



Have You Learned the secret to Finding Quality After school Care?

Frisco YMCA Afterschool Program

The YMCA school age afterschool program has an underlying goal, which seeks to provide a happy atmosphere, develop positive self-esteem in children, provide social opportunities, strengthen self-discipline, stimulate curiosity and encourage self-expression.

- **Licensed by the Texas Department of Family & Protective Services**
- **1:15 staff to child ratio**
- **Staff are First Aid & CPR certified; complete 80 hours of training each year**
- **Located on site at your child's elementary school**
- **Homework help and hands-on science & math enrichment from teacher tutors**
- **Safe, value-based sports & fitness activities and indoor & outdoor games**

check Us out!

After School Program Rates

	Initial Child	Additional Child
YMCA Family Member	\$215 monthly	\$200 monthly
Program Member	\$235 monthly	\$220 monthly

Register at both locations!



3415 Main Street
Frisco, Texas 75034
(214) 297-9622

2401 Internet Blvd., Ste.
100 Frisco, Texas 75034
(972) 335-3222



Registration for 2009-2010 Begins May 1st.

Financial Assistance and Income Based Memberships may be available.

The mission of the YMCA of Metropolitan Dallas is to put Christian values into practice through programs that build healthy spirit, mind and body for all.

And Look At the Benefits of Your Membership

Program Member

Program access, but no YMCA access

What is a program member?

Program members pay an annual \$20 fee, but don't receive access to the YMCA facilities. However, once the program membership is purchased for the year, you can sign up for as many programs as you like.

Program Member Benefits

- Access to safe, affordable and quality child care through the YMCA Afterschool Care Program
- Opportunities to register for additional programs such as sports, swim lessons, Adventure Guides, summer camps and much more!

After School Program Rates

	Initial Child	Additional Child	Membership Dues
YMCA Family Member	\$215 monthly	\$200 monthly	\$60 monthly
Program Member	\$235 monthly	\$220 monthly	\$20 annually

Family Member

Program and YMCA access

What is a family member?

Family members enjoy YMCA programs and receive access to the YMCA facilities.

Gold Family Members can use all 34 YMCA branches in the Dallas, Ft. Worth and Arlington areas (excluding Downtown).

Branch Family Members can enjoy the amenities and services of both Frisco facilities (Frisco YMCA at Hall Office Park and the Frisco YMCA at Main Street and Teel Parkway)

Family Member Benefits

- Access to safe, affordable and quality child care through the YMCA Afterschool Care Program
- FREE body composition assessment
- FREE health & wellness assessment by Stanford University
- FREE group exercise classes
- Fee reductions on additional programs such as youth sports, Adventure Guides, summer camps and much more!

Extra Perks for Gold Family Members

- FREE Child Watch (Child care while you workout)

Facility Features, Amenities & Services

Frisco Family YMCA - Hall Office Park

- Cardiovascular Equipment
- Strength Training Equipment
- Group Exercise Classes
- Personal Training
- Locker Rooms with showers
- Free Towel Service

Become a member and enjoy two great locations!

Frisco Family YMCA - Main

- Gaming fitness zones for older kids & teens
- Three sports fields
- Three group exercise rooms
- Indoor Gym
- Outdoor playground
- Fitness & social activities for Active Older Adults
- Adventure Guides program
- After School Program
- Day Camp
- Youth & Small Fry Sports