

HEALTHY LIVING FITNESS CHALLENGES

IRONMAN CHALLENGE

June 1 – June 30

Take the IRONMAN Challenge

You have **30 days** to complete a full IRONMAN
 0.6 miles of swimming per week. (21 laps)
 28 miles biking per week
 6.5 miles running or walking per week

You may accumulate these miles inside or outside of the Y. You will have to log your miles at the Wellness Desk. Complete the full IRONMAN in 30 days and receive a T-shirt. Sign up – take the challenge – the IRONMAN in 30 days! Condition your body using this cross training method to help you lose weight and feel great! It's great training for a Sprint Triathlon.

Fees: \$25 YM \$60 PM (no early registration discount)

PM receive a full membership for 30 days and discounted fees on programs



SUMMER MELT AWAY

June 1 – June 30

As the summer heats up, you may need to melt away some unwanted pounds. Let's challenge you to see how many pounds you can melt away in 30 days. The winner of the challenge is the one who loses the most percentage of body weight. Winner will receive a \$20 gift card. Players will:

- * Commit to exercising most days of the week. Sign in at wellness desk each time you come to exercise. The person who exercises the most days during the challenge will win an additional prize.

- * Attend any group exercise class once a week during the program for FREE!

- * Weigh-in weekly - Initial weigh in: June 3rd & 4th

Times: 8:00 am - 10:00 am; 11:15 am - 11:45 am; 5:00 pm - 7:00 pm

Fees: \$25 YM \$55 PM (PM fee includes a full YMCA membership during challenge)



The Biggest Loser

September 14 - November 2

Are you tired and feeling totally out of shape? Do you lack motivation to lose weight? Maybe you've tried to lose a few pounds, but have not had much success. Let us help you with guidance, new workouts, and that extra push that you have been missing. This 8- week program offers:

- *Pick one class of choice per week.

- *Nutrition support

- *Biggest Loser T-shirt

- *Weekly weigh-ins

- *Membership prizes

- *Weekly challenges

- *Individually designed workouts

- *Most of all, better health

Initial weigh-ins begin on Sept. 14th: 5:30 am - 6:00 am, 8:00 am - 10:00 am, 11:00 am - 11:45 am, 5:00 pm - 8:00 pm

Fees: \$40 YM \$110 PM

PM fee includes a full YMCA membership during challenge)



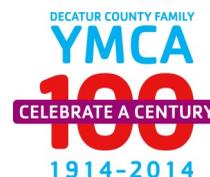
**FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY**



PROGRAM GUIDE 2020 DECATUR COUNTY FAMILY YMCA

Session 4: June 14 – July 18

Session 5: July 19 – September 5



(812) 663-9622
1 YMCA Way
Greensburg, IN 47240
www.decatourcountyfamilyymca.org

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Important Notes about Programs & Group Exercise:

YM: YMCA Member
PM: Program Member
(Non-Member)

Registration begins:
2 weeks prior to session for YM
and
1 week prior to session for PM

Register by the Friday before classes
to receive \$5 off classes
*Certain restrictions apply
****\$5 off Discount will ONLY Apply to SESSION 5****



YMCA Mission:

"To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

CHECK OUT OUR GOLD SPONSORS!

First Financial Bank
Honda Manufacturing of Indiana,
Rick & Mary Johnson
Drew & Wilma Young

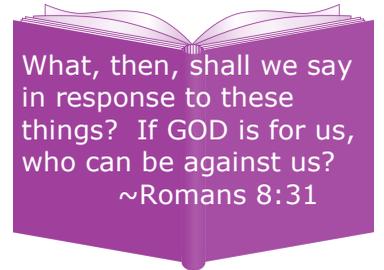
SOCIAL RESPONSIBILITY

Bible Study

BIBLE STUDY:

Join us every Tuesday morning for fellowship.
Women of all ages! 9:00 am - 10:00 am
Senior Co-Ed Study 10:30 am - 11:45 am

****Will begin the week of July 5th****



Community Partnerships

FEEDING PROGRAM:

SUMMER FEEDING SITES

May 26 - July 30

Greensburg High School: Mondays and Thursdays 11:30 am - 12:30 pm
Please call or email Connie Million to get registered for these meals if you haven't already done so. Connie Million 812-663-7176 x 1302 or cmillion@greensurg.k12.in.us

Windermere Apartments: Mondays and Thursdays 1:00 pm - 1:30 pm

Annual Campaign



Shaping the lives of Today's Youth, Tomorrow's Leaders!

Help us mold, shape and mentor the future leaders of our community and country by donating to our Annual Campaign. Your tax-deductible donation will help our future generations be able to look into THEIR future and see a happier tomorrow! You can give either in person or via our website under the **DONATE NOW!** button.

SOCIAL RESPONSIBILITY

Special Events

PICKLEBALL TOURNAMENT JULY 24TH - 25TH

(FRIDAY 5:30 PM- 9:00 PM, SAT. 9:30 AM -2:00PM)

Have fun playing with a partner in this round robin doubles tournament for all abilities! We will only be using 3 courts during this tournament to practice social distancing. Other cleaning and social distancing measures will be put in place for everyone's safety. Men's & Women's doubles will be played on Friday evening, and mixed doubles will be played on Saturday. Skill levels are as followed: Men's 3.5 and above, and 3.0 and below, same for women's. Mixed doubles will also have the two skill levels offered.



Price is \$30 per team. Register by July 17th.

INDY 500 MILE CHALLENGE

August 1 – August 31

It's time to celebrate the month of August and all the traditions that the Indianapolis Motor Speedway has to offer by getting our bodies revved up, striving to get as many miles of exercise as we can achieve. Challenge yourself with a personal fitness goal!

The goal: rack up as many miles as possible between August 1 – August 31!

How you'll do it: by working out at the Y as much as possible to accumulate miles with a variety of exercises! Strive to reach 500 miles of exercise within the month. You can accumulate miles by: using cardio equipment in the wellness center, attending group classes, water walking, swimming laps, playing racquetball, basketball, walking and/or running inside or on the outside track, cycling, and weight lifting. Each challenger will add their own miles and post their miles on a master log that will be located in the Wellness Center. Prizes will be awarded for top three mileage amounts. This challenge is for YMCA members only, and it's **FREE!**



32nd ANNUAL CORPORATE CHALLENGE August 3rd – 8th

The Decatur County Family YMCA is offering its annual Corporate Challenge on August 3rd - 8th for the businesses and organizations of Decatur, Shelby, Ripley, Franklin, and Bartholomew Counties. Awards will be given for individual events, and to the top teams. Events will include: Swimming event, Volleyball, Batting Cage Challenge, Prediction 5K, Obstacle course, 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:

June 15th at 5:30pm

Team Registration due: July 13th

Fees: \$200 for YMCA Corporate Partner

\$250 for all other companies/organizations



Program Director: Amy Klene, 663-9622, Ext. 23 amy@dcfymca.org

GENERAL

Memberships

TYPES OF MEMBERSHIP

HOUSEHOLD:

1 or 2 adults and dependent children through the age of 23

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	Annual	Joiner's Fee*
Household	\$60	\$720	\$99
Adult	\$37	\$444	\$99
Senior Citizen	\$32	\$384	\$99
Student	\$14	\$168	\$50

*Joiners Fee applies to all new memberships.

Guest passes: available to those who wish to use our facility for the day without joining. The following prices are per visit:

Student (Preschool-Grade 12) \$4.00 Adult \$7.00 Household \$12.00

Guest passes will NOT be sold after 8:30 pm Mon- Fri and 4:30 pm Sat- Sun

Membership Information

All annual memberships are valid one full year from the date of purchase, are non-refundable and are not transferable. The annual rate is payable by cash, check, Visa, MasterCard, or American Express. A membership paid by bank draft is considered continuous. No renewal notices will be sent, and drafts will continue until the member requests and signs a termination of membership. **Cancellation of memberships must occur in writing at least 7 days prior to draft date.** No refunds will be made. The member will be informed in writing 30 days prior to any changes in monthly draft rates, indicating the new monthly draft amount. A one-time assessment fee, called the Joiner's Fee, goes toward the Capital Improvement Fund and must be paid upon joining the YMCA. A Y Member who terminates their membership will have a 1 year grace period during which they can rejoin without paying the Joiner's Fee. After 1 year, the former member has 4 years to rejoin and pay only 1/2 of the Joiner's Fee. If the membership lapses for more than five years, the full Joiner's Fee will be assessed when it is renewed.

YMCA NATIONWIDE RECIPROCITY PROGRAM

Now, full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the nation, at no extra charge. To be eligible Member must have 50% scans at your home YMCA.

HOW IT WORKS:

Simply present your active YMCA membership card and photo ID at any participating YMCA and enjoy free access!

Financial Assistance

The YMCA has a scholarship program (financial assistance) to assist members of our community to take advantage of all the YMCA has to offer. The program is based on the income level of the applicant and the availability of funds raised through our Annual Campaign. For information on our scholarship program or on how you can assist by contributing to our Campaign, please stop by the Front Desk or call 812-663-9622.

Hours of Operation

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

BUILDING HOURS

Monday-Friday 6:00 am - 9:00 pm

Saturday 9:00 am - 5:00 pm

Sunday 1:00 pm - 5:00 pm

WELLNESS CENTER

Monday-Friday 6:00 am - 9:00 pm

Saturday 9:00 am - 5:00 pm

Sunday 1:00 pm - 5:00 pm

Wellness Center available 24/7 to members with purchase of key fob

AQUATIC CENTER

Monday-Friday 6:00 am - 8:30 pm

Saturday 9:00 am - 4:30 pm

Sunday 1:00 pm - 4:30 pm

CLOSED: July 4 and September 6 & 7

GENERAL

Class Policies

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, a make-up will be scheduled. 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 2hr delay, we will not hold morning youth classes (excludes preschool). In the event of a Greensburg Community School System cancellation, we will not hold any youth classes (includes preschool).

Facility Guidelines

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 (this includes electronic cigarettes)

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. Children age 5 and above must use the locker room of their own sex. A unisex dressing area is available. **YOU MUST BE 13 YEARS OLD OR OLDER TO BE AT THE YMCA WITHOUT A PARENT OR GUARDIAN.**

24/7 Key Fob: 18 years of age and older, must be a member in good standing, signed contract required

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.

Y-Zone: For youth ages 10-12, a parent must be on the premises

Swimming Pool: For youth ages 10-12, a parent must be on the premises. For youth ages 7-9, a parent must be in the viewing area or on the pool deck. Parent must be in the water with children under the age of 7.

Sauna: 18 years of age and older.

Whirlpool: 16 years of age and older.

Lap Lane: 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 signed parent/teen waiver.

Racquetball Court: 13 years of age and older. Youth under the age of 13 are permitted on 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.

Membership Services Director: **Bridget Eastwood**
663-9622, Ext. 14 bridgete@dcfymca.org

HEALTHY LIVING

Special Events



TREE CITY ROLLING TOUR & CENTURY

Non-Competitive Bike Ride to raise money for the Annual Campaign Scholarship Fund

August 15, 2020

There are 4 routes to choose from, starting with a 16 mile, 34 mile, 67 mile or a whopping 100 mile route. Those who plan to ride the 100 mile route should be on the road by 7am, the 67 mile riders between 7-8am, the 33 by 9:30 and the 16 milers by 10am. SAG (refreshment stops) are provided along each route with restrooms on all routes except the 16 mile route. A *GREAT* lunch will be provided on the riders return. This is a family event, so bring the kiddo's. Kids 13 and under riding with their parent or guardian are free!

Register at YMCA or online at www.treecityrollingtour.org
Fees: through June 1st, \$25; June 2nd - Aug 10th, \$30; Aug 11th - 15th, \$35
Add \$10 to price if purchasing a Drifit shirt.

Get Your Kids into a Competitive Sport Early in Life so They Might Continue with Sports and Fitness as They Grow!

Kids Obstacle Course Challenge

Saturday, July 18th at 11:00 am

Kids ages 7-10 years old have a 3/4 mile course; kids between 11 - 13 years old have a 1.5 mile course. There will be between 10 - 15 different obstacles to conquer along each course. Kids in each age group will receive medals for their efforts along with BRAGGING RIGHTS!

Fees: \$20 YM and \$30 PM

Kid's Splash and Dash

Saturday, August 1st at 11:00 am

Kids start in the pool and when their swimming portion is complete, they go outside, put their shoes on and take off to finish with their run. There are 3 age groups: (7-9), (10-12), (13-15) years old. (7-9) year olds swim 50 yards, run 3/4 of a mile. (10-12) year olds swim 100 yards, run 1 mile, (13-15) year olds swim 150 yards, run 1.5 miles. 1st, 2nd, and 3rd place medals will be given in each age category.

Fees: \$15 YM \$20 PM

Kid's Triathlon

Saturday, September 5th at 1:00 pm

2 age divisions: 7-9; 10-12 years old
Swim/Bike/Run

Kids 7-9 will swim 50 yards, bike 1 mile, and finish with a 7/10 mile run. Kids 10-12 will swim 100 yards, bike 1.5 mile, and finish with a 1 mile run. 1st, 2nd, and 3rd place medals will be awarded. (Kids 7-9 must be able to swim down/back once, and 10-12 must be able to swim 2 laps)
Must wear a bike helmet
Fees: \$15 through August 29th and \$20 after August 29th



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.

Fees: \$10 YM \$20 PM

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

Cardiovascular, Strength, and Flexibility

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!

Fees: FREE YM \$30 PM

QUARTERLY FITNESS EVALUATION: Track your progress! See what your score (fitness level) is for cardiovascular, muscular and core strength, along with how flexible you are. Your scores will show you where your strengths and weaknesses are so you will know areas that may require more focus. Testing every quarter is a great tool for setting and reaching your personal fitness goals. Make your appointment today at the wellness desk.

Fees: FREE YM \$30 PM

By Appointment Only

By Appointment Only

By Appointment Only

By Appointment Only

Personal Training

"The difference between TRY and TRIUMPH is a little "UMPH"

Let us help you make those adjustments to achieve your goals!
Trainers can make a difference!

Deena Hamer, Dawn Ernstes, Bridget Eastwood

Why work with a trainer? You will be connecting with a professional, who is committed, educated, and caring. Your trainer will use a variety of methods to create a program that focuses on meeting your individual lifestyle goals. Whether you are new to exercise or an athlete, our trainers can make a difference! Your trainer will assess your previous and present fitness level, review your goals, and develop customized workouts for you. Stop by or call to schedule your FREE consultation today!

All sessions expire 6 months from date of purchase.

30 min Fees: YM 1-session \$25 3-sessions \$65 6-sessions \$123 9-sessions \$175 15-sessions \$280
PM 1-session \$45 3-sessions \$120 6-sessions \$235 9-sessions \$335

60 min Fees: YM 1-session \$35 3-sessions \$95 6-sessions \$180 9-sessions \$252 15-sessions \$395
PM 1-session \$55 3-sessions \$150 6-sessions \$295 9-sessions \$425

Duo or Trio Program: Y Members Only Have a custom routine designed for you and a friend or two. Your 1- hour routine will be designed for two to three friends so you can get the most out of your workout together at the same time.

1 Duo Session: \$45 3 Duo Sessions: \$130 6 Duo Sessions: \$240 9 Duo Sessions: \$330

1 Trio Session: \$60 3 Trio Sessions: \$170 6 Trio Sessions: \$320 9 Trio Sessions: \$435

Need to start out in the water? Our trainers can do that! Ask them how you can get a great workout in the pool incorporating cardio, endurance, and core strength!

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

YOUTH DEVELOPMENT

Preschool, Afterschool, Child Watch

PRESCHOOL

Our licensed half day preschool program offers child centered learning in a Christian atmosphere. It includes creative learning, music & movement, pre-writing & writing, arts and crafts, centers, 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. **For the 2020-2021 school year, registration began January 6th for YMCA members and February 3rd for Program members.** Classes are filling up quickly. We will continue to offer two pre-k classes this year; a 5-day and a 4-day class; both morning and afternoon. **New this year: All day 5-day pre-k program.** We are also a Paths to Quality Provider currently at Level 2.

*Children must be age 5 on or before Sept. 1 to enter Kindergarten. Please keep this in mind when registering your child in preschool. Please remember we offer scholarships, are CCDF voucher certified, and offer vouchers through DCS.

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

5-day all day fee \$105 YM \$130 PM (weekly fee)

5-day/week fees: \$130 YM \$165 PM (a.m. only; monthly fee)

4-day/week fees: \$110 YM \$135 PM

3-Day/Week Fees: \$87 YM \$100 PM

2-Day/Week Fees: \$67 YM \$80 PM

***A \$12 late fee will be applied if payment is made after the fifth of the month**

AFTERSCHOOL

Afterschool 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. Mary's, and North Decatur schools. The YMCA offers help with homework time, games, crafts and snacks. We follow the Greensburg School calendar and offer Day Camps when school is out of session. Our Afterschool program accepts CCDF vouchers, vouchers through DCS, and provides a meal and snacks 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 3:30 pm - 6:00pm

Fees: \$28/week YM \$36/week PM \$7/day YM \$9/day PM

CHILD WATCH

This area is available for children (ages 12 weeks –10)* 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 have also attended Child Abuse Prevention training.

Daytime Hours: Mon – Fri 8:30 am - 11:30 am

Mon – Fri 12:00 pm - 2:30 pm

Mon – Thurs 5:00 pm - 8:00 pm

Evening Hours: Daily Fees: \$1/child YM \$2/child PM

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

* This can be reviewed on a per case basis*

CLASS OFFERINGS

M-F	7:00 am—6:00 pm	4 & 5 yrs
M-F AM	9:00 am - 11:30 am	4 & 5 yrs
T-F AM	9:00 am - 11:30 am	4 & 5 yrs
T-F PM	12:00 pm - 2:30 pm	4 & 5 yrs
M/W/F AM	9:00 am - 11:30 am	3 & 4 yrs
M/W/F PM	12:00 pm - 2:30 pm	3 & 4 yrs
T/TH AM	9:00 am - 11:30 am	2 ¹ / ₂ - 3 yrs

NEW This year! All Day Pre-K!!



Childcare Director: Donna Dykes 663-9622, Ext. 16 donnad@dcfymca.org

YOUTH DEVELOPMENT

Summer Day Camp

June 1 - July 31 Ages 5-12
Monday - Friday 7:00 am - 6:00 pm

Camp gives children the opportunity to learn, grow and have fun in a safe, caring environment surrounded by a 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: crafts, sports, team building games, songs, and swimming. Bring on summer!

Come visit us at the Y for your child's summer camp experience. We offer scholarships to families who qualify, we accept CCDF Vouchers and are a vendor for DCS. All of our staff are CPR, AED, & First Aid certified and have attended a Child Abuse Prevention and Camp Counselor Training. **Due to COVID-19, we will be limited to the number of children we can take.**



AN ANNUAL DAY CAMP PROGRAM REGISTRATION FEE IS DUE UPON REGISTRATION.

YM \$25 PER CHILD OR \$40 PER HOUSEHOLD
PM \$30 PER CHILD OR \$50 PER HOUSEHOLD
FEES: YM \$80/week PM \$100/week
Additional Child Rate: YM \$40/week PM \$60/week
3-Day Rates \$60 YM \$75 PM
Daily Rate \$25 YM \$35 PM

Immunization forms and other paperwork will need to be filled out before your child attends camp

FEES MUST BE PAID BY THE MONDAY FOLLOWING CAMP WEEK OR A \$10 LATE FEE WILL BE ASSESSED.

WEEK	THEME	WEEK	THEME
Week 1: June 1-5	Kickoff to Camp	Week 6: July 6-10	The YMCA gives Back
Week 2: June 8-12	Down on the Farm	Week 7: July 13-17	Water World
Week 3: June 15-19	Wild, Wild West	Week 8: July 20-24	Legoland
Week 4: June 22-26	Silly Safari	Week 9: July 27-31	YMCA Olympics
Week 5: June 29- July 3	Born in the U.S.A.		

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.

HEALTHY LIVING

Adult Leagues/ Open Sports

ADULT LEAGUES

Adult Men's BASKETBALL LEAGUE:

Ages 18+

Form a team and compete in this fun and competitive league. Roster size: 5-12 players. 8 games guaranteed, 7 regular season and 1 playoff game.

In order to stay complaint with social distancing guidelines no fans will be permitted to attend games.

Meets: Sundays beginning June 14th - Aug 16th from 1:00 pm - 6:00 pm (No games June 21st or July 5th)

Fees: \$400 per team

There will be a mandatory team captain meeting on Wednesday, June 10th at 6:30 pm that each team **MUST** be represented at this meeting or will not be allowed to participate.



ADULT OPEN SPORTS

Open Basketball: BEGINS WEEK OF JULY 5th: Ages 16+ Want to play hoops but don't want the hassle of getting a team together? This is your chance to **BALL!** **NOTE: 16 and 17 year olds **MUST** be accompanied by parent/guardian before playing to sign waiver at the YMCA front desk - must be signed in person with YMCA staff**

Lunch time: Fridays 12:00 pm - 1:30 pm Fees: Free YM \$3 PM
Evening time: Wednesdays 7:00 pm - 9:00 pm Fees: Free YM \$3 PM

Open Volleyball: BEGINS WEEK OF JUNE 14th, 1 net only: 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: Thursdays 7:00 pm - 9:00 pm Fees: Free YM \$3 PM

Open Pickleball: DOUBLES PLAY BEGINS WEEK OF JUNE 14th: Ages 15+ Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy. If interested in another time, please let us know!

Meets: Scheduled day/times: Mon, Tues, Wed, Thurs, Friday 8:00 am -12:00 pm.

Afternoon/PM times: Mon-2:00 pm -5:00 pm, 7:00 pm -9:00 pm; Tues- 2:00 pm -4:00 pm; Wed- 2:00 pm -6:00 pm, Thurs-2:00 pm -5:00 pm; Fri-3:30pm -5:00 pm, 7:00 pm -9:00 pm; Sat-2:00 pm -5:00 pm.

Fees: Free YM \$7 PM (guest pass) (10 punch card for \$20, 15 punch card for \$25) (\$1.70 each)

Open Racquetball: DOUBLES PLAY BEGINS WEEK OF JUNE 14th

HEALTHY LIVING

Chronic Disease Prevention

Due to COVID-19, these meetings will be held virtually through Zoom.

HIGH BLOOD PRESSURE REDEFINED

Our Blood Pressure Self-Monitoring Program helps adults with hypertension lower and better manage their blood pressure. The simple process of checking and recording one's blood pressure at least twice a month has been shown to lower blood pressure in some people with hypertension. This program focuses on regular monitoring of one's blood pressure at home using proper measuring techniques, individualized support and nutrition education in an effort to reduce blood pressure and improve their quality of life. Reducing your sodium intake is an effective tool in preventing heart disease, whether you have high blood pressure, are at risk for heart disease or just want to keep your heart healthy.



Classes are FREE and meet on Tuesdays from 12:00 pm – 1:00 pm. Contact Dawn Ernstes to enroll or for more details.

REDEFINE YOUR HEALTH, TRANSFORM YOUR LIFE

Did you know?

- About 86 million American adults have prediabetes, a condition where blood glucose levels are higher than normal.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take action to prevent or delay the disease
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease

The YMCA's Diabetes Prevention Program, you can work with others in a small group setting to learn how to adopt habits that will improve your overall health and well-being and reduce your risk. Programs like the YMCA's Diabetes Prevention Program have been shown to prevent or delay type 2 diabetes in individuals over age 60 by 70%.

Next class will begin on Tuesday, July 14th at 5:30 pm. For more information or to enroll, please contact Dawn Ernstes.

1 OUT OF 3 U.S. ADULTS HAS ONLY 11% KNOW THEY HAVE IT.



TIME FOR A FRESHSTART!

Freshstart® is a 4-week group-based tobacco cessation support program offered by the American Cancer Society and facilitated by the Decatur County Family YMCA.

The Freshstart evidence-based approach helps participants increase their motivation to quit, learn effective approaches for quitting and guide them in making a successful quit attempt through information, activities, and discussion. The evidence-based components of Freshstart include:

- Motivational intervention activities
- Practical counseling (problem solving skills)
- Social support
- Education about medication and approaches to quitting

Classes are FREE and will begin on Monday, June 15th at 12:15 pm. For more information or to enroll, please contact Dawn Ernstes.

Wellness Coordinator: Dawn Ernstes 663-9622, ext. 12 dawnb@dcfymca.org

YOUTH DEVELOPMENT

Youth Classes AND Leagues

CLASSES

INDIVIDUAL BASKETBALL SKILLS CLASS: (AGES 9 +) Participants will work on their individual ball handling, shooting, and defensive skills in this 7-week class. Players will get a chance to focus on their own personal skills, and get more gym time during the week. Meets July 9th– August 13th

Meets: Thursdays 5:30 pm–6:30 pm Fees: \$30 YM \$50 PM

LITTLE RUNNERS: Ages: 3-6 yrs. The little runners class will focus on the fundamentals of running and some aspects of track and field. This class will go over proper forms of running and develop overall motor skills. Most importantly running should never be seen as a punishment so the goal is to make running fun so that each participant learns to have fun while running and all participants will be encouraged to do their best. In order to stay compliant with social distancing guidelines, parent participation will be required. Meets June 22– July 27.

Meets: Mondays 6:00 pm – 6:30 pm Fees: \$30 YM \$50 PM

TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6 yrs. An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

Meets: Mondays & Wednesdays 2:45 pm - 3:15 pm Fees: Ses4 \$18 YM \$28 PM
Ses5 \$25 YM \$45 PM
NO CLASS Mon. Sept. 7th



TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up. Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

Meets: Mondays & Wednesdays 3:30 pm – 4:15 pm Fees: Ses4 \$32 YM \$43 PM
Mondays & Wednesdays 4:30 pm - 5:15 pm Ses5 \$45 YM \$60 PM
NO CLASS Mon. Sept. 7th

LEAGUES

T-BALL LEAGUES: Developmental League: Ages 3&4; 5-7.

The YMCA is a great place to start learning about America's game. Games and practices emphasize teamwork and fair play. Participants will need to bring their own bat, helmet, ball and glove. In order to stay compliant with social distancing guidelines, parent participation will be required.



Coaches Only Meeting: Thursday, June 11th 6:00 pm (mandatory for coaches)

Practices: Begin the week of June 15th.

Games: Saturday mornings: June 27th - Aug 8th (No Games June 20th or July 4th)

Fees: \$45 YM \$65 PM (After June 11th a \$15 late fee will be applied)

Youth Sports Director: Shakir Dunning 663-9622, Ext. 19 shakir@dcfymca.org

YOUTH DEVELOPMENT

Youth AND Adult 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. Concerned on what class to enroll your child? Swim evaluations will be done on the first class day and students can be moved to the level of your child's swimming ability and skill.



****SWIM LESSONS WILL RESUME DURING SESSION 5****

SWIM STARTERS (Swimmers ages: 6 mo. - 2 years) Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. ****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: Saturdays 9:30 am - 10:00 am Fees: \$40 YM \$70 PM

SWIM BASICS 1,2,3 (Swimmers ages: 3-5 years old) Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills. 1: Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. 2: Encourages forward movement in water and basic self-rescue skills performed independently. 3: Develops intermediate self-rescue skills performed at longer distances than in previous stages. (30 min 5:1 ratio)

Meets: Mondays 4:30 pm - 5:00 pm Fees: \$40 YM \$70 PM
Meets: Tuesdays 4:30 pm - 5:00 pm Fees: \$40 YM \$70 PM
Meets: Saturdays 10:00 am - 10:30 am Fees: \$40 YM \$70 PM

SWIM STROKES 4,5,6 (Swimmers ages: 5-12 years-old) Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. 4: Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. 5: Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. 6: Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. (30 min 5:1 ratio)

Meets: Mondays 5:00 pm - 5:30 pm Fees: \$40 YM \$70 PM
Meets: Tuesdays 5:00 pm - 5:30 pm Fees: \$40 YM \$70 PM
Meets: Saturdays 10:30 am - 11:00 am Fees: \$40 YM \$70 PM

PRIVATE LESSONS

PRIVATE SWIM LESSONS: Lessons will include 6 classes 30 minutes each. These lessons will provide students with the individual attention to enhance their stroke ability, endurance and form. These lessons can also be customized for Adults to include lessons, strokes and exercise.

Meets: Individualized schedules are set up based on availability of instructor and student.
Fees: \$75 YM \$150 PM

SEMI-PRIVATE LESSONS: Classes are for 30 minutes and meet 6 times. This class is designed to give families the 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: \$120 Total YM \$225 Total PM

Total maximum number of participants is 3, each additional swimmer will pay an additional \$45. Prices reflect total price, not per student.

HEALTHY LIVING

Aqua Classes/Certifications

All Aqua Fitness Classes are for ages 18 and older.
****Due to COVID-19, all classes will have restrictions to number of participants in order to facilitate social distancing.**



AQUA FITNESS CLASSES

START ME UP: MORNING WORKOUT: SESSION 5 ONLY: Get your day started, heart pumping and tone your muscles with this fun, energetic class! Challenges people at every fitness level, no swimming skills necessary.

Meets: Mon, Wed, Fri 8:30 am - 9:00 am Fees: \$30 YM \$55 PM

1/2 and 1/2: This class utilizes various equipment to tone upper and lower body as well as abs & lower back.

Meets: Mondays and Fridays 4:30 pm - 5:30 pm Fees: Ses4 FREE YM \$42 PM Ses5 FREE YM \$60 PM
Wednesdays 4:00 pm - 5:00 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: Tuesdays & Thursdays 6:00 pm - 7:00 pm Fees: Ses4 FREE YM \$37 PM Ses5 FREE YM \$52 PM

AQUADANCE: A medium to high-intensity class designed to get your heart rate up and your body moving. Combines dance moves to a mixture of fun, up-beat music. Class utilizes noodles, barbells, and both shallow and deep ends of the pool.

Meets: Mondays 6:00 pm - 7:00 pm Fees: Ses4 FREE YM \$19 PM Ses5 FREE YM \$26 PM

AQUA ARTHRITIS: SESSION 5 ONLY: This shallow water class is for participants with arthritis, fibromyalgia, or physical injuries.

Meets: Tuesdays & Thursdays 9:00 am - 9:45 am Fees: Ses4 \$21 YM \$43 PM Ses5 \$30 YM \$60 PM

AQUAFIT/WATERWORKS: Shallow water class that utilizes a variety of cardiovascular exercises to get your blood pumping.

Meets: Mon, Wed, Fri 9:00 am - 9:45 am Fees: Ses4 \$21 YM \$43 PM Ses5 \$30 YM \$60 PM

LAP SWIMMING

It's a great start to your day or an awesome way to round out your cardio workouts. Low impact on joints!! One lap lane is always available during pool operating hours, some exceptions may apply for special events.

Meets: Mon-Fri 6:00 am - 8:30 am Fees: FREE YM \$7 PM
Saturday 9:00 am - 4:30 pm
Sunday 1:00 pm - 4:30 pm

CERTIFICATIONS

Lifeguarding Course – American Red Cross

ARC Lifeguarding course is designed to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over. **Bring One-Piece Swim Suit/Shorts, Goggles and Towel to each class. Minimum of 6 to run the course. Certification valid for 2 years.** Participants must be 15 years old before end of course. Prerequisite skills: 300 yard swim, continuous: front crawl, breaststroke or a combination of both only. Tread water for 2 minutes using only the legs. Swim 20 yards, dive down feet-first or head-first, to a depth of 7 ft to retrieve a 10-pound object; re-surface and swim 20 yards on your back to starting point with both hands holding the object face at or near the surface. Exit at pool edge. (Timed skill <1:40)

Meets: On an as needed basis
Fees: \$200 YM \$250 PM



HEALTHY LIVING

Class Descriptions

Rowing/Cycling Circuit: Rowing demands the use of your arms and legs, while cycling primarily focuses on lower body but in a different way. This great combination of strengthening along with the cardiovascular workout can burn 500-700 calories in an hour. TRX's and Kettle Bells may be used.

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

Silver Sneakers 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.

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 partly outside on fitness trail. Trainer is ACE Certified.

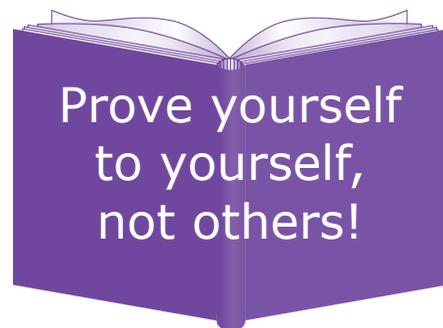
Tae-Kwon-Do: Little Dragons: Ages: 3-6. An introduction to Tae Kwon Do. Students will learn important life skills, while developing confidence and discipline and self control. Beginning drills and forms will be taught to prepare students for the next level in Martial Art.

Tree City Martial Arts Tae-Kwon-Do: Ages: 7 years and up. Come learn Tae-Kwon-Do with Matt Boersma! Tae Kwon Do is a Korean martial art which focuses on kicks and power. Students will learn Tae Kwon Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

TRX/Kettlebell Circuit: This high energy class will tone, build lean muscle and melt those unwanted calories away! We will power through multiple sets using the TRX suspension trainer, while also using the KB's for both cardio and strength moves. All fitness levels welcome. Located in the Rowing/Cycling Room.

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, and backaches; improved balance, posture, asthma, and concentration, and more. (fees are for one class per week)

Zumba®: The Zumba® program fuses easy-to-follow moves dancing to Latin and International music such as the Merengue, Salsa, Cha Cha, Cumbia, Swing, Rock & Roll, Belly Dance, Flamenco, Tango, Indian, and Calypso, with the goal of improving cardiovascular health, burning calories, and having fun. All fitness levels welcome. **Early registration discount does not apply.**



HEALTHY LIVING

Class Descriptions

Body Barre: SESSION 5 ONLY: This class combines Yoga, Pilates and functional fitness training into one class. Small isolated movements are incorporated to fatigue the muscles and large range of motion is used to elevate the heart rate. This class will incorporate upper and lower body exercises both on and off the barre to make every minute count.

BODYPUMP™: BODYPUMP™ is a barbell class based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions to sculpt, tone and strengthen the entire body. This is the time-tested secret to developing lean, athletic muscle. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music.

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

Delay the Disease™: This is an evidenced-based fitness program for people living with Parkinson's Disease. The program is designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of their symptoms.

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

Pilate Fusion: A series of mat exercises that infuses 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. You can register for a Tuesday class, a Thursday class, or both.

Pilates with Props: Challenge your core and stability while strengthening and toning in this faster paced class. Expect to "feel the burn" utilizing weighted stability balls, Bosu Balls, foam rollers, small weighted pilate balls and resistance bands, targeting different muscle groups. You will leave feeling energized, stronger and stretched out!

Power Core & Cardio: It's time to start toning up and this class will help you do just that. Our newest Power Core & Cardio class mixes cardio with core moves to burn calories while toning your abs!

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

Power Cycling: This class consists of 40 min. of cycling and 20min. of strength training.

LAND CLASS PASS:

Take a variety of 10 land classes with this punch card. Instructor has to punch and date your card. (Small Group Personal Training does not apply)
Fee for 10 punch card: \$50 YM \$80 PM

Please see Group Fitness Class Schedule on the Middle Page.

WELCOME BACK!



THINGS ARE A LOT DIFFERENT SINCE THE LAST TIME YOU WERE HERE!

Temperature checks and masks will only be required for Staff, but please feel free to take your temperature and bring a mask, if that makes you feel more comfortable!

POLICY UPDATES



EXPECT SOCIAL DISTANCING

All members will be required to practice social distancing while inside the YMCA. In some cases, the availability of equipment, features and spaces will be limited to ensure members are able to maintain the recommended 6 ft of separation. Signage has been placed throughout the building to assist you in maintaining safe distances.



ACCESS MAY BE RESTRICTED AT PEAK TIMES

In order to comply with the CDC's social distancing recommendations, we may at times need to limit the number of people inside the facility. We apologize in advance for any inconvenience this may cause and appreciate your patience and understanding.



FAILURE TO COMPLY IS NOT AN OPTION

We want to keep our doors open for as many members as possible. Doing so means taking safety seriously. Please note that any member who fails to comply with social distancing requirements may be asked to leave the facility.

Here's What New in Session 4 & 5!

PICKLEBALL TOURNAMENT JULY 24TH - 25TH

(FRIDAY 5:30 PM - 9:00 PM, SAT. 9:30 AM - 2:00PM)

Have fun playing with a partner in this round robin doubles tournament for all abilities! We will only be using 3 courts during this tournament to practice social distancing. Other cleaning and social distancing measures will be put in place for everyone's safety. Men's & Women's doubles will be played on Friday evening, and mixed doubles will be played on Saturday. Skill levels are as followed: Men's 3.5 and above, and 3.0 and below, same for women's. Mixed doubles will also have the two skill levels offered.



Price is \$30 per team. Register by July 17th.

TREE CITY ROLLING TOUR & CENTURY August 15, 2020

There are 4 routes to choose from, starting with a 16 mile, 34 mile, 67 mile or a whopping 100 mile route. Those who plan to ride the 100 mile route should be on the road by 7am, the 67 mile riders between 7-8am, the 33 by 9:30 and the 16 milers by 10am. SAG (refreshment stops) are provided along each route with restrooms on all routes except the 16 mile route. A GREAT lunch will be provided on the riders return. This is a family event, so bring the kiddo's. Kids 13 and under riding with their parent or guardian are free!



Register at YMCA or online at www.treecityrollingtour.org

Fees: through June 1st, \$25; June 2nd - Aug 10th, \$30; Aug 11th - 15th, \$35

Add \$10 to price if purchasing a Drifit shirt.

YMCA GOLF CLASSIC

**Greensburg Country Club
Thursday, August 27, 2020**

All proceeds from the YMCA Golf Classic benefit the Annual Campaign. This campaign raises funds to provide financial assistance for families and youth.



Fees: Team \$280 (in one payment)
Individual \$75

Fees include: Green Fees
Cart
Refreshments/Snacks
Dinner
Gift and a sleeve of balls

Check in 10:00 am - 10:45 am
Shotgun Start 11:00 am

Prizes:

Hole in One Prize
Longest Drive Double Your Dough
Closest to the Pin
Longest Putt



DECATUR COUNTY FAMILY YMCA'S GROUP FITNESS SCHEDULE SESSIONS 4 & 5, 2020

Class	Starts	Ends	INSTR	LOCATION	\$YM Ses 4	\$PM Ses 4	\$YM Ses 5	\$PM Ses 5
MONDAY								
Yoga	8:30 am	9:30 am	Nancy	Group Fitness Studio	\$14.00	\$3200	\$20.00	\$45.00
Power Cycling	8:30 am	9:30 am	Steve	Cycle Studio	\$14.00	\$32.00	\$20.00	\$45.00
Body Barre	10:00 am	11:00 am	Dawn	Group Fitness Studio	---	---	\$20.00	\$45.00
Pilates with Props	12:15 pm	1:00 pm	Deena	Group Fitness Studio	\$18.00	\$28.00	\$25.00	\$40.00
Tae-Kwon-Do: Little Dragons (offered M & W)	2:45 pm	3:15 pm	Matt	Group Fitness Studio	\$18.00	\$28.00	\$25.00	\$45.00
Tree City Martial Arts Tae-Kwon-Do (offered M & W)*	3:30 pm	4:15 pm	Matt	Group Fitness Studio	\$32.00	\$43.00	\$45.00	\$60.00
Tree City Martial Arts Tae-Kwon-Do (offered M & W)*	4:30 pm	5:15 pm	Matt	Group Fitness Studio	\$32.00	\$43.00	\$45.00	\$60.00
TRX/ Kettlebell Circuit	4:30 pm	5:30 pm	Deena	Cycle Studio	\$14.00	\$32.00	\$20.00	\$45.00
BODYPUMP***	5:30 pm	6:30 pm	Denise	Group Fitness Studio	\$14.00*	\$32.00	\$20.00*	\$45.00*
Power Hour*	6:45 pm	7:30 pm	Trisha	Group Fitness Studio	FREE	\$39.00	FREE	\$45.00
Power Hour	8:15 am	9:15 am	Shelley	Group Fitness Studio	FREE	\$39.00	FREE	\$45.00
Small Group Personal Training (offered T & TH)	9:15 am	10:45 am	Deena	Wellness Center	\$55.00	\$120.00	\$55.00	\$120.00
Silver Sneakers Classic	9:30 am	10:30 am	Dawn	Group Fitness Studio	FREE	\$39.00	FREE	\$45.00
Delay the Disease (offered T & F)	1:00 pm	2:00 pm	Dawn	Group Fitness Studio	---	---	\$35.00	\$70.00
Pilates Fusion (offered T & TH)	4:15 pm	5:15 pm	Deena	Group Fitness Studio	\$25.00	\$50.00	\$35.00	\$70.00
Cardio Blast	6:30 pm	7:15 pm	Trisha	Group Fitness Studio	FREE	\$39.00	---	---
Yoga	5:30 pm	6:30 pm	Marilyn	Group Fitness Studio	---	---	\$20.00	\$45.00
Cardio Blast*	6:45 pm	7:15 pm	Trisha	Group Fitness Studio	---	---	FREE	\$45.00
Silver Sneakers Yoga Stretch	10:15 am	11:00 am	Deena	Group Fitness Studio	FREE	\$32.00	FREE	\$45.00
Pilates with Props	12:15 pm	1:00 pm	Deena	Group Fitness Studio	\$18.00	\$28.00	\$25.00	\$40.00
Tae-Kwon-Do: Little Dragons*	2:45 pm	3:15 pm	Matt	Group Fitness Studio	\$18.00	\$28.00	\$25.00	\$45.00
Tree City Martial Arts Tae-Kwon-Do*	3:30 pm	4:15 pm	Matt	Group Fitness Studio	\$32.00	\$43.00	\$45.00	\$60.00
Tree City Martial Arts Tae-Kwon-Do*	4:30 pm	5:15 pm	Matt	Group Fitness Studio	\$32.00	\$43.00	\$45.00	\$60.00
Rowing Cycle Circuit	4:30 pm	5:30 pm	Deena	Cycle Studio	\$17.00	\$39.00	\$20.00	\$45.00
ZUMBA	6:00 pm	7:00 pm	Mito	Group Fitness Studio	\$10.00	\$20.00	\$14.00	\$28.00
Power Hour	8:15 am	9:15 am	Shelley	Group Fitness Studio	FREE	\$32.00	FREE	\$45.00
Power Cycling	8:30 am	9:30 am	Steve	Cycle Studio	\$14.00	\$32.00	\$20.00	\$45.00
Small Group Personal Training	9:15 am	10:45 am	Deena	Wellness Center	\$55.00	\$120.00	\$55.00	\$120.00
Body Barre	10:00 am	11:00 am	Dawn	Group Fitness Studio	---	---	\$20.00	\$45.00
Plate Fusion	4:15 pm	5:15 pm	Deena	Group Fitness Studio	\$25.00	\$50.00	\$35.00	\$70.00
BODYPUMP***	5:30 pm	6:30 pm	Denise	Group Fitness Studio	\$14.00	\$32.00	\$20.00*	\$45.00*
Power Core & Cardio*	6:45 pm	7:30 pm	Bridget	Group Fitness Studio	FREE	\$32.00	FREE	\$45.00
Yoga	9:00 am	10:00 am	Marilyn	Group Fitness Studio	---	---	\$20.00	\$45.00
Silver Sneakers Classic	10:30 am	11:30 am	Deena	Group Fitness Studio	FREE	\$32.00	FREE	\$45.00
Delay the Disease (offered t & f)	1:00 pm	2:00 pm	Deena	Group Fitness Studio	---	---	\$35.00	\$70.00
Mix Class	9:00 am	10:00 am	Trisha	Group Fitness Studio	FREE	\$32.00	FREE	\$45.00
BODYPUMP***	10:15 am	11:15 am	Denise	Group Fitness Studio	\$14.00	\$32.00	\$20.00*	\$45.00*



**Need some extra Motivation heading into Summer?
Ask about our Personal Training Packages!**



Don't forget to sign up for the Tree City Rolling Tour on August 15, 2020. More information on page 17 of the Program Guide!

Fitness Director: Deena Hamer, 663-9622, Ext. 28 deenah@dcfymca.org

- Zumba Classes—early registration discount does not apply * One-time Class Fees: \$6 YM \$8 PM (Adults Only)
- No classes on July 4th or September 6 & 7, 2020
- Group Fitness Classes will be limited in participation for social distancing practices during Session 4 & 5.
- * Time change for the class due to improved cleaning measures in place due to COVID-19.
- BODYPUMP™ Session 4: 1 day a week \$14 YM, \$32 PM; 2 days a week \$25 YM, \$43 PM; 3 days a week \$29 YM, \$50 PM
- Session 5: 1 day a week \$20 YM, \$45 PM; 2 days a week \$35 YM, \$60 PM; 3 days a week \$40 YM, \$70 PM



DECATUR COUNTY FAMILY YMCA'S AQUATICS SCHEDULE SESSIONS 4 & 5, 2020

Class	Starts	Ends	INSTR	\$ YM Ses 4	\$ PM Ses 4	\$ YM Ses 5	\$ PM Ses 5
MONDAY							
Lap Swimming	6:00am	8:30 am	OPEN	FREE	\$7/visit	FREE	\$7/visit
Start Me Up: Morning Workout (offered M & W)	8:30 am	9:00 am	Joni	—	—	\$30.00	\$50.00
AquaFit Waterworks (offered M, W, F)	9:00 am	9:45 am	Betty	\$21.00	\$43.00	\$30.00	\$60.00
Swim Basics	4:30 pm	5:00 pm	Carrie	—	—	\$40.00	\$70.00
Swim Strokes	5:00 pm	5:30 pm	Carrie	—	—	\$40.00	\$70.00
Aqua 1/2 and 1/2 (offered M, W, F)	4:30 pm	5:30 pm	Cricket	FREE	\$42.00	FREE	\$60.00
AquaDANCE	6:00 pm	7:00 pm	Stephanie	FREE	\$19.00	FREE	\$26.00
Lap Swimming	6:00 am	8:30 am	OPEN	FREE	\$7/ visit	FREE	\$7/ visit
Aqua Arthritis (offered T & TH)	9:00 am	9:45 am	Jane	—	—	\$30.00	\$60.00
Swim Basics	4:30 pm	5:00 pm	Carrie	—	—	\$40.00	\$70.00
Swim Strokes	5:00 pm	5:30 pm	Carrie	—	—	\$40.00	\$70.00
Aqua Total Body Blast (offered T & TH)	6:00 pm	7:00 pm	Stephanie	FREE	\$37.00	FREE	\$52.00
Lap Swimming	6:00 am	8:30 am	OPEN	FREE	\$7/visit	FREE	\$7/ visit
Start Me Up: Morning Workout	8:30 am	9:00 am	Joni	—	—	\$30.00	\$50.00
AquaFit Waterworks	9:00 am	9:45 am	Betty	\$21.00	\$43.00	\$30.00	\$60.00
Aqua 1/2 and 1/2	4:00 pm	5:00 pm	Cricket	FREE	\$42.00	FREE	\$60.00
Lap Swimming	6:00am	8:30 am	OPEN	FREE	\$7/visit	FREE	\$7/ visit
Aqua Arthritis	9:00 am	9:45 am	Jane	—	—	\$30.00	\$60.00
Aqua Total Body Blast	6:00 pm	7:00 pm	Stephanie	FREE	\$37.00	FREE	\$52.00
Lap Swimming	6:00 am	8:30 am	OPEN	FREE	\$7/visit	FREE	\$7/visit
AquaFit Waterworks	9:00 am	9:45 am	Betty	\$21.00	\$43.00	\$30.00	\$60.00
Aqua 1/2 and 1/2	4:30 pm	5:30 pm	Cricket	FREE	\$42.00	FREE	\$60.00
Lap Swimming	9:00 am	4:30 pm	OPEN	FREE	\$7/visit	FREE	\$7/visit
Swim Starters	9:30 am	10:00 am	Carrie	—	—	\$40.00	\$70.00
Swim Basics	10:00 am	10:30 am	Carrie	—	—	\$40.00	\$70.00
Swim Strokes	10:30 am	11:00 am	Carrie	—	—	\$40.00	\$70.00
Lap Swimming	1:00 pm	4:30 pm	OPEN	FREE	\$7/visit	FREE	\$7/visit
TUESDAY							
WED							
THURS							
FRI							
SAT							
SUN							

Private and Family Lessons are also available!

Concerned on what Swim Lessons to enroll your child? Swim evaluations will be done on the first class day and students can be moved to the level of your child's swimming ability and skill.

Aquatics Aerobic Class Card: 10 aqua aerobic classes of your choice during a normal session for only \$70. Single use members must check in to punch card and pay prior to class at front desk. Program Members can arrive 15 minutes prior to their class.

- One-time Class Fees: \$6 YM \$8 PM (Adults Only)
- There will be NO Aqua Fitness Classes on July 4th and September 6 & 7, 2020
- Swim lessons will not begin until Session 5, starting the week of July 18th.
- Aqua Classes will be limited for participants due to social distancing practices during Session 4 & 5.