



# CLUB VALLARTA

SIRVIENDO A LA JUVENTUD DE PUERTO VALLARTA.

## NEWSLETTER

JUNE/JULY 2022

### HOORAY FOR ZUMBA!

Our main goal and objective at Club Vallarta is to offer kids and teens educational and recreational opportunities they would otherwise not have because of the economic and social circumstances they find themselves here in the marginalized *colonias* (neighborhoods) of Puerto Vallarta, Mexico. Our motto, "Sirviendo a la Juventud de Puerto Vallarta" (Serving the Youth of Puerto Vallarta) expresses this objective.

However, we are also very aware that in order to offer the best services and to make a higher impact on our youths' lives, we must take a holistic approach and also find a way to get the adults from the community, especially the parents of our students, involved in the activities we offer here at the Club. Sometimes, as is the case with Zumba classes, the mothers themselves ask us if we can provide them with recreational and educational activities as well.

**"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."**

**- John F. Kennedy**

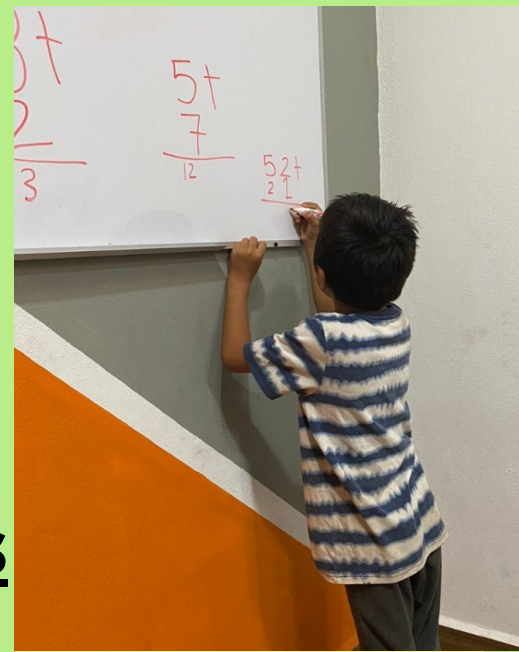


At the request of mothers from the community, we were able to implement a Zumba program for them to exercise. The Zumba class meets Monday through Friday from 9:00 a.m. - 10:00 p.m. and a second session from 7:00 - 8:00 p.m.

We have been very impressed with the Zumba instructor and with the dedication of the women in the community. To us, women are the nucleus of a society and having healthy women helps in our mission of creating a better community - better human beings - through our programs and activities.



Research shows that parents with poor physical health have a harder time practicing effective parenting strategies. Exercise can have positive effects on both psychological and physical health. It's correlated with increased happiness, better moods, improved cognitive performance, and, of course, physical fitness. There is extensive research that exercise can ease symptoms of depression and anxiety. Through these Zumba classes, we hope to help mothers and women in general create a more relaxed atmosphere at home for our students. Happy and fit mothers equals happy students and happy communities. One big "hooray" for our Zumba women!



# **A Program for Champions**

To us, they're all champions. The Club Vallarta Champions program provides 200 primary school children with 8 hours per week of activities designed to improve their quality of life.

The goal of Club Vallarta is to provide to kids from low-income families opportunities they would not ordinarily have. In our Champions Program, these opportunities come in four different areas

Our Champion students receive 3 hours each week in academic remediation classes which help students functioning below grade level to raise their achievement. In our small classes where students benefit from individual attention from the teacher, we focus on improving students' skills in reading, writing and arithmetic. A goal here is to eliminate the feelings of low self-esteem which are all too common in the school setting among low achievers. Improved achievement leads to improved self-esteem which leads to more students wanting to continue in school through middle school, high school and beyond

The Champions Program also provides the students with 2 hours per week of the Adventure Program. With libraries not being as popular as they once were, this innovative program is designed to interest students in reading books and discovering the adventures found within their pages. The stories then serve as a springboard to stimulate student imaginations and creativity. Ample opportunities are provided for student creativity to be expressed through arts and crafts projects.

Music can play an important role in many lives and in the Champions Program we provide to our students an introduction to music, choir and keyboarding. All first and second graders spend an hour each week in these music activities. Several times during the year the kids get a chance to demonstrate their fledgling musical skills in a concert presented to parents and the community. Beyond second grade, the music program is available as an optional class for those who wish to continue to improve their skills in areas of music

The fourth component of the Champions Program is organized recreation. Here, kids get to play, run, jump and squeal as they acquire skills in different sports and games taught by our Physical Education teacher. With adult obesity being a significant problem in Mexico, we try to interest children at a young age in exercise. We also recognize the value that organized recreation teaches to young students to include teamwork and good sportsmanship.

The positive feedback and expressions of appreciation we receive from the parents of our Champion students confirms to us the value of this program

**"Be very strong...  
be very  
methodical in  
your life if you  
want to be a  
champion."**

**- Alberto  
Juantorena**



# OUR YOUTH CHRONICLES

## Meet Yendi Jimenez

*"Not every hurt kid is bad, and not every bad kid is hurt. Like everyone else on this planet, they're individuals. And we need to take our time identifying who is who, and what is what, for each and every one of them appears to be struggling with life." - Latasha Braxton*

Yendi Jimenez walks two kilometers to get to Club Vallarta every day. She is a very outgoing 14 year-old who is always eager to help. Her smile lights up a room. Despite a small, almost delicate, frame, she does not shy away from hard work or getting dirty when the need arises. As a lead member of our Community Brigade, she sets the tone for all the other students when it's time to do community service.

At first glance, Yendi seems to live a trouble-free life. But as we have come to know her and her situation, we have become even more impressed that she is such a good human being despite her poverty and circumstances.

She lives in a shelter built for needy families on the other side of what used to be the city dump, "el basurero" as it is known here in Vallarta. "I hate being at home. There is no air conditioner, no internet and I am always alone. My mom works wherever she can and my dad drives a dump truck." She lowered her gaze when I asked about her family and I could sense that she was ashamed to talk about it so I didn't press her too much.

A few months ago, we became worried because there were some students

who were showing severe anger and anxiety problems and were cutting themselves as a result. Yendi was one of those students. After talking to her, we found out that her family is under supervision of the Mexican Child Protective Services and that her childhood has been rougher than many can imagine.

"If the Club was open 24 hours a day, I would stay here 24 hours just to get away from home." There are many things she said in this interview that we will not write out of respect for her privacy. Getting through the teen years, especially in a dysfunctional environment, is difficult and we are glad we can provide Yendi, and many kids and teens like her, a place where she feels comfortable and accepted.

"I love swimming and martial arts classes. I get lost when I'm in the water or kicking something," she tells me with a laugh. Before enrolling in our swim program Yendi couldn't swim at all. But she quickly learned she has a natural ability for swimming and has recently won her first medal, a second place finish, in her first ever swim meet. This has helped her self-esteem to skyrocket.

We love having all of our students here, but there are some students who just make you want to give something more of yourself to ensure they make it and get through whatever they are going through. Yendi is one of those students. She has captured the hearts of the entire staff with her easygoing demeanor and her willingness to help wherever and whenever it is needed. Through the Community Brigade, she is getting an opportunity to give back.

Most of these kids have a giving heart but feel they never have anything to offer because of their economic situation. The Brigade gives them an opportunity to experience the joy of giving and helping others through their service.

We want to send a special thank you to Joe and Yvonne Wallace who are sponsoring Yendi and giving her a small monthly stipend for her hard work at the Club so that she can pay for buses and basic school materials she may need. All of us together are *Serving the Youth of Puerto Vallarta*.





## **BE A SPONSOR**

### **Sponsor a Teacher**

Our teachers in charge of academic classes are all college graduates and spend 24 hours per week in our classrooms. Their students attend elementary school either in the morning or in the afternoon and come to Club Vallarta before or after school. Almost all these kids function far below their grade level. The goal of this academic program is to provide instruction that supplements the public school curriculum and will result in higher levels of academic functioning.

Our teachers are compensated \$300 U.S per month.

Your donation of \$3,600 U.S. would pay a teacher salary for a year.

Your donation of \$1,800 U.S. would pay a teacher salary for 6 months.

Your donation of \$900 U.S. would pay a teacher salary for 3 months.

### **Sponsor a Coach**

Our coaches are compensated on average \$120 U.S. per month.

Your donation of \$1440 U.S. would pay a coach's salary for a year

Your donation of \$720 U.S. would pay a coach's salary for 6 months

Your donation of \$360 U.S. would pay a coach's salary for 3 months.

### **Sponsor Sports/Recreation Equipment**

Equipment is essential for any sports or recreation program. On an as-needed basis, we purchase basketballs, basketball or soccer nets, soccer balls, volleyballs, volleyball nets, dodgeballs, crossfit equipment, swim caps and goggles, swim kickboards, etc.

On average, our monthly sports/recreation equipment budget is about \$200 U.S.

Your donation of \$2,400 U.S. would pay for equipment for a year.

Your donation of \$1,200 U.S. would pay for equipment for 6 months.

Your donation of \$600 U.S. would pay for equipment for 3 months.

### **Sponsor School Supplies**

We provide all the school materials our students will need in our classrooms

On average, our monthly school supplies budget is \$100 U.S per month.

Your donation of \$1200 U.S. would pay for schools supplies for a year.

Your donation of \$600 U.S. would pay for school supplies for 6 months.

Your donation of \$300 U.S. would pay for school supplies for 3 months.





# HOW TO DONATE



The easiest way to donate is through our website at [www.clubvallarta.org](http://www.clubvallarta.org) using our paypal link.

If you are a U.S. citizen and want a tax-deductible receipt, you can give through our IRS-Recognized 501(c)(3) partner organization:

**Children's Shelter of Hope Foundation**

**P.O Box 3135**

**Montrose, Colorado 81402**

**Phone: (503) 389-5430**

**General E-Mail: [info@cshf-us.org](mailto:info@cshf-us.org)**

**<https://cshf-us.org/senderos/>**

If donating through Children's Shelter of Hope Foundation, please add a note that the donation is for Club Vallarta. Thank you.



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