

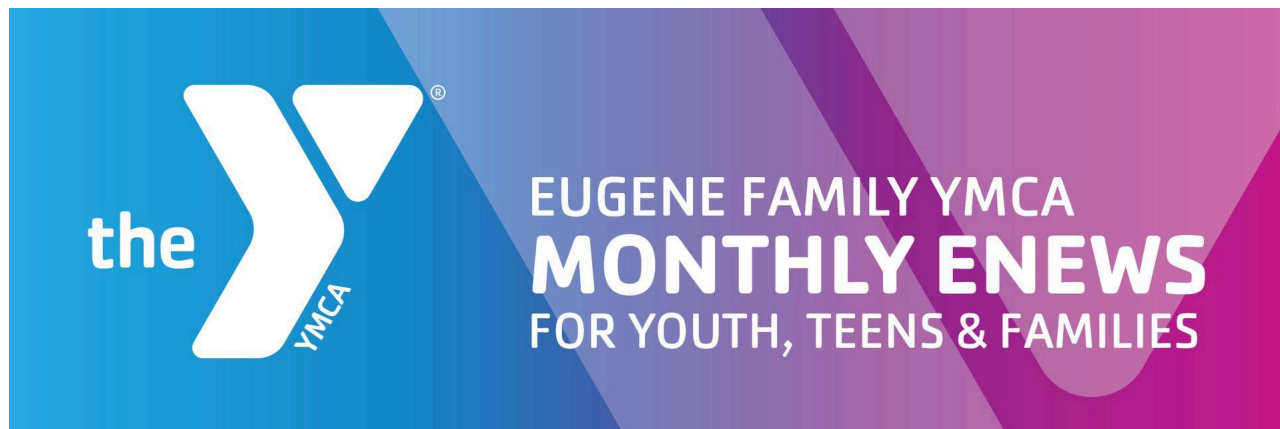
Youth, Teens and Families eNews: May 2024

Youth Development Team <engagesupport@daxkoengage.com>

Fri 4/19/2024 10:51 AM

To: Megan Jessup-Varnum <megan@eugeneymca.org>

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May 2024

Y Families,

One of our favorite days of the year is almost here: Healthy Kids Day! Celebrated each spring, Healthy Kids Day is a **FREE** inclusive event that celebrates kids being kids!

We hope you'll join us on **Saturday, April 27 from 10 a.m. to 1 p.m.** at the Eugene Family YMCA's Don Stathos Campus at 600 E. 24th Ave.

At Healthy Kids Day, children and families will have the opportunity to learn about the importance of healthy eats, nutrition and physical activity, mental and emotional well-being and developing healthy habits. Plus, it's tons of fun!

Get ready for:

- Local food trucks
- Community partner booths
- Free life jacket and helmet giveaways (*as supplies last*)
- Bounce houses
- Family-friendly games
- Face painting
- DJ with fun, move-your-body music,
- Raffle prizes
- And so much more!



EVENT INFO

Food Trucks:

Green-Go Tacos, King Whippy, Sammitch, Yeti's Shaved Ice

Community Partners:

Ivy Tower, City of Eugene, TEAM Eugene Aquatics, Greenhill Humane Society, Whole Earth Nature School, Bricks and Minifigs, Team Duckling, Hunter Communications,

Museum of Natural and Cultural History, Adventure! Children's Museum, Oregon Community Programs, Courageous Kids, Lane County WIC, Lane County OSU Extension Service, Hali'a Therapeutics, Lane Council of Governments, Safe Routes to School and more.

Volunteer:

We still have a few open volunteer positions available at Healthy Kids Day. Click the button to volunteer with your Y!

VOLUNTEER

Thank you, [Oregon Paddle Sports](#) and [Eugene Magazine](#), for sponsoring this event!

EVENTS



REGISTER

Parents Night Out—Kids Night In

The perfect opportunity to enjoy a Saturday night out while the kids have a blast at the Y. Kids will play games and be physically active or explore their creativity with a variety of crafts and art projects.

Dates: May 11 & June 8

Time: 6:30-8:30

Cost: \$20 Y members / \$30 community members

Teen Takeover

A night just for high schoolers! Come hang out, swim, make new friends, get active and creative and most importantly, have fun!

Date: Saturday, May 18

Time: 7 to 10 p.m.

Cost: Free with family membership, \$7 for all other youth



REGISTER

SUMMER CAMP



Summer Camp - Online Registration!

Online registration dates for 2024 Summer Camp:

- **April 25 at 6:30 a.m.** - Y members
- **May 1 at 6:30 a.m.** - Open to the public

Registration will be available in **Your Y Account** under the Activities tab. Access Your Y Account on our website!

LEARN MORE

Tennis Summer Camp - Online Registration!

Your Y is offering 9 weeks of Tennis Summer Camp this year! Tennis Summer Camp is a fun way to get started in tennis and have a great time making new friends. Campers will have fun, develop skills and increase confidence in their abilities.

Weekly cost: \$135 for Y members / \$155 for community members

Online registration dates for 2024 Tennis Summer Camp:

- **April 25 at 6:30 a.m.** - Y members
- **May 1 at 6:30 a.m.** - Open to the public

Registration will be available in **Your Y** Account under the Activities tab. Access Your Y Account on our website!



[MORE INFO](#)



Counselor in Training (CIT) Program

High schoolers entering grades 10-12 are invited to apply to our volunteer Counselor in Training (CIT) Program. Get immersed in the summer camp environment, engage with campers, gain insights from our seasoned staff, and have fun while doing so!

CITs are guided and supported by Y staff while developing their leadership abilities and responsibilities. CITs must dedicate a minimum of two weeks to the summer camp, excluding the training week (June 17 to 21).

[APPLY](#)

Click the button to apply to be a CIT by April 30!

YOUTH PROGRAMS



[SIGN UP](#)

Itty Bitty Sports

3 to 5 year olds and their families are invited to join us for Itty Bitty Sports Clinics this spring! **Registration opens on Friday, April 26.**

- **Track and Field:** Tuesdays, May 28 - June 18
 - **Golf:** Wednesdays, May 29 - June 19
 - **T-ball:** Thursdays, May 30 - June 20
 - **Cost:** Free with family membership / \$60 for community members
-

2024-2025 School Year - Online Registration!

- Preschool
- Before and After School Care

Online registration dates for 2024-2025 school year:

- **April 25 at 6:30 a.m.** - Y members
- **May 1 at 6:30 a.m.** - Open to the public

Registration will be available in **Your Y Account** under the Activities tab. Access Your Y Account on our website!



**LEARN
MORE**



SIGN UP

This is Y: RPG (Role Playing Games)

For those who love adventure and storytelling, this workshop introduces the captivating world of Dungeons and Dragons (D&D)

- **Dates:** Wednesdays from May 1 to May 29
- **Middle School Time:** 5:15 to 7:15 p.m.
- **High School Time:** 5:30 to 7:30
- **Cost:** \$100 for Y members / \$150 for community members

Valley Radio Club

Learn about this fabulous STEM teaching tool that can provide individuals with great opportunities for personal growth. Amateur radio can be a lifelong hobby that can open up many educational and professional opportunities!

Dates: Thursdays from May 2 to May 23
Time: 6:30 to 7:30 p.m. (Middle and High Schoolers)
Cost: Just \$5!



REGISTER



REGISTER

Storytelling for Youth and Grown Ups

Join warm and talented storyteller **Liz Bruno** for engaging tales from around the world that explore ideas of friendship, integrity, letting go of worry and Earthcare. Youth are encouraged to tell their own stories as well! These sessions are intended for both parent/caregiver and youth (ages 5-10) to attend together.

- **Date:** Saturday, May 11
- **Time:** 10 to 10:45 a.m. or 11 to 11:45 a.m.
- **Cost:** Free for Y members / Community members must purchase day pass

Youth & Government

Youth in grades 9 to 12 are invited to join our Youth and Government (YAG) program and gain hands-on knowledge of our state government. Learn how to write, present and debate legislation and meet other youth who are interested in Oregon politics!

Info sessions:

- Saturday, April 27, 10 a.m. to 1 p.m. (At Healthy Kids Day)
- Thursday, May 23, 5:30 to 6:30 p.m. (At the Y)

For more info, click the button to email YAG.



[EMAIL YAG](#)



Spring Junior Tennis

Your Y's Youth Tennis programs encourage a health and active life, honesty and fair play, teamwork and healthy competition. **Registration is now open for Spring lessons, beginning May 1!**

[SIGN UP](#)

AQUATICS

Aqua Boot Camp with your Baby

Join us for a unique workout experience tailored for grown-ups and their babies (up to 3 years old). Your baby becomes your adorable workout buddy, adding resistance to your exercises while you bond and have fun together in a safe aquatic environment. Swim diapers are required for infants. No reservations needed! Drop-in only.

Days: Tuesdays and Fridays

Time: 11 to 11:30 a.m.



Become a Lifeguard

Get ready to be a summer lifeguard! Gain knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Upon successful completion of this course, you will receive your **Lifeguarding/First Aid/CPR/AED Certification.**

Who: Anyone 15 years and older, who are able to pass the Pre-Course Swim Test

Dates: May 10-12, May 17-19 or May 31 - June 2

Cost: \$150 for Members /\$160 for Community Members

[REGISTER](#)

Summer Swim Lesson - Online Registration!

Get ready to dive in! Summer swim lesson information will be available on our website by Monday, April 22.

Online registration dates for summer swim lessons:

- **April 25 at 6:30 a.m.** - YMCA Members
- **May 1 at 6:30 a.m.** - Open to the public

Registration will be available in **Your Y** Account under the Activities tab. Access Your Y Account on our website!



**SWIM
LESSONS**

HEALTH & WELLNESS



SIGN UP

Aerial Yoga for Teens

Join us for a special session of Aerial Yoga for Teens that **includes all of the benefits of Aerial Yoga Play with a twist of fun our youth!** Aerial Yoga Play combines all the benefits of traditional yoga: flexibility, strength and balance with the unique conditioning for an exhilarating new way of approaching yoga.

Who: Youth ages 12 to 16

Day: Fridays from May 3 to May 24

Time: 4 to 4:45 p.m.

Cost: \$32

Adaptive Sports Sundays

We're thrilled to partner with the City of Eugene Rec to offer Adaptive Sports in the gym from 2 to 4 p.m. on the 1st Sunday of every month.

Join us for our first session on May 2 from 2 to 4 p.m.!



MAY DATE CHANGES

PlayZone and KidZone

- Monday, May 27: The Y is Closed for Memorial Day

Creation Station

- Monday, May 6, 2:30 to 5 p.m.: Closed for Staff Training
- Monday, May 13, 5 to 9 p.m.: Closed for Staff Training
- Monday, May 20, 10 to 12:30 p.m.: Closed for Staff Training
- Monday, May 27: The Y is Closed for Memorial Day

Corner Hut

- Monday, May 6, 2:30 to 5 p.m.: Closed for Staff Training
- Saturday, May 11, 10 a.m. to 12 p.m.: Closed for Storytelling Class
- Monday, May 13, 5 to 9 p.m.: Closed for Staff Training
- Monday, May 20, 10 to 12:30 p.m.: Closed for Staff Training
- Monday, May 27: The Y is Closed for Memorial Day

HEARD AROUND TOWN



We are **SO** excited to announce that our very own Holly Kriz-Anderson, Sr. Director of Youth Development at the Y, is on the cover of the latest issues of MOM Magazine!

Holly is dedicated, compassionate, fun-loving and such a special part of the Y. **We are beyond grateful to have her as part of our Y community!**

Read the digital issue or **pick up a copy in the Y lobby!**

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Eugene Family YMCA

Empowering youth to reach their full potential, improving individual and community well-being, and inspiring action and giving back in our communities.

Let's be social!

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