



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARVEST A NEW LIFESTYLE THIS FALL

2017 Fall
Program Guide



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



2	Fall Hours
3	Chronic Disease Prevention
4	August & September Activities
5	October Activities
6	November Activities
7	December Activities
8	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	Kids Kove
18	Youth Areas
19	Building Rentals
19	Birthday Parties
20	Personal Training

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 for an appointment with our membership team. We'll help you get started today!

FACILITY HOURS



Sept. 5, 2017 - May 20, 2018
Mon.- Thurs.: 4:45am-10:00pm
Friday: 4:45am-9:00pm
Saturday: 7:00am-9:00pm
Sunday: 12:00 - 6:00pm

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

Attend our open house Family Information Session.

Or call 507-433-1804 to speak with Kristi Stasi Fitness Director, 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.

Class begins late August. 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

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

SEPT. DATES TO KNOW

- 5 Fall Hours Begin
- 5 4's & 5's Preschool Begins
- 5 After School Care Begins
- 5 First Day Austin Public School
- 7 3's Preschool Begins
- 11 Youth Programs Begin
- 26 Aquapack Parent Meeting - 6p
- 29 AHS Homecoming

Cheerleading Clinic K - 5th Grade

Sat., Sept. 9 | 9:30 - 11:00 a.m.
\$12 Member | \$25 Non-Member

Hosted by AHS Coach Billie Jo Wicks & the AHS cheerleaders Kids learn basic skill and cheers. Includes t-shirt. Registration ends Fri., Sept. 1.

Cheerleading Night K - 5th Grade

Fri., Sept. 15 | Half-time.

Flight Night Age 6+ yrs

Fri., Sept. 29 | 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 gymnastics experience required. Limited availability. Pre-registration encouraged.

Youth Flag Football

Sept. 12 - Oct. 12

1st & 2nd Grade

Tuesday & Thursday | 4:45 - 5:30 p.m.
\$46 Member | \$56 Non-Member

3rd & 4th Grade

Tuesday & Thursday | 5:45 - 6:45 p.m.
\$46 Member | \$56 Non-Member

All league games will take place at Faith Evangelical Free Church fields. A youth sports shirt is provided. Registration ends Tues., Sept. 5.

Flag Football Pre-Season Combine 1st - 4th Grade

Thurs., Sept. 7 | 5:00 - 6:30 p.m.
Cost included in League Registration

Join YMCA staff at the skills clinic and prepare for league play. Held at Faith Church.

Football Skills Age Pre K - K

Sept. 11 - Oct. 2
Mondays | 5:30 - 6:15 p.m.
\$20 Member | \$40 Non-Member

This league will focus on building skills and confidence with fun drills and football games. Held @ Faith Church.

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.

YOUTH & FAMILY EVENTS

October

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 Halloween Themed

FREE! Family Event

Sat., Oct 21 | 6 - 8:00 p.m.
FREE to Member Families
\$20 Non-Member Families



Celebrate Halloween at the Y with a Haunted house, food, games, bounce house and plenty of family activities. Make sure to wear your costume for the Halloween photo booth!

Tiny Tikes Sports Age 3-6 yrs

Oct. 16 - Nov. 6
Mondays | 5:30 - 6:15 p.m.
\$20 Member | \$40 Non-Member



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

Flight Night Age 6+ yrs

Fri., Oct. 27 | 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 gymnastics 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.

OCT. DATES TO KNOW

- 2 Swim Team Begins
- 11 Early Release Child Care
- 18-20 MEA No School Child Care
- 27 Aquapack Mock Meet
- 28 Aquapack Pumpkin Relay Home Meet

Volleyball Clinic K - 5th Grade

Date TBA | Time TBA
\$10 Member | \$15 Non-Member



Join Lauren Cost and the Y Staff to learn volleyball basics. Camp is held at the YMCA gym. Includes t-shirt. Registration ends Monday, Sept. 23.

Parents Night Out Age 6 wks - 12 yrs

Sat., Oct 21 | 4 - 8 p.m.
\$10 Member Child
\$8 Additional Member Child



Treat yourself to an evening out while your kids enjoy fun and games 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.

YOUTH & FAMILY EVENTS

November

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		

NOV. DATES TO KNOW

- 10 Early Release Child Care
- 11 Aquapack Home Meet
- 22 No School Child Care
- 23 No Programs
- 23 Thanksgiving Hours 7a - Noon

Family Fun Night

Family Try

FREE! Family Event

Sat., Nov. 4 | 6 - 8:00 p.m.
FREE to Member Families
\$20 Non-Member Families

Try a little of everything the Y has to offer: bounce house, pool, gymnastics, inflatables and plenty of family activities. Light meal available.



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.



Open House

FREE!

Nov. 6 - 10

Try the Y during our Open House! Non-members are welcome at no cost all week.

Everyone can enjoy new activities each day throughout our facility, door prizes and more!



Flight Night

Age 6+ yrs

Fri., Nov. 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 gymnastics experience required. Limited availability. Pre-registration encouraged.



Holiday Bootcamp

Adult Fitness

Nov. 27 - Dec. 23

Mon., Wed., Fri. | 6:00 - 7:00 a.m.
\$36 Member | \$84 Non-Member

Bring it back down to the basics with instructors who work one-on-one toward your goals and ability level.



Tiny Tikes Sports

Age 3-6 yrs

Nov. 21 - Dec. 12

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.



YOUTH & FAMILY EVENTS

December

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						

DEC. DATES TO KNOW

- 2 Aquapack Home Meet
- 13 Early Release Child Care
- 24 Open 7a - 12noon
- 25 Christmas Day - CLOSED
- 26 Regular Hours
- 27-29 No School Child Care
- 27-29 Lifeguard Training
- Jan. 1 New Year's Day - 8a-1p

Parents Night Out Age 6 wks - 12 yrs

Fri., Dec. 2 | 4 - 8 p.m.

\$10 Member Child

\$8 Additional Member Child

Treat yourself to an evening out while your kids enjoy fun and games 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.



Family Fun Night Santa Visit Theme

FREE! Family Event

Sat., Dec. 9 | 6 - 8:00 p.m.

FREE to Member Families

\$20 Non-Member Families

Pictures with Santa, holiday crafts, bounce house, pizza and cookie decorating.



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.



HAPPY HOLIDAYS

From all of us at the Y!



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.

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 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.

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 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!

Members 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

Youth Options

REIMBURSEMENT

Member 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.



Preschool | Age 3-5 years

\$28 Member | \$56 Non-Member

Monday | 5:00 – 5:30 p.m.
 Monday | 5:35 – 6:05 p.m.
 Wednesday | 5:00 – 5:30 p.m.
 Wednesday | 5:35 – 6:05 p.m.
 Wednesday | 6:10 – 6:40 p.m.
 Saturday | 9:00 – 9:30 a.m.
 Saturday | 9:35 – 10:05 a.m.
 Saturday | 10:10 – 10:40 a.m.
 Sunday | 3:30 – 4:00 p.m.
 Sunday | 4:05 – 4:35 p.m.
 Sunday | 4:40 – 5:10 p.m.

Tuesday & Thursday | 4:30 – 5:00 p.m.
 Tuesday & Thursday | 5:05 – 5:35 p.m.
 Tuesday & Thursday | 5:40 – 6:10 p.m.

Parent/Child | Age 6 mos. – 3 yrs.

\$28 Member | \$56 Non-Member

Monday | 6:10 – 6:40 p.m.

Tuesdays & Thursdays | 6:15 – 6:45 p.m.

School Age | Age 5+ years

\$35 Member | \$70 Non-Member

Monday | 5:00 – 5:45 p.m.
 Monday | 5:50 – 6:35 p.m.
 Wednesday | 5:00 – 5:45 p.m.*
 Wednesday | 5:50 – 6:35 p.m.
 Saturday | 9:00 – 9:45 a.m.
 Saturday | 9:50 – 10:35 a.m.
 Sunday | 3:30 – 4:15 p.m.
 Sunday | 4:20 – 5:05 p.m.
 *Only Available November 8–December 20 session.

Tuesday & Thursday | 5:00 – 5:45 p.m.
 Tuesday & Thursday | 5:50 – 6:35 p.m.

Adult | Age 16+ years

\$35 Member | \$70 Non-Member

Wednesday | 5:00 – 5:45 p.m.*

*Only Available September 12–November 1 session

4 Weeks Sessions (2x/wk)

- September 12–October 5
- October 10–November 2
- November 7–November 30*
- December 5–December 21
- *No Lessons November 22–26

8 Wk Session (1x/wk):

- September 11–November 5
- November 6–December 18*
- *No Lessons November 22

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.

SEMI-PRIVATE SWIM LESSONS

1 Lesson
\$15 Member | \$30 Non-Member
4 Lessons
\$35 Member | \$70 Non-Member
8 Lessons
\$85 Member | \$170 Non-Member
Lessons are 30 minutes in length. 2-3 participants to 1 instructor. Cost is per participant.

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.

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.

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 must be able to swim intense practices and have mastered all four strokes.

Developmental Team | Age 5-10

October - February | \$170
Monday - Thursday | 3:30 - 4:30 p.m.
Friday | 3:30 - 5:00 p.m.

Advanced Team | Age 11+

October - February | \$170
Monday & Wednesday | 4:30 - 5:30 p.m.
Tuesday & Thursday | 3:30 - 4:30 p.m.
Tuesday & Thursday | 6:00 - 8:00 p.m.
Friday | 3:30 - 5 p.m.

High Intensity Group | Age 11+

October - February | \$250
Monday & Wednesday | 4:00 - 5:30 p.m.
Tuesday & Thursday | 6:00 - 8:00 p.m.
Friday | 3:30 - 5 p.m.

High School Boys

October - November | \$80
Monday & Wednesday | 4:00 - 5:30 p.m.
Tuesday & Thursday | 6:00 - 8:00 p.m.
Friday | 3:30 - 5:00 p.m.

High School Girls

November - February | \$195
Monday & Wednesday | 4:00 - 5:30 p.m.
Tuesday & Thursday | 6:00 - 8:00 p.m.
Friday | 3:30 - 5:00 p.m.

Parent Meeting Mon., Sept. 25 at 6 p.m.

Receive handbooks, schedules, meet the coaches and order suits.

YMCA LIFEGUARD TRAINING | Age 16+

December 27, 28, 29 | Register by December 18 | 8:00 a.m. - 5:00 p.m.
\$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+

Dec. 29 | Register by December 18 | 8:00 a.m. | \$75 Member | \$100 Non-Member

CPR Challenge | Age 16+

Dec. 29 | Register by December 18 | 9:00 a.m. | \$55 Member | \$75 Non-Member



CHILDRENS GYMNASTICS



Fall 8 wk Session:
September 11 – November 4
Fall 7 wk Session:
November 6 – December 23

*No Class November 22-25, December 19, 25-30. Cost is prorated

Tiny Tumblers | 18 mos. – 3 yrs
\$40 Member | \$56 Non-Member

Monday | 5:30 – 6:00 p.m.
Saturday | 9:00 – 9:30 a.m.

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 | Age 3 – 5 years
\$48 Member | \$64 Non-Member

Monday | 4:00 – 4:45 p.m.
Sat. | 10:15 – 11:00 a.m.
Sat. | 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.

Little Stars II | Age 4 – 5 years
\$48 Member | \$64 Non-Member

Monday | 4:45 – 5:30 p.m.
Saturday | 9:30 – 10:15 a.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.

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).

Flyers Pre-Team
Sept. 11 – Dec. 23
Age 6+ years | \$133
Director approval required.

Saturday | 9 – 11 a.m.

Competitive Team
Age 6+ years | Cost TBA
Director approval required.

Tuesday | 4:30 – 7:00 p.m.
Thursday | 4:30 – 7:00 p.m.
Saturday | 11 a.m. – 1:30 p.m.

Optional Wednesday Drop-In Practice
4:30 – 7:00 p.m.

PROGRESSIVE GYMNASTICS

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. An evaluation session is required if you want to sign up for Level 2 or higher. Contact Nikki Lindberg, Gymnastics Director, with questions at 507-433-1804 or nlindberg@ymca-austin.org

Fall 15 wk Session: September 11 - December 23

*No Class November 22-25, December 19, 25-30. Cost is prorated

Rollers & Swingers (Level 1 & 2) Age Kindergarten & Up \$105 Member | \$135 Non-Member

Monday | 4:00 - 5:00 p.m.
Monday | 6:30 - 7:30 p.m.
Tuesday | 6:30 - 7:30 p.m.
Wednesday | 6:00 - 7:00 p.m.
Saturday | 9:00 - 10:00 a.m.
Saturday | 11:30 a.m. - 12:30 p.m.

ROLLERS (LEVEL 1): Beginner gymnastics skills which includes an introduction to all four gymnastics events.
SWINGERS (LEVEL 2): Advanced beginners level gymnastics that builds on skills learned.

Special Evaluation Days (45 min.)

- Friday, Aug, 18, 3:30-6:00 p.m.
- Wednesday, Sept. 6, 4:00-7:00 p.m.
- Friday, Dec. 1, 4:00-6:00 p.m.
- Wednesday, Dec. 6, 4:00-6:00 p.m.

Kippers & Flippers (Level 3 & 4) Age Kindergarten & Up \$135 Member | \$165 Non-Member

Monday | 5:00 - 6:30 p.m.
Tuesday | 6:30 - 8:00 p.m.
Wednesday | 6:00 - 7:30 p.m.
Saturday | 10:00 - 11:30 a.m.

KIPPERS (LEVEL 3): Intermediate level. Must successfully complete Swingers.
FLIPPERS (LEVEL 4): Advanced level. Must successfully complete Kippers.



Fall 8 wk Session: September 11 - November 4 Fall 7 wk Session: November 6 - December 23

*No Class November 22-25, December 19, 25-30. Cost is prorated

Daredevils Age 6+ years \$56 Member | \$72 Non-Member

Monday | 6:00 - 7:00 p.m.

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 \$72 Member | \$88 Non-Member

Monday | 6:00 - 7:30 p.m.

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 and utilize other areas of the Y as part of their curriculum and are able to take swimming lessons in conjunction with their education. These lessons are offered immediately 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 9/1/17	M-F	12-2:30 p.m.	\$175/month

A Registration fee of \$25 for members and \$50 for non-members is due at registration. Financial assistance is available through the Y to make sure every child has the opportunity to a preschool education. Financial Assistance is available to qualifying families. 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.

Our program utilizes the CATCH (Coordinated Approach to Child's Health) physical activity program which will introduce children to new games and ways to be active. We also have fun options that change each day including board games, art, Lego building, reading, and homework help.

Youth will enjoy planned physical activity as well as a nutrition curriculum. All areas are supervised and healthy 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. Contact Child Development Director for details.

Member - No Bussing | **FREE!**
Member - Bussing | \$23/week
Non-Member - No Bussing | \$8/week
Non-Member - Bussing | \$28/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 | \$33/day
6:30 a.m. - 6 p.m.

Early Release | \$18/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.

Kids Kove Babysitting

Age 6 weeks - 8 years

A safe place for kids to play while you work out!

Cost is per 1.5 hours.

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

Kids Kove punch cards can be purchased at the Y Front Desk in quantities of \$10 and \$20.

Monday-Friday
8:30 a.m. - 1:30 p.m.

Monday - Thursday
3:30 p.m. - 8:00 p.m.

Friday
3:30 p.m. - 7:00 p.m.

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

Sunday
Hours TBD



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.



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

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

Sunday | 12:00 - 6:00 p.m.

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 | 5:00 - 7:30 p.m.

Saturday | 4:00 - 7:00 p.m.

Sunday | 2:00 - 5:00 p.m.

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 on-site tutor and computers to use for homework.

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

Weekend | CLOSED



»»»» Toddler Gym »»»»»» Youth Zone »»»»»»»»»»»»»»»»» Teen Center »»»»»»

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*



» 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. Andy offers 30 and 60 minute one on one sessions and 60 minute small group sessions for our members. He also offers 60 minute one on one sessions for non-members. Talk to Andy about pricing and availability today!

*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.



LIGHTS ON AT THE Y

Wednesday, August 2nd

4:00 p.m. – 6:30 p.m.

Join in the fun at the Y with this free community event. Come learn about all the Y has to offer while you enjoy the bounce house and other fun activities for the whole family.