



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CHINATOWN YMCA

華埠青年會

August 2024 - December 2024

2024年8月 - 2024年12月

CHINATOWN YMCA

855 Sacramento St
San Francisco, CA 94108

(415) 576-9622

ymcasf.org/chinatown



TUNG LOK EARLY CHILDHOOD LEARNING CENTER

Located at 75 Vallejo Street in San Francisco, CA!
PLEASE SPREAD THE WORD!

- We serve children from 3 months to 5 years old.
- Our new program hours are from 8:00am to 5:30pm.
- We are open year-round, except for major holidays and a 1 -2 week break in December.

We accept Third Party Vouchers such as Children’s Council, Wu Yee, and DHSS. In addition, we have limited child care scholarships such as, MRA funding.

Please contact **Lorena Zegarra**, Preschool Site Director, at LZegarra@ymcasf.org or call for any inquiries at 415-213-3922.



MIDDLE SCHOOL PROGRAM

What is your middle schooler doing for afterschool this year? Our middle school program at the Chinatown Y focuses on the students’ well-being and understands the importance in the middle school years where they can lean on trusting staff and peers to work through their changes physically, emotionally, and mentally. Our hope is to provide a safe space that allows them to ask questions, build a strong supportive peer network and gain confidence in school through homework help.

***DATE:** 8/19/24 - 6/4/25

TIME: Monday - Friday, 4:00pm - 6:00pm

COST: FREE

We also offer a Saturday component where we teach youth leadership and community building skills. Program often includes cooking, off-site field trips, and opportunities to try new things.

***DATE:** 9/14/24 - 5/17/25

TIME: Saturday, 1:00pm - 4:00pm

COST: FREE



同樂育兒中心

位於加州三藩市75 Vallejo Street!
請廣而告之!

- 我們為 3 個月至 5 歲的兒童提供服務
- 我們全新的上課時間為上午 8:00 至下午 5:30。
- 除了重要假期和 12 月的 1 - 2 週休息外，我們全年無休

我們接受第三方代支付，例如Children's Council, Wu Yee 和 DHSS。此外，我們還提供名額有限的兒童保育獎學金，例如 MRA funding。

請通過 LZegarra@ymcasf.org 與學前教育中心主任 Lorena Zegarra 聯繫，或致電 415-213-3922 進行諮詢。



中學生計劃

您家中的中學生，在這個學年內放學後做什麼？我們在華埠青年會的中學課程注重學生的福祉，並了解中學時期的重要性，他們可以依靠信任的教職員工和同齡人來解決他們身體、情感和精神上的變化。我們希望提供一個安全的空間，讓他們能夠提出問題，建立強大的支持性同儕網絡，並透過家庭作業幫助獲得對學校的信心。

日期: 8/19/24 - 6/4/25

時間: 週一至週五，下午4時至下午6時

免費參加

我們更提供週六的活動，我們在周六的活動裡將教授學生涉及領導力和社區技能。活動通常包括烹飪、外出實地考察和嘗試新事物的機會。

日期: 9/14/24 - 5/17/25

時間: 每週六,下午1時至下午4時

免費參加



TEEN PROGRAMS

Welcome back Teens! We want to get you and your friends prepared! In all of our teen programs, you'll learn and develop your leadership skills, meet a bunch of great folks, and be prepared for your next step into the adult world. All programs will develop your communication skills, teamwork abilities, and compassion for the community and the world you have the potential to change!

MONTHLY TEEN WORKSHOPS

These workshops are open to all our teen members! Each month, we'll be exploring topics such as: Resume and interview skills, public speaking, peer conflict mediation, stress relief, and more!

- **DATES & TIMES:** 3rd Friday of the month 5:00pm - 7:00pm
- **LOCATION:** Chinatown YMCA
- **AGES:** All High School aged youth

Please contact **Kory Eastland:** Keastland@ymcasf.org or **Denise Hung** at 415.748.3546 or dhung@ymcasf.org for more information

HIGH SCHOOL GIRLS, OUTDOOR ADVENTURES LEADERSHIP CLUB

These workshops are open to all our teen members! Each month, we'll be exploring topics such as: Resume and interview skills, public speaking, peer conflict mediation, stress relief, and more!

- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

Please contact **Denise Hung** at 415.748.3546 or dhung@ymcasf.org for more information.

Doing it for the pictures and so much more. Interested in working out, getting outside for amazing hikes, or even signing up for 5k or 10k runs with a group of like-minded girls? This is your place!

We'll outfit you in active wear, participate in weekly meetings of leadership development, swim lessons, fitness classes, and strength conditioning to get us ready for the outdoor adventure you choose. Monthly, we'll get together for meals and workshops to stretch the mind. This club also offers community impact opportunities to boost your college resume. Sign up today!

- **MEETINGS:** Saturdays 11am - 3pm
- **WORKOUT TIMES AVAILABLE:** Mondays - Fridays, 3pm - close
- **WHO:** High School Girls
- **LOCATION:** Chinatown YMCA

Please contact **Denise Hung** at 415.748.3546 or dhung@ymcasf.org for more information.



青少年項目

歡迎青少年歸來！我們想讓您和您的朋友做好準備！在我們所有的青少年項目中，你將學習和發展你的領導技能，結識一群優秀的人，並為你進入成人世界的下一步做好準備。所有項目都將培養你的溝通技能、團隊合作能力以及對社區和世界的同情，你有潛力改變這個世界！

每月青少年研討會

這些工作坊向我們所有的青少年成員開放！每個月，我們都會探索一些主題，如：簡歷和面試技巧、公開演講、同伴衝突調解、壓力緩解等等！

日期和時間：每月第三個星期五下午5:00-7:00

地點：華埠青年會

年齡：所有高中年齡青年

請聯繫Kory Eastland: Keastland@ymcasf.org 或415.748.3546或 Denish Hung dhung@ymcasf.org 瞭解更多資訊。

高中女生，戶外探險領導俱樂部

這些工作坊向我們所有的青少年成員開放！每個月，我們都會探索一些主題，如：簡歷和面試技巧、公開演講、同伴衝突調解、壓力緩解等等！

年齡：所有高中年齡青年

地點：華埠青年會

請致電415.748.3546或 dhung@ymcasf.org 瞭解更多資訊。

除了照好看的照片以外，我們這個計劃還提供了很多好玩的計劃。如果你對鍛煉身體感興趣，出門遠足，甚至與一群志趣相投的女生一起參加5公里或10公里跑步競賽？這是屬於你的地方！

我們將為你配上運動服裝，參加每週的領導才能發展會議，游泳課程，健身課程和力量訓練，讓我們為你選擇的戶外探險做好準備。每月，我們將聚在一起用餐和舉辦研討會來舒展身心。該俱樂部還提供社區影響力的機會，以提高你的大學履歷。立即註冊！

會議日：每週六 下午11-3點

對象：就讀高中的女生

可運動時間：週一至週五 下午3點至設施關閉

地點：華埠青年會

請致電415.748.3546或 dhung@ymcasf.org 瞭解更多資訊。

SOMANYDYNAMOS: LEADERSHIP DEVELOPMENT PROGRAM

- **DATES & TIMES:** Tuesdays, 4:30-6:00; Fridays 4:30 – 7:30pm, Saturdays 11:00am-3:00pm (starting 9/1)
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

Are you interested in make a positive impact on your community? How about meeting some good people along the way? The SOMANYDYNAMOS are the teen service leadership group that represents our Chinatown YMCA teen population. From planning teen events, to community volunteering, to hosting monthly activities for other youth in the Community Center, to providing a teen voice, the SOMANYDYNAMOS does it all! Here you'll develop your fundraising, event planning, and community organizing skills while meeting new people.

Please contact **Kory Eastland:** Keastland@ymcasf.org for more information

TEEN EMPLOYMENT: I-WORKS

This is your shot at your first job. We are looking for teens interested in being role models for our youth in our after school programs. Be the big brother or big sister as these I-Workers tutor them throughout the school year. I-Workers participate in biweekly meetings and workshops to hone in on their interview, resume, social networking, so that they will be workforce ready by the end of the school year.

- **Pick up Application at the Y beginning August 5th.**
- **Applications due September 6th.**
- **Interviews scheduled beginning: September 9th**

Please contact **Kory Eastland:** Keastland@ymcasf.org or **Denise Hung** at 415.748.3546 or dhung@ymcasf.org for more information.

HOLIDAY CAMPS

The Chinatown YMCA is offering Holiday Camps that takes learning outside the classroom. Explore with us with us our specially designed theme days. These days will take us on learning adventures that explore literacy and science! Sign up for a day or a week to get the full learning experience!

- **DATES & TIMES:** Winter Camp: 12/23-12/27 ; (12/24 9:00am-2:00pm, no camp 12/25)
Spring Camp (3/31-4/4)
-

TEEN CULINARY ACADEMY

The Chinatown YMCA Teen Culinary Academy is a skill and leadership development program for high school students using culinary skills as a way to engage and practice these new skills. Using our very own kitchen at the Chinatown YMCA, learn about food, nutrition, and culinary skills. By the end of the program teen chefs will learn to plan, shop, prep, plate a meal for 30 people, and sous chef to a professional chef.

- **DATES AND TIMES:** 9/25/24-6/27/25, Wednesdays, 4:30-7:30pm
- **AGES:** All High School aged youth
- **APPLICATIONS AVAILABLE**
- **LOCATION:** Chinatown YMCA

Please contact **Denise Hung** at 415.748.3546 or dhung@ymcasf.org for more information.

SOMANYDYNAMOS: 領導力發展計畫

日期和時間: 週二, 4:30-6:00; 週五下午4:30至7:30, 週六上午11:00至下午3:00 (從9/14開始)

年齡: 所有高中年齡青年

地點: 華埠青年會

你有興趣對你的社區產生積極的影響嗎? 你覺得一路上遇到一些好人怎麼樣? SOMANYDYNAMOS是青少年服務領導小組, 代表我們華埠青年會的青少年人口。從策劃青少年活動, 到社區志願服務, 到在社區中心為其他青少年舉辦每月活動, 再到提供青少年的聲音, SOMANYDYNAMOS都可以做到! 在這裡, 你將在結識新朋友的同時發展你的籌款、活動策劃和社區組織技能。

請聯繫Kory Eastland: Keastland@ymcasf.org 瞭解更多資訊。

青少年就業: I-WORKS

這是您獲得第一份工作的機會。我們正在尋找有興趣在我們的課外活動中成為青少年榜樣的青少年。成為這些 I-Workers 在整個學年輔導他們的大哥哥或大姊姊。I-Workers 參加每兩週一次的會議和研討會, 以磨練他們的面試、簡歷、社交網絡, 以便他們在學年結束時為勞動力做好準備。

- 從 8 月 5 日開始, 在 Y 領取申請表。
- 申請截止日期為 9 月 6 日。
- 面試計畫開始時間: 9 月 9 日

請聯繫Kory Eastland: Keastland@ymcasf.org 或 415.748.3546 或 Denish Hung dhung@ymcasf.org 瞭解更多資訊。

假期營

華埠青年會提供假期營, 讓學生在課堂外學習。與我們一起探索我們特別設計的主題日。這些天將帶我們踏上探索文學和科學的學習冒險! 報名一天或一週即可獲得完整的學習體驗!

- 日期和時間: 冬令營 12/23-12/27; (12月24日上午9:00至下午2:00, 12月25日關閉營地)
春季夏令營 (3月31日至4月4日)
-

青少年烹飪學院

華埠青少年烹飪學院是一項技能和領導力發展計畫, 旨在通過烹飪與高中生互動, 從中學習這些新技能。我們會在華埠青年自己的廚房中了解食物、學習營養成分和烹飪技巧。課程結束時, 青少年廚師將學會如何計劃、購物、準備、烹飪 30 人的大餐, 以及擔任專業廚師的助理廚師。

- 日期和時間: 9/25/24 - 6/27/25, 週三, 4:30pm - 7:30pm
- 年齡: 所有高中年齡青年
- 現正接受申請
- 地點: 華埠青年會

請致電 415.748.3546 或通過 dhung@ymcasf.org 聯繫 Denise Hung 以了解更多信息。



THINGS TO KNOW

We will not be offering a September 2024 swim lesson session due to our annual facility closure.

There are no classes between 12/16/24 - 1/5/25 due to end of year holidays.

If you are new to swim lessons at the Y but have taken lessons elsewhere, please feel free to contact our Aquatics team to schedule a swim test.

SWIM LESSON PRICES

Our swim lesson session prices are based on how many lessons there are per session.
Please refer to this chart for pricing.

24-25 GROUP SWIM LESSONS	6 LESSON SESSION	7 LESSON SESSION	8 LESSON SESSION
Facility Member	\$148	\$174	\$199
Community Participant	\$195	\$228	\$260

*Priority registration is for students enrolled in the previous session immediately before the session they are trying to register for.

GROUP SWIM LESSONS

We will not be offering a September 2024 swim lesson session due to our annual facility closure.

WEEKEND LESSONS (1X PER WEEK)

OCTOBER – NOVEMBER

9/28/24 - 11/17/24

Priority Registration: 8/24 - 9/1

Saturday: 9/28/24 - 11/16/24, 8 classes

Open Registration: 9/9/24 - 9/15/24

Sunday: 9/29/24 - 11/17/24, 8 classes

Registration Closes: 9/15/24



水上活動

需要了解的事項

由於我們的年度設施關閉，2024 年 9 月將暫停提供游泳課程。

由於年終假期，2024 年 12 月 16 日至 2025 年 1 月 5 日期間將暫停提供課程。

如果您是第一次在青年會上游泳課，但之前在其他地方上過課，請隨時聯繫我們的水上運動團隊安排游泳測試。

游泳課程價格

我們的游泳課程價格是根據每期課程的節數而定。請參閱此圖表以了解定價。

24-25 小組游泳課	6 節課	7 節課	8 節課
保健會員	\$148	\$174	\$199
社區參與者	\$195	\$228	\$260

*優先報名適用於已報名之前課程的學生。

小組游泳課程

由於我們的年度設施關閉，2024 年 9 月將暫停提供游泳課程。

週末課程 (每週 1 次)

10 月至 11 月

9/28/24 - 11/17/24

優先報名時間: 8/24 - 9/1

週六: 9/28/24 - 11/16/24, 8 節課

開放報名時間: 9/9/24 - 9/15/24

週日: 9/29/24 - 11/17/24, 8 節課

報名截止時間: 9/15/24

MONDAY/WEDNESDAY WEEKDAY LESSONS (2X PER WEEK)

OCTOBER: 9/23/24 - 10/16/24 (8 classes)

***Priority Registration: 8/26/24 - 9/8/24**

Open Registration: 9/9/24 - 9/15/24

Registration Closes: 9/15/24

NOVEMBER: 10/21/24-11/13/24 (8 classes)

***Priority Registration: 9/30/24 - 10/6/24**

Open Registration: 10/7/24 - 10/13/24

Registration Closes: 10/13/24

DECEMBER: 11/18/24-12/11/24 (7 classes)

***No class on 11/27**

***Priority Registration: 10/28/24 - 11/3/24**

Open Registration: 11/4/24 - 11/10/24

Registration Closes: 11/10/24

SWIM TEAM

All participants must try out for Pre-Swim Team and/or Swim Team. This program is run on a monthly basis and does not allow for any pro-rations. Enrolment is perpetual, until the participant requests to withdraw from the program. 30 days is required for program withdrawal. Other rules may apply. There may be additional practice times. Please reach out to the aquatics department for more information.

PRACTICE TIMES:

2x a week

Monday/Wednesday from 6:00pm – 7:30pm

COST:

Facility Member: \$130/month

Community Participant: \$150/month

PRIVATE AND SEMI-PRIVATE LESSONS

Private and Semi-Private lessons are great for those who want a little extra attention or who only want to learn specific swimming skills. They are tailored to the participants' wants and needs and provide a little more flexibility with scheduling. Scheduling is done by our aquatics department after a request form is filled out at: ymcasf.org/y-swim-lessons or open the form with the QR code below.

The YMCA of Greater San Francisco will implement a new, subscription-based model for Private and Semi-Private Swimming Lessons, effective July 1st, 2024. In this model, each participant will continue to be given the same day, time, and instructor they wish to elect to the membership. The value of the package is based on the per-year cost and is no longer associated with the per-lesson cost. Our swimmers will have the opportunity to grow in their confidence and ability with continued lessons provided to them.

PRIVATE & SEMI-PRIVATE LESSONS	MONTHLY COST
Facility Private Lesson	\$255
Community Private Lesson	\$305
Facility Semi-Private Lesson	\$225
Community Semi-Private Lesson	\$270



*Please note that our private swimming lesson program currently receives over 100 applications.

平日課程-週一和週三 (每週2次)

10月: 9/23/24 - 10/16/24 (8 節課)

優先報名時間: 8/26/24 - 9/8/24
開放報名時間: 9/9/24 - 9/15/24
報名截止時間: 9/15/24

11月: 10/21/24 - 11/13/24 (8 節課)

優先報名時間: 9/30/24 - 10/6/24
開放報名時間: 10/7/24 - 10/13/24
報名截止時間: 10/13/24

12月: 11/18/24 - 12/11/24 (7 節課)

*課程暫停: 11/27
優先報名時間: 10/28/24 - 11/3/24
開放報名時間: 11/4/24 - 11/10/24
報名截止時間: 11/10/24

游泳隊

所有參與者都必須參加預游泳隊和/或游泳隊。該計劃按月進行繳費，不允許進行任何按比例調整。。報名是永久的，直到參與者要求退出該計劃。退出計劃需要提前30天通知。其他規則可能適用。參加者可能會有額外的練習時間。請聯繫水上運動部門了解更多信息。

訓練時間:
每週 2 次
星期一/三 6:00pm - 7:30pm

費用:
保健會員: \$130/月
社區參與者: \$150/月

私人和半私人游泳課程

私人和半私人課程非常適合那些想要額外關注或只想學習特定游泳技能的人。它們是根據參與者作為游泳運動員的需要和需求量身定制的，並在日程安排方面提供了更多的靈活性。排程由我們的水上運動部門在填寫申請表後進行：
ymcasf.org/y-swim-lessons

三藩市青年會將於2024年7月1日起實施一種新的基於訂閱的私人和半私人游泳課程模式。在這種模式中，每個參與者將繼續獲得他們希望選擇成為會員的相同日期、時間和講師。包的價值基於每年的成本，不再與每節課的成本相關聯。我們的游泳運動員將有機會通過不斷的訓練增強他們的信心和能力。

私人和半私人課程	月費
保健會員-私人課程	\$255
社區參與者-私人課程	\$305
保健會員-半私人課程	\$225
社區參與者-半私人課程	\$270



*請注意，我們的私人游泳課程計劃目前接收超過 100 個申請

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

WE ARE HIRING!

Interested in becoming a lifeguard or swim instructor?

Check out ymcasf.org/about/careers for a list of branches currently hiring Aquatic staff. Certifications not required. If hired, training opportunities are provided.



學生適合什麼年齡組別?



6個月-3歲
父母*和孩子：
A-B級



3歲 - 5歲
幼兒園：
1-4級



5歲 - 12歲
學齡：
1-6級



12歲以上
青少年與成人：
階段1-6

所有年齡的組別也使用相同的教學技巧，但根據學生的發展程度分組

學生準備做什麼?

學生可否回應口頭指示和跳動?

還未可以

A / 水中發掘

學生可否在非父母陪同下獨自與教練在水中合作?

還未可以

B / 水中探索

學生會自願下水嗎?

還未可以

1 / 水中適應

學生可否自行背浮或俯浮?

還未可以

2 / 水中移動

學生可自行俯游或背游10-15碼嗎?

還未可以

3 / 水中活力

學生可捷泳或背泳游15碼嗎?

還未可以

4 / 泳式介紹

學生可捷泳, 背泳和蛙泳游橫過泳池嗎?

還未可以

5 / 游泳發展

學生可捷泳, 背泳和蛙泳來回游橫過泳池嗎?

還未可以

6 / 游泳力學

我們正在招聘!

有興趣成為救生員或游泳教練嗎?

查看ymcasf.org/about/careers以獲取目前招聘水上運動員工的分行列表。

不需要證書。如果被錄用，將提供培訓機會。





YOUTH ENRICHMENT

****Financial Assistance is available for all enrichment programming based on income. Please apply in person with two forms of proof of income at our front desk. Please visit our front desk for more information. ****

***Priority Registration Date: 8/3/24**

Open Registration Date: 8/10/24

***Priority Registration is available to those students who are enrolled in the session immediately prior to the session they are signing up for for the classes they are enrolled in.**

YOUNG ARTIST PROGRAM

BEGINNER LEVEL

By learning different themes, starting from arousing interest, inspiring thinking, and stimulating creativity. With the application of a variety of comprehensive materials, children’s artistic hands-on ability, color perception ability, painting performance ability, and creative thinking ability are continuously improved. It elevates children’s interest in art and cultivates their self-confidence in artistic creation. The class is delivered in Chinese, which helps the children taking Chinese language absorb more Chinese phrases in the field of art.

INTERMEDIATE LEVEL

The intermediate class curriculum is designed and developed systematically and professionally. It is a basic art course for children to transition from the stage of art enlightenment to the stage of independent creation. Gradually instilling basic knowledge of art in children, while enriching children’s artistic imagination and creative thinking. It further improves children’s aesthetic ability and lays a solid foundation for future advanced art courses. The class is delivered in Chinese, which helps the children taking Chinese language absorb more Chinese phrases in the field of art.

ADVANCED LEVEL

Advanced class courses are comprehensively developed from multiple subjects. Students learn systematic professional painting techniques, focus on modeling training, and learn professional basic knowledge of color at the same time. Students practice the correct methods of using pens, composition, perspective, observation, and description to learn to shape light and shade, and deeply describe details, to express the physical structure and three-dimensional beauty of objects. The course uses various painting methods such as sketch, watercolor, color powder, and colored lead to create works with different themes such as still life, animals, flowers, landscapes, and figures.

- **AGE:** 5 - 13
- **LOCATION:** 3rd floor Classroom
- **DATES:** 9/14/24-12/14/24 (12 classes)
*No Class on 10/12 & 11/23

- **BEGINNER LEVEL:** 11:45am - 12:45pm & 2:15pm - 3:15pm
 - **FACILITY MEMBER:** \$348
 - **COMMUNITY PARTICIPANT:** \$408

- **INTERMEDIATE LEVEL:** 1:00pm - 2:00pm
 - **FACILITY MEMBER:** \$348
 - **COMMUNITY PARTICIPANT:** \$408

- **ADVANCE LEVEL:** 10:00am - 11:30am
 - **FACILITY MEMBER:** \$480
 - **COMMUNITY PARTICIPANT:** \$540



兒童興趣班

** 所有興趣班會根據收入情況均可獲得經濟援助。請攜帶兩份收入證明表格親自到我們的前台進行申請。如需獲取更多信息，請與我們的前台聯繫。 **

*優先權登記日期: 8/3/24

開放注册日期: 8/10/24

*優先注册適用於在報名參加課程之前立即參加課程的學生。

青年藝術家活動

初級

初級班課程通過學習不同主題內容，從引發興趣、啟發思維、激發創意入手，結合多種綜合材料的應用，鍛煉孩子的藝術動手能力、色彩感知能力、繪畫表現能力、思維創意能力，不斷提升孩子學習美術的興趣，培養孩子藝術創作的自信心。本課程以中文進行，對於持續學習中文的孩子能吸收更多美術領域的中文詞彙。

中級

中級班課程通過系統化、專業化進行設計開發，是針對孩子從美術啟蒙階段向獨立創作階段過渡的美術基礎課程。循序漸進地給孩子灌輸美術基礎知識點，在豐富孩子的藝術想像力和創意思維的同時，進一步提高孩子的審美能力，為將來學習高級美術課程打下紮實的基礎。本課程以中文進行，對於持續學習中文的孩子能吸收更多美術領域的中文詞彙。

高級

高級班課程從多科目進行全面研發，學生進行系統的專業繪畫技法學習，注重造型的訓練，同時學習專業的色彩基礎知識。學生學習正確的用筆、構圖、透視、觀察描繪的方法，學習塑造明暗以及深入刻劃細節，表現物像的形體結構和立體美感。課程以素描、水彩、色粉、彩鉛等多種繪畫方式，創作靜物、動物、花卉、風景、人物等不同主題的作品。

- 年齡: 5 - 13
- 地點: 三樓課室
- 時間及日期: 9/14/24-12/14/24 (共12堂)
 - * 10/12 & 11/23 休課
- 初班: 11:45am - 12:45pm & 2:15pm - 3:15pm
 - 費用: 保健會員: \$348
 - 社區參與者: \$408
- 中班: 1:00pm - 2:00pm
 - 費用: 保健會員: \$348
 - 社區參與者: \$408
- 高班: 10:00am - 11:30am
 - 保健會員: \$480
 - 社區參與者: \$540

YOUTH BASKETBALL

Learn basketball fundamentals here! Dribble, pass, shoot your way to refining your skills. As we work on your skills, we'll also learn what it takes to be a great team player!

- **DATES:** Saturdays, 9/14/24 - 12/14/24 (12 classes)
*No Class on 10/12 & 11/23
- **LOCATION:** Basketball court
- **BEGINNER:** 10:30am - 11:30am
 - **FACILITY MEMBER COST:** \$348
 - **COMMUNITY MEMBER COST:** \$408
- **INTERMEDIATE:** 11:45am - 12:45pm
 - **FACILITY MEMBER COST:** \$348
 - **COMMUNITY MEMBER COST:** \$408
- **ADVANCE:** 1pm - 2:30pm
 - **FACILITY MEMBER COST:** \$480
 - **COMMUNITY MEMBER COST:** \$540

YOUTH CODING

Participants will explore the fundamental skills and techniques that form the building blocks of computer coding using **Scratch**. Throughout the program, kids can expect to develop a solid foundation in coding basics, including understanding variables, loops, and conditional statements. They will engage in hands-on projects that not only enhance their coding skills but also encourage creative problem-solving and logical thinking. The curriculum emphasizes the importance of debugging, fostering resilience in the face of challenges. Furthermore, the program aims to instill collaborative skills as participants work together on coding projects, promoting teamwork and shared learning.

- **DATES & TIMES:** Saturdays, 9/14/24 - 12/14/24 (12 classes)
*No Class on 10/12 & 11/23
- **3rd - 5th GRADE:** 11:15am - 12:45pm
- **LOCATION:** Multipurpose Room
- **FACILITY MEMBER COST:** \$480
- **COMMUNITY MEMBER COST:** \$540

YOUTH PING PONG

Participants will delve into the essential skills and techniques that make table tennis an engaging and dynamic sport. Throughout the program, kids can expect to develop a range of fundamental skills, including proper grip and stance, precise ball control, effective footwork, and strategic shot placement. They will engage in friendly matches to apply these skills in a game scenario, fostering not only technical proficiency but also a deeper understanding of game strategy. Moreover, the program places a strong emphasis on cultivating sportsmanship values, teamwork, and resilience in a supportive environment.

- **DATES & TIMES:** Saturdays, 9/14/24-12/14/24 (12 classes)
*No Class on 10/12 & 11/23
- **3rd - 5th GRADE:** 10am - 11am
- **LOCATION:** Multipurpose Room
- **FACILITY MEMBER COST:** \$348
- **COMMUNITY MEMBER COST:** \$408

MARTIAL ARTS

Our martial arts class incorporates a traditional Goju-Ryu karate program along with self-defense techniques. Our instructor Angela Swanson holds a black belt and has over 10 years of experience teaching martial arts. She is dedicated to helping students build self-confidence, flexibility, concentration, self-discipline, self-esteem and have fun while getting in shape.

- **DATES:** Saturdays, 9/14/24-12/14/24 (12 classes)
*No Class on 10/12 & 11/23
- **AGE:** 6-13
- **LOCATION:** Studio A & Basketball Court
- **Beginning:** 3:30pm - 4:30pm; **Intermediate:** 4:30pm - 6:00pm
- **FACILITY MEMBER:** \$208(Beginning);
\$264(Intermediate)
- **COMMUNITY PARTICIPANT:** \$248(Beginning);
\$304(Intermediate)
- \$30 additional uniform fee

青少年籃球

來這裡一起學習籃球基礎知識！運球、傳球、投籃以提高你的技能。在我們提高技能的同時，還將了解如何成為一名出色的團隊合作者。

- 時間及日期: 逢星期六, 9/14/24-12/14/24 (共12堂)
* 10/12 & 11/23 休課
- 地點: 籃球場
- 初班: 10:30am - 11:30am
 - 保健會員: \$348
 - 社區參與者: \$408
- 中班: 11:45am - 12:45pm
 - 保健會員: \$348
 - 社區參與者: \$408
- 高班: 1pm - 2:30pm
 - 保健會員: \$480
 - 社區參與者: \$540

青少年編程

參與者將探索使用 Scratch 構成電腦編碼構建塊的基本技能和技術。在整個課程中，孩子們可以在編碼基礎知識方面打下堅實的基礎，包括理解變數、循環和條件語句。他們將參與實踐項目，這不僅可以提高他們的編碼技能，還可以鼓勵創造性地解決問題和邏輯思維。課程強調調試的重要性，培養面對挑戰的應變能力。此外，該計劃旨在讓參與者在編碼專案中共同工作時灌輸協作技能，促進團隊合作和共享學習。

- 時間及日期: 逢星期六, 9/14/24 - 12/14/24 (共12堂)
*10/12 & 11/23 休課
- 3-5年級: 11:15am - 12:45pm
- 地點: 多功能室
- 保健會員: \$480
- 社區參與者: \$540

青少年乒乓球

參與者將深入了解乒乓球如何成為一項引人入勝且充滿活力的運動的基本技能和技巧。在整個課程中，孩子可以期望發展一系列基本技能，包括正確的握力和姿勢、精確的控球、有效的步法和戰略投籃位置。他們將透過友誼賽將這些技能應用到比賽中，不僅培養技術熟練程度，也加深對比賽策略的理解。此外，該計畫非常重視在支持性環境中培養體育精神價值、團隊合作和適應能力。

- 時間及日期: 逢星期六, 9/14/24 - 12/14/24 (共12堂)
*10/12 & 11/23 休課
- 3-5年級: 10am - 11am
- 地點: 多功能室
- 保健會員: \$348
- 社區參與者: \$408

武術班

我們的武術班配合自我防衛技術與傳統剛柔流空手道一起。我們的導師Angela Swanson擁有黑帶和超過10年的武術教學經驗。她致力於幫助學生從強身健體建中立自信心，靈活度，集中力，自律性，自尊和享樂。學生將進行測試，並獲得他們的升級色帶

- 日期: 逢星期六, 9/14/24 - 12/14/24 (共12堂) * 10/12及11/23 休課
- 年齡: 6 - 13
- 地點: 健身室A和籃球場
- 初級: 3:30PM - 4:30PM; 中級: 4:30PM - 6:00PM
- 保健會員: \$208(初級); \$264(中級)
- 社區參與者: \$248(初級); \$304(中級)
- \$30 額外制服費用

ACE COACHES TUTORING

ACE Coaches Tutoring is a group of UC Berkeley students who want to give back to the Chinatown community. This summer, our ACE Coaches tutoring program will consist of topics such as English, Math, Science, Cultural Enrichment, and other fun subjects. Since 2015, ACE Coaches have served as student mentors for the Chinatown YMCA. We hope that the ACE Coaches will improve both the academic and cultural knowledge of children in the San Francisco Chinatown.

- **DATES & TIMES:** Saturdays, 9/14/24 - 11/30/24 (10 classes)
*No Class on 10/12 & 11/23
- **3rd - 5th GRADE:** 3:30pm - 5:00pm
- **COST:** Free
- **LOCATION:** 2nd floor Multipurpose Room

HOLIDAY CAMPS

The Chinatown YMCA is offering Holiday Camps that takes learning outside the classroom. Explore with us with us our specially designed theme days. These days will take us on learning adventures that explore literacy and science! Sign up for a day or a week to get the full learning experience!

- **THANKSGIVING CAMP**
 - **DATE:** 11/25/24 - 11/27/24
 - **WINTER CAMP**
 - **DATE:** 12/23/24 - 12/27/24, *12/24 (9:00am-2:00pm)
No camp on 12/25
- COST:** More information to come soon.



AGING WELL TOGETHER

Aging Well Together is a free program for older adults ages 60+ and anyone ages 18-59 with a disability. Participants can take advantage of functional exercise classes designed by our wellness trainers and benefit from social events ranging from lunches, health workshops, birthday celebrations, bingo, and community service opportunities to foster friendships and camaraderie.

- Monthly outings & monthly interest-based or educational workshops like emergency planning and nutritious cooking
- Ping pong, group exercise classes, and WeChat classes
- Most programming occurs between 10 am and 3 pm on weekdays at the Chinatown YMCA

課外學術文化補習班

參與者將深入了解乒乓球如何成為一項引人入勝且充滿活力的運動的基本技能和技巧。在整個課程中，孩子可以期望發展一系列基本技能，包括正確的握力和姿勢、精確的控球、有效的步法和戰略投籃位置。他們將透過友誼賽將這些技能應用到比賽中，不僅培養技術熟練程度，也加深對比賽策略的理解。此外，該計畫非常重視在支持性環境中培養體育精神價值、團隊合作和適應能力。

- 時間及日期: 逢星期六, 9/14/24 - 11/30/24 (共10堂)
*10/12 & 11/23 休課
- 3-5年級: 3:30pm - 5:00pm
- 費用: 免費
- 地點: 2樓多功能室

假日營地

不要因為放寒假就停止學習，讓我們到戶外去吧！華埠青年會現在提供冬令營的課外學習。跟我們一起去探討特別為你們設計的主題日吧！這些充滿冒險的學習活動會更能激發學生的寫讀能力和對科學的熱情。趕快報名參加一天或一週的活動來獲得充分的學習經驗吧！

- 感恩節日營
 - 日期: 11/25/24 - 11/27/24
- 冬令營
 - 日期: 12/23/24 - 12/27/24 *12/24 (上午9:00至下午2:00)
12/25沒有活動
- 價錢: 更多資訊即將發佈。



共同年長

「共同年長」是一個專為超過60歲長者和任何介於18至59歲殘疾人士設計的計劃。參加者可享用保健治療師設計的功能運動，並受益於不同的社交活動，包括午餐，健康講座，生日派對，線上賓果，社區服務，從而增進友誼。

- 每月興趣或教育講座，如應急計劃，營養烹飪
- 乒乓，小組運動課，及微信班
- 大多數的活動在週一至週五，早上10點到下午3點 期間在華埠青年會舉行

STAFF 職員

LUCHI BOYLE

Health & Wellness

健康活動

(415) 748-3554

lboyle@ymcasf.org

MONICA YUZON

Day Camp

日營

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mhe@Ymcasf.org

KORY EASTLAND

Teens Programs

高中青少年活動

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BONNY LI

Active Older Adult Programs

年長活動

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VIVIEN MA

Member Engagement

會員服務

(415) 748-3549

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LILLIAN LEE

Swim Lessons

游泳課

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lplee@ymcasf.org

KOEY ZHOU

YOUTH ENRICHMENT

附加趣味課程 & 兒童興趣班

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MANDY LIU

Middle School Program

中學生計劃

(415) 748-3556

mliu@ymcasf.org

MEMBER/PARTICIPANT SERVICES DESK

會員/參與者服務台

(415) 576-9622

memberservices@ymcasf.org