

Do more together at the **YMCA.**

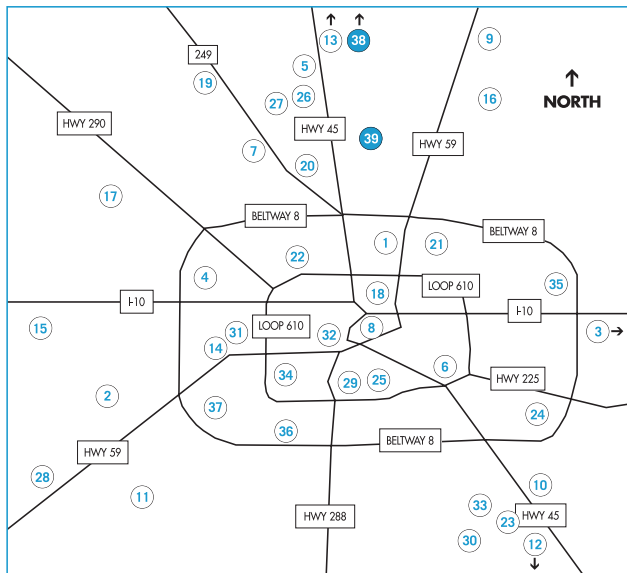


# Guide

to **YMCA** Programs

M.D. Anderson Family YMCA • April-August 2009

# YMCA locations



**1** ALDINE - GREENSPOINT 832.484.9622  
10960 North Fwy, Houston, TX 77037

**2** ALIEF 281.495.9100  
7850 Howell-Sugarland Rd.,  
Houston, TX 77083

**3** BAYTOWN 281.427.1797  
201 YMCA Dr., Baytown, TX 77521

**4** CLAY ROAD 713.467.9622  
10655 Clay Rd., Houston, TX 77041-8755

**5** CONROE 936.756.9345  
10245 Owen Dr., Conroe, TX 77304  
Outside Conroe-Houston 936.441.9622

**6** COSSABOOM 713.643.4396  
7903 S. Loop E., Houston, TX 77012

**7** CYPRESS CREEK 281.469.1481  
19915 S.H. 249, Houston, TX 77070

**8** DOWNTOWN 713.659.8501  
1600 Louisiana, Houston, TX 77002

**9** E. MONTGOMERY COUNTY  
EXTENSION 281.689.2655  
16401 First St., Splendora, TX 77372

**10** EDGAR A. SMITH 281.486.9622  
14650 Hwy 3, Webster, TX 77598

**11** FORT BEND FAMILY 281.499.9622  
4433 Cartwright Rd.,  
Missouri City, TX 77459

**12** GALVESTON FAMILY 409.763.4607  
3920 Ave L, Galveston, TX 77550

**13** HUNTSVILLE 936.295.8009  
291 Hwy 75 N., Huntsville, TX 77320

**14** YMCA INTERNATIONAL  
SERVICES 713.339.9015  
6300 Westpark, Ste 600,  
Houston, TX 77057

**15** KATY 281.392.5055  
22807 Westheimer Pkwy, Katy, TX 77494

**16** LAKE HOUSTON 281.360.2500  
2420 W. Lake Houston Pkwy,  
Kingwood, TX 77339

**17** LANGHAM CREEK 281.859.6143  
16725 Longenbaugh, Houston, TX 77095

**18** M.D. ANDERSON 713.697.0648  
705 Cavalcade, Houston, TX 77009

**19** MAGNOLIA/TOMBALL 281.356.4077  
36725 FM 1774, Magnolia, TX 77355

**20** N. HARRIS COUNTY 281.444.3550  
17125 Ella Blvd., Houston, TX 77090

**21** NORTHEAST 713.633.0530  
7901 Tidwell Rd. @ N. Wayside,  
Houston, TX 77028

**22** HARRIET AND JOE FOSTER FAMILY  
YMCA 713.869.3378  
1234 West 34th St.,  
Houston, TX 77018

**23** PERRY FAMILY 281.338.9622  
1700 League City Pkwy W.,  
League City, TX 77573

**24** SAN JACINTO 713.473.9441  
1716 Jasmine, Pasadena, TX 77503

**25** HOUSTON TEXANS YMCA  
713.748.5405  
5220 Scott Street, Ste 105,  
Houston, TX 77004

**26** SOUTH MONTGOMERY COUNTY AT  
SHADOWBEND 281.367.9622  
6145 Shadowbend,  
The Woodlands, TX 77381

**27** SOUTH MONTGOMERY COUNTY AT  
BRANCH CROSSING 281.367.9622  
8100 Ashlane Way,  
The Woodlands, TX 77382

**28** T.W. DAVIS 281.341.0791  
911 Thompson Hwy,  
Richmond, TX 77469

**29** TEXAS MEDICAL CENTER  
CHILD CARE 713.747.2173  
5614 H. Mark Crosswell, Jr. St.,  
Houston, TX 77021

**30** THELMA LEY ANDERSON FAMILY  
281.585.3112  
3201 S. Hwy 35, Alvin, TX 77511

**31** TROTTER FAMILY 713.781.1061  
1331 Augusta Dr., Houston, TX 77057

**32** UPPER KIRBY EXT. 713.522.9622  
3015 Richmond Ave. Ste 110,  
Houston, TX 77098

**33** VIC COPPINGER 281.485.6805  
2700 YMCA Dr., Pearland, TX 77581

**34** WEEKLEY FAMILY 713.664.9622  
7101 Stella Link Blvd,  
Houston, TX 77025

**35** WENDEL D. LEY 281.458.7777  
15055 Wallisville Rd.,  
Houston, TX 77049

**36** WEST OREM 713.726.1606  
5801 W. Orem Dr., Houston, TX 77045

**37** WESTLAND 713.771.8333  
10402 Fondren Rd., Houston, TX 77096

**38** YMCA CAMP CULLEN 713.758.9275  
460 Cullen Loop, Ste A,  
Trinity, TX 75862

**39** YMCA CAMP PINE TREE  
281.353.6229  
709 Riley-Fuzzell Rd, Spring, TX 77373

where **values** are always in **play**.

## M.D. ANDERSON FAMILY YMCA



705 Cavalcade Street  
Houston, TX 77009  
**Phone 713.697.0648**  
**Fax 713.697.7531**  
[www.ymcahouston.org](http://www.ymcahouston.org)

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### Building Hours:

Days	Times
Mon-Fri	5:00am-9:00pm
Sat	8:00am-5:00pm
Sun	CLOSED

### Child Watch Hours:

Days	Times
Mon-Fri	5:00pm-8:30pm
Holidays	CLOSED

### Holiday Hours:

Days	Times
Good Friday, Apr 10	CLOSED
Memorial Day, May 25	CLOSED
Independence Day, Jul 4	CLOSED
Labor Day, Sep 7	CLOSED

**Mission Statement:** Our mission is to put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The YMCA is challenging people, especially children and teens, to accept and demonstrate positive values. The 5 core values of the YMCA of Greater Houston are emphasized in all programs: Respect, Responsibility, Honesty, Caring and Faith. Through our programs and the modeling of these values, the YMCA continues to meet the needs of our ever-changing community.

**Financial Statement:** We strive to turn no one away due to inability to pay.

**Joining the YMCA:** At the YMCA, membership means friendship. The YMCA believes that we all need a place to belong. When you become a member of the YMCA, you will find programs and activities for every member of the family.

Members can be part of the broader YMCA mission by working together to solve local problems, reaching out to others, volunteering, or fund raising. Belonging to the YMCA gives members an opportunity to strengthen themselves, their families and their communities.

The YMCA offers memberships to families, as well as great membership options for individuals, single-parent families, seniors and youth. All options feature easy payment plans and no contracts. The Citywide option lets members participate at any YMCA in the Greater Houston Area.

These memberships include full use of the facility, free fitness classes, reduced fees on programs and more. The YMCA is a membership organization and therefore all participants must be members.

caring

honesty

respect

responsibility

faith



**Facility Membership:** Is designed for those individuals or families who wish to have full facility use. A monthly membership is paid to the YMCA. Facility Members are also eligible for reduced fees on programs.

**Program Membership:** Is designed for those who want to participate in programs or activities but do not have full facility use. A yearly program membership fee is in addition to the fees of our programs and is renewable on an annual basis.

**How to Register for YMCA Programs:**

- Online [www.ymcahouston.org](http://www.ymcahouston.org)
- Walk-in

**Open Doors Scholarship Program:** The YMCA is community-based and believes that its programs and services should be available to everyone regardless of age, background, ability or income. That's why the YMCA offers an OPEN DOORS program, a sliding fee scale that is designed to fit your individual financial situation.

job opportunities...

work with us!

We are interested in people who want to make a difference.

YMCA  
of Greater Houston  
[ymcahouston.org](http://ymcahouston.org)

Childwatch

Lifeguard

where values are always in play.

**Aquatic Intro:** YMCA Aquatics is about water safety, skill development and fun for everyone. At the YMCA, aquatics include swim lessons for all ages, water exercise, lifeguard certification, fitness, water safety, and Masters Swim programs.

We have an aquatic program for every skill level and interest. Our programs are about more than just the techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that will last a lifetime.

**Pool Hours:** Open weekends beginning May 2-September 20\*

*\*Subject to change*

**Open Swim\*:**

Mon-Thu	11:00am-1:30pm 3:00pm-5:50pm
Fri	12:00pm-5:00pm
Sat & Sun	2:00pm-5:00pm

*\*Subject to change*

**Member Swim\*:**

Mon & Wed	7:30pm-8:45pm
Fri	6:00pm-8:45pm

*\*Subject to change*

**Pool Party:** Make your next summer celebration a pool party. The MD Anderson Family YMCA is available for Pool Rentals for your next event.

**Fee:** Contact the Welcome Center at 713.697.0648 for rates.

**When:** Saturday & Sunday, May2-September 20

Reservations will be accepted April 4-September 20

**Hours Available:**

10:00am-12:00pm

5:00pm-7:00pm\*

*\*Additional hours available for a fee. Available for members only to rent.*



**Swim Lessons:** (Ages 6 mos & up)

The YMCA offers a wide range of swimming options for the whole family. Swimming builds self-confidence and develops the whole person - spirit, mind and body. Classes are divided into ability groups and trained instructors emphasize personal safety, swimming skills, endurance and social skills, while guiding students with praise and encouragements.

*\*8 classes offered, 7 classes guaranteed in the event of inclement weather.*

**Water Aerobics & Swim Lessons Schedule:**

Classes are held Monday-Thursday with both morning and afternoon sessions. Registration is ongoing from April 11 through August 17. \*SPACE IS LIMITED

Contact the Welcome Center at 713.697.0648 for rates.

Session	Dates
Session I	Jun 8-Jun 18
Session II	Jun 22-Jul 2
Session III	Jul 6-Jul 16
Session IV	Jul 20-Jul 30
Session V	Aug 3-Aug 13
Session VI	Aug 17-Aug 20 (mini-session)



The YMCA Health and Wellness programs are developmentally appropriate and help people at any stage of life build positive health habits. Participation in YMCA programs offers youth and adults opportunities for friendship and community, a sense of well-being, increased self-confidence and improved mental abilities.

YMCA programs and services cut across diverse populations with diverse needs and attempt to take into account the total health of each person. The YMCA provides a variety of Health and Wellness programs including land and water fitness classes for individuals and families of all ages, health and wellness seminars, educational classes, personalized training programs, noncompetitive youth and adult sports leagues, and social opportunities for seniors and families.

There are no additional fees for group exercise with your facility membership. Program Member fees vary from \$5 per class to \$35 per month.

**Child Watch:** Workout worry free! Let us treat your child to fun games and activities while you enjoy adult YMCA programs.

**Facility Member:** Free

**Program Member:** \$5 per visit

Ages	Days	Times
18mos-12yrs	Mon-Fri	5:00pm-8:30pm

## Group Exercise Classes:

### Step Aerobics

Ages	Days	Times
16+	Mon/Wed	6:00pm-7:00pm

### Spin

Ages	Days	Times
16+	Mon/Wed	6:00pm-7:00pm

### Power Flex

Ages	Days	Times
16+	Tue/Thu	6:00pm-7:00pm

### Zumba

Ages	Days	Times
16yrs+	Tue	7:00pm-8:00pm

### Yoga

Ages	Days	Times
16+	Tue/Thu	10:00am-11:00am
16+	Wed	7:00pm-8:00pm
16+	Fri	6:00pm-7:00pm



# Partners Campaign

where **values** are always in **play**.



*Our commitment to living our charitable mission each and every day keeps us strong and focused. Although grounded in our historical values, the YMCA continues to search for and collaborate on new solutions to our community's changing needs. The YMCA remains committed to bringing our board and staff members, friends, facility members and donors closer to our mission in all we do.*

*Advancements in new programs and innovative solutions often come thanks to special donors of the YMCA. Many scholarships and program subsidies are a result of the essential support of individual donors, corporate entities and foundations.*

*With your support, the YMCA's annual support effort, the Partners Campaign, ensures that the YMCA is there for those who need us most. By supporting the Partners Campaign, you ensure that everyone, regardless of their circumstances or ability to pay, can benefit from the YMCA's values-centered programs.*

*Contributions to the Partners Campaign fund such important initiatives as child care, camping, membership, teen and leadership programs, community services, older adult programming, housing, youth sports and aquatics. What's more, dollars raised by MD Anderson YMCA stay at our location to meet the community's most pressing needs.*

*When you give to the YMCA Partners Campaign, you're making an investment in the future of Houston's children. For more information about making a contribution or getting involved in the campaign, contact any staff member at the MD Anderson YMCA or visit our website at [www.ymcahouston.org](http://www.ymcahouston.org).*



[ymcahouston.org](http://ymcahouston.org)

partners  
**campaign**



The annual Partners Campaign is an invitation to join the YMCA in meeting its mission in extraordinary ways. Contributions provide financial assistance and support programs.

**Early Child Development/Preschool:**

(Ages 18 mos-5 yrs) Through the YMCA, children embark on a voyage of learning with a curriculum that addresses the development of the whole child. By using a variety of strategies, our CDC (Child Development Curriculum) utilizes a creative bilingual curriculum that includes an appreciation for language and literature, listening, speaking, reading and writing. Children also focus on values and lessons that include interaction with others and problem-solving skills.

Throughout the day, children are kept busy and their creative spirit is constantly regenerated in educational ways.

**Location:** Second Christian Church at 606A Moody HISD Young Learner Site, a certified PreK program, along with the C.I.R.C.L.E. (Center for Improving Readiness of Children for Learning and Education Curriculum). We provide a morning and afternoon snack. Parent provides a nutritious lunch.

Contact the Preschool at 713.692.3457 for rates.

Days	Times	Additional Info
Mon-Fri	6:30am-6:30pm	Ongoing Registration



**YMCA AfterSchool:** (Ages 6-12) Once a child reaches school age, multiple influences enter his or her life. YMCA AfterSchool ensures that the time after school is occupied creatively and constructively. YMCA AfterSchool programs are offered in partnership with area school districts and various other organizations, offering AfterSchool in more than 250 locations.

Children participate in a balanced program of open play and structured activities while being supervised by well-trained and caring staff. Children get involved in a variety of learning centers in addition to program components such as: recreation, health enhancement, arts and humanities programs, nutritional snacks, service learning, character development and homework assistance.

YMCA AfterSchool ensures that children are given a unique mix of activities that focus on developmental assets, the building blocks that teach children how to make positive and intelligent decisions throughout life.

Our on-site program provides quality care from school dismissal until 6:30pm. We pick up at the following schools:

- Browning • Kettleon • Hamilton MS
- Looscan • Herrera • Martinez
- Hogg MS • Roosevelt • Jefferson

Our off-site locations include the following:

- Lyons

**Registration:** Year-round

**NOTE:** Space is limited; first-come, first-serve basis.

Contact the Welcome Center at 713.697.0648 for rates.

Dates	Days	Times
May	Mon-Fri	Until 6:30pm

where **values** are always in **play.**

*For kids, Y Camp is a fun and happy place to enjoy the school breaks. Y Day Camp gives children the opportunity to play games, create arts and crafts, explore science and technology, swim, participate in field trips, appreciate nature, and discover and value our many cultures.*

**Spring Break Camp:** (Ages 5-12)

**Registration:** Underway

Dates	Days	Times
Mar 16-20	Mon-Fri	6:30am-6:30pm

**Summer Camp:** (Ages 5-12)

**Registration:** TBA

Dates	Days	Times
Jun 1-Aug 19	Mon-Fri	6:30am-6:30pm

Contact the Welcome Center at 713.697.0648 for rates.



Shouldn't their **best** memories include you?



**The YMCA Adventure Guides**

program is designed to assist the parent and child on a journey of discovery through fun activities.

**YMCA**  
of Greater Houston  
ymcahouston.org



caring

honesty

respect

responsibility

faith

The YMCA has a long history of providing classes and educational opportunities to people in our communities. Programs can include all types of dance classes, such as ballet, jazz, hip hop and tap; art classes, such as pottery, drawing and painting; and gymnastics and tumbling classes for babies through young adult.

The YMCA believes that Youth Sports programs encourage and promote healthy and strong kids, families and communities by placing a priority on family involvement, healthy competition rather than rivalry, the value of participation over winning, team building as well as individual development, a positive self-image and a sense of fair play and mutual respect for others. Caring adult coaches and volunteers create an asset-rich environment in which children learn and practice the core values of responsibility, honesty, respect, faith and caring.

Parents are encouraged to be more than mere spectators by contributing their time as volunteer coaches, team parents and officials as well as being their kid's greatest fan. YMCA Youth Sports programs are a great start to a lifetime of fitness and values. Among the many sports offered at the MD Anderson Family YMCA are:

- Soccer • Baseball • Basketball
- Flag Football • Karate YMCA

### Karate/Tae Kwon Do:

**Ages:** 5+

**Session:** Year-round class

**Registration:** Ongoing

Days	Times	Additional
Tue/Thu	5:00pm-5:45pm	Beginners
Tue/Thu	5:45pm-6:30pm	Advanced

Contact the Welcome Center at 713.697.0648 for rates.



### Spring Baseball:

**Registration:** Through March 14

**Games:** Begin week of April 4

Ages	Dates
4-14	Mar 23-May 23

Contact the Welcome Center at 713.697.0648 for rates.

### Summer Basketball:

**Registration:** Through June 6

**Games:** Begin week of June 27

Ages	Dates
4-17	Jun 15-Aug 15

Contact the Welcome Center at 713.697.0648 for rates.



IT'S A GREAT PLACE TO BE

a volunteer

When you are a volunteer at the YMCA, you are a part of a not-for-profit organization with a vision of building strong kids, strong families and strong communities.

where **values** are always in **play**.



*Families today are pulled in many directions. Time and money are at a premium, with an increasing number of families trying to do more with fewer resources. Kids have increasingly complex school and extracurricular schedules as well. YMCA family programs seek to strengthen family ties, instill core values and provide families with worry-free, fun activities to do together. Offered in a nurturing and supportive environment, YMCA family programs help to provide a foundation of positive communication, teach positive parenting, mutual respect and create fond memories.*

**Volunteers:** are at the heart of the YMCA and that is why the YMCA is at the heart of the community. When you are a volunteer at the YMCA, you are part of a not-for-profit organization with a vision of building strong kids, strong families and strong communities.

Your time and talent will translate into helping a child, mentoring a teen or providing support for families. You can help create a safe, healthy and caring environment that will nurture people of all ages and backgrounds, helping them to become successful members of our community.

**Basic Computer Class-Spanish:** Please call the MD Anderson Family YMCA at 713.697.0648 for dates and information.

Ages	Fees
16+	\$165/Individual

*Dates and times subject to change; certificate at completion of class.*

**Advanced Computer Classes-Spanish:** Please call the MD Anderson Family YMCA at 713.697.0648 for rates and information.

Ages	Fees
16+	\$110/Individual

*Dates and times subject to change; certificate at completion of class.*

**Community Technology Center:** Available year-round for Members only. Computer lab open to members and school-age students in the community during non-class hours. Internet access availability. Member of CTCNET and Technology For ALL-Houston.

**AAMA Adelante ESL & Spanish GED:**

**Session:** Year-round

**Registration:** Ongoing

**Day:** Monday-Thursday

**Time:** Call for details

**Location:** MD Anderson YMCA

**GED Class Fee:** Free for Facility Members

**ESL Class Fee:** Free for Facility Members

**Additional Info:** Contact Elvia Garcia at 713.699.4368





*There are many distractions that compete for the attention of our youth today. It's important that the messages they hear are coming from positive sources. All young people, regardless of economic, geographic, ethnic, gender or religious background face choices that can positively or negatively influence their futures. Every day, the YMCA sees teens that are excited about learning leadership skills and participating in projects.*

*The YMCA wants teens and families to know there is a way for youth to reach new heights, and is committed to programs for older youth and teens that offer character development, citizenship, leadership and service programs in collaboration with local school districts and other community organizations.*

*To meet these needs, the YMCA has several leadership programs.*

### **Youth Achievers:** High School Students Making Things Right.

The central purpose of the program is to help older youth and teens develop a positive sense of self and to set high educational and career goals. The program strives to:

- Assist students and their parents in identifying and qualifying for financial resources to continue their post secondary education
- Raise the academic standards of youth
- Expose students to diverse career options
- Provide youth with role models whose success and knowledge will inspire them to reach their personal goals
- Create channels for continuing community involvement by business and industry
- Recognize and promote excellence in our youth

**Session:** Year-round

**When:** Monthly meetings and Service Learning Project once a month.

*Summer Trip for year-round participants.*

**Teen Camp:** (Ages 13-15)

**Registration:** TBA

**NOTE:** Age 12 accepted w/Camp Director's approval.

YMCA Teen Camp provides teens with supervised activities that teach core values, conflict resolution and leadership skills. Teens have fun while making new friends, developing new skills, building self-confidence, appreciating teamwork and growing in self-reliance. For teens, Y Teen Camp is a fun and happy place to enjoy the summer. Y Teen Camp gives teens the opportunity to play games, participate in service learning projects, explore the arts and technology, swim, participate in youth-led field trips, appreciate nature and discover and value our many cultures.

*\*1 field trip included per week*

Dates	Days	Times
Jun 1-TBA	Mon-Fri	6:30am-6:30pm

Contact the Welcome Center at 713.697.0648 for rates.

**G.I.R.L.S.:** (Girls in Real Life Situations) This program is for girls in grades 5-7. The goal of the program is to provide structured, fun, educational and self-exploring sessions led by strong, positive female role models to young adolescent girls in order to promote character development, self-determination, social development and positive life choices. Helping you and their supportive structure identify and develop internal and external developmental assets (Search Institute Model).

**Ages:** 10-12

**Session:** Academic School Year

**Registration:** Ongoing

**Location:** School-based

**Meetings:** Will be determined at each school.

**Days:** TBA

**Time:** TBA

**Additional Info:** Contact Sherry Bernard at 713.697.0648

# Active Older Adults

We know that older adults are seeking more than physical benefits when they begin exercising. They also want a sense of community and have a desire to strengthen social ties. In response to this need, the YMCA has developed several activities to encourage and motivate older adults to take action and get involved. YMCA programs for older adults strengthen the whole person. There are no additional fees for group exercise with your Facility Membership. Program Member fees vary from \$5 per class to \$35 per month.

Calendar of monthly activities are available at the Welcome Center.

## Low Impact Aerobics:

Days	Times
Mon/Wed/Fri	7:00am-8:00am

where **values** are always in **play.**



## SilverSneakers® Muscular Strength:

The preventative SilverSneakers® exercise program enhances the quality of life for mature adults across the country. Healthways developed the SilverSneakers® Fitness Program 10 years ago, and it has since grown into the largest senior-focused exercise program in the United States. The partnerships between Healthways and the HMOs allow Medicare-eligible members of these health plans to participate in YMCA programs at no additional cost.

Days	Times
Tue/Thu	9:00am-10:00am

**live it up**

**Be Active. Be Involved. Belong.**

We offer fitness programs for older adults such as water exercise, yoga, stretching classes, and social clubs.

[ymcahouston.org](http://ymcahouston.org)

# YMCA Aquatics

Water Safety, skill development  
and fun for everyone

- Swim Lessons for all ages
- Water Exercise
- Lifeguard Certification

**YMCA**  
of Greater Houston  
[ymcahouston.org](http://ymcahouston.org)



A Great Start to a lifetime of  
fitness and values

Caring adult coaches create an  
environment where children learn and  
practice values of responsibility, honesty,  
respect, faith and caring.



[ymcahouston.org](http://ymcahouston.org)



**YMCA**  
of Greater Houston

## RESIDENT CAMP

...where a kid can be a kid!

### YMCA CAMP PINE TREE AND YMCA CAMP CULLEN

summer camps for kids ages 5-16

Throughout our camp program, we attempt to foster a respect for ourselves, our fellow campers and staff, and the natural environment that surrounds us. We offer a warm, supportive atmosphere that encourages everyone's success and builds life-long friendships.

**WATER SPORTS, HORSEBACK RIDING, ARCHERY, TEAM SPORTS, ROPES COURSES, ARTS & CRAFTS, CAMPIRES, DRAMA, ADVENTURE TRIPS, FUN STAFF, AND MORE!**

[ymcacamppinetree.org](http://ymcacamppinetree.org) • [ymcacampcullen.org](http://ymcacampcullen.org)

The YMCA is recognized as a leader in teaching the YMCA's core values of Caring, Honesty, Respect, Responsibility and Faith.



To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all. We strive to turn no one away due to inability to pay.



**One free one-day guest pass**

expires 08.31.09

For additional information

**Call 713.659.5566**

or visit [ymcahouston.org](http://ymcahouston.org)

Call your local Y for center restrictions.  
Must be 18 years of age, or accompanied by an adult during facility use. Must show a picture ID.

Stop by our YMCAs  
on **Healthy Kids Day**,  
April 18, 2009

Check out our new website at  
[ymcahouston.org](http://ymcahouston.org)



YMCA of the Greater Houston Area  
P.O. Box 3007  
Houston, Texas 77253-3007

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Permit No. 237



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The YMCA strives to turn no one away due to inability to pay.

TXHN02