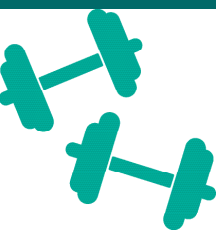


STRENGTHENING HUMAN POTENTIAL

2018 Winter Program Guide



YMCA of Austin
704 1st Drive NW
507-433-1804
www.ymca-austin.org



2	Winter Hours
3	Chronic Disease Prevention
4	January Activities
5	February Activities
6	March Activities
7	April & May Activities
8	Fitness
8	Adult Sports
9	Fitness Plans
9	Active Older Adults
10-11	Membership
12	Preschool
13	Child Care
14	Swimming Lessons
15	Specialty Aquatics
16	Children's Gymnastics
16	Competitive Gymnastics
17	Progressive Gymnastics
18	Birthday Parties
18	Building Rentals
19	Kids Kove
19	Youth Areas
20	Special Olympics Swim Team

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

Ask when our next class begins, call 507-433-1804 to speak with Katie Bielefeld, Director of Healthy Living.
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
26	26	27	28			

FEB. DATES TO KNOW

- 4 Super Bowl
- 14 Early Release Child Care
- 19 No School Child Care
- 24 '17-'18 Preschool Open House Registration

Tiny Tikes Sports

Age 3-6 yrs

Feb. 12 - March 5
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.



Make A Wave Swim

FREE! Family Event

Mon-Fri | 6:45-8:45 p.m.
Sat. | 4 - 8:45 p.m.

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



Family Fun Night Inflatables

FREE! Family Event

Fri., Feb. 9 | 6 - 8:00 p.m.
FREE to Member Families
\$20 Non-Member Families

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



Parents Night Out

Age 6 wks - 12 yrs

Sat., Feb. 17 | 4 - 8 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.



Flight Night

Age 6+ yrs

Fri., Feb. 2 | 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.



YOUTH & FAMILY EVENTS

March

MAR. DATES TO KNOW

24 Summer Daze Reg. Open
 26-30 No School Child Care
 26-31 No Swimming/Gymnastics

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 Scavenger Hunt

FREE! Family Event

Sat., Mar. 3 6 - 8:00 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.



Flight Night

Age 6+ yrs

Fri., Mar. 16 | 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.



Make A Wave Swim

FREE! Family Event

Mon-Fri | 6:45-8:45 p.m.
 Sat. | 4 - 8:45 p.m.

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



Tiny Tikes Sports

Age 3-6 yrs

March 13 - April 3
 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

April

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					

APR. DATES TO KNOW

- 1 Easter Holiday - CLOSED
- 6 Early Release Child Care
- 11 Early Release Child Care

Make A Wave Swim

FREE! Family Event
 Mon-Fri | 6:45-8:45 p.m.
 Sat. | 4 - 8:45 p.m.



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

Flight Night

Age 6+ yrs

Fri., April 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 gymnastic experience required. Limited availability. Pre-registration encouraged.

Tiny Tikes Soccer

Age 3-6 yrs

April 30 - May 21
 Mondays | 5:30 - 6:15 p.m.
 \$20 Member | \$40 Non-Member



Your toddler will learn the basics of soccer, basketball and blastball.

May

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		

Youth Soccer League

May 1 - 31
Age 4 & Kindergarten
 Tuesday & Thursday | 5 - 5:45 p.m.
 \$46 Member | \$56 Non-Member



1st - 4th Grades

Tuesday & Thursday | 6 - 7 p.m.
 \$46 Member | \$56 Non-Member

All league games will take place at Faith Evangelical Free Church fields. A youth sports jersey is required. Registration ends Wed, Apr. 25.

Soccer

Pre-Season Clinic | TBA
1st - 4th Grade

at Wescott Field
 Grades 4yrs-K: 10:00-10:45 a.m.
 Grades 1st-4th: 11:00 a.m - 12:00 p.m.

Join AHS Coach Levisen and AHS players at the skills clinic.

MAY DATES TO KNOW

- 9 Early Release Child Care
- 20 Begin Summer Hours
- 21 Preschool Program
Paramount Theatre
- 28 Memorial Day - CLOSED

Healthy Kids Day

FREE! Family Event
 May. 19 | 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!

FITNESS PLANS

FREE! Wellness Center Orientations

Take the first step toward reaching your personal goals: This complimentary meeting will identify goals, limitations and help you develop a plan that meets your unique needs. We can guide you in machine-based exercises. **Ask at the Front Desk today!**

FREE! Fitstart Plan

Ready for a change, but don't know where to start? Sit down with Director of Healthy Living Katie Bielefeld 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 the basics of a balanced fitness program, plan workouts and activities, and learn ways to eat that will fuel your workouts and build healthy lifestyle habits.

4, 8, & 12 Week Personal Coaching Programs

These one-on-one programs are designed to aid you in achieving your fitness goals. Each program includes:

- Initial Fitness Evaluation
- Personalized workouts
- Nutrition Strategies
- Personal Training Sessions
- Results Evaluations every 4 weeks to assess progress

4 Weeks: \$105 | 8 Weeks: \$180 | 12 Weeks: \$330

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.

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

ADDITIONAL 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 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

Youth Options

INSURANCE REIMBURSEMENT

Some 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.



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. Each student enrolled in our preschool receive a 6 week session of swimming lessons at no cost. Students receive fitness instruction each month as part of their curriculum. 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.	\$87/month
Stepping Stones	4 - 5 years	M, T, W	8:30-11 a.m.	\$115/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, and reading with homework help.

As always, youth enjoy planned weekly physical activity and 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 Julie Kerling, 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.



GET EXCITED ABOUT SUMMER Summer Daze Child Care

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

REGISTRATION OPENS MAR. 24

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

A \$40 child/\$60 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.

4 Weeks Sessions (2x/wk)

January 9 - February 1 | February 6 - 22
February 27 - March 22 | April 3 - 19
April 24 - May 10 | May 15 - June 7
*No Lessons March 26 - April 1

Preschool | Age 3-5 years

\$28 Member | \$56 Non-Member

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

School Age | Age 6+ years

\$35 Member | \$70 Non-Member

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

Parent/Child | Age 6 mos. - 3 yrs.

\$28 Member | \$56 Non-Member

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

8 Wk Session (1x/wk):

January 8 - February 25 | February 26 - April 22*
April 23 - June 10*

*No Lessons March 26 - April 1, May 19, May 28

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.

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 February 28 - April 18 session.

Parent/Child | Age 6 mos. - 3 yrs.

\$28 Member | \$56 Non-Member

Monday | 6:10 - 6:40 p.m.

Adult | Age 16+ years

\$35 Member | \$70 Non-Member

Wednesday | 5:00 - 5:45 p.m.*
*Not Available February 28 - April 18 session.

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.



SEMI-PRIVATE SWIM LESSONS

1 Lesson
 \$15 Member | \$30 Non-Member
 4 Lessons
 \$35 Member | \$70 Non-Member
 8 Lessons
 \$65 Member | \$130 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.

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 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.

Regional Team

February 26 - March 16
 \$50 per swimmer
 (plus meet registration fee)
 Must have qualifying time

YMCA LIFEGUARD TRAINING | Age 16+

March 23 5:00 - 8:30 p.m. | March 24 & 25 8:00 a.m. - 6:00 p.m.
 Register by March 15 | \$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+

March 23 | Register by March 15 | 5:00 p.m. | \$75 Member | \$100 Non-Member

CPR Challenge | Age 16+

March 23 | Register by March 15 | 6:00 p.m. | \$55 Member | \$75 Non-Member



CHILDRENS GYMNASTICS

7 Week Sessions

January 8 – February 24 | February 26 – April 14
April 16 – June 2

*No Lessons January 20, March 26 – 31, May 19, 28

TINY TUMBLERS: 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: 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: A class for children ages 4–6 years who have taken Little Stars and are ready for some new challenges. Participants will build on skills previously learned.

Tiny Tumblers | 18 mos. – 3 yrs

\$35 Member | \$49 Non-Member

Monday | 5:30 – 6:00 p.m.

Saturday | 9:00 – 9:30 a.m.*

*Not available April 16 – June 2 session.

Little Stars | Age 3 – 5 years

\$42 Member | \$56 Non-Member

Monday | 4:00 – 4:45 p.m.

Sat. | 10:15 – 11:00 a.m.

Sat. | 11–11:45 a.m.*

*Not available April 16 – June 2 session.

Little Stars II | Age 4 – 6 years

\$42 Member | \$56 Non-Member

Monday | 4:45 – 5:30 p.m.

Saturday | 9:30 – 10:15 a.m.

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 | Ages 6+ years

Director approval required

*No Lessons January 20

Session 1: 7 Weeks January 13 – February 24

\$57 Member

Saturday | 9:00 – 11:00 a.m.

Session 2: 14 weeks March 3 – June 2

\$114 Member

Saturday | 9:00 – 11:00 a.m.

Competitive Teams | Ages 6+ years

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 from 4:30 – 7:00 p.m.

PROGRESSIVE GYMNASTICS

An evaluation session is required if you want to sign up for Level 2 or higher. They are December 4th & 6th from 4:00 - 6:00 p.m. Spring dates TBA. Contact Nikki Lindberg, Gymnastics Director, with questions at 507-433-1804 or nlindberg@ymca-austin.org

Session 1: 7 Weeks

January 8 - February 24

*No Lessons January 20

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

SWINGERS (LEVEL 2): Advanced beginners level that builds on skills learned.

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

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

Rollers & Swingers (Level 1 & 2)

Age Kindergarten & Up

\$49 Member | \$63 Non-Member

Monday | 6:15 - 7:15 p.m.

Tuesday | 4:15 - 5:15 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.

Kippers & Flippers (Level 3 & 4)

Age Kindergarten & Up

\$63 Member | \$77 Non-Member

Monday | 6:15 - 7:45 p.m.

Tuesday | 4:15 - 5:45 p.m.

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

Saturday | 10:00 - 11:30 a.m.

Session 2: 14 Weeks

February 26 - June 2

*No Lessons March 26 - 31, May 19, 28

Rollers & Swingers (Level 1 & 2)

Age Kindergarten & Up

\$91 Member | \$117 Non-Member

Monday | 4:00 - 5:00 p.m.

Tuesday | 6:15 - 7:15 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.

Kippers & Flippers (Level 3 & 4)

Age Kindergarten & Up

\$117 Member | \$143 Non-Member

Monday | 5:00 - 6:30 p.m.

Tuesday | 6:15 - 7:45 p.m.

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

Saturday | 10:00 - 11:30 a.m.

7 Week Sessions

January 8 - February 24 | February 26 - April 14

April 16 - June 2

*No Lessons January 20, March 26 - 31, May 19, 28

DAREDEVILS: 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: 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.

Daredevils I | Age 6+ years

\$49 Member | \$63 Non-Member

Session 1:

Monday | 6:15 - 7:15 p.m.

Sessions 2 & 3:

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

Daredevils II | Age 6+ years

\$63 Member | \$77 Non-Member

Session 1:

Monday | 6:15 - 7:45 p.m.

Sessions 2 & 3:

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

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:

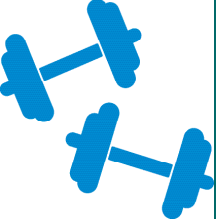
Below is a list of areas that can be rented for your next event.

- 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 »»»



Special Olympics Swim Team

The YMCA of Austin is proud to start a partnership this year between our Aquatics Department and Special Olympics of Minnesota as we develop a Special Olympics Swim Team. We will be a unified team.

Season:
March 21 - June 2018

Practice Times:
Wednesdays
5:00 - 6:00 p.m.

* No Practice March 28 due to Spring Break

For more information visit
www.specialolympicsminnesota.org
Questions or interested in volunteering?
Contact Aquatics Director Tracey Christiansen.

