



# Rancho Cucamonga & Fontana Family YMCA 2008/2009 School Year Program Guide

WELCOME



## Welcome to the YMCA!

Having served the communities of Rancho Cucamonga and Fontana for the past 25 years, we are proud to be offering great programs for children and families during the 2008/2009 school year. Please contact us at the number listed below or visit our website for more information!

**Address:** 11200 Baseline Rd. Rancho Cucamonga, CA 91701  
**Phone:** 909-987-0777  
**Fax:** 909-481-6425  
**Web Site:** <http://www.rcfymca.org>

CHILD CARE & AFTERSCHOOL PROGRAMS

## YCHILD CARE™

### Before & After School Child Care:

We offer Licensed before and after school care for kids in K-8th grade in the communities of Alta Loma, Rancho Cucamonga, Etiwanda, and Fontana. The programs include:

Planned Curriculum - Homework Time - Arts & Crafts Games - Youth Fitness - Family Events - Sports Enrichment Programs

All of our Child Care sites provide a healthy snack daily. Transportation is available from select schools, for an additional fee.

### Y-Achievers:

Y-Achievers is an After School Program from the YMCA provided by Prop 49. Youth Achievers runs from right after school until 6:00 p.m. Your child can:



- Get extra help with homework.
- Receive extended learning opportunities.
- Participate in fitness activities
- Explore enrichment activities such as Arts, Crafts, Music, Science Projects, and Service Learning.

This program provides a healthy snack daily, and is free for students attending the following schools: Almond Elementary, Palmetto Elementary, Live Oak Elementary, S. Tamarind Elementary, Hemlock Elementary, and Sierra Lakes Elementary.

## YPRESCHOOL™

### YMCA Preschool:

Our preschool program provides a well-rounded experience, encompassing all aspects of learning for children ages 2-5. The preschool is located in Fontana, just below the 210 Freeway on Sierra Ave.

The curriculum includes:  
Language Arts - Motor Skills - Math and Quantitative Skills  
Science and Nature Exploration - Music & Art  
Physical Fitness - Social Development

We also offer extra curricular activities, such as field trips and family events. **Call for current rates and enrollment info.**

### Teen Homework Club:

Teens need time to get their homework done! We can assist with their homework, provide computer access, and create special projects to enhance and enrich their learning experiences. Transportation is provided from select schools for an additional \$10/week.

**Hours:** 2-4PM, Monday through Friday  
**Location:** Grizzly Gulch (Central Park)  
**Ages:** Children in 6,7,8th Grades  
**Fees:** \$35/Week (\$20 Annual Teen Membership Required)

### Teen Fit & Fun Club:

Enjoy fun fitness equipment that combine games and fitness, social activities, and friends.

**Hours:** 4-6:30PM, Monday through Friday  
**Location:** Teen Lodge (Central Park)  
**Ages:** Children in 6,7,8th Grades  
**Fees:** \$30/Week (\$20 Annual Teen Membership Required)

**CPR & First Aid Training:**

We are proud to offer this important learning experience to our community. Learn how to properly perform CPR, Rescue Breathing, and basic First Aid. Participants will receive full certification with the American Health & Safety Institute. The course is EMSA approved. Learn how to save a life! Enroll now! Pre-registration is required.

**Location:** YMCA Central Park Program Rooms

**Schedule:** First Saturday of each month, 9:00 AM to 3:00 PM.

**First Friends:**

First Friends is a family program designed to enhance the parent-child relationship while allowing children and parents to meet others. Features activities such as crafts, songs, YMCA character values, and field trips.

Times: Mon & Weds, 9-10AM (1-2 Y.O.), 10-11AM (3-4 Y.O.)

Fee: \$45 per 8 week session

**Day Camps & Holiday Programs:**

We offer Day Camps and Full-Day programs during most major school breaks. These camps include games, crafts, sports, and field trips. Exact dates, locations and rates are available by contacting the YMCA office.

Summer Day Camps: June-August

Thanksgiving Break: November

Winter Break: December-January

Spring Break: March-April

Off Track Day Camps: Various times throughout year

**Summer Swim Lessons:**

YMCA Swim Lessons are a fun and safe way for your child to learn how to swim. Every swimmer learns aquatic skills appropriate to their age and individual skill level. Each session includes ten 30 minute lessons and meets every Mon-Fri for two weeks.

Swim lesson schedules will be available as we get closer to the summer months.

**Silver Fox Express - Senior Transportation:**

The Rancho Cucamonga & Fontana Family YMCA, in partnership with the City of Rancho Cucamonga, provides free transportation for Senior Citizens to and from the James L. Brulte Senior Center.

We are also able to provide rides to and from local hospitals/doctor offices on a non-emergency basis, trips to grocery stores, etc.

All transportation requires advanced registration and reservations, and is open only to Seniors residing in Rancho Cucamonga.

**YMCA Community Membership:**

**YMCA Community Membership Fee (1 Year): Individual - \$45.00 Family - \$70.00**

The Rancho Cucamonga / Fontana Family YMCA offers Community Memberships to individuals and families who wish to participate in YMCA programs. Each Community Member receives a Membership Card and will receive updates on YMCA events and programs throughout the year. A Community Membership at the Rancho Cucamonga & Fontana YMCA will also allow you to participate in many of the programs offered by the other YMCA branches in our association, including Chino, Upland, and Ontario/Montclair.



Any person who supports the purpose may become a member of this corporation in accordance with such provisions as may be established by the board of directors, and shall continue to be a member unless the Board or its authorized agents conclude, in its sole discretion, that a member has failed to live up to the standards and commitments of being a member of the YMCA. All YMCA programs are open to everyone without discrimination as to race, gender, color, religion, or national origin.

**Financial Assistance:**

The Rancho Cucamonga & Fontana Family YMCA will provide services for any person who wishes to participate in our programs, regardless of one's ability to pay the standard membership and program fees. If a person is unable to pay the full fees, they may be awarded assistance based on their demonstrated inability to pay and the YMCA's ability to support the Scholarship. All Scholarships are made possible by generous contributions to the YMCA.

**The Rancho Cucamonga & Fontana Family YMCA is a branch of the West End YMCA.**

The Mission Statement of the West End YMCA: "The purpose of the West End YMCA, in affiliation with the National Council of Young Men's Christian Association of the United States, is to help persons of all ages, ethnic groups and religious affiliations who are united in a common effort to put Judeo-Christian principles into practice to enrich the quality of spiritual, mental, physical and social life for our families, our communities and ourselves".