



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## CHINATOWN YMCA

### WINTER/SPRING 2026

華埠青年會  
冬/春季2026

**CHINATOWN YMCA**  
855 Sacramento St,  
San Francisco, CA 94108  
(415) 576-9622  
[ymcasf.org/chinatown](http://ymcasf.org/chinatown)





**SPRING into swimming!** Whether you're just starting out or looking to sharpen your skills, we offer swim lessons for all ages and ability levels. Our certified instructors are here to help you or your child build confidence, improve technique, and stay active in a fun and supportive environment.

Make this season the one where you dive into something new or take your swimming to the next level!

## THINGS TO KNOW

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 classes there are per session. Please refer to this chart for pricing.

## GROUP SWIM LESSONS

25-26 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

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

## MONDAY/WEDNESDAY WEEKDAY LESSONS (2X PER WEEK)

### JANUARY

**1/12/26 - 2/4/26** (7 classes)  
No classes: 1/19/26

- **Priority Registration:** 12/17/25
- **Open Registration Begins:** 12/24/25
- **Registration Closes:** 1/9/26
- **Facility Member:** \$188.00
- **Community Participant:** \$245.00

### FEBRUARY

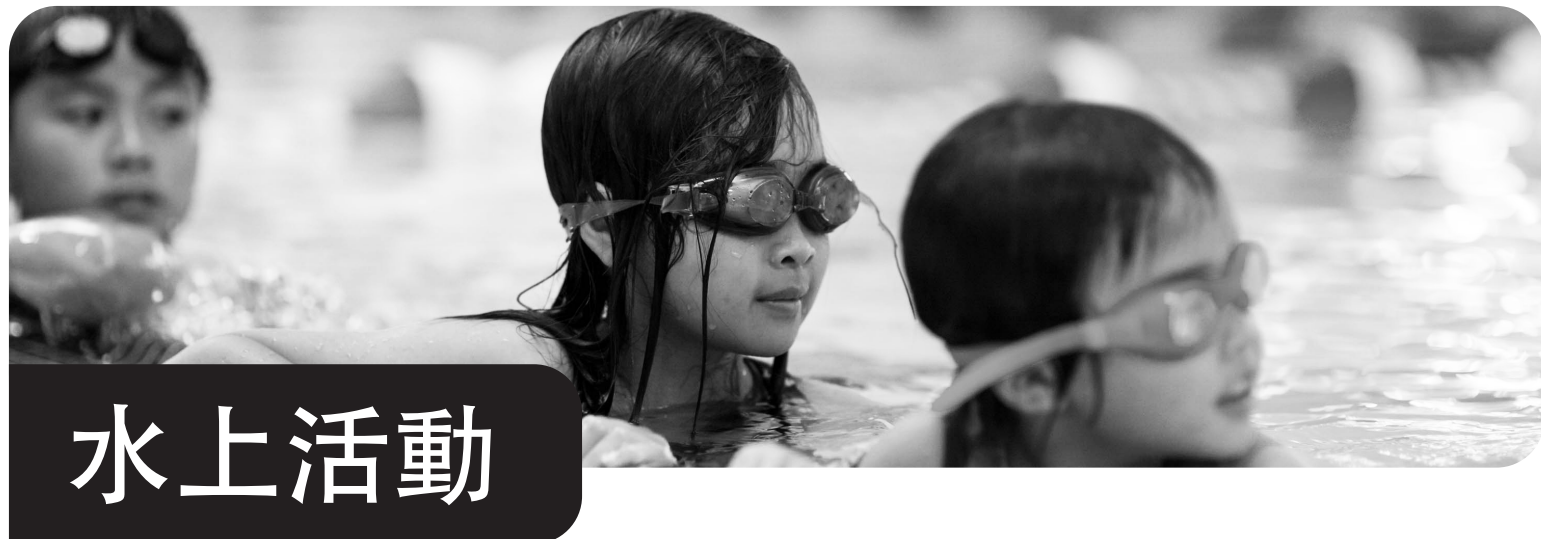
**2/9/26 - 3/4/26** (7 classes)  
No classes: 2/16/26

- **Priority Registration:** 1/21/26
- **Open Registration Begins:** 1/28/26
- **Registration Closes:** 2/6/26
- **Facility Member:** \$188.00
- **Community Participant:** \$245.00

### MARCH

**3/9/26 - 3/25/26** (6 classes)

- **Priority Registration:** 2/18/26
- **Open Registration Begins:** 2/25/26
- **Registration Closes:** 3/6/26
- **Facility Member:** \$160.00
- **Community Participant:** \$210.00



# 水上活動

迎接春天，快來學游泳吧！無論您是初學者，還是想要提升技巧，我們都提供適合各年齡與程度的游泳課程。專業教練將協助您或您的孩子建立自信、改善泳姿，並在充滿樂趣與支持的环境中保持活力。

讓這個季節成為您展開新挑戰或提升游泳能力的開始！

## 需要了解的事項

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堂數而定。請參閱此圖表以了解定價。

## 游泳課程

25-26 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

\* 優先報名適用於已報名之前課程的學生。

## 週一/週三平日課程 (每週2次)

### 一月

1/12/26 - 2/4/26 (7 堂)  
沒課: 1/19/26

- 優先報名: 12/17/25
- 開放報名: 1/12/26
- 報名截止: 1/9/26
- 保健會員: \$188.00
- 社區參加者: \$245.00

### 二月

2/9/26 - 3/4/26 (7 堂)  
沒課: 2/16/26

- 優先報名: 1/21/26
- 開放報名: 1/28/26
- 報名截止: 2/6/26
- 保健會員: \$188.00
- 社區參加者: \$245.00

### 三月

3/9/26 - 3/25/26 (6 堂)

- 優先報名: 2/18/26
- 開放報名: 2/25/26
- 報名截止: 3/6/26
- 保健會員: \$160.00
- 社區參加者: \$210.00



## APRIL

**4/6/26 – 4/29/26** (8 classes)

- **Priority Registration:** 3/18/26
- **Open Registration Begins:** 3/25/26
- **Registration Closes:** 4/3/26
- **Facility Member:** \$215.00
- **Community Participant:** \$280.00

## MAY

**5/11/26 – 6/3/26** (7 classes)

No class: 5/25

- **Priority Registration:** 4/15/26
- **Open Registration Begins:** 4/22/26
- **Registration Closes:** 5/8/25
- **Facility Member:** \$188.00
- **Community Participant:** \$245.00



## WEEKEND LESSONS (1X PER WEEK)

### JANUARY – FEBRUARY

**SATURDAY: 1/17/26 – 3/7/26** (8 classes)

- **Priority Registration:** 12/20/25
- **Open Registration:** 12/27/25
- **Registration Closes:** 1/14/26
- **Facility Member:** \$215.00
- **Community Participant:** \$280.00

**SUNDAY: 1/18/26 – 3/8/26** (8 classes)

- **Priority Registration:** 12/21/25
- **Open Registration:** 12/28/25
- **Registration Closes:** 1/15/26
- **Facility Member:** \$215.00
- **Community Participant:** \$280.00

### MARCH – APRIL

**SATURDAY: 3/14/26 – 5/9/26** (8 classes)

No class: 4/4/26

- **Priority Registration:** 2/21/26
- **Open Registration:** 2/28/26
- **Registration Closes:** 3/11/26
- **Facility Member:** \$215.00
- **Community Participant:** \$280.00

**SUNDAY: 3/15/26 – 5/10/26** (8 classes)

No class: 4/5/26

- **Priority Registration:** 2/22/26
- **Open Registration:** 2/29/26
- **Registration Closes:** 3/1/26
- **Facility Member:** \$215.00
- **Community Participant:** \$280.00

### MAY – JUNE

**SATURDAY: 5/16/26 – 6/27/26** (6 classes)

No class: 5/23/26

- **Priority Registration:** 4/18/26
- **Open Registration:** 4/25/26
- **Registration Closes:** 5/13/26
- **Facility Member:** \$160.00
- **Community Participant:** \$210.00

**SUNDAY: 5/17/26 – 6/28/26** (6 classes)

No class: 5/24/26

- **Priority Registration:** 4/19/26
- **Open Registration:** 4/26/26
- **Registration Closes:** 5/14/26
- **Facility Member:** \$160.00
- **Community Participant:** \$210.00



## 四月

**4/6/26 - 4/29/26 (8 堂)**

- 優先報名: 3/18/26
- 開放報名: 3/25/26
- 報名截止: 4/3/26
- 保健會員: \$215.00
- 社區參加者: \$280.00

## 五月

**5/11/26 - 6/3/26 (7 堂)**

沒課: 5/25

- 優先報名: 4/15/26
- 開放報名: 4/22/26
- 報名截止: 5/8/25
- 保健會員: \$188.00
- 社區參加者: \$245.00



## 週末課程 (每週 1 次)

### 一月至二月

星期六: **1/17/26 - 3/7/26 (8 堂課)**

- 優先報名: 12/20/25
- 開放報名: 12/27/25
- 報名截止: 1/14/26
- 保健會員: \$215.00
- 社區參加者: \$280.00

星期日: **1/18/26 - 3/8/26 (8 堂課)**

- 優先報名: 12/21/25
- 開放報名: 12/28/25
- 報名截止: 1/14/26
- 保健會員: \$215.00
- 社區參加者: \$280.00

### 三月至四月

星期六: **3/14/26 - 5/9/26 (8 堂課)**

停課日期: 2026年4月4日

- 優先報名: 2/21/26
- 開放報名: 2/28/26
- 報名截止: 3/11/26
- 保健會員: \$215.00
- 社區參加者: \$280.00

星期日: **3/15/26 - 5/10/26 (8 堂課)**

停課日期: 2026年4月5日

- 優先報名: 2/22/26
- 開放報名: 2/29/26
- 報名截止: 3/12/26
- 保健會員: \$215.00
- 社區參加者: \$280.00

### 五月至六月

星期六: **5/16/26 - 6/27/26 (6 堂課)** 5/23 沒課

- 優先報名: 4/18/26
- 開放報名: 4/25/26
- 報名截止: 5/13/26
- 保健會員: \$160.00
- 社區參加者: \$210.00

星期日: **5/17/26 - 6/28/26 (6 堂課)** 5/24 沒課

- 優先報名: 4/19/26
- 開放報名: 4/26/26
- 報名截止: 5/14/26
- 保健會員: \$160.00
- 社區參加者: \$210.00



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## SWIM TEAM

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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

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## PRIVATE AND SEMI-PRIVATE SWIM LESSONS

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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 PER STUDENT
Facility Member - Private	\$275
Community Participant- Private	\$330
Facility Member - Semi Private	\$245
Community Participant- Semi Private	\$295

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## WE ARE HIRING!

Interested in becoming a lifeguard or swim instructor?

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



## 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: \$140/月  
社區參與者: \$165/月

## 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。

可在月中加入或離開，但月費不會打折。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。

課程類型	學生每月費用
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

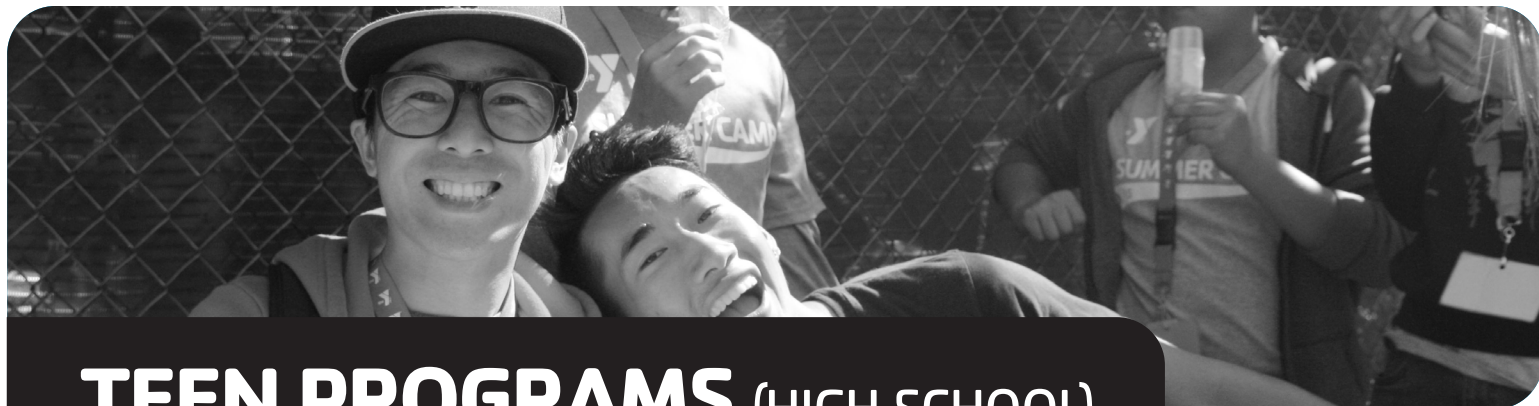
## 我們正在招聘!

有興趣成為救生員或游泳教練嗎？

查看[ymcasf.org/about/careers](https://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。





# 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 415.748.3561 or [keastland@ymcasf.org](mailto:keastland@ymcasf.org) for more information.

## GOAT FITNESS CLUB

**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!

- **MEETINGS:** Saturdays, 11:00am - 3:00pm
- **WORKOUT TIMES AVAILABLE:** Mondays - Fridays  
3:00pm - Close
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

Please contact **Kory Eastland** at 415.748.3561 or [keastland@ymcasf.org](mailto:keastland@ymcasf.org) for more information.

## PEER HEALTH EDUCATORS INTERNSHIP

**Have you ever been interested in the area of health and healthy living?** Do you want to grow and develop your leadership and speaking skills? In this internship, you'll learn to innovate and execute healthy living related workshops to your peers and the Chinatown community, develop your leadership skills and give your college resume a boost!

- **DATES AND TIMES:** Thursdays, 4:30pm - 6:00pm
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

Please contact **Kory Eastland** at [Keastland@ymcasf.org](mailto:Keastland@ymcasf.org) for more information.





## 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

請聯繫 **Kory Eastland**, 415.748.3546, 或發送電子郵件至 [keastland@ymcasf.org](mailto:keastland@ymcasf.org) 了解更多資訊。

### 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。如果你對鍛鍊身體感興趣，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索做好準備。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, 11:00am - 3:00pm
- 可運動時間: 週一至週五 下午3時至設施關閉
- 地點: 華埠青年會

請聯繫 **Kory Eastland**, 415.748.3546, 或發送電子郵件至 [keastland@ymcasf.org](mailto:keastland@ymcasf.org)

### 同齡人健康教育者實習

您是否對健康和健康生活領域感興趣？你想發展並提高你的領導能力和演講技巧嗎？在這次實習中，您將學習創新並為您的同齡人和華埠社區舉辦與健康生活相關的研討會，培養您的領導技能，並為您的大學簡歷增添一份活力！

- 日期和時間: 週四, 4:30pm - 6:00pm
- 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**, 415.748.3546, 或發送電子郵件至 [keastland@ymcasf.org](mailto:keastland@ymcasf.org)



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## TEEN CULINARY ACADEMY

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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 **Kory Eastland** at 415.748.3561 or keastland@ymcasf.org for more information.

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## SOMANYDYNAMOS: LEADERSHIP DEVELOPMENT PROGRAM

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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

### \*\* APPLICATIONS AVAILABLE \*\*

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

Please contact **Kory Eastland** at 415.748.3561 or keastland@ymcasf.org for more information.

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## FRIDAY NIGHT HOMEROOM

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Friday night and the living is all right at the Chinatown YMCA. Signing up for Friday Night Clubs and be a part of something bigger!

- **DATES AND TIMES:** Fridays, 4:00pm – 8:00pm
- **AGES:** All High school aged youth
- **COST:** YMCA Membership/  
Teen Program Membership
- **LOCATION:** Chinatown YMCA

### FRIDAY NIGHT OFFERINGS

- **Homeroom:** 4:00pm – 5:30pm  
Not your typical homeroom. This is when we get to do our homework together, hang out, and check in on how our week went.
- **Dinner:** 6:00pm  
Yup, we feed you! After homeroom, we sit together and break bread!
- **Open Gym:** 6:45pm – 8:00pm  
We'll own this gym Friday nights. Whether it be working out upstairs or playing pick up volleyball in the gym, this is your place.

### FRIDAY NIGHT SCHEDULE SNAPSHOT

- **Peer Health Internship Meeting:** 4:00pm – 5:00pm
- **Volleyball Teen Open Gym:** 5:00pm – 7:00pm
- **Fitness Training:** 5:30pm – 7:00pm

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

## 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 **Kory Eastland**, 415.748.3546, 或發送電子郵件至 [keastland@ymcasf.org](mailto:keastland@ymcasf.org)

## SOMANYDYNAMOS: 領導力發展項目

您是否有興趣為社區做出正面貢獻？想在過程中結識一些志同道合的朋友嗎？**SOMANYDYNAMOS** 是一個青少年服務領導小組，代表我們華埠青年會 (YMCA) 的青少年群體。從策劃青少年活動、社區志工服務，到在社區中心為其他青少年舉辦每月活動，再到為青少年發聲，**SOMANYDYNAMOS** 應有盡有！在這裡，您將在結識新朋友的同時，提升籌款、活動策劃和社區組織技能。

### \*\*申請現已開放\*\*

- 日期與時間: (9月13日開始)  
週二下午 4:30-6:00  
週五下午 4:30-7:30  
週六上午 11:00-下午 3:00
- 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**, 415.748.3546, 或發送電子郵件至 [keastland@ymcasf.org](mailto:keastland@ymcasf.org)

## 週五俱樂部

週五晚上，華埠青年會的生活很有趣。報名參加週五俱樂部並參與更大更好玩的活動！

- 日期和時間: 週五, 4:00pm - 8:00pm
- 年齡: 所有高中青年
- 費用: 青年會會員/青少年計劃會員
- 地點: 華埠青年會

### 週五晚間活動

- 教室: 4:00pm - 5:30pm  
不是你典型的教室。這是我們一起做功課，一起出去玩，看看一週過得怎麼樣的時候。
- 晚餐: 6:00pm  
是的，我們會提供食物！教室結束後，我們坐在一起吃飯！
- 開放式健身房: 6:45pm - 8:00pm  
週五晚上我們將擁有這個健身房。無論是在樓上鍛煉還是在健身房打排球，你們都可以享用設施。

### 週五晚上時間表快照

- 同齡人健康教育者實習會議: 4:00pm - 5:00pm
- 排球青少年開放體育館: 5:00pm - 7:00pm
- 健身訓練: 5:30pm - 7:00pm

請聯繫 **Kory Eastland**, 415.748.3546, 或發送電子郵件至 [keastland@ymcasf.org](mailto:keastland@ymcasf.org)



**\*\*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:** 12/06/25      **OPEN REGISTRATION DATE:** 12/13/25

**10% of Early Bird Discount** can apply for all enrichment classes during the period of 12/6/25 – 12/31/25  
(cannot use with Financial Assistance)

**\*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:** 2nd floor Family Room
- **DATES:** Saturdays, 1/10/26 – 5/16/26 (16 classes)  
\*No Class on 2/28, 4/4 & 4/11
- **BEGINNER LEVEL:** 11:45am – 12:45pm
  - **FACILITY MEMBER:** \$464
  - **COMMUNITY PARTICIPANT:** \$544
- **INTERMEDIATE LEVEL:** 1:00pm – 2:00pm & 2:30–3:30
  - **FACILITY MEMBER:** \$464
  - **COMMUNITY PARTICIPANT:** \$544
- **ADVANCE LEVEL:** 10:00am – 11:30am
  - **FACILITY MEMBER:** \$640
  - **COMMUNITY PARTICIPANT:** \$720



# 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: 12/06/25

開放報名日期: 12/13/25

所有的興趣班課程於12/6/25-12/31/25期間登記可享用**10%**的折扣（不能與經濟援助一起使用）

\*優先報名適用於已報名之前課程的學生。

## 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、植物、風景、人物等不同主題的作品。

- 費用: 保健會員: \$464
- 社區參與者: \$544

- 年齡: 5 - 13
- 地點: 三樓課室
- 時間及日期: 星期六, 1/10/26 - 5/16/26 (16 classes)  
\* 2/28, 4/4 & 4/11 休課
- 初班: 11:45am - 12:45pm
  - 費用: 保健會員: \$464
  - 社區參與者: \$544

- 中班 1:00pm - 2:00pm & 2:30-3:30
  - 費用: 保健會員: \$464
  - 社區參與者: \$544
- 高班: 10:00am - 11:30am
  - 保健會員: \$640
  - 社區參與者: \$720

## 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, 1/10/26 - 5/16/26 (16 classes)  
\*No Class on 2/8, 4/4 & 4/11
- **LOCATION:** Basketball court
- **BEGINNER:** 10:30am - 11:30am
  - **FACILITY MEMBER COST:** \$464
  - **COMMUNITY MEMBER COST:** \$544
- **INTERMEDIATE:** 11:45am - 12:45pm
  - **FACILITY MEMBER COST:** \$464
  - **COMMUNITY MEMBER COST:** \$544
- **ADVANCE:** 1:00pm - 2:30pm
  - **FACILITY MEMBER COST:** \$640
  - **COMMUNITY MEMBER COST:** \$720

## YOUTH CODING

Participants will learn core coding skills and techniques using Scratch. They will build a strong foundation in basics such as variables, loops, and conditionals, and complete hands-on projects that strengthen creativity, problem-solving, and logical thinking. The program also emphasizes debugging to build resilience and encourages collaboration through team-based coding projects.

- **DATES & TIMES:** Saturdays, 1/10/26 - 5/16/26 (16 classes)  
\*No Class on 2/28, 4/4 & 4/11
- **LOCATION:** Multipurpose Room
- **3<sup>rd</sup> - 5<sup>th</sup> GRADE:** 10:15am - 11:15am
  - **FACILITY MEMBER COST:** \$464
  - **COMMUNITY MEMBER COST:** \$544
- **6<sup>th</sup> - 8<sup>th</sup> GRADE:** 11:30am - 1:00pm
  - **FACILITY MEMBER COST:** \$640
  - **COMMUNITY MEMBER COST:** \$720

## 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, 2/7/26 - 5/2/26 (10 classes)  
\*No Class on 2/28, 4/4 & 3/11
- **3<sup>rd</sup> - 5<sup>th</sup> GRADE:** 3:30pm - 5:00pm
- **COST:** Free
- **LOCATION:** 2nd floor Multipurpose Room

## SPRING BREAK CAMPS

The Chinatown YMCA is offering Spring 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!

- **DATE:** 3/30/26 - 4/3/26
- **COST:** More information to come soon.

## 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 & TIMES:** Saturdays, 1/10/26 - 5/16/26 (16 classes)  
\*No Class on 2/8, 4/4 & 4/11
- **1<sup>st</sup> - 3<sup>rd</sup> GRADE:** 12:45pm - 2:15pm
- **LOCATION:** 2nd floor Kitchen
- **FACILITY MEMBER COST:** \$640
- **COMMUNITY MEMBER COST:** \$720



## 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, 1/10/26 - 5/16/26 (共16堂)  
\* 2/8, 4/4 & 4/11 休課
- 地點: 籃球場
- 初班: 10:30am - 11:30am
  - 保健會員: \$464
  - 社區參與者: \$544
- 中班: 11:45am - 12:45pm
  - 保健會員: \$464
  - 社區參與者: \$544
- 高班: 1pm - 2:30pm
  - 保健會員: \$640
  - 社區參與者: \$720

## 青少年編程

參與者將學習使用 Scratch 的核心編碼技能與技巧。他們會建立變數、循環與條件等基礎概念，並透過實作專案提升創意、問題解決能力與邏輯思維。課程也重視調試以培養韌性，並透過小組專案促進合作與共同學習。

- 時間及日期: 逢星期六, 1/10/26 - 5/16/26 (共16堂)  
\* 2/28, 4/4 & 4/11
- 地點: 多功能室
- 3-5年級: 10:15am - 11:15am
  - 保健會員: \$464
  - 社區參與者: \$544
- 6-8年級: 11:30am - 1:00pm
  - 保健會員: \$640
  - 社區參與者: \$720

## 補習課

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, 2/7/26 - 5/2/26 (共10堂)  
\* 2/28, 4/4 & 3/11 休課
- 3-5年級: 3:30pm - 5:00pm
- 費用: 免費
- 地點: 2樓多功能室

## 春令營

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！

- 春令營日期: 3/30/26 - 4/3/26
- 價錢: 更多資訊即將發佈。

## 小面包师

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 1/10/26 - 5/16/26 (共16堂)  
\* 2/8, 4/4 & 4/11 休課
- 1-3年級: 12:45pm - 2:15pm
- 地點: 二樓廚房
- 保健會員: \$640
- 社區參與者: \$720



# TUNG LOK EARLY CHILDHOOD LEARNING CENTER

Tung Lok provides a safe, supportive and nurturing environment that enriches the development of the whole child and provides a strong foundation for the entire family.

- Location: 75 Vallejo Street, San Francisco, CA 94111
- Age: Children from 3 months to 4 years old.
- Our new program hours are from 7:30am to 5:30pm.
- Our program is open Monday- Friday. We are open year-round, except for major holidays
- We accept Third Party Vouchers!
- Visit: [YMCASF.ORG/Preschool](http://YMCASF.ORG/Preschool) to learn more!

Income eligible 100% Tuition and 50% Tuition Scholarships are available through ELFA and the Department of Early Childhood Education.

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



## GROUP EXERCISE CLASSES

**Are you ready to boost your fitness and have fun in the process?** We invite you to join our group exercise classes designed for all fitness levels! Whether you're a seasoned athlete or just starting your wellness journey, there's something for everyone. Meet new friends during this process.

- **YOGA:** Enhance your flexibility and relaxation with our calming yoga sessions.
- **ZUMBA:** Dance your way to fitness with high-energy music and moves!
- **STRENGTH TRAINING:** Build muscle and endurance with our guided strength classes.
- **HIIT (High-Intensity Interval Training):** Get your heart pumping and burn calories in this fast-paced workout.
- **PILATES:** Improve your core strength and overall body awareness.



### Try one of our Zumba classes!

**Welcome Sergio!** We're excited to introduce Sergio, a certified Zumba instructor since 2018. He loves dancing to all kinds of music and brings great energy to every class. **Try his Zumba class on Fridays at 5:00pm**

### MORE ZUMBA CLASSES TO EXPLORE:

- **MONDAYS** AT 5:35 PM WITH CLAUDIA RODAS
- **TUESDAYS** AT 12:05 PM WITH MAY KUANG
- **THURSDAYS** AT 5:05 PM WITH MAY KUANG

# 同樂育兒中心

同樂育兒中心為幼兒提供一個安全、支持且充滿關懷的環境，促進孩子全方位的成長與發展，並為整個家庭奠定堅實的基礎。

- 地点：加利福尼亚州旧金山瓦列霍街75号，邮编94111
- 年龄：3个月至4岁的儿童。
- 我们新的课程时间为上午7:30 至下午5:30。
- 我们的课程周一至周五开放。除主要节假日外，我们全年开放。
- 我们接受第三方代金券！
- 访问 [YMCASF.ORG/Preschool](http://YMCASF.ORG/Preschool) 了解更多信息！

透過 ELFA 與三藩市幼兒教育局，可申請全額（100%）或半額（50%）學費補助。

請通過 [LZegarra@ymcasf.org](mailto: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。



## 小組健身課程

準備好增強你的體能，並在此過程中享受樂趣嗎？我們誠邀您加入我們專為各種健身水平設計的小組健身課程！無論您是經驗豐富的運動員，還是剛剛開始健康之旅，這裡都有適合每個人的選擇。還可以在這過程中結識新朋友。

- 瑜伽：通過我們放鬆身心的瑜伽課來增強您的柔韌性和放鬆感。
- 尊巴舞：跟隨充滿活力的音樂和動作，跳舞健身！
- 力量訓練：參加我們的力量訓練課，鍛煉肌肉並增強耐力。
- 高強度間歇訓練 (HIIT)：在這個節奏快速的訓練中，讓你的心跳加速，燃燒卡路里。
- 普拉提：提高您的核心力量和全身的覺察力。



來試我們的尊巴課吧！

歡迎 **Sergio**！我們很高興向大家介紹 Sergio，他是一位擁有 2018 年認證的尊巴教練。他熱愛各種類型的音樂，並為每一堂課都注入了滿滿的活力。每週五, 5pm，歡迎來試他的尊巴課程！

更多尊巴課程：

- 每週一, 5:35pm, 跟 Claudia Rodas
- 每週二, 12:05pm, 跟 May Kuang
- 每週四, 5:05pm, 跟 May Kuang

# CHINATOWN YMCA 華埠青年會

## STAFF 職員

### LUCHI BOYLE

Health & Wellness

健康活動

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同樂育兒中心主任

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青少年活動

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Youth Enrichment and Holiday Camp

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移民協助中心

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### VIVIEN MA

Member Engagement

會員服務

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### LILLIAN LEE

Swim Lessons

游泳課

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lplee@ymcasf.org

### MEMBER/PARTICIPANT SERVICES

會員/參與者服務

(415) 576-9622

memberservices@ymcasf.org

