



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A NEW YEAR A NEW YOU.

PROGRAM GUIDE
January - April 2012

YMCA of Riverside City & County
4020 Jefferson St.
Riverside, CA 92504

ALWAYS HERE FOR OUR COMMUNITY

We are a powerful organization 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 when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our communities to make sure that everyone, regardless of age, income or background, has the opportunity to live, grow and thrive.

With the Y, you're not just a member of a facility; you're part of a cause. With a common dedication to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership gives you and your community the opportunity to become all together better.

Volunteers who serve as board members, committee members, program volunteers, and fund raisers provide much of the life blood of your YMCA. Join us - we could use someone like you!

Membership Type	Joining Fee	Monthly Fee*	First Year	Renewal
Teen/Young Adult (16-24)	\$45	\$35	\$465	\$420
Adult (25-61)	\$75	\$42	\$579	\$504
One Adult & Children	\$75	\$49	\$663	\$588
Two Adults & Children	\$75	\$63	\$831	\$756
Seniors (62 +)	\$75	\$37	\$519	\$444
Senior Family (62 +)	\$75	\$56	\$747	\$672
Program Member (Swim, Youth Sports, Bitty) Allows registration into paid programs.	Effective 1/1/10		\$45 Annual Fee	\$45

- Membership is based on a 50-week membership.
- Monthly fees are paid annually, quarterly or monthly by automatic payment directly from a checking savings account or debit/credit card.
- Our memberships may increase annually.
- There will be a \$10 fee for a lost membership card.
- Price and information subject to change.
- If your membership has expired for 30 days or more you will be required to pay the joining fee again.

Family & Senior Family Memberships

A Family is defined as two (2) adults and all children under the age of 24 who are living at home and attending school full-time. The adults in the family will receive full use of the facilities. To qualify for Senior Family Membership one (1) or more of the adult members must be 62 or older. If a Grandparent is adding grandchildren, they need to show proof of guardianship.

One Adult Family Membership

A Single Adult Family is defined as one (1) adult and all children under the age of 24 who are living at home and attending school full-time. One (1) adult will receive full use of the facilities.

Senior Membership (Ages 62 and older)

Adult Membership (Ages 25 to 61)

Teen/Young Adult Membership (Ages 16 to 24)

Members 16 & Older Receive With Their Membership:

- Unlimited access to aerobic classes and fitness equipment during business hours.
- Co-Ed Fitness Center with Treadmills, Stationary Bikes, Stairmasters, and other equipment.
- Indoor Heated Pool (25 yard, six lanes, Riverside site only)
- Aerobic Classes (see the current schedule for details)
- Free Weights (18 years and up)
- Free Kid Zone while using the facility for children. Kid Zone ages 6 weeks to 12 years. (Facility Members Only)
- Indoor Basketball/Volleyball/Wallyball Courts.
- Handball/Racquetball Courts
- Physical Fitness Evaluation/Consultation
- Steam Room (Men only)
- Sauna (Men and Women, separate facilities)
- Whirlpool (Men only)
- Reduced rates on other YMCA classes/programs

FOR YOUTH DEVELOPMENT

Youth sports, fitness, and more

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement.

Archery* Ages 5-Adult

Archery is safe, fun and easy to learn.

Basketball League Co-ed Ages 6-17

Fundamental skills, along with good sportsmanship and fair play are taught in a safe and nurturing environment.

Winter----Reg starts Oct. 24 League dates ---Jan. 14 - Mar. 17

Spring----Reg Starts Feb. 11 League dates ---Apr.14 - Jun. 16

Bitty Sports Monthly Ages 3-5

Basketball · T-ball · Soccer · Flag Football

Twice a week program with a new sport every month.

Cheerleading Ages 5 and up

Cheerleading skills taught by current High School Cheerleaders.

Instructional Basketball* Co-ed Ages 6-13

This monthly program meets once a week. It is designed to introduce the sport of basketball. Participants will work on basic skills of dribbling, passing, shooting, and team work.

Just 4 Me Dance* Ages 3-5

Class includes Ballet, Jazz and Hip-Hop.

Flag Football League* Co-ed Ages 6-14

Fundamental skills, along with good sportsmanship and fair play are taught in a safe and nurturing environment.

Winter----Reg starts Dec. 4 League dates ---Feb.4 - Apr. 14

Spring----Reg Starts Apr. 9 League dates ---May 26 - Jul. 28

Kids Zumba Ages 6-12

Zumba, fuses Latin rhythms and easy to follow moves.

Kyokushin Kai Karate* Ages 8-over

Builds strength, sharpens reflexes and builds self-confidence.

Mighty Movers Ages 2-5

Stretching, dancing, playing catch and obstacle courses are only part of the fun.



* Requires an additional fee for program

Street Dance Ages 6-12

Class has a jazz influence along with some Hip-Hop.

Year-round Swim Lessons*

These 4-week classes are available for youth of all skill levels. Group and private lessons are available. See Welcome Center for current schedule of classes.

Swim Team* Co-ed Ages 5-18

This monthly program accommodates all skill levels. Participants must be able to swim 50 yards free and back stroke.

Extra fee required for swimsuits and competitions.

Y-Adventure Guides/Princesses* K-5

This program is based on parent and child spending quality time together. Once a month small group meetings in which crafts, stories, and information is shared. Strengthen the relationship between parents and children. Build a sense of self esteem and personal worth while expanding awareness of spirit, mind and body.

Youth Soccer League* Ages 6-12

YMCA Soccer League is for children of all levels of Soccer experience, from beginners to advanced. This 10-week league teaches the fundamentals as well as improve speed, agility, strength, ball control, and most importantly, sportsmanship.

Winter----Reg starts Dec. 4 League dates ---Feb.4 - Apr. 14

Spring----Reg Starts Apr. 9 League dates ---May 26 - Jul. 28

Home School PE

Call Chris Fielder at (951) 689-9622 for information.

TEEN PROGRAMS

Youth & Government Ages High School Students

The California YMCA Youth and Government is a program teaching teens not what to think, but how to think, and giving them the opportunity to voice their opinions which will inspire debate of the highest caliber in all of the program areas.

Model United Nations Ages Middle School Students

In MUN, students role play as Ambassadors of foreign countries. They attend weekly meetings at their local YMCA where they work with exceptional adult role models and become experts on the issues related to their country, so that they can represent it at the annual Model United Nations Summit.

FOR YOUTH DEVELOPMENT

Before & After School Child Care

The YMCA of Riverside City and County is pleased to offer quality childcare to families within our community during the school year. The quality of our programs stems from the high caliber of staff that we hire for our sites. Our childcare teachers have completed and fulfill California State's licensing requirements. Each teacher has experience working with children and is certified in First Aid and CPR. We are dedicated to providing an enriching, fun and educational child care experience through program and academic activities. Snack, homework assistance, group games, outdoor play, board games and play centers are just a few of the activities they will enjoy. Come by, say hi, and see what we're all about!

ROMOLAND

Mesa View Site
27227 Heritage Lake Dr.
Romoland, CA 92585
License #334840578

- Romoland
- Harvest Valley

RIVERSIDE

<p>Hope Lutheran Site 2882 Arlington Ave. Riverside, CA 92506 License #33090965</p> <ul style="list-style-type: none"> • Alcott • Pachappa • Victoria • Washington • Tomas Rivera • Ben Franklin • John F. Kennedy • Mark Twain • Harrison • Riverside Christian 	<p>Jackson Site 4585 Jackson Street Riverside, CA 92503 License #33402409</p> <ul style="list-style-type: none"> • Hawthorne • Liberty • Jackson • Adams • Monroe • Jefferson • Mountain View • Madison
	<p>Longfellow Site 3610 Eucalyptus Ave Riverside, CA 92501 License #33090911</p> <ul style="list-style-type: none"> • Longfellow • Emerson • Highland

MORENO VALLEY

Sunnymeadows Site
23200 Eucalyptus Ave
Moreno Valley, CA
License #330909323

- Towngate
- Ramona
- Creekside
- Sunnymead
- Sunnymeadows
- Moreno
- La Jolla
- Ridgecrest
- Butterfield
- Bear Valley

Sugar Hill Site
24455 Old Country Road
Moreno Valley, CA 92557
License #330908562

- Hidden Springs
- Midland
- Honey Hollow
- Sugarhill
- Vista Heights

North Ridge Site
25101 Kalmia Ave.
Moreno Valley, CA 92557
License #33091032

- Cloverdale
- Northridge



JURUPA

Jurupa School-Age
9254 Galena Street
Riverside, CA 92509
License #334804612

- Sunny Slope
- Mission Bell
- Granite Hill
- Stone Avenue
- Glen Avon
- Camino Real
- Pedley
- Peralta
- Van Buren
- Sky Country
- Indian Hills

We are currently taking names for an interest list in our future site at Amos Temple CME located at 17925 Iris Ave. Riverside, CA 92508. Call Cleiry Bonilla at (951) 689-9622 for more information.

JURUPA PRESCHOOL

Preschool Children Ages 2.5-6

All Day Care 6:00am-10:00pm

5 days/week Mon-Fri

3 days/week Mon/Wed/Fri

Saturday Care 7:00am-6:30pm

Half Day Care 6:00am-12:15pm or 12:15pm-6:00pm ONLY

5 days/week Mon-Fri

3 days/week Mon/Wed/Fri

Toddlers 18-36 Months

All Day Care 6:00am-10:00pm

5 days/week Mon-Fri

3 days/week Mon/Wed/Fri

Saturday Care 7:00-6:30

Half Day Care 6:00am-12:15pm or 12:15pm-6:00pm ONLY

5 days/week Mon-Fri

3 days/week Mon/Wed/Fri

FOR HEALTHY LIVING

Fitness Classes

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, and shared interests. As a result, millions are receiving the support, guidance, and resources needed to achieve greater health for their body, mind, and spirit.

Aqua Program Arthritis Foundation

Designed for people of all ages living with arthritis, rheumatic diseases or related muscular/skeletal conditions. The program includes low-intensity range of motion and joint flexibility exercises to improve overall function and performance of daily tasks.

SilverSneakers® MSROM

Exercises designed to increase muscular strength and range of movement. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

Aqua Aerobics

Motivation, aerobics choreography, muscle conditioning, improved cardiovascular endurance and muscle tone by using the buoyancy and resistance of the water. Great workout with no impact or harmful effects on joints/muscles. Ideal for all fitness levels, non-swimmers included.

Kyokushin Kai Karate*

Builds strength, sharpens reflexes and builds self-confidence.

ADULT SPORTS

Men's Basketball League Ages 18-over

Looking for a chance to get involved in some competitive and fun basketball? Our league is just the place. Per team fee of \$425.

Women's Basketball League Ages 18-over

Looking for a chance to get involved in some competitive and fun basketball? Our league is just the place. Per team fee of \$425.

Masters Swim Ages 18-over

Available to members over the age of 18. No fee to Facility Members. Club focusing on techniques and stroke management. Competitions when available.

Y-TRI TRIATHLON TRAINING

Whether you are a current triathlete, or just looking to get into great shape, the Y-TRI Triathlon Training Program is for you! Our wide array of classes have something to offer triathletes of every skill level, from novice to the seasoned competitor. Our USAT certified staff will help you improve through the use of video analysis, structured training regiments, and much more.

* Requires an additional fee for program

8-Week Triathlon Training Starts Sept. 24th

Designed to allow beginner, intermediate, and advanced multi sport athletes a great way to get or stay in shape as well as prepare for peak performance during the race season. Classes are held each Saturday.

Concierge Triathlon Coach Program

Get a competitive edge with this great class. Focusing on all three disciplines. Detailed daily workout instructions, nutrition tracking, unlimited email and phone access to your coach, and workout logging and analysis.

Single-Sport Coaching Program

Receive all the great benefits of the concierge package, but focus is on one single discipline. Great for marathoners, competitive swimmers, and cyclists.

Core Strength & Conditioning

Core strength and conditioning specifically designed for endurance sports athletes.

Nutrition For Endurance Sports

Nutrition recommendations aimed specifically at endurance sports athletes. Includes personalized online nutrition plan and the option for weekly nutritional counseling.

Video Analysis

Get professional analysis of any one or all three triathlon sports. Online analysis of technique includes diagrammed instruction overlaid on your video, coach voiceover instruction, and more.

**Classes Coming Soon
to the Y!**

Hard Core N' More

Storybook Yoga

Family Water Play

Family / Kids Boot Camp

FOR HEALTHY LIVING

Fitness Classes

Being Healthy Means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering connections with friends through our lifelong learning programs, or bringing your loved ones closer together through our many family-centered activities. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

BodyPump

Bodypump is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you come for – and fast!

Dancercise

Get a great cardio workout while learning fun dance moves and routines.

Indoor Cyclery by Livestrong®

Spin is the perfect way to burn calories and get a great cardio workout. Come take a ride on our Matrix Livestrong Indoor Cycles with classes ranging from beginner; those who have never taken a spin class, all the way through advanced.

Pilates Fusion

Core conditioning beginner level combines Ballet, Pilates, Tai Chi and Yoga movements into one fluid core conditioning workout. No previous Pilates experience necessary. Bring your yoga mat and water.

Program For Y Members Only *

Personal Training

One-On-One individualized training with our certified personal trainers.

Fee Per Hour Session: \$50 Y Member, 4 1-Hour sessions \$160

Ready To Be Fit Program

A Fitness Coach will set up a personal fitness program designed for you. Meet with your fitness coach 4 times in a 12 week session to check your progress.

Fee Per 12 Week Session: \$75 Y Member

Personal Nutrition Planning & Guidance

Guidance and nutrition together in a new program that is designed to help members take responsibility for their personal health with 4 one-on-one counseling sessions that will help improve your daily diet and fatigue.

Fee Per Month Session \$60

Woman To Woman Workout Ages 14-up (Riverside)

Weight training and body sculpting workout designed specifically for women. Four one-on-one sessions with your fitness coach.

Fee Per Month Session: \$90 Member

*Call the Fitness Desk to make an appointment for these programs.

Strength Training For Women

Learn the correct form of strength training while using free weights and your own body resistance. This class will improve muscular strength and enhance your sense of well-being.

Beginner and Intermediate classes available.

Senior Fitness

We are offering Senior Adult Fitness classes that are fun, flexible and functional for all. They are off site at the Braemar Club House. Class includes light aerobic and strength training routines that help balance and stability.

Step Kick Fusion

A high impact class that involves jumping rope, strength training, and cardio kick-boxing.

Tai Chi Arthritis Foundation

Tai Chi is easy to learn movements that generate, circulate, and harmonize the internal energy flow. Physical functioning, creativity, mental clarity, and vitality can improve through regular practice. Appropriate for all abilities and levels.

Hatha Yoga

Gentle stretching, easing slowly into more difficult stretches. Both standing and floor work stretch routines that will relax and rejuvenate the body. Wear loose, comfortable clothing and bring your yoga mat and water. Classes available for all skill levels.

Yoga Stretch SilverSneakers®

This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Zumba®

Zumba fuses Latin rhythms and easy to follow dance moves. Achieve long term benefits while experiencing an exhilarating hour of caloric burning, heart racing, muscle pumping, body energizing movements.

Zumba® Toning

Same great Latin-infused rhythms as our standard Zumba class, but this class implements small weights and Zumba Toning Sticks to help tone and contour your body.

FOR HEALTHY LIVING

Aquatics

Year Round Swim Lessons

Beginners to Advanced Ages 6 months-over

Per Person Fee:	Y Member	Program Member*
Monthly (twice a week)	\$40	\$78
Saturday	\$28	\$48
Private Lessons	\$83	\$164
Sat Private Lessons	\$52	\$102

Sign-ups for swim lessons open the 1st of the prior month for Y Facility Members, 5th for Program-Members.

Parent/Child Water Experience

An interactive group setting with an instructor assisting parents, teaching infants and toddlers basic water safety, beginning swim skills and songs for learning and enjoyment.

Pike Beginning Ages 3 - 5

Designed to teach children to explore the water environment and to adjust to group situations. Basic swimming techniques: bobbing, blowing bubbles, kicking, floating and moving through the water. Water safety skills.

Eel/Ray Intermediate Ages 3 - 5

Advanced beginners who are working toward moving more independently with their face in the water. Breathing techniques, front and back crawl and orientation to deep water.

Poliwog Beginner Ages 6 - 12

Designed to teach basic swimming strokes, breathing, kicking and adoption to class and pool environment. Floating, gliding and water safety skills. (non-swimmer)

Guppy Advanced Beginner Ages 6-12

Will learn beginner crawl, backstroke, rotary breathing, underwater swimming, deep water confidence, basic rescue skills, safety and diving.

Minnow Intermediate Ages 6-12

Endurance to 50 yards, refined crawl, back crawl, breaststroke, safety and continued stroke development. Introduced to butterfly & endurance training.

Fish/Flying Fish/Shark Advanced Ages 6-12

Advanced skills in swimming, front crawl, backstroke, sidestroke, breaststroke, introduction to butterfly, diving, endurance, safety and rescue.

Recreational Swimming

Mon / Weds / Fri 12pm-5pm & 7pm-8:30pm
Tues / Thurs 12 pm - 4 pm & 7pm - 8:30pm
Sat 12pm-4pm • Sun 12-3:30pm

Pool Parties / Family Occasions

Have your child or family celebrate their special day at the YMCA. Call for information.

*Program member fee: \$45 annual per family

Lap Swim Co-ed Ages 15 and up

Mon-Fri 5am-9am & 12pm-3pm & 5pm-8:30pm
Sat 7:00am-9:00am & 12pm-4pm
Sun 12-3:30pm

Swim Team Co-ed Ages 5-18

This monthly program accommodates all skill levels. Participants must be able to swim 50 yards free and back stroke. Extra fee required for swimsuit and competition.

Masters Swim Ages 18 and up

Available to members over the age of 18. No fee to members. Club focusing on techniques and stroke management. Competitions when available.



HEALTH AND SAFETY

All health and safety courses are conducted on site by certified American Red Cross Instructors.

CPR & First Aid

Baby-sitting Safety Class

Preventative Health & Safety

Community Water Safety (Foster Parents, Adoption, Group Homes.)

WSI (Water Safety Instructor)

Lifeguard Training

We can come to your home or business. Call for more information.

FOR SOCIAL RESPONSIBILITY

Promoting our cause



The Village Project

In our continued efforts to strengthen the foundations of our community, the Riverside YMCA has partnered with the Riverside Police Department in an effort to give the youth in our area a positive place to come learn, grow, and thrive.

Together with RPD, the YMCA has created "The Village" Project. This is a free program to Ramona H.S. students, and allows them to exercise, take dance classes, and get away from the negative influences found on the streets. Currently there are over 30 youth participating in the program, and the services offered are growing almost daily. This is just another way the YMCA serves it's mission and gives real and impactful solutions to our community.

Help support positive change in your community - give to the Y

As part of our mission here at the YMCA, we never turn away an individual or family for an inability to pay. With the recent economic instability and high rate of unemployment, the need for these services at little or no cost has increased dramatically. Like most non-profit charities, this increase in need puts quite a strain on us as an organization financially. That is why we are asking you to consider donating to the YMCA of Riverside City & County. We rely on the generosity of our neighbors and members in order to continue to provide these vital programs and services to our community. Your generous donation is used to directly help those we serve, and results in helping to make positive changes in the areas we serve. This not only benefits those who receive assistance, but helps improve the conditions of our neighborhoods, including yours. Please consider giving today, and help us help those who need it most.



7 Day Guest Pass

We invite you to try out the Y free for 7 days. With a wide array of programs and services to help you learn, grow, and thrive, you'll discover that membership at the YMCA offers endless possibilities. Bring this coupon in and get started today!

Good until: _____

Staff initials: _____



WE'RE HERE FOR YOUR FAMILY

KIDZONE Must be YMCA Family or Single Parent Family Member (KidZone offered at no additional charge)

KidZone is a recreational program offered to our members while they workout. KidZone offers fun crafts, music and play for your child. Once a month KidZone offers a parent's night out from 5:30pm - 8:30pm. Sign up ahead of time is a must. This is a free service to our members—donations for popcorn and pizza always welcome.



- Children six weeks to 12 years. Non-YMCA members' children are not allowed. Anyone using the baby-sitting service must be in the building at all times
- All parents must sign their children in and out. Only the person who signs the children in may sign them out. All members must show their membership card when signing in their children. If staff consider the children sick, they reserve the right to refuse admittance for the children.
- Parents must sign paperwork and show a current immunization record before children will be accepted.

KIDZONE HOURS

Monday - Friday	8:00am-8:30pm
Saturday	8:30am-12:00pm
Sunday	Closed

MAKE FAMILY TIME AN ACTIVE TIME

Did you know that being physically active every day...

- increases fitness levels and keeps the heart and lungs healthy
 - builds and maintains healthy bones, muscles and joints
 - helps control weight to decrease the risk of many diseases
 - boosts energy and promotes sound sleep
 - helps you feel good about yourself and feel happier in general
- Kids are naturally physically active, but you can help them stay that way by encouraging movement as a way to stay healthy. Adults need at least 30 minutes of physical activity most days, and kids need at least 60 minutes of physical activity every day of the week.

Make it easy to be active by planning activities for the whole family to enjoy two or three times a month. Take a family bike ride, plant and tend a garden, walk at a nearby park, or hike a new trail. Ramp up the physical activity of household chores by mowing or raking the lawn together, dancing to music while cleaning the house, or walking the dog together each day. Ask your children to help plan the activities.

Set a good example. Make a regular date to walk with friends and neighbors so kids and adults can enjoy each other's company, or participate in a community activity like a fun run or group aerobics class. Learn how to do the things your kids do, such as inline skating, roller blading, riding a scooter, playing soccer or swimming—and then do them together. Move more and sit less. Reduce the amount of your family's TV watching by substituting choices that increase active play. Keep a list of fun,



alternative activities posted on the refrigerator or on the TV to inspire a change in behavior. Take time to tour a local museum, zoo or historic site, and enjoy walking and talking as a family as you and your kids learn something new.

Make play safe by creating an area in your home where kids can be active without hurting themselves or causing damage to household items. Always provide safety gear when needed, like a helmet, pads or goggles.

As a role model for young people in your life, you play an important role in making sure that kids are moving every day. As a family, make a list of activities you can start doing right away and post the list in a prominent place as a reminder to get and stay active.

LET US REINTRODUCE OURSELVES

The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: **to strengthen the foundations of community.**

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. Anchored in more than 10,000 neighborhoods around the country, the Y has the long-standing relationships and physical presence not just to promise, but to deliver lasting personal and social change.

Though the world may be unpredictable, one thing remains certain - the Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families, and communities.

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

OUR FOCUS

For Youth Development

Nurturing the potential of every child and teen.

For Healthy Living

Improving the nation's health and well-being.

For Social Responsibility

Giving back and providing support to our neighbors.

OUR VOICE

We use the word "voice" to describe the way we are committed to serving our community.

Nurturing - To care for, support and help develop through encouragement.

Genuine - To be honest and open in relationships with others.

Hopeful - To take an optimistic or positive view of future outcomes.

Determined - To devote full strength and concentrated attention to the cause.

Welcoming - To accept neighbors eagerly, warmly, hospitably and as equal participants.

OUR VALUES

The four core values of the Y are essential principles that guide our behavior, interactions with each other and our decision making.

Caring - To put the needs of others above myself.

Honesty - To have integrity by being truthful and trustworthy in every part of life.

Respect - To value others, treating them as I want to be treated.

Responsibility - To be accountable for my attitudes and actions.



OUR RESPONSIBILITY

Giving back and providing support to our neighbors

The Y has been listening and responding to our communities' most critical social needs for 165 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, preventing chronic disease and building healthier communities through collaborations with policy-makers, the Y fosters the care and respect all people need and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people and communities in which they live, to be healthy, confident, connected and secure.

OUR MISSION IN ACTION

EVENTS & NEWS

ANNUAL SCHOLARSHIP CAMPAIGN NEEDS YOUR HELP

For over 128 years, the YMCA of Riverside City & County has been helping those in our community. Now we are asking you to help us help others. Our annual Current Support Campaign, which raises funds to support our scholarship program. This scholarship program allows us to provide vital programming and services to those who otherwise would be unable to pay for them. We are asking you to consider donating, either money or your time, to help us continue this essential community service. Currently across our Association, almost 25% of our members receive scholarship support, and this number has been steadily rising.

Our Campaign kicks off on February 2nd, and we are asking you, our members, for help. This fundraising campaign is also a great way to meet fellow members, along with YMCA staff; not to mention the great feeling you'll have knowing you helped provide funding for your neighbors who need our services the most. Our scholarship campaign could use someone like you. If you'd like to donate or volunteer, please see the Welcome Center. We here at the Y thank you for your dedication and continued support.

Scholarship Fundraising Campaign Calendar of Events

EVENT	DATE / TIME
Volunteer Mixer	Jan. 19th 6:30-8:30pm
Campaigner Training	Jan. 25th 1-2:30pm
Campaigner Training	Jan. 26th 5:15-6:30pm
Campaigner Training	Jan. 31st 6:30-8pm
CAMPAIGN KICKOFF	Feb. 2nd 6:30-8pm
Report Dinner #1	Feb. 9th 6:30-8pm
Report Dinner #2	Feb. 16th 6:30-8pm
Report Dinner #3	Feb. 23rd 6:30-8pm
VICTORY DINNER	Mar. 1st 6:30-8pm

The Wake of Matty O'Malley

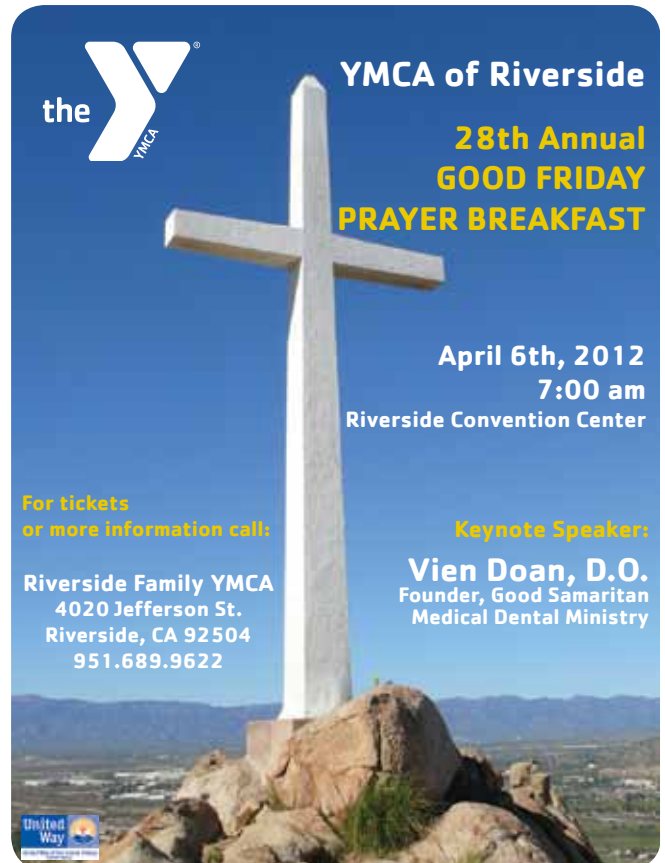
"Laugh yourself to death..."

March 17th, 2012 • Riverside YMCA

Help us celebrate St. Patrick's Day and enjoy a night of hilarious dinner theatre! The Wake of Matty O'Malley is a comedic theatric production, where you are in the midst of a traditional Irish wake. With many twists and turns, this production is sure to make you laugh out loud. Tickets go on sale January 9th, 2012 and are available at the Riverside Welcome Center.

Tickets:

\$35 - Y Members
\$50 - Non-Members



the Y[®]
YMCA

YMCA of Riverside

**28th Annual
GOOD FRIDAY
PRAYER BREAKFAST**

**April 6th, 2012
7:00 am
Riverside Convention Center**

**For tickets
or more information call:**

Riverside Family YMCA
4020 Jefferson St.
Riverside, CA 92504
951.689.9622

Keynote Speaker:
Vien Doan, D.O.
Founder, Good Samaritan
Medical Dental Ministry

United Way



Riverside Family YMCA

4020 Jefferson St. • Riverside, CA 92504 • 951-689-9622
www.riversideymca.org • www.facebook.com/riversideymca

Hours of Operation

Monday - Friday	5:00 am - 9:00 pm
Saturday	8:30 am - 6:00 pm
Sunday	12:00 pm - 4:00 pm

Hemet Family YMCA At J. Simpson Center

305 E. Devonshire Ave. • Hemet, CA 92543 • 951-929-9622
www.riversideymca.org

Hours of Operation

Monday - Friday	7:00 am - 8:00 pm
Saturday	8:00 am - 1:00 pm
Sunday	Closed

Temecula Family YMCA

29119 Margarita Rd. • Temecula, CA 92591 • 951-677-9622
www.riversideymca.org • www.facebook.com/southwestfamilyymca

Hours of Operation

Monday - Thursday	6:00 am - 9:00 pm
Friday	6:00 am - 8:00 pm
Saturday	7:00 am - 5:00 pm
Sunday	12:00 pm - 4:00 pm

