

RANCHO REPORT



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANCHO FAMILY YMCA (858) 484-8788

9410 FAIRGROVE LANE SAN DIEGO, CA 92129

FEBRUARY/MARCH 2012, VOLUME 10, ISSUE 1

Rancho Family YMCA Member Newsletter

www.rancho.ymca.org

Want to help YOUR Y go green? Send your email address to rancho@ymca.org and receive newsletters via email!

PRESIDENT'S WEEK PROGRAMS

PRESIDENT'S BREAK CAMP: FEB 20-24

Our doors are open while schools are closed! Children ages 5-11 learn together, play together and create lasting friendships and memories. Campers will enjoy field trips, fun activities, crafts, and much more! View our website for a list of daily activities and easy online registration.



Regular Camp Hours: 9:00 am-4:00pm
Extended Camp Hours: 7-9 am and 4-6 pm
Drop off/Pick-up Location: Y Program Center

Regular Camp Fee: Members: \$153
Extended Camp Fee: Members \$26

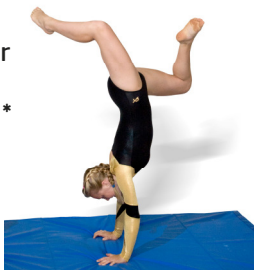
Participants: \$173
Participants: \$32

GYM CLINICS: FEB 21-24

Build life skills with gym clinics! Children ages 3-15 experience 2 hours of gymnastics instruction and a half hour of open gym/game time. No prior experience necessary.

9am-1:00pm
Canyonside Rec Ctr
Members: \$100*
Participants: \$140*

*Single Day Rate Available



SOCCER CLINIC: FEB 20-24

Children ages 5-12 will get the chance to learn new soccer skills and improve their athletic abilities with certified Y coaches. Reserve your spot online today!

9am-1:30pm
Scripps Pwy Pkwy
Members: \$110
Participants: \$150



DON'T MISS SUMMER CAMP SIGN UP DAY ON MARCH 24TH!

Take advantage of early camper pricing on this day only and reserve your spot in your favorite Y camps before they fill up! We offer week long camps for children and teens ages 3-17 to discover summer adventures, learn new skills, and make lasting friendships and memories. Y summer camp offers:

- Over 55 camps
- Extended camp
- ACA accreditation
- Only \$25 deposit per camp
- Weekly parent communication
- Confidence building
- Highly trained staff
- And is safe, convenient & affordable

Campers who register on March 24th will also receive a cool Y T-shirt!

SAVE THESE DATES!

- Nutrition Workshop
February 2nd, 6:00pm in the PC
- Sweetheart Dance
February 10, 6:30-8:00pm
- President's Break Camps
February 20-24
- President's Break Soccer Clinic
February 20-24
- President's Break Gymnastics Clinics
February 21-24
- Parents' Nights Out
February 4th, 11th, & 25th
March 3rd, 10th, & 24th
- Summer Camp Sign Up Day
March 24th

UPCOMING SESSION DATES

February 2012: Feb 6 – Mar 10
Member Priority Registration: Jan 23
Open Registration: Jan 30

March 2012: Mar 12 – Apr 28
Member Priority Registration: Apr 16
Open Registration: Apr 23

"BOOGIE TO SUCCESS" PARTNER WITH YOUTH CAMPAIGN

In 2011, over 250 youth and families received financial assistance to participate in YMCA programs. Inclusion aides were provided for children with special needs in: camps, swimming, sports and gymnastics with no additional cost to the families. The YMCA provided Physical Education programs, local and other recreational programs at schools, so students could receive structured exercise during their day.

All of these program were made possible through your donations to the annual Partner With Youth program. "Boogie To Success" with us as we raise over \$260,000 in 2012. YOU can make a difference and benefit those in need! If you would like to get involved or request more information, please contact Annette King at aking@ymca.org or (858)484-8788 ext. 218.



FOR HEALTHY LIVING

Improving the nation's health and well-being

ACTION FITNESS

Our hiking club offers a great way to get in some exercise while enjoying some beautiful local scenery. Pre-register for the 8:00am Saturday hikes on Feb. 18th and Mar. 17th!

SMALL GROUP TRAINING

Keep your fitness goals on track throughout the year! Sessions are available once or twice a week with the trainer of your choice. This is a great way to meet new people and get connected!

TEAM CHALLENGE

The next Team Challenge begins in March! Tell your friends, family and neighbors! The Challenge is open to everyone and offers exciting group workouts and special training opportunities to change your life.

ADULT BALLROOM DANCE

Have fun learning your favorites such as the Salsa, Swing, Cha Cha, and other ballroom classics including the Waltz, Fox Trot, and Tango, taught by competitive ballroom dancers. Singles and couples welcome! Held in the Y Program Center

Beginners: Tuesdays at 7:00pm
Intermediate: Fridays at 6:30pm

STAFF STARS - EMPLOYEE OF THE MONTH

November Employee of the Month
Since May 2011 Abel Hernandez has assisted us with Manager on Duty, Camp Registrar and Membership Services. He uses the core values to stay connected with the community and the Y. He is a wonderful problem solver and makes sure every area is safe and in ratio to create a safe and nurturing environment for all. Thank you for all your hard work!

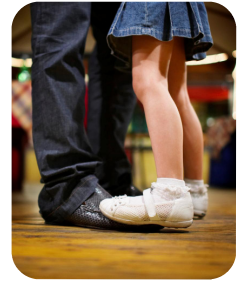
December Employee of the Month
Melissa Davidson is our Family Program Coordinator and oversees child watch, family events, school year camps, and vacation fun days. She did a tremendous job over the holiday break to accommodate over 150 children in safe and fun programming. She also ensures that all her staff feel appreciated and valued. Melissa is a great role model who really works to serve our members in all that she does. Thank you Melissa for all you do.

FOR YOUTH DEVELOPMENT *Nurturing the potential of every child and teen*

SWEETHEART DANCE - FEB. 10 FROM 6:00-8:30 PM

Waltz on down to the Y Program Center with your father, mother, or special date of choice for a night of dancing, games, and refreshments. Or bring the whole family together for a fun-filled night! Wear your best formal dress for a free special memory photo with your date(s)! Held in the Y Program Center.

Pre-register by Feb 6.
Price per couple: \$15 Member/\$20 Participant
\$7 each additional person



CELEBRATE VALENTINE'S DAY EARLY WITH PNO!

Bring your children in for a night of fun games, crafts, and dinner with our caring, certified staff. Held in the PC from 6pm-10pm. For ages 3-12 (must be potty-trained). Register today!

Feb. 4th, 11th, and 25th
Mar. 3rd, 10th, and 24th
\$18 Members/\$27 Participant

CONGRATULATIONS TO OUR POSTER AND ESSAY WINNERS

Students across San Diego participate in our annual Character Development Poster and Essay contest. Congrats to our Rancho Family YMCA winners!

- Alyssa Rogers
- Johnathan So
- Kayla Latta
- Vivian So
- Mikala Chiacio

SPRING SOCCER LEAGUES - REGISTRATION BEGINS MARCH 1

Be part of a team! Our Spring Soccer League runs April 14-June 19 (off Memorial Day weekend). Give your children the opportunity to learn something new in a fun, safe, and friendly atmosphere focused on youth development. Everyone will receive a team jersey and get an opportunity to play all positions. Located at Scripps Poway Parkway. We offer Pee Wee soccer for ages 4-5 and soccer for ages 6-13.

League Sign Up & Skills Assessment Day:
March 25 at 1:00pm

Members \$75 **Participants \$105**
*\$10 Late Registration Fee After March 1st



Visit www.rancho.ymca.org for to learn more about our programs and important dates, fees, and registration.

FOR SOCIAL RESPONSIBILITY *Giving back and providing support to our neighbors*

JOIN YOUR YAA FRIENDS FOR FUN SOCIAL GATHERINGS

SHARE THE LOVE POTLUCK!

Celebrate Valentine's Day with good food and good friends! Bring a healthy dish to share. Meet in the Program Center. Plates and utensils will be provided.

Join us Wednesday,
February 8th,
at 12:15pm.



GROUP OUTINGS

- March 7th Gamble House & Norton Simon Museum
- March 17th His Lai Buddhist Temple
- March 22nd Mallof Residence and Graber Olive House Tour (Lunch included)
- March 25th Wisteria Vine Fest
- March 31st Pageants of the Lord (Lunch Included)

Reserve your spot online today!