



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACT! ACTIVELY CHANGING TOGETHER

EATING WELL. PLAYING MORE.

Ready for a healthy change? Looking for ways to help your child eat well and be more active?

It's time to ACT! In partnership with Seattle Children's Hospital, the YMCA offers ACT! for youth ages 8-14.

Program highlights:

- One 90-minute group session per week for 12 weeks
- Y family membership to use between weekly sessions
- A nutritionist and physical activity coach lead each session
- Parents join the program together with their kids
- Energizing games, activities and light meals
- Offered twice a year (Fall and Winter)
- Fees range from \$25 - \$165 based on ability to pay



READY TO ACT! NOW?

A healthcare provider referral is required to enroll (may be a doctor, registered nurse, registered dietitian or any licensed healthcare provider) and youth must have a body mass index (BMI) $\geq 85^{\text{th}}$ percentile. You and your child's healthcare provider can complete this form and fax it to your preferred Y branch. Y staff will then contact you to discuss participating and help you enroll.

Parent completes the following:

I would like to receive more information about ACT!

I am ready to reserve a spot in the ACT! program.

Child Age _____ Child Sex Male Female

Child/Teen name _____

Parent/Guardian name _____

Parent/Guardian address _____

Preferred contact phone _____

Email address _____

How did you find out about ACT!? _____

Preferred Y branch (see list on back) _____

Please fill-in health information about the child/teen that may impact physical activity and/or nutrition in the program (allergies, illnesses, etc.):

Provider completes the following:

I confirm this child/teen is eligible for ACT! with age 8-14 years and BMI $\geq 85^{\text{th}}$ percentile for age.

I confirm this child is physically and emotionally able to participate in group physical activity.

Child/Teen height (cm) _____ Weight _____

Provider name _____

Signature _____

Date _____

Clinic _____

Email or Fax _____



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2012 WINTER/SPRING PROGRAMS

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Kids: Ages 8 – 11 Teens: Ages 12 – 14

YMCA OF GREATER SEATTLE (King County)	YMCA OF SNOHOMISH COUNTY & OLYMPIA
<p>AUBURN VALLEY YMCA (<i>Spanish program available</i>) 1620 Perimeter Rd SW Auburn, WA 98001 Stephanie Norton-Bredl - snortonbredl@seattleyymca.org P 253 833 2770 F 253 833 2771 Kids - Sundays 12:30, February 26 Spanish Kids-Wednesdays 6pm, March 7 Teens - Mondays 6pm, March 5</p>	<p>EVERETT YMCA 2720 Rockefeller Ave Everett WA 98201 Gael Thomson - gthomson@ymca-snoco.org P 425 374 5703 F 425 259 2328 Kids-Tuesdays, 4:30pm, Feb 7</p>
<p>DALE TURNER FAMILY YMCA, SHORELINE 19290 Aurora Ave N Shoreline, WA 98133 Jen Chantrill - jchantrill@seattleyymca.org P 206 363 0446 F 206 363 3142 Kids-Fridays 6pm, February 10 Teens - Sundays 4pm, February 12</p>	<p>MARYSVILLE YMCA (<i>Spanish program available</i>) 6420 60th Dr. NE Marysville WA 98270 Kathy Maness - kmaness@ymca-snoco.org P 360 651 1625 F 360 653 2329 Teens - Mondays, 5:45pm, Feb 13 Spanish Teens - Wednesdays, 6:30pm, Feb 15</p>
<p>MATT GRIFFIN YMCA, SEATAC (<i>Spanish program available</i>) 3595 S 188th St SeaTac, WA 98188 Megan Schlaud - mschlaud@seattleyymca.org P 206 787 1178 F 206 244 5881 Teens - Sundays 4pm, Feb 26 Spanish Teens - Thursdays 6pm, March 1</p>	<p>MILL CREEK YMCA 13723 Puget Park Drive Everett WA 98208 Jeralin Olson - jolson@ymca-snoco.org P 425 357 3033 F 425 316 8031 Kids - Mondays 6pm, Feb 13</p>
<p>MEREDITH MATTHEWS EAST MADISON YMCA CAPITOL HILL, SEATTLE 1700 23rd Ave Seattle, WA 98122 Nuria Ugalde - nugalde@seattleyymca.org P 206 322 6969 F 206 322 6868 Kids/Teens - Sundays, 2pm, February 26</p>	<p>MONROE YMCA (<i>Spanish program available</i>) 14033 Fryelands Blvd Monroe, WA 98272 Tania Price - tprice@ymca-snoco.org P 360 804 2172 F 360 794 5160 Kids/Teens - Tuesdays, 6pm, Feb 21</p>
<p>NORTHSHORE YMCA, BOTHELL 11811 NE 195th St Bothell, WA 98011 Michelle Rosen - mrosen@seattleyymca.org P 425 485 9797 F 425 486 7757 Kids - Fridays 5:30pm, February 24 Teens - Saturdays 10:30am, February 25</p>	<p>MUKILTEO YMCA 10601 47th Place Mukilteo, WA 98275 Laurie George - LGeorge@ymca-snoco.org P 425 493 2407 F 425 315 0482 Kids - Tuesdays, 6pm, Feb 7</p>
<p>WEST SEATTLE & FAUNTLEROY YMCA 4515 36th Ave SW Seattle, WA 98126 Becca Gray - rgray@seattleyymca.org P 206 935 6000 F 206 938 1676 Kids - Mondays 6pm, February 27</p>	<p>OLYMPIA YMCAS Lloyd Moore - moorel@ssymca.net P 360 918 0257 F 360 754 9723 Downtown Olympia YMCA, 510 Franklin Street SE Kids - Thursdays, 5pm, Jan 26 Downtown Olympia YMCA, 510 Franklin Street SE Teens - Thursdays, 6:30pm, Jan 26</p>

Please contact your nearest YMCA for more information or email act@seattleyymca.org

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

