



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

2017 Winter Program Guide



YMCA of Austin
704 1st Drive NW | 507.433.1804
www.ymca-austin.org



WELCOME



Here at the YMCA of Austin, we believe that everyone has the potential to reach their own personal best, no matter what. Whether you want to learn to swim for the first time, drop some extra weight, play pick-up basketball with your kids or simply make new friends, we truly have something for everyone. Come on in and see what we can offer you!

JOINING IS EASY »»»

Stop by for a free tour or call 507.433.1804 to learn more. We'll help you get started today!

FACILITY HOURS

Sept. 6, 2016 - May 21, 2017
Mon.- Thurs.: 4:45am-10:00pm
Friday: 4:45am-9:00pm
Saturday: 7:00am-9:00pm
Sunday: 12:00 - 6:00pm

May 22 - Sept. 4, 2017
Mon.- Fri.: 4:45am-9:00pm
Saturday: 7:00am-3:00pm
Sunday: CLOSED



2	Fall Hours
3	Chronic Disease Prevention
4	September Activities
5	October Activities
6	November Activities
7	December Activities
8	Group Fitness
8	Adult Sports
9	Fitness Plans
9	Active Older Adults
10-11	Membership
12	Swimming Lessons
13	Specialty Aquatics
14	Competitive Gymnastics
14	Children's Gymnastics
15	Gymnastics Lessons
16	Preschool
17	Afterschool/No School Care
17	Summer Daze
18	Birthday Parties
18	Building Rentals
19	Youth Areas / Kids Kove
20	Personal Training

Healthy Weight and Your Child

PROGRAM OVERVIEW

Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained Leaders over twenty-five, two-hour sessions during the yearlong program.

WHY FAMILY-BASED?

Evidence shows that child weight management programs are more effective when the whole family is involved and committed to adopting healthier habits.

TO QUALIFY, A CHILD MUST:

- Be 7-13 years old
- Carry excess body weight
- Receive medical clearance to participate in physical activity
- Have an adult attend ALL sessions with them

LEARN MORE

Ask when our next class begins, call 507-433-1804 to speak with Jill Wagner, Program Coordinator.

Learn more about our program, qualifying and cost/scholarships.

YMCA's Diabetes Prevention Program

Our purpose is to empower adults at risk of developing diabetes with lasting lifestyle changes that will improve their health and reduce their chance of developing Type 2 diabetes. Participants need not be YMCA members.

Ask when our next class is beginning! Cost is \$429.

Monthly payment option is available, as is financial aid for those who qualify.

2017 PROGRAM DETAILS

- » Small group setting meets for 16 weekly sessions phasing to monthly sessions. (Class length is 1 year.)
- » Learn healthier eating habits.
- » Learn to incorporate moderate physical activity in your daily life.
- » Group setting holds you accountable and lends support.



Contact Jill Wagner, Program Coordinator, about our program, qualifying and cost/scholarships. 507-433-1804 | jwagner@ymca-austin.org

YOUTH & FAMILY EVENTS

February

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

FEB. DATES TO KNOW

- 5 Super Bowl
- 8 Early Release Child Care

Tiny Tikes Sports Age 3-6 yrs

Feb. 6 - 27

Mondays | 5:30 - 6:15 p.m.

\$20 Member | \$40 Non-Member

Your toddler will burn plenty of energy and have fun, too, in our Tiny Tikes Sports class. Youth learn the basics of soccer, basketball and blastball.



Family Fun Night Scavenger Hunt

FREE! Family Event

Fri., Feb. 10 | 6 - 8:30 p.m.

FREE to Member Families

\$20 Non-Member Families

Bring on the family fun by exploring the Y on your quest for treasure! Light meal available.



Parents Night Out Age 6 wks - 12 yrs

Sat., Feb. 11 | 5 - 9 p.m.

\$10 Member Child

\$7 Additional Member Child

Treat yourself to an evening out while your kids enjoy games, themed crafts and story-time in a safe and healthy environment. Kids need to bring a sack lunch and the Y will provide a snack. Pre-registration is required. Open to those with Family Memberships.



Nerf Night Age 4-10 yrs

Friday, Feb. 3 | 6 - 7:30 p.m.

\$20 Member Pair | \$30 Member Family Max

\$40 Non-Member Pair

Join other guardian/child pairs in this fun night of Nerf battles! A snack and drinks will be provided. You may bring your own Nerf toys and the Y will provide them.



Flight Night Age 6+ yrs

Fri., Feb. 17 | 6:15 - 9 p.m.

Pre-Reg.: \$10 Member | \$17 Non-Member

Day of Reg.: \$20 | \$27 Non-Member

Supervised evening of gymnastics, games and light meal. No gymnastic experience required. Limited availability. Registration closes when full. Pre-registration encouraged.



Make A Wave Swim **FREE!** Family Event

Mon-Fri | 6:45-8:45 p.m.

Sat. | 4 - 8:45 p.m.

Enjoy toys/floaties in the shallow end of the pool, please bring your own.



Winter Y Triathlon

FREE! Fitness Event

Sun., Feb. 19 | 12 noon

Challenge yourself with this triathlon. Run/walk for 20m, indoor cycle for 40m and swim/aqua-jog for 20m. Space is limited. Registration required.



YOUTH & FAMILY EVENTS

March

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Family Fun Night Inflatable Night

FREE! Family Event

Sat., Mar. 4 6 - 8:30 p.m.
FREE to Member Families
\$20 Non-Member Families



Bounce house and inflatables make this a hoppin' family party!
Light meal available.

Tiny Tikes Sports

Age 3-6 yrs

March 7 - 28

Tuesdays | 5:30 - 6:15 p.m.
\$20 Member | \$40 Non-Member



Your toddler will burn plenty of energy and have fun, too, in our Tiny Tikes Sports class. Youth learn the basics of soccer, basketball and blastball.

Healthy Kids Day

FREE! Family Event

Mar. 25 | 9:30 - 11 a.m.



You are invited to make a "Play Date" for your family at the Y! Healthy Kids Day brings families together to engage in active play and learn healthy habits. Activities include bounce house, giveaways, food & fitness fun!

MAR. DATES TO KNOW

- 4 '16-'17 Preschool Reg. Open
- 8 Early Release Child Care
- 13-17 No School Child Care
- 13-19 No Swimming/Gymnastics
- 20 Preschool Swim Lessons Start
- 25 No Group Fitness Classes
- 25 Summer Daze Reg. Open
- 25 No Swim/Gymnastics Lessons
- 31 Early Release Child Care

Flight Night

Age 6+ yrs

Fri., Mar. 31 | 6:15 - 9 p.m.

Pre-Reg.: \$10 Member | \$17 Non-Member
Day of Reg.: \$20 | \$27 Non-Member



Supervised evening of gymnastics, games and light meal. No gymnastic experience required. Limited availability. Pre-registration encouraged.



» A family enjoys the reading room during Healthy Kids Day 2016.



ACHIEVING TOGETHER

Group Fitness

FREE! Each week we have 70 free group fitness classes to shake up your routine and make you move! Our certified instructors help motivate and encourage you along the way. Our classes are convenient and designed for all fitness levels. The Y provides all equipment for classes.

Open Swim

FREE! Our six-lane, 25 yard swimming pool is available for lap and open swim. Toys and flotation devices may be used during toddler time and on Family Fun Nights. A one-mile swim is 35.2 laps.

Group Fitness and Pool Schedules:

Find them online at www.ymca-austin.org or at the Front Desk.



Step Class Swimming Pool TRX Class

Pick-Up Basketball | Age 16+

FREE! Mon., Wed., & Fri.: 11:30-1 p.m.

Pickleball | Age 14+

FREE! Mon., Wed., & Fri.: 11:30 - 1 p.m.

Pick-Up Soccer | Age 9+

FREE! Monday-Friday: 5-5:45 p.m.

Pick-Up Basketball | Age 9+

FREE! Monday-Friday: 7:45-9 p.m.

Ping Pong | Age 14+

FREE! Monday-Friday: 7-9 p.m.

Members interested in participating in pick-up basketball, soccer, pickleball or ping pong are encouraged to show up during the designated times ready to play!

Tennis/Pickleball Court Rental

Available for use by members for a small fee, call the Y at 507.433.1804 to check availability, reserve a court or discuss permanent court time pricing for fall or winter.

Weekday | Adult

5 a.m. - 5 p.m.: **FREE!**
5 - 9 p.m.: \$10/hr.
5 - 9 p.m.: \$14/1.5 hrs.

Weekday | Youth

5 a.m. - 5 p.m.: **FREE!**
5 - 9 p.m.: \$5/hr.
5 - 9 p.m.: \$7/1.5 hrs.

Weekend | **FREE!**

Adult & Youth



Basketball Tennis Court Pickleball

FITNESS PLANS

FREE! Wellness Consultations

Take the first step toward reaching your personal goals: Meet with one of our Personal Trainers for a Wellness Consultation. This complimentary meeting will identify goals, limitations and help you develop a plan that meets your unique needs. We can guide you in water-based exercises, machine-based exercises, group fitness and sports-specific training. **Ask at the Front Desk today!**

FREE! Equipment & Group Fitness Orientations

Orientations are provided to help members learn about all of our fitness areas as well as how to use machines and what to expect in Group Fitness Classes.

FREE! Individual Fitstart Plan

Ready for a change, but don't know where to start? Sit down with Fitness Director Kristi Stasi to talk about establishing attainable fitness goals. This one-on-one consultation addresses how to achieve and maintain a balanced exercise program. You will learn about basic fitness components, zone intensity and strength training.

FREE! Member Challenges

Look for regular postings from our Fitness Staff on the bulletin board next to the Wellness Center. Challenges are a fun way to meet your goals throughout the year.

12 Week Beginner Fitness Challenge | \$20 member

A step-by-step program recommended for those who have never taken part in regular exercise or are looking for a slower progression. Program includes an introduction to cardiovascular, strength and flexibility components. Our fitness instructor will work with you to find activities, motivate you and keep you on track.

STRONGER TOGETHER



Creating A Healthy Community

We have several free classes for Active Older Adults looking for low impact fitness activities to improve health and well-being. People of all ability and fitness levels can participate. Coffee and socializing follow each class session in the seating area near the Wellness Center.

Water Classes | FREE!

M, T, W, F | Shallow | 7:45 - 8:35 a.m.

M, T, W, F | Deep | 8:35 - 9:25 a.m.

Land Classes | FREE!

M, T, Th, F | 8 - 8:55 a.m.



Be Healthy • Be Strong • Belong

HELLO!

The Y is a non-profit like no other. We offer low monthly membership fees with no yearly contracts. Choose what option best fits yourself and/or your family. Being a member opens many doors for you and your family. Members enjoy reduced rates for child care and youth programming, such as swimming lessons, sports and gymnastics.

Member families also get free admission to events like Family Fun Night. We offer Financial Assistance to make sure that our fees are affordable to everyone. And we accept insurance reimbursements. If you have any membership questions, please contact Sandy Halbach at 507.433.1804 or shalbach@ymca-austin.org.

Adult & Family Options

Locker Room	Young Adult/Student	Adult	Senior		Family
Qualifications for Membership Type	Age 18-23 and out of high school. Or can provide proof of school enrollment in at least 9 credit hours.	Any person age 18 or older and out of high school.	INDIVIDUAL - Any person age 65 or older.	COUPLE - Any two people age 65 or older living in a single household.	Includes one or two adults living in the same household and dependent children.
Locker Room B Only	\$32.50/month	\$50.50/month	\$ 47.50/month	\$62.75/month	\$66.25/month
Locker Room A: 1 Person	-	-	-	\$71.75/month	\$77.00/month
Locker Room A Only	-	\$61.25/month	\$58.75/month	\$76.75/month	\$82.25/month

JOINER FEE & REFUND INFORMATION

A \$50 joiner's fee is charged for all new memberships (except youth) and to past members whose memberships have lapsed for more than 30 days. The joiner's fee and membership dues are non-refundable and non-transferable.

EMPLOYER WAIVED JOINER FEE

Check the list to see if your employer waives the \$50 Joiner Fee when you become a member for the first time. The Joiner Fee will only be waived when you initially sign up for membership. If your membership has lapsed for more than 30 days and you decide to rejoin the Y you are required to pay the \$50 Joiner Fee.

Austin Utilities
Austin Public Schools
CBC Quality Home Improvement
CRC
Gerard Academy/Nexus, Austin
Hormel Foods Corporate
Hormel Institute
KAAL-TV6

May Clinic Health - Austin
Mower County Employees
QPP (Quality Pork)
REM-Woodvale
Riverland College Staff
Smythe
St. Mark's Lutheran Home
Wells Fargo Bank

Youth Options

Locker Room	Youth Wellness	Youth			
Qualifications for Membership Type (Not needed if you have a family membership.)	Provides access to the facility and wellness center to any youth age 14-18 years. MUST RECEIVE WELLNESS CENTER ORIENTATION.	Youth in grades 2-12 who live within a 30-mile radius of the Y. Includes access to the gym, pool, racquetball courts, Youth Gym & Youth Zone.			
Family Income Level	-	≤ \$24,000	\$24,001 - \$32,500	\$32,501 - \$47,100	≥ \$47,101
Locker Room B	\$16.25/month	\$1/year	\$5/year	\$25/year	\$60/year

FINANCIAL ASSISTANCE

We understand our member's lives change and they may find themselves in difficult situations. That is why the Y offers financial assistance to make sure our membership and programs are available to everyone regardless of income or background. Applications are always confidential and forms can be found at our Front Desk or on our website. We base our financial assistance on both income and family size. Don't be afraid to ask - we are here to help!

INSURANCE REIMBURSEMENT

Many insurance companies will reimburse a portion of membership fees to those who utilize the Y a specific number of times per month. Ask if your insurance is a part of the program.



Locker Room A: Enhanced, adult only locker room. Includes use of whirlpool, steam room, lockers/baskets and towel service.

Locker Room B: Basic locker room with lockers and showers.

Special Needs & Family Locker Room: Dedicated to those with special needs and families with young children. It can be used by all membership types.

Parent/Child | 6 mos. - 2 yrs.

\$28 Member | \$56 Non-Member
Monday | 6:00 - 6:30 p.m.

Tuesday & Thursday | 5:30 - 6 p.m.

School Age | Age 6+ years

\$35 Member | \$70 Non-Member

Monday | 5:15 - 6:00 p.m.

Wednesday | 5:15 - 6:00 p.m.†

Wednesday | 6:00 - 6:45 p.m.

Saturday | 9:00 - 9:45 a.m.

Saturday | 9:45 - 10:30 a.m.

Sunday | 3:30 - 4:15 p.m.

Sunday | 4:15 - 5 p.m.

† Only available Jan. 1 - Feb. 26 session.

Tuesday & Thursday | 5 - 5:45 p.m.

Tuesday & Thursday | 5:45 - 6:30 p.m.

Preschool | Age 3-5 years

\$28 Member | \$56 Non-Member

Monday | 6:00 - 6:30 p.m.

Wednesdays | 6:00 - 6:30 p.m.

Saturday | 9:00 - 9:30 a.m.

Saturday | 9:30 - 10:00 a.m.

Saturday | 10:00 - 10:30 a.m.

Sunday | 3:30 - 4:00 p.m.

Sunday | 4:00 - 4:30 p.m.

Sunday | 4:30 - 5:00 p.m.

Tuesday & Thursday | 5 - 5:30 p.m.

Tuesday & Thursday | 6 - 6:30 p.m.

Adult | Age 16+ years

\$35 Member | \$70 Non-Member

Wednesday | 5:15 - 6:00 p.m.†

† Only available Feb. 27 - Apr. 22 session.

8 Wk Session (1x/wk): Monday, Wednesday, Saturday, Sunday

Jan. 1 - Feb. 26 | Feb. 27 - Apr. 22 | Apr. 23 - June 10

4 Wk Sessions (2x/wk): Tuesday & Thursday

Jan. 1 - 28

Jan. 29 - Feb. 26 | Mar. 26 - Apr. 22 | Apr. 23 - May 20 | May 21 - June 10

* No classes Jan. 2, 16, Mar. 13-19, Mar. 25, & May 29. Cost is prorated.

SESSIONS

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months-3 years
PARENT* & CHILD:
STAGES A-B



3 years-5 years
PRESCHOOL:
STAGES 1-4



5 years-12 years
SCHOOL AGE:
STAGES 1-6



12+ years
TEEN & ADULT:
STAGES 1-6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

8 / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER MOVEMENT

Can the student swim 10-15 yards on his or her front and back?

NOT YET

3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

YMCA LIFEGUARD TRAINING | Age 16+

March 16, 17, 18 | Register by Mar. 11 | 8:00 a.m. - 5:00 p.m.
\$175 Member | \$200 Non-Member



You must complete 8 hours of online course-work before class begins and pass 3 phases of swimming skills the first day.

PHASE 1: Tread water 2 minutes, legs only, swim 100 yards front crawl, face in water.
PHASE 2: Swim 50 yards of each: front crawl head up, sidestroke, breaststroke, breaststroke with head up, elementary back kick with hands on chest, perform a feet first dive

to 8-9 feet of water and swim 15 yards.
PHASE 3: Start in shallow end, sprint for 60 feet, arm-over-arm surface dive of 8-10 feet. Pick up object from bottom of pool, tread with legs for 1 minute, replace object on bottom. Swim remaining length of pool and hoist self out of pool. Then begin 1 minute or 100 compressions and additional instruction from instructor.

Y Lifeguard Challenge | Age 16+

Mar. 18 | Register by Mar. 11 | 8:00 a.m. | \$75 Member | \$100 Non-Member

CPR Challenge | Age 16+

Mar. 18 | Register by Mar. 11 | 8:00 a.m. | \$55 Member | \$75 Non-Member

AQUAPACK SWIM TEAM



Aquapack Swim Team focuses on participation, individual improvement and FUN! All participants must be able to swim one length of pool, face in water, without stopping. Advanced team and high school team must be able to swim intense practices and have mastered all four strokes.

Developmental Team | Age 5-10

October - February | \$170
Monday - Thursday | 3:15 - 4:15 p.m.
Friday | 3:30 - 5 p.m.

High Intensity Group | Age 11+

October - February | \$250
Monday - Thursday | 3:30 - 5:30 p.m.
Friday | 3:30 - 5 p.m.

Advanced Team | Age 11+

October - February | \$170
Monday - Thursday | 4 - 5 p.m.
Friday | 3:30 - 5 p.m.

High School Boys

October - November | \$80
Monday - Thursday | 3:30 - 5:30 p.m.
Friday | 3:30 - 5 p.m.

High School Girls

November - February | \$200
Monday - Thursday | 3:30 - 5:30 p.m.
Friday | 3:30 - 5 p.m.

High School Girls

December - February | \$150
Monday - Thursday | 3:30 - 5:30 p.m.
Friday | 3:30 - 5 p.m.

OUR SWIM LESSON PHILOSOPHY

Our swimming lessons are specifically tailored to the child's age, ability, level of physical development and confidence in the water. The emphasis is on learning, not passing or failing. Each level is divided into five components which include personal safety, water games, personal growth, stroke development and rescue.

REPEAT A CLASS: It is not rare for a child to repeat a level. Every child learns at a different pace. Some children may remain in one level for a longer period of time. Once they develop into the requirements of the class, they will progress.

FLOTATION DEVICES: We believe in the use of bubbles to help children gradually become accustomed to the water. Every lesson, we remove the bubbles at least once to test your child's buoyancy and build confidence.

PLEASE NOTE: Due to class ratios and to keep classes at a consistent level, we can not offer make-up lessons. If your child has an illness or injury and cannot continue through a session, you can apply for a credit; a doctor's note is required. We do not give credits for individual classes missed regardless of the reason.



PRIVATE SWIM LESSONS

1 Lesson
\$25 Member | \$50 Non-Member
4 Lessons
\$80 Member | \$160 Non-Member
8 Lessons
\$150 Member | \$300 Non-Member

Lessons are 30 minutes in length. For all abilities desiring one-on-one instruction.

COMPETITIVE GYMNASTICS

Gymnasts train seriously on all four events. Travel to out of town meets is required during the competitive season. Gymnasts are placed on teams by ability level to facilitate practices. An emphasis on team dynamic and growing together is a hallmark of our program. Gymnasts must have Director permission to register for team gymnastics. Gymnasts compete in the MAGA (Midwest Amateur Gymnastics Association).



Competitive Teams

Age 6+ yrs. | Cost TBA

Director Approval Required

Tuesday | 4:30 - 7 p.m.

Thursday | 4:30 - 7 p.m.

Saturday | 11 a.m. - 1:30 p.m.

Optional Wednesday Drop-In Practice
4 - 7:30 p.m.

Flyers Pre-Team

Age 6+ yrs | \$142.50

Director Approval Required

Saturday | 9-11 a.m. | Jan. 1 - Apr. 22

Spring Session To Be Announced



FUN YOU CAN JUMP INTO

Children's Gymnastics



Little Stars | Age 3 - 5 years

\$48 Member | \$64 Non-Member

Monday | 4:30 - 5:15 p.m.

Sat. | 9:30-10:15 a.m. OR 11-11:45 a.m.

Little Stars is a class for children ages 3-5 years. Participants will explore basic tumbling skills with an emphasis on confidence, following directions, listening and cooperating while learning about the four gymnastics events.

8 wk Session:

Jan. 1 - Feb. 26 | Feb. 27 - Apr. 22

7 wk Session: Apr. 23 - June 10

* No classes Jan. 2, 16, 21, Mar. 13-19, Mar. 25, & May 29. Cost is prorated.

Tiny Tumblers | 18 mos. - 3 yrs

\$40 Member | \$56 Non-Member

Monday | 6 - 6:30 p.m.

Saturday | 9 - 9:30 a.m.†

† Saturday class not offered Apr. 23-Jun. 10.

A parent/child class using obstacle courses to allow children to jump, climb, balance and roll. Participants will learn beginning positions, play games and learn about equipment. Parents must participate in the class with their child.

Little Stars II | Age 4 - 5 years

\$48 Member | \$64 Non-Member

Monday | 5:15 - 6:00 p.m.

Saturday | 10:15 - 11 a.m.

NEW CLASS! Little Stars II is a class for children ages 4-5 years who have taken Little Stars and are ready for some new challenges. Participants will build on skills previously learned.

Questions? Contact Nikki Lindberg, 507.433.1804 or nlindberg@ymca-austin.org.

GET CREATIVE!

Progressive Gymnastics

16 wk Session: Jan. 1 - Apr. 22

Spring 7 wk Session: Apr. 23 - June 10

* No classes Jan. 2, 16, 21, Mar. 13-19, Mar. 25, & May 29. Cost is prorated.



Our program is designed for children to have fun while learning gymnastics and lifetime skills. We are here to teach, lead and mentor your child with the goal of developing your child into the best gymnast he or she can possibly be. If you aren't sure of level, please sign up for one of the special evaluation days below when registering for classes. Contact Nikki Lindberg, Gymnastics Director, with questions at 507-433-1804 or nlindberg@ymca-austin.org



Rollers & Swingers (Level 1&2) Grades K & Up

16 wk. Session

\$112 Member | \$144 Non-Member

Spring 7 wk. Session

\$49 Member | \$63 Non-Member

Monday | 4 - 5 p.m. OR 6:30 - 7:30 p.m.

Tuesday | 6:30 - 7:30 p.m.

Wednesday† | 6 - 7 p.m.

Sat. | 9-10 a.m. OR 11:30 a.m.-12:30 p.m.

ROLLERS (LEVEL 1): Beginning gymnastics skills which includes an introduction to all four gymnastics events.

SWINGERS (LEVEL 2): Intermediate level gymnastics that builds on skills learned.

Kippers & Flippers (Level 3&4) Grades K & Up

16 wk. Session

\$144 Member | \$176 Non-Member

Spring 7 wk. Sessions

\$63 Member | \$77 Non-Member

Monday | 5 - 6:30 p.m.

Tuesday | 6:30 - 8:00 p.m.

Wednesday† | 6 - 7:30 p.m.

Sat. | 10 - 11:30 a.m.

KIPPERS (LEVEL 3): Advanced intermediate level. Must successfully complete Swingers.

FLIPPERS (LEVEL 4): Advanced level. Must successfully complete Kippers.

†Class time not available for Spring Session.

Special Evaluation Days/Class Placement: Wed., Dec. 14, 4-6 p.m.;

Fri., Dec. 16, 4-7 p.m.: Wed., April 5, 4-6 p.m.: Fri., Apr. 7, 4-7p.m.



Daredevils

Age 6+ years | Wed. | 4 - 5 p.m.

16 wk. Session

\$105 Member | \$135 Non-Member

Spring 7 wk. Session

\$49 Member | \$63 Non-Member

This high flying class is a combination of the best of gymnastics and parkour. Boys will learn basic tumbling skills, swing on the high bar, flip over the vault, use the rings and travel from obstacle to obstacle using parkour.

Daredevils II

Age 6+ years | Wed. | 5 - 6 p.m.

16 wk. Session

\$105 Member | \$135 Non-Member

Spring 7 wk. Session

\$49 Member | \$63 Non-Member

NEW CLASS! Boys who are ready for new challenges will love this class. This is an advanced combination class of gymnastics and parkour. To register, boys must be able to perform a back handspring or have director permission.



WHAT MAKES THE Y PRESCHOOL PROGRAM UNIQUE?

While all preschools provide intellectual and social experiences, the Y also focuses on a student's overall health and well-being. Students receive fitness instruction each month as a part of their curriculum. They are also able to take swimming classes in conjunction with their education – all of which are offered either immediately before or after their class time for parent convenience. A daily emphasis is put on teaching and giving students the tools to make healthy choices in their lives.

» OUR CLASSROOM » »

Using Creative Curriculum, our daily routine includes free play through structured and unstructured activities which include art and science projects, large and small muscle movement, stories and music, group time, individual project work and character development activities.



Tuition & Financial Assistance

2016-2017 Classes	Age	Days	Time	Tuition
Busy Bees	33mos. - 3 years	TH & F	8:45-11 a.m.	\$85/month
Stepping Stones	4 - 5 years	M, T, W	8:30-11 a.m.	\$113/month
Building Blocks (Pre-K)	4 - 5 years* *must be 4 by 9/1/17	M-F	12-2:30 p.m.	\$175/month

Registration fee due at registration. Y Members: \$25 Non-Member: \$50
Financial assistance is available through the Y to make sure every child has the opportunity to a preschool education. Financial Assistance is based on a number of factors including family size and income. Contact Child Development Director Julie Kerling at 507.433.1804 or jkerling@ymca-austin.org for more information.

» Learn more about our Preschool Program at www.ymca-austin.org

ENGAGE. LEARN. SHINE.

School Age Child Care

After School Child Care

Pre-K - 6th Grade | 2:30 - 6 p.m.

NEW ACTIVITIES! New this year is the CATCH (Coordinated Approach to Child's Health) physical activity program which will introduce children to new games and ways to be active. Also added this year are new fun things that change each day. Fun things include board games, art, Lego building, and reading with incentive prizes!

As always, youth enjoy planned weekly physical activity and nutrition curriculum. All areas are supervised and nutritious snacks are provided. Financial assistance is available for qualifying families. Sign up by the week or for the entire school year. We also accept drop-in care. Pre-K students must be registered in the afternoon session of the YMCA Preschool program.

Member - No Bussing | **FREE!**

Member - Bussing | \$20/week

Non-Member - No Bussing | \$5/week

Non-Member - Bussing | \$25/week

Questions? Contact Julie Kerling, 507.433.1804 or jkerling@ymca-austin.org.



No School Child Care K-6th Grade

A fun place to play when school is out. Check the calendar on pages 4-7 of this guide for No School and Early Release Child Care days.

No School | \$30/day
6:30 a.m. - 6 p.m.

Early Release | \$15/day
12:30 - 6 p.m.

SECOND CHILD DISCOUNT

Receive an additional \$5 off the total cost if you enroll a second child in no school child care.



JUMP IN TO SUMMER FUN Summer Daze Child Care

REGISTRATION BEGINS MAR. 25!

One week, multiple weeks,
all summer long & drop-ins.
We are the right fit for your summer!

Cost To Be Announced

Full Day | K-7th Grade

Mornings | K-7th Grade

Afternoons | K-7th Grade

A \$35 child/\$55 per family, non-refundable registration fee is required at enrollment. This is not applied toward the weekly fee. Scholarships/financial assistance available. Contact Julie Kerling at jkerling@ymca-austin.org or 507.433.1804 for details.



Celebrate At The Y

Party Without Bounce House:
\$65 Member | \$95 Non-Member
Party With Bounce House:
\$165 Member | \$240 Non-Member

Throwing an unforgettable party is easy at the Y! All parties are two hours in length and include a Y staff person who directs activities and helps organize your group. You may bring in your own food and drink and store it in the refrigerator in the Multi-Purpose room. We also have a bounce house available for an additional cost.



Contact Scott Simmons at 507.433.1804 or ssimmons@ymca-austin.org for availability and additional information.

Pool Party

Includes 1.5 hours in the pool, 30 minutes in the Multi-Purpose room for cake/presents.

Toddler Gym Party

Includes 30 minutes in the toddler gym, 1 hour in the pool, 30 minutes in the Multi-Purpose room for cake/presents.

Gymnastics Party

Includes 1.5 hours in the gymnastics gym, 30 minutes in the Multi-Purpose room for cake/presents.

Nerf Party

Includes 1.5 hours of Nerf battles in the gymnastics area or basketball gym, 30 minutes in the Multi-Purpose room for cake/presents.

Youth Gym Party

Includes 30 minutes in the youth gym, 1 hour in the pool, 30 minutes in the Multi-Purpose room for cake/presents.

Youth Zone Party

Includes 30 minutes in the youth zone, 1 hour in the pool, 30 minutes in the Multi-Purpose room for cake/presents.

HOLD YOUR NEXT EVENT AT THE Y

RENT TO SUIT YOUR NEEDS:

Below is a list of areas that can be rented for your next event.

- Entire Building
- Gymnastics Area
- Pool
- Gym
- Multi-Purpose Room
- Toddler Gym
- Youth Zone
- Teen Center
- Tennis Courts

Contact Scott Simmons at 507.433.1804 or ssimmons@ymca-austin.org for availability and additional information.



»»» Gymnastics Center »»» Swimming Pool »»»»» Multi-Purpose Room »»»

CHALLENGE YOURSELF TO CHANGE

Try Personal Training*

NEW

MONTHLY UNLIMITED

Pay a single fee for one month of unlimited 60 minute personal training sessions with Andy*.

\$240 Member

\$300 Non-Member

*Scheduling depends on Trainer availability.

MEMBER PRICING

1 PERSON (ONE-ON-ONE) 30m

1 session: \$17.50 6 sessions: \$105
2 sessions: \$35 12 sessions: \$195
3 sessions: \$52.50 18 sessions: \$305

1 PERSON (ONE-ON-ONE) 60m

1 session: \$35 6 sessions: \$180
2 sessions: \$70 12 sessions: \$330
3 sessions: \$105 18 sessions: \$450

2 PERSON (SMALL GROUP) 60m

1 session: \$30* 6 sessions: \$152.50*
2 sessions: \$60* 12 sessions: \$287.50*
3 sessions: \$90* 18 sessions: \$385*

* cost per person

3 PERSON (SMALL GROUP) 60m

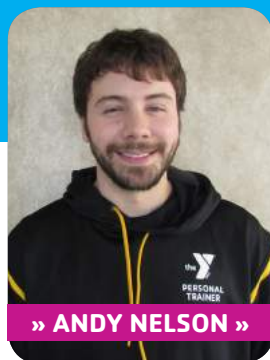
1 session: \$23.34* 6 sessions: \$120*
2 sessions: \$46.67* 12 sessions: \$223.34*
3 sessions: \$70* 18 sessions: \$298.34*

* cost per person

4 PERSON (SMALL GROUP) 60m

1 session: \$20* 6 sessions: \$102.50*
2 sessions: \$40* 12 sessions: \$192.50*
3 sessions: \$60* 18 sessions: \$249.75*

* cost per person



Andy will prepare your workout agenda, keep you on task, and encourage you to try your hardest and do your best. Plus, knowing he is waiting for you makes it harder to quit! Andy will coach and help you set and meet your specific goals in order to live healthier and take your training to the next level. Andy works with all levels of fitness and ages, from teens to seniors.

NON-MEMBER PRICING

1 PERSON 60m (ONE-ON-ONE)

1 session: \$52.50
2 sessions: \$105
3 sessions: \$157.50
6 sessions: \$270
12 sessions: \$495
18 sessions: \$675

*When signing up for Personal Training appointments, you agree to the cancellation policy. 24 hours advance notice is required to cancel a session. No refunds given for unused sessions. Cancellations can be done by contacting Andy at 507.433.1804 or anelson@ymca-austin.org.