



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**ZIP
INTO
SUMMER**



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



May 22, 2017 - Sept. 5, 2017

Mon.- Fri.: 4:45am-9:00pm

Saturday: 7:00am-3:00pm

Sunday: CLOSED



2	Summer Hours
3	Chronic Disease Prevention
4	May & June Activities
5	July Activities
6	August & September Activities
7	Preschool
8	Childcare
9	Summer Daze
10-11	Membership
12	Group Fitness
12	Adult Sports
13	Fitness Plans
13	Active Older Adult (A.O.A)
14	Personal Training
15	Gymnastics
16	Swimming Lessons
17	Lifeguard/CPR Training
17	Swim Team
18	Youth Areas
19	Birthday Parties
19	Building Rentals
20	35th Annual Hog Jog

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 Kristi Stasi, Fitness Director

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

July

JULY DATES TO KNOW

- 1 35th Annual Hog Jog
- 4 Mini Piggy Fun Run
- 4 CLOSED for Independence Day
- 10 Basketball Camp Begins
- 18 Tiny Tikes Begins

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					

Tiny Tikes Sports Age 3-6 yrs

July 18 - August 8

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 basketball this month.



Basketball Camp

1st - 4th Grade

July 10, 12, 14 | \$20 per child

1st & 2nd Grade | 9:30 - 10:30 a.m.

3rd & 4th Grade | 10:45 a.m. - 12 noon

Dribble, pass, score! This three day camp will teach and develop the skill used in basketball that include dribbling, passing and shooting along with general basketball concepts.



35th Annual Hog Jog 5 Mile Run | All Ages

July 1 | 8:00 a.m. Start

Pre-Registration until June 24: \$25

Race Day: \$30

\$15 Additional Family Member

Join the fun of Freedom Fest activities and run in our chip-timed race. All proceeds provide financial assistance to those who cannot otherwise afford the Y membership and programs. Cost includes a t-shirt while supplies last. Runners do not need to be a Y member.



Mini Piggy Fun Run Age 2-12 years

July 4 | 10:45 a.m. Start

Pre-Registration until June 24: \$5 | Race Day: \$10

The run is open to the community & Y members. Race is not timed. Register at the Y or online at www.ymca-austin.org. Race day registration will begin at 10 a.m. in the YMCA parking lot. T-shirts are only guaranteed to the first 100 registered.



YOUTH & FAMILY EVENTS

August

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		

AUGUST DATES TO KNOW

7 After School Child Care
Registration Begins
21-23 Splash N Dash

Splash N Dash

1st - 6th Grade

Aug. 21-23 | 6 - 7 p.m.

\$5 Member | \$10 Non-Member



See what it feels like to be on a swim team with Splash N Dash! Y staff will coach students in competitive swimming skills. Swimmers must be able to swim 25 yards. A mini-meet will take place on August 23rd.

September

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

SEPTEMBER DATES TO KNOW

1 Last Day of Summer Daze
4 CLOSED for Labor Day
5 Preschool Begins
5 After School Care Begins
6 Fall Hours Begin
7 Preschool 3's Start

Summer Cleaning Dates

May 20 - 26

Wood Gym, Raquetball Courts, Toddler Gym, Teen Center, Cardio Loft & Aerobic Room Closed.

Fitness Classes will be held on Tennis Courts. Contact Kristi Stasi With any questions.

August 2 - 7

Pool Closed. No Lessons or classes.

August 26 - September 4

Gymnastics, Kid's Gym, and Wellnesss Center Closed

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

2017-2018 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 9/1/18	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.

We use 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.



No School Child Care K-6th Grade

A fun place to play when school is out.

SECOND CHILD DISCOUNT

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

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

Kids Kove Babysitting

Age 6 weeks - 8 years

A safe place for kids to play while you work out! Kids Kove punch cards can be purchased at the Y Front Desk in quantities of \$10 and \$20.

NEW SUMMER HOURS

Monday - Thursday

8:30 a.m. - 1:30 p.m and 3:30 - 8:00 p.m.

Friday

3:30 - 7:00 p.m.

Saturday

8:00 a.m. - 12 p.m.

Cost is per 1.5 hours.

\$2/single child | \$3/two children | \$4/three children



KIDS KOVE

WE LOVE SUMMER

Summer Daze Child Care



Register Today!

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

5 Reasons Why Children Should Experience Summer Daze:

- 1) Adventure – YMCA has new adventures for everyone.
- 2) Experiences – Explore fitness, new friendships, field trips and leadership.
- 3) Personal Growth – Learn new responsibilities and challenges.
- 4) New Friendships – Amidst the fun of games, friendships form.
- 5) Memories – Summer Daze is an unforgettable experience.

Information Packets available at the Front Desk

Cost (per week, per child)

Full Day | K-7th Grade

6:30 a.m. - 6 p.m.

\$135 Child | \$130 Additional Child

Mornings | K-7th Grade

6:30 a.m. - 12 p.m.

\$120 Child | \$115 Additional Child

Afternoons | K-7th Grade

12 p.m. - 6 p.m.

\$120 Child | \$115 Additional Child

2017 Summer Daze Dates

June 8 - 9	July 24 - 28
June 12 - 16	June 31 - August 4
June 19 - 23	August 7 - 11
June 26 - 30	August 14 - 18
July 3 - 7	August 21 - 25
July 10 - 14	August 28 - September 1
July 17 - 21	

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.



Be Strong • Belong



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	Senior		Family
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.
\$50.50/month	\$ 47.50/month	\$62.75/month	\$66.25/month
-	-	\$71.75/month	\$77.00/month
\$61.25/month	\$58.75/month	\$76.75/month	\$82.25/month

INFORMATION
 required for all new memberships (except youth) and to past members whose membership has lapsed for more than 30 days. The joiner's fee and membership dues are non-refundable. Please be sure to check to see if your employer waives the joiner fee when you join!

Youth		
Ages 2-12 who live within a 30-mile radius of the Y. Access to the gym, pool, racquetball courts, and Youth Zone.		
\$24,001 - \$32,500	\$32,501 - \$47,100	≥ \$47,101
\$5/year	\$25/year	\$60/year



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

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.



FITNESS PLANS

FREE! Wellness Center Orientations

Take the first step toward reaching your personal goals: Meet with one of our Personal Trainers for a Wellness Center Orientation. 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! 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! 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.

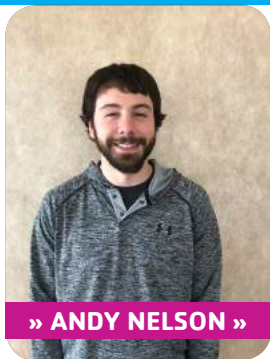
M, T, W, F | Deep | 8:35 - 9:25 a.m.

Land Classes | FREE!

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

CHALLENGE YOURSELF TO CHANGE

Try Personal Training*



» ANDY NELSON »

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.

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

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.

FUN YOU WILL FLIP OVER



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.

Session Dates:

Summer Session 1: June 19- July 21

Summer Session 2: July 24 - August 25

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

Little Stars | Age 3 - 5 years

\$60 Member | \$80 Non-Member

Monday & Wednesday | 4:30 - 5:15 p.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.

Little Stars II | Age 4 - 5 years

\$60 Member | \$80 Non-Member

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

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.

Rollers & Swingers (Level 1&2)

Age Kindergarten and up

\$70 Member | \$90 Non-Member

Mon. & Wed. | 4:00 - 5:00 p.m.

Mon. & Wed. | 6:30 - 7:30 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 in Rollers.

Kippers & Flippers (Level 3&4)

Age Kindergarten and up

\$90 Member | \$110 Non-Member

Mon. & Wed. | 5:00 - 6:30 p.m.

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

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

Flyers (5) | Age 6+ years

\$60 Member

Tues. & Thurs. | 4:30 - 6:00 p.m.

Director Approval Required

Pre-team gymnastics.

Must successfully complete Flippers.

*No Class July 4. July 6 Class will be

4:30-7:30

Daredevils I & II | Age 6+ years

\$70 Member | \$90 Non-Member

Mon. & Wed. | 6:00 - 7:00 p.m.

Team

Once a week: \$40*

Twice a week: \$75*

Three Times a week: \$105*

*Paid Monthly

Tuesday | 4:30 - 7:30 p.m.

Thursday | 4:30 - 7:30 p.m.

Friday | 9:00 - 12:00 p.m.

Summer Gymnastics Camp | Age 6+ years

\$95 Member | \$125 Non-Member | June 12-16 | 9 a.m. - 3 p.m.

2 Week Sessions (5x/wk):

June 12 - 23 | June 26 - July 7* | July 10 - 21 | July 24 - Aug. 4* | Aug. 8-18 |
Aug. 21- Sept. 18

*No Class July 4, August 2-4, August 7. Cost is prorated.

Preschool | Age 3-5 years

\$35 Member | \$70 Non-Member

Monday - Friday | 9:30 - 10:00 a.m.

Monday - Friday | 10:00 - 10:30 a.m.

Monday - Friday | 10:30 - 11:00 a.m.

School Age | Age 6+ years

\$43.75 Member | \$87.50 Non-Member

Monday - Friday | 9:30 - 10:15 a.m.

Monday - Friday | 10:15 - 11:00 a.m.

4 Wk Sessions (2x/wk):

June 13 - June 29 | July 4 - July 27* | August 8 - August 24*

*No Class July 4, August 3. Cost is prorated.

Preschool | Age 3-5 years

\$24.50 Member | \$49 Non-Member

Tuesday & Thursday | 5:00 - 5:30 p.m.

Tuesday & Thursday | 6:00 - 6:30 p.m.

School Age | Age 6+ years

\$30.63 Member | \$61.25 Non-Member

Tuesday & Thursday | 5:00 - 5:45 p.m.

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

Parent/Child | Age 6 mos. - 2 yrs.

\$24.50 Member | \$49 Non-Member

Tuesday & Thursday | 5:30 - 6:00 p.m.

8 Wk Session (1x/wk):

June 12 - July 21* | July 24 - September 1*

*No Class July 4, August 2-4, August 7. Cost is prorated.

Preschool | Age 3-5 years

\$24.50 Member | \$49 Non-Member

Monday | 5:15 - 5:45 p.m.

Monday | 5:45 - 6:15 p.m.

Monday | 6:15 - 6:45 p.m.

Wednesday | 5:15 - 5:45 p.m.

Wednesday | 5:45 - 6:15 p.m.

Wednesday | 6:15 - 6:45 p.m.

Friday | 11:00 - 11:30 a.m.

Friday | 11:30 a.m. - 12:00 p.m.

School Age | Age 6+ years

\$26.25 Member | \$52.50 Non-Member

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

Wednesday | 5:15 - 6:00 p.m.*

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

Friday | 11:00 - 11:45 a.m.

*Only offered during July 24 - September 1 Session.

Adult | Age 16+ years

\$26.25 Member | \$52.50 Non-Member

Wednesday | 5:15 - 6:00 p.m.*

*Only offered during June 14 - July 19 Session.

Parent/Child | Age 6 mos. - 2 yrs.

\$21 Member | \$49 Non-Member

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

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.

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?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

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

NOT YET

**B / 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.

SUMMER SWIM TEAM

Swimmers looking to continue developing their skills during the summer, need look no further. Summer Swim Team is coached by Aqua Pack Head Coach Tracey Christiansen. Sign up early due to limited availability.

Developmental Team | Age 5+

June 19 – August 18 | \$70
Mon., Wed., Fri. | 3:30 – 4:30 p.m.

June 19 – August 18 \$50
Tues. & Thurs. | 3:30 – 4:30 p.m.

Advanced Team | Age 10+

June 19 – August 18 | \$90
Mon., Wed., Fri. | 4:30 – 6:00 p.m.

June 19 – August 18 | \$70
Tues. & Thurs. | 4:30 – 6:00 p.m.

YMCA LIFEGUARD TRAINING | Age 16+

June 7 6:00 – 8:30 p.m. | June 8, 9, 10 9:00 a.m. – 5:00 p.m. Register by June 1
\$175 Member | \$200 Non-Member



You must complete 8 hours of online coursework 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+

June 7 | Register by June 1 | 6:00 p.m. | \$75 Member | \$100 Non-Member

CPR Challenge | Age 16+

June 7 | Register by June 1 | 6:00 p.m. | \$55 Member | \$75 Non-Member

Toddler Gym

FREE! Infant - 1st Grade

Open for use by members at any time, the Toddler Gym is equipped with a play set with slide, large foam blocks, a balance structure and crawling tunnels. Simply stop by the Front Desk and pick up a key for entry. Children must be supervised by an adult at all times.

Monday-Friday | 5 a.m. - 9 p.m.

Saturday | 7 a.m. - 3 p.m.

Sunday | CLOSED

Youth Gym

FREE! 2nd - 5th Grade

Features basketball hoop and soccer net. The Youth Gym is located on the Y's lower level near the gymnastics area.

Monday-Friday | 10:30 a.m. - 9 p.m.

Saturday | 7 a.m. - 3 p.m.

Sunday | CLOSED

Youth Zone: Supervised

FREE! 2nd - 12th Grade

Features Wii games, pool table, air hockey, foosball, board games, music, sitting area and homework table. The Youth Zone is located in the Y's lower level.

Monday-Friday | 2:30 - 6:30 p.m.

Weekend | CLOSED

Teen Center: Supervised

FREE! 6th - 12th Grade

Our Teen Center has a lounge for teens to hang out with their friends, play video games and relax. It also features a tutoring room complete with an onsite tutor and computers to use for homework.

Monday-Thursday | 5:30 - 7:30 p.m.

Weekend | CLOSED



FREE!

Toddler Gym



Youth Zone



Teen Center

YOUTH HOURS AND POLICIES

YOUTH 1ST GRADE & UNDER: Must be accompanied by a supervising adult while using the facility, unless enrolled in a youth program.

YOUTH 2ND-12TH GRADE: May use facility without an adult.

YOUTH HOURS:

Monday-Friday | 2:30 - 9 p.m. (school day)

Monday-Friday | 10:30 a.m. - 9 p.m. (non-school day)

Youth ages 14+ may attend group fitness classes.

Youth ages 14+ may utilize the Wellness Center if they have a Youth Wellness or Family Membership and have completed the Wellness Center Orientation.



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

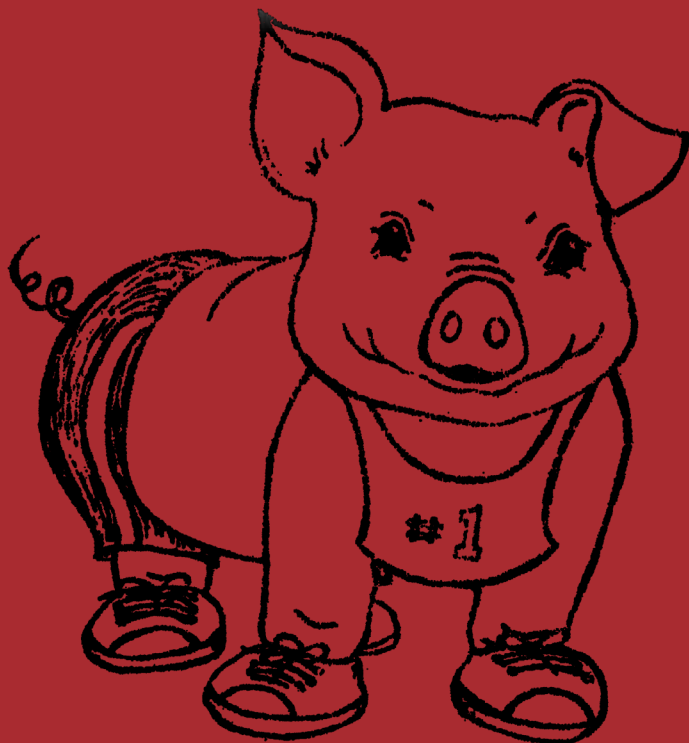
Contact Scott Simmons at 507.433.1804 or ssimmons@ymca-austin.org for availability and additional information.



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

35TH ANNUAL HOG JOG

1
9
8
2



2
0
1
7

5 Mile Run | All Ages

July 1 | 8:00 a.m. Start

Pre-Registration until June 24: \$25

Race Day: \$30

\$15 Additional Family Member