



CHINATOWN YMCA

華埠青年會

August 2026 - December 2026

2026年8月 - 2026年12月

CHINATOWN YMCA

855 Sacramento St
San Francisco, CA 94108

(415) 576-9622

www.ymcasf.org/location/chinatown-ymca



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. We serve children ages 3 months to 5 years old and accept third party vouchers.

100% tuition and 50% tuition scholarships are available through ELFA and the Department of Early Childhood Education.

Our program is open Monday- Friday and we are closed for major U.S. holidays. We are located at 75 Vallejo Street.

For more info or questions? Please contact: Lorena Zegarra at 415-213-3927 or email at lzegarra@ymcasf.org.



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.

***DATE:** 8/16-26-6/2/27

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

COST: FREE

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

***DATE:** 9/19/26-5/8/27

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

COST: FREE



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。我們服務的年齡層為3個月至5歲的幼兒。

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。

我們的計畫週一至週五開放，美國主要假日休息。我們的地址是 75 Vallejo Street.

如需更多資訊或有任何疑問，請聯繫 Lorena Zegarra, 電話：415-213-3927, 電郵：LZegarra@ymcasf.org.



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: 8/17/26-6/2/27

時間: 週一至週五，4:00pm - 6:00pm

費用: 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: 9/19/26-5/8/27

時間: 週六, 1:00pm - 4:00pm

費用: 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, 5pm - 7pm
- **LOCATION:** Chinatown YMCA
- **AGES:** All High School aged youth
- **FEE:** Free

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

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 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, 3pm - 6pm
- **WORKOUT TIMES AVAILABLE:** Mondays - Fridays, 3pm-7:45pm
- **AGE:** High School Students
- **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, 5pm - 7pm

年齡：所有高中年齡青年

地點：華埠青年會

費用：免費參加

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

史上最偉大計劃

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, 3pm - 6pm

可運動時間：週一至週五, 3pm-7:45pm

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。

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.

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

- **DATES & TIMES:** Tuesdays, 4:30pm-6pm; Fridays, 4:30pm-7:30pm, Saturdays, 11am-3pm (starting 9/22/26)
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA

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 8/5/26.**
- **Applications due 9/4/26.**
- **Interviews scheduled beginning 9/9/26.**

Please contact **Kory Eastland**: Keastland@ymcasf.org or **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 learn to plan, shop, prep, plate a meal for 30 people, and sous chef to a professional chef.

- **DATES AND TIMES:** 9/23/26-6/9/27, Wednesdays, 4:30-7:30pm
- **AGES:** All High School aged youth
- **LOCATION:** Chinatown YMCA
- **REGISTRATION:** Contact **Denise Hung** at 415.748.3546 or dhung@ymcasf.org for more information.

SOMANYDYNAMOS: 領導力發展計畫

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。

日期和時間：週二，4:30pm-6pm; 週五，4:30pm-7:30pm，週六，11am-3pm（從9/22/26開始）

年齡：所有高中年齡青年

地點：華埠青年會

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。

- 申請表可於8/5/26起於華埠青年會索取
- 申請截止日期為9/4/26
- 面試安排於9/9/26起

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

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。

- 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
- 地點：華埠青年會
- 註冊：請致電 415.748.3546 或通過 dhung@ymcasf.org 聯繫 Denise Hung 以了解更多信息。



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

We are planning a large pool and locker room area renovation this year but dates have not been finalized. There may be changes to our aquatics programming as planned but we will make sure to notify all participants and members as soon as possible. Thank you for your understanding.

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!

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

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.

GROUP SWIM LESSON PRICES	6 LESSON SESSION	7 LESSON SESSION	8 LESSON SESSION
Facility Member	\$165	\$193	\$220
Community Participant	\$216	\$252	\$288

Please make sure to read our Group Swim Lesson policies before your class starts.



水上活動

迎接涼爽的天氣，一起享受游泳的樂趣！無論您是想從零開始學習游泳，還是希望精進泳技，我們都為不同年齡與程度的學員提供合適的課程。我們專業的教練團隊將在安全、友善且充滿樂趣的環境中，協助您達成游泳目標。別讓天氣變涼阻擋您持續享受游泳、保持健康！

需要了解的事項

今年我們計畫進行泳池及更衣室的大型整修工程，目前施工日期尚未確定。因此，水上課程及相關活動可能會因工程安排而有所調整。我們將於確認後，第一時間通知所有學員及會員。感謝您的理解與支持！

如果您是第一次在華埠青年會參加游泳課程，但之前在其他地方上過課，歡迎聯絡我們的水上活動部門安排游泳測驗！

*優先註冊僅適用於已報名參加上一期課程的學生。

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。

小組游泳課價格	6 節課	7 節課	8 節課
保健會員	\$165	\$193	\$220
社區參與者	\$216	\$252	\$288

請在課程開始前仔細閱讀我們的游泳課程規則。



AQUATICS

MONDAY/WEDNESDAY WEEKDAY LESSONS (2X PER WEEK)

SEPTEMBER: 9/9/26 - 9/30/26 (7 classes)

*Priority Registration: 8/17/26
Open Registration: 8/24/26
Registration Closes: 9/4/26

NOVEMBER: 11/2/26 - 11/25/26 (7 classes)

No class on 11/11/26 (Veteran's Day)
*Priority Registration: 10/14/26
Open Registration: 10/21/26
Registration Closes: 10/30/26

OCTOBER: 10/5/26 - 10/28/26 (7 classes)

No Class: 10/12/26 (Indigenous Peoples' Day)
*Priority Registration: 9/16/26
Open Registration: 9/23/26
Registration Closes: 10/2/26

DECEMBER: 11/30/26 - 12/16/26 (6 classes)

*No Priority Registration
Open Registration: 11/16/26
Registration Closes: 11/27/26

GROUP SWIM LESSONS

WEEKEND LESSONS (1X PER WEEK)

SATURDAY CLASSES

SEPTEMBER - OCTOBER 9/12-10/24 (7 CLASSES)

*Priority Registration: 8/15/26
Open Registration: 8/22/26
Registration Closes: 9/9/26
Saturday classes: 9/12/26-10/24/26

NOVEMBER - DECEMBER 10/31-12/19 (7 CLASSES)

No class on 11/28/26
*Priority Registration: 10/3/26
Open Registration: 10/10/26
Registration Closes: 10/28/26
Saturday classes: 10/31/26-12/19/26, no class on 11/28

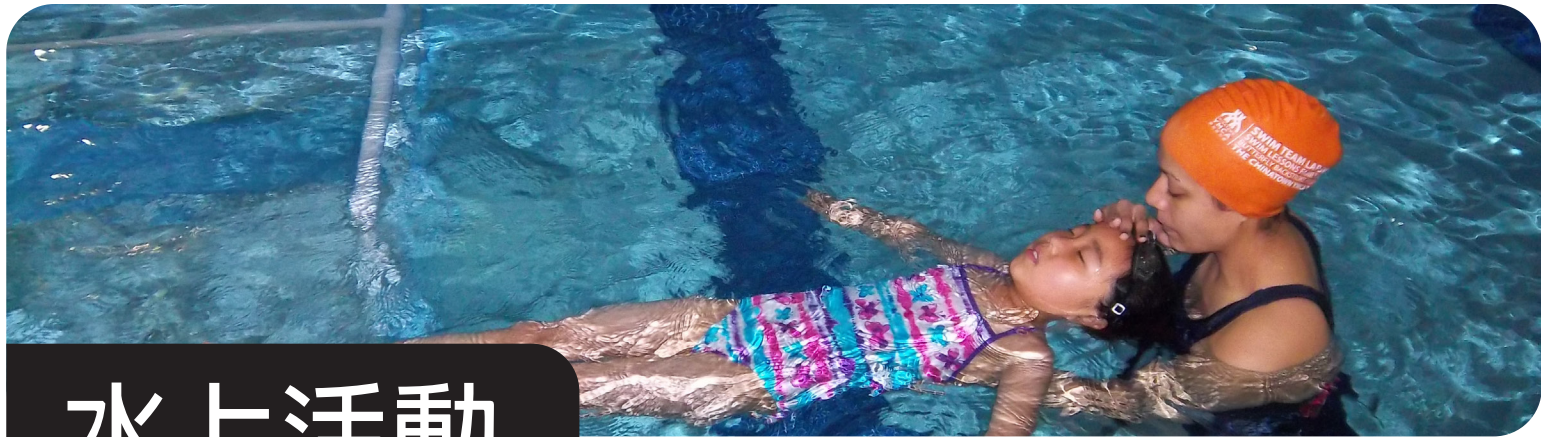
SUNDAY CLASSES

SEPTEMBER - OCTOBER 9/13-10/25 (7 CLASSES)

*Priority Registration: 8/16/26
Open Registration: 8/23/26
Registration Closes: 9/10/26
Sunday classes: 9/13/26-10/25/26

NOVEMBER - DECEMBER 11/1-12/20 (7 CLASSES)

No class on 11/29/26
*Priority Registration: 10/4/26
Open Registration: 10/11/26
Registration Closes: 10/29/26
Sunday classes: 11/1/26-12/20/26, no class on 11/29



水上活動

平日課程-週一和週三 (每週2次)

9 月: 9/9/26 - 9/30/26 (7 節課)

*優先報名時間: 8/17/26

開放報名時間: 8/24/26

報名截止時間: 9/4/26

10 月: 10/5/26-10/28/26 (7 節課)

當日無課: 10/12/26

優先報名時間: 9/16/26

開放報名時間: 9/23/26

報名截止時間: 10/2/26

11 月: 11/2/26-11/25/26 (7 節課)

當日無課: 11/11/26

*優先報名時間: 10/14/26

開放報名時間: 10/21/26

報名截止時間: 10/30/26

12 月: 11/30/26 - 12/16/26 (6 節課)

*無優先登記

開放報名時間: 11/16/26

報名截止時間: 11/27/26

小組游泳課程

週末課程 (每週 1 次)

週六課程

9 月至 10 月 9/12-10/24 (共 7 堂課)

*優先報名時間: 8/15/26

開放報名時間: 8/22/26

報名截止時間: 9/9/26

週六課: 9/12/26-10/24/26

11 月至 12 月 10/31-12/19 (共 7 堂課)

11/28/26 無課程

*優先報名時間: 10/3/26

開放報名時間: 10/10/26

報名截止時間: 10/28/26

週六課: 10/31/26-12/19/26, 11/28/26 無課程

週日 課程

9 月至 10 月 9/13-10/25 (共 7 堂課)

*優先報名時間: 8/16/26

開放報名時間: 8/23/26

報名截止時間: 9/10/26

週日課: 9/13/26-10/25/26, 7 堂課

11 月至 12 月 11/1-12/20 (共 7 堂課)

11/29/26 無課程

*優先報名時間: 10/4/26

開放報名時間: 10/11/26

報名截止時間: 10/29/26

週日課: 11/1/26-12/20/26, 11/29/26 無課程

YOUTH SWIM TEAM

Join the Chinatown Dragons Swim Team! Youth swimmers are invited to try out for our swim team to improve their swimming skills, build confidence, make new friends, participate in community events, and compete in swim meets. Swimmers should be able to perform all four competitive strokes—freestyle, backstroke, breaststroke, and butterfly—with proper technique before attending a tryout.

For more information, please contact Jordan Kennedy at jkennedy@ymcasf.org.

PRACTICE TIMES:

2x a week

Monday/Wednesday from 6:00pm – 7:30pm

COST: Facility Member: \$145/month

Community Participant: \$175/month

PRIVATE AND SEMI-PRIVATE LESSONS

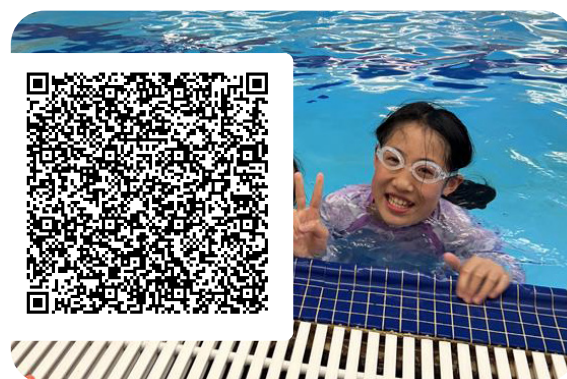
Get the most out of your swimming training with private and semi-private lessons, designed to fit your specific needs and pace. Whether you're starting from scratch, fine-tuning your strokes, or training for a competition, these personalized lessons offer the flexibility and attention you need to succeed.

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 by scanning the QR code below! For more information, please contact Lillian Lee at lllee@ymcasf.org.

PRIVATE & SEMI-PRIVATE LESSONS	MONTHLY COST
Facility Private Lesson	\$290
Community Private Lesson	\$350
Facility Semi-Private Lesson	\$260
Community Semi-Private Lesson	\$315



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.



游泳隊

加入華埠青年會龍游泳隊！我們邀請游泳愛好者參加選拔，加入我們的游泳隊，提升游泳技能，增強自信心，結交新朋友，參與社區活動，並參與游泳比賽。參加選拔的游泳愛好者應具備自由泳、仰泳、蛙泳和蝶泳四種競技泳姿的正確技術。

如需了解更多信息，請聯繫Jordan Kennedy at jkennedy@ymcasf.org.

訓練時間：
每週 2 次
星期一/三 6:00pm – 7:30pm

費用：保健會員: \$145/月
社區參與者: \$175/月

私人和半私人游泳課程

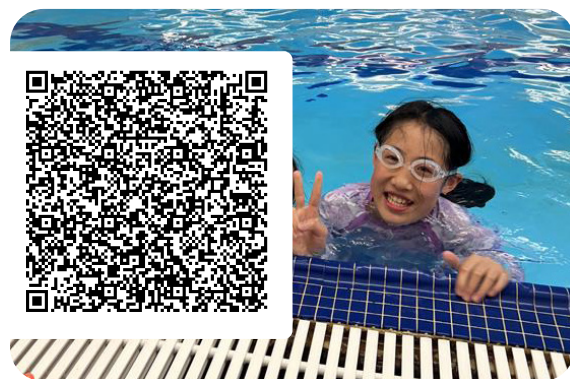
參加我們量身訂製的私人和半私人游泳課程，讓您的游泳學習事半功倍。無論您是初學者、練習泳姿，還是備戰比賽，這些私人課程都能為您提供所需的靈活性和專注度，幫助您取得成功。

為什麼選擇私人或半私人課程？

- 個人化指導：由專屬教練全程指導，專注於您的目標。
- 彈性的課程安排：您可以依照自己的時間安排課程。

立即掃描下方二維碼加入我們的候補名單！如需了解更多信息，請聯繫 Lillian Lee，郵箱：lpLee@ymcasf.org.

私人和半私人課程	月費
保健會員-私人課程	\$290
社區參與者-私人課程	\$350
保健會員-半私人課程	\$260
社區參與者-半私人課程	\$315



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: 8/1/26

Open Registration Date: 8/8/26

10% of Early Bird Discount can apply for all enrichment classes during the period of 8/1/26-8/31/26
(cannot be used with Financial Assistance)

YOUNG ARTIST PROGRAM - CLASSES STARTS ON 9/19/26

BEGINNER LEVEL

Beginning class students will learn through different themes, starting from prompting interest, inspiring thinking, and stimulating creativity. With the application of a variety of comprehensive materials, the class will improve on hands-on ability, color perception ability, painting performance ability, and creative thinking. The class will elevate children's interest in art and cultivate 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, 9/19/26-12/19/26 (12 classes)
* No Class on 10/17/26 & 11/28/26

- **BEGINNER LEVEL:** 11:45am - 12:45pm
 - **FACILITY MEMBER:** \$348
 - **COMMUNITY PARTICIPANT:** \$408
 - Additional \$20 material fee

- **INTERMEDIATE LEVEL:** 1pm - 2pm & 2:30pm - 3:30pm
 - **FACILITY MEMBER:** \$348
 - **COMMUNITY PARTICIPANT:** \$408
 - Additional \$20 material fee

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

優先權登記日期: 8/1/26

開放注册日期: 8/8/26

*優所有的興趣班課程於8/1/26-8/31/26期間，均可享有10%的早鳥折扣（不能與經濟援助同時使用）

青年藝術家活動 - 課程於 9/19/26 開始

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。

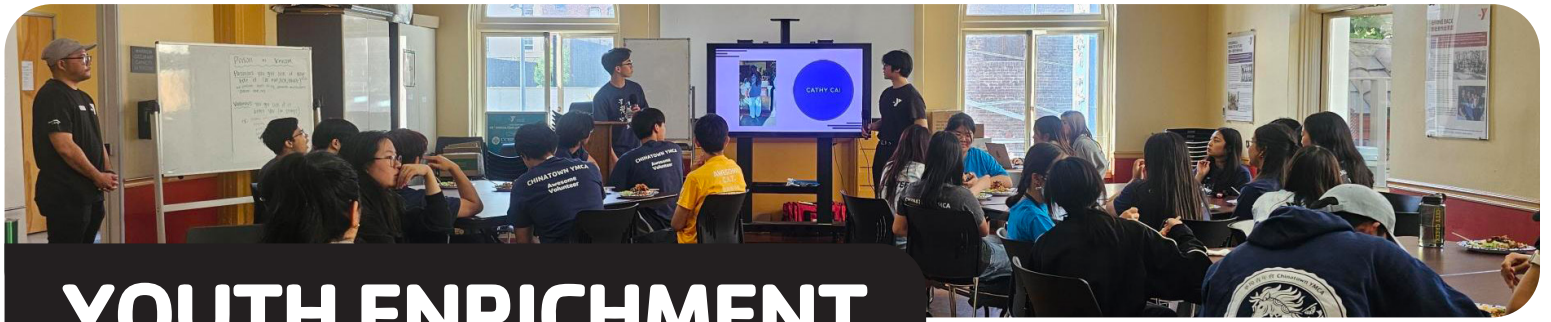
中級

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: 二樓家庭室
- 時間及日期: 逢星期六, 9/19/26-12/19/26 (共12堂)
 - * 10/17/26 & 11/28/26 休課
- 初班: 11:45am - 12:45pm
 - 保健會員: \$348
 - 社區參與者: \$408
 - 另加 \$20材料費
- 中班: 1:00pm - 2:00pm 及 2:30pm - 3:30pm
 - 保健會員: \$348
 - 社區參與者: \$408
 - 另加 \$20材料費
- 高班: 10:00am - 11:30am
 - 保健會員: \$480
 - 社區參與者: \$540
 - 另加 \$20材料費



YOUTH ENRICHMENT

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, 9/12/26 - 12/19/26 (13 classes)
*No Class on 10/17/26 & 11/28/26
- **LOCATION:** Basketball court
- **BEGINNER:** 10:30am - 11:30am
 - **FACILITY MEMBER COST:** \$377
 - **COMMUNITY MEMBER COST:** \$442
- **INTERMEDIATE:** 11:45am - 12:45pm
 - **FACILITY MEMBER COST:** \$377
 - **COMMUNITY MEMBER COST:** \$442
- **ADVANCE:** 1pm - 2:30pm
 - **FACILITY MEMBER COST:** \$520
 - **COMMUNITY MEMBER COST:** \$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 and 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, 9/12/26 - 12/19/26 (13 classes)
*No Class on 10/17/26 & 11/28/26
- **3rd - 5th GRADE:** 10:15am - 11:15am
- **FACILITY MEMBER COST:** \$377
- **COMMUNITY MEMBER COST:** \$442
- **LOCATION:** Multipurpose Room
- **6th - 8th GRADE:** 11:30am - 1pm
- **FACILITY MEMBER COST:** \$520
- **COMMUNITY MEMBER COST:** \$585

ACE COACHES TUTORING - REGISTRATION STARTS ON 8/10/26

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, 9/12/26 - 11/21/26 (10 classes)
*No Class on 10/17/26
- **3rd - 5th GRADE:** 3:30pm - 5pm
- **COST:** Free
- **LOCATION:** Multipurpose Room



兒童興趣班

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, 9/12/26 - 12/19/26 (共13堂)
* 10/17/26 & 11/28/26 休課
- 地點: 籃球場
- 初班: 10:30am - 11:30am
 - 保健會員: \$377
 - 社區參與者: \$442
- 中班: 11:45am - 12:45pm
 - 保健會員: \$377
 - 社區參與者: \$442
- 高班: 1pm - 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, 9/12/26 - 12/19/26 (共13堂)
* 10/17/26 & 11/28/26 休課
- 3-5年級: 10:15am - 11:15am
 - 保健會員: \$377
 - 社區參與者: \$442
- 地點: 多功能室
- 6-8年級: 11:30am - 1pm
 - 保健會員: \$520
 - 社區參與者: \$585

課外學術文化補習班 - 8/10/26 開始報名

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, 9/12/26 - 11/21/26 (共10堂)
* 10/17/26 & 11/28/26 休課
- 3-5年級: 3:30pm - 5:00pm
- 費用: 免費
- 地點: 多功能室



SCHOOL YEAR CAMP

HOLIDAY CAMPS

Join the Chinatown YMCA for our exciting Holiday Camps, where learning continues beyond the classroom! Each camp features engaging, theme-based activities that inspire creativity, curiosity, and exploration through literacy, arts, games, and hands-on projects. Sign up for one day or multiple days and enjoy a fun, enriching camp experience!

- **WINTER CAMP**

- **DATE:** 12/21/26 - 12/24/26, *12/24 (9:00am-2:00pm)
No camp on 12/25/26

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

For more information, please contact Xiong Bin Huang at xhuang@ymcasf.org.



假日營

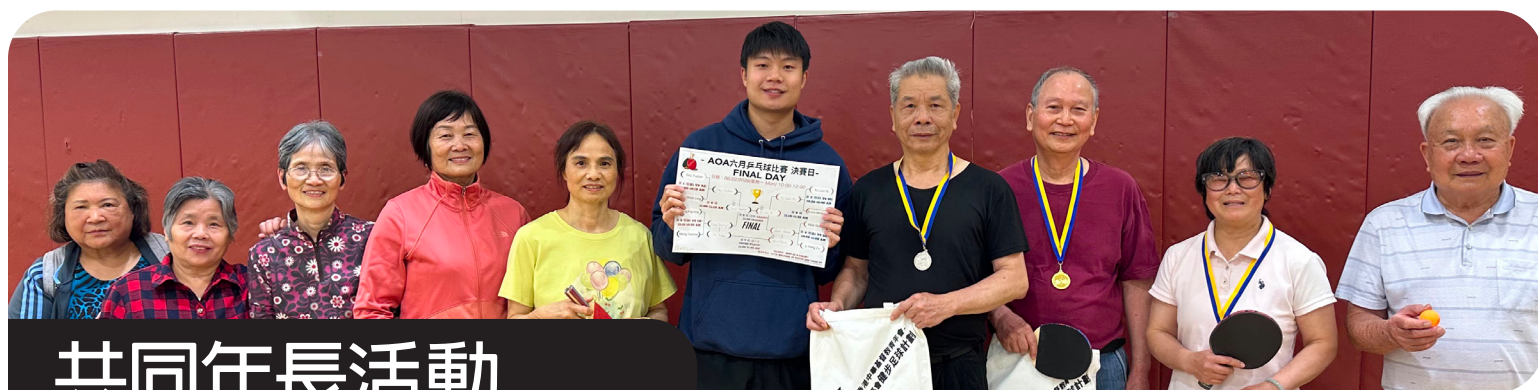
假日營

歡迎加入華埠青年會假日營，讓孩子在課堂之外持續探索、學習與成長！每一天都有精心設計的主題活動，透過閱讀、藝術創作、團體遊戲及動手實作，激發孩子的創意、好奇心與探索精神。歡迎報名參加，一起享受充實又有趣的假日營體驗！

• 冬令營

- 日期: 12/26 - 12/24/26 *12/24 (上午9:00至下午2:00)
12/25/26 沒有活動

- 價錢：更多資訊即將發佈。



共同年長活動

「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。參加者可享受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，線上實果，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

如需了解更多信息，請聯繫 Xiong Bin Huang，xhuang@ymcasf.org。

CHINATOWN YMCA 華埠青年會

STAFF 職員

KORY EASTLAND

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

JUSTIN COAN

Reach & Rise Mentoring Program
REACH & RISE® 小組輔導計劃
(415) 748-3561
jcoan@ymcasf.org

JASON HUANG

Active Older Adult Programs
共同年長活動
(415) 652-7995
xhuang@ymcasf.org

FRANCIS LAW

Health & Wellness Programs
健康活動
(415) 748-3563
hlaw@ymcasf.org

LILLIAN LEE

Swim Lessons
游泳課
(415) 748-3548
lplee@ymcasf.org

VIVIEN MA

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

MONICA YUZON

Middle School Program
中學生計劃
(415) 748-3566
mHE@ymcasf.org

KOEY ZHOU

YOUTH ENRICHMENT & SCHOOL YEAR CAMP
兒童興趣班及假日營
(415) 748-3557
yzhou@ymcasf.org

MEMBER/PARTICIPANT SERVICES DESK

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

**The YMCA is a charitable organization
and relies on your generosity to
support our programs and activities.**

**Support the Y today by making a
donation!**

**華埠青年會是一個非營利機構，依靠
您的慷慨捐贈來支持我們的各項項目
和活動。**

立即捐款支持青年會！