



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<sup>th</sup> 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 the ACT! program

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

Child/Teen name \_\_\_\_\_ Age \_\_\_\_\_

Parent/Guardian name \_\_\_\_\_

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<sup>th</sup> percentile for age

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

Child/Teen height (cm) \_\_\_\_\_ Weight (kg) \_\_\_\_\_

Provider name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Clinic \_\_\_\_\_

Email or Fax \_\_\_\_\_

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.





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# 2011 FALL PROGRAMS

**ACT! ACTIVELY CHANGING TOGETHER**

**Kids: Ages 8 – 11 Teens: Ages 12 – 14**

YMCA OF GREATER SEATTLE ( King County)	YMCA OF SNOHOMISH COUNTY & OLYMPIA
<p><b>AUBURN VALLEY YMCA</b> <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 <b>Kids</b>-Wednesdays 6pm, Sept 28 <b>Teens</b> – Mondays 6pm, Sept 26</p>	<p><b>EVERETT YMCA</b> 2720 Rockefeller Ave Everett WA 98201 Gael Thomson – gthomson@ymca-snoco.org P 425 374 5703 F 425 259 2328 <b>Kids</b>-Tuesdays 4:30pm, Sept 20</p>
<p><b>DALE TURNER FAMILY YMCA, SHORELINE</b> 19290 Aurora Ave N Shoreline, WA 98133 Lynn Gannon – lgannon@seattleyymca.org P 206 363 0446 x 7054 F 206 363 3142 <b>Kids</b>-Fridays 6pm, Sept 23 <b>Teens</b> – Wednesdays 7pm, Sept 21</p>	<p><b>MARYSVILLE YMCA</b> <i>(Spanish program available)</i> 6420 60<sup>th</sup> Dr. NE Marysville WA 98270 Kathy Maness – kmaness@ymca-snoco.org P 360 651 1624 F 360 653 2329 <b>Teens</b> – Wednesdays, 6:30pm, Sept 14</p>
<p><b>MATT GRIFFIN YMCA, SEATAC</b> <i>(Spanish program available)</i> 3595 S 188<sup>th</sup> St SeaTac, WA 98188 Megan Schlaud – mschlaud@seattleyymca.org P 206 787 1178 F 206 244 5881 <b>Teens</b> – Thursdays 6pm, Sept 22</p>	<p><b>MILL CREEK YMCA</b> 13723 Puget Park Drive Everett WA 98208 Jeralin Olson – jolson@ymca-snoco.org P 425 357 3033 F 425 316 8031 <b>Teens</b> – Mondays 6pm, Sept 26</p>
<p><b>MEREDITH MATTHEWS EAST MADISON YMCA CAPITOL HILL, SEATTLE</b> 1700 23<sup>rd</sup> Ave Seattle, WA 98122 David Sessions – dsessions@seattleyymca.org P 206 322 6969 F 206 322 6868 <b>Kids</b> – Wednesday 6pm, Oct 5</p>	<p><b>MONROE YMCA</b> <i>(Spanish program available)</i> 14033 Fryelands Blvd Monroe, WA 98272 Tania Price – tprice@ymca-snoco.org P 360 804 2162 F 360 794 5160 <b>Kids/Teens</b> – Tuesdays, 6pm, Sept 13</p>
<p><b>NORTHSHORE YMCA, BOTHELL</b> 11811 NE 195<sup>th</sup> St Bothell, WA 98011 Michelle Rosen – mrosen@seattleyymca.org P 425 485 9797 F 425 486 7757 <b>Kids</b> – Fridays 5:30pm, Sept 30 <b>Teens</b> – Saturdays 10:30am, Oct 1</p>	<p><b>MUKILTEO YMCA</b> 10601 47<sup>th</sup> Place Mukilteo, WA 98275 Cora Koffski – ckoffski@ymca-snoco.org P 425 493 2436 F 425 315 0482 <b>Kids</b> – Tuesdays, 6pm, Sept 13</p>
<p><b>WEST SEATTLE &amp; FAUNTLEROY YMCA</b> 4515 36<sup>th</sup> Ave SW Seattle, WA 98126 Becca Gray - rgray@seattleyymca.org P 206 935 6000 F 206 938 1676 <b>Kids</b> – Mondays 6pm, Sept 26</p>	<p><b>OLYMPIA YMCAS</b> Lloyd Moore – moorel@ssymca.net P 360 918 0257 F 360 754 9723 Briggs YMCA, 1530 Yelm Highway SE <b>Kids/Teens</b> – Mondays 5:30pm and 7pm, Sept 12 Downtown Olympia YMCA, 510 Franklin Street SE <b>Kids/Teens</b> – Thursdays, 5pm and 6:30pm, Sept 15</p>

Please contact your nearest YMCA for more information or email [act@seattleyymca.org](mailto:act@seattleyymca.org)

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