



We build strong kids, strong families, strong communities.

South County Communities

Community & Family Programs

YMCA programs in the South County area are growing. A number of new programs are being introduced, based on community interest and involvement.

County-wide programs, such as Y Guides and Princesses work to strengthen the relationship between children and positive adult role models during nine months of activities, camp-outs and family adventures.

Childcare/Camps

Childcare Programs are offered before, kinder and after school for K-6 graders at Shell Beach Elementary School in Shell Beach, Fairgrove Elementary, Grover Beach Elementary schools and for 7-8 graders at Mesa Middle school. Some programs provide child care and Club Y programs on a fee basis. Others are grant-funded enrichment programs to support academic achievement in partnership with area school districts. Programs focus on a wide variety of topics including music, arts, cultural, cooking, science, sports and homework. Many classes are taught in partnership with Cal Poly such as the Kinesiology and Nutrition departments. Camp is also offered during winter and spring school breaks to assist working families.

Summer Day Camps are offered for youth in grades K-4 and 5-8. These character-building programs focus on helping children develop social competencies, positive identity and empowerment, and understanding of boundaries and expectations, all in an atmosphere of fun and discovery. Specialty camps, exploring dinosaurs, magic, theater and more are offered for children as young as 1 to stimulate the child's imagination, while engaging them in active fun.

Fitness/Sports

A variety of sports programs serve over 900 adults and children from age 3 to adult in the South County area. While teaching the fundamentals of organized sports, and sportsmanship, the programs' encourage active lifestyles; and help develop a bond between players, families and coaches alike. Youth Roller Hockey and Basketball are among our most popular sports programs in the South County area.

Surf Camp, a new program introduced in summer of 2008 has proven to be especially popular. At face value the camp teaches surfing through a series of week-long sessions in summer. However Surf Camp, like all YMCA camps, encourages character development and provides for inclusive recreation for all. The Y's Inclusive Recreation program ensures that everyone regardless of physical or mental disabilities, can join in the fun.

Active Older Adult, (AOA, 50+) fitness classes and lectures are offered at the Ocean Oaks Community Center in Arroyo Grande. This is a growing program, first introduced in 2008, and is geared for various exertion levels, interests and abilities.

Teens

Youth and Government, and the summer Counselor and Leader in Training Program for youth grades 9-12 help teens develop their leadership and public speaking skills while engaging civic activities such as government and community service.

Character Counts

YMCA values start with the Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship. The Six Pillars are woven throughout our programs, whether we are coaching youngsters in T-ball, tutoring students after school, teaching adult exercise classes or sharing adventures at camp. They are what we teach and what we live by.

We believe that by teaching and living these Character concepts, that everyone benefits, especially children. In learning these six pillars, children involved with the Y have the positive experiences and develop the personal qualities that they need to grow up healthy, caring, and responsible.

The YMCA invites you to join with us by making a contribution to the Y today. You can help improve the lives of all people in our community by supporting these character-building programs. The YMCA believes that the best long-term solution to many of our community's most pressing concerns is in challenging people to accept and demonstrate positive values, and that defines YMCA character development.



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