



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHINATOWN YMCA 華埠青年會

FALL 2025 秋季2025

CHINATOWN YMCA

855 Sacramento St, San Francisco, CA 94108
(415) 576-9622 • ymcasf.org/chinatown



AQUATICS

Embrace the chill and dive into the fun! Whether you're looking to start from scratch or improve your technique, we've got something for all ages and skill levels. Our instructors are here to help you achieve your swimming goals in a safe, friendly, and fun environment. Don't let the cooler weather stop you from staying in the swim!

THINGS TO KNOW:

- If you are new to swimming 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 classes there are per session. Please refer to this chart for pricing.
- ****Priority registration is only for students enrolled in the previous session immediately before the session they are trying to register for.**

GROUP SWIM LESSONS

24-25 GSL	6 LESSON SESSION	7 LESSON SESSION	8 LESSON SESSION
Facility GSL	\$160.00	\$188.00	\$215.00
Community GSL	\$210.00	\$245.00	\$280.00

WEEKEND LESSONS (1X PER WEEK)

SEPTEMBER – OCTOBER

SATURDAY: 9/13/25 – 10/25/25 (7 classes)

- Priority Registration: 8/9/25
- Open Registration: 8/16/25
- Registration Closes: 9/6/2025
- Facility Member: \$188.00
- Community Participant: \$245.00

SUNDAY: 9/14/25 – 10/26/25 (7 classes)

- Priority Registration: 8/10/25
- Open Registration: 8/17/25
- Registration Closes: 9/7/25
- Facility Member: \$188.00
- Community Participant: \$245.00

NOVEMBER – DECEMBER

SATURDAY: 11/1/25 – 12/20/25 (7 classes)

No class: 11/29/25 (Thanksgiving Break)

- Priority Registration: 10/11/25
- Open Registration: 10/18/25
- Registration Closes: 10/25/25
- Facility Member: \$188.00
- Community Participant: \$245.00

SUNDAY: 11/2/25 – 12/21/25 (7 classes)

No Class: 11/30/25 (Thanksgiving Break)

- Priority Registration: 10/12/25
- Open Registration: 10/19/25
- Registration Closes: 10/26/25
- Facility Member: \$188.00
- Community Participant: \$245.00



水上活動

擁抱清涼，暢遊樂趣！無論您是剛開始學游泳，還是想要進一步提升技巧，我們都為各年齡層與不同程度的學員準備了合適的課程。我們的教練將在安全、友善又充滿樂趣的環境中，協助您達成游泳目標。別讓天氣變涼阻擋你持續暢游！

注意事項：

- 如果您是第一次在青年會上游泳課，但曾在其他地方學過，歡迎與我們的水中活動團隊聯繫，安排游泳分級測試！
- **游泳課價格說明：**我們的課程收費是根據每期課堂數量而定，請參閱我們的收費表。
- ****優先報名資格僅限於上一期有報名課程的學員。**

團體游泳課程

24-25 小組游泳課	6 堂課	7 堂課	8 堂課
設施會員	\$160.00	\$188.00	\$215.00
社區參與者	\$210.00	\$245.00	\$280.00

週末課程（每週 1 次）

9月-10月

星期六: 9/13/25 – 10/25/25 (7 堂課)

- 優先報名: 8/9/25
- 開放報名: 8/16/25
- 報名截止: 9/6/2025
- 會員: \$188.00
- 社區參與者: \$245.00

星期日: 9/14/25 – 10/26/25 (7 堂課)

- 優先報名: 8/10/25
- 開放報名: 8/17/25
- 報名截止: 9/7/25
- 會員: \$188.00
- 社區參與者: \$245.00

11月-12月

星期六: 11/1/25 – 3/1/25 (7 堂課)

課程暫停: 11/29/25 (感恩節假期)

- 優先報名: 10/11/25
- 開放報名: 10/18/25
- 報名截止: 10/25/25
- 會員: \$188.00
- 社區參與者: \$245.00

星期日: 11/2/25 – 12/21/25 (7 堂課)

課程暫停: 11/30/25 (感恩節假期)

- 優先報名: 10/12/25
- 開放報名: 10/19/25
- 報名截止: 10/26/25
- 會員: \$188.00
- 社區參與者: \$245.00

MONDAY/WEDNESDAY WEEKDAY LESSONS (2X PER WEEK)

SEPTEMBER

9/8/25 - 9/24/25 (6 classes)

- Priority Registration: 8/13/25
- Open Registration Begins: 8/20/25
- Registration Closes: 9/1/25
- Facility Member: \$160.00
- Community Participant: \$210.00

OCTOBER

9/29/25 - 10/22/25 (8 classes)

- Priority Registration: 9/17/25
- Open Registration Begins: 9/19/25
- Registration Closes: 9/24/25
- Facility Member: \$215.00
- Community Participant: \$280.00

NOVEMBER

10/27/25 - 11/19/25 (8 classes)

- Priority Registration: 10/8/25
- Open Registration Begins: 10/15/25
- Registration Closes: 10/22/25
- Facility Member: \$215.00
- Community Participant: \$280.00

DECEMBER

11/24/25 - 12/17/25 (8 classes)

- Priority Registration: 11/5/25
- Open Registration Begins: 11/12/25
- Registration Closes: 11/19/25
- Facility Member: \$215.00
- Community Participant: \$280.00



平日課程（每週兩次，週一 & 三）

9月

9/8/25 - 9/24/25 (6堂課)

- 優先報名: 8/13/25
- 開放報名: 8/20/25
- 報名截止: 9/1/25
- 會員費用: \$160.00
- 社區參與者: \$210.00

10月

9/29/25 - 10/22/25 (8堂課)

- 優先報名: 9/17/25
- 開放報名: 9/19/25
- 報名截止: 9/24/25
- 會員費用: \$215.00
- 社區參與者: \$280.00

11月

10/27/25 - 11/19/25 (8 堂課)

- 優先報名: 10/8/25
- 開放報名: 10/15/25
- 報名截止: 10/22/25
- 會員費用: \$215.00
- 社區參與者: \$280.00

12月

11/24/25 - 12/17/25 (8堂課)

- 優先報名: 11/5/25
- 開放報名: 11/12/25
- 報名截止: 11/19/25
- 會員費用: \$215.00
- 社區參與者: \$280.00



PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Get the most out of your swimming training with private and semi-private lessons, designed to fit your specific needs and pace. Whether you're starting from scratch, fine-tuning your strokes, or training for a competition, these personalized lessons offer the flexibility and attention you need to succeed.

WHY CHOOSE PRIVATE OR SEMI-PRIVATE LESSONS?

- **Individual Attention:** Focus entirely on your goals, with a dedicated instructor guiding you every step of the way.
- **Flexible Scheduling:** Set up lessons at times that work best for you.

JOIN OUR WAITLIST TODAY! Get started on your swimming journey with tailored lessons that fit your schedule and goals. Whether it's a private lesson for personal attention or semi-private lessons for a shared experience, we'll help you become a stronger, more confident swimmer.

LESSON TYPES	MONTHLY COST
Facility Private Lessons	\$275
Community Private Lessons	\$330
Facility Semi-Private Lessons	\$245
Community Semi-Private Lessons	\$295



私人與半私人游泳課程

這些課程可依照您的需求與程度量身設計。不論是剛開始學習、改善技巧，還是為比賽做準備，皆能提供個別化與彈性的學習體驗。

為什麼選擇私人或半私人課程？

- **個人化指導：**專屬教練全程陪伴，根據您的目標設計課程。
- **彈性排課：**可依個人時間安排上課。

立即加入等候名單！開始您的游泳之旅，選擇最符合您時間和目標的個別化課程。不論是專屬的一對一私人課程，還是與他人共同學習的半私人課程，我們都會協助您成為更強大、更有自信的游泳者。

課程類型	每月費用
會員私人課程	\$275
社區參與者 私人課程	\$330
會員半私人課程	\$245
社區參與者半私人課程	\$295



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. Participants can add and/or drop in the middle of the month, but the monthly fee will not be discounted. 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: \$140/month
Community Participant: \$165/month

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.



TEEN PROGRAMS (HIGH SCHOOL)

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

Please contact **Kory Eastland** at Keastland@ymcasf.org or **Denise Hung** at (415) 748-3564 or dhung@ymcasf.org for more information.

游泳隊

所有參與者都必須參加預備泳隊和/或泳隊。該計劃按月進行繳費，參與者不得以參加活動按比例進行繳費。參加者可在月中加入或離開，但月費不會打折。參加者可能有額外的練習時間。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: \$140/月
社區參與者: \$165/月

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。



青少年計劃 (高中)

查看我們的青少年計劃，為挖掘您的領導力和為社區服務潛力尋找機會。我們通過發展青少年的技能，讓他們完成青少年能夠做到的美好的事情，來培育青少年並使他們茁壯成長。我們不斷地回饋社會，通過服務，我們尊重我們的傳統並培養我們未來的領導者。我們正在創造奇跡。

每月青少年研討會

這些研討會對所有我們的青少年會員開放！我們每月都會探討不同主題，例如：簡歷和面試技巧、公開演講、同齡人衝突調解、緩解壓力等等！

- **日期和時間:** 每月第三個星期五
5:00pm – 7:00pm
- **年齡:** 所有高中年齡青年
- **地點:** 華埠青年會

請致電: (415) 748-3564 聯繫 **Kory Eastland**, 電郵 Keastland@ymcasf.org 或者 **Denise Hung**, 電郵 dhung@ymcasf.org 了解更多資訊。

GOAT

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 teens? 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!

- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA
- **MEETINGS:** Saturdays 11am-3pm
- **WORKOUT TIMES AVAILABLE:** Mondays - Fridays 3pm - close

Please contact **Denise Hung** at (415) 748-3546 or dhung@ymcasf.org for more information.

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 learned to plan, shop, prep, plate a meal for 30 people, and sous chef to a professional chef.

** APPLICATIONS AVAILABLE **

- **DATES AND TIMES:** 9/24 - 6/3, Wednesdays 4:30pm - 7:30pm
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

Please contact **Denise Hung** at (415) 748-3546 or dhung@ymcasf.org for more information.

SOMANYDYNAMOS: LEADERSHIP DEVELOPMENT PROGRAM

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.

** APPLICATIONS AVAILABLE **

- **DATES AND TIMES:** Tuesdays, 4:30-6:00; Fridays 4:30 - 7:30pm, Saturdays 11:00am-3:00pm (starting 9/13)
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

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

GOAT 健身俱樂部

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。如果你對鍛練身體感興趣，出門遠足，甚至與一群志趣相投的青少年一起參加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！

- **年齡:** 所有高中年齡青年
- **地點:** 華埠青年會
- **會議時間:** 每週六 上午11點至下午3點
- **可運動時間:** 週一至週五 下午3點至閉館

請聯繫 **Denise Hung** (415) 748-3546 或 電郵dhung@ymcasf.org 了解更多資訊。

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劃，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。

申請現已開放

- **日期和時間:** 9/24 - 6/3, 星期三 4:30pm - 7:30pm
- **年齡:** 所有高中適齡青年可申請
- **地點:** 華埠青年會

請聯繫 **Denise Hung** (415) 748-3546 或 電郵dhung@ymcasf.org 了解更多資訊。

SOMANYDYNAMOS: 領導力培訓計畫

你有興趣為你的社區帶來正面的影響嗎？一路上還能認識一些很棒的人，何樂而不為呢？**SOMANYDYNAMOS** 是代表我們華埠青年會青少年群體的青少年服務領導小組。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月度活動，再到提供青少年的聲音，**SOMANYDYNAMOS** 都能做到！在這裡，您將在結識新朋友的同時培養籌款、活動策劃和社區組織技能。

申請現已開放

- **日期和時間:** 星期二，下午4:30-6:00; 星期五 下午 4:30-7:30; 星期六 上午11:00 - 下午3:00 (自9月13日開始)
- **年齡:** 所有高中適齡青年可申請
- **地點:** 華埠青年會

請聯繫**Kory Eastland**, 電郵 Keastland@ymcasf.org或致電(415) 748-3546.



MIDDLE SCHOOL PROGRAM

What is your middle schooler doing for afterschool? 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.

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:** 8/18/25 - 6/3/26
- **TIME:** Monday - Friday, 4:00 pm - 6:00 pm
- **COST:** Free

- **DATE:** 9/13/25 - 5/9/26
- **TIME:** Saturday 1:00 pm - 4:00 pm
- **COST:** Free



中學生活動計劃

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生活動計劃重視學生的整體福祉，了解他們在中學階段，依靠受信任的職員和同齡人來應對他們在身體、情感和精神上的變化的重要性。我們希望提供一個安全的空間，讓他們可以提出問題，建立強大的同伴支持網絡，並通過獲得對家庭作業方面的幫助，獲得對學校生活的信心。

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:** 8/18/25 - 6/3/26
- **時間:** 週一至週五，下午4時至下午6時
- **免費參與**

- **日期:** 9/13/25 - 5/9/26
- **時間:** 每週六，下午1時至下午4時
- **免費參與**



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: 8/16/25 **OPEN REGISTRATION DATE:** 8/23/25

10% of Early Bird Discount can apply for all enrichment classes during the period of 8/9/25 - 8/31/25 (cannot use with Financial Assistance)

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.



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。 ****

優先報名日期: 8/16/25 **開放報名日期:** 8/23/25

所有的興趣班課程於 8/9/25 - 8/31/25期間登記可享用**10%**的折扣（不能與經濟援助一起使用）

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。

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:** 2rd floor Family Room
- **DATES:** 9/13/25 - 12/20/25 (13 classes)
*No Class on 10/11 & 11/29

- **INTERMEDIATE LEVEL:** 1:00pm - 2:00pm
 - **FACILITY MEMBER:** \$377
 - **COMMUNITY PARTICIPANT:** \$442

- **BEGINNER LEVEL:** 11:45am - 12:45pm & 2:30pm - 3:30 pm
 - **FACILITY MEMBER:** \$377
 - **COMMUNITY PARTICIPANT:** \$442

- **ADVANCE LEVEL:** 10:00am - 11:30am
 - **FACILITY MEMBER:** \$520
 - **COMMUNITY PARTICIPANT:** \$585

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, 9/13/25 - 12/20/25 (13 classes)
*No Class on 10/11 & 11/29
- **LOCATION:** Basketball court

- **INTERMEDIATE:** 11:45am - 12:45pm
 - **FACILITY MEMBER:** \$377
 - **COMMUNITY MEMBER:** \$442

- **BEGINNER:** 10:30am - 11:30am
 - **FACILITY MEMBER:** \$377
 - **COMMUNITY MEMBER:** \$442

- **ADVANCE:** 1:00pm - 2:30pm
 - **FACILITY MEMBER:** \$520
 - **COMMUNITY MEMBER:** \$585

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, 9/13/25 -12/20/25 (13 classes)
*No Class on 10/11 & 11/29
- **3rd - 5th GRADE:** 11:15am -12:45pm

- **LOCATION:** Multipurpose Room
- **FACILITY MEMBER:** \$520
- **COMMUNITY MEMBER:** \$585

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，學生進行系統的专业繪畫技法學習，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:** 2樓家庭室
- **時間及日期:** 9/13/25 - 12/20/25 (共13堂)
* 10/11 & 11/29 休課

- **中班:** 1:00pm – 2:00pm
 - **費用:** 保健會員: \$377
 - **社區參與者:** \$442

- **初班:** 11:45am – 12:45pm & 2:30pm - 3:30 p
 - **保健會員:** \$377
 - **社區參與者:** \$442

- **高班:** 10:00am - 11:30am
 - **保健會員:** \$520
 - **社區參與者:** \$585

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, 9/13/25 - 12/20/25 (共13堂)
* 10/11 & 11/29 休課
- **地點:** 籃球場

- **中班:** 11:45am -12:45pm
 - **保健會員:** \$377
 - **社區參與者:** \$442

- **初班:** 10:30am - 11:30am
 - **保健會員:** \$377
 - **社區參與者:** \$442

- **高班:** 1:00pm - 2:30pm
 - **保健會員:** \$520
 - **社區參與者:** \$585

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, 9/13/25 -12/20/25 (共13堂)
* 10/11 & 11/29 休課
- **3-5年級:** 11:15am - 12:45pm

- **地點:** 多功能室
- **保健會員:** \$520
- **社區參與者:** \$585

LITTLE BAKER

Get ready for a sprinkle of fun! In this hands-on class, kids will discover the joy of baking as they learn to measure, mix, and decorate delicious treats. It's the perfect recipe for creativity, confidence, and sweet memories!

DATES:

Saturdays, 9/13/25 - 12/20/25 (13 classes)

*No Class on 10/11 & 11/29

1st - 3rd

GRADE:

12:00 PM - 1:30 PM

LOCATION:

2nd floor Kitchen

FACILITY MEMBER:

\$520

COMMUNITY MEMBER:

\$585

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, 9/13/25 - 11/22/25 (10 classes)

*No Class on 10/11

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!

WINTER CAMP

DATE:

12/22/25 - 12/26/25

*12/24 (9:00am - 2:00pm), no camp on 12/25

COST:

More information to come soon.

CALENDAR OF EVENTS

10/6/2025

Chinatown YMCA Golf Tournament & Crab Feed

10/11/2025

Community Health Fair

12/12/25

Facility Closed Early at 5:30 pm

12/22/25-12/26/25

Winter Camp

(no camp on 12/25/25)

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小烘焙師

準備好迎接一場充滿樂趣的烘焙之旅吧！在這個動手操作的課程中，孩子們將學習如何量測、攪拌與裝飾美味的甜點，體驗烘焙的樂趣。這是一個激發創意、建立自信、留下甜蜜回憶的完美配方！

時間及日期:

逢星期六, 9/13/25 - 12/20/25 (共13堂)

* 10/11 & 11/29 休課

1-3年級:

12:00 PM - 1:30 PM

地點:

二樓廚房

保健會員:

\$520

社區參與者:

\$585

補習課

ACE Coaches 是伯克利大學的一個社團，希望能為唐人街社區做出貢獻，回饋社會。我們的課程包括英語，數學，科學，和中國文化課。從2015年開始，ACE Coaches 就為唐人街的孩子們做教導工作，我們希望通過 ACE Coaches 的努力，可以有效提升學生的學術知識和文化修養。

時間及日期:

逢星期六, 9/13/25 - 11/22/25 (共10堂)

* 10/11 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

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！

冬令營

日期:

12/22/25 - 12/26/25

*12/24 (9:00am - 2:00pm), 不開營 12/25

價錢:

更多資訊即將發佈。

活動日曆

10/6/2025

華埠青年會高爾夫球錦標賽和螃蟹大餐

10/11/2025

社區健康博覽會

12/12/25

設施於下午 5:30 提早關閉

12/22/25-12/26/25

冬令營

(12/25/25 無活動)

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華埠青年會移民協助中心 CHINATOWN YMCA IMMIGRANT SUPPORT CENTER

在華埠青年會，我們相信，當每個人都感到受歡迎，擁有歸屬感，並能夠為更好的事物貢獻他們獨特的才能時，我們的社區會茁壯成長。

At the Chinatown Y, we believe that our communities thrive when everyone feels welcomed, has a sense of belonging and can contribute their unique talents for the greater good.



我們提供 WE OFFER...

- 翻譯服務 Translation services
(文件翻譯, 協助電話預約, 填寫表格等等)
(documents, making appointments, filling out forms, etc.)
- 尋房援助 Housing search assistance
- 職業發展培訓 Workforce development
- 服務連接 Service connection
- 公民與入籍援助 Citizenship & naturalization
- 英語培訓課程 ESL classes
- 家庭活動 Family activities
- 長者計畫 Active Older Adult programs
- 課後計畫 After-school programs
- 週末兒童興趣班 Weekend youth enrichment programs
- 社區講座 Community workshops
(digital and financial literacy, immigrant rights, wellness, etc.)
(電腦與財政知識、移民權益、身心健康, 等等)



免費開放服務時間

週一至週五
下午 1 點 - 下午 3 點

第一個和第三個星期六
下午 1 點 - 下午 3 點

FREE DROP-IN SERVICE HOURS

MONDAYS - FRIDAY
1:00 PM - 3:00 PM

1ST & 3RD SATURDAYS
1:00 PM - 3:00 PM



歡迎在開放時間前來探訪,了解我們提供的各種服務或尋求幫助。我們的雙語(中英文)員工將會提供協助。若需了解更多資訊,請聯繫 ctymca.isc@gmail.com、撥打

415.748.3541, 或加入我們的微信。

開放時間也許會有所改變;為了了解最新時間,請查提前打電話。

Visit us during our drop-in hours to learn more about our services or to receive assistance. Bilingual (English and Chinese) staff available. For more information, please contact ctymca.isc@gmail.com, call 415.748.3541, or on WeChat. DROP-IN HOUR TIMES MAY CHANGE; FOR THE MOST UP-TO-DATE HOURS, PLEASE CALL AHEAD.



或透過微信/
Or on WeChat:

cty-support

一個Y-USA新美國歡迎中心。
青年會是一個非營利、非政府組織。
我們所有的項目與服務都是免費或者根據收入提供補助的。

A Y-USA New American Welcome Center.
The Y is a non-profit NGO.
All of our programs and services are either free of charge or offer income-based financial aid.

CHINATOWN YMCA 華埠青年會 STAFF 職員

LUCHI BOYLE

Health & Wellness
健康活動
(415) 748-3554
lboyle@ymcasf.org

KORY EASTLAND

Teens Programs
青少年活動
(415) 748-3561
keastland@ymcasf.org

PEIYING GUAN

Active Older Adult Programs
年長活動
(415) 748-3569
pguan@ymcasf.org

VIVIEN MA

Member Engagement
會員服務
(415) 748-3549
vma@ymcasf.org

LILLIAN LEE

Swim Lessons
游泳課
(415) 748-3543
lplee@ymcasf.org

LORENA ZEGARRA

Tung Lok ECLC Site Director
同樂育兒中心主任
(415) 213-3922
lzegarra@ymcasf.org

KOEY ZHOU

Youth Enrichment and Holiday Camp
青少年興趣班及假日營
(415) 748-3557
yzhou@ymcasf.org

PETER ZHOU

Immigrant Support Center
移民協助中心
(415) 748-3564
pzhou@ymcasf.org

HANG YI TAM

Reach & Rise Mentoring Program
師友導向計劃
(415) 748-3547
htam@ymcasf.org

MEMBER/PARTICIPANT SERVICES DESK

會員/參與者服務台
(415) 576-9622
memberservices@ymcasf.org

到達時請到前台登記。Please check in at the front desk when you arrive.

CHINATOWN YMCA • 855 Sacramento Street, San Francisco, CA 94108 • P: 415 576 9622 • www.ymcasf.org/chinatown

