



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018 SUMMER PROGRAMS

June

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

Blastball League

Age 3-6 years

June 5 - July 5
Tues. 3-4 year olds | 5:30 - 6:15 p.m.
Thurs. 5-6 year olds | 5:30 - 6:15 p.m.
\$20 Member | \$40 Non-Member



Introduce your child to the fundamentals of baseball and softball. Games will take place at the YMCA.

Afternoon Basketball League

5th - 8th Grade

Wednesdays | 1:30 - 3:30 p.m.
June 13 - July 11 | \$5/player



Keep your basketball skills sharp through the summer with our indoor afternoon basketball league. Must be enrolled in 5th - 8th grades to play.

JUNE DATES TO KNOW

- 5 Blastball League Begins
- 7-8 No School Days
- 11 Lifeguard & CPR Challenge
- 11-13 YMCA Lifeguard Training
- 11 Summer Daze Begins
- 11 Gymnastics Session Begins
- 13 Afternoon Basketball League Begins
- 18 Summer Swim Team Begins
- 30 36th Annual Hog Jog

36th Annual Hog Jog 5 Mile Run | All Ages

June 30 | 8:00 a.m. Start
Pre-Registration until June 23: \$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.

July

Basketball Camp

1st - 4th Grade

July 9, 11, 13 | \$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.

Mini Piggy Fun Run

Age 2-12 years

July 4 | 10:45 a.m. Start
Pre-Registration until June 23: \$5
June 24 - 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 East parking lot. T-shirts are only guaranteed to the first 100 registered.

S	M	T	W	T	F	S
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22	23	24	25	26	27	28
29	30	31				

Summer Gymnastics Camp | Age 6+ years

\$100 Member | \$130 Non-Member | July 16-20 | 9 a.m. - 3 p.m.

JULY DATES TO KNOW

- 4 Mini Piggy Fun Run
- 4 CLOSED for Independence Day
- 9 Basketball Camp Begins
- 16-20 Gymnastics Camp
- 23 Gymnastics Session Begins

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
- 8-10 Pool Closed for Cleaning
- 21-23 Splash N Dash
- 27-Sept. 3 Wellness Center, Tennis Courts, Gymnastics, and Carpet Gym Closed for cleaning

Splash N Dash

1st - 6th Grade

Aug. 20-22 | 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 22nd.

Our mission

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Financial Assistance

Our Y is particularly sensitive to the financial difficulties so many are facing, and we believe that no one should be turned away due to their inability to pay. Because of this, we have a wonderful financial assistance program that can help with not only monthly membership dues, but youth program fees and child care.

Director of Healthy Living
Katie Bielefeld
kbielefeld@ymca-austin.org

FITNESS

Personal Training

If you need an extra boost to help you meet your summertime fitness goals, whether it be weight-loss, muscle building, or improvement in function, our trainers at the YMCA will develop an exercise program specifically for you and teach you how to perform the exercises correctly and effectively. You have the option of having the first session include a fitness assessment! Whether you are looking for one-on-one training or prefer to work out in a small group, we have something for you.

Our Personal Trainer is in the Wellness Center every Tuesday and Thursday from 9:00 a.m. - 12:00 p.m. Feel free to stop in, ask questions and schedule sessions in person. Intake questionnaires are available at the Y Front Desk. Register today!

Child Development Director
Julie Kerling
jkerling@ymca-austin.org

CHILD CARE

Summer Daze School Aged Child Care For kids entering Kindergarten - 7th Grade

A safe, engaging and nurturing environment for families that need quality summer child care. Where children can interact with others, build friendships and participate in wonderful activities while having loads of fun! Swim lessons are included as part of our program. We welcome one week, multiple weeks, all summer long or drop ins. Hours of operation are 6:30 a.m. to 6:00 p.m. Monday-Friday. Financial assistance is available. Register today!

After School Program For kids in Kindergarten - 6th Grade

A safe, supervised and encouraging environment for school aged children to learn, play and thrive. Children will be active, develop healthy habits, and form lasting friendships. Children are provided a healthy snack each day and will have opportunities to participate in a variety of activities each day including homework help. We also take kids to other programming at the Y such as swim lessons, gymnastics or fitness. Busing and non-busing options will be available. Hours are 2:45 p.m. to 6:00 p.m. on school days. We follow the Austin Public School calendar and offer No school and Early Release child care. Financial assistance is available. Registration opens August 7.

Preschool

The YMCA of Austin is state licensed and offers preschool education to children ages 33 months to 5 years. Creative Curriculum is a comprehensive early childhood educational system that emphasizes a practical, easy to understand approach to working with children. It promotes the use of interest areas as a way of providing experiences that promote cognitive, social, physical and language development. The core components are literacy, math, science, social studies, arts and technology. We follow the Austin Public School calendar. All students receive fitness instruction once a month, along with a free 6 week session of swim lessons. Opportunities for further lessons are available after preschool classes. Financial assistance is available. Register today!

YOUTH AREAS

Toddler Gym 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 2nd - 5th Grade

Features basketball hoop. 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 2nd - 12th Grade

Features Wii games, pool table, air hockey, 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 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

***For Swimming and Gymnastics lessons information,
refer to separate brochures**