Healthy Living Fitness Challenge

**42 Day Summer Shed**

**WEIGHT LOSS CHALLENGE**

June 2 – July 14

Turn up the Summer Heat and shed those unwanted pounds in just 42 days! The winner of the challenge is the one who loses the most percentage of body weight. Winner will receive a $50 gift card to Mainstreet Market.

Players will:

- Attend a weekly wellness class on Tuesday night (5:30), followed by a boot camp class 6 pm.
- Weigh in weekly - Initial weigh in: June 2 or 3. Times: 5-6 am; 8-10 am; 11:15 – 11:45 am; 5-7 pm.
- Receive nutritional support.
- Commit to a 30 x 30 challenge, (30 minutes of physical activity, 30 consecutive days). Exercise of your choice, done inside or outside of the YMCA. (no minimum pace, must be dedicated time).
- Learn a new exercise each week.

Fee: $30 YM  $80 PM

**“Choosing to Lose” Team Challenge**

Sept. 8 – Nov. 17

Need motivation? “Game On” Who doesn’t like a good game or challenge? One of the best ways to keep motivated is to be challenged by a friend, working together to reach a team goal. This program will help you boost your fitness level, lose some unwanted pounds, and tone up while having fun. During the 10 weeks, your team will work hard to reach a weekly goal. Teams will pick a new type of exercise or class to try each week to keep things fresh and interesting.

So choose your team or buddy today and be the Winning team of Better Health!

- Individual assessments, including waist circumference
- Wellness classes
- A personalized exercise routine
- Weekly team goals
- Boot Camp
- Weekly weigh in (prizes given to best % of weight loss)
- Short sleeve T-Shirt to all who make 8 out of 10 weigh ins, including the final weigh in.
- Cash or Membership Prize for 1st and 2nd place

Final weigh-ins: Nov. 17 (same times)

Fee: $35 YM  $90 PM

“You are successful the moment you start Moving towards a worthwhile goal!"
**Bible Study**
Join us every Tuesday morning for fellowship.
Women of all ages!  9:00 – 10:00 am
Senior Co-Ed Study  10:30 – 11:45 am

**Church of Greensburg Bible Study:**
Thursdays  7:00 pm

**Ministerial Association:**
Third Tuesday of each month  12:00 noon
Meet in conference room.

We are pleased to provide a variety of activities through our community partnerships. These programs will take place at the YMCA in or near the lobby area.

**Health Screenings & Blood Pressures:** Provided by Aspen Place Health Campus
Second Wednesday of each month  9:30 – 10:30 am

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**YMCA Mission:**
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Check out our website!
www.decaturcountyfamilyymca.org

Sign up for classes or just browse through what we have to offer.
Tree City Rolling Tour
Non-competitive Bike Ride
To raise money for Invest in Youth
August 23, 2014

Highlights
• 62 mile ride is a very hilly, scenic route which travels through many sights, including: a covered bridge, Jawacah Farms, Hillenbrand Airport, Lake Santee, and many churches.
• 30 mile ride travels to Lake Santee, around the lake, and back. Mostly flat with some hills.
• 13 mile ride is a nice country ride. Mostly flat with a few hills.
• Start and finish at Odd Fellow / Rebekah Park
• Hamburger, pork tenderloin sandwiches, salads, chips, dessert, drinks and more will be provided when riders return.
• A nice variety of refreshments will be provided at Lake Santee sag stop
• Water, snacks and restrooms available at the start, finish and along the course.
• Take a cool down walk on park trails.
• Commemorative T-Shirt is offered for $10 (shirts not available after August 19)
• Bike Jerseys are offered this year if ordered on line by June 6

Registration Fees – Register at Y or online at: treecityrollingtour.org
$30 Early Registration by 8/19/2014
$35 Registration after 8/19/2014

All proceeds from this event go directly to the Invest In Youth scholarship fund.

LAKE SANTEE TRIATHLON
500 m. SWIM, 13 mi. BIKE, 5K RUN

WHEN: September 6, 2014; Race begins at 8:00 am (time trial start)
Packet Pick-Up: Fri. Sept 5th 5:30-8:00 pm & Sat. Sept 6th 6:00-7:45 am
@ Lake Santee Community Room
Pre-Race Meeting: 7:30 am – by the beach
WHERE: Lake Santee – Greensburg, IN
TYPE: Individual or Team, ages 13 & older
COST: Individual: $55 USAT Member; $67Non-USAT Member
Team: $100 USAT member, $12 each additional Non-USAT member
ADD $10 IF REGISTERING AFTER AUG. 9TH; ADD $15 IF REGISTERING AFTER SEPT. 4TH
Register online @ www.decaturcountyfamilyymca.org (on line registration closes at noon on Sept. 4th)

A USAT sanctioned event

Social Responsibility

Types of Membership
FAMILY: Husband and Wife and all members of immediate family included as dependent children. Dependent children are those children through the age of 23 and enrolled in school full time.
ADULT: Any person 18 years of age or older.
SENIOR CITIZEN: Any person 62 years of age or older.
STUDENT: Children in grades Preschool-12

Membership Rates
Monthly: $53.50  $32.50  $29.00  $12.25
Annual: $642.00  $390.00  $348.00  $147.00
Joiner’s Fee: $125.00  $125.00  $125.00  $50.00

Scholarships

**During severe weather, check our website and listen to WTRE and WRBI for updates and cancellations.

Closed: July 4, 5, 6 and Aug. 30, 31, Sept. 1
Facility Use Guidelines

1. Parents are responsible for the actions of their children. Appropriate supervision is required.
2. Proper attire must be worn at all times in all YMCA program areas.
3. Food and drink (except water) are not permitted in YMCA program areas at any time.
4. The Decatur County Family YMCA is a smoke-free campus.

Age Requirements

General: Youth under the age of 10 must be accompanied at all times by a parent, guardian, or responsible adult 18 years of age or older, unless involved in a YMCA class or supervised activity. Youth age 10-12 are permitted in designated areas of the YMCA as long as a parent, guardian, or responsible adult remains on the YMCA premises.

Gyms: 10 years of age and older. For youth ages 10-12, a parent must be on the premises. Parent must accompany children younger than 10 years old.

Swimming Pool: 10 years of age and older. For youth ages 10-12, a parent must be on the premises. Parent must accompany children younger than 10 years old.

Spa: 18 years of age and older.

Whirlpool: 16 years of age and older.

Indoor Walking/Running Track: 8 years of age and older. Youth 8-12 years of age are permitted on the track when accompanied by the parent. Children under 8 years of age are not permitted on the track at any time.

Wellness Center: 10 years of age and older. For their safety, youth 10-17 years old must receive prior orientation from staff and youth 10-12 years old must be accompanied at all times with parent or guardian.

Free Weight Area: 15 years of age and older. Youth 15-17 years old must have an orientation and sign parent/teen waiver.

Racquetball/Wallball Court: 13 years of age and older. Youth under the age of 13 are permitted in the racquetball court when accompanied by a parent.

Batting Cages: Youth 15 and under must be accompanied by a responsible adult 18 years of age or older.

The YMCA reserves the right to cancel published classes for lack of enrollment. In these cases, participants registered get a full refund. Program Staff will contact the participant to notify them of the cancellation and ask which option (credit or refund) they would like. Refunds take up to two weeks to process.

In the event the YMCA cancels a class due to a special event or inclement weather, either a credit or refund will be available or a make-up will be scheduled. The YMCA will make every effort to make-up cancelled classes in these instances. Only in the event that a make-up cannot be scheduled will a credit or refund be available (extenuating circumstances will be taken into consideration on a case by case basis).

Participants that miss scheduled classes due to vacation, illness or conflicting obligations will not be eligible for refunds/credits. Cases of extreme illness or injury will be decided on a case by case basis.

Inclement weather policy: In the event of a Greensburg Community School System 2 hour delay, we will not hold Youth AM Classes. In the event of a Greensburg Community School System cancellation, we will not hold any Youth Classes.

Corporation Challenge

The Decatur County Family YMCA is offering its annual Corporate Challenge on August 11th-16th for the businesses and organizations of Decatur, Shelby, Ripley, Franklin, Bartholomew, and surrounding counties. Awards will be given for individual events and to the top teams. Events will include: Swimming, Volleyball, Dodgeball, Prediction 5K, Ping-Pong, Bowling, Euchre, and more.

The three-fold purpose of the YMCA’s Corporate Challenge is:
1. To increase employee health and fitness
2. To build employee pride and dedication
3. To develop community spirit

Informational Meeting will be on June 4th at 5:00pm
Team Registration is due July 7th

100th Anniversary

Join us as we celebrate our 100th anniversary!

Carnival
July 19th, 10:00am-2:00pm
pony rides, inflatables, dunk tank, games,
face painting, Silly Safari show, and more!
FREE food & drink for the first 500 people

Birthday Celebration
July 26th, 7:00pm
Annual Meeting, hors d’oeuvres, mocktails, centennial celebration book for ticket holders, burn the mortgage, and a surprise ending you won’t want to miss!
$30 per person $50 per couple
Festive business attire
**HEALTHY LIVING**

**Fitness Evaluations**

**SKIN FOLD ANALYSIS:** Skin fold test will determine body fat percentage. Choose from either a 4 or 7 site test. If you are working to build body mass or are very athletic, this test is for you. Great for tracking strength training progress.

**By Appointment Only**

**Fees:** $10 YM $20 PM

**FITNESS TESTING:** Separate testing protocol for ages 15-60 and 60+ consisting of: Blood Pressure, Cardiovascular, Strength, Flexibility

**By Appointment Only**

**Fees:** FREE YM $20 PM

**FITNESS EVALUATION:** A trainer will help determine your cardiovascular endurance, muscular endurance, flexibility, and body fat percentage. This is a great way to measure your current strengths and weaknesses. After 4-8 weeks, retest to see what progress you’ve made! Everyone is encouraged to take advantage of this test. Make your appointment at the front desk today!

**Personal Training**

Personalized programs include:
- Cardiovascular training / Intervals
- Weight Loss
- Sport Specific Training
- Strength/Toning/Body Building
- Private or semi private Pilates/Yoga
- Functional Bands
- Self Myofascial Release (SMR)
- Continuation of Aqua Therapy

*The human body has been designed to resist an infinite number of changes and attacks brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body.*

Let us help you make those adjustments to achieve your goals!

Deena Hamer / Anthony Meek / Dawn Ernsten

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**YOUTh DEVELOPMENT**

**Preschool, After school, Child watch**

**Preschool**

**NOW REGISTERING FOR FALL 2014**

Our half day preschool offers child centered learning in a Christian atmosphere. It includes creative learning, music & movement, pre-writing & writing, arts and crafts, devotions and much more.

All of our staff are CPR, AED, & First Aid certified and have attended a Child Abuse Prevention training. They have years of experience working with children and know how to teach children through play. The Y preschool sets individual goals and objectives for each child, in a fun and safe environment. YMCA preschool offers swim time for all age groups. We maintain a 1:7 (or better) staff-to-child ratio. There is still room in our preschool program, but the rooms are filling up quickly.

*Children must be age 5 on or before Aug. 1 to enter Kindergarten. Please keep this in mind when registering your child in preschool.*

Non-Refundable Registration Fees: $50 YM $65PM

2-Day/Week Fees: $65/Month YM $78/Month PM

3-Day/Week Fees: $85/Month YM $98/Month PM

*No $12 late fee will be applied if payment is made after the first of the month

**After School**

After School is a safe place for children ages 5–12 years old to go after school while parents are still at work. Children are transported to the YMCA from Greensburg, Good Shepherd, St. Marys, and North Decatur Elementary Schools. The YMCA offers a help with homework time, games, crafts and snacks. We follow the Greensburg School calendar and offer Day Camp when school has a two week break. Our After school program accepts CCDF vouchers and provides a healthy snack through the CACFP. All children attending afterschool must have a completed and signed immunization form on file at the YMCA before they can come to the program.

Meets: Monday–Friday 3:00–6:00pm
YM $28/week PM $35/week
YM $7/day PM $9/day

2-Hour Delay Snow Day Fees: $10 YM $12 PM (Breakfast will be provided)

Full Snow Day Fees: $25 YM $35 PM (Breakfast and lunch will be provided)

**Child Watch**

This area is available for children of members and program members who use the facility. Parents must remain on YMCA premises. All attendants in the child watch area are CPR, AED, and First Aid Certified. They also attend a Child Abuse Prevention training.

Daytime Hours: Mon–Fri 8:30–11:30 Sat 9:00–11:00
Evening Hours: Mon–Thurs 5:00–8:00

Daily Fees:
- $1/child YM $2/child PM

20 visit card:
- $10/child YM $20/child PM

*During inclement weather, our child care follows 6CS policy.*
**YOUTH DEVELOPMENT**

**After School All S.T.A.R.S.**  
*(Students Taking Action and Reaching Success)*

When: Monday – Thursday; 2:30pm – 5:30pm  
Who: K-5  
Where: Greensburg Elementary School  
Program News: The All STARS program is a FREE afterschool program providing academic enrichment opportunities for students. If you have any questions about the program or how to get registered, please contact Mark Lantz at markl@dcfymca.org or (812)663-9622 x19.

**Summer Day Camp**

When: June 2-Aug 1 Monday - Friday 7:00 am - 6:00 pm  
Who: Ages 6-12  
Where: YMCA  
Camp gives children the opportunity to learn, grow and have fun in a safe, caring environment surrounded by committed staff. We look forward to a summer of exciting opportunities for children to have fun and learn in new ways! Children will participate in a variety of activities including: archery, canoeing, hiking, crafts, sports, group games, songs, skits, swimming and field trips. Come join us for the best summer yet!  
*There will be no camp on Independence Day (July 4).*

**Week | Theme | Week | Theme**
---|---|---|---
Week 1: June 2-6 | Mad Science | Week 6: July 7-11 | Water Works
Week 2: June 9-13 | Animal Planet | Week 7: July 14-18 | Rainforest Adventure
Week 3: June 16-20 | Countries Around the World | Week 8: July 21-25 | Survivor/Sports
Week 4: June 23-27 | Construction | Week 9: July 28-Aug 1 | Camp Rewind
Week 5: June 30-July 3 | Hoppin' Holidays |

Registration Fees (due upon registration in order to hold a spot for your child)  
YMCA Members: $25/child or $40/household  
Program Members: $30/child or $50/household  
*Early registration fee will guarantee a t-shirt for the 1st 50 campers  
*Early registration fee will also guarantee a reservation for the weekly field trip (1st 50 campers only)

**Camp Fees (due the Wednesday prior to camp week or a $10 late fee will be applied)**

| Members | $80/week  
| Second Child Rate Members | $40/week  
| Third Child Rate Members | $30/week  
| Members 3-Day Rates | $60  
| Members Daily Rate | $25  

Program Members: 
| $100/week  
| $60/week  
| $40/week  
| $75  
| $35

**HEALTHY LIVING**

**Adult Leagues**

5 on 5 Basketball League: Ages 18+  
Form a team and compete in this fun and competitive league. Open Divisions assigned by Program Director. Roster size: 5-12 players. 9 games guaranteed. Registration ends on June 1st.  
*Captain’s Meeting: Wednesday, June 4th @ 6:00pm*  
Meets: Sundays starting June 8th  
Fees: $350 per team + $10 per non-member

*Open Basketball*: Ages 16+  
Want to play hoops but don’t want the hassle of getting a team together? This is your chance to BALL!  
Lunch time:  
--- | ---
Mon. | Wed. | Fri. | 11:30 am - 1:30 pm  
Fees:  
Free YM | $4 PM

Evening time:  
Wed. | 7:00 – 9:00 pm  
Fees:  
Free YM | $3 PM

Racquetball League: Ages 16+. This league is fast paced and flexible. Divisions are based upon skill level, so beginners are encouraged to participate. Beginners can schedule a one-on-one clinic with league director to review rules, techniques, and strategy. Registration ends on June 7th. Season starts the week of June 10th.  
Meets: Various nights depending on own schedule  
Fees:  
$15 YM | $30 PM

*Open Volleyball* Ages 16+. This program is for members and non-members to be able to play pick up style volleyball games. It is a great time to meet other members and increase your volleyball skills.  
Meets: Every Thursday 7:00 – 9:00 pm  
Fees:  
Free YM | $3 PM

**JUJITSU**

Ages 6 and up. Jujitsu is a form of martial arts that develops coordination, balance, strength, memory, discipline and confidence, as well as the YMCA’s core values.  
Meets:  
Mondays and Wednesdays 6:00-7:00 pm (youth)  
Mondays and Wednesdays 7:00-8:00pm (adults)  
Fees:  
$55 YM | $80 PM

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| Members 3-Day Rates | $60  
| Members Daily Rate | $25  

Program Members: 
| $100/week  
| $60/week  
| $40/week  
| $75  
| $35

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Week 4: June 23-27 | Construction | Week 9: July 28-Aug 1 | Camp Rewind
Week 5: June 30-July 3 | Hoppin' Holidays |
FEES: $24 YM $59 PM
1/2 and 1/2; Age 18+ This class utilizes various equipment to tone upper and lower body as well as abs and lower back.

Aquafit/Waterworks: Age 18+ Shallow water class that utilizes a variety of cardiovascular exercises to get your blood pumping.

Fees: $30 YM $70 PM

Aquatics Aerobic Class Card This card allows you to attend 10 aqua aerobic classes of your choice during a normal session for only $60! (YM or PM)

HEALTHY LIVING

Adult and Youth Aqua Classes and Lessons

Attention Participants: You can participate in any class without registering for a fee of $5 for members and $7 for nonmembers. Or by purchasing an Aquatic Card for $60, which will entitle you to 10 classes of your choice.

Aqua Arthritis: Age 18+ This shallow water class is for participants with arthritis, fibromyalgia, or physical injuries.

Meets: Tues & Thurs 9:00-9:45 am Fees: $24 YM $59 PM

1/2 and 1/2; Age 18+ This shallow class utilizes a variety of equipment to tone upper and lower body as well as abs and lower back.

Aquafit/Waterworks: Age 18+ Shallow water class that utilizes a variety of cardiovascular exercises to get your blood pumping.

Fees: $30 YM $70 PM

Aqua Total Body Blast: An exhilarating hour of over the top fitness exercises in the water. We will use continuous multiple movements to increase your heart rate and keep you moving.

Meets: Tuesday & Thursday 6:00-7:00 pm
Fees: FREE YM $68 PM

Aqua BOOTCAMP: Want to lose inches, gain muscle and burn fat without the pounding of a hard surface, try our new BOOTCAMP Class. FREE TO Silver Sneakers participants, this class will meet your individual needs. During this class we will combine cardio with strength training moves to give you a total body workout.

Meets: Tuesday & Thursday 12:00-12:45pm
Fees: $5 FREE TO SILVER SNEAKERS $30YM $70 PM

Aquatics Aerobic Class Card This card allows you to attend 10 aqua aerobic classes of your choice during a normal session for only $60! (YM or PM)

LEAGUES

Basketball Leagues: Grades 1-8.
This is a relaxed summer league for kids entering grades 1-8 designed to keep kids playing basketball throughout the summer. Each team will have six games which will be played on Monday OR Thursday evenings. Teams will meet 30 minutes before each game for a short practice. Volunteer coaches are needed. Coaches will contact players about their first practice & game.

Game Days: Monday OR Thursday starting June 16th Fees: $25 YM $45 PM

CLASSES

Session 5 "Little & Rookie Kickers": Ages: 3-6
Li Kickers offers fundamental skill development in a fun environment; 3-6 year olds will learn how to dribble, pass, and shoot.

Little Kickers: Ages 3 & 4
Meets: Tuesday 6:00-6:45pm
Fees: $30 YM $50 PM

Rookie Kickers: Ages 5 & 6
Meets: Tuesday 6:45-7:30pm
Fees: $30 YM $50 PM

Racquetball Clinic: Ages 8-12. Want to try something new? This informational and fun clinic will teach the children about the game of racquetball!
July 1st -July 2nd (9:00-11:00am)
Fees: $20 YM $30 PM

CAMPS

Youth Basketball Camps: Ages 8-12
Get a head start on basketball this summer with our four day camp. Participants will be put through a series of drills that teach both dribbling & shooting technique. Players will be taught proper hand placement, footwork, and other fine details while also learning proper mechanics of dribbling & shooting and why teamwork & hustle are just as important.

Youth Basketball Camp Session 1
*Beginner Camp
June 19-22 (9am-11am)
Fees: $40 YM $60 PM

*Intermediate/Expert Camp
July 3-6 (9am-11am)
Fees: $40 YM $60 PM

Youth Basketball Camp Session 2
*Beginner Camp
July 10-13 (9am-11am)
Fees: $40 YM $60 PM

*Intermediate/Expert Camp
July 17-20 (9am-11am)
Fees: $40 YM $60 PM

Youth Basketball Camp Session 3
*Beginner Camp
July 24-27 (9am-11am)
Fees: $40 YM $60 PM

*Intermediate/Expert Camp
July 31-August 3 (9am-11am)
Fees: $40 YM $60 PM

Sports of All Sorts Camp: Ages 8-12. A minicamp designed to offer kids a taste of several sports throughout the week. Each day will feature a different sport, and give kids the opportunity to try something new each day. Sports include Baseball/Softball, Basketball, Football, and More.
July 14-17 Sports of All Sorts (9:00am-11:30am)
Fees: $40 YM $60 PM

YOUTH DEVELOPMENT

Youth Leagues/Classes/Camps

Teen Activity Camp: Ages 12-15
This camp introduces middle and high school students to the Y. Campers will work in pairs or small teams to solve various missions using LEGO blocks, motors, and sensors. Students can connect their robots to a computer to program their robot to move, react, and make sounds in order to solve these challenges. All of these camps will be held at the YMCA. *New Intermediate/Expert campers must have participated in previous Y lego programs (beginner camp or class).

Fees: $40 YM $60 PM

Junior/Intermediate/Expert Camps Ages 12-15 (MAX ENROLLMENT IS 20 FOR EACH CAMP)
Campers will build and program robots using a LEGO Mindstorms kit and Robolab Software. Campers will work in pairs or small teams to solve various missions using LEGO blocks, motors, and sensors. Students can connect their robots to a computer to program their robot to move, react, and make sounds in order to solve these challenges. All of these camps will be held at the YMCA. *New Intermediate/Expert campers must have participated in previous Y lego programs (beginner camp or class).

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July 14-17 Sports of All Sorts (9:00am-11:30am)
Fees: $40 YM $60 PM

Camp dates: June 23-27th from 8:00am-5:00pm
Fees: YM $100 PM $150

3rd Annual "Bodies IN the Water" Challenge
July 13-August 30 During this 7 week challenge, participants will swim the furthest distance they can. All participants will receive a dry fit t-shirt with their distance marked on the back. 1st and 2nd Place winners will receive additional prizes and recognition.

Registration Deadline: July 9, late registrations will be charged an additional $2 fee.

Fees: $30 YM $65 PM

Parent’s Night Out and POOL PARTY!!!
June 13th, 5:30pm-10pm
The evening will start with fun in the gym, bounce houses, rock wall, and more. We will serve pizza at 6:30pm, followed by fun in the pool from 6:30-8:00pm. At 8pm we will convene in the conference room to show a big screen movie with popcorn.

Registration Deadline: June 6 Late Registrations will be charged an additional $2 fee.

FEES: $10 PER CHILD YM $20 PER CHILD PM
YOUTH DEVELOPMENT

Youth Swim Lessons

**NOTE:** Classes may be combined or split depending on the number of enrolled participants. We guarantee each child will receive the one on one attention needed to succeed.

**WATERBUGS (Ages: 6 mo.-2 years)** Taught as a combined class with the parent accompanying the child in the water. Parents become confident handling their babies in the water while teaching water movement skills. Parents will learn how to teach their child basic swimming skills, how to float, and how to fall into and exit a pool. ***(Disposable diapers are not permitted in pools. Swim diapers are required to be worn by children not yet potty trained. They are available for purchase at the Front Desk.**

Meets: Saturday 10:30
Meets: Monday 5:30
Meets: Wednesday 5:30
Meets: Thursday 5:30
Meets: Saturday 10:00

**PIKE/ EEL/ RAY (Swimmers Ages: 3-5 years old)** **PIKE** This class is designed for new swimmers to learn safe pool behavior and basic independent swimming skills. **EEL:** This class is designed for children who are comfortable in the water. They are taught kicking, floating and progressive paddle strokes. **RAY:** This level builds on previously learned skills while adding endurance by swimming on both the front and the back. Treading water and rotary breathing are introduced. (Stroking Onward is considered the next level after Ray) **[30 min 5:1 ratio]**

Meets: Monday 5:00pm-5:30pm
Meets: Tuesday 4:30-5:00 pm
Meets: Wednesday 4:30-5:00 pm
Meets: Thursday 5:30-6:00pm
Meets: Saturday 10:00-10:30 am

**POLLIWOG / GUMMY/ MINNOW (Swimmers Ages: 6-12 years-old)** **POLLIWOG:** This class is designed for new swimmers to learn safe pool behavior and basic independent swimming skills. **GUMMY:** This level teaches proper stroke technique for a variety of strokes and builds endurance. Rotary breathing and diving skills are also taught. **MINNOW:** This level refines all previously learned strokes and continues to build endurance by swimming multiple laps. Rotary breathing is also perfected at this level while diving skills are improved. (Stroking Onward is the next level after Minnow) **[30 min 5:1 ratio]**

Meets: Monday 5:30-6:00 pm
Meets: Tuesday 5:00-5:30 pm
Meets: Wednesday 5:00-5:30pm
Meets: Thursday 6:00-6:30 pm
Meets: Saturday 10:30-11:00 am

**STROKING ONWARD (SWIMMERS Ages: 5 and up)** Stroking Onward is an extension of swim lessons where competitive strokes and skills are taught and refined. Stroking Onward will prepare a swimmer to join a swim team or ensure their ability to swim all strokes legally and improve times on the team they participate in currently. Swimmers must be able to swim 50-100 yards continuously without stopping. **[45 min 7:1 ratio]**

Meets: Monday 5:45-6:30pm
Meets: Thursday 5:45-6:30pm
Meets: Saturdays 10-10:45am

**Fees:** $32 YM $65 PM

**HEALTHY LIVING**

Class Descriptions

**Pilates Fusion:** A series of mat exercises that infuse pilates and yoga together to strengthen and tone all of the muscles within our body, while lengthening our spine and concentrating on abdominal, pelvic floor, and low back conditioning. A variety of Pilate equipment will be used. Pilates and yoga are great compliments to other forms of exercise and will dramatically enhance sport performance. Can register for Tuesday class, Thursday class or both.

**Pilates with Props:** A series of mat exercises using a variety of tools that produce kinesthetic awareness and desirable improvements in alignment and movement quality of the spine, while strengthening and toning the body, centering from the pelvic floor (core) muscles. Need to improve abdominal and low back strength, then this class is for you. Can register for Monday class, Wednesday class , Friday class or all three. (save 10% if registering for 3)

**Power Hour/Extreme Strength:** Get a full hour of intense strength and toning using a variety of equipment that will give your metabolism the boost you need.

**Silver Sneakers:** For any fitness level, designed to increase muscular strength, endurance, and range of movement, to improve activities for daily living (ADL). Use resistance bands, weights, and a chair. Meets the Surgeon General’s recommendation for “frequent exercise.”

**Small Group PT (Personal Training):** Need a trainer and a workout designed for your needs? Your personal trainer will work with a group of between 4 to 8 people developing workouts needed to burn the most calories possible during the workout, while toning, tightening the core, and building overall muscular strength and endurance. Weather permitting, workouts may be partly inside and outside on fitness trail. Trainer is ACE Certified.

**Swing Dance Class:** The class will cover East Coast Swing (an easy 6-count dance), Lindy-Hop (a fun 8-count dance that is the basis of Swing), and some Blues dancing for slower songs.

**Yoga:** Yoga will help you discover how the mind and body unite in a harmony of movement and coordination. Mental focus, while concentrating on breathing, will improve tension and stress, and strengthen the lungs. Benefits: smooth and efficient muscles, flexibility, joint function, weight loss, improved circulation, relief from insomnia, headaches, backaches, improved balance, posture, asthma, improved concentration, and more. (fees are for one class per week)

**Zumba Gold:** Zumba Gold is a lower intensity class designed for active, older adults who love to move, dance & have fun. Dancing is performed to Latin, International music such as the Merengue, Salsa, Cha Cha, Cumbia, Swing, Rock & Roll, Belly Dance, Flamenco, Tango, Indian, and Calypso. (currently not available, will be back this fall)
Ab Control: A 15-minute class that focuses on nothing but your abs. Work your upper and lower abs, obliques, and back in just 15 minutes!

Buff / Bike / Balance: This express workout combines intervals of cycling working towards targeted heart rates for each individual, along with HIIT core & balance work. Flexibility training will end the hour. Try this combination of an aerobic and anaerobic blast!

Cardio Blast: Get your heart pumping with this creative, challenging workout that will improve cardiovascular fitness and muscle tone.

Indoor Cycling: Want to burn calories fast? Want to build endurance? Instructors lead you through exciting courses. Intensity is up to you as you work toward that target heart rate. Join the ride and stay fit! (fees are for one class per week)

Cycle Yo: Cycling and yoga combine the strength and endurance of cycling with the physiological benefits of Yoga. Stretching, balance, breathing and relaxation training will battle the inflexibility and imbalances created with cycling. During this class you will spend time on both the bike and the mat. This class is tailored to meet the needs of each individual. All levels welcome.

Jujitsu: Jujitsu is a form of martial arts that develops coordination, balance, strength, memory, discipline, and confidence, and YMCA’s core values. (caring, honesty, respect, responsibility)

Mix Class: A high/low class that focuses on strength and toning by putting the core at the center of each workout.

Pilate Ball: An innovative fusion of Pilates and Yoga using different size balls, and the Bosu Balance Trainer, to enhance movement, to help improve posture, core strength, and add flexibility. It’s a challenging, but fun workout!

Boot Camp: Workout consists of short burst exercises followed by short recoveries. Body weight exercises along with various equipment will be used. All fitness levels.

Beginner Yoga: This class is suitable for both beginners and those with some experience. Breath awareness, basic poses, proper alignment, and deep relaxation will be emphasized. Students can expect a moderate pace.

SilverSneakers Yoga Stretch: The class is primarily for active older adults practicing gentle stretching, yoga and modified yoga. A chair is used for some poses, such as balance and seated poses, while some work is done standing, and some on the floor. All poses and exercises can be modified to each individual’s fitness needs.

SUMMER SESSION DAYTIME SWIM LESSON CLASSES

Youth Swim Lessons

OPEN Water Polo Rec-Times: We will remove the lap lane and open the deep end on Sundays from 1pm until 2pm for open recreational water polo. Team size will be determined by the number of participants. Bring the family so everyone can enjoy this fun recreational sport.

Private and Semi-Private lessons:

Private Swim Lessons: Lessons will provide 6 classes 30 minutes each. These lessons will provide students with the individual attention to enhance their stroke ability, endurance, and form.

Meets: Individualized schedules are set up based on availability of instructor and student.

Fees: $65 YM $100 PM

Semi –Private/ Family Swim Lessons (2 or 3 students at a time): Designed to give families or friends that opportunity to enhance their swimming and stroke skills together. Students need to be close to the same swim level.

Meets: Individualized schedules are set up based on availability of instructor and students.

Fees Per Student: $45 YM $80 PM
### HEALTHY LIVING

<table>
<thead>
<tr>
<th>Day</th>
<th>Class Times</th>
<th>$ YM</th>
<th>$ PM</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>6:15-7:00 am Lap Hour</td>
<td>FREE</td>
<td>$7/visit</td>
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<tr>
<td></td>
<td>9:00-9:45 am AquaFit Waterworks (3 day/week)</td>
<td>$30.00</td>
<td>$70.00</td>
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<tr>
<td></td>
<td>9:00-10:00 am Beginner Yoga</td>
<td>$18.00</td>
<td>$47.00</td>
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<tr>
<td></td>
<td>9:00-10:00 am Indoor Cycling</td>
<td>$12.00</td>
<td>$35.00</td>
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<tr>
<td></td>
<td>10:15-11:00 am Pilate Ball</td>
<td>$18.00</td>
<td>$47.00</td>
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<tr>
<td></td>
<td>12:15-1:00 pm Pilates w/ Props (offered on M/W/F) [Register M/W/F 10% off]</td>
<td>$18.00</td>
<td>$47.00</td>
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<tr>
<td></td>
<td>4:00-5:00 pm Aqua 1/2 and 1/2 (3 day/wk)</td>
<td>$30.00</td>
<td>$70.00</td>
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<tr>
<td></td>
<td>4:30-5:30 pm Buff/Bike/Balance</td>
<td>$25.00</td>
<td>$55.00</td>
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<td></td>
<td>6:00-7:00 pm Zumba It's Back!</td>
<td>$29.00</td>
<td>$64.00</td>
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<td></td>
<td>7:00-8:00 pm Jujitsu (adult)</td>
<td>$55.00</td>
<td>$80.00</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>6:15-7:00 am Lap Hour</td>
<td>FREE</td>
<td>$7/visit</td>
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<td>8:15-9:15 am Power Hour</td>
<td>FREE</td>
<td>$55.00</td>
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<td></td>
<td>9:00-9:45 am Aqua Arthritis (2 day/week)</td>
<td>$24.00</td>
<td>$59.00</td>
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<td></td>
<td>9:30-10:30 am Silver Sneakers MSROM Class</td>
<td>FREE</td>
<td>$55.00</td>
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<td></td>
<td>9:15-10:45 am Small Group PT (2 day/week) *Wellness Center</td>
<td>$53.00</td>
<td>$116.00</td>
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<td></td>
<td>12:00-12:45 Aqua BOOTCAMP: FREE TO SILVER SNEAKERS</td>
<td>$30.00</td>
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<td>4:15-5:15 pm Pilate Fusion (2 day/week class) (single class is available)</td>
<td>$30.00</td>
<td>$65.00</td>
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<td>5:30-6:00—YOU and ME Aqua-FIT</td>
<td>$15.00</td>
<td>$30.00</td>
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<td>5:30-6:30 pm Yoga</td>
<td>$18.00</td>
<td>$47.00</td>
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<td></td>
<td>6:00-7:00 pm Aqua Total Body Blast (2 day/week)</td>
<td>FREE</td>
<td>$68.00</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>6:15-7:00 am Lap Hour</td>
<td>FREE</td>
<td>$7/visit</td>
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<td>9:00-10:00 am AquaFit Waterworks (3 day/week)</td>
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<td></td>
<td>9:00-10:00 am Yoga</td>
<td>$18.00</td>
<td>$47.00</td>
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<tr>
<td></td>
<td>3:30-10:30am Blood Pressure Screening (2nd Wed each month)</td>
<td>FREE</td>
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