

FALL & WINTER
2009-2010



YMCA OF AUSTIN

704 1st Drive NW, Austin, MN 55912
507-433-1804

Fax: 507-433-1806

www.ymca-austin.org

Email: ymca@ymca-austin.org

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



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So we may provide a positive experience, please contact the YMCA about accommodations needed for participation.



United Way
of Mower County

The YMCA is a United Way
Supported Agency





GENERAL INFORMATION

We build strong kids, strong families, strong communities.

REGULAR BUILDING HOURS

September 8, 2009 - May 21, 2010

Monday - Thursday	5 am - 9 pm
Friday	5 am - 8 pm
Saturday	7:30 am - 8 pm
Sunday	12:00 pm - 6 pm

HOLIDAY HOURS & SPECIAL CLOSINGS

Labor Day	September 7	Closed
Thanksgiving	November 26	7:30 am- noon
Christmas Eve	December 24	5 am- 2:00 pm
Christmas Day	December 25	Closed
New Years Eve	December 31	5 am - 4 pm
New Year's Day	January 1	7:30 am - noon

PROGRAM INFORMATION

► The YMCA wants to provide a quality experience in each class and enrollment limits will be observed. Classes filled on a first come, first serve basis. Waiting lists will be maintained, and whenever possible waiting list people will be accommodated. Members will have priority.

► All classes require pre-registration unless they're specified as on-going. Fee must accompany class registration.

► There are no registrations taken over the phone.

► The YMCA reserves the right to alter schedules or cancel classes. Check out our on-line registration at www.ymca-austin.org.

► No cash refunds will be given on any program fees. Credit may be offered for future use, at directors discretion. A refund will be given if a class is cancelled by the YMCA.

► If class is cancelled because of bad weather or for other reasons beyond the YMCA's control, the classes cannot be made up.

► If severe weather conditions exist, listen to FM100 for cancellations. We generally follow the Austin School's decision. If they close, we will cancel all youth classes.

► YMCA programs are often photographed for promotional purposes. Please inform the photographer if you do not wish to be included.

► The YMCA does not carry public health or accident insurance. All individuals participate at their own risk.

► The YMCA will not share registration information with any 3rd party.

► Cell phone use is to be restricted to the main lobby. Cell phone use is prohibited from all locker rooms.

SPECIAL PARTICIPATION HOURS

M - Th, 5:30 pm - Closing, 6th grade youth & older
 Note: Elementary children (2nd - 5th grades) may use the facility from 5:30 to 7:00 pm if they have a parent or responsible adult member in the building. After 7 pm, responsible adult member must accompany elementary children.

M - F, 11:30 am - 1:30 pm, Adults only

M - F (School Days), 2:45 - 5:30 pm, 1st - 5th grade
 Note: Limited to youth (1st - 5th grades) who are enrolled in the After School Program. Youth (6th - 12th grades) may use limited areas including track, racquetball and Wellness Center if eligible.

M - F (No School), 1:00 - 5:30 pm, 2nd - 12th grade

F & Sat, 6:00 - 8:00 pm, Family Groups and Adults
 Note: Youth (8th grade & younger) must have a parent or supervising adult accompany them in their activities during family time after 5:30 pm on Fri. and Sat. evenings.

* Children (1st grade & younger) must be accompanied by a supervising adult while using the facility, unless they are participating in a registered program.

SCHOLARSHIPS

The YMCA is for everybody, and the YMCA provides everyone the opportunity to be involved. Through the Scholarship program, you can participate in programs or enjoy membership privileges despite your ability to pay the full rates. Complete the Scholarship application at the Front Desk, and you'll be contacted regarding your support.

ROOMS AVAILABLE FOR RENT

If your group or organization would like to rent a room, the pool, or the building, call the Gymnastics Director at 433-1804 for more details.

BOARD OF DIRECTORS

Fred Halvin, President
 Richard Schindler, Vice President
 Rollie Gentzler, Past President
 Paul Worlein, Secretary
 Brad Doss, Treasurer

Sally Baker
 Paul Boisjolie
 Roger Boughton
 Kathy Fielding
 Jayna Heimark
 Craig Hoiium
 Steve Hovey
 Katie Jerlow
 Steve Leif

Brian Lillis
 Larry Maus
 Sanjeev Nanda
 Tami Yokiel
 Suzette Overby
 Kurt Potach
 Thomas Sherman
 Matt Stasi
 Miguel Zarate

YMCA MANAGEMENT STAFF



Mark Bjorlie
Executive Director



Barbara Gunderson
Director of Administration



Michele Kuddes
Member Services Director



Terry Trummer
Building Superintendent



MEMBERSHIP INFORMATION

We build strong kids, strong families, strong communities.

- ▶ **Joiner's Fee - \$50.00 for all memberships (except Youth)**
(A charge for new or past members whose membership has lapsed beyond 30 days.)
- ▶ **Membership dues are non-refundable and non-transferable.**

MEMBERSHIP CLASSIFICATIONS	MONTHLY BANK DRAFT OR CREDIT CARD	DESCRIPTION
INDIVIDUAL MEMBERSHIPS		
Youth (Grade 2 through Grade 12)	\$1.00 Annual	Youth members must have a parent accompany them at registration & live within a 30 mile radius.
Youth Wellness Center	\$12.50	Available for 14 yrs. and older. Training required.
Young Adult-Locker Room B	\$29.25	Ages 18 - 23
Adult Locker Room B	\$41.75	
Adult Locker Room A	\$51.50	Members must be at least 18 yrs. old and out of high school.
FAMILY MEMBERSHIPS		
Single Parent Family Locker Room B	\$44.25	Includes unmarried, single adult and dependent children.
Family Locker Room B	\$55.00	Includes two adults living in the same household & their dependent children thru age 18 or thru age 23 if a full time student. Youth 14 & older will have access to Wellness Center. Training required for all youth.
Family Locker Room A - One	\$63.25	
Family Locker Room A - Both	\$68.00	
SENIOR/CLERGY INDIVIDUAL - MUST BE AT LEAST 65 YEARS OLD & RETIRED OR A CLERGY.		
Adult Locker Room B	\$39.50	
Adult Locker Room A	\$49.00	
SENIOR/CLERGY COUPLES		
Couples Locker Room B	\$52.00	
Couples Locker Room A - One	\$59.75	
Couples Locker Room A - Both	\$64.50	

Locker Room B: Basic Locker Room Service

Locker Room A: Enhanced Locker Room Service/Adults Only

Includes: towel services, whirlpool, and steam room.

HEALTH CARE INCENTIVE PROGRAMS

Working out at the YMCA will enhance your health and may now improve your bank account. Members of participating Health Insurance groups may now qualify for incentive credits on their memberships at the YMCA! It's easy to get started. Present your Insurance member ID card at the YMCA Membership Desk and fill out the required forms to determine your eligibility. You will be instructed on how to sign in each time you exercise at the YMCA to receive your credit.



DEPLOYED MILITARY FAMILY MEMBERSHIP INCENTIVE - CONTACT THE YMCA FOR MORE DETAILS - 433-1804.

FALL & WINTER SESSION DATES

Fall I Sept. 14 - Oct. 25 6 wks
Fall II Oct. 26 - Dec. 13 6 wks (no class 11/23,11/25)
Winter I Jan. 4 - Feb. 14 6 wks
Winter II Feb. 15 - Mar. 28 6 wks

TENNIS LESSONS

Short Tennis (age 4-6) 30 min.

Member \$30, Prog. Part. \$40

This is an introduction to tennis class for children who have not had much or any time on a court. The class is geared toward having fun and playing games that keep the children interested in the game, while learning basic skills.

Offered: Mon., 3:30 - 4 pm

Young Stars Beg. (age 7-9) 45 min.

Member \$38, Prog. Part. \$50

This class will begin to focus more attention on stroke mechanics. The players will learn proper forehand, backhand, volley, & serve technique. They will also expand their knowledge of the tennis scoring system.

Offered: Mon., 4 - 4:45 pm

Young Stars Advanced (age 9 - 12) 60 min.

Member \$44, Prog. Part. \$58

Players at this level should be able to rally from the baseline with consistency and with the ability to control placement. Players will be introduced to the mental side of tennis and learn skills to address this aspect of the game.

Offered: Wed., 3:30 - 4:30 pm

TENNIS COURT RESERVATION

Adult: \$10/hr or \$14/1½ hr.

Youth: \$5/hr or \$7/1½ hr.

Ball Machine : \$3 in addition to court fee.

From 5 am to 3 pm weekdays and all day on Sat. & Sun., adult fees are ½ price, and youth are free.

* Courts may be reserved seven days in advance by contacting the reservation desk at 433-1804.

**NEW!****PERMANENT COURT TIME**

Reserve Permanent Court Time and Play 12 wks for the price of 11 Weeks!

Fall: Registration Date: Tuesday, Sept. 15, 2009, 11 am for daytime reservations, 5:30 pm for evening reservations
Play: Sept. 21 - Dec. 6

Winter: Registration Date: Tuesday, Dec. 15, 2009, 11 am for daytime reservations, 5:30 pm for evening
Play: Jan. 4 - March 28

Cost per group : \$154 per 1 1/2 hours for 12 wks
\$110 per hour for 12 weeks

** Winter Permanent Court Time will have an option for buying an extension of either 2 or 4 weeks to either the week through April 11 or through April 25.

TENNIS WOODY-MIXER

March 6, 2010

This is a mixed (1 male & 1 female) doubles tournament where the male partner is required to use a wood racquet. Look for flyers this winter with registration details!

Cost: \$10 for members, \$15 for program participants

PRIVATE TENNIS LESSONS

Private/Semi-Private Lessons are now available for kids and adults. Private instruction is arranged individually with the tennis coach. Contact Tom Tauchnitz at (507)219-1117 to set up a lesson. Lesson fees cover both the court and coach fee.

Cost: 1 to 1 - \$28, 2 to 1 - \$32, 3 to 1 - \$35

Tennis Pro Bio - Tommy Tauchnitz played on the Austin H.S. tennis team from 1984-1989. During his senior year, he finished 4th in the state at #1 singles. He went on to play college tennis and was State Champion at #1 singles and #1 doubles and NCC North Central Conference champion at #1 singles and #1 doubles. During his time in St. Cloud, he became a Tennis Teaching Pro at the St. Cloud Tennis Center. Currently Tommy is the AHS boys and girls Tennis Coach.

RACQUETBALL LEAGUE

Leagues for men & women YMCA members will be held this winter.

Winter League: Jan. 18 - March 14

Prize will be awarded to league champion! Watch for Registration information and forms!

Cost: \$15

Courts are *free* to all YMCA members who are in 6th gr. and older! Call the Y at 433-1804 to make a reservation.

Table Tennis, M & W - Open ping pong play is available in the Kids Gym after 7 pm for adults OR children accompanied by an adult.



**ONLINE
REGISTRATION
FOR
GYMNASTICS
LESSONS!**
WWW.YMCA-AUSTIN.ORG



Barbara Taylor
Gymnastics
Director

For more information about Gymnastics, contact:
Barb Taylor
(507) 433-1804
btaylor@ymca-austin.org

We build strong kids, strong families, strong communities.



CLASS SESSION DATES

Fall I (T&Th)	Sept. 14 - Oct. 25	6 wks
Fall II (T&Th)	Oct. 26 - Dec. 13	6 wks
	No lessons Nov. 23 - 29	
Fall A (T or Th)	Sept. 14 - Dec. 13	12 wk
	No lessons Nov. 23 - 29	
Winter I (T&Th)*	Jan. 4 - Feb. 14	6 wks
Winter II (T&Th)*	Feb. 15 - March 28	6 wks
Winter A*	Jan. 4 - March 28	12 wks

* Winter Sessions are T/Th after school and Sat. classes, no evening classes for winter sessions.

Gymnastic Class Prices for All Fall/Winter Sessions		
Participant	Progressive, Movement Ed., & Tumbleweeds	Gym & Swim
Member	\$53	\$75
Prog. Participant	\$82	\$99

PRESCHOOL 3 - 6 YEAR OLDS

Movement Education

Experience the satisfaction of achieving new motor skills through the use of games and gymnastic movements.

T & Th 9:30 - 10:15 am
T or Th 9:30 - 10:15 am

Tumbleweeds

Gymnastics skills with use of all four pieces of equipment - balance beam, bars, vault, floor.

T & Th 3:45 - 4:30 pm or 6 - 6:45pm
T or Th 4:35 - 5:20 pm or 6:45 - 7:30 pm
Winter A T, Th 3:45 - 4:30 pm or 4:35 - 5:20 pm
Sat. 10 - 10:45 or 10:45 - 11:30 am

Gym & Swim

Gross motor skills and activities (40 min.) followed by swimming lessons (40 min.). Participants should come wearing a swim suit. Bring bag for clothes.

T & Th 9:30 - 11 am
T or Th 9:30 - 11 am
11 wks

PROGRESSIVE 7 & OLDER

Emphasis on progression of skill development, conditioning and flexibility.

Girls - Beginners, Advanced Beginners, Novice, Intermediate, Advanced.

Boys - Tumbling
6 wks: T& Th 3:45 - 4:30 pm
12 wks: T or Th 6:45 - 7:30 pm
Winter A: T, Th, Sat. 10 - 10:45 am

AHS GYMNASTICS AT THE YMCA

The Austin High School Home Varsity Gymnastic Meets will be hosted at the YMCA on the following dates at 6:30 pm:

- Saturday, December 5
- Thursday, December 10
- Tuesday, December 22
- Tuesday, January 26
- Saturday, January 30



GYMNASTICS TEAM

Evaluation & Placement—ALL LEVELS WELCOME! Contact the Gymnastic Director to set up an evaluation at 433-1804. Placement determined by age and skill level.

Pre-Teams for 5 - 7 year olds: (meet fees included)

Fire Flies & Dragon Flies

W, 6 - 7:30 pm
Cost Per Month: 1 day/wk - \$40

Lady Bug

T, Th, 4 - 5:30 pm
Cost Per Month: 2 days/wk - \$56

Competitive team for 8 years and older:

Team	Cost	Mon.	Tues.	Wed.	Thurs.	Fri.
Pre-Team	\$65/mo.	3:30-5:30 pm				5:30-7:30 pm
Black Team	\$90/mo.	4-7 pm		4-6 pm	5:30-7:30 pm	
Pink Team	\$102 / mo.	4-7 pm	5:30-7:30 pm	5:30-7:30 pm	5:30-7:30 pm	
Silver Team	\$90/mo.	3:30-6 pm		4-6 pm		3:30-6 pm
Green Team	\$90/mo.	4-7 pm		5:30-7:30 pm		3:30-6 pm

This price includes meet fees, excluding post season, State, & Nationals.

**SCHOLARSHIPS
AVAILABLE
FOR YMCA
PROGRAMS &
MEMBERSHIPS!**

AFTER SCHOOL PROGRAM

FREE 2 - 5th grade

Program fee is \$15 per session for 1st graders who are not members.

M - F, School Days - Grades 1 - 5, Time: 2:45 - 6:00

Bussing Available from schools to the YMCA (M - F). Must register at the YMCA for bus service. Bus Fee is \$50 per session for the every day bussing option or \$30 for two days or less after school bussing. Bus leaves directly from school to the YMCA.

- ▶ Activities include: Gym games, Kid's Gym, Game Room & Home work room. All areas are adult supervised!
- ▶ If registered for bussing in the After School Program, you are eligible to be bussed on 1/2 days to the YMCA. Offered 11/13, 1/29, 3/31, 6/3. \$13 for 1/2 day).



Session	Dates	Bus Days
Fall I	Sept. 8 -	Mon. - Fri.
Fall II	Oct. 19 -	Mon. - Fri.
Winter I	Dec. 7 -	Mon. - Fri.
Winter II	Jan. 25 -	Mon. - Fri.
Spring I	March 8 -	Mon. - Fri.
Spring II	April 19 -	Mon. - Fri.



**Ann Treuter
Preschool Director**

SNOW DAZE (SCHOOL AGE CHILD CARE)

When Austin Public Schools cancel due to inclement weather the Y offers an alternative for you! Snow Daze hours will be 6:30 am - 6 pm. This program will not be available when school is delayed 2 hrs. unless Austin Public Schools decides to cancel after the delay. In this case the Snow Daze program will open after the announcement has been made. We will not run Snow Daze if school has been cancelled in the middle of the school day. Participants should bring: lunch/beverage, 1 snack for afternoon, swim suit, towel and a smile!

Cost: \$23/child, \$18/2nd child. To speed up the check in process for that day, parents should stop in and fill out health information and return the forms in advance. Not necessary if your child participated in Summer Daze '09!

NO SCHOOL DAZE (SCHOOL AGE CHILD CARE)

Grades K - 6

Are your kids ready for something to do when school is out? Be ready to swim, play games, and much, much more!

Parents feel good knowing your child will be safe with us. We have trained staff at a ratio of 15 children to one adult. Be prepared to check your child in and out. **Parents, please sign up early (one week before class) as space is limited.** Boys and girls from K-6 grades are welcome to register and take part in our NO SCHOOL DAZE. All events will start and end at the YMCA. Questions or concerns contact the Youth Director at 433-1804.

Cost: \$25 per day, \$20 for 2nd child. (\$13 for 1/2 day)

Special weekly rates!

No School Days: 6:30 am - 6 pm

- October 15, 16 (\$50/2 days, \$45 for 2nd child)
- November 13 (1/2 day)
- November 23, 24, 25, 27 (\$90/wk, \$85/2nd child or regular daily rates)
- December 28, 29, 30 (\$70/3 days, \$65 2nd child or regular daily rates)
- January 29 (1/2 day)
- March 1 (full day), 31 (1/2 day)
- April 1, 2 (\$50/2 days, \$45/2nd child or regular daily rates)
- June 3 (1/2 day)

* Guaranteed to run with 3 or more children enrolled.



YMCA PRESCHOOL

We build strong kids, strong families, strong communities.

The YMCA Preschool is a state licensed program with certified instructors. Each week consists of a special theme with free play, art projects, science projects, group participation, and stories. A healthy snack is provided each day as well as a gym activity each week. This program puts emphasis on school readiness, as well as promoting the YMCA's Character Counts: respect, citizenship, responsibility, caring, trustworthiness, and fairness. Our goal is to provide meaningful experiences which will help your child develop physically, socially, emotionally and intellectually as well as building self esteem. We also help your child strive for self control, develop independence and imagination along with building skills for future learning. The preschool years from ages 3 through 5 are times of unlimited energy, exuberance and curiosity. We have created our preschool program with this in mind. For more information stop in or call the YMCA at 433-1804. Brochures available.

Registration for the '10 - '11 preschool year will be Saturday, March 6, 2010.

Need not be a YMCA member to enroll.

A \$25 registration fee is required for members and \$35 for program participants.



For more information about the YMCA Preschool, contact:

Ann Treuter
(507) 433-1804
atreuter@ymca-austin.org

We build strong kids, strong families, strong communities.



**SCHOLARSHIPS
AVAILABLE
FOR YMCA
PROGRAMS &
MEMBERSHIPS!**



Ruth Chamberlain
Youth Director

For more information about Child Care and Youth Sports, contact:
Ruth Chamberlain
(507) 433-1804
rchamberlain@ymca-austin.org

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FLAG FOOTBALL Registration begins Aug. 14

(CO-ED)
September 19 - October 22 5 wks

Grades 1 & 2 Instructional League
Tuesday & Thursday, 4:45 - 5:30 pm
Grades 3 & 4 League Games
Tuesday & Thursday, 5:45 - 6:45 pm



Cost: Members: \$34 Program Participants: \$44
* *Team picture is included.*

Pre-Season Kick-off Clinic for Grades 1-4.
Saturday, September 19, 10 - 11 am, with Austin High School Coach Hermann and the AHS Football Players at Wescott (Hass Stadium) Field. Practice and games at Riverland Community College.

YMCA Youth Sports Jersey needed for Flag Football and Youth Basketball.

You may purchase one at the YMCA for \$12.

Volunteer Coaches are always needed and appreciated! Please consider volunteering.

YOUTH BASKETBALL Registration begins Dec. 4

January 16 - February 25

Grades K - 5

Grades K & 1 Instructional League (Sat. morning)

Grades 2 & 3 League Games (T. & Th. eve.)

Grades 4 & 5 League Games (Boys) (T. & Th. eve.)

Grades 4 & 5 League Games (Girls) (T. & Th. eve.)

Cost: Members \$37, Program Participants \$47
* *Team picture is included.*

What: Preseason clinic & break into teams.

Where: YMCA of Austin

When: Sat., Jan. 16

With Coach Peterson, Coach Fadness and AHS players.

Girls, gr. 2 - 6: 8:30 - 9:45 am, Boys gr. 2 - 5: 9:45 - 11 am, Coed K - 1: 11 am - 12:15 pm.

VOLLEYBALL CAMP 2009 - SAT., DEC. 12, 2009

GIRLS GRADES 3 - 5

- ▶ Camp at YMCA with Austin High School Coach Darica Schneider & AHS Players.
- ▶ 10:30 am - Noon
- ▶ Cost: \$20, T-shirt included.
- ▶ Register before Dec. 1.



KIDS GYM

Supervised Hours

Sept. 8 - June 2:

Mon - Fri. 5:15 - 6:00 pm

Saturday & Sunday 2 - 5 pm

Grades 2 - 6

Included with \$1 Youth membership!

AUSTIN JAYCEES/YMCA SUPERSHOTS SHOOT-OUT

Where: YMCA—704 1st Dr. NW

When: Feb. 13, 2009, 12:30-2:30 pm

Who: 4th - 9th Grade Boys and Girls

Cost: FREE

Watch for fliers around Austin businesses, Austin Public Schools, and Austin Catholic Schools.



CHEERLEADING CAMP

GRADES K - 6

- ▶ Clinic, Saturday, Sept. 12, 10:30 - noon at Wescott Field with Austin High Cheerleading coach Jennifer Sims & cheerleaders.

Program includes t-shirt and cheering at half-time during the Sept. 18 AHS football game!
Cost: \$26 for Members, \$36 for Prog. Participants.

Register at the YMCA before September 9.

FAMILY FUN NIGHTS

TIME: 6 - 7:45 PM

ONE FRIDAY & ONE SATURDAY PER MONTH!

Enjoy a fun filled time where there will be Jungle Gym, Kid's Gym, Family Swimming with Rocket the Giant Inflatable, seasonal crafts, light meal and treats. Come to the Y and have a great time as a family - choose one activity or do them all. Family Fun Night is open to all families - free for member families, \$15 for non-member families.

Fri.: Sept. 4, Oct. 2, Nov. 6, Dec. 4, Jan. 8, Feb. 5, March 5, April 2, May 7

Sat.: Sept. 19, Oct. 17, Nov. 21, Dec. 19, Jan. 23, Feb. 20, March 20, April 17, May 22

LITTLE PRINCESS BALL

FEB. 12, 2010

6:30 - 8:30 PM

Join us for the 4th Annual Little Princess Ball! A YMCA sponsored Father/Daughter Dinner & Dance at the Holiday Inn.

Cost: Member Fee: \$30 per couple (Father/Daughter), \$14 for each additional daughter.

Participant Fee: \$50 per couple, \$18 for each additional daughter.

Tickets go on sale for YMCA members beginning Jan. 5, 2010. Participant registration begins Jan. 19, 2010, at the YMCA Reception Desk. Limited number of tickets available!

HANDY HANK NIGHT

3rd Annual Father/Son Evening at the YMCA!

Friday, March 12, 2010, 6 - 7:45 pm

Pizza, Soda, Treats ... FUN!

Cost: Member Fee: \$20 per couple (father/son) \$8 for each additional son.

Participant Fee: \$40 per couple, \$10 for each additional son.



PARENTS NIGHT OUT

A hit last year - for ages 3 to 12 years, bring a sack dinner. We will provide a healthy evening snack. Themed nights with crafts, games, Kids Gym nighttime story. A safe structured environment to leave your children for a "grown-up" date night.

Sat., Oct. 10, 5 to 8 pm

Fri., Dec. 11, 5:30 to 8 pm

Sat., Feb. 13, 5 to 8 pm

Fri., Apr. 23, 5:30 to 8 pm

Cost: Members: \$6, \$3 additional child

Program Participants: \$7.50, \$3.75 for additional child

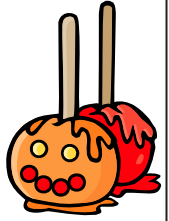


HALLOWEEN FAMILY FUN NIGHT

SUNDAY OCT. 25, 6 - 7:45 PM

Open to all families!

Everyone is welcome to our annual celebration "Halloween at the Y". Crafts, eerie eats, games prizes, Halloween Maze, door prize drawing at the end of the evening and a bag of treats. A night of safe fun. FREE to MEMBER FAMILIES and just \$15 for non-member families.



BIRTHDAY AT THE YMCA!

Private Party Room, KidsGym, Jungle Gym, & Swimming Pool!

Birthday Party Cost:

Member Fee - \$65

Participant Fee - \$80



Book Early ... Call the YMCA at 433-1804 for available dates and times.

FAMILY TIME AT THE Y

Every Friday & Saturday night from 6 - 8 pm is a great time for the family to enjoy swimming, basketball, wally-ball and more! FREE to Family Members.

HOME SCHOOL PHY-ED

For more information, contact the Fitness Director at the Y at 433-1804.

TEEN DANCES

Area 6th, 7th, and 8th graders may join the fun! Imagery Sound provides great sound, lighting and music from 7 - 9 pm. A lock-in policy is enforced. Please use the one-way on the north side of the Y for dropping off and picking up your dancer. Cost: \$5.

Dance Dates: Sept. 25, Oct. 23, Nov. 20, Dec. 18, Jan. 15, Feb. 19, Mar. 19, Apr. 16, May 16.

School ID is Required!

KID'S KOVE (BABYSITTING) - 6 WEEKS TO 8 YRS

The YMCA offers babysitting for your convenience while using the YMCA facilities. Punch cards are available at the reception desk .

Hours: Sept. 4 - June 4

M - F 8:30 am - 1:30 pm & 3:30 - 8 pm

*Friday - Closes at 7 pm

Saturday 8:30 - 11:30 am

Cost per 1½ hours

1 child - \$2 2 children - \$3 3 children - \$4

**ONLINE
REGISTRATION
FOR YOUTH
FITNESS !**

WWW.YMCA-AUSTIN.ORG

**A.O.A.
ACTIVITIES FREE
WITH YMCA
MEMBERSHIP!**



Kristi Stasi
Fitness Director

For more
information about
Fitness, contact:

Kristi Stasi
(507) 433-1804

kstasi@ymca-austin.org

We build strong
kids, strong
families, strong
communities.



YOUTH FITNESS

Monday, 3:45 - 4:15 pm

Ages: Grades 2 - 7

Cost: \$15

Fall I Sept. 14 - Oct. 25, 6 wks

Fall II Oct. 26 - Dec. 13, 6 wks (no class 11/23-11/29)

Winter I Jan. 4 - Feb. 14, 6 wks

Winter II Feb. 15 - Mar. 28, 6 wks

A fun fitness class for kid's encouraging them to be active! Classes will incorporate games, obstacle courses, circuit training, yoga, and more!

REQUIRES A
MINIMUM OF 5
PARTICIPANTS.



PRESCHOOL FITNESS

Ages 3 - 6 years old (limit 12)

Fri. @ 11:05 am - 11:35 am

Cost: Member \$12, Program Participant \$17

Fall I Sept. 14 - Oct. 25, 6 wks

Fall II Oct. 26 - Dec. 13, 6 wks (no class 11/23-11/29)

Winter I Jan. 4 - Feb. 14, 6 wks

Winter II Feb. 15 - Mar. 28, 6 wks

Need not be a YMCA Preschool student to participate.

REQUIRES A
MINIMUM OF 5
PARTICIPANTS.

OLDER ADULTS

We build strong kids, strong families, strong communities.

A.O.A. LAND FITNESS

Monday - Friday, 8 - 9 am

This class begins with a warm - up, followed by 20 minutes of activity (read below), and finishes with muscle strengthening exercises and stretching exercises.

Monday	Step or Walking
Tuesday	Cycling or Walking
Wednesday	Walking Club All Year Around!
Thursday	Body Sculpt
Friday	Back & Abdominal or Walking

**BATTLE THE HOLIDAY BULGE BOOT CAMP
NOV. 16 - DEC. 21 (NO CLASS NOV. 27)**

**RESOLUTION SOLUTION BOOT CAMP
JAN. 11 - FEB. 12**



If you are looking for a way to jump start your workout, break through a fitness plateau, beat the holiday bulge, or need motivation to keep yourself pushing, then this is the program for you! This program is geared towards ALL fitness levels. Class will be formatted in a non-competitive way. The "Battle the Holiday Bulge" Boot camp is a 15 session results oriented workout. Progress will be documented to show you results. Two instructors will motivate you to push your limits, increase your strength and endurance, and help you achieve your fitness goals.

M, W, F, 6 am to 7 am

Cost: Y member is \$35, Program Participant: \$80

ADULT BALLROOM DANCING

Instructor will teach the Waltz, Quickstep, and Swing!

Beginning Ballroom Dance:

Monday, 6:30 - 7:30 pm

Multi-Purpose Room

Limit 8 couples per class,
minimum of 4 couples.

Cost: \$30 member couples

\$45 1member/1 non-member

Fall I Sept. 14 - Oct. 25, 6 wks

Fall II Oct. 26 - Dec. 13, 6 wks

Winter I Jan. 4 - Feb. 14, 6 wks

Winter II Feb. 15 - Mar. 28, 6 wks



STRENGTH TRAINING

People of all ages reap the benefits of weight lifting. If interested, call the Fitness Director at 433-1804 for an orientation. Doctor's approval is required.

A.O.A. WATER EXERCISE

A water exercise class that emphasizes flexibility , enhances cardio-respiratory fitness and soothes joint and muscle pain. Class is held in shallow water. You do not need to know how to swim.

M - F 7:45 - 8:35 am

A.O.A. WALKING CLUB ALL YEAR!

The A.O.A. Walking Club meets every Wednesday at 8 am in the Y lobby before venturing outdoors. A good work-out and fun fellowship is had by all!

GYM SCHEDULE

Monday - Friday	
11 am - 1:30 pm	Adult Noon Basketball
2:45 pm - 5:30 pm	Grades 2 - 5, After School Program <i>Free to Youth Members!</i>
5:30 pm - Closing	Grades 6 - 12, Adults
Fri only 6:00 pm - 8 pm	Family Time
Saturday	
7:30 am - 8 pm	Open (6 - 8 pm Family Time)
Jan. 10 - Feb. 21 *8:30 am - 12:30 pm	Grades K - 6 Youth Basketball
Sunday	
Noon - 6 pm	Open

** Gym Schedule subject to change during basketball season.

ADULT BASKETBALL

Each weekday at the YMCA, there are "pick-up" basketball games for adults from noon - 1:30 pm in the Wood Gym.

Men's basketball league, Sunday evenings, coming this winter... watch for more information!



MEN'S INDOOR SOCCER LEAGUE

Sunday evenings, starting in October. Watch for registration flyer.

8TH ANNUAL WINTER "Y" TRIATHLON

20 minutes running/walking, 40 minutes spinning & 20 minutes swimming/aqua jogging!

Cost: \$20, includes event, food & t-shirt.

Watch for date and registration details to be posted. Sign up early as space is limited.



WELLNESS CENTER

A comprehensive workout for men and women 14 years and older to improve muscular strength, endurance and cardiovascular condition. The Wellness Center includes treadmills, Cybex resistance machines, free weights, step machines, precors, cross country ski machine, exercise bikes, and cable TV viewing.

* Cybex Orientations required for youth ages 14-17 and recommended for all members.

FITNESS EVALUATIONS

YMCA members can schedule individual consultations for a FREE fitness evaluation which assesses body composition, cardiovascular fitness, muscular strength & endurance and flexibility. Periodic blood pressure checks also available. Call the Fitness Director at 433-1804 to schedule an appointment.

FITNESS BY DESIGN

Fitness by Design is a program designed to help establish appropriate fitness goals. This one-on-one consultation addresses how to achieve and maintain a balanced exercise program. Other areas included in the Fitness by Design are basic fitness components, zone intensity, and strength training. Call the Fitness Director at 433-1804 to schedule an appointment. Free to members 18 and older.

WELLNESS CENTER ORIENTATIONS

Orientations are provided to help members learn proper form and technique using either, Cybex machines or free weights. Orientation also includes introduction to cardio equipment. Orientations are recommended for all members and required for youth members ages 14-17. Stop by the reception desk to schedule your free appointment.

12 WEEK PERSONALIZED FITNESS PROGRAM

This is a step-by-step exercise program recommended for those who have never taken part in a regular exercise program or are looking for a slower progression into all components of fitness. During the 12 weeks, you will be introduced and progress through the cardiovascular, strength, and flexibility components of fitness. Call the Fitness Director @ 433-1804 for more information.

Cost: \$20, complete all 4 visits and receive a \$10 credit towards your membership.

GET FIT/BE FIT CHALLENGE

Co-sponsored by the United Way and the YMCA, the challenge is an attempt to motivate people off their sofas and away from televisions and computers. Sign-up in teams of 4 to 8 individuals and earn points for exercising, losing weight and eating healthier. Take the Get Fit/Be Fit Challenge, Jan. 14 - Apr. 22, and choose to live a healthier lifestyle. The Get Fit 2010 registration date is Dec. 28 through Jan. 7. Register at the YMCA.

Fee: \$10



SCHOLARSHIPS AVAILABLE FOR YMCA PROGRAMS & MEMBERSHIPS!

Fitness schedules will be available at the Reception Desk. Class schedules are subject to change, so if you are new to a class be sure to call the Y to confirm times. A 5-minute window has been implemented into the schedule to allow for setup and breakdown of aerobic equipment between classes.

A.O.A.

This class includes a warm-up, muscle strengthening exercises, 20 minutes of activity, and stretching exercises.

AEROBIC BLAST

Fun and easy-to-follow sequences incorporating marching, grapevines, knee lifts, and lots of moving!

AWESOME ABS

This express class designed to attack the abdominal and lower back muscles. Come to class warmed up.

BODY SCULPT

A muscle conditioning class that provides a balanced total body workout.

BOOT CAMP

A fun workout that incorporates obstacle courses, stations and circuits. This workout will give you variety while conditioning cardiovascular, strength, and working on your power and agility.

CORE CONDITIONING

This express class concentrates on the core muscles of the body. Strengthening the abs and their opposing muscles as well as stabilizing them. Come to class warmed up.

CYCLEBOX

The ultimate cardio workout hitting both upper and lower body by alternating intervals of cycling and boxing.

CYCLING

An indoor cycling workout incorporating visual imagery, verbal cues, and Energy Zones that take you to a new level in your cycling. All fitness levels welcome, remember to work at your own level. You can reserve your spot for class up to 3 days before scheduled time.

FITNESSYOGA

A total mind-body workout featuring cardiovascular conditioning, functional strength, flexibility, muscle balancing, and relaxation. Each workout is a special sequence of poses to warm up, work, and relax for any level of participant.

KICKBOXING

A class utilizing boxing gloves and boxing bags that gives a great cardiovascular and muscle conditioning workout.

PILATES MIX

A mind body connection/awareness practice and total body conditioning workout to help improve posture, balance, strength, flexibility, breathing and "core" strength. This class incorporates the use of various exercise equipment.

PIYO

A fusion style flexibility workout blending Yoga, Pilates, and strength in a flowing sequence. No equipment used.

PIYO SCULPT

A fusion style flexibility workout blending Yoga, Pilates, and strength training in a flowing sequence to improve muscular strength and endurance with the safe use of resistance equipment.

STEP & SCULPT

Step up and down to a variety of moves. Muscle conditioning is added along with this class.

YOGA SCULPT

Combines yoga and strength training together in one workout to improve muscular strength and endurance with the safe use of resistance equipment. This class will enhance weight loss and muscular toning.

ZUMBA

A fun Latin Dance-inspired workout with easy to follow steps that let you move to the beat naturally, even if you have two left feet. Zumba brings together Salsa, Merengue, Samba, Raggaton, African Beats, and Cumbia, and even Funk.

We build strong kids, strong families, strong communities.



**SCHOLARSHIPS
AVAILABLE
FOR YMCA
PROGRAMS &
MEMBERSHIPS!**

**ONLINE
REGISTRATION
FOR AQUATIC
CLASSES!**

WWW.YMCA-AUSTIN.ORG



**Cindy Bowe
Aquatic Director**

For more information about Aquatics, contact:
Cindy Bowe
(507) 433-1804
cbowe@ymca-austin.org

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WATER FITNESS

This low to high intensity water exercise class conditions the heart and lungs, and strengthens muscles. The class is held in shallow water, but can be done in deep water, too.

M, W, F, 9:25 - 10:15 am

T, Th, 6:00 - 6:50 pm

DEEP WATER FITNESS

A medium level intensity class that strengthens and tones muscles while improving cardiovascular endurance. Belts are worn for buoyancy and comfort. Strong swimming skills are not necessary.

M, T, Th, F, 8:35 - 9:25 am



LIFEGUARD TRAINING

If you like to swim and work with people, this is for you. This American Red Cross class helps prepare you to work in many different aquatic environments, with all different types of people and gives you skills necessary to save someone's life. You must be 15 years old by Dec. 30, the last date of the class.

Dates: Dec. 28, 29, 30, 8 am to 5 pm

Pretest: Dec. 28, 8 to 9 am

Cost: \$150 for members, \$200 for non-members

Pre requisites: Swim 300 yds. non-stop, 100 yard front crawl face in the water with rotary breathing, 100 yard breast stroke with face in the water rotary breathing & 100 yard combined. Any questions contact the Aquatic Director at 433-1804.

LAP SWIM

M - F	5:15 - 7:45 am	Sat.	7:45 - 9 am
M - F	11 - 1 pm	Sat.	11:15 - 1 pm
M - F	5 - 6 pm	Sat.	5 - 6 pm

PRIVATE SWIM LESSONS

Youth & Adults, who would like one on one instruction with all ability levels, half hour private lessons are for you! Ages 6 & up.

Contact the Aquatic Director before registering for Private Lessons.

Cost:	Mem.	Non Mem.
1 lesson	\$25	\$50
4 lessons	\$80	\$160
8 lessons	\$150	\$300



STROKE CLINIC

Interested in improving your swimming technique? Are you wondering what swim team is like, but you don't want to make a five month commitment? Try the YMCA's three week stroke clinic. Aqua Pack Swim Team coaches will work on improving four competitive stroke techniques: freestyle, backstroke, breast stroke, and butterfly. The clinic will be organized very similar to our swim team and is a great way to see if you would enjoy the swim team. Participants must be 5 years old and be able to swim one length (25 yards) of the pool.

September 14 - October 1

M, W, F 3:30 - 4:10 pm 10 and under
4:10 - 5pm 11 and older

Cost: Members \$42, Program Participants \$84



SCHOLARSHIPS

AVAILABLE FOR YMCA PROGRAMS & MEMBERSHIPS!

ONLINE REGISTRATION FOR SWIM CLASSES!

WWW.YMCA-AUSTIN.ORG

We build strong kids, strong families, strong communities.



SWIM CLASS DESCRIPTIONS

Aquatykes - Ages 6 mo. - 3 years

This is a parent/child class which helps acquaint very young children with the joys of water. Throughout the progression of Aquatyke classes, the instructor slowly begins working more individually with parents on skills to help ready their child for preschool classes without them.

Cost: Same as Preschool Lessons

It is important to us to place your child in the appropriate level. If your child has never participated in or has been out of the Y Swim Lessons for 6 months, please call the Aquatic Director to schedule an evaluation prior to registration. The evaluation of swimmers takes approximately five minutes.

YMCA PRESCHOOL LESSONS 3 - 5 YEARS 6:1

Cost: Y Member - \$30, Program Participant - \$60

Pike - This level helps children develop safe pool behavior, adjust to the water, and develop independent movement through stroke and kicking skills, pool safety, and comfort while putting their faces in the water while doing other skills.

Eel - This advanced beginner level is for children who are comfortable in the water. They are taught to flutter kick, dive, float and front crawl. Children can swim across the pool without any assistance by the end of the session.

Ray - At this level children review and improve previous skills, build endurance, learn to tread water and perform more progressive diving skills. Children can swim across the pool on their front and back without assistance by the end of this level.

Starfish - Children at this level review previously learned skills, refine their strokes and floating skills along with learning to swim under-water.



YMCA PROGRESSIVE LESSONS 6 YRS. & UP 10:1

Cost: Y Member - \$42, Program Participant - \$84

Poliwog - This is the beginning level for school age children which acquaints them with the pool, flotation devices, & floating. By the end of this level, they should know the different paddle strokes, some synchronized swimming & wetball (the lead up game to water polo). Compares to Red Cross level 1 & 2.

Guppy - Children continue to practice & build upon basic skills without the aid of flotation devices. They are introduced to lead-up strokes to all strokes. More synchronized swimming and wetball skills are taught, as well as some diving skills. Compares to Red Cross level 3

Minnow - This is the initial intermediate level, the children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. They learn still more synchronized swimming, wetball, & diving skills. Compares to Red Cross level 4.

Fish - At this point, students work to perform the front crawl, elementary backstroke, back crawl, breaststroke, & sidestroke. Introduction to mask & fins are taught. Compares to Red Cross level 5.

Flying Fish - At this advanced level, students work on refining their strokes, increasing their endurance perform combinations of synchronized swimming, dive off a starting block, develop better wetball playing skills & are introduced to the use of snorkels.

Shark - The students at this level continue to improve their strokes, with starts & turns, learn the inverted breaststroke, & the over-arm sidestroke. Students continue to learn synchronized swimming, wetball & skin diving skills. Compares to Red Cross level 6.

Porpoise - At this final level, students are exposed to a wide range of aquatic experiences. In class these advanced swimmers learn new strokes & rescue skills, as well as develop leadership skills through volun-

Adult Lessons - Arranged as private lessons. Skills taught based on the ability level of the adult. See Private Lessons for costs.





SWIM LESSONS

We build strong kids, strong families, strong communities.

Cost: 45 minutes school age:\$42 mem.,\$84 non mem;30 minute preschool classes: \$30 mem. \$60 non-mem.

SESSION DATES FALL I & WINTER I

2 times per week in the afternoon or evenings

Fall I Sept. 14 - Oct. 25 6 wks

Winter I Jan. 4 - Feb. 14 6 wks

Class Times For Fall I & Winter I		
M & W	5:00 - 5:30 pm	Pike
	5:15 - 6:00 pm	Polliwog
	5:30 - 6:15 pm	Fish/Flying Fish/Shark
	6:00 - 6:30 pm	Aquatyke
	6:00 - 6:45 pm	Guppy/Minnow
	6:15 - 6:45 pm	Eel
T & Th	3:30 - 4:00 pm	Pike, Eel
	3:30 - 4:15 pm	Polliwog
	4:00 - 4:30 pm	Pike, Ray/Starfish
	4:15 - 5:00 pm	Guppy/Minnow
	4:30 - 5:00 pm	Pike, Eel
	5:15 - 6:00 pm	Guppy/Minnow
	5:15 - 6:00 pm	Fish/Flying Fish/Shark
	6:00 - 6:30 pm	Aquatykes, Pike
	6:00 - 6:45	Polliwog

SESSION DATES FALL II & WINTER II

2 times per week in the afternoon or evenings

Fall II Oct. 26 - Dec. 13 6 wks (no cl. 11/23-11/29)

Winter II Feb. 15 - March 28 6 wks

Class Times For Fall II & Winter II		
M & W	5:15 - 6:00 pm	Fish/Flying Fish/Shark
	5:15 - 6:00 pm	Guppy Minnow
	6:00 - 6:30 pm	Aquatyke, Pike
	6:00 - 6:45 pm	Polliwog
T & Th	3:30 - 4:00 pm	Pike
	3:30 - 4:15 pm	Polliwog, Guppy/Minnow
	4:00 - 4:30 pm	Eel/Ray
	4:15 - 5:00 pm	Fish/Flying Fish/Shark, Guppy/Minnow
	4:30 - 5:00 pm	Pike
	5:00 - 5:30 pm	Pike
	5:00 - 6:00 pm	Flying Fish/Shark/Porpoise
	5:30 - 6:15 pm	Polliwog
	6:00 - 6:30 pm	Pike, Aquatykes
	6:15 - 6:45 pm	Eel/Ray

SESSION DATES FALL A & WINTER A

Fall A Sept. 14 - Dec. 13 6 wks (no class 11/23-11/29)

Sunday Classes Fall - Sept. 13 - Dec. 6 (no class Nov. 29)

Winter A Jan. 4 - March 28 6 wks

Sunday Classes Winter - Jan. 10 - March 28

Class Times For Fall A & Winter A		
Sat.	9:00-9:30	Pike
	9:00-9:45	Polliwog
	9:30-10:00	Eel/Ray
	9:45-10:30	Guppy/Minnow
	10:00-10:30	Pike/Eel
	10:30-11:15	Polliwog, Fish/Flying Fish/Shark
Sun.	3:15-3:45	Pike
	3:15-4:00	Polliwog
	3:45-4:15	Eel/Ray
	4:00-4:45	Guppy/Minnow
	4:15-4:45	Pike
	4:45-5:30	Polliwog, Fish/FlyFish



PRESCHOOL SWIM LESSONS

Offered to those in the YMCA Preschool Program. Class size is limited and classes are offered either one time/week or two times/week, during the following times and sessions:

- 1 time per wk cost: \$15
- 2 times per wk cost: \$30
- Participant fees: \$30 \$60

If not filled, classes will be open to the public 48 hours before class begins.

Fall II (Oct. 26 - Dec. 13)	
Winter I (Jan. 4 - Feb. 14)	
Winter II (Feb. 15 - March 28)	
M/W	11:20 am - 11:50 am
TH	11:10 am - 11:40
M/W	2:40 pm - 3:10 pm
TH	2:20 pm - 2:50 pm

Ages 5 and older are invited to become members of the Aqua Pack Swim Team. Emphasis is placed on participation, individual improvement, and FUN! We will be offering afternoon and evening practices to accommodate times for families with busy schedules. You must be able to swim one length (25 yards) of the pool without stopping.

Informational Parent Meeting:

Monday, Sept. 28 at 6 pm
 New Parents & Returning Parents
 Receive handbook, order suits, receive the schedule & meet the coaches.



Practice Times: Begin October 6th		
M, W	3:00 - 4:00 pm	9 and under
	4:00 - 5:00 pm	10 and up
	3:30 - 5:00 pm	12 and up w/ Coach's
T, Th	6:45 - 7:45 pm	All team practice
F	3:30 - 5:00 pm	All team practice

Cost: \$160 for Full Season (Oct. 5 - Feb. 14). Meet fees for Sectionals & State are included. Reduced rates for middle school & high school swimmers! Multi-family discounts: \$160 for first swimmer, \$150 for second, \$140 for third. 1/2 hour private lesson with coach is \$15 per session. More details at parent meeting.

SIGHT FOR STUDENTS 

Children who are in need of eye-care services may qualify for free exams & glasses if they contact the YMCA. This program assists families who earn up to 200% of the poverty level but are not eligible for government programs or able to obtain insurance. Contact the YMCA & ask for the Member Services Director. Sponsored by the YMCA & Vision Service Plan .

MOWER COUNTY MENTORING

Registered mentors with the Mower County Mentoring Program can accompany their mentee to the YMCA free of charge. This gives them the opportunity to spend quality time together as they enjoy the various activities at the YMCA. The mentee is required to have a \$1.00 Youth Membership and the mentors need to identify themselves at the Reception Desk as they enter the facility.

ANNUAL SUPPORT CAMPAIGN

The YMCA believes that our future depends on the strength of our children and that's why it provides programs that help build assets in youth. Contributions are received each year from members, program participants and concerned citizens to provide program support and membership assistance to area families in need. Please help make this possible by contributing a tax-deductible donation to the YMCA; knowing that every dollar you give stays right here in our community. Last year these funds provided 265 low-income families with beneficial Y programs and membership services plus subsidy support was provided for the Y's After School Program, Licensed Preschool and the Annual \$1.00 Youth Membership Program.

ACTIVATE AMERICA

We encourage you to participate during this week of Sept. 19 - 26 so that steps and step equivalents from the YMCA of Austin and community of Austin, MN, are counted in the national step total. There will be two ways to track your steps during America on the Move Week: 1) Online at www.ymca.net 2) By tracking your steps on a step tracking form provided by the YMCA.





YMCA OF AUSTIN

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CHARACTER COUNTS

YMCA programs create teachable moments to promote the positive values of Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.



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