the YMCA

CELEBRATING 150 YEARS 1876–2026
Uniting Generations

FALL FAMILY FUN

2026 FALL ACTIVITY GUIDE

ymcasatx.org/fall

YMCA OF GREATER SAN ANTONIO

OUR MISSION

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

OUR VISION

A community where **ALL** people experience improved quality of life through belonging and well-being.

OUR VALUES

CARING | HONESTY | RESPECT | RESPONSIBLITY | FAITH

150 WAYS
TO BELONG THIS FALL

Celebrate 150 Years of Community, Connection & Belonging at the YMCA

How many can you complete this fall? Check them off, share your favorite moments on social media using **#YMCASATX150,** and inspire others to find where they belong.

- ❑ Take your first group exercise class.
- ❑ Bring a friend to the Y.
- ❑ Volunteer at a Y food drive.
- ❑ Cheer on your child at their first game.
- ❑ Attend a family night.
- ❑ Sign up for a parents' day out.
- ❑ Sign up for a parents' night out.
- ❑ Swim in the pool.
- ❑ Take a family pilates class.
- ❑ Sign up for a new sport.
- ❑ Sign up for a specialty camp.
- ❑ Visit another YMCA branch
- ❑ Attend a Boo Bash or Trunk or Treat.
- ❑ Sign up for the Boerne Turkey Trot.
- ❑ Sign up for the Reindeer Dash / Rudolph Run.
- ❑ Learn to play pickleball.
- ❑ Take a Zumba class.
- ❑ Download the Y app.
- ❑ Take a Y360 Virtual class.
- ❑ Meet a Wellness Coach.
- ❑ Attend a Teen Night.
- ❑ Attend a Tween Night.
- ❑ Stop in for Child Watch or Kids Club.
- ❑ Share a Guest Pass with a Friend.
- ❑ Take a BodyPump class.
- ❑ Take a Healthy Living class.
- ❑ Introduce yourself to someone new.
- ❑ Cheer for another child at a game.
- ❑ Learn to swim.
- ❑ Sign up to become a volunteer coach.
- ❑ Teach your child a new skill.
- ❑ Join an adult sports team.
- ❑ Volunteer at a Y community event.
- ❑ Take your first water fitness class.
- ❑ High-five your instructor after class.
- ❑ Sign up to bring something for a potluck.
- ❑ Thank a Y staff member.
- ❑ Bring your grandparent to the Y.
- ❑ Staff after class and meet someone.
- ❑ Play basketball together.
- ❑ Try Yoga.
- ❑ Volunteer with your coworkers.
- ❑ Bring your granchild to the Y.
- ❑ Try cycling.
- ❑ Lift weights for the first time.
- ❑ Celebrate a personal milestone.
- ❑ Join a small group training program.
- ❑ Join a walking group.
- ❑ Join a book club.
- ❑ Join a bible study group.
- ❑ Spend one-hour without screens.
- ❑ Encourage someone who is just getting started.
- ❑ Welcome a new member.
- ❑ Register for a seasonal program.
- ❑ Participate in a service project.
- ❑ Donate to the Westside Toy Drive.
- ❑ Support the Uniting Generations Annual Campaign.
- ❑ Learn a new sport.
- ❑ Join a dance class.
- ❑ Celebrate a birthday at the Y.
- ❑ Check out the e-gaming Tech Hub.
- ❑ Set a new goal.
- ❑ Smile at someone you don't know.
- ❑ Encourage your teen to get involved.
- ❑ Visit the Y every week.
- ❑ Share Your Y Story
- ❑ Make this season your healthiest yet!
- ❑ Find a workout buddy.
- ❑ Find a new friend.
- ❑ Become someone's mentor.
- ❑ Celebrate your first day at the Y.
- ❑ Celebrate your hundredth visit.
- ❑ Find a place where everyone knows your name.
- ❑ Watch your child make a new friend.
- ❑ Thank the lifeguard who's keeping your family safe.
- ❑ Try a strength training class.

Cont. check list

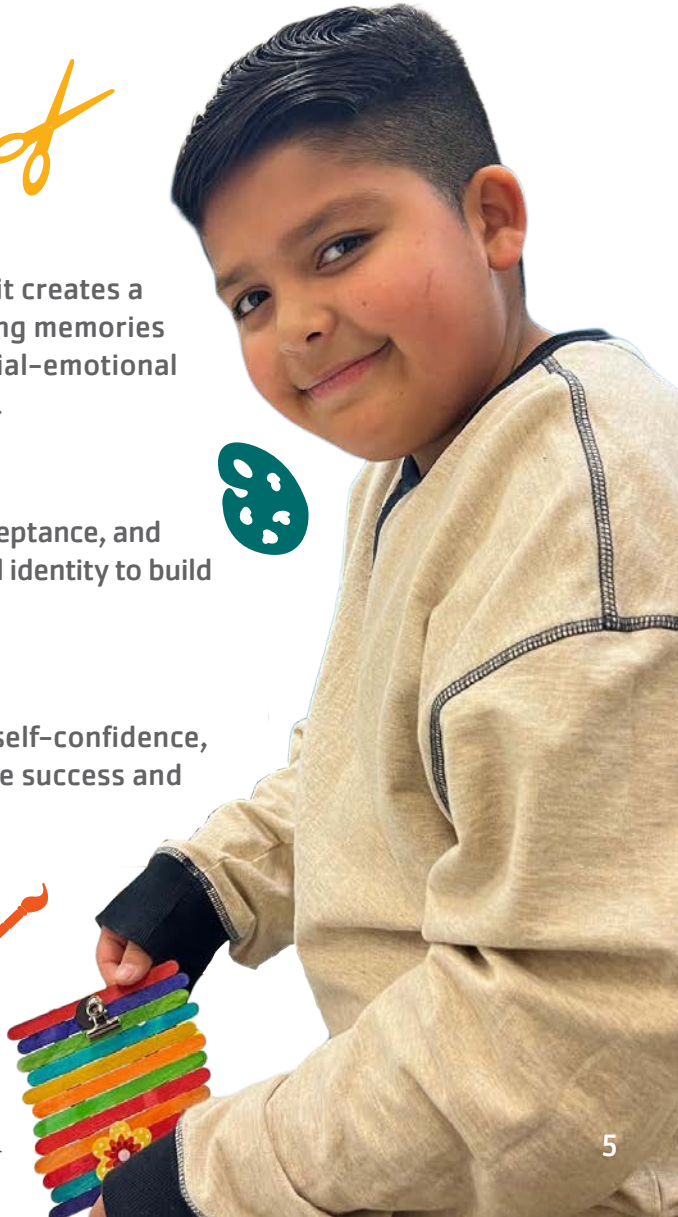
- ❑ Take a stretch and mobility class.
- ❑ Walk one mile indoors.
- ❑ Learn proper exercise form.
- ❑ Meet your neighbors.
- ❑ Try a new piece of fitness equipment.
- ❑ Attend an Active Older Adults class.
- ❑ Sign up for swim lessons.
- ❑ Learn water safety as a family.
- ❑ Watch a youth sports game.
- ❑ Volunteer as a scorekeeper.
- ❑ Help clean up after an event.
- ❑ Wear your favorite Y shirt.
- ❑ Celebrate someone's success.
- ❑ Invite a coworker to the Y.
- ❑ Take your lunch break at the Y.
- ❑ Try an early morning workout.
- ❑ Try an evening class.
- ❑ Watch the sunrise after your workout.
- ❑ End your day with yoga.
- ❑ Read a book while your child enjoys Child Watch.
- ❑ Attend a Healthy Living workshop.
- ❑ Learn a healthy recipe.
- ❑ Take the stairs instead of the elevator.
- ❑ Try a balance class.
- ❑ Improve your flexibility.
- ❑ Reach a new personal best.
- ❑ Celebrate a non-scale victory.
- ❑ Encourage your kids to unplug.
- ❑ Family race across the gym.
- ❑ Shoot hoops with your child.
- ❑ Play pickleball with three generations.
- ❑ Swim laps together.
- ❑ Walk the indoor track with a friend.
- ❑ Make exercise a family tradition.
- ❑ Participate in a family fitness challenge.
- ❑ Learn CPR when offered.
- ❑ Practice kindness every visit.
- ❑ Write a thank-you note to a coach.
- ❑ Cheer for every player, not just your own.
- ❑ Celebrate teamwork.
- ❑ Try something you've never done before.
- ❑ Meet your branch Executive Director.
- ❑ Learn everyone's name in your class.
- ❑ Attend a holiday community event.
- ❑ Volunteer during the holidays.
- ❑ Help welcome first-time members.
- ❑ Be someone's reason to smile.
- ❑ Celebrate progress, not perfection.
- ❑ Bring canned goods for a food drive.
- ❑ Donate a new toy during the holidays.
- ❑ Support a local family through the Y.
- ❑ Attend a community health event.
- ❑ Join a wellness challenge.
- ❑ Walk 150 minutes this week.
- ❑ Drink more water every day.
- ❑ Try meditation.
- ❑ Practice gratitude.
- ❑ Find your favorite class instructor.
- ❑ Learn something from another generation.
- ❑ Share your favorite Y memory.
- ❑ Create a new family tradition.
- ❑ Say yes to a new adventure.
- ❑ Laugh with your family.
- ❑ Play together more often.
- ❑ Give back to your community.
- ❑ Discover your strength.
- ❑ Find your purpose.
- ❑ Grow healthier together.
- ❑ Belong to something bigger than yourself.
- ❑ Make every visit count.
- ❑ Create memories that last a lifetime.
- ❑ Invite someone else to belong.
- ❑ Make memories together at the Y.

Do you have an inspiring YMCA story or a special memory you'd love to share? Whether it's about reaching your fitness goals, finding a community, or making lifelong friendships, we'd love to feature your journey!

Scan the **QR Code** to send us your story!

HOLIDAY CAMP

Camps at the YMCA share one thing: they're about discovery. Kids and teens can explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories.



RELATIONSHIPS

Building relationships in day camp programs is essential because it creates a sense of community, fosters personal growth, and develops lifelong memories and connections. Relationships at camp also promote healthy social-emotional skills, acceptance of others, and inter-relational problem-solving.

BELONGING

A strong sense of belonging for kids provides them with security, acceptance, and support, allowing them to develop a positive self-image and personal identity to build positive relationships and thrive in their overall well-being.

ACHIEVEMENT

Promoting youth achievement instills a sense of purpose, boosts self-confidence, and fosters a growth mindset, ultimately preparing them for future success and unleashing unlimited potential.

HOLIDAY CAMP

CHOOSE YOUR HOLIDAY ADVENTURE!

FIND YOUR FUN

The Y's door is open to all who can experience camp, regardless of age, ability, faith, gender, or income. The Y offers financial assistance to families who may otherwise not be able to afford to send their children to camp.

Are you unsure what to do with the kids while school is out during Thanksgiving and Winter Breaks?
Let our quality staff keep them entertained and active!

Holiday Breaks
Thanksgiving (typically 3 days)
Winter Break (typically 3 days)

Locations include:

- Davis-Scott Family YMCA
- D.R. Semmes Family YMCA at Tripoint
- Mays Family YMCA at Potranco
- Schertz Family YMCA
- Thousand Oaks Family YMCA
- YMCA at O.P. Schnabel Park
- Westside Family YMCA

Camp Details:

- Ages 5-12
- Each camper needs to dress comfy & bring a sack lunch daily
- All sites are DFPS or TDH licensed
- All staff are CPR & First Aid Certified & must pass a criminal background check
- Must have 20 campers registered for Day Camp at each site

You may enroll at your local Y or online by scanning the QR code. If you enroll online, your enrollment fees will be waived.

Please call us at **210-924-2277** or email us at **registrations@ymcasatx.org** for more information. Financial Assistance is available through our Open Doors Scholarship. Two weeks notice is required. Deposits are non-refundable.

Locations, dates, and times vary. Scan the QR code or click the link below for a complete list of offerings.

AQUATICS

MAKE A SPLASH WITH Y AQUATICS THIS FALL

Discover the Y's renowned pools, making us the ultimate destination. Whether you're a beginner or an expert, we have a program tailored for you and your family. Our aquatics programs welcome everyone in the community, and financial assistance is available.

Visit your local YMCA branch for a complete list of aquatics offerings.

Open Swim – MEMBERS ONLY

Join the Y today and enjoy exclusive pool access during open swim hours. Dive into the fun with family activities like Flick N' Float, featuring movies and dedicated family swim sessions. If you're into lap swimming for exercise, we have designated times and lanes just for you in our indoor pools.

AQUATICS

SWIM LESSONS

Private, Group and Parent Child Sessions

Ensuring safety in the water is crucial for saving lives. Acquiring swimming skills not only enhances personal safety but also unlocks a world of summer enjoyment for individuals of all ages. Our swim classes are categorized based on age and skill level, led by qualified instructors who prioritize personal safety, swimming proficiency, endurance, and social development. Swim lessons are available at all Y branches that are equipped with pools. Please reach out to your local branch for details on schedules and fees.

SAFETY AROUND WATER

The world is 71% Water, Your Children Are 100% Curious!
Safety Around Water consists of certified instructors who will teach your youth water safety and let them explore all their possibilities. The Y believes that every child deserves the opportunity to learn how to swim. Classes vary and are FREE but you must register.

WATER EXERCISE

Join our nationally-certified instructors in the pool for a fun and challenging workout.

- Open to 13 yrs. and older. Each participant decides their own pace and repetitions.
- For anyone with compromised ankle, knee, and hip joints, the water significantly reduces the impact on your joints.
- No experience is necessary.

Splash those calories away!

Scan the **QR Code** for more Aquatic info.

SWIM TEAMS

BECOME A FORCE IN THE POOL

Program Info.

Pre-Swim Team: Hurricanes

Introduce your child to the most competitive sport around! Swimming develops aerobic endurance and is one of the most beneficial forms of cardiovascular exercise. This class provides flexibility and muscle toning, in addition to developing self-confidence, self-discipline, and goal setting. **Taught by a certified USA Swim Coach and YMCA Swim Instructors.**

Evaluations:

Beginner: participant will need to be able to swim a 25 yd freestyle, 25 yd backstroke, and tread water for 1 minute.

Advanced: participant will need to be able to swim a 50 yd freestyle with a flip turn, 50 yd backstroke, a legal 25 yd breaststroke or butterfly, and a one-minute tread.

SWIM LIKE A CHAMPION

Storm Swim Team

SCHERTZ FAMILY YMCA

WHAT THE Y RECOMMENDS

Find Your Aquatics Program

Favorite Pool Activities...

- Family Swim
- Diving for rings
- Water basketball
- Floating races
- Water aerobics
- Splash games
- Lap swimming
- Parent-child swim
- Aqua Zumba

We Recommed Trying...

- Swim Lessons
- Water Fitness
- Lifeguard Certification
- Family Swim
- Masters Swim
- Water Walking
- Adaptive Aquatics

Family Favorites...

- Floating together
- Cannonball contests
- Marco Polo
- Swim lessons
- Family splash time
- Poolside reading

Water Safety Tips...

- Always swim with a buddy.
- Never leave children unattended.
- Learn CPR.
- Wear properly fitted life jackets.
- Practice floating.
- Know your child's swimming ability.
- Listen to lifeguards.
- Take swim lessons early.

PILATES REFORMER

Family Pilates Reformer

At Family Pilates, you will move, strengthen, stretch and mobilize with your kiddo while using the Pilates machines. The class will be led by certified Pilates instructor. This class is for kids ranging from 7-13 years old, and a parent or adult.
This is an all level class.

Held at the D.R. Semmes Family YMCA at TriPoint.
Adults: $35 (Free with Pilates Unlimited Membership)
Kids: $10

Pilates Reformer Unlimited Membership

The Pilates Reformer is intended to help the body "relearn" how it was meant to move. We incorporate specific Pilates pieces of equipment to gain strength and mobility, while learning how to support our joints and energize our minds!

Program Details:
Y-Members: $125/month • Community: $175/month

- Month-to-month membership
- Monthly automatic draft (1st of the month)
- 14-day cancellation notice
- **Book your first three intro classes for FREE**
- **Unlimited Classes at 3 locations**
- Members may take as many Pilates Reformer classes as they desire within the paid month
- Unused sessions do not roll over to the next month
- Class Reservation through YMCA Training App

Try before you buy!

Book your first three classes for FREE at one of the locations below:

Click to book your first class at the **Boerne Family YMCA .**

Click to book your first class at the **D.R. Semmes Family YMCA at TriPoint**.

Click to book your first class at the **Schertz Family YMCA.**

Scan the **QR code** and book today!

YOUTH SPORTS

IT'S EVERYONE'S GAME

When youth play sports with the Y, they gain more than just exercise. They learn what it takes to be a leader in sports and life. Understanding the fundamentals of the game and safe play are just the beginning. Our coaches help youth learn the essentials of physical fitness, healthy development, and participation. We focus on improving their confidence and maintaining their determination. It doesn't matter who you are or where you came from; at the Y, it's everyone's game.

Y Youth Sports is available at the following locations:

- Boerne Family YMCA
- Cibolo/Schertz Family YMCA
- Davis-Scott Family YMCA
- Harvey E. Najim Family Family YMCA
- Mays Family YMCA at Potranco
- Mays Family YMCA at Stone Oak Performance Training Center
- Thousand Oaks Family YMCA
- Westside Family YMCA
- YMCA at O.P. Schnabel Park

Y Members receive a discount on Youth Sports and other Y Programs.

Contact our youth sports department for all YMCA's in Greater San Antonio by emailing us at sportsinfo@ymcasatx.org.

Scan to Register for the Fall Season!

Fall Registration Dates
GENERAL:
July 20 – Aug. 17
LATE:
Aug. 18 – Sept. 1
LAST CALL:
Sept. 2 – Oct. 2

We can't do it without our Volunteer Coaches!

It takes a big heart to help shape little minds. Parents like you make up the majority of our Volunteer Coaches.

Interested in coaching your child or a team?

Reach out to us at coachsupport@ymcasatx.org, and we will get you everything you need to make an impact on kids in our community through sport. Every season, more kids want to play sports than parent volunteers signed up to coach. We can always use your help!

ADULT SPORTS

ENJOY A GREAT GAME ON THE FIELD

Competitive sports leagues that are designed for adult players!

Softball, soccer, volleyball, flag football, basketball, kickball – check out the sports offe gs at your Y and get in the game. Improve skills, make new friends, be active, and learn to love a sport at the Y.

Locations, dates, and times vary.

Visit ymcasatx.org/sports for a complete list of offerings.

WHAT THE Y RECOMMENDS

Featured Sports Programs

Favorite Drills & Activities...

- Relay races
- Knockout
- Sharks & Minnows
- Dribble tag
- Passing challenges
- Soccer shooting games
- Kickball
- Pickleball king of the court
- Flag football scrimmages
- Team-building challenges

We Recommed Trying...

- Cheer Academy
- Basketball
- Soccer Academy
- Volleyball
- Flag Football
- Pickleball
- Youth Clinics
- Adult Sports Leagues
- Family Open Gym

Family Favorites...

- Saturday games
- Practicing together after dinner
- Cheering from the sidelines
- Team celebrations
- Coach high-fives
- Post-game smoothies
- Volunteering as scorekeeper

DANCE, GYMNASTICS & CHEER

As the nation's leader in youth development, the Y serves as a great stepping stone into youth activities. Classes are taught by highly-trained instructors in a fun and encouraging environment.

Dance

Students will learn the fundamentals of dance, how to control their body movements, and have a greater awareness of rhythm and music.

We offer dance classes for various ages and skill levels, so whether a beginner or a pro, you can learn it all. Our main goal is to provide our youth with opportunities to develop confidence and responsibility.

Gymnastics

Our gymnastics programs are designed to provide a safe, nurturing environment for children and youth to develop gymnastics skills as well as build self-confidence and develop their social skills.

Cheer

Youth will learn fine motor skills, tumbling skills, and cheer elements while building self-confidence and developing their social skills.

Sports Cheer & Sprirt Squad

Our Cheer Classes are designed for youth ages 4–10 and welcome all skill levels from first-time cheerleaders to those ready to build on their experience. In a supportive and energetic environment, participants learn cheer fundamentals while developing confidence, responsibility, and self-expression.

Through age-appropriate instruction, students build body control, coordination, rhythm, and musical awareness all while having fun, making friends, and discovering what they're capable of. At the Y, every cheer is a chance to grow.

Scan the **QR code** for more info & register today!

PICKLEBALL & TENNIS

Pickleball

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-pasted competitive game for experienced players.

The courts and leagues will be available to all YMCA of Greater San Antonio Members as an added benefit. Anyone who is a member of the YMCA of Greater San Antonio can reserve the courts at no additional cost.

*** The YMCA offers a daily drop-in fee rate for non-members, which varies at each location. Contact the branch for specific pricing.**

Scan the **QR Code** to view Pickleball Court Schedule

Morgan's Sports Complex Pickleball Socials

The Y will be offering a **beginner, inclusive,** & **skills** pickleball clinic.

Saturday October 10 • 8a – 11a

Morgan's Sports is located at:
5025 David Edwards Dr. San Antonio, TX 78233

Scan the **QR Code** to visit the **Morgans Sports** webpage

***The Hartman Family YMCA** opens in **January 2027!**

Tennis

The Y has been "serving up" the best tennis in San Antonio. Our goal is to make your experience fun and rewarding by welcoming both new and long-time players into our program. Our experienced, friendly staff will assist you in finding the right program or activity that is best for you. Once involved, you'll meet many new players and make new friends. Get started today!

Locally, the YMCA has pickleball & Tennis courts at its Thousand Oaks & Hartman locations.

FOREVERWELL

The YMCA of Greater San Antonio offers a variety of opportunities for adults age 60 and better to stay active, engaged, and connected with others. From physical activity to social events and new adventures. ForeverWell provides opportunities for ALL to make this chapter in life the BEST one yet!

Group Exercise Classes

- ForeverWell Aqua Fit
- ForeverWell Balance
- ForeverWell Cardio
- ForeverWell Enhance Plus
- ForeverWell Pilates
- ForeverWell Stretch
- ForeverWell TaiChi
- ForeverWell Yoga

Learning Opportunities

- Art Classes
- Teaching Kitchen
- Healthy Living Seminars
- GetSetUp Virtual Classes
- Y Diabetes Prevention
- Blood Pressure
- Self-Monitoring
- Y Weight Loss

*In-person and Virtual

Social Events

- Luncheons
- Holiday & Special Events
- Coffee Chats

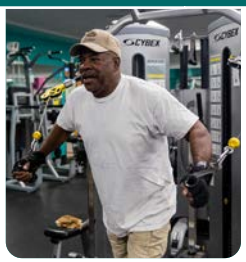
* Events vary by location

For questions, Please email foreverwell@ymcasatx.org.

WHAT THE Y RECOMMENDS

Connect, Move & Thrive with ForeverWell

Favorite Ways to Stay Active...



- Walking club
- Water exercise
- Chair yoga
- Pickleball
- Stretch class
- Tai Chi
- Line dancing
- SilverSneakers® classes
- Strength training

Grown-Up Recess...

- Because play isn't just for kids...
- Learn pickleball.
- Dance like nobody's watching.
- Try a new fitness class.
- Laugh with friends.
- Shoot hoops.
- Play cornhole.
- Join a walking challenge.
- Celebrate every win.

Favorite Potluck Dishes....

- Healthy chili
- Fresh fruit salad
- Chicken salad
- Vegetable soup
- Homemade salsa
- Garden pasta salad
- Whole grain muffins
- Slow cooker recipes

Ways to Connect & Thrive...

- Coffee after class
- Volunteer as a Senior Ambassador
- Book clubs
- Bible study
- Birthday celebrations
- Card games
- Walking buddies
- Community lunches
- Mentor younger generations

Stay Curious...

Local adventures / YMCA Field Trips include:

- Botanical Garden
- Japanese Tea Garden
- Brackenridge Park
- Missions National Historical Park
- San Antonio Museum of Art
- Local farmers markets
- YMCA community events
- Library programs

FALL EVENTS

THERE'S A "Y" IN EVERY FAMILY

The Y is a great place to grow up. We have an enormous variety of activities for youth of all ages and interests, from basketball to rock climbing, chess club to dance class, and everything in between. The Y is the place where all youth can come to cultivate the skills and relationships that lead to positive behaviors, better health, and lifelong success—and have fun doing it. We pride ourselves on meeting the needs of all different types of families, so no matter what your background, your financial situation, or your schedule, there's a place for your kids at the Y.

FAMILY EVENTS

Family time at the Y is about giving families the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community.

Allow families a time and a place to come together to have a good time, participate in various fun activities, share, communicate, and strengthen their relationships, and meet other families. Family Nights are usually scheduled for a weekend evening and can be either structured or free-flowing. Activities include mixers, pool games, arts and crafts, family fitness, games, volunteer opportunities, and family discussions over refreshments.

Upcoming events will be posted throughout social media, our e-newsletter, and at your local Y!

RUN OR PLUNGE?

BOERNE FAMILY YMCA 15TH ANNUAL TURKEY TROT 5K & 10K

SATURDAY, NOVEMBER 21, 2026

1 mile Fun Trail Walk 8:00 am | 5K RUN 8:15 am | 10K RUN 8:05 am | BOERNE CITY PLAZA 100 N. Main St.

RUN HARD GIVE THANKS

Scan the QR code to register. Email boerneturkeytrot@ymcasatx.org for questions.

5TH ANNUAL YMCA 5K REINDEER DASH

SATURDAY, DECEMBER 12, 2026

RUDOLPH KIDS DASH 8:00 am | 5K RUN 8:20 am | NORTHWEST VISTA COLLEGE 3535 N. Ellison Drive San Antonio, Texas 78251

SNOW MUCH FUN

Scan the QR code to register. Email reindeerdash5k@ymcasatx.org for questions.

SCHERTZ FAMILY YMCA POLAR BEAR PLUNGE

SATURDAY, JANUARY 9, 2027

COLD FOR A CAUSE

10 – 11 am | Pickrell Pool
701 Oak Street Schertz, TX 7815

$20 – Y Members
$25 – Community

Scan the QR code to register online or in person at the Schertz Family Y from **Oct. 2 – Jan 9.**

FALL FAMILY EVENTS

SEPTEMBER

September 5	Activity	Branch	Location/Addtional Info
9 – 10:30a	Pokémon at the Y	Boerne Family YMCA	
September 8			
1:15 – 3p	ForeverWell (60+) Craft Day	Schertz Family YMCA	
6 – 7:30p	Grandparent's Day Event	Westside Family YMCA	
September 10			
12:30 – 1:30p	ForeverWell (60+) Craft	Cibolo Family YMCA	Tote bag stamps
September 11	**9/11 Remembrance Day**		
11:30a – 12:30p	ForeverWell (60+) Craft	Boerne Family YMCA	
12 – 1p	9/11 Remembrance Day	D.R. Semmes Family YMCA	
September 12			
9 – 10:30a	Pokémon at the Y	Boerne Family YMCA	
1 – 3p	Video Game Day	YMCA at O.P. Schnabel Park	
1 – 4p	Pokémon Trade	Mays Family YMCA at Potranco	Trade, Play & Coffee
September 15			
10:30a – 12p	Timeless Trivia and Treats (ForeverWell Event)	Walzem Family YMCA	
September 16			
6 – 8p	Basketball Hangout	Davis-Scott Family YMCA	Reserved for pick up basketball
September 17			
12:30 – 2p	ForeverWell (60+) Fall Trivia	Thousand Oaks Family YMCA	
1 – 3p	ForeverWell (60+) : Share the Love Family Photo Social	YMCA at O.P. Schnabel Park	
September 19			
9 – 10:30a	Pokémon at the Y	Boerne Family YMCA	
6 – 8:30p	Family Movie Night	Schertz Family YMCA	
September 21	**Senior Appreciation Week: Sept. 21 – 25**		
September 23			
10a – 12p	ForeverWell (60+) Open House	YMCA at O.P. Schnabel Park & Mays Family YMCA at Potranco	At Potranco in the gym
September 25			
11:30a – 12:30p	ForeverWell (60+) Craft	Boerne Family YMCA	
12 – 1p	Senior Potluck	D.R. Semmes Family YMCA	
September 26			
9 – 10:30a	Pokémon at the Y	Boerne Family YMCA	
September 29			
9:30a – 12:30p	ForeverWell (60+) : Fall Lumenarias	Harvey E. Najim Family YMCA	Community Room

OCTOBER

October 1	Activity	Branch	Location/Additional Info
8 – 11a & 4 – 8p	International Coffee Day	Harvey E. Najim Family YMCA	
October 2			
6 – 7:30p	Pumpkin Decorating Event	YMCA at O.P. Schnabel Park	
October 3			
8a – 1p	$ – Community Yard Sale	Westside Family YMCA	
9 – 10:30a	Pokémon at the Y	Boerne Family YMCA	
4 – 6p	Dunkin for Pumpkins	Schertz Family YMCA	
6 – 8p	Trunk or Treat	Schertz Family YMCA	
October 6	Active Aging Week: Oct. 6 – 12		
October 9			
11a – 12p	ForeverWell Craft	Boerne Family YMCA	
5 – 7p	Dunkin' for Pumpkins	Davis-Scott Family YMCA	Free to the community w/ registration
October 10			
8 – 11a	Pickleball Social	Morgan's Sport Complex	Beginner, Inclusive, & Skills
9 – 10:30p	Pokémon at the Y	Boerne Family YMCA	
10a – 12p	$ – Halloween Dance-A-Thon	Thousand Oaks Family YMCA	
October 12	Wellness Week: Oct. 12 – 18		
October 15			
9a – 12p	ForeverWell (60+) Health Fair	Davis-Scott Family YMCA	
October 16		**Branch**	
6 – 8p	Boo Bash! / Trunk or Treat	YMCA at O.P. Schnabel Park	
6 – 8p	Dunkin' for Pumpkins	Mays Family Y at Potranco	Pumpkins in the pool
October 17			
9 – 10:30a	Pokémon at the Y	Boerne Family YMCA	
10a – 10p	Cibolofest	Cibolo Family YMCA	
4 – 6p	$ – Family Cookie Decorating	Schertz Family YMCA	
6 – 8p	Boo Bash!	Westside Family YMCA	
October 22			
12:30 – 1:30p	ForeverWell (60+) Craft	Cibolo Family YMCA	Halloween Jars
October 23			
5 – 7p	Trunk or Treat	Harvey E. Najim Family YMCA	
6 – 8p	Boo Bash!	Mays Family Y at Potranco	
6 – 8p	Trunk or Treat	D.R. Semmes Family YMCA	
6 – 8p	$ – Dunkin' For Pumpkins	Westside Family YMCA	
6:30 – 8:30p	Pumpkin Decorating Contest	Cibolo Family YMCA	
October 24			
9 – 10:30a	Pokémon at the Y	Boerne Family YMCA	
11a – 12:45p	Halloween Zumba	D.R. Semmes Family YMCA	
2 – 3:30p	Pilates, Pints and Pretzels (Pilates Palooza)	Schertz Family YMCA	
4 – 7p	Boerne Boo	Boerne Family YMCA	
October 30			
9:30a – 12:30p	Monster Mash, Meditate and Celebrate	Walzem Family YMCA	
5 – 8p	Boo Bash!	Davis-Scott Family YMCA	
5:30 – 9p	Boo Bash!	Thousand Oaks Family YMCA	

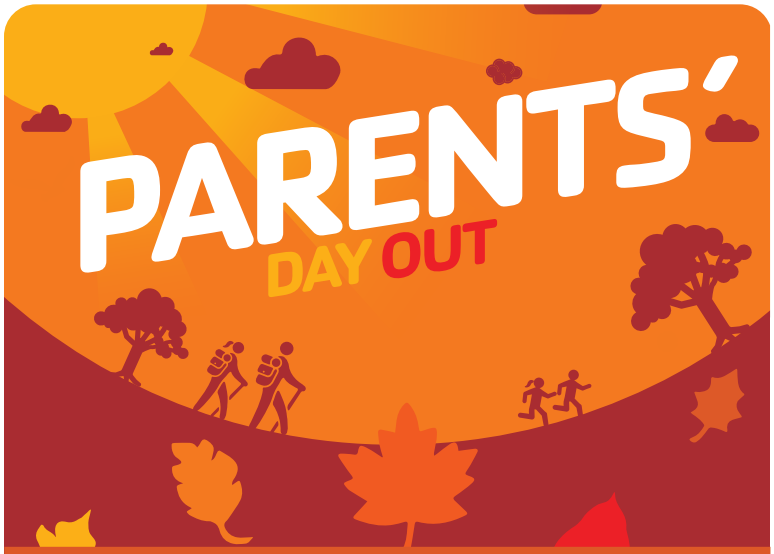
NOVEMBER

November 4	Activity	Branch	Location/Additional Info
10 – 11:30a	Mays Family Y at Potranco 10-Year Anniversary	Mays Family Y at Potranco	
November 6			
11:30a – 12p	ForeverWell (60+) Craft	Boerne Family YMCA	
November 7			
8a – 1p	$ – Community Yard Sale	Westside Family YMCA	
November 11			
8a – 6p	$ – Rally For Hope Pickleball Tournament	Thousand Oaks Family YMCA	
November 12			
6 – 7:30p	Turkey Bingo Family Style	Davis-Scott Family YMCA	
November 13			
5p – 7p	Turkey BINGO	Thousand Oaks Family YMCA	
5p – 7p	Freaky Friday Field Day	Harvey E. Najim Family YMCA	
6 – 8p	Adult Paint Night	Schertz Family YMCA	
November 16			
ALL DAY	Giving Tree Begins and runs until Dec. 8!	Schertz Family YMCA	
6 – 7p	Pilates After Dark (Mat Pilates)	D.R. Semmes Family YMCA	
November 18			
11a – 12:30p	Turkey BINGO and Thanksgiving Potluck	Walzem Family YMCA	
12 – 1p	Turkey Bingo	D.R. Semmes Family YMCA	
6 – 8p	Volleyball Hangout	Davis-Scott Family YMCA	Pick up game
6 – 8p	Fall Family BINGO Night	Westside Family YMCA	
7 – 8p	Glow in the Dark Yoga Flow	Boerne Family YMCA	
November 19			
TBD	ForeverWell (60+) Potluck	YMCA at O.P. Schnabel Park	
12:30 -1:30p	Senior Craft	Cibolo Family YMCA	Harvest Pumpkins
November 20			
6 – 8p	Mind, Body + Spirit: A Worship Night	Mays Family Y at Potranco	Glow in the dark bracelets, vendors, & worship.
6:30 – 8:30p	Family Bingo Night	Cibolo Family YMCA	Bingo night to win pies! Reffreshmens t will be provided.
November 21			
7:30 – 9a	$ – 15th Annual Boerne Family YMCA Turkey Trot: Walk, 5K & 10K	Boerne Family YMCA	Boerne City Plaza
6 – 8:30p	Family Movie Night	Schertz Family YMCA	Sports Complex Parking Lot
November 23 – 25			
9a – 2p	$ – Friendsgiving Camp	YMCA at O.P. Schnabel Park	

DECEMBER

December 2	Activity	Branch	Location/Addtional Info
7 – 8p	Partners Pilates (Bring Your Own Partner)	D.R . Semmes Family YMCA	
December 4			
11:30a – 12:30p	ForeverWell (60+) Craft	Boerne Family YMCA	
6:30 – 8p	Family Holiday Dance	Schertz Family YMCA	
6 – 8p	Cookies with Santa	Thousand Oaks Family YMCA	
December 5			
10a – 12p	Santa's Workshop	Mays Family Y at Potranco	Craft, Activity, & Santa
6 – 7:30p	Christmas in the Park	YMCA at O.P. Schnabel Park	Lights, picture set ups, backdrops, vendors, hot chocolate
December 8			
6 – 8p	Cookies with Santa	Schertz Family YMCA	
December 9			
10a	Cookie Exchange and Crafts	Walzem Family YMCA	
December 11			
6 – 8p	Polar Express Family Movie Night	YMCA at O.P. Schnabel Park	Show up in your Pjs enjoy popcorn and light refreshments
6:30 – 8:30p	Frosty Fun Fest	Cibolo Family YMCA	
December 12			
7:30 – 10:30a	$ - Reindeer Dash 5K	YMCA at O.P. Schnabel Park & Mays Family Y at Potranco	Northwest Vista College
9 – 11a	Breakfast with Santa	Boerne Family YMCA	
10 – 11:30a	Cookies with Santa	D.R . Semmes Family YMCA	
December 16			
5 – 7 p	Cookies with Santa	Westside Family YMCA	
December 17			
12:30 – 1:30p	ForeverWell (60+) Craft	Cibolo Family YMCA	Christmas Gnome keychains
5 – 7:30p	Pancakes with Santa	Harvey E. Najim Family YMCA	
December 18			
6 – 8p	Christmas Movie	Davis-Scott Family YMCA	Wear your ugly christmas sweater
December 19			
4 – 6p	Family Cookie Decorating	Schertz Family YMCA	
December 21 – 23			
9 – 2p	$ - Holiday Camp	YMCA at O.P. Schnabel Park	
December 28 – 30			
9 – 2p	$ - Holiday Camp	YMCA at O.P. Schnabel Park	

PARENTS DAY & NIGHT OUT



September	Time	Branch
Sat: Sept. 5	11a – 3p	Westside Family Y
Sat: Sept. 19	12:30 – 4:30p	Mays Family Y at Potranco
October		
Sat: Oct. 3	11 a – 3p	Westside Family Y
Sat: Oct. 10	11 a – 3p	D.R. Semmes Y at TriPoint
Sat: Oct. 24	12:30 – 4:30p	Mays Family Y at Potranco
November		
Sat: Nov. 7	11a – 3p	Westside Family YMCA
Sat: Nov. 14	11a – 3p	D.R. Semmes Y at TriPoint
		Westside Family YMCA
Sat: Nov. 21	12:30 – 4:30p	Mays Family Y at Potranco
December		
Sat: Dec. 12	11a – 3p	D.R. Semmes Y at TriPoint
	1 – 5p	Schertz Family Y
Sat. Dec. 19	12:30 – 4:30p	Mays Family Y at Potranco

September	Time	Branch
Fri: Sept. 4	5:30 – 9:30p	Thousand Oaks Family Y
	6 – 10p	YMCA at O.P Schnabel Park
Sat: Sept. 5	6 – 10p	Schertz Family Y
Fri: Sept. 11	5 – 9p	Mays Family Y at Potranco
Fri: Sept. 18	5:30 – 9:30p	Thousand Oaks Family Y
	6 – 10p	YMCA at O.P Schnabel Park
Sat: Sept. 26	5 – 9p	Cibolo Family Y
October		
Fri: Oct. 2	5:30 – 9:30p	Thousand Oaks Family Y
Fri: Oct. 9	5 – 9p	Mays Family Y at Potranco
	6 – 10p	YMCA at O.P Schnabel Park
Fri: Oct. 16	5:30 – 9:30p	Thousand Oaks Family Y
Sat: Oct. 17	5 – 9p	Cibolo Family Y
Fri: Oct. 23	6 – 10p	YMCA at O.P Schnabel Park
Sat: Oct. 24	6 – 10p	Schertz Family Y
Fri: Oct. 30	5 – 9p	D.R. Semmes Family Y at TriPoint
November		
Fri: Nov. 6	5:30 – 9:30p	Thousand Oaks Family Y
	6 – 10p	YMCA at O.P Schnabel Park
Sat: Nov. 7	6 – 10p	Schertz Family Y
Fri: Nov. 13	5 – 9p	Mays Family Y at Potranco
Sat: Nov. 14	5 – 9p	Cibolo Family Y
Fri: Nov. 20	5 – 9 p	D.R. Semmes Family Y at TriPoint
	5:30 – 9:30p	Thousand Oaks Family Y
	6 – 10p	YMCA at O.P Schnabel Park
December		
Fri: Dec. 4	6 – 10p	YMCA at O.P Schnabel Park
Fri: Dec. 11	5 – 9p	Mays Family Y at Potranco
	5:30 – 9:30p	Thousand Oaks Family Y
Fri: Dec. 18	5 – 9p	D.R. Semmes Family Y at TriPoint
	5:30 – 9:30p	Thousand Oaks Family Y
	6 – 10p	YMCA at O.P Schnabel Park

PARENTS' NIGHT / DAY OUT

Parents' Night or Day Out is a break for both the child and parent. Enjoy time out on the town while the kids (ages 6 weeks – 12 years) enjoy age-appropriate activities at the YMCA! This program is offered on Friday or Saturday nights monthly at various Y locations throughout San Antonio.

Y members and non-members are welcome to register for a fee.

- Offerings vary by location.
- Online registration varies by location.

TWEEN NIGHTS AT THE Y!

This fun, **FREE** event includes guest speakers covering a variety of topics, such as self-care, leadership, time management, and more, free food and snacks, and plenty of group activities. It's a great chance to meet new people, make friends, and enjoy a night full of fun and opportunities to connect with other teens.

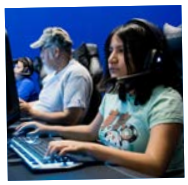
Tween Night Ages: 9 – 13 years
Contact your local Y for more information.

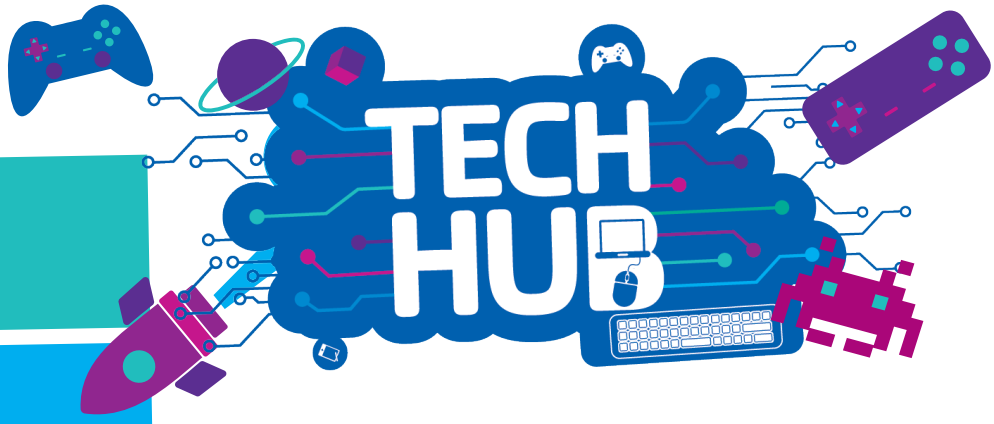
September		Location	Time
Tween	Sat: Sept. 19	YMCA at O.P. Schnabel Park	5 – 8 p
Tween	Fri: Sept. 25	Mays Family YMCA at Potranco	5 – 8 p
October			
Tween	Sat: Oct. 24	YMCA at O.P. Schnabel Park	5 – 8 p
Tween	Fri: Oct. 30	Mays Family YMCA at Potranco	5 – 8 p
November			
Tween	Fri. Nov. 20	Mays Family YMCA at Potranco	5 – 8 p
Tween	Sat: Nov. 28	YMCA at O.P. Schnabel Park	5 – 8 p
December			
Tween	Fri: Dec. 19	YMCA at O.P. Schnabel Park	5 – 8 p

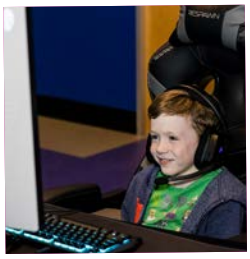
TECH HUB

Gaming • Birthday Parties • S.T.E.M Camps • Egaming • Senior Education

The Y's Tech Hub is a new state-of-the-art space, and a new member benefit providing free access to any YMCA of Greater San Antonio member.







LEVEL YOUR FUN!

E-Gaming Night Out

Enjoy time out on the town while the kids enjoy a variety of games, some fun competition and pizza! Our e-gaming staff will look over your children in a safe environment. Held at the D.R. Semmes Family YMCA at TriPoint.

Ages: 6 – 17 years

Cost: Y Members: $25
Non-Members: $35
*Multi-Child discount: $10

SPOTS LIMITED: only 18 stations available

October 9
Friday • 5 – 9 p

November 6
Friday • 5 – 9 p

December 4
Friday • 5 – 9 p

REGISTER TODAY!

WHAT THE Y RECOMMENDS

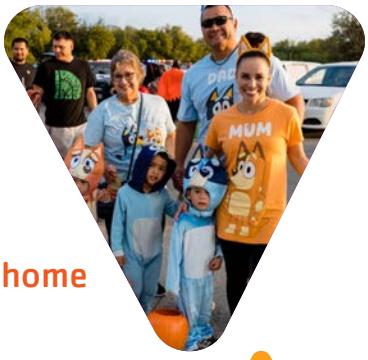
Family Fun & Youth Programs

What Kids Love...

- Building forts during Family Night
- Climbing, jumping and exploring
- Playing Gaga Ball
- Splashing in the pool
- Meeting new friends
- Kids Club
- STEM activities
- Arts & crafts
- Obstacle courses
- Family game nights

We Recommend Trying...

- Family Nights
- Parents' Night Out
- Youth Sports
- Specialty Camps
- Kids Club
- Family Swim
- YMCA360 workouts at home
- Family fitness classes
- Holiday events
- Volunteer opportunities



More Fun. Less Screen Time..

- Instead of scrolling, try...
- Build an obstacle course.
- Shoot hoops together.
- Go on a family nature walk.
- Learn pickleball.
- Race in the pool.
- Read together.
- Cook a healthy meal.
- Play board games.
- Volunteer together.
- Create a gratitude jar.

Family Favorites...

- Friday Family Swim
- Family Pickleball
- Holiday movie nights
- Walking the indoor track together
- Basketball shoot-around
- Family yoga
- Pumpkin decorating
- Turkey Trot
- Reindeer Dash
- Community festivals

BIRTHDAY PARTY RENTALS

Let us help you celebrate your special day!
Want to take the stress out of planning your child's next Birthday Party?

The YMCA is proud to offer an exciting environment for birthday parties. Provided items vary by branch. Reservations MUST be made at least 14 days in advance.

Currently offered at the following locations:

Boerne Family YMCA
820 Adler Rd.
Boerne, TX 78006
Phone: 830-815-1040

D.R. Semmes Family YMCA at TriPoint
(Egaming/Tech Hub)
3233 N. St. Mary's St.
San Antonio, TX 78212
Phone: 210-246-9622

Mays Family YMCA at Potranco
(Indoor Pool parties are also available)
8765 Hwy 151 Access Rd
San Antonio, TX 78245
Phone: 210-901-6622

Schertz Family YMCA
(Indoor Pool parties are also available)
621 Westchester
Schertz, TX 78154
Phone: 210-619-1900

YMCA at O.P. Schnabel Park
(Outdoor Pool parties are also available - seasonal)
9606 Bandera Rd.
San Antonio, TX 78250
Phone: 210-520-9700

YMCA ROBERTS RANCH

Explore. Learn. Belong.

YMCA Roberts Ranch is a 1,100-acre nature preserve and working ranch located just outside Comfort, Texas. We provide youth, families, and organizations with opportunities to explore, learn, and grow in the great outdoors. Nestled in the pristine Texas Hill Country, the Ranch is a place where people of all abilities, backgrounds, and levels of outdoor experience can enjoy and be inspired by the natural world.

Ranch Outdoor Adventure Reach (ROAR)

Hands-on youth field day experiences designed to build confidence & connect students with the natural world:

- Environmental education & ecology
- Archery & outdoor skills
- Guided hikes & nature photography
- Wildlife observation & learning
- Ranching & farm animal interactions
- Native plant gardening & habitat projects

... and much more!

Volunteer Opportunities

Engage individuals and groups in meaningful youth outreach & conservation work:

- Lead and assist with Youth Field Days
- Habitat restoration projects
- Native plant garden development
- Wildlife monitoring & land stewardship

... and much more!

Ranch Tours & Workshops

Educational experiences for adults, families, and organizations:

- Regenerative ranching & land health practices
- Native flora & fauna education
- Archaeology & Texas geology

Roberts Ranch promotes and sponsors education programs, provides funds for ranch development, and supports conservation. When you support the YMCA's Roberts Ranch, you support connecting people to nature. Consider giving a small amount each month to support education programs at the ranch. Funds raised to bring in naturalists to share their knowledge and passion for the great outdoors.

Donate Today!

To schedule tours and programs visit: ymcasatx.org/robertsranch or email robertsranch@ymcasatx.org.

COUNSELING SERVICES

WHEN YOU ARE READY, WE ARE HERE.

The YMCA's Counseling and Well-Being Services team consists of licensed and pre-licensed professionals dedicated to helping you on your journey to healing. Our culturally diverse team includes counselors who specialize in multiple evidence-based approaches. Our goal is to provide a safe environment of unconditional support, understanding, and compassion. From anxiety and depression to trauma and post-traumatic stress disorder, our counselors are prepared to assist in your journey toward recovery. We are passionate about providing comprehensive, quality care. If you or someone you know could benefit from our services, please don't hesitate to reach out.
Remember, asking for help is powerful.

Types of Therapy & Counseling Available

We provide a diverse selection of therapy and counseling services, designed to cater to your unique needs in both English and Spanish. Whether you're looking for marriage counseling to enhance your relationship, couples therapy to overcome obstacles together, adult counseling for personal development, or child counseling – our skilled therapists are here to guide and support you. We also specialize in CBT therapy to help reshape negative thought patterns and offer effective treatment for depression and addiction.

- Individuals & couples
- Adolescents & children
- Family conflict
- Grief & loss
- Trauma & attachment
- Depression
- Anxiety
- ADHD & anger management
- Behavioral issues
- Parenting
- Divorce & blended families
- Life changes & transitions
- CBT therapy

Pricing

YMCA Counseling is committed to providing accessible and affordable mental health services and therapy for individuals, couples and families. There is no maximum number of sessions. Clients can be seen as many times as they need. If you're concerned about costs, financial assistance is available to help make our services more affordable.

Scan the **QR code** to request our Counseling and Well-Being Services

Counseling services are available to individuals between the ages of 11-99+.

Please reach out to us with any questions - **210-796-3732.**

WHAT THE Y RECOMMENDS

Everyday Tips for Mental Wellness

Small Things That Make a Big Impact...

- Saying hello.
- Smiling at someone.
- Drinking more water.
- Taking a walk.
- Deep breathing.
- Asking for help.
- Getting enough sleep.
- Practicing gratitude.
- Unplugging for an hour.

How to Find Your Calm

- Box breathing
- Stretching
- Prayer
- Meditation
- Journaling
- Listening to music
- Swimming
- Walking outdoors

Hidden Gem at the Y...

- Friendly Welcome Desk staff
- Wellness Coaches
- Quiet lobby corners
- Child Watch
- Community bulletin boards
- Water fitness
- ForeverWell friendships
- Volunteer opportunities
- The encouraging atmosphere

Best Ways to Recharge...

- Take a yoga class.
- Spend time outdoors.
- Connect with a friend.
- Try something new.
- Turn off notifications.
- Get moving.
- Volunteer.
- Read a good book.
- Laugh often.
- Visit the Y.

WORK AT THE Y

WORK AT THE Y THIS FALL!

The Y offers flexible hours, excellent benefits, career growth opportunities, and so much more! Y staff receive a FREE Y membership, program discounts, and voluntary retirement savings (403B) for part-time and full-time employees. At the Y, we invite you to develop your skills, realize your leadership potential, and discover a position that is much more than a job. Plus, there is always room to grow!

APPLY TODAY!

AFTER-SCHOOL PROGRAM LEADER

The YMCA is looking for energetic, enthusiastic, and experienced childcare staff. At the Y, we strengthen our communities by supporting families and helping them thrive. The Y provides after-school education to more than 60 elementary schools across six districts across Greater San Antonio, including Boerne and New Braunfels.

These after-school programs are vital not only to working parents who need safe, dependable care for their children but also to supporting our community's future. Anyone interested in positively impacting a child and family's life is encouraged to apply.

Now hiring for multiple positions located throughout Greater San Antonio.

JOIN THE MOVEMENT

GIVE

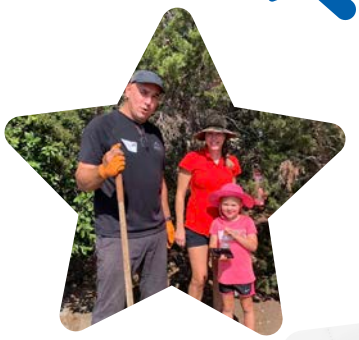
There are many ways you can give financially to support the work
of elevating youth in Greater San Antonio:

- Giving to the One Y Annual Campaign
- Naming Opportunities for Facilities
- Gifts/Services In-Kind

VOLUNTEER

If any of our projects sounds like something you'd like to be more involved with, we are happy to talk to you more about how to get involved!

- Food Bank Distributions
- Volunteer Coach for Youth Sports
- Community Clean Up Projects
- And more



CONNECT WITH US

As we work to strengthen the foundations of the community, we want to get more connected with other key stakeholders in the community.

Do you know someone or an organization that would be interested in partnering with us?

Let us know!
Contact us at
philanthrophy@ymcasatx.org

Register Online!
Holiday Camps • Fall Programs
Membership

Connect With Us:
@ymcasatx