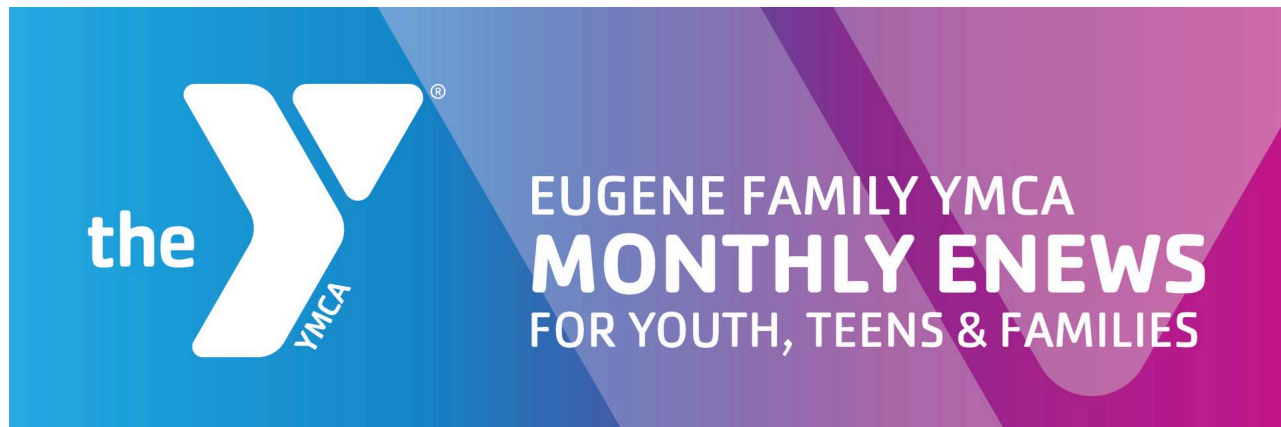


[SCHEDULES](#) | [PROGRAMS](#) | [ONLINE ACCOUNT](#) | [CONTACT US](#) | [DONATE](#)



April 2024

Y Families,

The first three months of our new facility have been an exciting time, filled with the buzz of new faces and the warmth of returning ones. It's heartwarming to see families come together, sharing joy and laughter as they engage in the various activities available.

At the Y, we are committed to Youth Development, one of our three areas of focus, along with Healthy Living and Social Responsibility. Each month we will share the activities and programs that are happening for you.

If you have great ideas about activities your Y should offer, [please share them here](#). We strive to be a Y that provides activities and programs **FOR ALL**.

Thank you,

Youth Development Team

YOUTH AND FAMILY EVENTS

Sunday Funday

Youth and their families are welcome to participate in a variety of ever-changing activities—dodgeball, dance parties,

Family Fun Night

No Family Night for April due to our Healthy Kids Day event on April 27.

Parents Night Out—Kids Night In

The perfect opportunity to enjoy a Friday night out while the kids have a blast at the Y. Kids will play

tower-building and more!

Date: April 14 & 28

Time: 4 to 5:30 p.m.

Cost: Free for family members; community participants welcome with a day pass.



games and be physically active or explore their creativity with a variety of crafts and art projects.

Date: Saturday, April 13

Time: 6:30-8:30.

Cost: \$20 members, \$30 community

REGISTER

REGISTER

Middle School Madness

A night just for middle schoolers! It is an opportunity for youth to get together with friends outside of the school day and create, move their bodies and make new friends!

Date: Saturday, April 6

Time: 7 to 10 p.m.

Cost: \$15 members/ \$25 community members

Teen Takeover

A night just for high schoolers—to swim, make new friends, move their bodies and create!

Date: Saturday, April 20

Time: 7 to 10 p.m.

Cost: Free for family members; community participants welcome with a day pass

REGISTER



APRIL DATE CHANGES

Zones (drop-in child care rooms)

On these dates, the Zones will remain open throughout the day without any interruption. Please note that there is no school on these days.

- March 25-29
- Monday, April 1
- Friday, April 12

Sunday FunDay March 24 cancelled.

Gym

When there is no school for 4J, the gym schedule will change to accommodate more youth, families and our Spring Break Camps. [Schedule Here](#)

Creation Station

The Creation Station will be used for your Y's Spring Break Camp March 25-29. April 1 and 12 the Creation Station will be open from 10 a.m. to 8 p.m. for youth.

Itty Bitty Create Cancelled for Spring Break, March 25-29.

Corner Hut

During Spring Break, March 25-29, middle and high schoolers will be able to drop-in for activities/clubs.

April 1 and April 12 the Corner Hut will be open from 10 a.m. to 9 p.m. for youth.

Your Y will be **CLOSED** March 31 for Easter.

SUMMER CAMP AND CHILD CARE SIGN UPS

April 25 - April 30

Registration for Summer Camp 2024 and the 2024-25 School Year will open at this time to current Facility Members. Registration will be available on our website, eugeneymca.org. Registration will begin online at 6:30 p.m.



HEALTHY KIDS DAY

Saturday, April 27 is our annual Healthy Kids Day to promote the health and well-being of kids and families. It's a day filled with fun activities that celebrate kids being kids!

Saturday, April 27

10 a.m. to 1 p.m.

more info coming soon....

BIRTH - 5 YEARS OLD: ENRICHMENT ACTIVITIES

Itty Bitty Create

- **Who:** 3-5 years old and their grown-up
- **When:** Mondays - Fridays from 10:30 to 11:30 a.m.
- **What:** Grown-ups and littles 3 to 5 years can unleash their artistic side with Y Craft works, where you can make amazing creations with different materials and tools. Or you can let your imagination run wild in the makers' space, where you can design and build anything you want. No matter what you choose, you'll have

a blast with our new themes, projects and activities every day. Don't miss this opportunity to have fun and learn together with your littles!

- **Location:** Creation Station
- **Cost:** Free to members

Tiny Tot Swim Time

- **Who:** 3-year-olds and under and their adults
- **When:** 11 a.m. to 1 p.m. daily
- **What:** Jump into fun during this special pool time just for the 3-and-under crew. Splash around in the small pool, make new pals, and soak up the joy in a safe and playful environment!
- **Location:** Small pool
- **Cost:** Free to members



SCHEDULE

Spray Pad

Who: Anyone who wants to play in water!
When: 10 a.m. to 7:45 p.m. daily

MIDDLE & HIGH SCHOOLERS ACTIVITIES

The drop-in clubs and activities in Creation Station and Corner Hut are places for middle and high schoolers (on a family membership) to explore their creativity, expand their skills and have fun with new and old friends!

- Craft works for those feeling crafty
- STEM Lab for exploring the wonders of science
- Improv to create scenes on the spot
- Sexuality and Gender Alliance support group
- Civic Leaders Arm Wrestling combining fundraising with theatrical showmanship
- Anime for fans of Japanese animation
- Trending threads for learning the basics of sewing and clothing repair
- Creative writing club to improve your storytelling skills

SCHEDULE

Youth Action Groups

We are excited to offer two opportunities for middle and high school youth to share their ideas for activities and programs for the Y. Below, are two great opportunities for Y Youth to take charge of their space and make it their own. And, we will have snacks.

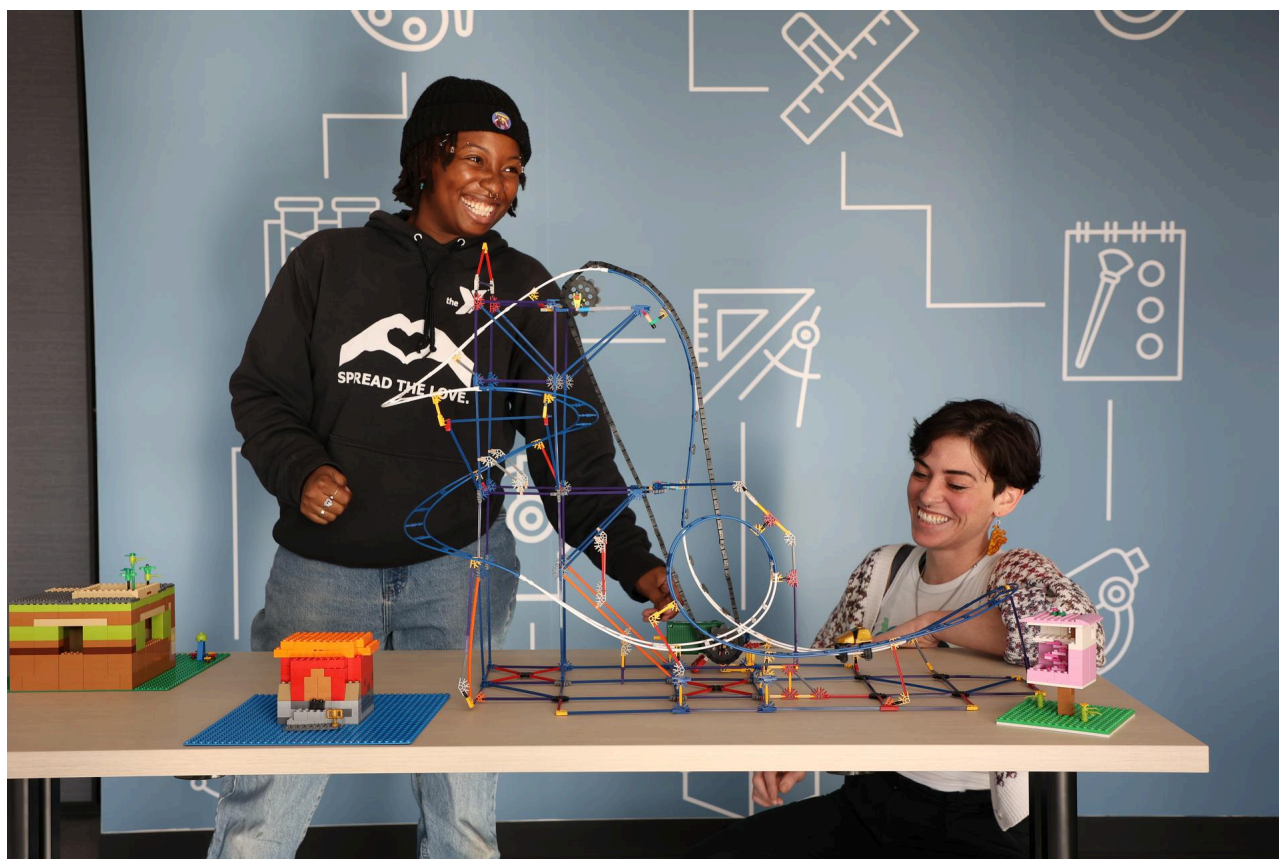
High School - Teen Action Group

Tuesday, April 9
Creation Station
5:00 to 6:00 p.m.

Middle School - Middle School Action Group

Tuesday, April 30
Corner Hut

5:00 to 6:00 p.m.



Summer (CIT) Counselor in Training

Your Y's Volunteer Counselor in Training Program is returning for another awesome summer for high school students entering grades 10-12. This opportunity allows CITs to immerse themselves in the summer camp environment, engage with campers, gain insights from our seasoned staff, and have fun while doing so! CITs will always have a YMCA Staff to guide and support them while they develop their leadership abilities and responsibilities.

Our commitment to leadership training and fostering relationships means we're allocating one to two CITs for each camp weekly throughout the summer. Spaces will be limited. Candidates will undergo a selection process that includes this application and an interview with a Youth Development Leader and sign a volunteer agreement and code of conduct before participating in a camp.

Participants must dedicate a minimum of two weeks to the summer camp, excluding the training week. Our training week will be from **JUNE 17 to 21, 2024**. Interested in applying to be a CIT? [Please submit an application by April 30th, 2024!](#) [Click Here to access our online application.](#)

Youth & Government

More than 120 students participated in Oregon's YMCA Youth and Government program this year. 85 took their seats in the virtual Oregon Capitol House and Senate Chambers and committee rooms at Willamette University at the end of February. They represented delegations from Oregon high schools and YMCAs, including Crescent

Valley, Dayton, Sherwood, West Albany, Corvallis, Tillamook, West Salem, Grants Pass, and Eugene.

The Eugene YMCA, making their first appearance with a YAG delegation, was honored as the Outstanding Delegation. Congrats to Samuel, Charlie, Lily and Zev!

We are excited to grow our Youth & Government delegation for next year. Be on the lookout for more information.



**Oregon Youth &
Government**

**Email for more YAG
Info**

Valley Radio Club

Registration is open for a 7-week Amateur Radio Program for Middle and High School youth. Amateur radio is a fabulous STEM teaching tool that can provide individuals with great opportunities for personal growth. It can be a lifelong hobby that can direct career paths and open up educational and professional opportunities. Amateur radio can be done collaboratively as well, with many opportunities for collaboration and cooperation between operators as part of clubs.

On March 21, 28 and April 4, the Valley Radio Club will be hosting Radio Ted Talks in the Corner Hut from 6:30 to 7:30 p.m. for youth to check out what the buzz is all about.

Registration for the Valley Radio Club Workshop is open now.

- April 11 to May 23
- Thursdays 6:30 - 7:30 p.m.
- Corner Hut
- Middle and High School Youth
- 20 youth maximum

REGISTER

This is Y: RPG (Role Playing Game)

Wednesdays: This is Y: RPG

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

Middle School 5:15-7:15 p.m.

High School 5:30 - 7:30 p.m.

Cost: \$80 for April session (4 weeks)

REGISTER

YOUTH SPORTS

Adaptive Sports Sampler

The New Y is a place for ALL! That's why we're hosting an adaptive sports sampler with the City of Eugene Adaptiv Rec on **Wednesday, March 27, from 10 to 11:30 a.m.** Youth and adults with physical disabilities as well as people interested in adaptive sports are welcome to join.

- **Adaptive Sampler in the Gym:** 10 to 11 a.m.
- **Tour of the new Y facility:** 11 to 11:30 a.m.

Cost: Free for Y members / \$5 drop-in fee for community members.
RSVP to Carly Schmidt, cschmidt@eugene-or.gov, 541.682.5311
Sports chairs provided with an RSVP.

Beginning in May, your Y will 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.

YOUTH SPORTS



Tennis

Junior tennis programs are a great way for youth to make friends, build new skills and engage with positive adults passionate about a lifelong sport! Check out what's offered at your Y for your youth!

JUNIOR TENNIS

YOUTH SPACES



DROP-IN CHILD CARE: PLAYZONE AND KIDZONE

Located near the main entrance of the Y, the drop-in child care program provides age - appropriate, designated spaces that are easily accessible for families seeking quality, safe child care while they attend a class or work out for their own health and well-being.

- **PlayZone:** For ages 6 weeks to 4 years
- **KidZone:** For ages 5-10 years (elementary school)



Regular hours:

- Monday – Friday from 7:30 a.m. to 8 p.m. (closed from 1:30 to 3:30 p.m.)
- Saturday and Sunday from 7:30 a.m. to 4 p.m.
- *Note:* On 4J “School’s Out Days,” the Zones will not close from 1:30 to 3:30 p.m.

The Zones operate on a drop-in basis only. Families may call the Zones to verify availability.

- PlayZone 541-686-9622 ext. 1350
- KidZone 541-686-9622 ext. 1360

ZONES

CREATION STATION - Middle School

The Creation Station is a dedicated space where Middle and High Schoolers can explore, create and learn in a safe and supportive space.

Drop-in Hours:

Monday - Friday: 3:30 to 8 p.m. (Wednesdays 2:30 to 8 p.m.)

Saturday and Sunday: 10 a.m. to 7 p.m.

April 1 and 12 the Creation Station will be open from 10:00 - 8:00 for youth.

DURING SPRING BREAK: Creation Station and Corner Hut will be **combined** to accommodate our Spring Break camp! All activities will be hosted in Corner Hut.

CREATION STATION

CORNER HUT - High School

The Corner Hut Your Y is dedicated to providing enriching experiences for Middle and High School youth to spark their creativity and imagination.

Drop-in Hours:

Monday - Friday: 3:30 to 8 p.m. (Wednesday 2:30 to 8 p.m.)

Saturday and Sunday: 10 a.m. to 7 p.m.

April 1 and April 12 the Corner Hut will be open from 10:00 - 9:00 for youth.

During Spring Break: Middle and high schoolers will enjoy activities in the Corner Hut so that Spring Break camp can use the Creation Station space!

CORNER HUT

REMINDERS



Gymnasium/Health & Wellness Reminders

Everyone must check in at the Welcome Center by scanning their membership card upon arrival.

- Friends of members without a membership can contact the Y for assistance and information on becoming a member.
- Upon entering the gym and Health & Wellness Center, please use the lockers provided to secure your belongings.
- Remind youth to keep valuables such as wallets, phones, headphones, and keys zipped up in their backpacks at all times.

The Wellness Center is for those 16+. Youth 10+ can do a free orientation to be allowed to use the cardio and circuit area. Youth 12+ can complete the teen strength program of a strength refresher to be allowed to use the weight equipment. Any rule violations including inappropriate language or misuse of the equipment will result in being asked to leave the Wellness Center for the day.

Bike Lock Reminder

Thank you to SafeRoutes for sharing the following information recently in a 4J school newsletter.

Given the prevalence of bike theft in our community, we encourage you to follow these tips to reduce the risk of bike theft:

- Always lock your bike, even if you're just leaving it for a minute.
- Lock to something secure, not something like a chain link fence that is easy to cut through.
- Do not leave your bike locked at school overnight.
- Lock with a U-lock, not a cable lock.
- Lock the bike through one of the triangles of the frame, not through the wheel, as that can easily be removed.



SHARE
IDEAS

YOUTH
PROTECTION

FAMILY
RESOURCES

GIVE
FEEDBACK

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!

600 E 24th, Eugene, OR 97405 | 541.686.9622 | www.eugeneymca.org

We like to connect with you in ways that work for you: [Manage Email Preferences](#).