



CHINATOWN YMCA

SUMMER 2026

華埠青年會
暑期 2026

**IMPORTANT REGISTRATION
DATES AND INFO AVAILABLE
ON THE BACK COVER!**

**重要註冊日期和資訊請見
本手冊背面！**

CHINATOWN YMCA

855 Sacramento St
San Francisco, CA 94108
(415) 576-9622

www.ymcasf.org/location/chinatown-ymca/





DAY CAMP

Put those books away, this kind of learning happens outside this classroom! Summer is here and it's time to get off the couch meet some new friends! The Chinatown YMCA Day Camp provides a safe and positive atmosphere for our campers to play, explore, and create. This 9 week, theme based camp will be full of opportunities to meet new friends, engage in project based activities, and explore the city around them. We build an environment of learning by working together as a team and teaching youth about our four core values of: caring, responsibility, honesty, and respect. We will divide campers according to grade level following an age relevant schedule of group games, mini local trips, arts and crafts, recreational swimming, field trips, and so much more! Sign up and let's start our summer adventure! Prices are by week.

SESSION DATES	FACILITY MEMBER	COMMUNITY PARTICIPANT	RECIPIENT OF FREE AND REDUCED LUNCH
Week 1: 6/8-6/12	\$325	\$405	\$202
Week 2: 6/15-6/18 no camp on 6/19	\$262	\$320	\$162
Week 3: 6/22-6/26	\$325	\$405	\$202
Week 4: 6/29-7/2 no camp on 7/3	\$262	\$320	\$162
Week 5: 7/6-7/10	\$325	\$405	\$202
Week 6: 7/13-7/17	\$325	\$405	\$202
Week 7: 7/20-7/24	\$325	\$405	\$202
Week 8: 7/27 - 7/31	\$325	\$405	\$202
Week 9: 8/3 - 8/7	\$325	\$405	\$202

- **AGES:** Entering Kindergarten through 8th grade
- **DATE & COST:** 6/8- 8/7 (9 weekly sessions)
(*No session 6/19 and 7/3)
\$50 deposit per week, per child required

- **TIME:** Monday - Friday, 9 am – 4 pm
- **Free morning and afternoon care:**
8 am - 9 am & 4 pm - 5:30pm
- **LOCATION:** Chinatown YMCA, 855 Sacramento Street

PIONEERS (ENTERING K-1ST GRADE)

(Staff to youth ratio 1:8)

Pioneers will discover basic skills and abilities to develop motor and creative thinking skills with activities based around early childhood development principles.

EXPLORERS - ENTERING 4TH & 5TH GRADE

(Staff to youth ratio 1:12)

Explorers are on the cusp of accomplishing great things through experimentation and self-discovery. They will learn about their world through project based activities and team work.

ADVENTURERS (ENTERING 2ND & 3RD GRADE)

(Staff to youth ratio 1:8)

Adventurers will continue to build on developing individual skills with a focus on working with others through playing games, singing songs, and structured activities.

MOVIN' ON - ENTERING 6TH, 7TH & 8TH GRADE

(Staff to youth ratio 1:15)

This Day Camp is just for your middle schooler. We know that at this age, middle schoolers thrive on strong peer networks and need a fun summer program tailored towards their interests. We will challenge your minds and abilities to be creative and to think critically while playing team building games, special cooking projects, and exploring age relevant fieldtrips.



日營

暑假到了，讓我們把書本擱到一邊、離開沙發並和朋友們一同享受愉快的夏日時光吧！華埠青年會的日營為孩童提供一個安全和正面的環境來遊戲、探索和發揮創造力。這個為期九週的主題性日營將充滿各式各樣的機會來認識新朋友，參與策劃性的活動和探索城市的周圍。我們通過團隊合作，教育青少年關心我們的四個核心價值觀：關愛，責任，誠實和尊重，以營造一個學習氣氛。我們將依照孩童的年級分組，並安排適合其年齡的團體遊戲、小型本地郊遊、美術和勞作、康樂游泳、實地勘察和更多其它活動！立即報名，讓我們一起開啟充滿歡樂與成長的夏日冒險吧！

活動日期	保健會員	社區參與者	獲得免費或減免午餐資格參加者
第 1 週: 6/8 - 6/12	\$325	\$405	\$202
第 2 週: 6/15 - 6/18 6/19 休課	\$262	\$320	\$162
第 3 週: 6/22 - 6/26	\$325	\$405	\$202
第 4 週: 6/29 - 7/2 7/3 休課	\$262	\$320	\$162
第 5 週: 7/6 - 7/10	\$325	\$405	\$202
第 6 週: 7/13 - 7/17	\$325	\$405	\$202
第 7 週: 7/20 - 7/24	\$325	\$405	\$202
第 8 週: 7/27 - 7/31	\$325	\$405	\$202
第 9 週: 8/3 - 8/7	\$325	\$405	\$202

- 年齡：進入K至8年級者
- 日期和費用：6/8– 8/7 (為期9週)
(6/19 及 7/3 休課)
每個孩子,每週,報名時需付\$50留位費

- 時間：星期一至星期五 9 am – 4 pm
- 免費早上及下午托兒服務：
8 am - 9 am 及 4 pm - 5:30pm
- 地點：華埠青年會, 855沙加甸度街

先驅者 (進入幼稚園和1年級學生)

(職員與學生的比例為1:8)

先驅者級別孩童將發展其基本技能和能力，並採用以早期兒童發展原則為主的活動來培養動作和創造性思維的技能。

探險家 (進入4和5年級學生)

(職員與學生的比例為1:12)

探險家級別的孩童透過實驗和自我發現的方式來完成偉大的事情。他們將透過主題性的活動和團隊合作來學習他們所成長的世界。

冒險家 (進入2和3年級學生)

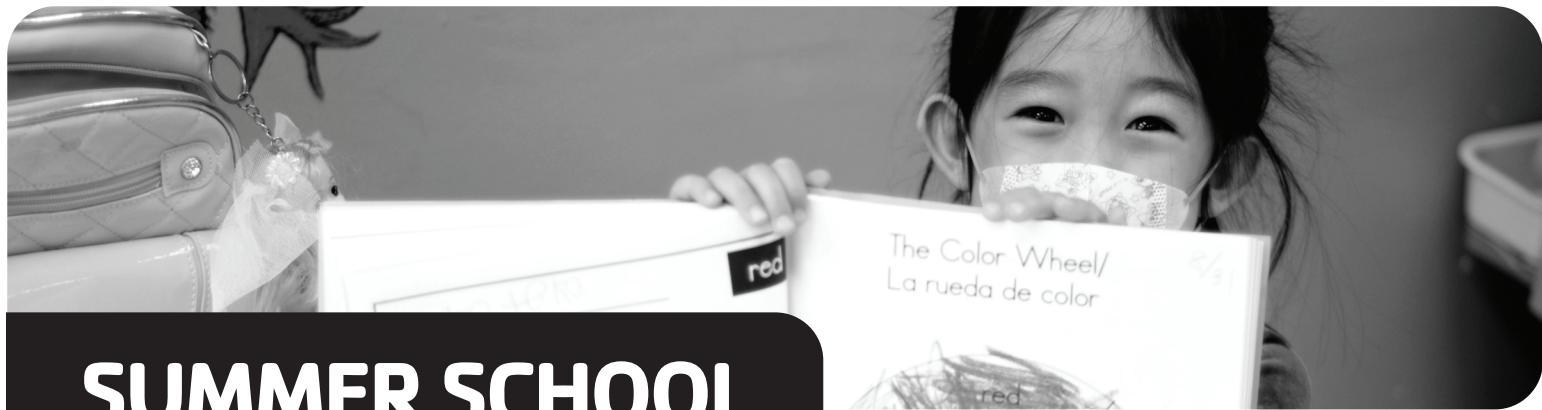
(職員與學生的比例為1:8)

冒險家級別的孩童將繼續鞏固發展其個人技能，以及透過遊戲、唱歌和結構性的活動來加強與他人的合作。

MOVIN' ON (進入6至8年級學生)

(職員與學生的比例為1:15)

這個日營是專為中學生所設計。我們知道這個年紀的初中生喜歡有一個同齡的社交網，而且需要一個專門針對他們的興趣以設計的趣味暑期項目。我們將透過團隊建立遊戲、烹飪項目和適合其年齡的戶外出遊來挑戰孩童的心智、創造力和分析思考的能力。



SUMMER SCHOOL

SUMMER SCHOOL REGISTRATION STARTS ON MONDAY, MARCH 9TH, 2026 at 9:00 AM.

Children learn best when instruction is continuous. To close that summer learning gap and the setbacks from the pandemic, our program strives to prevent summer learning loss and fill your child's summer with fun, friends and academic enrichment.

Our Summer School Program is in partnership with YMCA of USA and BellXcel (Building Educated Learners for Life) to implement a program called Power Scholar Academy (PSA). PSA comes with a structured curriculum that focuses on math and academic literacy to prevent summer learning loss. The teachers will also lead skill building and recreational activities that encourage exploration and spark curiosity that enriches the learning experience. There will also be an exciting field trip once a week to provide more hands-on learning and summer fun. **Summer break will never be the same again!**

- **AGES:** Entering 1st to 5th Grade
- **FEE:** \$450
- **LOCATION:** Gordon J Lau Elementary School
950 Clay Street, San Francisco, CA 94108
- **DATES :** 6/8/26-7/17/26 (6 weeks)
(No class on 6/19 & 7/3)
- **TIMES:** Monday - Friday
8:00am - 9:00am: Free Extended Care
9:00am - 4:00pm: Program
4:00pm - 5:30pm: Free Extended Care

MIDDLE SCHOOL ADVENTURES

Do you know what your middle schooler is doing in the summer? Come join our Middle School Adventures program! Our approach is centered on youth-lead activities, where students co-create their program with dedicated staff, focusing on four core pillars of: emotional resilience, communication, physical wellbeing, and mental health. Our hope is to provide a safe space that allows students to ask questions, build a strong supportive peer network and gain confidence in school through enriching project-based learning activities and to explore the great city of San Francisco.

- **AGES:** Entering 6th to 8th Grade
- **FEE:** \$300
- **LOCATION:** John Yehall Chin Elementary School
350 Broadway Street, San Francisco, CA 94133
- **DATES :** 6/8/26 - 7/17/26 (6 weeks)
(No class on 6/19 & 7/3)
- **TIMES:** Monday - Friday
8:00am - 9:00am: Free Extended Care
9:00am - 4:00pm: Program
4:00pm - 5:30pm: Free Extended Care



暑期班

暑期班報名將於**2026年3月9日,星期一, 9:00 AM**開始。

孩童在連貫性的指導方式下學習成效最佳。為了避免暑假期間的學習差距，我們的計劃致力不讓孩童在暑期產生學習能力退步，並會為您的孩子帶來充滿趣味、朋友和學術性的綜合活動。

我們的暑期班與美國的YMCA和BellXcel合作一起舉辦Power Scholar Academy計劃。Power Scholars Academy 計劃通過結構化的課程設計，專注於培養數學及讀寫能力以防止因暑期而造成成績退步。老師也將引領技能建設和娛樂活動。這些活動將鼓勵探索和激發好奇心來豐富學習經驗。還將有每週一次的實地考察，提供更多實作學習與夏日樂趣。**這個夏天，將不再只是放假，而是一段充滿成長與驚喜的學習旅程！**

- 年齡: 進入1至5年級
- 費用: \$450
- 地點: 劉貴明小學
950 Clay Street, San Francisco, CA 94108
- 日期: 6/8/26-7/17/26 (6週)
(6/19和7/3休課)
- 時間: 星期一至星期五
8:00am - 9:00am: 免費托兒服務
9:00am - 4:00pm: 項目
4:00pm - 5:30pm: 免費托兒服務

中學探索計劃

您如何安排家裏的中學生度過這個暑假？歡迎參加我們的中學探索計劃！我們的計劃以青少年主導活動為中心，學生與可信賴的工作人員共同創建他們的計劃，計劃重點關註四個核心：心理彈性、溝通能力、身體健康和心理健康。我們希望提供一個安全的空間，並致力於通過豐富的項目式學習活動，讓他們能夠勇於提問，建立並鞏固同伴網絡，增強他們在學校的自信心，同時探索美麗的三藩市。

- 年齡: 進入6至8年級
- 費用: \$300
- 地點: 余河小學
350 Broadway Street, San Francisco, CA 94133
- 日期: 6/8/26 - 7/17/26 (6週)
(6/19和7/3休課)
- 時間: 星期一至星期五
8:00am - 9:00am: 免費托兒服務
9:00am - 4:00pm: 項目
4:00pm - 5:30pm: 免費托兒服務

ADD MORE FUN TO SUMMER SCHOOL! REGISTER FOR SWIM LESSONS OR ENRICHMENT CLASSES*!

SUMMER SCHOOL – GROUP SWIM LESSONS

Add summer swimming lessons to your summer school activities! Only available for summer school participants! Lessons will occur after regular program time. Students will be walked over from Gordon J. Lau E.S. to the Chinatown YMCA. Pick up on swim lesson days for registered swim lesson participants will be at the Chinatown YMCA. Certificate of Achievements will be provided at the end of the session!

DATES: 6/8/26-7/16/26 (2X PER WEEK FOR 6 WEEKS)

MONDAY/WEDNESDAY (12 CLASSES)

TIME: 4:30 PM – 5 PM OR 5:10 PM – 5:40 PM
COST: Facility Member: \$322
Community Participant: \$420

Swim Basics Academy

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

TUESDAY/THURSDAY (12 CLASSES)

TIME: 4:30 PM – 5 PM OR 5:10 PM – 5:40 PM
COST: Facility Member: \$322
Community Participant: \$420

Summer Swim Strokes Academy

Focuses on refining technique, improving endurance, and mastering more complex skills for swimmers who have a strong foundation in the basics. The lesson is designed for experienced swimmers aiming to increase their speed, efficiency, and proficiency across all strokes.

Upon Registering for Summer School Lessons, you will be asked to enroll in the following options:

- **Summer Swim Basics Academy (For students in Stages 1-3)**
- **Summer Swim Strokes Academy (For students in Stages 4-6)***

***Please note and keep in mind that you must have a Certificate of Achievement or other qualifying swim skills assessment prior to registering for Summer Swim Strokes Academy (Stages 4-6)!**

Lesson days	Lesson times	Please pick-up student by	Pick-up Location
Monday/Wednesday	4:30-5pm	5:20pm	Chinatown YMCA 1st floor lobby
	5:10-5:40pm	6pm	
Tuesday/Thursday	4:30-5pm	5:20pm	ID required for pick up.
	5:10-5:40pm	6pm	



INFORMATION ABOUT EXTENDED FUN CLASSES AVAILABLE ON PG 8.

在暑期班增添更多樂趣! 報名參加游泳課程或附加趣味課*!

暑期班游泳課 - 小組課程

將游泳課程加入您的暑期學校活動中吧! 本課程僅限暑期學校學員參加。游泳課程將於每日一般課程結束後進行。學生將由工作人員帶領從劉貴明小學步行前往華埠青年會。在有游泳課的當天，家長請於華埠青年會接回游泳課程的學員。課程結束後，學員將獲得結業證書!

日期: 6/8/256 - 7/17/26 (每週 2 堂, 總共6週)

週一/週三 (12 堂)

時間: 4:30 PM – 5 PM 或 5:10 PM – 5:40 PM

費用: 保健會員: \$322

社區參與者: \$420

週二/週四 (12 堂)

時間: 4:30 PM – 5 PM 或 5:10 PM – 5:40 PM

費用: 保健會員: \$322

社區參與者: \$420

游泳基礎學院

學員將學習個人水上安全，並透過以下兩項核心技能，建立基本游泳能力：

- 游泳，漂浮，再游泳- 前滑行，翻身，仰漂，翻身，前滑行，安全離池
- 跳入，推離，轉身，抓握

夏季游泳泳姿學院

本課程專為已具備扎實游泳基礎的學員設計，重點在於：精進游泳技巧，提升耐力，學習與掌握更進階的游泳技能。課程目標是幫助有經驗的游泳者，在所有泳姿中提升速度、效率與整體熟練度。

報名時需選擇以下課程類別之一：

- 暑假 游泳基礎學院，適合第1-3階段的學生
- 暑假 游泳泳姿學院，適合第4-6階段的學生

*請注意：報名「暑假 游泳泳姿學院（第 4-6 階段）」前，學員必須已持有游泳結業證書（或其他合格的游泳能力評估證明）。

上課日	上課時間	請在此時間前接學生	接回地點
週一 / 週三	4:30-5pm	5:20pm	華埠青年會 一樓大廳 接孩子時請務必 出示身分證件
	5:10-5:40pm	6pm	
週二 / 週四	4:30-5pm	5:20pm	華埠青年會 一樓大廳 接孩子時請務必 出示身分證件
	5:10-5:40pm	6pm	



* 附加趣味課的資訊，請參閱第9頁。



EXTENDED FUN CLASSES

ADD MORE FUN TO YOUR SUMMER! EXTENDED FUN SPECIALTY CLASSES

AVAILABLE FOR CAMPERS KINDERGARTEN – 5TH GRADE
ART, BEGINNER PICKLEBALL AND LITTLE BAKER

- **MONDAY & WEDNESDAY SESSION:**
K-2nd grade: Art
3rd-5th grade: Beginner Pickleball
- **TUESDAY & THURSDAY SESSION:**
K-2nd grade: Little Baker
3rd-5th grade: Art

6 WEEKS SESSION – 6/8/26-7/16/26 – 4:30PM-5:45PM

Monday & Wednesday session (12 classes)
Cost: Facility Member \$396
Community Participant \$456

Tuesday & Thursday session (12 classes)
Cost: Facility Member \$396
Community Participant \$456

3 WEEKS SESSION 1 – 6/8/26-6/25/26 – 4:30PM-5:45PM

Monday & Wednesday session (6 classes)
Cost: Facility Member \$210
Community Participant \$240

Tuesday & Thursday session (6 classes)
Cost: Facility Member \$210
Community Participant \$240

3 WEEKS SESSION 2 – 6/29/26-7/16/26 – 4:30PM-5:45PM

Monday & Wednesday session (6 classes)
Cost: Facility Member \$210
Community Participant \$240

Tuesday & Thursday session (6 classes)
Cost: Facility Member \$210
Community Participant \$240



附加趣味課

為你的暑假增添更多樂趣! 附加趣味課

**K-5年級的學童均可參加
畫畫, 初級匹克球和小烘焙師**

- 週一和週三班:
幼兒園至2年級: 畫畫
3-5年級: 初級匹克球
- 週二和週四的課程
幼兒園至2年級: 小烘焙師
3-5年級: 畫畫

6週的課程日期 - 6/8/26-7/16/26 - 4:30PM-5:45PM

週一和週三班 (12堂課)
費用: 保健會員: \$396
社區參與者: \$456

週二和週四班 (12堂課)
費用: 保健會員: \$396
社區參與者: \$456

3週的課程1日期 - 6/8/26-6/25/26 - 4:30PM-5:45PM

週一和週三班 (6堂課)
費用: 保健會員: \$210
社區參與者: \$240

週二和週四班 (6堂課)
費用: 保健會員: \$210
社區參與者: \$240

3週的課程2日期 - 6/29/26-7/16/26 - 4:30PM-5:45PM

週一和週三班 (6堂課)
費用: 保健會員: \$210
社區參與者: \$240

週二和週四班 (6堂課)
費用: 保健會員: \$210
社區參與者: \$240



TEEN PROGRAMS

Check out our teen programs for opportunities to explore your potential in leadership and community service.

LEADER DEVELOPMENT PROGRAM (LDP)

The Leader Development Program is a redesigned program to give teens an opportunity to learn and grow as a confident leader. Through this program, participants will learn how to lead games and project-based activities, teach cheers, instruct a group of children grades K-8, and understand the importance of group work. Along with learning the skills needed to lead a group of youth, teens will learn valuable confidence building life skills such as responsibility, time management, and organization. To encourage group bonding and team work, LDP's go on fieldtrips every week such as: bowling, ice skating, and movies, attend 2 weekly meetings and workshops. All participants will meet at the Chinatown YMCA. LDP's will need to bring a bag lunch every day. After the 8 week program, LDP will be qualified to interview to be a Summer Teen Volunteer.

- **AGES:** Entering Freshmen, Sophomore, or New High School Participant
- **DATE:** 6/8/26-8/7/26
- **TIME:** 9am – 4pm
- **COST:** \$250 (\$50 deposit required)
- **LOCATION:** Chinatown YMCA and Gordon J Lau ES

TEEN VOLUNTEER

If you are an entering junior or senior in high school or older interested in working with kids this summer, this is the place to be. Along with gaining over 200 hours of service hours, we will grow you to be leaders through weekly workshops and chances to build your college resume! Let this summer be the one where you work with a fun, caring staff and get firsthand training in all aspects of being a camp counselor. Volunteers must apply, interview, and attend training to develop and refresh their skills.

***Applications available online or at our Welcome Center beginning: 2/2/26**

- **AGES:** Entering Sophomores with previous childcare/CIT experience, entering high school Juniors and Seniors
- **APPLICATIONS DUE:** 5/15/26
- **DATE & TIME:** 6/8/26 – 8/7/26, 9am – 4:30pm
- **COST:** Free
- **LOCATION:** Chinatown YMCA or Gordon J Lau ES



青少年項目

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。

輔導員訓練項目(LDP)

輔導員訓練項目是一項重新設計的課程，為青少年提供一個可以學習和培養領導能力的機會。透過這個項目，參加者將學習如何帶領團康遊戲、呼口號、監督一群從幼稚園到8年級大的兒童，以及了解團隊合作的重要性。除了學習帶領團體的技巧之外，青少年還將學到寶貴的信心建立的技能，例如責任感、時間管理和組織能力。為了加強團隊的感情和合作，輔導員訓練項目每隔一週會舉辦戶外出遊活動：保齡球、溜冰和看電影；還有，兩次週期會議和工作坊。八星期後，輔導員將有資格面試成為青少年暑期義工。

- 年齡: 升高中9年級和10年級，或新來的高中生
- 日期: 6/8/26-8/7/26
- 時間: 9am – 4pm
- 費用: \$250 (報名時需付\$50留位費)
- 地點: 劉貴明小學和華埠青年會

青少年義工

如果你是即將升上高中10年級或11年級的學生，或者年齡更大，並且有興趣在暑假與孩子們一起工作，那麼這裡就是你的理想之選。除了能獲得超過200小時的志工服務時間外，我們還將透過每週的研討會和各種機會，幫助你成長為優秀的領導者，並為你的大學申請履歷增添亮點！這個暑假，你將與一群充滿樂趣、關懷他人的職員一起工作，並獲得營地輔導員各個方面的實踐培訓。志工必須申請、面試並參加培訓，以提升和鞏固他們的技能。。

***2/2/26起可以透過網上或親自到會員服務處索取報名表格**

- 年齡: 進入高中10年級高 (有兒童看護經驗), 11年級和12年級學生
- 申請截止日期: 5/15/26
- 日期和時間: 6/8/26 – 8/7/26, 9am – 4:30pm
- 費用: 免費
- 地點: 劉貴明小學或華埠青年會



OVERNIGHT CAMP

BOYS AND GIRLS CAMP - 9 - 13 YEARS OLD

Youth ages 8-13 are divided into age appropriate groups and experience sleeping under the stars in tents and participate in activities such as swimming, arts & crafts, outdoor education, music, games, archery, and campfire. Staff to youth ratio is 1:6.

* See Residence Camp Brochure for more information.

TEEN OVERNIGHT CAMP - 14 - 18 YEARS OLD

Teen Overnight Camp is a week-long overnight camp held together with Boys and Girls camp. Teen Overnight Camp offers teens a chance for self-exploration, sessions that explore teenage topics such as: social pressures, how to deal with stressors, and making smart choices. We strive to create a memorable camping experience by developing the foundation for strong self-confidence surrounded by positive adult and peer influences, interactive and fun games that build teamwork, and friendships that last a lifetime. Escape the urban jungle with us!

* Special for Day Camp, Summer School Participants, and CIT's !! Receive a \$100 credit towards Residence Camp if you are registered for Summer School, LDP or 7 weeks or more of Day Camp.

- **AGE:**
Boys and Girls Camp 9 - 13 years old
Teen Overnight Camp 14 - 18 years old
- **LOCATION:** Camp Chesebrough, Santa Cruz Mountains
- **DATES:** To be determined
- **COST:**
Facility Member: \$525
Community Participant: \$550
\$100 deposit required



夏令營

男孩女孩過夜營- 9 - 13 歲

8至13歲的青少年將分配到合適的小組內，參加這個活動的營友們可以親身體驗睡在帳篷裡觀望一望無際的星空。其餘的集體活動包括游泳、勞作美術、戶外教育、音樂、遊戲、射箭、和營火會。參與者與員工們的比例為一比六。

*詳情可參閱夏令營小冊子。

青少年過夜營- 14 - 18 歲

青少年過夜營是一個為期一週的過夜宿營活動，跟同男孩女孩過夜營一起。青少年過夜營為青少年提供一個自我探索的機會，以及探討青少年話題的會談，例如社會壓力、如何應對壓力和做出明智的選擇。藉由具有正面態度的成人和同儕的影響來建立自信的基礎、用互動和有趣的遊戲來建立團隊合作，以及認識能結交一輩子的朋友，幫助我們創造出一個難忘的宿營經驗。與我們一起遠離都市叢林吧！

* 暑期班和日營參加者優惠!! 如您報名以下其中一項活動則可在夏令營上獲得\$100的折扣：暑期班, 輔導員訓練項目(LDP) 或 至少7週的日營.

- 年齡:
男孩女孩過夜營 9 - 13 歲
青少年過夜營 14 - 18 歲
- 地點: Chesebrough 營地, 聖克魯斯 山脈
- 日期: 待定
- 費用
保健會員: \$525
社區參與者: \$550
報名時必須繳交\$100按金



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: 5/9/26
- Open Registration Date: 5/16/26
- 10% of Early Bird Discount can apply for all enrichment classes during the period of 5/9/26-5/31/26 (cannot use with Financial Assistance)

*Priority registration is granted to students enrolled in the session immediately preceding the session for which they are registering.

YOUNG ARTIST PROGRAM

BEGINNER

This class uses themed, hands-on lessons to spark creativity and build confidence in artistic expression. Children develop skills in color, painting, and creative thinking while engaging with a variety of materials. Classes are taught in Chinese, allowing students to naturally expand their Chinese language skills through art.

INTERMEDIATE

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

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
- DATES: Saturdays, 6/13/26 - 8/8/26
(8 classes) *No Class on 7/4
- LOCATION: 2ND FLOOR FAMILY ROOM
- BEGINNER: 11:45am-12:45pm
- INTERMEDIATE: 1pm-2pm; 2:30pm-3:30pm
- ADVANCED: 10am-11:30am
- FACILITY MEMBER: \$232 (+ \$20 material fee)
- COMMUNITY PARTICIPANT: \$272 (+ \$20 material fee)



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: 5/9/26
- 開放報名日期: 5/16/26
- 所有的興趣班課程於5/9/26-5/31/26期間登記可享用9折優惠 (不能與經濟援助一起使用)

* 優先報名資格僅提供給已報名並完成前一個課程，且續報相同課程的學員。

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
- 時間及日期: 逢星期六, 6/13/26 - 8/8/26 (共8堂)
* 7/4 休課
- 地點: 二樓課室
- 初班: 11:45am - 12:45pm
- 中班: 1pm - 2:pm; 2:30pm-3:30pm
- 高班: 10am-11:30am
- 保健會員: \$232 (另加\$20材料費)
- 社區參與者: \$272 (另加\$20材料費)

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!

- AGE: 5-13
- LOCATION: BASKETBALL COURT
- DATES: Saturdays, 6/13/26 - 8/8/26 (8 classes)
*No Class on 7/4
- BEGINNER: 10:30am-11:30am
- INTERMEDIATE: 11:45am-12:45pm
- ADVANCED: 1pm-2:30pm
- FACILITY MEMBER:
\$232 (BEGINNER AND INTERMEDIATE)
\$320 (ADVANCED)
- COMMUNITY PARTICIPANT:
\$272 (BEGINNER AND INTERMEDIATE)
\$360 (ADVANCED)

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.

- AGE: 3RD-8TH GRADE
- LOCATION: 2ND FLOOR MULTI-PURPOSE ROOM
- DATES: Saturdays, 6/13/26 - 8/8/26 (8 classes)
*No Class on 7/4
- 3RD-5TH GRADE: 10:15am-11:15am
- 6TH-8TH GRADE: 11:30am-1pm
- FACILITY MEMBER COST:
\$232 (3RD-5TH GRADE)
\$320 (6TH-8TH GRADE)
- COMMUNITY PARTICIPANT COST:
\$272 (3RD-5TH GRADE)
\$360 (6TH-8TH GRADE)

JR. RANGERS – MIDDLE SCHOOL

Escape into the world of iconic Bay Area landscapes — from towering redwood forests and the historic grounds of Alcatraz to the hidden trails of the Presidio. Activities include fishing, crabbing, hiking, nature arts and crafts, campfires with s'mores, photography, games, geocaching, and more.

- AGE: ENTERING 6TH - 8TH GRADE
- LOCATION: 2ND FLOOR FAMILY ROOM
- FEE: Free (Priority given to families residing in zip codes 94108, 94109, and 94133.)
- DATES AND TIMES: 8 AM - 4 PM
WEEK 1 7/20/26-7/24/26
WEEK 2 7/27/26-7/31/26
WEEK 3 8/3/26-8/7/26

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。

- 年齡: 5 - 13
- 地點: 籃球場
- 時間及日期: 逢星期六, 6/13/26 - 8/8/26 (共8堂)
* 7/4 休課
- 初級班: 10:30am-11:30am
- 中級班: 11:45am-12:45pm
- 高級班: 1pm-2:30pm

- 保健會員:
\$232 (初級和中級)
\$320 (高級)
- 社區參與者:
\$272 (初級和中級)
\$360 (高級)

青少年編程

參與者將探索使用 Plyton 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。

- 年齡: 三年級至八年級
- 地點: 二樓多功能室
- 日期: 逢星期六, 6/13-26 - 8/8/26 (共8堂)
*7/4休課
- 三年級至五年級: 10:15am-11:15am
- 六年級至八年級: 11:30am-1pm

- 保健會員:
\$232 (三年級至五年級)
\$320 (六年級至八年級)
- 社區參與者:
\$272 (三年級至五年級)
\$360 (六年級至八年級)

小小護林員 - 中學

逃離城市喧囂，走進舉世聞名的紅木森林，突破惡魔島的遺跡，探索普雷西迪奧的隱秘小徑。活動包括：釣魚、抓螃蟹、健行、自然藝術與手作、營火晚會與棉花糖夾心餅、攝影、遊戲、地理尋寶等精彩活動。

- 年齡: 進入6至8年級
- 地點: 二樓家庭室
- 費用: 免費 (優先考慮居住在郵編為94108, 94109, 和 94133的家庭。)

- 日期和時間: **8 AM - 4 PM**
第1周 7/20/26-7/24/26
第2周 7/27/26-7/31/26
第3周 8/3/26-8/7/26



AQUATICS

Get ready to make a splash with us this summer! Whether you're a beginner or aiming to perfect your technique and strokes, our instructors are here to help you achieve your swimming goals in a safe, friendly, and fun environment. For all ages and skill levels!

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! Please email Lillian Lee at lplee@ymcasf.org for more information.

Lesson levels and session times will be available approximately 2 weeks prior to priority registration. Lessons are 30 minutes each and run from 10 am - 1:10 pm on Saturdays and 9 am to 11:30 am on Sundays.

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.

	6 Lesson Session	7 Lesson Session	8 Lesson Session
Facility Member	\$160	\$188	\$215
Community Participant	\$210	\$245	\$280

***Students enrolled in the current session receive priority registration for the next session only.**

GROUP SWIM LESSON – WEEKEND LESSONS (1X PER WEEK)

***Lesson stages and times subject to change**

JULY – AUGUST

7/11/26-8/30/26

SATURDAY SESSION: 7/11/26-8/29/26 (8 lessons)

Priority Registration: 6/13/26
Facility Member: \$215

Open Registration Begins: 6/20/26
Community Participant: \$280

Registration Closes: 7/8/26

SUNDAY SESSION: 7/12/26-8/30/26 (8 lessons)

Priority Registration: 6/14/26
Facility Member: \$215

Open Registration Begins: 6/21/26
Community Participant: \$280

Registration Closes: 7/8/26



水上活動

準備好和我們一起在這個夏天清涼一夏吧！無論您是初學者，還是希望精進游泳技巧與泳姿，我們的專業教練團隊都將在安全、友善且充滿樂趣的環境中，協助您達成游泳目標。適合所有年齡層與各種程度的游泳者！

注意事項：

如果您是第一次在青年會報名游泳課程，但曾在其他地方上過游泳課，歡迎聯繫我們的水上運動團隊，以安排游泳能力測試。如需了解更多信息，請發送電子郵件至 lplee@ymcasf.org 聯繫 Lillian Lee。

課程級別和上課時間將於優先註冊開始前約兩週公佈。每堂課 30 分鐘，週六上午 10am 至下午 1:10pm，週日上午 9 am 至 11:30am。

游泳課程費用：課程費用依每個課程期包含的上課堂數而定，請參考價格表。

	6堂課的課程	7堂課的課程	8堂課的課程
保健會員	\$160	\$188	\$215
社區參與者	\$210	\$245	\$280

**優先報名資格：僅限於緊接前一個課程期已報名的學員，方可享有優先報名。

小組游泳課程 - 週末課程 (每週1次)

* 課程階段和時間可能會有所調整

7月 - 8月

7/11/26-8/30/26

週六課程: 7/11/26-8/29/26 (8堂課)

優先報名: 6/13/26

保健會員: \$215

公開報名開始: 6/20/26

社區參與者: \$280

報名期結束: 7/8/26

週日課程: 7/12/26-8/20/26 (8堂課)

優先報名: 6/14/26

保健會員: \$215

公開報名開始: 6/21/26

社區參與者: \$280

報名期結束: 7/8/26

WEEKDAY LESSONS (MONDAY/WEDNESDAY 2X PER WEEK)

Summer Safety Guidelines

As part of our Summer Safety Protocol, the Family Locker Room will be closed to Members and ALL ADULTS except staff during Summer Swim Program hours. Effective starting 6/8/26 2:00pm to 6:30pm.

If you are a parent of a facility swim lesson participant and need to assist your child, please use our gender specific locker rooms. Gender Neutral bathroom can be temporarily used as a locker room.

Thank you for your understanding and cooperation in keeping our students safe this summer!

JUNE

6/8/26-7/1/26 (8 classes)

Priority Registration: 5/20/26

Open Registration: 5/27/26

Registration closes: 6/5/26

Facility Member: \$215

Community Participant: \$280

JULY

7/6/26-7/29/26 (8 classes)

Priority Registration: 6/17/26

Open Registration: 6/24/26

Registration closes: 7/3/26

Facility Member: \$215

Community Participant: \$280

AUGUST

8/3/26-8/26/26 (8 classes)

Priority Registration: 7/15/26

Open Registration: 7/22/26

Registration closes: 7/31/26

Facility Member: \$215

Community Participant: \$280

YOUTH SWIM TEAM

Come join the Chinatown Dragons Swim Team! Youth are invited to try out for our swim team program, where they can refine their swimming skills, participate in community events, and compete in swim meets. Swimmers should be proficient in all four strokes—freestyle, backstroke, breaststroke, and butterfly—and able to perform them correctly before trying out.

If your child would like to try out for the team, please reach out to coach Kaitlyn Tse at ktse@ymcasf.org.

Ages: Open to swimmers 10-18 years old

Location: Chinatown YMCA Swimming Pool

When: Mondays & Wednesdays 6-7:30 PM

Cost: Facility Members \$140/ month

Community Participants \$165/ month

小組課程 - 平日課程 (每週2次)

夏季安全指引

作為我們的夏季安全措施之一，在夏季游泳課程時段內，家庭更衣室將暫停開放，僅限工作人員使用。
實施時間自6/8/26起2pm至6:30pm。

若您是游泳課程學員的家長，且需要協助孩子，請使用性別專用更衣室。性別友善洗手間可暫時作為更衣室使用。

感謝您的理解與配合，讓我們一起在這個夏天為孩子們提供一個安全的學習環境！

6月

6/8/26-7/1/26 (8堂課)

優先報名: 5/20/26
開放報名: 5/27/26
報名截止: 6/5/26

保健會員: \$215
社區參與者: \$280

7月

7/6/26-7/29/26 (8堂課)

優先報名: 6/17/26
開放報名: 6/24/26
報名截止: 7/3/26

保健會員: \$215
社區參與者: \$280

8月

8/3/26-8/26/26 (8堂課)

優先報名: 7/15/26
開放報名: 7/22/26
報名截止: 7/31/26

保健會員: \$215
社區參與者: \$280

青少年游泳隊

歡迎加入華埠青年會龍游泳隊。我們邀請青少年來參加游泳隊甄選，透過訓練提升游泳技巧、參加社區活動並出席游泳比賽。參加甄選的泳員需具備正確熟悉四種泳式：自由泳、仰泳、蛙泳與蝶泳。

若您的孩子有興趣參加，請聯繫教練 Kaitlyn Tse (ktse@ymcasf.org).

年齡: 10-18 歲的游泳者

地點: 華埠青年會游泳池

時間: 週一與週三晚上, 6-7:30 PM

費用: 保健會員: \$140/月

社區會員 \$165/月



IMMIGRANT SUPPORT CENTER

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.

WE OFFER:

Translation
Housing search assistance
Workforce development
Service Connection
Family Activities
Community Workshops

FREE DROP-IN SERVICE HOURS: MONDAY-FRIDAY, 1 PM – 3 PM



SCAN OUR WECHAT

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 info, please contact ctymca.isc@gmail.com, call (415) 748-3541, or on WeChat.

PICKLEBALL

Join our vibrant pickleball community this summer and stay active while having fun! Whether you're new to the game or an experienced player, our sessions offer a great opportunity to move, connect, and enjoy friendly competition in a supportive environment. For facility members 13 years old and up.

Program takes place in the basketball court on:

Mondays and Wednesdays, 12–2:30 PM
Tuesdays, 7–8:30 AM
Sundays, 2–3:30 PM

Come rally with us, build community, and make wellness part of your summer routine!



移民協助中心

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。

我們提供：

翻譯服務
尋房援助
職業發展培訓
服務連接
家庭活動
社區講座



掃描我們的微信

免費開放服務時間: 週一至週五, 1 PM - 3 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。

匹克球

今年暑假，誠摯邀請您加入我們充滿活力的匹克球社群，在歡樂中保持健康與活力！無論您是初學者還是有經驗的球友，我們都提供一個友善、支持的環境，讓大家一起運動、交流並享受比賽的樂趣。適用於13歲以上保健會員。

活動將在籃球場舉行，時間如下：

每週一與週三, 12-2:30 PM

週二, 7-8:30 AM

週日, 2-3:30 PM

歡迎一起揮拍運動，建立社群連結，讓健康成為您暑假生活的一部分！

CHINATOWN YMCA 華埠青年會

STAFF 職員

KORY EASTLAND

LDP and Teen Volunteers
輔導員訓練項目和青少年義工
(415) 748-3561
keastland@ymcasf.org

MONICA HE

Day Camp 日營
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Overnight Camps 過夜露營
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SIMON LAM

Middle School Adventures
and Jr. Y Rangers
中學探索計劃和小小護林員
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FRANCIS LAW

Pickle Ball 匹克球
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MANDY LIU

Summer School (PSA)
暑期班
(415) 748-3556
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LILLIAN LEE

Swim Lessons 游泳課
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KOEY ZHOU

Enrichment Classes 興趣班
(415) 748-3557
yzhou@ymcasf.org

PETER ZHOU

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

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**REGISTRATION STARTS 2/26 AT 9 AM FOR:
DAY CAMP
SUMMER SWIM LESSONS
EXTENDED FUN CLASSES, AND MORE!**

**SUMMER SCHOOL REGISTRATION STARTS ON 3/9/26 AT
9 AM!**

**報名將於2/26, 9 AM開始，項目包括：
日營
暑假游泳課
附加趣味課，還有更多！**

暑期班報名將於3/9/26, 9 AM, 開始！

CHINATOWN YMCA
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