



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

# **ALWAYS HERE FOR OUR COMMUNITY**

**Fall 2010 Program Guide**

**BENTON HARBOR-ST. JOSEPH YMCA  
3665 Hollywood Road, St. Joseph**



# GENERAL INFORMATION

## BENTON HARBOR-ST. JOSEPH YMCA FAMILY CENTER

3665 Hollywood Road  
St. Joseph, MI 49085

269-428-YMCA (9622)  
www.bhsjymca.org

## SESSION DATES:

### FALL SESSION 1:

Sept. 13-Oct. 30 (7 weeks)  
Member Registration begins Aug. 16  
Community Registration begins Aug. 23

### FALL SESSION 2:

Nov. 1-Dec.18 (7 weeks)  
Member Registration begins Oct. 18  
Community Registration begins Oct. 25

Visit our website for Winter/Spring 2011 dates!

www.bhsjymca.org

## STAFF

<b>Mike Ahern</b> Executive Director	<b>Margaret Jones</b> Preschool Supervisor
<b>Kristi Barker</b> Youth Supervisor	<b>Sheila Mayne</b> Communications Coordinator
<b>Lynn Brunner</b> Welcome Center Supervisor	<b>Emily Nannfeldt</b> Aquatics Director
<b>Michelle Caple</b> Membership Coordinator	<b>Daniel Ostyn</b> Program Director
<b>Jason Gedvilas</b> Health & Wellness Supervisor	<b>Heidi Plocher</b> Nursery Supervisor
<b>Nancy Gitlin</b> Dance/Fitness Supervisor	<b>Jerry Price</b> Community Development Direc- tor
<b>Germaine Hylak</b> Business Director	<b>Karen Richardville</b> Program Executive Director

## HOURS OF OPERATION

September 7-December 30

Monday-Friday 5:00 am-10:00 pm  
Saturday 6:00 am-6:00 pm  
Sunday 12:30-8:00 pm  
Sundays are for YMCA members only.

## HOLIDAYS

Closed Labor Day Weekend for Building Maintenance: Friday, Sept. 3 at 2 pm until Tuesday, Sept. 7 at 5 am. Please see website for details.

### Closed:

Thanksgiving November 25  
Christmas Day December 25

### Early Closing Hours:

Christmas Eve Dec. 24, 5 am-2 pm  
New Year's Eve Dec. 31, 5 am-2 pm  
New Year's Day Jan. 1, 9 am-1 pm

## YMCA MEMBERSHIP

If you are not currently a member of the YMCA, we would enjoy having you join our YMCA family! Please stop in and take a tour. For membership information, please stop by or visit our website, www.bhsjymca.org

### (Bank Draft Method)

Membership Category	Monthly Rate	New Member Joining Fee
Youth (Ages 12 & Under)	\$14.00	\$30
Teen (Ages 13-19)	\$24.00	\$30
Young Adult (Ages 20-25)	\$40.00	\$50
Adult (Ages 26-64)	\$48.00	\$70
Adult Couple	\$71.00	\$70
Household*	\$76.00	\$100
Senior (Ages 65+)	\$42.00	\$70
Senior Couple	\$64.00	\$70

\*Household Membership includes one or two adults and dependent children eligible for IRS deduction.

Additional Adult, in same household, added to membership for \$24 per month; ages 18 and over.

**The Joiner's Fee** is a one-time fee as long as a membership is continuous or does not lapse for more than 30 days.

**Men's Full Service** is available for an additional \$24 per month. The Full Service Locker Room includes locker, towel service, laundry and lounge with TV.

**Adult Women's Locker Room** is available for women ages 18 and over at no charge. Lockers are available for \$7/month, a basket for \$4/month, and towel service for \$4/month. These services are based on availability.

## MEMBERSHIP PRIVILEGES

- FREE Adult Fitness Classes
- FREE Adult Water Fitness Classes
- FREE Cycling Classes
- FREE Nursery (with a Family Membership)
- Concept II Rowers, Cybex Arc Trainers
- Cybex Recumbent Bikes, Cybex Treadmills
- Free Walk-On Racquetball
- Indoor Walk/Run Track
- Lifecycles, NuStep
- Multi-Purpose Room/Strength Training Equipment/Free Weights
- Nautilus Strength Circuit
- Nordic Track
- Open Basketball Times
- Open Family Gym
- Open Volleyball Times
- Open/Lap/Family Swim
- Precor Ellipticals
- Reduced Class Rates
- Schwinn Spinners
- Stairmasters
- Steam Room
- Step Mills
- Strength Training Orientation
- Trotter Strength Equipment

## METHODS OF PAYMENT

### Electronic Bankdraft

An easy way to pay as you go! Your checking or savings account is debited once per month. See the YMCA Welcome Center for details.

### Annual Fee

The annual fee may be paid in full upon joining and yearly thereafter with cash, check or credit card. See the YMCA Welcome Center for details.

## PROGRAM REGISTRATION

- Fall Session 1 and 2 run for 7 weeks, unless indicated in the class description.
- You may register by phone or fax using Visa, Master Card or Discover Card. Our fax number is 429-5482.

## FINANCIAL ASSISTANCE

Financial Assistance is available. Stop by the YMCA Welcome Center for an application.

## REFUND POLICY

- Classes are filled on a first come, first served basis. The YMCA reserves the right to cancel classes with insufficient registration with all fees to be refunded.
- Payment is required at the time of registration.
- Refunds/credits will not be issued due to inclement weather or personal schedule conflicts.
- No refunds/credits will be issued after the 2nd class meeting date, without a valid medical excuse.
- All refunds/credits are subject to a processing fee of \$5.00.

## YMCA MISSION

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

# YOUTH DEVELOPMENT

## Nurturing the potential of every child and teen.

### CHILD CARE

#### YMCA NURSERY

(ages 6 weeks through 8 years)

Activities available to children include art, creative toys, large and small motor experiences, songs, stories and more!

**Daytime Hours\*:**

**Mon., Wed., Fri. 8:00 am–2:00 pm**

**Tue., Thurs. 8:00 am–2:30 pm**

**Evening Hours\*:**

**Mon.–Thurs. 4:00 pm–7:30 pm**

**Weekend Hours\*:**

**Saturday 8:00 am–12:00 pm**

\*Please Note: In all cases, the Nursery will close 30 minutes early if no children are present at that time.

**Monthly Pass:**

FREE Nursery with Household Membership

\$18.00/Month with Adult Membership

**Daily Pass**

YMCA Adult Membership:

1st child, \$4.00; add'l. children, \$3.00/child

Community:

1st child, \$7.00; add'l. children, \$4.00/child

• Nursery usage is FREE to members with a Household Membership. All other YMCA memberships must prepay before nursery care is provided.

• Only parents/legal guardians may sign their children into Nursery Care\*, and MUST remain in the building while their children are in the care of the Nursery.

\*Any other authorized caregiver MUST seek pre-approval from the YMCA Nursery Supervisor before admittance is allowed.

• There is a 4 hour limit per day on all passes.

• All monthly passes must be paid by the 1st Friday of the month.

#### SCHOOL AGE CHILD CARE (SACC)

In cooperation with Lakeshore School District, the YMCA Family Center offers this program at Roosevelt Elementary School to all students K-5<sup>th</sup> grades. For more information call Daniel Ostyn, Program Director at 428-YMCA (9622).

**Monday - Friday**

**Before School Care (7:00–8:15 am)**

1st Semester \$384.00 2nd Semester \$480.00

Monthly \$96.00

**After School Care (3:20–6:00 pm)**

1st Semester \$684.00 2nd Semester \$855.00

Monthly \$171

**Before and After School Care**

1st Semester \$844.00

2nd Semester \$1,055.00

Monthly \$211.00

#### KIDS DAY OFF (grades K-5)

Kids Day Off provides for child care needs when school is not in session. In a safe, friendly environment your child will have opportunities to swim, play racquetball and gym games, explore their creative side with arts and crafts, and make new friends. Children should bring a sack lunch, swim suit and towel, gym shoes and appropriate outdoor dress. Drop off and pick up times are at the parents' convenience. On 1/2 days, when children are present at Roosevelt Elementary, children will be picked up at Roosevelt and shuttled to the YMCA. Kids Day Off is run in conjunction with the Lakeshore School calendars. (If other school districts are not in session on the same days, please join us)! Please register in advance for this program. Limit 30. For more information, contact Daniel Ostyn, 428-9622. Held at the YMCA.

**2010 Dates:**

**Friday, Nov. 5 (1/2 Day)**

**Monday, Nov. 8**

**Thursday, Nov. 18 (1/2 Day)**

**Wednesday, Nov. 24**

**2011 Dates:**

**Monday, Jan. 17**

**Friday, Jan. 28**

**Monday, Feb. 21**

**Thursday, March 31 (1/2 Day)**

**Fees:**

Half Day Drop Off at 12:30 pm

Pick Up at 6 pm \$24.00

Full Day Drop Off at 7 am

Pick Up at 6 pm \$35.00

#### HOLIDAY CAMP (grades K-5)

7:00 am–6:00 pm What a wonderful way to keep your school children active during the holiday break! Children will experience a variety of activities, including gym games, arts & crafts, swimming, racquetball, basketball, outdoor activities (weather permitting), and more. Children should bring a sack lunch, swim suit and towel, gym shoes and appropriate outdoor dress. Drop off and pick up times are at the parents' convenience. Limit 30. For more information, call 428-9622.

**Winter Dates: Dec. 20–23 and 27–30**

**Spring Dates: April 1, 4–8**

Fees: \$195.00/6 days, \$35.00/Day

For more program information  
and YMCA events,  
please visit our website:  
[www.bhsjymca.org](http://www.bhsjymca.org)

#### SEVERE OR INCLEMENT WEATHER POLICY

A decision to cancel programs is made when there is severe or inclement weather. When weather threatens safe traveling to and from the YMCA or rain threatens outdoor programs, please call 428-9622 to learn if programs will run, or for YMCA weather-related class and building cancellations go to [wsjm.com](http://wsjm.com) or [www.bhsjymca.org](http://www.bhsjymca.org).

#### PHOTOS

The YMCA reserves the right to take photos of its participants for brochures, publications and marketing purposes. Please let us know if you do not wish to be photographed.

#### GUEST PASSES

Youth \$7.00 (under age 18)

Adult \$10.00

Family \$14.00

#### GUEST PASS POLICY

The YMCA is a membership driven organization. We want our members to enjoy their membership and have ample access to equipment and facilities. Guests are welcome to use our YMCA at non-peak times.

**Memorial Day-Labor Day:**

Guests are welcome at any time.

**Labor Day to Memorial Day:**

Guests are welcome during non peak times-

• Monday through Thursday:

5:00 am – 3:00 pm

7:00 pm - Close

• Friday: 5:00 am–3:00 pm

• Saturday: 6:00 am–9:00 am

2:00 pm - Close

**Please Note:** Members only Fridays after 3:00 pm and Sunday all day.

• Guests must have photo identification such as driver's license or school id.

• Pay the daily guest pass fee listed above.

• Adhere to the YMCA Code of Conduct.

Hours are subject to change at the discretion of the YMCA.

#### CHANGES MAY OCCUR

Complete details of program policies, procedures, guidelines, dates and times are sometimes omitted from the program guide due to space limitations and time of printing. We apologize for any errors and thank you for your patience and understanding should these situations occur. Please visit our website for updated information: [www.bhsjymca.org](http://www.bhsjymca.org)

#### OOPS!

We cancelled it because we didn't know you wanted it! Sometimes excellent courses with super instructors are cancelled when too many people wait until the last minute to register. Our courses have to be cost recoverable, and we need a minimum of students enrolled before a class will run. To avoid inconvenience to students, we cancel classes with no (or low) registrations ahead of time.

**Avoid disappointment....register early!**

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## EDUCATION & LEADERSHIP

### BUILDING BLOCKS PRESCHOOL

Building Blocks is a licensed preschool that focuses on building the spirit, mind and body of each individual child. This dynamic program, which runs September through May, provides a developmentally appropriate learning environment for children ages 2 ½ to 5.

Our preschool is designed to encourage the love of reading through renowned children's literature. Children are introduced to books daily, which are the springboard for the activities. Our preschool has an enrichment program which includes Spanish, Sign Language, Music and Computer Science classes. Each of these are designed to enrich your child's preschool experience by teaching them basic skills that they can apply everyday.

Your child will make new friends, learn kindergarten readiness skills and build self-confidence through: **Story Time- Active Gym Games- Arts and Crafts- Dramatic Play- Guest Speakers and Field Trips- Plus much more!**

For your convenience, the YMCA Aquatics Department offers optional progressive swim classes for the preschool children at times adjacent to the preschool program. Swim lessons are given once a week by YMCA swim instructors. Swim lessons are a wonderful educational opportunity to foster a child's independence through self-help skills, gross motor and fine motor skills, coordination and patterning which all contribute in building a child's self-esteem.

All children must be potty trained, with the exception of Angelfish where pull-ups are allowed. All Building Blocks Preschool children must be the age indicated by September 1, 2010. Fees shown are per month, YMCA Member/Community Member. Preschool is held in the Main Gym and Preschool Classroom.

**Angelfish** Age: 2 1/2  
Wednesday or Thursday 9:30- 11:00  
Preschool Fees: \$40.00/ \$72.00

**Butterflies** Age:3  
Tuesday, Thursday 9:00-12:00  
Swim Day: Tuesday  
Swim Fees: \$16.50/ \$33.00  
Preschool Fees: \$93.00/ \$138.00

**Chipmunks** Age: 3 1/2  
Tuesday, Thursday 9:00-12:00  
Swim Day: Tuesday  
Swim Fees: \$16.50/ \$33.00  
Preschool Fees: \$93.00/ \$138.00

**Dinosaurs** Age: 4-5  
Mon., Wed., Fri. 9:00-12:00 OR  
9:00-1:30  
Swim Day: Wednesday  
Swim Fees: \$16.50/ \$33.00  
Preschool Fees ½ day: \$109.00/ \$161.00  
Preschool Fees extended day: \$150.00/ \$220.00

**Eagles** Age:4-5  
Mon., Wed., Fri 9:00-12:00 OR  
9:00-1:30  
Swim Day: Wednesday  
Swim Fees: \$16.50/ \$33.00  
Preschool Fees ½ day: \$109.00/ \$ 161.00  
Preschool Fees extended day: \$150.00/ \$220.00

### YMCA CENTER FOR ACHIEVEMENT

**Fall Program:** We offer a unique after school program for youth ages 7 – 17 in the Benton Harbor area. The Center for Achievement is a joint partnership between the Benton Harbor Housing Commission and the Benton Harbor-St. Joseph YMCA Family Center.

The Center for Achievement will offer Benton Harbor youth the opportunity to learn, grow and thrive in an asset rich environment. The facility has such amenities as a gymnasium, computer lab, art room, recording studio, community room and stage. The Center offers an array of programs which focus on the following key areas: Education, Health & Wellness, Community Involvement, and Teen Leadership.

Through these programs youth develop positive social, academic, and leadership skills that will prepare them for high school, college and life in general. There is no charge for this program.

**Fall Hours: 4:00-7:00 pm**

The YMCA Center for Achievement is located in the Virginia Edwards Community Center, 721 Nate Wells Sr. Drive, Benton Harbor, MI 49022. Please visit our website for more information: [www.bhsjymca.org](http://www.bhsjymca.org)

The YMCA Center for Achievement is supported by the United Way of Southwest Michigan.



### HEALTHY U [Designed for school groups]

Our Healthy U program is a 6-week program that teaches children about nutrition; how to identify, practice and adapt healthy living habits.

The program encourages changes and behavior that support healthy eating habits. The physical education component will incorporate health-related fitness skills, and teach the children the benefits of physical activity.

The curriculum we will incorporate is C.A.T.C.H. (Coordinated Approach To Child Health). It is an evidence-based Coordinated School Health Program designed to promote physical activity and healthy food choices, and prevent tobacco use in elementary school-aged children. By teaching children that eating healthy and being physically active every day can be FUN, the CATCH Program has proven that establishing healthy habits in childhood can promote behavior changes that can last a lifetime.

For more information, please call Kristi Barker at 428-YMCA (9622).

Healthy U is supported by the United Way of Southwest Michigan.



### WE CAN! BE HEALTHY PROGRAM

Youth ages 8-13  
(with their family)

**Families Learn to Make Healthy Changes**

This six-week program brings local families together with experts on healthy eating and staying active. At each 90-minute session, kids spend an hour making healthy snacks and learning from dietitians and chefs about key nutrition topics. During the last half hour, children get moving, while parents as a group join We Can! Be Healthy facilitators to discuss proven tools for keeping their families fit. These classes are held at YMCA. No charge for this event.

Please register at the YMCA.

**Thursdays, Oct. 7-Nov. 11**

**4:30-6:00 pm**



### BABYSITTER'S CLINIC

(ages 11+)

Babysitters Clinic is designed to train youth to be responsible babysitters. Class will include emergency care and first aid, child development stages, games to play with children, parent relations and more! To enhance their classroom skills, participants will spend 2 additional hours in the YMCA Nursery for course completion. First Aid Kits included in class price. Limit 10. Held in the Conference Room.

**Saturdays (Fall 1)** 9:00-11:00 am  
**Sept. 18-Oct. 16** (5-week program)

**Mondays (Fall 2)** 5:30-7:30 pm  
**Nov. 1-Nov. 29** (5-week program)  
YMCA Members \$35.00  
Community \$42.00

### BEGINNING SPANISH (ages 6-9)

This class will focus on fundamental words and phrases. Also included will be visuals and hands-on activities. Held in the Conference Room.

**Wednesday** 5:00-5:45 pm  
45 Minute/7-Week Fee:  
YMCA Members \$28.00  
Community \$38.00

### YOUTH SIGN LANGUAGE (ages 6-9)

Youth will learn the fundamentals of American Sign Language and will practice their signing skills with interactive games.

**Monday** 5:00-5:45 pm

# YOUTH DEVELOPMENT

## Nurturing the potential of every child and teen.

### EDUCATION & LEADERSHIP

#### BABY GROOVE

Parent/Child Music Class (14 months-2 1/2 years)

Snuggle up for together time with your baby/toddler! We will build positive interaction and strengthen bonds through music, rhyme time, sign, and rhythm. Held in the Kid's Gym.

**Monday 10:00-10:30 am**

**Friday 9:15-9:45 am**

30 Minute/7-Week Fee:

YMCA Members	\$25.00
Community	\$36.00

#### KIDS GROOVE

Parent/Child Music Class (ages 2 1/2 - 5)

This is a creative, imaginative, and fun class for preschoolers and parents. Class includes fun activities such as singing, dancing, crazy moves, and signing to songs. We incorporate hula-hoops, balls, scarves, musical instruments and more...making your toddler want to get up and groove! Held in the Kid's Gym.

**Friday 10:00-10:45 am**

**Friday 11:00-11:45 am**

30 Minute/7-Week Fee:

YMCA Members	\$32.00
Community	\$48.00

#### 1-2-3 GROW

Parent/Child Gym & Art (ages 2-3)

Spend quality time with your child in this class that helps develop your child's social skills, large motor skills and muscle coordination through games, songs, dramatic play and creative movement. Listening and fine motor skills will be enhanced with book-based crafts and manipulative. This is a wonderful way to foster that special relationship with your child. Parent participation is required. Held in Main Gym.

**Tuesday 10:30-11:30 am**

60 Minute/7-Week Fee:

YMCA Members	\$40.00
Community	\$78.00

#### KINDERGARTEN CLUB

For kindergarteners only! Join the club for a fun-filled afternoon. Club members will swim, play active gym games and do hands-on activities, including science experiments, cooking and crafts. Held in Main Gym.

**Tuesday 1:00-3:00 pm**

2 Hour/7-Week Fee:

YMCA Members	\$42.50
Community	\$80.50

### SWIM, SPORTS & PLAY

#### WATER RUNNERS (ages 3-5)

Jump into fun in the gym and pool! Children in this program will enjoy gym games, songs, and creative movement in the gym. In the pool, the class will be devoted to water safety, water adjustment, and pool games. Flotation devices will be used if needed. All children must be potty trained. Held in Main Gym.

**Tuesday 1:00-2:30 pm**

**Thursday 6:15-7:45 pm**

**Friday 9:15-10:45 am**

90 Minute/7-Week Fee:

YMCA Members	\$41.00
Community	\$79.00

#### YOUTH HULA HOOP (ages 8-15)

Come join us for a fun and fabulous workout, with fantastic music, incorporated games, and lots of giggles! \*A limited number of hula hoops are available for class use, or bring your own.

**Wednesday 5:00-5:30 pm**

90 Minute/7-Week Fee:

YMCA Members	\$21.00
Community	\$26.00

#### HOME SCHOOL SWIM & GYM (ages 6-14)

Calling all Home Schoolers! Participants will engage in activities that will help children build self-confidence, gain team-building strategies, and socialize with other children all while having fun in a safe environment. Class includes swimming lessons!

**Classes are held on Tuesdays and/or Thursdays.**

**Ages 6-9 Swim Time: 1:00-1:45 pm**

**Gym Time: 2:00-2:45 pm**

(Please pick up child in the Kid's Gym)

**Ages 9-14 Gym Time: 1:00-1:45 pm**

**Swim Time: 2:00-2:45 pm**

90 Minute/7-Week Fee, 1 Day Per Week:

YMCA Members	\$35.00
Community	\$45.00

90 Minute/7-Week Fee, 2 Days Per Week:

YMCA Members	\$65.00
Community	\$85.00

\$3 OFF for each add'l. child from the same family.

#### T.G.I.F (Ages 4-12)

The 2nd Friday of every month is TGIF! Come to the YMCA and get excited for the start of the weekend! Children can enjoy games, swimming, snack, drinks, and more fun activities at the Y from 6:00-9:00 pm. Sign up early to reserve your spot.

**Sept. 10, Oct. 8, Nov. 12, Dec. 10**

Fee: YMCA Members	\$10.00
Community	\$20.00

#### KIDS NIGHT AT THE Y

(ages 4-12) 6:30-11:00 pm

Have a night out while the kids have a great time at the YMCA! We offer crafts, along with other activities...including the climbing wall, Sportwall, gym time, snack, swimming and an age appropriate movie. Children should bring a swimsuit and towel for the pool.

A \$5.00 late fee will be charged per child for registration after Friday at 5:00 pm, the day prior to the event. Minimum of 10 children required for event to take place.

**Dates offered:**

**Saturday, Sept. 18**

**Saturday, Oct. 16**

**Saturday, Nov. 13**

**Saturday, Dec. 18**

**Saturday, Jan. 15**

Fees: YMCA Members	\$20.00/child
Community	\$30.00/child

\$10 for each add'l. child from the same family.

#### MINI SPORTS (ages 3-5) NOW 45 MINUTES!

Basic hand-eye coordination and large motor skills are taught to help develop sports skills. Skills in basketball, hockey, soccer and T-ball will be included. All activities will be fun oriented and non-competitive. Held in Main Gym.

**Friday 10:45-11:30 am**

30 Minute/7-Week Fee:

Fee: YMCA Members	\$20.00
Community	\$38.00

#### MINI SOCCER (ages 4-5)

This is a fun way to introduce the game of soccer. Kids will interact with fun games and challenging skill-building activities. Parents are encouraged to practice with their child and help develop new soccer skills. All participants receive a t-shirt.

**Sept. 16-Oct. 28**

**Thursday 5:30-6:00 pm**

Fee: YMCA Members	\$25.00
Community	\$38.00

#### YOUTH SOCCER (ages 6-9)

YMCA Youth Soccer is a fun, safe and a healthy way for children to experience and learn about the game of soccer. Every child will have an equal opportunity to participate. Through coaching and drills, children will learn basic soccer skills, positions and the value of teamwork. Shirt included!

**Sept. 16-Oct. 28**

**Thursday 6:15-7:00 pm**

Fee: YMCA Members	\$30.00
Community	\$45.00

#### FLAG FOOTBALL (Coed, ages 6-9)

Flag football provides boys and girls a fun and exciting opportunity to participate in non-contact, continuous action, while learning about teamwork and general football skills. Each youth will have an equal opportunity to learn and play different positions. Each participant will receive a t-shirt.

**Sept. 14-Oct. 26**

**Tuesdays 6:00-6:45 pm**

Fee: YMCA Members	\$30.00
Community	\$45.00

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

### MINI BASKETBALL (ages 5-6)

Mini Basketballs and low hoops are used to help boys and girls learn basic skills such as dribbling, passing and shooting. This is a non-competitive and fun program. Parents are encouraged to help as assistant coaches. Players practice the first 5 weeks, preparing for the big game on December 18. All players receive a T-shirt and basketball. Held in the Main Gym.

**November 6-December 18**

Members registration starts October 18.

Community registration starts October 25.

**Saturday 10:15-11:00 am**

Fee:	YMCA Members	\$35.00
	Community	\$50.00

### YOUTH BASKETBALL (ages 7-9)

A non-competitive league for boy and girls. Parents are encouraged to help as assistant coaches. This is a great next step for youngsters who have already taken Mini Basketball. T-shirt and basketball included. Held in the Main Gym.

**November 6-December 18**

Members registration starts October 18.

Community registration starts October 25.

**Saturday 9:00-9:45 am**

Fee:	YMCA Members	\$35.00
	Community	\$50.00

**NEW DATES  
and AGES!**

### Y LEAGUE BALL (3rd through 12th Grade)

Boys and girls Youth Basketball emphasize learning new skills, working as a team, having fun and developing good character traits. Shirt included! Watch for flyers. Held in Main Gym. Clinics on Saturday, Dec. 4 and Dec. 11. Team practice begins the week of Dec. 20.

**Games run January 8-February 12**

Member registration starts Oct. 26

Community registration starts Nov. 2

Fee:	YMCA Members	\$35.00
	Community	\$50.00

### YOUTH RACQUETBALL (ages 8-14)

Players learn the basic skills and rules, and play others in class. Those who get out of school later, arrive at your convenience and still receive equal playing time. Racquets and eye protection are supplied.

**Wednesday 4:30-5:30 pm**

60 Minute/7-Week Fee:

YMCA Members	\$30.00
Community	\$45.00

### YOUTH STRENGTH TRAINING (ages 11-16)

Youth will learn a variety of age-appropriate strength exercises including proper technique and how to build their own strength program, with a strong emphasis on character development. This class consists of cardio and strength training.

**Tuesday, Thursday 4:30-5:45 pm**

75 Minute/7-Week Fee:

YMCA Members	\$35.00
Community	\$50.00

### NEW! STRENGTH & CONDITIONING FOR YOUNG ATHLETES (ages 15-18)

Learn the basics for strength and conditioning for your sport. This class is for the high school athlete who wants to gain the upper hand on their competition. The focus of the class will be building strength and power, improving agility and quickness and increasing flexibility.

**Monday, Wednesday 4:30-5:45 pm**

75 Minute/7-Week Fee:

YMCA Members	\$42.00
Community	\$57.00

### KARATE-LITTLE DRAGONS Beginners (ages 8-12)

Students will learn the basic skills of Karate -- blocks, punches, kicks, stances, coordination, and confidence while developing listening skills, gross and fine motor skills, self-control, self-discipline, patience, goal setting, good manners and respect for parents, teachers and others. This course also teaches easy self-defense techniques that can be used to help keep them safe. Best of all, your children will have FUN while they learn. Students should wear loose fitting clothing to class. Limit 20. Held in Main Gym.

**Wednesday 6:15-7:15 pm**

60 Minute/7-Week Fee:

YMCA Members	\$40.00
Community	\$60.00

### KARATE-LITTLE DRAGONS Advanced (ages 8-12)

For those students who have completed the Little Dragons Karate Beginners class, this is the continuation of your child's martial arts journey. Students will add to their basic skills of Karate, learning forms and various advanced techniques while keeping the core class values in mind. Held in Main Gym.

**Wednesday 7:15-8:15 pm**

60 Minute/7-Week Fee:

YMCA Members	\$40.00
Community	\$60.00

### KARATE-ADULT ISSHINRYU Beginners (ages 12+)

For men and women alike, ages 12 and up, this course teaches the fundamentals of Isshinryu Karate. Students learn the basic techniques (blocks, punches, kicks, and stances) as they begin their journey in the martial arts. Students are also taught practical, easy-to-use self-defense techniques to help keep them safe. Students should wear loose-fitting clothing to class. Held in Main Gym.

**Monday 7:15-8:15 pm**

60 Minute/7-Week Fee:

YMCA Members	\$40.00
Community	\$60.00

### KARATE-ADULT ISSHINRYU Advanced (ages 12+)

For those students who have completed the Isshinryu Karate for Adult/Beginners class, this is the continuation of their martial arts journey. Students will add to their basic skills of Karate learning more advanced techniques, forms, and controlled sparring. Students are also taught more advanced self-defense techniques to help keep them safe. Held in Main Gym.

**Monday 7:15-8:45 pm**

90 Minute/7-Week Fee:

YMCA Members	\$50.00
Community	\$70.00

### DANCE

The YMCA In Motion Dance Program is designed to meet the needs of any student interested in the art of dance. Dance can benefit the student by developing good posture, poise and grace, as well as promoting friendships, self-esteem and confidence. Program Supervisor, Nancy Gitlin.

FALL SESSION, 7-Week Fee:

	45 min.	60 min.
YMCA Members	\$35.00	\$41.00
Community	\$44.00	\$50.00

After the first session, current students are given priority in signing up for classes. Due to the dance performance on June 2, 2010 at Lakeshore High School:

**NEW STUDENTS MUST REGISTER BY JANUARY 14, 2011.**

#### DANCE ATTIRE

- All Pre Ballet students will need a pink leotard, tights and ballet slippers. Skirts are optional.
- All Beginner and Intermediate Ballet students will need pink tights, black leotard and black skirts.
- Boys will need black.
- All Jazz students will need a black leotard, jazz pants and jazz shoes with rubber soles.
- T-shirts, dance pants and shorts worn over the dance wear is acceptable.

### PRE BALLETT (ages 3-5)

This delightfully animated class is designed for ages 3-5 and is based on creative movement. Children experience fun, simplified basic steps through musical rhythm games, limbering exercises and coordination movements. At the end of class, the child will be introduced to tumbling. Location: Kids Gym

**Monday 4:00-4:45 pm 45 minutes**

**Wednesday 4:00-4:45 pm 45 minutes**

### BEGINNING BALLETT (ages 6-9)

Ballet is the oldest form of dance and the building block to all dance forms. The class will introduce a solid ballet foundation consisting of proper body alignment, basic vocabulary, positions and movements. Ballet will help develop correct posture, flexibility and body awareness and improve motor skills. Location: Kids Gym

**Monday 4:45-5:30 pm 45 minutes**

**DANCE CLASSES CONTINUED ON NEXT PAGE.**

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

### INTERMEDIATE BALLET II (ages 10-12)

Prerequisite: One year ballet training.

Location: Kids Gym

**Monday 5:30-6:15 pm 45 minutes**

### LYRICAL BALLET (ages 12+)

Prerequisite: Three years ballet training. Come and experience the feeling of Lyrical Ballet. This is open to all levels. We will be using R & B, Pop and Classical Ballet music. The class will consist of barre work, which includes warm-up and technique exercises. Center work will include jumps, leaps, turns and combinations.

Location: Kids Gym

**Monday 7:00-7:45 pm 45 minutes**

### BEGINNING JAZZ (ages 8-12)

This class is geared for the student that has little or no experience in jazz dance. Each class will focus on warm-up exercises to increase flexibility, alignment and posture. The student will learn all the hottest dance moves. Location: Kids Gym

**Wednesday 4:45-5:30 pm 45 minutes**

### INT./ADVANCED JAZZ (ages 10+)

Prerequisite: One-two years jazz dance training.

Location: Kids Gym

**Wednesday 5:30-6:15 pm 45 minutes**

### ADVANCED JAZZ (ages 12+)

Prerequisite: To be taken in combination with Lyrical Ballet. Four years jazz dance training or approved by instructor. Location: Kids Gym

**Monday 6:15-7:00 pm 45 minutes**

### INTERMEDIATE/ADULT JAZZ (PAGE 12).

## GYMNASTICS

The YMCA philosophy strives to develop the spirit, mind and body of each child and make the gymnastics experience a positive one for the student. The program is designed to benefit all children. Held in the Kid's Gym.

Our staff is dedicated to providing gymnastics in a safe, fun, yet challenging environment. Our goal is to help gymnasts develop self-esteem while improving flexibility, coordination, poise, confidence and fitness levels.

We strive to develop both physical strength and strength of character in our gymnasts. Our hope is to instill a lifelong love for the sport of gymnastics.

### Ages 6 & Under

#### TEENY TINY TUMBLERS (Parent/Child)

SEMI-STRUCTURED CLASS

(Walking-24 months) 45 minutes

This class allows you and your Tiny Tumbler to use all of our preschool equipment and gymnastics apparatus. Class will begin with basic stretching and movement activities. Adult participation is required for this class. To ensure safety and productivity, one adult per child please.

#### TUMBLIN TOTS (Parent/Child)

SEMI-STRUCTURED CLASS

(24-36 months) 45 minutes

This class is designed so parents may take an interactive roll in their child's physical development. This semi-structured class focuses on gross motor skills such as jumping, running, balance using gymnastics equipment and activities. The perfect class for one-on-one parent/child time.

#### ROMP & ROLL

(3-4 years old) 45 minutes

Romp & Roll is geared for FUN for our youngest gymnasts! Coaches work to develop your child's strength, flexibility, coordination and social development with games and obstacle courses. Equipment use includes beanbags, hoops, trampoline and introduction of the balance beam, bars, floor, and vault.

#### SUPER TUMBLERS

(5-6 years old) 45 minutes

This class introduces children to gymnastics and fitness in a fun and exciting way! Our goal is to develop gross motor skills, strength, flexibility and confidence in the budding gymnast. All of the gymnastics equipment will be introduced--vault, bars, beam and floor exercise.

45 Minute Class/7-Week Fee:

YMCA Members	\$35.00
Community	\$45.00

### Girls & Boys Gymnastics Ages 7 and Over

#### ROLLERS (Level 1) 60 minutes

Rollers is designed for the first time student. The primary goals are for your child to learn basic body positions and to become familiar with all of the gymnastics equipment and have fun doing it! Gymnasts will gain confidence, strength, flexibility and body awareness while learning the exciting sport of gymnastics! Attend two times per week to perfect your skills and receive discount listed below.

#### BENDERS (Level 2) 60 minutes

This class is for gymnasts who are ready for more advanced skills on vault, bars, balance beam, and floor exercise. Goals include perfecting body positions and building strength, flexibility and confidence while being introduced to more challenging skills. Gymnasts at this level sometimes choose to attend two times per week to enhance skill progression. (Discount listed below).

#### FLIPPERS (Level 3) 60 minutes

This class offers more challenging skills for your child to master! Confidence, strength and flexibility continue to improve as skills are practiced in combinations and refinement of each skill stressed. Attitude, effort and degree of refinement are the primary considerations for advancement to the competitive level. Attend two times per week to perfect your skills and receive discount listed below.

60 Minute Class/1 Day Per Week/7-Week Fee:

YMCA Members	\$42.00
Community	\$53.00

60 Minute Class/2 Days Per Week/7-Week Fee:

YMCA Members	\$74.00
Community	\$96.00

### TUMBLING...for all levels! (Ages 5 and up)

This class is designed for the child who wants to learn to tumble or improve their skills. Learn rolls, cartwheels, backbends and round-offs. Class focuses only on floor tumbling skills.

**Saturday 11:00-11:30 am**

30 Minute Class/7-Week Fee:

YMCA Members	\$20.00
Community	\$30.00

### GYMNASTICS SCHEDULE

Tuesday	Thursday
Romp/Roll, 9:30-10:15, 10:30-11:15	Teeny Tiny, 9:30-10
Rollers, 4:15-5:15	Tumblin Tots, 10:05-10:35
Flippers, 4:15-5:15	Rollers, 4:15-5:15
Benders, 4:15-5:15	Flippers, 4:15-5:15
Romp/Roll, 5:00-5:45	Benders, 4:15-5:15
Teeny Tiny, 5:20-5:50 pm	Super Tumblers, 5:20-6:05
Tumblin Tots, 5:20-5:50 pm	
Saturday	
Romp/Roll, 9-9:45	
Super Tumblers, 9:50-10:35	
Teeny Tiny, 11-11:30	
Tumblin Tots, 11-11:30	
Tumbling, 11-11:30	



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

### ■ NATIONAL YMCA PROGRESSIVE SWIMMING PROGRAM

#### Y-SKIPPERS

Y-Skippers is an educational program for children ages five years and under. The program includes the basics of water safety and swimming skills. It is divided into two major components.

**Under 3:** A parent accompanies the child for safety and comfort of the child.

**3-5 years:** Water adjustment, beginning swimming skills and safety. Bubbles: In the beginners swim lessons, the YMCA uses a flotation device called a bubble. It allows the beginners to feel a sense of accomplishment and success while concentrating more on water adjustment. The amount of flotation is gradually decreased as skills develop.

#### Y-SKIPPERS FEES

**30 Minute/7-Week Fee:**

**YMCA Members \$30.00**  
**Community \$55.00**

#### Under 3, Parent/Child

A parent accompanies the child in the water for safety and the comfort of the child. This is a water adjustment time, not "swimming" lessons, as children of this age cannot be considered water safe. Children must wear a diaper designed for water; regular diapers are NOT allowed.

#### SHRIMP/KIPPER (ages 6-36 months)

A special water enrichment program designed to help the parent work with the child in learning to enjoy water. Emphasis is on a positive water experience to introduce swimming skills.

**Monday 10:00-10:30 am**  
**Saturday 10:25-10:55 am**

#### PERCH (ages 2-4 years)

Strengthening your child through water movement is the basis of this parent participation class. Basic skills are enhanced by learning propulsion and independence along with an increased awareness of safety.

**Monday 10:30-11:00 am**  
**Saturday 10:25-10:55 am**

#### AGES 3-5

It is important to allow children to progress at their own physical and emotional development. We encourage you to be supportive of every small accomplishment your child makes and understand their occasional step back. We issue progress cards at the end of each session, not report cards. Please assist us in making your child aware of their improvements regardless of which class they are in.

#### PIKE

Beginner skills.

#### EEL

Advanced beginner skills.

#### RAY

Intermediate skills.

#### STARFISH

Advanced skills.

Please visit the website or Welcome Center for skills taught at each swim level.

#### Y-Skippers Schedule

##### Pike Eel Ray Starfish

<b>Monday</b>	<b>6:30-7:00 pm</b>
<b>Tuesday</b>	<b>4:45-5:15 pm</b>
<b>Wednesday</b>	<b>6:30-7:00 pm</b>
<b>Thursday</b>	<b>10:45-11:15 am</b>
<b>Saturday</b>	<b>9:50-10:20 am</b>

### IMPORTANT! PLEASE READ...

#### SWIM CLASS PARENT INFORMATION

**NEW THIS SESSION!** In an effort to make choosing your child's swim class easier, we will do it for you! Here's how it works: You choose (from times provided) the day and time that works best for you. Then, on the first day of class your child(ren) will be evaluated and placed in the class with swimmers of the same skill level. The evaluation takes about 10 minutes and that way, you don't have to worry if you put them in a class not suitable for their skill level. If you have questions, please contact Emily Nannfeldt, Aquatics Director at 428-9622.

**Make-Ups:** To ensure your child's safety in our swimming programs and to maintain a proper instructor/student ratio, we cannot allow make-ups in our swimming classes.

**Supervision:** Parents must supervise children in the locker room. Swimmers are required to shower before entering the pool. Parents are welcome to sit on the bleachers or in the YMCA lobby. (Younger swimmers tend to participate more effectively when they cannot see their parents).

#### PROGRESSIVE SWIM, Ages 6-12

The National YMCA has a six level "progressive" program for children six years old and over. The swimmer works through a series of skills at each level. Every level includes skills in five areas: personal safety, stroke development, character development skills, personal growth and water safety. Swim levels, especially those in stroke development, are dependent on physical development, strength and coordination. Please remember that children develop at different rates and their progression through these levels will vary greatly.

#### PROGRESSIVE SWIM FEES

**45 Minute/7-Week Fee:**

**YMCA Members \$40.00**  
**Community \$70.00**

#### TADPOLE

Introductory Level.

#### POLLIWOG

Beginner.

#### GUPPY

Advanced beginner.

#### MINNOW

Intermediate level.

#### FISH

Advanced Intermediate Level

#### FLYING FISH

Advanced Level

Please visit the website or Welcome Center for skills taught at each swim level.

#### Progressive Swim Schedule

	Tadpole Fish	Polliwog Flying Fish	Guppy Flying Fish	Minnow
<b>Monday</b>			<b>7:05-7:50 pm</b>	
<b>Wednesday</b>			<b>7:05-7:50 pm</b>	
<b>Thursday</b>			<b>4:30-5:15 pm</b>	
<b>Saturday</b>			<b>9:00-9:45 am</b>	

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

### PRIVATE SWIM LESSONS

Private lessons are available for all ages. Classes are scheduled by appointment only with limited times available. For more information, contact Emily Nannfeldt, Aquatics Director, at 428-YMCA (9622).

Fee:	Semi-Private	Private
(Per 1/2 hr., per person)		
YMCA Members	\$15.00	\$18.00
Community	\$30.00	\$36.00

### TEEN SWIM LESSONS

(minimum age 13)

Lessons designated for teens only. This class will work on beginning skills and progress as the participants are ready. A great way to become more confident and have fun at the same time.

**Wednesday 8:00-8:45 pm**

45 Minute/7-Week Fee:

YMCA Members	\$40.00
Community	\$70.00

### DIVING LESSONS (ages 7-14)

This program is for youth who would like to learn the basic fundamentals or improve their diving skills. Must be able to tread water and swim one length of the pool.

**Tuesday 4:15-5:15 pm**

45 Minute/7-Week Fee:

YMCA Members	\$40.00
Community	\$70.00

### DOLPHINS SWIM TEAM

**October 4-February 27**

Discover the friendship, excitement and self-confidence that comes with competitive swimming.

All swimmers, ages of 6-18, are welcome to join this growing team. Participants must be able to swim one length of freestyle (front crawl), and one length of back crawl. Try a practice at no charge anytime!

**Mon., Wed., Fri. 4:00-5:30 pm**  
**Tues., Thur. 6:30-8:00 pm**

YMCA Members Only

First Child: \$30.00 per month  
\$90.00 Fall Session

Second Child: \$20.00 per month  
\$60.00 Fall Session

Third Child on Up: \$15.00 per month  
\$45.00 Fall Session

See website for Winter Session 2011 Fees.

### "FUN" FUNDAMENTALS OF SWIMMING

Are you a Minnow, Fish or even a Flying Fish? All three of these levels can now enjoy ONE GREAT CLASS...PLUS, you get to swim 2 days a week! Swimmers will improve their strokes and learn what it's like to be on a swim team...without the competition!

**Tuesday, Thursday 4:15-5:15 pm**

60 minute/7-Week Fee:

YMCA Members	\$55.00
Community	\$80.00

**-2 WEEK-**

### STROKE CLINIC

**Sept. 20-30 Mon.-Thurs.**

(Same time as team practice listed above).

**\$25 Dolphins Team Members**  
**\$40 Non Team Members**

### SWIM TEAM OPEN HOUSE!

**Sunday, Sept. 19 • 2-4 pm**

**Meet the coach and  
learn about our team!**

### SPECIAL EVENTS

#### PLAY, LAUGH, LEARN

Themed class sessions where children will stretch their bodies and minds by exploring, discovering, and engaging with movement, music and manipulatives. Children will gain confidence and independence while learning real world concepts and putting them into practice.

HOP, TUMBLE, DANCE, SING, CLAP, LAUGH...WE'LL DO IT ALL!

Held 9:30-10:30 am on the following dates:

Date	Theme	YMCA Members	Community
Wednesday, October 27	(Fall Theme)		
Wednesday, November 24	(Thanksgiving Theme)		
Wednesday, December 15	(Winter Wonderland Theme)		
		YMCA Members	\$5.00 each event
		Community	\$8.00 each event

#### HOLIDAY DROP AND SHOP

**Saturday, Nov. 27, 11:30 am-4:00 pm**

**Your day to shop...just drop off the kids with us!**

Children, ages 4-12, will enjoy a day of fun-filled activities... swimming, decorating cookies, sportwall, climbing wall, playing games, and even a holiday movie! Children should bring swimsuit and towel.

Fees:	YMCA Members	\$20.00/child
	Community	\$30.00/child

\$10 for each add'l. child from the same family.

#### WINTER BREAK GYMNASTICS CAMPS

##### JR. GYMNASTS ADVENTURE CAMP

Ages 3-5

**December 20-23 9:00-11:00 am**

Fee:	YMCA Members	\$27.00
	Community	\$39.00

##### GYMNASTICS CAMP

Ages 6-12

**December 27-31 9:00 am-Noon**

Fee:	YMCA Member	\$25.75
	Community	\$41.25

#### WINTER BREAK SPLASH!

**Dec. 27-30**

**CAMP 9-11 am, Ages 8-12**

Discover everything you can do in the water, plus...pool safety too!

YMCA Members	\$40.00
Community	\$70.00

**JUST LESSONS 10-11 am, Ages 6-12**

YMCA Members	\$25.00
Community	\$45.00



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

### BIRTHDAY PARTIES

Celebrate your birthday at the YMCA!

#### Birthday party availability:

<b>January–April</b>	
Saturdays	1:00–3:30 pm
Saturdays	2:30–5:00 pm
Sundays	2:30–5:00 pm

<b>May–August</b>	
Saturdays	1:00–3:30 pm
Sundays	1:00–3:30 pm

<b>September–December</b>	
Saturdays	1:00–3:30 pm
Saturdays	2:30–5:00 pm
Sundays	2:30–5:00 pm

#### BASIC PACKAGE (Sundays only)

- Use of Kid's Gym for 45 minutes, free play
- Staff person to assist with gym equipment
- Use of party room for 45 minutes
- Use of pool area for 45 minutes (during open swim time with aquatic staff host)
- Child's name on outdoor marquee

*Fee:	YMCA Members	\$130.00
	Community	\$160.00

#### DELUXE PACKAGE

- Use of Kid's Gym for 45 minutes, including organized games
- Use of climbing wall and sport wall
- Use of pool for 45 minutes (During open swim time with aquatic staff host to make sure your pool needs are met: assisting with games, toys, lifejackets, etc.)
- Child's name on outdoor marquee
- Goodie bags, plates, cups, utensils, tablecloth, decorations provided
- Staff person to help with entire party including set-up and take down)
- Cake and drink for an additional fee

*Fee:	YMCA Members	\$155.00
	Community	\$185.00

\*Prices are for up to 12 children, each additional child, \$9.00.

For more information, please call Kristi Barker at 428-YMCA (9622).

### SPLASH PARTY

The perfect party for a large group! Great for birthday parties, graduation parties, youth groups and family get-togethers! Available Saturdays 6:30–8:30 pm with use of pool, gym and lobby.

Fee: \$165.00

### CHURCH YOUTH GROUP RENTALS

The YMCA is available for church rentals for our gym, pool or both.

#### Church Rental Availability: Sundays, Starting at 6 pm

For more information, please call Kristi Barker at 428-YMCA (9622).

### RENT THE Y

YMCA facilities are available for small or large groups to enjoy an evening of fun! Swimming, climbing wall, basketball, racquetball, volleyball and wallyball make for a great group activity for your school, church, 4-H, scouts or social group.

#### Building Rental Availability:

<b>June–August</b>
Saturdays beginning at 4:30 pm
<b>September–May</b>
Saturdays beginning at 6:30 pm

#### Overnight Rentals:

Saturdays, 10:00 pm to Sunday, 6:00 am

For more information, please call Kristi Barker at 428-YMCA (9622).

### CLIMBING WALL OR SPORTWALL™

The Climbing Wall and/or Sportwall are available for groups to rent! Great for scout groups, birthday parties, school groups, church groups and more! Come challenge yourself physically, mentally and socially.

For more information, please call Kristi Barker at 428-YMCA (9622).

# HEALTHY LIVING

## FAMILY TIME

### FAMILY GYM

Spend time with your family while instructors supervise different activities each week. Activities may include gymnastics, sport wall, climbing wall, basketball, relays, obstacle course, parachute play and much more!

<b>Sundays, 4:00–5:00 pm</b>	<b>Members only, no charge.</b>
<b>Thursdays, 6:30–8:00 pm</b>	<b>Members, no charge.</b>

Community-guest pass fee.

### FAMILY SWIM (No lap lane)

During Family Swim, children under the age of 18 must be accompanied by an adult in the pool. Maximum of four children with one adult in the water.

<b>Friday</b>	<b>6:30–8:00 pm</b> (Family Float Night)
<b>Saturday</b>	<b>4:00–5:45 pm</b>
<b>Sunday</b>	<b>2:00–5:00 pm*</b> (Family Float Night)

It's time to focus on the family... because families that play together, stay together!

## FRIDAY NIGHT FAMILY FUN!

Three Fridays every month, 6–8 pm,  
September–April, we will focus on family time!  
YMCA members only!

#### ■ 1st Friday of the Month: Supervised Family Gym

Fee: No Charge  
November 5 • December 3  
**SPECIAL EVENT OCTOBER 1st!** 6:00–8:00 pm;  
Fee: \$2 pp WATCH FOR FLYER FOR DETAILS, OR VISIT OUR WEBSITE!

#### ■ 3rd Friday of the Month: Family Game Night

Fee: No Charge  
September 17 • October 15 • November 19 • December 17  
Family game night is like a mini-vacation where everyone can enjoy each other's company, and make memories that will last forever!

#### ■ 4th Friday of the Month: Movie Night

Fee: \$2 pp, registration required for this event.  
September 24 • October 22 • November 26

Bringing families together for a fun family movie is what movie night is all about! Pizza and popcorn provided. Bring your pillows, and blankets and join us for this fun event!

Visit the website for more details on Family Fun Nights!  
[www.bhsjymca.org](http://www.bhsjymca.org)

Family Swim is available every Friday at 7:30 pm.

# HEALTHY LIVING

Improving the nation's health and well-being.

## HEALTH, WELL BEING & FITNESS

### ■ WATER ACTIVITIES

#### ADULT SWIM LESSONS

##### T.O.W. (Terrified of Water)

This class helps non-swimmers or beginners feel comfortable in the water. Skill work includes overcoming fear of the water, kicking, floating, treading and an introduction to the front and back crawl strokes.

**Wednesday 8:00-8:45 pm**

##### BEGINNER

Designed for those who want to improve their strokes and swim for fitness. Swimmers will have the opportunity to work on strokes and skills of their choice.

**Wednesday 8:00-8:45 pm**

45 Minute/7-Week Fee

YMCA Members	\$40.00
Community	\$70.00

#### MASTERS SWIM (ages 19+)

This coached program is designed for swimmers or tri-athletes who want to improve their stroke, improve their time, and get a great workout.

**Tues., Wed., Thurs. 5:30-6:30 pm**

60 Minute/7-Week Fee:

YMCA Members	\$35.00
Community	\$70.00

#### WATER WALKING

Strengthen, tone, increase flexibility and improve cardiovascular conditioning without adding undo stress to your body. It is a great alternative for those recovering from a running injury or to add variety to your exercise routine. Flotation devices are available at the pool, just put one on and try it out! In addition to the times listed below, water walking can also be done during Open Swim time.

**Monday-Friday 7:30-8:55 am**

**Saturday 8:00-8:55 am**

#### OPEN SWIM

Children under the age of 8 must be accompanied and supervised by an adult in the pool area.

**Monday 3:20-3:55 pm**

**Tuesday 3:00-3:55 pm**

**Wednesday 3:20-3:55 pm**

**Wednesday 9:00-9:45 pm**

**Thursday 3:00-4:10 pm**

**Thursday 9:00-9:55 pm**

**Friday 3:20-3:55 pm**

**Friday 8:00-9:30 pm**

**Saturday 1:00-4:00 pm**

**Sunday 5:00-7:45 pm**

We try to keep a lap lane open during Open Swim. However, if there are too many swimmers during Open Swim, the lap lane will be removed.

#### LAP SWIM

Lap swimmers are required to be at least 14 years old, except when special permission is given by the Aquatics Department.

**Monday-Friday 5:15-8:55 am**

**11:20 am-1:00 pm**

**5:30-6:30 pm**

**Saturday 6:15-8:55 am**

**11:20 am-1:00 pm**

**Sunday 12:45-2:00 pm**

### LOW INTENSITY CLASSES

#### BEND & FLEX

Open to all, but especially beneficial to those who have had physical therapy and want to continue to improve. Join this class, held in the water, to increase flexibility, improve cardiovascular endurance, and increase muscular strength without weight bearing on lower extremity joints. For all activity levels!

**Monday, Friday 10:00-10:45 am**

45 Minute/7-Week Fee:

YMCA Members	FREE
Community	\$46.00

#### BODIES IN MOTION

See the Twinges description, but with more cardio!

**Tuesday, Thursday 10:00-10:45 am**

45 Minute/7-Week Fee:

YMCA Members	FREE
Community	\$46.00

#### TWINGES IN THE HINGES

**Would you like to exercise, but have trouble moving with stiff joints from arthritis, or a physical injury?**

This class is designed for you! With specialized exercises to alleviate discomfort by using the buoyancy of the water, you will improve strength, flexibility, and muscle tone while minimizing stress on the joints. No swimming ability is required.

**Mon., Wed., Fri. 2:30-3:15 pm**

Fee: YMCA Members FREE  
Community \$4.00/class

**Or, attend any Low Intensity Aqua Class with a Pre-Paid, 10-Punch Card: Community, \$36.00**

### AQUA FITNESS CHALLENGE!

**Swim into a healthier New Year!**

**November 26-December 31**

**(6 weeks)**

You need to workout 18 times (one per day)! Earn your star by swimming laps, water walking for 30 minutes or by attending an aqua fitness class!

### MEDIUM INTENSITY CLASSES

#### DEEP END AQUA FIT

Deep Water Exercise is fun and provides benefits of a great cardio/muscular workout with the side benefits of increased flexibility and stronger core muscles. This non-impact workout reduces the risk of injury, making it ideal for those recovering from injury or surgery. Some swimming skills required, although buoyancy belts are available. Held in the deep end.

**Mon., Wed., Fri. 9:00-9:55 am**

55 Minute, 7-Week Fee:

YMCA Members	FREE
Community	\$82.00

**Mon., Wed. 8:00-8:55 pm**

55 Minute, 7-Week Fee:

YMCA Members	FREE
Community	\$60.00

#### LIQUID CARDIO

Strength, flexibility and balance will all be improved through this non-impact, cardio, total body workout. Class will be held in both the shallow and deep ends. Resistance equipment will be used. Buoyancy belts are available for the non-swimmer.

**Tuesday, Thursday 9:00-9:55 am**

55 Minute, 7-Week Fee:

YMCA Members	FREE
Community	\$60.00

#### SHALLOW END AQUA FIT

Get a great cardio workout while being gentle on your joints! This class incorporates aerobic workout as well as muscle strengthening and flexibility exercises. The Speedo Aqua Steps are used in this class. Swimming skills not required.

**Mon., Wed., Fri. 9:00-9:55 am**

55 Minute, 7-Week Fee:

YMCA Members	FREE
Community	\$82.00

**Tuesday, Thursday 8:00-8:55 pm**

55 Minute, 7-Week Fee:

YMCA Members	FREE
Community	\$60.00

**Or, attend any Medium Intensity Aqua Class with a Pre-Paid, 10-Punch Card: Community, \$60.00**

# HEALTHY LIVING

Improving the nation's health and well-being.

## HEALTH, WELL BEING & FITNESS

### HEALTHY LIFESTYLES

#### YMCA FITNESS ASSESSMENT

Whether you are new to fitness or have been exercising for a long time, the YMCA Fitness Assessment is a great tool for you. We utilize a series of fitness tests and a consultation with a Personal Trainer to provide objective data to help you start or revitalize your exercise program. The assessment measures height, weight, blood pressure, body composition, cardiovascular fitness, muscular strength, muscular endurance and flexibility. With this data, you can assess your current fitness level, establish goals and evaluate your progress. The assessment and consultation last 60-90 minutes. Make an appointment at the YMCA Welcome Center.

Fee: YMCA Members \$20.00  
Community \$40.00

#### YMCA FITNESS ORIENTATIONS

We want you to be successful at the YMCA! We provide a variety of FREE orientations to help you and your family become familiar with your facility.

##### Adult Nautilus Orientation:

Introduction to the Nautilus strength training circuit. All members, 13 and older, are required to complete a Nautilus orientation prior to using the circuit. Must be a minimum of 5' tall.

##### Adult Trotter/Free Weight Orientation:

Introduction to the Trotter strength training equipment and the use of basic Free Weight exercises in the Multi Purpose Room. Emphasis is on teaching proper form.

Make an appointment at the YMCA Welcome Center. Open to YMCA members only at no charge.

#### LIFEGUARD TRAINING

September 21-November 16

This program is designed to provide the knowledge and skills needed to prepare an individual to become a lifeguard. Minimum age for certification is 15. A lifeguard certificate will be issued to participants who successfully complete the required skills. First Aid and CPR are required and will be offered during the course. For more information, call 428-YMCA (9622).

Tuesdays 6:30-10:00 pm

Fee: YMCA Members \$150.00  
Community \$200.00

(\$50 Book and certification card fee included).

#### CPR

Continually throughout the year we offer CPR classes. Please check our website for dates and fees. [www.bhsjymca.org](http://www.bhsjymca.org)

## PERSONAL TRAINING

### OPTION A: One-On-One

One-on-one personal training is to help you set and accomplish your fitness goals. YMCA Personal Trainers are equipped with the expertise and knowledge to move you in the direction of a healthier, more fit lifestyle. Nutrition counseling, exercise programming and sports conditioning are a few of the perks of using a Y trainer.

Fee: YMCA Members	
1 Hour	\$45.00
4 Hour Package	\$144.00
6 Hour Package	\$210.00
8 Hour Package	\$270.00
Community	
1 Hour	\$55.00
4 Hour Package	\$165.00
6 Hour Package	\$240.00
8 Hour Package	\$310.00

### OPTION B: Partner Training (2 people)

Partner training with a personal trainer is a great way to get fit with a friend, family member, or co-worker. This option allows you and a partner to train with a YMCA Personal Trainer at a discounted rate, making the experience more enjoyable at an affordable rate.

Fee: YMCA Members	
1 Hour	\$56.50
4 Hour Package	\$200.00
8 Hour Package	\$360.00
Community	
1 Hour	\$60.00
4 Hour Package	\$220.00
8 Hour Package	\$400.00

### OPTION C: Group Training (3-6 people)

Group training is for individuals with similar goals in mind. Group training with a YMCA Personal Trainer allows YMCA members, as well as the community, to train to work toward a common goal. This option is great for young athletes looking to advance to the next level in their sport.

Fee: YMCA Members	
4 Hour Package	\$80.00/pp
6 Hour Package	\$120.00/pp
8 Hour Package	\$180.00/pp
Community	
4 Hour Package	\$120.00/pp
6 Hour Package	\$160.00/pp
8 Hour Package	\$240.00/pp

At the YMCA, we understand that every member has different needs when it comes to their health and fitness. The options that are provided by the YMCA are designed to help our members and the surrounding community with an opportunity to work with a qualified personal trainer at an affordable cost. All packages expire after 90 days from the date of purchase and there is a 24 hour cancellation policy. Contact Jason Gedvilas, Health & Wellness Supervisor, to talk about your training today! 428-9622

### GROUP CLASSES

#### NEW! WOMEN ON WEIGHTS

Women of all ages will learn the basics of strength training. The program will teach proper posture, lifting techniques and give you the confidence you need to develop your own personalized training program. The program will consist of cardio, resistance training and flexibility.

Mon., Wed. 9:30-10:30 am

Tues., Thurs. 9:30-10:30 am

Fee: YMCA Members \$52.00  
Community \$67.00

Space is limited, so sign up early!

\*Minimum of 4 participants; maximum 8 participants.

#### GROUP CYCLING

YMCA Group Cycling classes are fun, invigorating and offer just the right challenge to any workout. Specially designed exercise bicycles provide a customized fit and adjustments so that each person can work at their own fitness level. A YMCA group cycling instructor will lead you through a variety of routines, providing you with proper instruction and motivation to get you fit and trim.

Offered six days per week. Call or stop by the YMCA Welcome Center for current schedule, 428-YMCA (9622) or visit our website:

[www.bhsjymca.org](http://www.bhsjymca.org)

Fee: No charge for YMCA members.

Community participants may purchase a day pass.

#### INTERMEDIATE/ADULT JAZZ

Come exercise and have fun while learning to dance! This class will consist of warm-up exercises to develop flexibility and strength. Participants will learn dance movements which will increase coordination, rhythm and confidence.

Location: Multi-Purpose Room

Saturday 10:30-11:30 am 60 minutes

Please see Dance Program details on page 7.

# HEALTHY LIVING

Improving the nation's health and well-being.

## HEALTH, WELL BEING & FITNESS

### ADULT FITNESS CLASSES

#### Fitness Class Information

Beside each class listing is a key to help you find the right level class for you.

**1=Basic 2=Intermediate 3=Advanced**

The class level will help you determine the best class for your individual fitness level. If you have a pre-existing medical or physical condition, please:

- Consult your physician and/or physical therapist before attending any new programs.
- To receive the most benefit from our classes, attend cardio classes at least three times a week and flexibility and strengthening classes at least twice a week.
- Speak with the class instructor to discuss modifications to use in class and get information about the class you wish to attend to decide if that class is right for you.
- If a particular exercise aggravates your condition, discontinue that exercise and speak to the instructor after class.
- When attending a new type of class, please exercise at a moderate pace to reduce the chance of muscle soreness and risk of injury.
- Please discuss class options with your instructor or Fitness Supervisor, Nancy Gitlin, to choose the best class for you.

#### Fitness Class Policies

(Excluding YMCA Group Cycle Classes)

- Proper footwear is required for all fitness classes.
- YMCA Members may take any adult fitness class at no charge.
- Community may sign up for each session. Please see session dates on page 2.
- Fees are pro-rated for community (non-members) who sign up mid-session.
- Community participants may make up missed classes in other classes during the same session by obtaining a walk-in card at the YMCA Welcome Center.
- Classes may be cancelled due to lack of enrollment or participation. Please check at the YMCA Welcome Center for up-to-date class schedules.
- Walk-ins must purchase a guest pass at the YMCA Welcome Center; photo ID is required.

Unless otherwise noted, all fitness classes are held in the Multi Purpose Room.

**Fitness classes are for ages 16 and up.**

### AEROBIC CLASSES

#### ATHLETIC INTERVAL TRAINING (Levels 1, 2, 3)

Get in touch with your inner athlete! Non-choreographed class that alternates athletic anaerobic intervals with aerobic recovery to burn calories! Boost your cardio endurance to new heights! All fitness levels.

<b>Tuesday</b>	<b>5:15-6:05 pm</b>
50 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$29.25

#### BOOT CAMP (Levels 1, 2, 3)

Are you ready to take your fitness conditioning to the next level? Then WE WANT YOU! This circuit style format will consist of warm-up, cardio, strength and endurance segments. Come get motivated and take the challenge!

<b>Tuesday</b>	<b>10:20-11:05 am</b>
45 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$26.25

<b>Thursday</b>	<b>10:20-11:20 am</b>
<b>Friday</b>	<b>5:45-6:45 am</b>
60 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$35.00

#### KICKBOX CARDIO (Levels 2, 3)

This class uses basic kickboxing moves (non-contact) while providing a moderate to intense cardio workout. Monday and Thursday Rhythmic Kickbox will integrate traditional floor aerobics.

<b>Thursday</b>	<b>8:30-9:10 am</b>
40 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$26.00

#### STEP CARDIO (Levels 1, 2, 3)

A great workout which includes a variety of step patterns. On Wednesday you can enjoy the Cardio Mixer which consists of different cardio formats, incorporating a variety of equipment.

<b>Mon., Wed.</b>	<b>5:45-6:45 am</b>
<b>Mon., Wed.</b>	<b>9:10-10:10 am (Levels 2,3)</b>
<b>Mon., Wed.</b>	<b>5:25-6:25 pm</b>
60 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$70.00

<b>Thursday</b>	<b>5:15-6:05 pm</b>
50 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$29.25

### HULA-HOOPING (Levels 1, 2, 3)

Learn the basics of hooping in this cardio class while you discover (or re-discover) a fun cardio core workout that is both exhilarating and also meditative! Weighted hoops available for purchase, \$20.00\*.

\*Limited number of hula hoops are available for class use, or bring your own.

<b>Wednesdays</b>	<b>11:45 am-12:30 pm</b>
<b>Wednesdays</b>	<b>5:30-6:15 pm</b>
45 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$26.25

### GROOVE YOUR MOVES (Levels 2, 3)

This dance-inspired low-impact aerobics class will leave you motivated, energized and feeling great! The class is easy to follow and will consist of a warm-up, aerobic activity, cool-down and stretch work. Come join the fun!

<b>Friday</b>	<b>9:10-10:10 am</b>
60 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$35.00

### ZUMBA (Levels 1, 2, 3)

Zumba is fun, healthy, rewarding, and effective! An aerobic workout that fuses hypnotic Latin rhythms and easy to follow movements to create a dynamic fitness program that will blow you away! Zumba has become nothing short of a revolution. Coining the concept "fitness-party" and "making fitness fun", Zumba has spread like wild-fire! It's one of the most influential movements in the fitness industry!

<b>Tuesday</b>	<b>8:30-9:10 am</b>
40 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$26.00

<b>Tuesday (Toning)</b>	<b>11:15-12:00</b>
45 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$26.25

<b>Thursday (Toning)</b>	<b>12:00-12:50 pm</b>
<b>Tuesday</b>	<b>6:10-7:00 pm (Kids Gym)</b>
50 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$29.25
<b>Wednesday</b>	<b>6:30-7:30 pm (Kids Gym)</b>
60 Minute/7-Week Fee:	
YMCA Members	FREE
Community	\$35.00

# HEALTHY LIVING

Improving the nation's health and well-being.

## HEALTH, WELL BEING & FITNESS

### •STRENGTH CLASSES

#### ABS AND MORE (Levels 1, 2, 3)

This is a great way to improve your core strength and develop those 'six-pack' abs. Equipment will be used to add variety. Monday you can enjoy Strictly Abs...no equipment necessary.

**Mon., Wed. 6:30-6:55 pm**

25 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$35.00

#### POWERFLEX (Levels 1, 2, 3)

This exciting concept in group fitness is a great way to include resistance training into your workout. You are instructed on how to perform simple, controlled movements with PowerFlex variable weight barbells. Beginner and Advanced participants are able to work side by side due to variable weight barbells. Emphasis on proper form.

**Monday, Wednesday 10:20-11:20 am**

**Monday, Wednesday 7:00-8:00 pm**

**Tuesday, Thursday 5:45-6:45 am**

60 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$70.00

**Saturday 8:05-9:05 am**

60 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$35.00

#### CORE CHALLENGE (Levels 1, 2, 3)

Come join this INTENSE class to improve your core strength and overall fitness. It will consist of exercises utilizing small equipment such as Stability Balls, Medicine Balls, Gliding Discs and Hand Weights. Variations for all fitness levels will be integrated to achieve success! Are you up for the challenge?

**Thursday 6:10-7:00 pm**

50 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$29.25

#### SCULPTING SERIES (Levels 1, 2, 3)

Our Sculpting Series will concentrate on developing a functional and balanced body. Equipment will be used to add variety. Monday-Core and Lower Body focuses on exercises to sculpt and tone the lower body. Core exercises will be integrated. Wednesday-Balance, Flexibility and Relaxation will improve longevity, mobility of joints and reduce the risk of injury. Friday-Core and Upper Body will focus on exercises to strengthen, sculpt and condition the upper body. Core exercises will be included.

**Mon., Wed., Fri. 8:05-9:00 am**

55 Minutes-3 Days/7-Week Fee:  
YMCA Members FREE  
Community \$100.00

### •MIND AND BODY CLASSES

#### PILATES (Levels 1, 2, 3)

Pilates is a complete training program of the body and mind. Through Pilates, you will develop control of muscular movements to increase strength, balance, flexibility and postural awareness. Stability ball and fitness circles will be used.

**Wednesday 12:15-1:10 pm**

55 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$33.25

**Friday 10:20-11:05 am**

45 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$26.25

#### REEBOK FLEXIBLE STRENGTH (Levels 1, 2, 3)

This class blends strength and flexibility, endurance and balance. This 'power yoga' contains movements that require a focus of mind/body that is challenging as it is invigorating. On Tuesday you can enjoy Arcs and Angles that will include the use of equipment to further challenge your core, strength and balance.

**Tuesday, Thursday 9:15-10:15 am**

**Tuesday, Thursday 4:05-5:05 pm**

60 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$70.00

#### YOGA MOVES (Levels 1, 2, 3)

Yoga Moves is a system by which the body is both physically and mentally benefited. You will increase muscle strength and flexibility. This class ends with relaxation, leaving you refreshed.

**Monday 12:00-1:00 pm**

**Saturday 9:15-10:15 am**

60 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$35.00

**Tuesday 6:30-7:45 pm**

75 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$43.75

#### YOGA N' MORE (Levels 1, 2, 3)

It's YOGA (with Beaming incorporated!)

This class will benefit your body physically & mentally, improve coordination, increase muscle strength & flexibility. You will leave feeling relaxed and refreshed.

**Thursday 7:05-8:05 pm**

60 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$35.00

### •ACTIVE OLDER ADULT CLASSES

#### ZUMBA GOLD (Levels 1, 2, 3)

Zumba Gold takes all the excitement from the original Zumba class and introduces it to the active older adult, the beginner participant and other special populations that may need modification to benefit from Zumba Fitness.

**Tuesday 12:05-12:55 pm**

50 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$29.25

#### GENTLE STRENGTH & STRETCH

(Levels 1, 2, 3)

Use it or lose it! Be challenged and have fun with fellow seniors! Fit seniors stay mobile, active and flexible and are less likely to experience injury or falls. You'll never be bored as you use a variety of equipment to build and maintain the muscle groups you need to go about your daily activities. An invigorating total body conditioning segment will conclude with a relaxing extended 15-20 minute stretch.

**Monday 1:10-2:10 pm**

60 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$35.00

#### GENTLE YOGA

Try this beginning Gentle Yoga class which is designed to keep your joints safe. Wear comfortable clothes and come ready to learn basic yoga moves and the diaphragmatic breath. We finish with a relaxation pose and soft music.

**Tuesday, Thursday 1:00-2:00 pm**

60 Minute/7-Week Fee:  
YMCA Members FREE  
Community \$70.00



# HEALTHY LIVING

Improving the nation's health and well-being.

## SPORTS & RECREATION

### ADULT SPORTS

#### RACQUETBALL GUIDELINES

Whenever a court is open, players may walk on for no charge.

- Courts may be reserved at \$3/hour up to 14 days in advance.
- Courts are reserved on the 1/2 hour from 5:30 am to close.
- If the courts are being used, players may wait for the next available open court and walk on at no cost. Or, reserve a court up to 30 minutes in advance of the next 1/2 hour for \$3/hour.
- Court tickets can be prepaid by a phone reservation with a credit card.
- \$36.00 quarterly court time enables the participant to play the same time each week for 3 months. A limited number of quarterly courts are available.
- You will receive credit for courts canceled with a 24-hour notice.

#### ADULT RACQUETBALL LEAGUE

Three leagues are offered.

- "A" league games begin Tues., Sept. 14
- "B+" league games begin Thur., Sept. 16
- "B" league games begin Mon., Sept. 13

Possible start time of 4:30 pm. If you are unable to play at your scheduled time, you may reschedule with your opponent. Registration starts August 16. Schedule will be available in the Thurs., Sept. 9 in the evening.

Fee: YMCA Members	\$15.00
Community	\$30.00

#### VOLLEYBALL

##### SUNDAY NIGHT VOLLEYBALL

YMCA Members Only

Teams evenly divided from those present. Basic instructions offered to new players. Held in Main Gym. Watch the website/flyers with dates and times.

##### THURSDAY VOLLEYBALL

A great way for experienced or new players to increase their skills, meet new people, and play LOTS of volleyball. Watch the website/flyers with dates and times.

Fee: YMCA Members	FREE
Community	\$5.00

#### FALL VOLLEYBALL LEAGUES

Three different leagues so everyone can be competitive. Teams play 9 or 10 matches, and the top two teams receive t-shirts.

Open	Advanced level volleyball. Men or women.
Coed I	Experienced coed teams. Minimum 2 women.
Coed II	Beginning level teams. Minimum 2 women.

Leagues run September 14-December 7  
Registration starts August 16.

Team Fee: \$100.00 Limit 22 teams.  
(Paid at time of registration).

Individual Fee:	
YMCA Members	\$15.00
Community	\$35.00
(All fees must be paid before you can play your first game).	

#### KARATE

##### KARATE-ADULT ISSHINRYU:

###### Beginners (ages 12+)

For men and women alike, ages 12 and up, this course teaches the fundamentals of Isshinryu Karate. SEE DETAILS ON PAGE 6.

Monday	7:15-8:15 pm
60 Minute/7-Week Fee :	
YMCA Members	\$40.00
Community	\$60.00

##### KARATE-ADULT ISSHINRYU:

###### Advanced (ages 12+)

For those students who have completed the Isshinryu Karate for Adult/Beginners class, this is the continuation of their martial arts journey. SEE DETAILS ON PAGE 6.

Monday	7:15-8:45 pm
90 Minute/7-Week Fee:	
YMCA Members	\$50.00
Community	\$70.00

## GROUP INTERESTS

#### NEW! PAPER CRAFT CLASS for Adults

Come on a paper craft adventure! We'll be making mini-albums, card-making, goodie boxes and magnets. A different craft will be completed each week. Whether you are a beginner wanting to learn, or an avid crafter needing some inspiration, this class is for you! Held in the Conference Room.

Thursdays	9:00-10:30 am
YMCA Members	\$35.00
Community	\$50.00

#### BEGINNING ADULT SPANISH

The class will focus on fundamental words and phrases. Learn Spanish for fun, travel or general knowledge. The Spanish taught will be of the traditional origin. Held in the Conference Room.

Wednesdays	6:00-7:00 pm
60 Minute/7-Week Fee:	
YMCA Members	\$37.00
Community	\$47.00

#### ADULT SIGN LANGUAGE

The class is taught by a language interpreter. You will learn simple phrases in sign language using ASL and signed English. Held in Conference Room.

Mondays	6:00-7:00 pm
60 Minute/7-Week Fee:	
YMCA Members	\$37.00
Community	\$47.00

## SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## VOLUNTEERISM & GIVING

#### VOLUNTEER OPPORTUNITIES

The YMCA is a community service non-profit organization. Volunteers are the backbone of the YMCA. A volunteer board of directors sets policies, and many volunteer committees help guide the YMCA to meet the needs of its members. Program volunteers help with youth sports, races, the YMCA Center for Achievement, and other special events. We can really use your help! If you would like to help by assisting with a program or serving on a committee, contact Jerry Price, Community Development Director at 428-YMCA (9622).

#### GIVING TO THE Y

Donations to our Annual Strong Kids Campaign allow the Y to provide membership and program assistance to kids and families who might not otherwise be able to afford to pay for YMCA services. Through this campaign, people just like you come together to make their community stronger. Your tax-deductible gift can be paid by cash, check, credit card and even monthly bankdraft. Stop by our YMCA Welcome Center for the current Strong Kids brochure, or visit our website for more details. You can make a difference in the life of a child today!

# FALL 2010 PROGRAM GUIDE



**BENTON HARBOR-ST. JOSEPH  
YMCA FAMILY CENTER**  
3665 Hollywood Road  
St. Joseph, MI 49085  
269-428-YMCA (9622)  
[www.bhsjymca.org](http://www.bhsjymca.org)

Non Profit  
U.S. Postage  
PAID  
Lake Michigan Mailer  
49009

## REMEMBER THESE DATES:

### FALL SESSION 1:

Sept. 13-Oct. 30 (7 weeks)  
Member Registration begins Aug. 16  
Community Registration begins Aug. 23

### FALL SESSION 2:

Nov. 1-Dec.18 (7 weeks)  
Member Registration begins Oct. 18  
Community Registration begins Oct. 25



United Way  
of Southwest Michigan

## YOUTH DEVELOPMENT

### CHILD CARE

YMCA Nursery Pg.3  
School Age Child Care  
Kids Day Off  
Holiday Camp

### EDUCATION & LEADERSHIP

Healthy U Pg. 4/5  
YMCA Center for Achievement  
Preschool  
Babysitter's Clinic  
Beginning Spanish  
Sign Language  
Baby Groove  
Kids Groove  
1-2-3 Grow  
Kindergarten Club  
We Can! Be Healthy

### SWIM, SPORTS & PLAY Pg. 5/6

Water Runners  
Youth Hula Hoop  
Home School Swim & Gym  
Kids Night at the Y  
Soccer  
Flag Football  
Basketball  
Youth Racquetball  
Youth Strength Training  
Strength Conditioning for Young Athletes  
Karate  
Dance Pg. 6/7  
Gymnastics Pg. 7  
Swimming Pg. 8/9  
Special Events Pg. 9  
Parties/Rentals Pg. 10  
Family Programs Pg. 10

## HEALTHY LIVING

### HEALTH, WELL-BEING & FITNESS

Adult Aquatics Pg. 11  
Fitness Assessments Pg. 12  
Lifeguarding  
CPR  
Personal Training  
Group Classes  
(Women on Weights, Cycling, Int./Adult Jazz)  
Fitness Classes Pg. 13/14

### SPORTS & RECREATION

Racquetball Pg. 15  
Volleyball  
Karate

### GROUP INTERESTS

Paper Craft Class Pg. 15  
Adult Spanish  
Adult Sign Language

### SOCIAL RESPONSIBILITY

#### VOLUNTEERISM & GIVING

Volunteering Pg. 15



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



**BENTON HARBOR-ST. JOSEPH YMCA FAMILY CENTER**  
**3665 Hollywood Road • St. Joseph, MI 49085**  
**269-428-YMCA (9622)**

**Visit our website! [www.bhsjymca.org](http://www.bhsjymca.org)**