTRATION:** 3/13/24

Open Registration Begins: 3/20/24

Registration Closes: 3/25/24

Facility Member: \$188.80

Community Participant: \$236.80

MAY

5/6/2024–5/22/2024 (6 classes)

***PRIORITY REGISTRATION:** 4/15/24

Open Registration Begins: 4/17/24

Registration Closes: 4/24/24

Facility Member: \$141.60

Community Participant: \$177.60

***Lesson stages and times may be added depending on swim lesson participant demand and instructor availability. This includes lessons listed as TBD* below.**

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence- building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

| STAGE A: WATER DISCOVERY | Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. | |
|---------------------------------------|---|------------------|
| STAGE B: WATER EXPLORATION | In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. | |
| AGE | DAY | TIME |
| Parent and Child (6 months – 3 years) | Sunday | 9:40am – 10:10am |

週一/週三 平日課程 (每週2次)

1月

1/8/2024 – 1/31/2024 (7 節課)

* 1月15日 無課程*

* 優先報名日期: 12/11/23

開放報名日期: 12/13/23

報名截止日期: 12/20/23

保健會員: \$165.20

社區參與者: \$207.20

2月

2/5/2024 – 2/28/2024 (8 節課)

* 優先報名日期: 1/17/24

開放報名日期: 1/24/24

報名截止日期: 1/29/24

保健會員: \$188.80

社區參與者: \$236.80

3月

3/4/2024 – 3/27/2024 (8 節課)

* 優先報名日期: 2/15/24

開放報名日期: 2/22/24

報名截止日期: 2/24/24

保健會員: \$141.60

社區參與者: \$177.60

4月

4/1/2024 – 4/25/2024 (6 節課)

* 4月8日及4月10日無課程

* 優先報名日期: 3/13/24

開放報名日期: 3/20/24

報名截止日期: 3/25/24

保健會員: \$188.80

社區參與者: \$236.80

5月

5/6/2024–5/22/2024 (6 節課)

* 優先報名日期: 4/15/24

開放報名日期: 4/17/24

報名截止日期: 4/24/24

保健會員: \$141.60

社區參與者: \$177.60

*課程級別和上課時間可能會根據參與者的需求和老師的可用性而更改或增加。這包括下面列為“TBD = 待定”的課程。

嬰幼兒游泳班

在父母陪同下，嬰兒和幼兒學會舒適地留在水中，通過樂趣和建立自信的經驗來準備學習游泳，而父母則學習水中安全，溺水預防和監督的重要性。

| 階段 A: 水中發掘 | 在A級，父母陪同孩子一起，通過探索將嬰兒和幼兒引入水中環境，並鼓勵他們在學習時也感到享受。 | |
|----------------|---|------------------|
| 階段 B: 水中探索 | 在B級，父母與孩子一起探索身體位置，浮動，吹泡泡，以及基本的安全和水中技能。 | |
| 年齡 | 日期 | 時間 |
| 父母*和孩子(6個月-3歲) | 週日 (10月開始) | 9:40am – 10:10am |

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim— sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

| STAGE 1: WATER ACCLIMATION | | Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. |
|-----------------------------------|------------------|--|
| AGE | DAY | TIME |
| Preschool Age (3 – 5) | Monday/Wednesday | TBD* |
| | Saturday | 10:40am – 11:10am |
| | Sunday | 10:20am – 10:50am |
| School Age (5 – 12) | Monday/Wednesday | 4:00pm – 4:30pm |
| | Saturday | 10:00am – 10:30am 12:00pm – 12:30pm |
| Teen/Adult (13+) | Monday/Wednesday | TBD* |
| | Sunday | 9:00am – 9:30am |

| STAGE 2: WATER MOVEMENT | | In this stage, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. |
|--------------------------------|------------------|--|
| AGE | DAY | TIME |
| Preschool Age (3 – 5) | Monday/Wednesday | TBD* |
| | Saturday | TBD* |
| | Sunday | 11:00am – 11:30am |
| School Age (5 – 12) | Monday/Wednesday | 4:00pm – 4:30pm |
| | Saturday | 11:20am – 11:50am 12:40pm – 1:10pm |
| Teen/Adult (13+) | Monday/Wednesday | TBD* |
| | Sunday | 9:00am – 9:30am |

| STAGE 3: WATER STAMINA | | In this stage, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. |
|-------------------------------|------------------|---|
| AGE | DAY | TIME |
| School Age (6 – 12) | Monday/Wednesday | 4:40pm – 5:10pm |
| | Saturday | 12:00pm – 12:30pm |
| Teen/Adult (13+) | Saturday | TBD* |
| | Sunday | 9:00am – 9:30am |

游泳基礎班

學生學習個人水中安全，通過學習兩種基準技能實現基本的游泳能力：

- 游泳，浮動，游泳 - 俯浮滑翔，翻滾，背浮，翻滾，俯浮滑翔，離開
- 跳，推，轉，抓

| 階段 1: 水中適應 | | 在第一級，培養學生對水中探索的舒適度，並遇到墜入水中時學會安全地離開。這個級別為學生未來游泳作好鞏固的基礎。 |
|-------------------|-------|--|
| 年齡 | 日期 | 時間 |
| 幼兒 (3歲 - 5歲) | 週一/週三 | 待定* |
| | 週六 | 10:40am – 11:10am |
| | 週日 | 10:20am – 10:50am |
| 學齡兒童 (5歲 - 12歲) | 週一/週三 | 4:00pm – 4:30pm |
| | 週六 | 10:00am – 10:30am 12:00pm – 12:30pm |
| 青少年與成人 (13歲以上) | 週一/週三 | 待定* |
| | 週日 | 9:00am – 9:30am |

| 階段 2: 水中移動 | | 在第二級，學生側重於身體的位置和控制，方向改變，以及在水中向前移動，同時也繼續練習如何在遇到墜入水中時安全地離開。 |
|-------------------|-------|---|
| 年齡 | 日期 | 時間 |
| 幼兒園 (3歲 - 5歲) | 週一/週三 | 待定* |
| | 週六 | 待定* |
| | 週日 | 2:00pm – 2:30pm |
| 學齡兒童 (5歲 - 12歲) | 週一/週三 | 4:00pm – 4:30pm |
| | 週六 | 11:20am – 11:50am 12:40pm – 1:10pm |
| 青少年與成人 (13歲以上) | 週一/週三 | 待定* |
| | 週日 | 9:00am – 9:30am |

| 階段 3: 水中活力 | | 在第三級，學生學習在遇到墜入水中時將可游得更遠的距離。這個級別還引入節奏呼吸和綜合的胳膊和腿部動作。 |
|-------------------|-------|--|
| 年齡 | 日期 | 時間 |
| 學齡兒童 (5歲 - 12歲) | 週一/週三 | 4:40pm – 5:10pm |
| | 週六 | 12:00pm – 12:30pm |
| 青少年與成人 (13歲以上) | 週六 | TBD* |
| | 週日 | 9:00am – 9:30am |

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

| STAGE 4: STROKE INTRODUCTION | | | Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. |
|-------------------------------------|------------------|-------------------|---|
| AGE | DAY | TIME | |
| School Age (5 – 12) | Monday/Wednesday | 4:40pm – 5:10pm | |
| | Saturday | 10:40am – 11:10am | |
| Teen/Adult (13+) | Saturday | 10:00am – 10:30am | |
| | Sunday | TBD* | |

| STAGE 5: STROKE DEVELOPMENT | | | Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. |
|------------------------------------|------------------|-------------------|---|
| AGE | DAY | TIME | |
| School Age (5 – 12) | Monday/Wednesday | 5:20pm – 5:50pm | |
| | Saturday | 11:20am – 11:50am | |
| Teen/Adult (13+) | Saturday | 10:00am – 10:30am | |
| | Sunday | TBD* | |

| STAGE 6: STROKE MECHANICS | | | In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. |
|----------------------------------|------------------|-------------------|---|
| AGE | DAY | TIME | |
| School Age (5 – 12) | Monday/Wednesday | 5:20pm – 5:50pm | |
| | Saturday | 12:40pm – 1:10pm | |
| Teen/Adult (13+) | Saturday | 10:00am – 10:30am | |
| | Sunday | TBD* | |



泳式

掌握基礎知識後，學生將學習額外的水中安全技能，建立泳式，以及預防慢性疾病，增加社會情緒和認知健康的技能，培養永久的體能活動。

| 階段 4: 泳式介紹 | | 在第4級，學生建立捷泳和背泳的技巧，並學習蛙泳和蝴蝶泳的踢腳。繼續通過踩水和背泳來加強對水中的安全。 |
|-----------------|-------|--|
| 年齡 | 日期 | 時間 |
| 學齡兒童 (5歲 - 12歲) | 週一/週三 | 4:40 pm - 5:10pm |
| | 週六 | 10:40am - 11:10am |
| 青少年與成人 (13歲以上) | 週六 | 10:00am - 10:30am |
| | 週日 | 待定* |

| 階段 5: 游泳發展 | | 在第5級，學生繼續練習泳式技巧和主要的競爭泳式。繼續通過踩水和側泳來加強對水中的安全。 |
|-----------------|-------|---|
| 年齡 | 日期 | 時間 |
| 學齡兒童 (5歲 - 12歲) | 週一/週三 | 5:20pm - 5:50pm |
| | 週六 | 11:20am - 11:50am |
| 青少年與成人 (13歲以上) | 週六 | 10:00am - 10:30am |
| | 週日 | 待定* |

| 階段 6: 游泳力學 | | 在第6級，學生可掌握所有主要的競賽泳式技巧，學習有關競技游泳，並發掘如何將游泳融入健康的生活方式。 |
|-----------------|-------|---|
| 年齡 | 日期 | 時間 |
| 學齡兒童 (5歲 - 12歲) | 週一/週三 | 5:20pm - 5:50pm |
| | 週六 | 12:40pm - 1:10pm |
| 青少年與成人 (13歲以上) | 週六 | 10:00am - 10:30am |
| | 週日 | 待定* |





SWIM TEAM

The Chinatown YMCA is recruiting swimmers to join the Swim Team. Swimmers will take their swimming passion to the next level by taking part in a community of like-minded individuals who seek to improve their swimming technique and skills. Each practice will consist of a workout that aims to challenge and broaden swimmers' knowledge and skills. As part of the Swim Team, swimmers will gain meaningful experience in the world of competitive swimming, along with an occasional introduction to other swimming-related sports. Swimmers will also uphold the YMCA core values of caring, honesty, responsibility, and respect by becoming a part of a welcoming community.

PRACTICE TIMES:

2x a week
Monday/Wednesday from 6:00pm – 7:30pm

COST:

Facility Member: \$120/month
Community Participant: \$140/month

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 and provide a little more flexibility with scheduling. Lessons are sold and scheduled by month

PRIVATE SWIM LESSON

Facility Member: \$57.80/lesson
Community Participant: \$69.60/lesson

SEMI-PRIVATE SWIM LESSON (PER PARTICIPANT)

Facility Member: \$51.50/lesson
Community Participant: \$61.70/lesson

Scheduling is done by our aquatics department after a request form is filled out at:
ymcasf.org/y-swim-lessons or open the form with the QR code below.



***Note that our private swim lesson program is currently impacted with over 100 requests**

WE ARE HIRING!

Interested in becoming a lifeguard or swim instructor?

Check out ymcasf.org/about/careers for a list of branches currently hiring Aquatic staff. Certifications not required. If hired, training opportunities are provided.





游泳隊

華埠青年會正在招募游泳者加入游泳隊。游泳者將加入一個由志同道合的人組成的社區，他們追求提高游泳技巧和技能，從而促進他們對游泳的熱情。每次練習的目的在於挑戰和拓寬游泳者的知識和技能。作為游泳隊的成員，游泳者將在競技游泳世界中獲得寶貴的經驗，並介紹其他與游泳相關的運動。游泳者還將通過成為熱情好客的社區一員，來體現青年會的核心價值觀：關愛、誠實、責任心，和尊重。

訓練時間：
每週 2 次
星期一/三 6:00pm – 7:30pm

費用：
保健會員: \$120/月
社區參與者: \$140/月

私人和半私人游泳課程

私人和半私人課程非常適合那些想要額外關注或只想學習特定游泳技能的人。它們是根據參與者作為游泳運動員的需要和需求量身定制的，並在日程安排方面提供了更多的靈活性

私人游泳課

保健會員: \$57.80/課
社區參加者: \$69.60/課

半私人游泳課 (每位參與者)

保健會員: \$51.50/課
社區參加者: \$61.70/課

在您填妥此申請表格後，課程時間安排將由水上運動部處理: ymcasf.org/y-swim-lessons 或掃描以下二維碼開啓表格



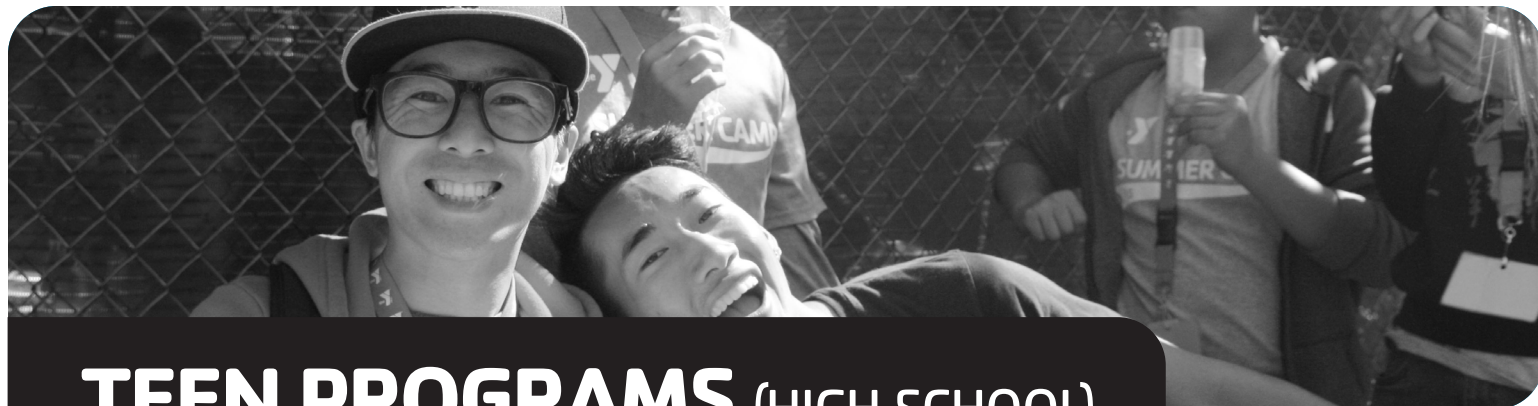
請注意，我們的私人游泳課項目的候補名單上目前有超過 100 名申請者。

我們正在招聘!

有興趣成為救生員或游泳教練嗎?

查看ymcasf.org/about/careers以獲取目前招聘水上運動員工的分行列表。
不需要證書。如果被錄用，將提供培訓機會。





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 in 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. We make things happen.

MONTHLY TEEN WORKSHOPS

These workshops are open to all our teen members! Each month, we'll be exploring topics such as: Resume and interview skills, public speaking, peer conflict mediation, stress relief, and more!

- **DATES AND TIMES:** 3rd Friday of the month
5:00pm – 7:00pm
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

Please contact **Kory Eastland** at Keastland@ymcasf.org or **Denise Hung** at (415) 748-3564 or dhung@ymcasf.org for more information.

HIGH SCHOOL GIRLS, OUTDOOR ADVENTURES LEADERSHIP CLUB

Doing it for the pictures and so much more. Interested in working out, getting outside for amazing hikes, or even signing up for 5k or 10k runs with a group of like-minded girls? This is your place!

We'll outfit you in active wear, participate in weekly meetings of leadership development, swim lessons, fitness classes, and strength conditioning to get us ready for the outdoor adventure you choose. Monthly, we'll get together for meals and workshops to stretch the mind. This club also offers community impact opportunities to boost your college resume. Sign up today!

- **MEETINGS:** Saturdays, 11:00am – 3:00pm
- **WORKOUT TIMES AVAILABLE:** Mondays – Fridays
3:00pm – Close
- **LOCATION:** Chinatown YMCA
- **WHO:** High School Girls

Please contact **Denise Hung** at (415) 748-3546 or dhung@ymcasf.org for more information.



青少年計劃 (高中)

查看我們的青少年計劃，為挖掘您的領導力和為社區服務潛力尋找機會。我們通過發展青少年的技能，讓他們完成青少年能夠做到的美好的事情，來培育青少年並使他們茁壯成長。我們不斷地回饋社會，通過服務，我們尊重我們的傳統並培養我們未來的領導者。我們正在創造奇跡。

每月青少年研討會

這些研討會對所有我們的青少年會員開放！我們每月都會探討不同主題，例如：簡歷和面試技巧、公開演講、同齡人衝突調解、緩解壓力等等！

- 日期和時間：每月第三個星期五
5:00pm - 7:00pm
- 年齡：所有高中年齡青年
- 地點：華埠青年會

請致電：(415) 748-3564 聯繫 **Kory Eastland**, 電郵 Keastland@ymcasf.org 或者 **Denise Hung**, 電郵 dhung@ymcasf.org 了解更多資訊。

高中女生戶外探險領袖俱樂部

除了照好看的照片以外，我們這個計劃還提供了很多好玩的計劃。如果你對鍛煉身體感興趣，出門遠足，甚至與一群志趣相投的女生一起參加5公里或10公里跑步競賽？這是屬於你的地方！

我們將為你配上運動服裝，參加每週的領導才能發展會議，游泳課程，健身課程和力量訓練，讓我們為你選擇的戶外探險做好準備。每月，我們將聚在一起用餐和舉辦研討會來舒展身心。該俱樂部還提供社區影響力的機會，以提高你的大學履歷。立即註冊！

- 會議日：每週六, 11:00am - 3:00pm
- 可運動時間：週一至週五 下午3時至設施關閉
- 地點：華埠青年會
- 參與對象：高中女生

請聯繫 **Denise Hung** (415) 748-3546 或 電郵 dhung@ymcasf.org 了解更多資訊。

PEER HEALTH EDUCATORS INTERNSHIP

Have you ever been interested in the area of health and healthy living? Do you want to grow and develop your leadership and speaking skills? In this internship, you'll learn to innovate and execute healthy living related workshops to your peers and the Chinatown community, develop your leadership skills and give your college resume a boost!

- **DATES AND TIMES:** Thursdays, 4:30pm – 6:00pm
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

Please contact **Kory Eastland** at Keastland@ymcasf.org for more information.

TEEN CULINARY ACADEMY

The Chinatown YMCA Teen Culinary Academy is a skill and leadership development program for high school students using culinary skills as a way to engage and practice these new skills. Using our very own kitchen at the Chinatown YMCA, learn about food, nutrition, and culinary skills. By the end of the program teen chefs will learned to plan, shop, prep, plate a meal for 30 people, and sous chef to a professional chef.

**** APPLICATIONS AVAILABLE ****

- **DATES AND TIMES:** Wednesdays, 4:30pm – 7:30pm
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

Please contact **Denise Hung** at (415) 748-3546 or dhung@ymcasf.org for more information.

TEEN EMPLOYMENT: I-WORKS

This is your shot at your first job. We are looking for teens interested in being role models for our youth in our after school programs. Be the big brother or big sister as these I-Workers tutor them throughout the school year. I-Workers participate in biweekly meetings and workshops to hone in on their interview, resume, social networking, so that they will be workforce ready by the end of the school year.

***Pick up Application at the Y beginning August 11th. Applications due September 8th.
Interviews scheduled beginning: September 13th**

Please contact **Kory Eastland** at Keastland@ymcasf.org or **Denise Hung** at 415.748.3546 or dhung@ymcasf.org for more information.

HOLIDAY CAMPS

The Chinatown YMCA is offering **Holiday Camps** that takes learning outside the classroom. Explore with us with us our specially designed theme days. These days will take us on learning adventures that explore literacy and science! Sign up for a day or a week to get the full learning experience!

DATES

- Winter Camp Week (12/26 – 12/29)
- Spring Camp (4/8 – 4/12)

同齡人健康教育者實習

您是否對健康和健康生活領域感興趣？你想發展並提高你的領導能力和演講技巧嗎？在這次實習中，您將學習創新並為您的同齡人和華埠社區舉辦與健康生活相關的研討會，培養您的領導技能，並為您的大學簡歷增添一份活力！

- 日期和時間: 週四, 4:30pm - 6:00pm
- 年齡: 所有高中適齡青年可申請
- 地點: 華埠青年會

請通過: Keastland@ymcasf.org 聯繫 **Kory Eastland** 了解更多資訊。

青少年烹飪學院

華埠青少年烹飪學院是一項技能和領導力發展計劃，旨在通過烹飪與高中生互動，從中學習這些新技能。我們會在華埠青年自己的廚房中了解食物、學習營養成分和烹飪技巧。課程結束時，青少年廚師將學會如何計劃、購物、準備、烹飪30人的大餐，以及擔任專業廚師的助理廚師。

****申請現已開放****

- 日期和時間: 星期三, 4:30pm - 7:30pm
- 年齡: 所有高中適齡青年可申請
- 地點: 華埠青年會

請聯繫 **Denise Hung** (415) 748-3546 或 電郵 dhung@ymcasf.org 了解更多資訊。

青少年就業: I-WORKS

這是你獲得的第一份工作機會。我們正在尋找有興趣在我們的課後計劃中成為青少年榜樣的青少年。這些 I-Workers，他們將作為青少年的大哥哥或大姐姐在整個學年對他們進行輔導。I-Workers 參加每兩週一次的會議和研討會，以鍛煉他們的面試技巧、簡歷製作技巧、社交技能，以便他們在學年結束時能夠為工作做好準備。

***從 8 月 11 日開始，在青年會領取申請表。申請截止日期為 9 月 8 日。面試時間：9月13日**

請聯繫 **Denise Hung** (415) 748-3546 或 電郵 dhung@ymcasf.org 了解更多資訊。

假日營

華埠青年會正在提供課外學習的假日營。與我們一起探索我們精心策劃的主題日。在假日營裡，我們將進行探索知識和科學的學習冒險！為獲得美好的學習體驗，報名參加一天營或一周營吧！

日期

- 冬令營第一週 (12/26 - 12/29)
- 春季營 (4/8 - 4/12)

SOMANYDYNAMOS: TEEN SERVICE AND LEADERSHIP CLUB

The SOMANYDYNAMOS are the teen service leadership group that represents our Chinatown YMCA teen population. From planning teen events, to community volunteering, to hosting monthly activities for other youth in the Community Center, to providing a teen voice, the SOMANYDYNAMOS does it all! Here you'll develop your fundraising, event planning, and community organizing skills while meeting new people.

** APPLICATIONS AVAILABLE **

- **DATES AND TIMES:** Saturdays, 11:00am – 3:00pm
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

Please contact **Kory Eastland** at Keastland@ymcasf.org or **Denise Hung** at (415) 748-3546 or dhung@ymcasf.org for more information.

FRIDAY NIGHT CLUBS

Friday night and the living is all right at the Chinatown YMCA. Signing up for Friday Night Clubs and be a part of something bigger!

- **DATES AND TIMES:** Fridays, 4:00pm – 8:00pm
- **AGES:** All High school aged youth
- **COST:** YMCA Membership/
Teen Program Membership
- **LOCATION:** Chinatown YMCA

FRIDAY NIGHT OFFERINGS

- **Homeroom:** 4:00pm – 5:30pm
Not your typical homeroom. This is when we get to do our homework together, hang out, and check in on how our week went.
- **Dinner:** 6:00pm
Yup, we feed you! After homeroom, we sit together and break bread!
- **Open Gym:** 6:45pm – 8:00pm
We'll own this gym Friday nights. Whether it be working out upstairs or playing pick up volleyball in the gym, this is your place.

FRIDAY NIGHT SCHEDULE SNAPSHOT

- **Peer Health Internship Meeting:** 4:00pm – 5:00pm
- **Volleyball Teen Open Gym:** 5:00pm – 7:00pm
- **Fitness Training:** 5:30pm – 7:00pm

Please contact **Kory Eastland** at Keastland@ymcasf.org or **Denise Hung** at (415) 748-3546 or dhung@ymcasf.org for more information.

SOMANYDYNAMOS: 青少年服務和領導俱樂部

SOMANYDYNAMOS 是代表我們華埠青年會青少年群體的青少年服務領導小組。從策劃青少年活動，到社區志願服務，到在社區中心為其他青少年舉辦月度活動，再到提供青少年的聲音，SOMANYDYNAMOS 都能做到！在這裡，您將在結識新朋友的同時培養籌款、活動策劃和社區組織技能。

申請現已開放

- 日期和時間: 週六, 11:00am - 3:00pm
- 年齡: 所有高中適齡青年可申請
- 地點: 華埠青年會

請聯繫 **Kory Eastland**, 電郵 Keastland@ymcasf.org 或致電 (415) 748-3546, 電郵 dhung@ymcasf.org 聯繫 **Denise Hung** 了解更多訊息。

週五晚上俱樂部

週五晚上，華埠青年會的生活很有趣。報名參加週五俱樂部並參與更大更好玩的活動！

- 日期和時間: 週五, 4:00pm - 8:00pm
- 年齡: 所有高中青年
- 費用: 青年會會員/青少年計劃會員
- 地點: 華埠青年會

週五晚間活動

- 教室: 4:00pm - 5:30pm
不是你典型的教室。這是我們一起做功課，一起出去玩，看看一週過得怎麼樣的時候。
- 晚餐: 6:00pm
是的，我們會提供食物！教室結束後，我們坐在一起吃飯！
- 開放式健身房: 6:45pm - 8:00pm
週五晚上我們將擁有這個健身房。無論是在樓上鍛煉還是在健身房打排球，你們都可以享用設施。

週五晚上時間表快照

- 同齡人健康教育者實習會議: 4:00pm - 5:00pm
- 排球青少年開放體育館: 5:00pm - 7:00pm
- 健身訓練: 5:30pm - 7:00pm

請聯繫 **Kory Eastland**, 電郵 Keastland@ymcasf.org 或致電 (415) 748-3546, 電郵 dhung@ymcasf.org 聯繫 **Denise Hung** 了解更多訊息。



YOUTH ENRICHMENT

****Financial Assistance is available for all enrichment programming based on income. Please apply in person with two forms of proof of income at our front desk. Please visit our front desk for more information. ****

YOUNG ARTIST PROGRAM

BEGINNER LEVEL

Beginning class students will learn through different themes, starting from prompting interest, inspiring thinking, and stimulating creativity. With the application of a variety of comprehensive materials, the class will improve on hands-on ability, color perception ability, painting performance ability, and creative thinking. The class will elevate children's interest in art and cultivate their self-confidence in artistic creation. The class is delivered in Chinese, which helps the children taking Chinese language absorb more Chinese phrases in the field of art.

INTERMEDIATE LEVEL

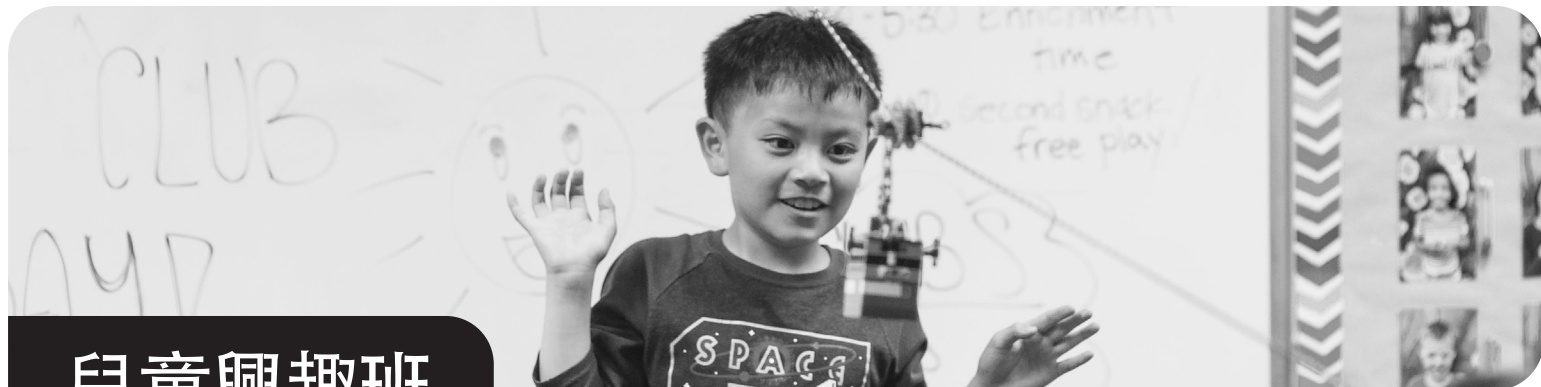
The intermediate class curriculum is designed and developed systematically and professionally. It is a basic art course for children to transition from the stage of art enlightenment to the stage of independent creation. Gradually instilling basic knowledge of art in children, while enriching children's artistic imagination and creative thinking. It further improves children's aesthetic ability and lays a solid foundation for future advanced art courses. The class is delivered in Chinese, which helps the children taking Chinese language absorb more Chinese phrases in the field of art.

ADVANCED LEVEL

Advanced class courses are comprehensively developed from multiple subjects. Students learn systematic professional painting techniques, focus on modeling training, and learn professional basic knowledge of color at the same time. Students practice the correct methods of using pens, composition, perspective, observation, and description to learn to shape light and shade, and deeply describe details, to express the physical structure and three-dimensional beauty of objects. The course uses various painting methods such as sketch, watercolor, color powder, and colored lead to create works with different themes such as still life, animals, flowers, landscapes, and figures.

- **BEGINNER LEVEL:** 11:45am - 12:45pm
- **INTERMEDIATE LEVEL:** 1:00pm - 2:00pm
- **BEGINNER LEVEL:** 2:15pm - 3:15pm
 - **COST:** Facility Member: \$390, Community Participant: \$465
- **ADVANCE LEVEL:** 10:00am - 11:30am
 - **COST:** Facility Member: \$495, Community Participant: \$570
- **AGE:** 5 - 13
- **LOCATION:** 3rd floor Classroom, Chinatown
- **DATES:** Saturdays, 1/20/24 - 5/18/24 (15 classes) *No Class on 2/10 & 3/2 & 4/13

*Additional \$20 Material Fee



兒童興趣班

**** 所有興趣班會根據收入情況均可獲得經濟援助。請攜帶兩份收入證明表格親自到我們的前台進行申請。如需獲取更多信息，請與我們的前台聯繫。****

青年藝術家活動

初級

初級班課程通過學習不同主題內容，從引發興趣、啟發思維、激發創意入手，結合多種綜合材料的應用，鍛煉孩子的藝術動手能力、色彩感知能力、繪畫表現能力、思維創意能力，不斷提升孩子學習美術的興趣，培養孩子藝術創作的自信心。本課程以中文進行，對於持續學習中文的孩子能吸收更多美術領域的中文詞彙

中級

中級班課程通過系統化、專業化進行設計開發，是針對孩子從美術啟蒙階段向獨立創作階段過渡的美術基礎課程。循序漸進地給孩子灌輸美術基礎知識點，在豐富孩子的藝術想像力和創意思維的同時，進一步提高孩子的審美能力，為將來學習高級美術課程打下紮實的基礎。本課程以中文進行，對於持續學習中文的孩子能吸收更多美術領域的中文詞彙。

高級

高級班課程從多科目進行全面研發，學生進行系統的专业繪畫技法學習，注重造型的訓練，同時學習專業的色彩基礎知識。學生學習正確的用筆、構圖、透視、觀察描繪的方法，學習塑造明暗以及深入刻劃細節，表現物像的形體結構和立體美感。課程以素描、水彩、色粉、彩鉛等多種繪畫方式，創作靜物、動物、花卉、風景、人物等不同主題的作品

- 初班: 11:45am – 12:45pm
- 中班: 1:00pm – 2:00pm
- 初班: 2:15pm – 3:15pm
 - 費用: 保健會員: \$390, 社區參與者: \$465
- 高班: 10:00am – 11:30am
 - 費用: 保健會員: \$495, 社區參與者: \$570
- 年齡: 5 – 13
- 地點: 華埠青年會三樓課室
- 時間及日期: 逢星期六, 1/20/24 – 5/18/24 (共15堂) * 2/10 & 3/2 & 4/13 休課

*另加\$20材料費

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.

- **AGE:** 6 – 13
- **LOCATION:** Basketball Court or Studio A
- **DATES:** Saturdays, 1/20/24 – 5/18/24
(15 classes) *No Class on 2/10 & 3/2 & 4/13
- **BEGINNING:** 3:30pm – 4:30pm
 - **COST:** Facility Member: \$390, Community Participant: \$465
- **INTERMEDIATE:** 4:30pm – 6:00pm
 - **COST:** Facility Member: \$495, Community Participant: \$570
 - \$30 additional uniform fee

YOUTH BASKETBALL

Learn basketball fundamentals here! Dribble, pass, shoot your way to refining your skills. As we work on your skills, we'll also learn what it takes to be a great team player!

- **AGE:** 5-7, 11:00am – 12:00pm
- **AGE:** 8-10, 12:15pm – 1:15pm
- **AGE:** 11-13, 1:30pm – 2:30pm
- **LOCATION:** Basketball court
- **DATES:** Saturdays, 1/20/24 – 5/18/24
(15 classes) *No Class on 2/10 & 3/2 & 4/13
- **FACILITY MEMBER COST:** \$390
- **COMMUNITY MEMBER COST:** \$465

TUTORING

ACE Coaches Tutoring is a group of UC Berkeley students who want to give back to the Chinatown community. This summer, our ACE Coaches tutoring program will consist of topics such as English, Math, Science, Cultural Enrichment, and other fun subjects. Since 2015, the ACE Coaches have served as student mentors for the Chinatown YMCA. We hope that the ACE Coaches will improve both academic and cultural knowledge of children in the San Francisco Chinatown.

- **AGE:** 3rd – 5th grade
- **DATES:** Saturdays, 1/20/24 – 4/6/24
(15 classes) *No Class on 2/10 & 3/2
- **TIME:** 3:30pm – 5:00pm
- **COST:** Free
- **LOCATION:** 2nd floor Multipurpose Room



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。

- 年齡: 6 - 13
- 地點: 球場或運動A室
- 日期: 逢星期六, 1/20/24 - 5/18/24
(共15堂) * 2/10 & 3/2 & 4/13 休課
- 初級: 3:30pm - 4:30pm
 - 費用: 保健會員: \$390, 社區參與者: \$465
- 中級: 4:30pm - 6:00pm
 - 費用: 保健會員: \$495, 社區參與者: \$570
- \$30 的額外制服費用

青少年籃球

來這裡一起學習籃球基礎知識！運球、傳球、投籃以提高你的技能。在我們提高技能的同時，還將了解如何成為一名出色的團隊合作者。

- 5-7歲: 11:00am - 12:00pm
- 8-10 歲: 12:15pm - 1:15pm
- 11-13 歲: 1:30pm - 2:30pm
- 地點: 籃球場
- 日期: 星期六, 1/20/24 - 5/18/24
(共15堂) * 2/10 & 3/2 & 4/13 休課
- 保健會員: \$390
- 社區參與者: \$465

補習課

ACE Coaches 是伯克利大學的一個社團，希望能為唐人街社區做出貢獻，回饋社會。我們的課程包括英語，數學，科學，和中國文化課。從2015年開始，ACE Coaches 就為唐人街的孩子們做教導工作，我們希望通過 ACE Coaches 的努力，可以有效提升學生的學術知識和文化修養。

- 年齡: 3-5年級
- 日期: 逢星期六, 1/20/24 - 4/6/24 (共15堂)
* 2/10 & 3/2 休課
- 時間: 3:30pm - 5:00pm
- 費用: 免費
- 地點: 2樓課室





TUNG LOK EARLY CHILDHOOD LEARNING CENTER

**LOCATED AT 75 VALLEJO STREET IN SAN FRANCISCO, CA
PLEASE SPREAD THE WORD! WE SERVE CHILDREN FROM 3 MONTHS TO 5 YEARS OLD.**

- Our program hours are from **8:00am to 5:30pm**.
- We are open year-round, except for major holidays and a 1 -2 week break in December.
- We accept Third Party Vouchers such as Children's Council, Wu Yee, and DHSS.
In addition, we have limited childcare scholarships such as MRA funding.

Tours are happening NOW!

Please contact **Lorena Zegarra**, Preschool Site Director, at LZegarra@ymcasf.org or call for any inquiries at **415-213-3922**.

*If you would like care in a couple of months, we also have a waitlist available.



COMMUNITY WELLNESS PROGRAM

Come get fit with the Chinatown YMCA's Community Wellness Program!

We are offering a 3-month Free membership for families who qualify for free/reduced lunch in SFUSD and/or WIC. All family members are included and we have something for everyone. (Proof of SFUSD free/reduced lunch qualification or WIC required, only for new members, other restrictions may apply)

This program includes access to the Chinatown YMCA (fitness floor, swimming pool, group exercise classes, basketball court), health and wellness workshops, as well as community and family activities. We are open 7 days a week!

For more information, please contact **Luchi Boyle** at lboyle@ymcasf.org.



同樂育兒中心

位於加州三藩市 **75 VALLEJO STREET**
請廣而告之！我們為 **3 個月至 5 歲** 的兒童提供服務。

- 我們的上課時間為上午 **8:00** 至下午 **5:30**。
- 除了重要假期和 12 月的 1-2 週休息外，我們全年無休。
- 我們接受第三方代支付，例如 Children's Council, Wu Yee 和 DHSS。
此外，我們還提供名額有限的兒童保育獎學金，例如 MRA funding。

請通過 LZegarra@ymcasf.org 與學前教育中心主任 **Lorena Zegarra** 聯繫，或致電 **(415) 213-3922** 進行諮詢。

*如果您想在幾個月內參加活動，請加入我們的候補名單。



社區健康計劃

快來參與華埠青年會的社區健康計畫用以強身健體吧！

我們為有資格享受三藩市聯合校區免費/減免午餐 和/或 WIC 的家庭提供 3 個月的免費會員資格。我們為所有家庭成員提供服務。（僅限新會員參與，需提供 三藩市聯合校區 免費/減免午餐資格 或 WIC 證明，可能有其他資格限制）

該計劃包括可使用華埠青年會（健身室、游泳池、小組運動班、籃球場）、健康和保健研討會以及社區和家庭活動。我們每週 7 天營業！

欲了解更多信息，請通過 lboyle@ymcasf.org 聯繫 **Luchi Boyle**。



SENIORS

AGING WELL TOGETHER

Aging Well Together is a free program for older adults ages 60+ and anyone ages 18–59 with a disability. Participants can take advantage of functional exercises classes designed by our wellness trainers and benefit from social events ranging from lunches, ping pong, birthday celebrations, group outings and community service opportunities to foster friendships and camaraderie.

- Monthly outings & monthly interest-based or educational workshops like emergency planning and nutritious cooking
- Functional exercise classes include Tai Chi, Aqua Zumba, Adaptive Strength, and Chair Exercises

DATE & TIMES: Year-round, most programs take place between 10:00am and 3:00pm

COST: Free (registration required). Certain special activities will have a fee.

Please visit our website **ymcasf.org/chinatown-seniors** or our front desk for the most updated information and schedule.

For more information, please contact **Bonny Li** at **bli@ymcasf.org** or **(415) 748-3569** or scan our QR code to get added to the WeChat group.

Group: 新華埠青年會共同
年長計劃





長者

共同年長

「共同年長」是一個專為超過60歲長者和任何介於18至59歲殘疾人士設計的計劃。參加者可享用保健治療師設計的功能運動，並受益於不同的社交活動，包括午餐，乒乓，生日派對，團體社交，社區服務，從而增進友誼。

- 每月興趣或教育講座，如應急計劃，營養烹飪
 - 功能鍛鍊課程包括太極、水上森巴、適應性力量和椅子運動
-
- 日期和時間：全年，大多數活動在上午 10:00 至下午 3:00 之間進行
 - 費用：免費（需要報名）。某些特殊活動需要付費。

請訪問我們的網站 ymcasf.org/chinatown-seniors 或前往我們的前台以獲取最新資訊和時間表。

欲了解更多信息，請聯繫 Bonny Li bli@ymcasf.org 或 (415) 748-3569 或掃描我們的二維碼加入微信群。

Group: 新華埠青年會共同
年長計劃



STAFF 職員

LUCHI BOYLE

Health & Wellness

健康活動

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LORENA ZEGARRA

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同樂育兒中心主任

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MONICA HE

Holiday Camp

假期營

mhe@Ymcasf.org

KOEY ZHOU

Art, Martial Arts, Basketball, Chinese, and Tutoring

藝術、武術、籃球、中文、輔導

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KORY EASTLAND

Teens Programs

青少年活動

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PETER ZHOU

Immigrant Support Center & SRO Family Support

移民協助中心 & 及散房家庭支持

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BONNY LI

Active Older Adult Programs

年長活動

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HANG YI TAM

Reach & Rise Mentoring Program

師友導向計劃

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VIVIEN MA

Member Engagement

會員服務

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MEMBER/PARTICIPANT SERVICES DESK

會員/參與者服務台

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