



# Concho Valley Youth Advisory Newsletter



MAY 2025

## UPCOMING AREA EVENTS

### Concho Valley Workforce

Summer Youth Work Programs

- SEAL – Youth with disabilities
- TANF Summer Jobs – Low income & underserved youth

Contact – Workforce Solutions

### YMCA Esport Lounge & Youth Empowerment in Action

JUNE

Volleyball Tournament

- at YMCA starting at 8 am
- \$100 per adult team
- \$50 per teen team
- Register at YMCA

### ASU Cyber Camp

- Date: Early June 2025
- Middle and high school students
- Location: Angelo State University
- Registration: [angelo.edu](http://angelo.edu)

### STEM Camp – ASU

- at Mayer Museum
- 6th – 8th grade & 3rd – 5th grade will be different weeks in July
- Will be a fee but scholarships available

## OTHER NEEDS

### Youth Empowerment in Action

Community Teen Survey

- Ongoing through Summer 2025
- Local teens and supporters
- Goal: Collect input on youth needs for a new organization
- <https://forms.gle/fd3wbMRhsZCPfetL8>



### Shannon Healthcare Camps

- High school students
- Camps Offered: subject to limitations & hospital restrictions
- June 9–13: Future Doctors Week
- June 16–20: Nurse Academy
- June 23–27: Healthcare Career Exploration

Workforce Solutions of the Concho Valley is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. If you require special accommodations, please email Accommodations or call 800-996-7589. Relay Texas @ 1-800-735-2989 (TDD) or 1-800-735-2988 (Voice). Funding provided by the Department of Labor/Workforce Innovation & Opportunity Act via Concho Valley Workforce Development Board.

Este documento contiene información importante sobre los requisitos, los derechos, las determinaciones y las responsabilidades del acceso a los servicios del sistema de la fuerza laboral. Hay disponibles servicios de idioma, incluida la interpretación y la traducción de documentos, sin ningún costo y a solicitud..



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SHINE BRIGHT AT THE Y

2025 SUMMER BROCHURE

YMCA OF SAN ANGELO  
[WWW.YMCASANANGELO.ORG](http://WWW.YMCASANANGELO.ORG)



## OUR MISSION

The mission of the San Angelo YMCA is to serve the people in the San Angelo community of all faiths, with the emphasis on families and youth, to permit them to achieve their God-given potential in spirit, mind and body through its programs, staff, facilities, and the community.

### STRENGTHENING COMMUNITY IS OUR PURPOSE

The Y is a leading nonprofit for youth development, healthy living and social responsibility. We are 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.**

### FOR ALL: WE WELCOME ALL INCOMES, AGES AND ABILITIES

Everyone belongs at the Y, regardless of ability to pay. The YMCA turns no one away due to the inability to pay. Through funding from the **United Way of the Concho Valley**, private grants, individuals and corporate donations, the Y has the ability to break down financial barriers by providing financial assistance to individuals and families throughout the community. Even in the midst of a pandemic with closures and decreased enrollment the Y still awarded over \$380,00 in scholarships for programs and membership in 2024. Financial assistance is available for most programs and services. Applications are available at the Welcome Center and online. Submit the application with proof of income for all wage earners in the household and expect a response within 7 - 10 business days.

For more information contact our Membership Director, Larissa Rivera at 325.655.9106 or [lriviera@ymcasanangelo.org](mailto:lriviera@ymcasanangelo.org).

### CHILD ABUSE PREVENTION

Child Abuse Prevention (CAP) is a top priority at YMCA's across the State of Texas. Physical, emotional and sexual abuse is prevalent in society today. The San Angelo Y trains staff and volunteers to recognize, prevent and report any form of child abuse to authorities. All YMCA's in Texas are actively participating with a leading organization to enhance and provide children with a safe environment.

## OPEN COURT ACTIVITIES AT THE Y! SUBJECT TO CHANGE

Open court activities are free to Y-members. Guest passes are available for non-members.

**PICKLEBALL:** Monday - Thursday from 8:00 am - 11:30 am. | Friday 8:45 am - 11:30 am. Men and women take-over the courts for open pickleball play. Novice play is Tuesday and Thursday.

**ADULT BASKETBALL:** Every weekday from 12:00 pm - 1:30 pm the court is for the big kids. Members and non-members are encouraged to join for friendly pick-up games.

## Adult Sports

### Adult Co-Ed Volleyball League

Playing volleyball helps build agility, coordination, speed, balance, and improves hand-eye coordination. Volleyball requires teammates to work cooperatively and at a fast pace, which can help improve interpersonal skills as well. Playing volleyball may also enhance your energy level and improve overall performance in other sports and workouts. Whether you are a seasoned athlete or just looking to explore a new hobby, YMCA Volleyball is a great way to stay active, have fun, and meet new people.

Registration starts: Now - July 7, 2025

Price: \$200.00/team

League: July - August

Games are on Wednesday



# MEMBERSHIP

## Membership Fees

Type	Joining Fee	Monthly Fee	Annual Fee
Adult	\$50.00	\$48.00	\$518.00
Adult Couple	\$75.00	\$66.00	\$712.00
Family	\$75.00	\$70.00	\$756.00
Senior Adult (60+)	\$25.00	\$38.00	\$410.00
Senior Couple (60+)	\$50.00	\$55.00	\$594.00
Single Parent Family	\$75.00	\$56.00	\$605.00
Young Adult (19 - 25)	\$25.00	\$30.00	\$324.00
Youth 13+	N/A	\$20.00	\$240.00
Youth	N/A	N/A	\$95.00

Memberships are all inclusive, allowing access to wellness and cardio center, Stephen's Natatorium, gym usage, group fitness classes and more.

Financial assistance is available for all membership types except Youth, and Youth 13+. For information on how to apply for assistance please see the Welcome Center or email [lriviera@ymcasanangelo.org](mailto:lriviera@ymcasanangelo.org)

**MOST AFFORDABLE FAMILY RATES IN TOWN!**  
No reoccurring maintenance fee!

## EVERYONE IS WELCOME AT THE Y!

### DAY PASSES:

College Students, Childwatch, & Youth: \$5.00

Adults: \$8.00

Adults accompanied by a Y member: \$5.00

**JOINING FEES:** New members are required to pay a one-time joining fee as long as the membership remains active and continuous. Any membership with a lapse or termination of 30 days or more will be assessed another joining fee at the time of reactivation.

**ACTIVE MILITARY, VETERANS, AND FIRST RESPONDERS NEVER PAY A JOINING FEE** (proof is required)

**CHILDWATCH:** Childwatch is a service offered to family and a single parent family memberships. To utilize childwatch services the child must be a member or purchase a childwatch day pass.

**INSURANCE:** The Y does not carry insurance on members, guests, or program participants in or outside of the facility. We do accept some insurances for membership purposes.

**INSURANCE BASED MEMBERSHIP:** The Y partners with Silversneakers®, Prime, Renew Active, and Peerfit.

Contact your insurance provider to see if you qualify.

Spouse and/or dependents can be added to memberships. A fee will be applicable for additional members.

### PAYMENT OPTIONS:

The Y accepts

**Automatic Draft:** Monthly fees are drafted automatically from a checking or savings account. Available draft dates are the 1st or 15th of each month.

**Debit/Credit Draft:** Monthly fees are drafted automatically from a debit or credit card. Available draft dates are the 1st or 15th of each month.

**Annual Payment:** A year membership paid in full in one payment using check, cash, debit, or credit card. The annual payment options includes a discount of 10%. No refunds available for annual membership types.

**MEMBERSHIP CHANGES:** All membership changes require a 30 day notice. Changes can be made at the Welcome Center. Members may add an adult, living in the home, to any FAMILY type membership for an additional \$25 per month. (Proof of residency required)

**TERMINATION:** Termination requests may be made at the Welcome Center, online through your Daxko account, or by emailing the Membership Director at [lriviera@ymcasanangelo.org](mailto:lriviera@ymcasanangelo.org). Please note that any cancellation requests made after the 16th of the month will be subject to payment for an additional month.



**CORPORATE MEMBERSHIP:** The YMCA of San Angelo is proud to provide local employers with a new approach to employee health. Research has shown an effective wellness program can have significant impact on a variety of health risk factors including cholesterol, blood pressure, cardiovascular disease and obesity.

For more information reach out to the Membership Director, Larissa Rivera at [lriviera@ymcasanangelo.org](mailto:lriviera@ymcasanangelo.org).

**Y NATIONWIDE MEMBERSHIP:** Nationwide membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA. We offer this because we want to help you reach your health and wellness goals where ever you live, work, or travel.

As part of the YMCA of San Angelo's commitment to youth safety, regular sex offender screenings are conducted for all members, participants, and guests. If a match is identified, the YMCA reserves the right to terminate membership, discontinue program participation, and revoke visitation privileges.

**SUMMER MEMBERSHIP:** Summer membership will become available to purchase on May 19, 2025. These membership will ONLY BE ACTIVE from May 19 - August 31, 2025

Type	Promo Rate	SAVINGS
Adult (25 - 59)	\$150.00	\$44.00
Adult Couple	\$175.00	\$98.00
Family	\$215.00	\$70.00
Single Parent Family	\$185.00	\$58.00
Senior Adult (60+)	\$100.00	\$39.00
Senior Couple (60+)	\$160.00	\$55.00
Young Adult (19 - 25)	\$80.00	\$35.00
Youth 13+	\$50.00	\$10.00

## WE LOVE OUR TEACHERS!

At the YMCA we give all teachers and school district employees 25% off membership dues and joining fee. Between May 19 - August 22, 2025, the joining fee will be waived all teachers and school district employees.

(SAISD Employment proof is required.)(Can not be combined with other offers)

## WELCOMING WEEK!

Join the Y in celebrating the power of inclusion and unity! From September 21-21, 2025, enjoy free access to our facilities. It's the perfect time to experience everything the Y has to offer, including our indoor pool, weight room, cardio room, and group fitness classes. Don't miss this opportunity to discover the Y!

## PARTY AT THE Y

We are proud to have the ability to offer our facility to the community for the use of birthday parties, baby showers, meetings, school functions and more.

For more information regarding dates available contact the Welcome Center.

EXCLUSIVE Y - Member Rates  
Pool & Party Room: \$120.00  
1hr in the pool, 1hr in the party room  
Private Party: \$330.00 for 2hrs.

Non Member Rates  
Pool & Party Room: \$150.00  
1hr in the pool, 1hr in the party room  
Private Party: \$360.00 for 2hrs.

**LEVEL UP YOUR  
NEXT EVENT &  
RENT OUR ESPORTS  
ROOM!**

\*Prices may differ

\*Extended times and balloon arches are available.





# CHILD CARE

## YMCA AFTERSCHOOL PROGRAM: (Headstart and grades K - 5th)

The Y Afterschool Program provides a safe, structured environment for children when school lets out. During the program, participants will have homework time, engaging activities, and a healthy snack in a fun environment. Program sites are located at most SAISD elementary schools and all CVCOG headstarts locations.

**PLEASE NOTE THAT SOME SCHOOLS MAY HAVE LIMITED CAPACITY.**

REGISTRATION FEE: \$25.00 All fees are per-child			
	Weekly Member Rate	Weekly Non-Member Rate	Daily Drop-In Rate
School Aged	\$57.00	\$77.00	\$18.00
Headstart	\$67.00	\$87.00	\$18.00

Registration for the 2025-2026 After-school program opens July 7 for current Summer Day Camp and 2025-2026 After-school participants, and to the **PUBLIC** on July 14, 2025.

**SPOTS ARE LIMITED**  
**Registration will remain open until program is full.**

## DAY CAMP: (Headstart and grades Pre-K - 5th)

During school holidays, on days that the Y is open, full day camps are offered from 7:00 am - 6:00 pm. Registration and fees are separate from the Afterschool Program and available on a first come, first serve basis. Families on CCS through the Texas Workforce Commission **MUST** register for these separately. To see a list of day camp dates please visit [www.ymcasanangelo.org](http://www.ymcasanangelo.org)

### Daily Fee:

\$27.50 Y-Members | \$37.50 Non-Members

## KIDS NIGHT OUT

Kids' Night Out is an opportunity for parents to spend quality time together while children enjoy an assortment of fun events at the YMCA. Supervised by our very own Afterschool staff, your child will enjoy swimming, movies and activities. Dinner will be served.

Let the YMCA engage with your children so you can have a parent's night out!

### Kids Night Out Fees

\$20.00 Y-Members  
\$30.00 Non-Members  
**Scholarship available.**

### Dates:

September 26, 2025  
October 24, 2025  
November 14, 2025  
January 9, 2025

### When and Where?

6:00 pm - 10:00 pm  
San Angelo YMCA  
353 S. Randolph St.  
3 - 12 years old and potty trained

Registration closes the  
Thursday before event day.

**REGISTER IN-HOUSE  
OR ONLINE**

## Day Camp Christoval - Fun at the Y!

### Kinder - 5th

To support Christoval ISD's 4-day school week, we're offering a weekly Friday camp packed with fun, games, and engaging activities, exclusively for Christoval ISD students! **Spots are limited & registration is first come, first served**

### Registration:

July 14, 2025

### Snacks Provided:

Breakfast Snack • Afternoon Snack  
**PARENTS MUST PROVIDE LUNCH**

### Location:

YMCA of San Angelo  
353 S. Randolph St.

### Fees:

Registration: \$25.00  
Members: \$27.50 per day  
Non-Members: \$37.50 per day

### Time:

Fridays | 7:30 AM - 6:00 PM

### Important Info:

Registration fee and first camp day must be paid at the time of sign-up  
Each following camp day must be paid by the Friday prior to that week  
Registration is done weekly, but you may sign up for multiple Fridays at once  
If your child will miss a Friday, notify us by Wednesday at noon

## LITTLE EXPLORER'S PRESCHOOL: (program is full, a wait list is available)

By participating in the Little Explorers Preschool Program your child will have the opportunity to prepare for kindergarten while taking advantage of all that the YMCA has to offer. Children will participate in engaging educational activities, swim days, field trip, and more. Low ratio classrooms will allow children to build educational skills as well as foster social and emotional growth. In order to participate in our program your child must be 3 - 5 years of age with a current shot record, potty trained, and health assessment.

Registration fee: \$50.00 T-Shirt Fee: \$8.00	
Weekly Member Rate	Weekly Non-Member Rate
\$125.00	\$145.00

**Contact us for availability  
325-617-4986**



\*Prices are subject to change



# YOUTH DEVELOPMENT

## Y World of Sports

Y World of Sports is a progressive program focused on developing fundamental skills across a variety of sports. Beginning this season, the program will be divided into two divisions: Elementary and Middle School, allowing us to better tailor the experience to each age group. Each session runs once a week for 5 weeks, creating a structured and impactful experience that supports both personal and athletic growth.

Registration: Now – until full

Session Dates & Time:

Elementary Division: June 9 – July 8, 2025 | 1:00 pm – 5:00 pm  
\$80.00 for Y Members | \$100.00 for Non-Members per camp

**Camps to choose from:**

Volleyball (Monday)

Basketball (Tuesday)

Middle School Division: June 11 – July 10, 2025 | 1:00 pm – 5:00 pm  
\$60.00 for Y Members | \$80.00 for Non-Members per camp

**Camps to choose from:**

Volleyball (Wednesday)

Basketball (Thursday)

## Elite Camp

With our monthly Elite programs, we will look to help each athlete grow in their physical and mental abilities involved in sports and working as a team. Our instructors push your athlete to reach their potential and become more confident in their physical and mental abilities.

Registration: Now – June 15, 2025

Session I: June 2 – June 27, 2025

Session II: July 7 – August 1, 2025

\$60.00 for Y Members | \$75.00 for Non-Members

Junior Elite (8 – 10 years)

Days: Tuesday & Thursday

Times: 8:00 am – 9:00 am

Elite Division (11 – 18 years)

Days: Monday, Wednesday, and Friday

Times: 8:00 am – 9:30 am

## Weekly Concho Valley Tennis Academy: (ages 7+)

These classes focus on introducing and improving the fundamental skills including rules, terminology and technique. Through the progression of skills, participants will learn and practice the skills essential for success in tennis.

Week 1: June 2 – June 5

Week 4: July 7 – July 10

Week 2: June 9 – June 12

Week 5: July 14 – July 17

Week 3: June 16 – June 19

Week 6: July 21 – July 24

Registration: Now – First day of clinic

Time: 8:00 am – 9:30 am

\$50.00 for Y Members | \$65.00 for Non-Members

**RECEIVE A \$10.00 DISCOUNT PER CAMP IF YOU REGISTER FOR 3+ WEEKS**

(Registration must be done in house to have discount applied)

(Scholarship and discount can not be combined)

## Little Bumpers Volleyball League: (1st & 2nd grade)

This 6 week program is for young athletes with an interest in volleyball. Program will meet weekly on Tuesday and focus on the fundamentals of volleyball with age appropriate modification to the game. **\*Limited Capacity**

Registration: June 1 – September 12, 2025

Season: September 9 – October 14, 2025

Session I – 5:15 pm – 6:00 pm

Session II – 6:15 pm – 7:00 pm

Fee: \$55.00 for Y-Members | \$75.00 for Non-Members

\*Dates may change

## Youth Volleyball Clinic: (grades 3rd – 8th)

The preseason volleyball clinic will give your child the preparation needed for the regular season. Participants will undergo skill instruction, drills and games. Clinic is instructed by former players and coaches. **\*Limited Capacity**

Registration: June 1 until first day of clinic or full

Clinic: August 18 – August 21, 2025

Time: 5:30 pm – 7:30 pm

\$50.00 for Y-Members | \$70.00 for Non-Members

**SAVE 25% WHEN YOU REGISTER FOR BOTH LEAGUE AND CLINIC**  
**\*RESTRICTIONS MAY APPLY**



# YOUTH DEVELOPMENT

## **Youth Volleyball League:** (grades 3rd - 8th)

This league is designed to give youth of all abilities the opportunity to play in an environment that is positive while focusing on progression of skills and competition. Games will be played once per week, Monday, Tuesday, or Thursday evenings. Recreational and club leagues are available.

Registration: June 1 - August 13, 2025

Late Registration: August 14 - August 22, 2025 (\$15 late fee applies)

League: September 22 - November 16, 2025

Fee: \$60.00 for Y-Members | \$80.00 for Non-Members

## **Recreational:** (grades 3rd - 8th)

Teams are formed by grade, school and area in which the player resides.

Coaches for this program are volunteer, if you are interested in coaching please contact Stacy Duffell.

Player's are guaranteed to play at least 50% of each match.

## **Club:** (grades 5th - 8th)

Teams are formed by the coach. The Y does not accept player's without a team and does not create rosters in this division. Coaches will make team decisions regarding playing time, game strategy and more.

## **Concho Valley Tennis Academy - LIMITED SPOTS AVAILABLE**

### **Monthly Sessions**

**Registration:** Starts July 1 | Each session will remain open until the first day or until full.

**Months Offered:** September, October, and November

**Fees:** \$55.00 for Members | \$75.00 for Non-Members

## **Hot Shots (7 - 10-year-old | Orange Ball)**

This class is designed to introduce motor skills, hand-eye coordination and develop racket skills. Games and activities will be used to help improve proper technique and skills. Each class will be a positive, high-energy experience.

**Held weekly on Tuesday OR Thursday**

Time: 5:00 PM - 6:00 PM

## **Stars (11 - 16-year-old)**

No tennis experience is required. Players will learn proper strokes, footwork, tennis rules and scoring. The ability to sustain a rally through games and point play will be utilized. Proper court etiquette, good sportsmanship and a positive attitude will be stressed.

**Held weekly on Tuesday OR Thursday**

Time: 6:00 PM - 7:00 PM

## **Aces (11 - 16-year-old)**

Players that have taken the Stars class for a number of sessions are eligible. Continued work on proper technique will be the main focus of this class. Serves, forehands, backhands, volleys and overheads will be incorporated into game situations. Consistency will be emphasized and basic strategy will be introduced.

**Held weekly on Monday OR Thursday**

Time: 5:00 PM - 6:00 PM

## **Masters (11 - 16-year-old) | \*\*MUST BE APPROVED BY DIRECTOR TO REGISTER\*\***

Each player should have the ability to rally and play matches. Players should be preparing for competition. Continued work on proper technique with the introduction of spin, placement and strategy. Fitness and agility will be included in all drills and activities.

**Held weekly on Monday OR Thursday**

Time: 6:00 PM - 7:30 PM

**Fees:**

\$75.00 for Members | \$90.00 for Non-Members

**SIGN-UP IS DONE  
ON A MONTHLY BASIS.**





# YOUTH DEVELOPMENT

## OTA:

OTA'S are a set of off-season training sessions that are used to help develop players and make them better at the different skill positions for the game of football. Instructors will focus on USA Football techniques allowing participants to improve and prepare for the upcoming football season. OTA's include conditioning, proper tackling, blocking, touch technique, drills, and skills that are specific to the game of football.

Registration: June 1 until first day of camp or filled up

Session I: July 21 - July 24, 2025 (O-Line, D-Line, running back, and defensive back)

Session II: July 28 - July 31, 2025 (quarter back, wide receiver, and corner back)

Time: 5:30 pm - 7:30 pm

Program Fees: \$50.00 for Y - Members | \$70.00 for Non - Members

## Tackle Football

The program provides an opportunity for young athletes to develop physical fitness, discipline, and sportsmanship while also enjoying the excitement and camaraderie of competitive team sports. The YMCA Youth Tackle Football Program incorporates UIL rules and regulations in running its football program. We provide volunteer coaches with a variety of techniques and drills incorporated from the Head's Up Football program that is associated with USA Football.

Registration: June 1 - August 1, 2025

Late Registration: August 2 - 7, 2025

League tentative start date: September 13, 2025

Program Fees: \$70.00 for Y-Members | \$85.00 for Non-Members

Equipment Fees: Helmet - \$30.00 | Shoulder Pads - \$20.00 (Limited availability)

## Super Bowl:

Dates: November 1, 2, and 9, 2025  
(Subject to change)

## Coaches Meeting:

August 10, 2025 | Time: TBD

# AQUATICS

## Swim Starters: (6 months - 2 years | Parent & Child lessons)- COMING SOON

Swim Starters focuses on developing swim readiness skills through fun and confidence-building experiences. Parents will also learn essential skills in Swim Starters. Parents learn how to supervise children in the water, how to prevent accidents, and how to plan for emergencies.

Monthly sessions available Monday and Wednesday 5:00 pm - 6:00 pm.

Each lesson is 30 minutes

Session cost: \$40.00 for Y-Members | \$60.00 for Non-Members

**Next month sessions open up on the 10.**  
ex: June sessions will open up on May 10.

## Youth Swimming Lessons: (3 years - 12 years)

Our aquatics department has swim lessons for all skills levels and ages. Instruction starts at 3 years with the Swim Basics program and progresses to the Swim Strokes program. Instruction progresses from creating comfort in the water, to specific instructions involved with the development of strokes.

Weekly sessions available Monday - Thursday 9:00 - 11:00

Student to instructor ratio of 5:1

Each lesson is 30 minutes

Session cost: \$40.00 for Y-Members | \$60.00 for Non-Members

(Sessions are for 2 weeks)

## Shark's Swim: (6 years - 18 years)

Students 6 - 18 years will learn the importance of 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. Internal swim meets will be held to show participants progression and help to create friendly competition.

Sessions are offered monthly and take place Monday through Friday, 1:00 pm - 2:00 pm & 6:00 pm - 7:00 pm.

Session cost: \$40.00 for Y-Members | \$60.00 for Non-Members

## Private Swim Lessons: (all ages)

Private lessons are available for the participants who need more attention or thrive from one-on-one instruction or for the adult eager to learn to swim. For more information contact the Aquatics department at [bcastro@ymcasanangelo.org](mailto:bcastro@ymcasanangelo.org).

Price: Varies by instructor





# SWIM LESSONS LEVEL INDICATOR

When deciding on a level for your child, please select the level based on your child skills and swimming ability. Ages are listed as a guide.

TYPICALLY KIDS FROM 3 YEARS – 5 YEARS

## Level 1

### SKILLS

- Enter water using a ramp, steps, or side
- Exit water using the ladder, steps, or side
- Blow bubbles for 3 seconds
- Open eyes underwater and retrieve submerged objects.
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

## Level 2

### SKILLS

- Step or jump from the side into shoulder-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats for 10 seconds
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front

## Level 3

### SKILLS

- Jump into deep water from the side, submerge, return to the surface then to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Swim front crawl for 15 yards
- Swim elementary backstroke for 15 yards
- Flutter, scissors, breaststroke, and dolphin kicks

TYPICALLY KIDS FROM 6 YEARS – 9 YEARS

## Level 4

### SKILLS

- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute

### SWIMMING:

- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

TYPICALLY KIDS FROM 10 YEARS – 12 YEARS

## Level 5

### SKILLS

- Shallow-angle dive into deep water
- Tuck surface dive
- Pike surface dive
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds

### SWIMMING:

- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front flip turn
- Backstroke flip turn

## Level 6

### SKILLS

- Surface dive and retrieve object from the bottom, 7-10 feet deep

### SWIMMING:

- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrate open turns and front and back flip turns when swimming



# LEVEL UP YOUR GAME

**Gamer Choice:** Gamer Choice is the key to leveling up your gaming experience. Dive into thrilling battles featuring popular titles such as Fortnite, Call of Duty, Apex, alongside a wide array of other captivating games, guaranteeing an exhilarating time.

## OPEN PLAY:

Monday 3:00 pm – 8:00 pm  
Tuesday 3:00 pm – 8:00 pm  
Wednesday 12:00 pm – 8:00 pm  
Thursday 5:00 pm – 8:00 pm  
Friday 3:00 pm – 7:00 pm  
5 free hours for members per month.  
\$5.00 per 1hr session  
\$20.00 Pre-paid 5 hours

## FREEDOM ROYALE

### FORTNITE TOURNAMENT

Registration: Now – July 5, 2025  
Session:  
July 5, 2025 | 10:00 am – 5:00 pm  
Ages:  
7 years – 18 years old  
Fees:  
\$12.00 for Y-Members  
\$15.00 for Non-Members

## END OF SUMMER

### FORTNITE TOURNAMENT

Registration: Now – August 2, 2025  
Session:  
August 2, 2025 | 10:00 am – 5:00 pm  
Ages:  
7 years – 18 years old  
Fees:  
\$12.00 for Y-Members  
\$15.00 for Non-Members

**Coding with Scratch:** A fun, visual programming language designed for kids ages 8–16. It lets them create and remix projects like games, animations, music, and more using block-based coding. In this YMCA course, kids will focus on designing simple, linear games while learning the basics of coding in a creative and engaging way.

Registration: Now – July 3, 2025

Session: Mondays | July 7 – August 4, 2025 | 10:00 am – 5:00 pm

Ages: 7 years – 18 years old

Fees:

\$75.00 for Y-Members

\$90.00 for Non-Members

# GROUP FITNESS

**Get Inspired. Get Together. Get Results.**

At the YMCA of San Angelo we offer group exercise classes for all levels and all interests. From low-impact exercises to high intensity interval training, you'll be able to find a group fitness class that are fun and supportive. For a current schedule please see the Welcome Center.

**Cycling, Lunch Crunch, Silver Sneakers, Build N' Burn, Total Body Power, Tabata, HIIT, All level Yoga, Strong Nation, Toning, H2O Aerobics, De-Stress, OH, My Quad, Zumba, etc**

# DISCOVER YOUR PASSION

Explore Volunteerism at the Y

Y volunteers give people of all ages—from all walks of life—the resources and support they need to be healthy, confident, connected and secure. Our volunteers are critical to implementing everything that happens at the Y and in our community. Contact the Welcome Center at 325.655.9106 to acquire about volunteer openings.

Events seeking volunteers:

Halloween at the Y (Booths and Hunted House)

Children's Fair (Booths)

Kids Triathlon

# CAREERS THAT STRENGTHEN COMMUNITIES

Employment opportunities in...

Welcome Center  
Afterschool/Summer Camp  
Pre-School  
Maintenance  
Wellness Center

Child watch  
Aquatics  
Group Fitness  
Youth Sports

## Possible Employee Benefits

Free single adult YMCA Membership  
Discounted program fees  
Retirement Plan  
Advancement Opportunities

The YMCA of San Angelo accepts applications year round. For current career opportunities check our website at [www.ymcasanangelo.org](http://www.ymcasanangelo.org). To obtain an application, visit the Welcome Center located at the YMCA of San Angelo.

For more information contact our Human Resource Department at [plongoria@ymcasanangelo.org](mailto:plongoria@ymcasanangelo.org).

The YMCA San Angelo YMCA provides equal employment opportunities (EEO) to all employees and applicants for employment without regard to race, color, religion, sex, national origin, age, disability or genetics. In addition to federal law requirements, The San Angelo YMCA complies with applicable state and local laws governing nondiscrimination in employment in every location in which the company has facilities. This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, transfer, leaves of

**10** absence, compensation and training.





# HALLOWEEN AT THE Y

October 30, 6:30 pm – 8:30 pm

353 S. Randolph St

CARNIVAL STYLE GAMES, BOUNCE HOUSES  
COSTUME CONTEST & HAUNTED HOUSE

## SAVE THE DATE

SPONSORED BY V. RAMOS ROOFING, THIS EVENT IS FREE TO THE PUBLIC







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### HOURS OF OPERATIONS

Monday - Thursday	5:00 am - 9:00 pm
Friday	5:00 am - 8:00 pm
Saturday	8:00 am - 5:00 pm
Sunday	1:00 pm - 5:00 pm

### CHILDWATCH HOUR OF OPERATIONS

Monday - Friday	8:00 am - 1:00 pm 5:00 pm - 8:00 pm
Saturday	9:00 am - 1:00 pm
Sunday	CLOSED

### HOLIDAY HOURS OF OPERATIONS

July 4, 2025	CLOSED
September 1, 2025	CLOSED

During these holiday hours childwatch may differ.



### STAY CONNECTED!

Receive Y information and updates via text by signing up for REMIND. Text @saymca5 to 81010  
To join our email list please see the Welcome Center.

### Contact Information

Phone: 325.655.9106

Email: [information@ymcasanangelo.org](mailto:information@ymcasanangelo.org)

Fax: 325.659.1952

Web: [www.ymcasanangelo.org](http://www.ymcasanangelo.org)

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# For a better us.®