

**MEMBERS
SAVE!**

the



YMCA

**SUMMER
PROGRAM
GUIDE**

JUNE - AUGUST 2019

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Welcome

ymca@ymca-austin.org

FACILITY HOURS

NOW THRU MAY 24

MONDAY - THURSDAY	4:45a.m. - 10:00p.m.
FRIDAY	4:45a.m. - 9:00p.m.
SATURDAY	7:00a.m. - 9:00p.m.
SATURDAY	12:00p.m. - 6:00p.m.

FACILITY CLOSINGS

MEMORIAL DAY	May 27
INDEPENDENCE DAY	July 4
LABOR DAY	September 2

MAY 25 - SEPTEMBER 2

MONDAY - FRIDAY	4:45a.m. - 9:00p.m.
SATURDAY	7:00a.m. - 3:00p.m.
SUNDAY	CLOSED

FACILITY CLEANING SCHEDULE

THESE AREAS WILL BE CLOSED DURING THEIR SCHEDULED TIME

MAY 18 - 27	Fitness Studio
MAY 20 - 27	Gymnasium, Teen Center, Toddler Gym, Racquetball Court, The Lab & the Cardio Loft
AUG. 7 - 9	Pool, Pool Area & Kids Kove
AUG. 26 - SEPT. 2	Wellness Center, Gymnastics Area, Tennis Court & Carpeted Gym

OUR MISSION To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



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MEMBERSHIP

Member Services Director

Carolyn Rugg - crugg@ymca-austin.org

STOP
IN FOR
A TOUR!

MEMBERSHIP RATES

[a photo ID is required to apply for a membership]

MEMBERSHIP	DESCRIPTION	LOCKER ROOM A	LOCKER ROOM B
YOUTH	Persons in grades 2-12 who live within a 30-mile radius of the Y. Includes access to the gym, pool, racquetball courts, Youth Gym & Youth Zone		\$1/yr.* \$5/yr.* \$25/yr.* \$60/yr.*
YOUTH WELLNESS	Persons age 14 - 18. MUST RECEIVE WELLNESS ORIENTATION. Provides access to track and Wellness Center.		\$16.25/mo.
YOUNG ADULT/ STUDENT	Any person 18-23 years OR any person (any age) in school who provides proof of enrollment in at least 9 credit hours. No joiner's fee required with student ID and proof of registration.		\$32.50/mo.
ADULT	Persons age 18 or older and out of High School.	\$61.25/mo.	\$50.50/mo.
SENIOR [INDIVIDUAL]	Persons age 65 or older applying as an individual.	\$58.75/mo.	\$47.50/mo.
SENIOR [COUPLE]	Persons age 65 or older applying as a couple in the same household.	[1] \$71.75/mo. [2] \$76.75/mo.	\$62.75/mo.
FAMILY	Includes one or two adults living in the same household and dependent children.	[1] \$77.00/mo. [2] \$82.25/mo.	\$66.25/mo.

*Youth Membership Based on Family Income Level: ≤ \$24,000 = \$1/yr. \$24,001 - \$32,500 = \$5/yr.
\$32,501 - \$47,100 = \$25/yr. ≥ \$47,101 = \$60/yr.

[MEMBERSHIP ADD-ON]

THE LAB

\$25 PER MONTH PER YMCA MEMBER*

*See Page 12 for more details

NATIONWIDE MEMBERSHIP Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

WHAT YOU NEED TO KNOW Valid for active, full facility YMCA members. On a monthly basis, nationwide member visitors must use their home Y at least 50% of the time. Program-only participants and special memberships are not eligible for Nationwide Membership. Make sure the Y offers the services and amenities you plan to use. Bring a photo ID with you for your visit. You will be asked to sign a waiver when visiting another Y location. If you have more questions, please contact us. We are happy to answer any questions you may have.

TRY OUR Y FOR FREE We offer two complimentary guest passes per year to residents of Austin who are interested in trying out the Y. Limit 2 guest passes per year to individual/families who have not previously held a membership at the YMCA of Austin within the last year.

LOCKER ROOM OPTIONS

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 family with young children. It can be used by all membership types.

MEMBERSHIP

Member Services Director

Carolyn Rugg - crugg@ymca-austin.org

POLICIES & PROCEDURES

ABUSE PREVENTION Your child's safety is our top priority. That's why we have an abuse prevention program and run background checks on **ALL** of our employees and volunteers. To learn more about how the Y takes steps to protect children, please contact our Executive Director, Diane Baker.

ATTIRE Appropriate shirts, shorts and footwear (if applicable) are required during exercise in the workout rooms and gyms. Women, sports bras alone are not permitted and for men, shirts must be worn. Proper swim wear and swim diapers (age appropriate) are required when using the pool.

RETURNED CHECKS Returned checks, bank drafts, credit/debits cards will be assessed a \$15 processing fee in addition to any bank fees associated with the return.

ADHERENCE TO YMCA RULES The YMCA is committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA asks all persons to act appropriately at all times when in our facilities, on our property or participating in our programs. The YMCA of Austin reserves the right to deny access or refuse service to any person convicted of any offense related to violent crime, the sale, possession, and/or transportation of illegal drugs, or is currently under the influence of illegal drugs or chemicals, narcotics, or intoxicating beverages.

YOUTH POLICIES All children 1st grade and under need to be with an adult (18 yrs. old AND out of High School) at all times while in the building, unless the minor child is enrolled in a Youth Program.

PET POLICY No pets are allowed in the YMCA of Austin facility. If any Member is in need of a Service Dog, please bring it to the attention of our front desk staff before entering the building.

PHOTO/VIDEO/AUDIO POLICY The YMCA of Austin may take photo/video/audio during classes and/or on premises and use them in accordance to their media policy.

CAN I PUT MY MEMBERSHIP ON HOLD? The YMCA of Austin does not allow its members to put their membership on hold.

CAN I CANCEL MY MEMBERSHIP OVER THE PHONE OR BY EMAIL? Members need to visit the Y and sign the appropriate forms to cancel their membership, which means you can't cancel over the phone or via email. Cancellation notices must be received by the 26th of the month in order to stop the bank or credit draft for the next month.

MEMBERSHIP MINIMUM REQUIREMENT We require a minimum of two full months of membership before an individual is able to cancel their membership to cover administration costs. We do not require minimum yearly contracts.

MEMBERSHIP CARDS/ACCESS TO FACILITY Members **MUST** present the Membership Card given to you at the time of enrolment in order to gain access to the YMCA of Austin. If you should lose your card, one can be purchased at the front desk for \$5.

PAYMENT & INSURANCE INFORMATION

PAYMENT OPTIONS Membership dues are automatically deducted from a savings or checking account, credit or prepaid (MC, Discover, Visa) each month with authorization. When joining you will pay the joiner's fee plus the 1st month. Automatic payments will begin the second month on the first of each month. A yearly membership can be purchased using cash, check or credit card. New members are required to pay the joiner's fee. Annual renewals are due on the same anniversary year each year.

JOINER'S FEE & REFUND INFORMATION A \$50 joiner's fee is charged for all new memberships (except youth) and to past members whose memberships have lapsed for more than 30 days. The joiner's fee and membership dues are non-refundable and non-transferable. Many local businesses waive the joiner's fee; double check with your employer, or at the front desk, to see if this is an option for you.

INSURANCE REIMBURSEMENT Many insurance companies will reimburse a portion of membership fee to those who utilize the Y a specified number of times per month. Ask your insurance carrier if you are part of this program.

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

PROGRAMS & EVENTS



**JUNE
JULY
AUGUST**

37th ANNUAL HOG JOG [5 Mile Run | All Ages]

June 29 | 8:00 a.m. Start

Pre-Registration until June 22: \$25

Day of Race: \$30

Additional Family Member: \$15

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*). This event is **open to the Community**.

AFTERNOON BASKETBALL LEAGUE [5th - 8th Grade]

June 12 - July 10

\$5/player **Must be a Member**

Wednesday 1:30 - 3:30 p.m.

Keep your basketball skills sharp through the summer with our indoor afternoon basketball league. Participants must be enrolled in 5th - 8th grades for the 2019-2020 school year to play.

CPR/O2/FIRST-AID TRAINING

FIRST-AID - \$15/person

June 17 5:00 - 7:30 p.m.

CPR - \$20/person

June 19 6:00 - 9:00 p.m.

OXYGEN ADMIN. (O2) - \$10/person

June 19 5:00 - 6:00 p.m.

ATTEND ALL THREE - \$35

Open to the Community. You can choose to take one training or all three. Includes a certification card. Replacement cards are \$6.00/each.

MINI PIGGY FUN RUN [Age 2 -12 yrs.]

July 4 | 10:45 a.m. Start

Pre-Registration until June 22: \$5

June 23 - Day of Race: \$10

The run is **open to the Community** and YMCA of Austin Members. This race is not timed. Register at the front desk or online. Race day registration will begin at 10:00 a.m. in the YMCA East parking lot. T-shirt are guaranteed to the first 100 registered.

BLASTBALL LEAGUE [Age 3 - 6 yrs.]

June 4 - July 4

\$20 Member **\$40 Non-Member**

3 & 4 year olds

Tuesday 5:30 - 6:15 p.m.

5 & 6 year olds

\$16 Member **\$36 Non-Member**

Thursday 5:30 - 6:15 p.m.

Introduce your child to the fundamentals of baseball and softball. Games will take place at the YMCA of Austin. No league on July 4, price is prorated.

BASKETBALL CAMP [1st - 4th Grade]

July 8, 10 & 12

\$20/participant

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

3rd & 4th Grade 10:45 a.m. - 12:00 p.m.

Dribble, pass, score! This three day camp will teach and develop the skill used in basketball that includes dribbling, passing and shooting, along with general basketball concepts. This camp is **open to the Community**.

SPLASH 'N DASH [1st - 6th Grade]

August 19 - 21 6:30 - 7:30 p.m.

\$5 Member **\$10 Non-Member**

See what it feels like to be on a swim team with Splash 'N Dash! YMCA staff will coach students in competitive swimming skills. Swimmers must be able to swim 25 yards. A mini-meet will take place on August 21.

MAKE A WAVE SWIM

MON - THURS 7:00 - 8:30 p.m.

FRI 6:00 - 8:30 p.m.

FREE for Members. Enjoy some family fun, splashing together in the pool. An adult must be present.

PRESCHOOL

Child Development Director

Melissa Hussey - mhussey@ymca-austin.org

WHAT MAKES THE Y PRESCHOOL PROGRAM UNIQUE? While all preschools provide intellectual and social experiences, our State Licensed Y also focuses on a student's overall health and well-being. Each student enrolled in our preschool receives a 6-week session of swimming lessons at no additional 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 A non-refundable registration fee of \$25 for members and \$50 for non-members is due at enrollment. Financial Assistance is available for qualifying families through the Y to make sure every child has the opportunity to a preschool education.

REGISTRATION is open now.

2019-20 SCHOOL YEAR	AGE	DAYS	TUITION
BUSY BEES	33mo. - 3 yrs.	TH & F	\$87/mo.
STEPPING STONES	4 - 5 yrs.	M, T, W	\$115/mo.
BUILDING BLOCKS (PRE-K)	4 -5 yrs.*	M - F	\$175/mo.

**must be 4 by 9/1/2019*



KIDS KOVE BABYSITTING

We offer a safe place for your kids to play while you work out!

AGE 6 WEEKS - 7 YEARS

COST

[per 1 hour, 2 hour limit]

\$2/single child

\$4/two children

\$6/three children

HOURS

MORNING

AFTERNOON

Monday - Thursday

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

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

Friday

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

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

Saturday

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

SCHOOL AGE CHILD CARE/SUMMER DAZE

Child Development Director

Melissa Hussey - mhussey@ymca-austin.org

AFTER SCHOOL CHILD CARE | Pre-K - 6th Grade 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 our Child Development Director, Melissa Hussey for details.

MEMBER	NON - MEMBER
without Bussing - \$9/week	without Bussing - \$15/week
with Bussing - \$28/week	with Bussing - \$33/week



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 when you enroll a second child in NO SCHOOL CHILD CARE.



NO SCHOOL	EARLY RELEASE
6:30 a.m. - 6:00 p.m.	12:30 p.m. - 6:00 p.m.
\$35/day	\$20/day



REGISTRATION IS OPEN FOR SUMMER FUN! SUMMER DAZE CHILD CARE K - 7TH GRADE

FULL/HALF DAY OPTIONS		1ST CHILD	ADD'L CHILD
FULL DAY	6:30 a.m. - 6:00 p.m.	\$138/wk	\$133/wk
MORNINGS	6:30 a.m. - 12:00 p.m.	\$123/wk	\$118/wk
AFTERNOONS	12:00 p.m. - 6:00 p.m.	\$123/wk	\$118/wk

A safe, engaging and nurturing environment for families that need quality summer child care. It's 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. Financial assistance is available. A Non-refundable fee is required at registration, \$40/child, \$60/family. We also offer a drop-in rate of \$40/child per day. You do not need to be a member of the YMCA of Austin in order to participate. Children MUST be entering Kindergarten in the fall of 2019 to participate.

LIFEGUARD TRAINING & SWIM TEAM

Aquatics Director

Tracey Christiansen - tchristiansen@ymca-austin.org

POOL CLOSED FOR CLEANING

August 7 - 9

LIFEGUARD TRAINING | June 10 - 12 | Age 16+

[MUST REGISTER BY JUNE 5]

CPR CHALLENGE COURSE

[JUNE 12]

\$55 Member | \$75 Non-Member

10:00 a.m. - 11:00 a.m.

LIFEGUARD CHALLENGE COURSE

[JUNE 12]

\$75 Member | \$100 Non-Member

9:30 a.m. - 12:00 p.m.

YMCA LIFEGUARD TRAINING COURSE

[JUNE 10 - 12]

\$175 Member | \$200 Non-Member

WEDNESDAY - FRIDAY | 9:30 - 4:30 p.m.

SWIMMING LESSONS

PHASE 1

Tread water for 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 the shallow end, sprint for 60 feet, arm-over-arm surface dive of 8-10 feet. Pick up an object from bottom of pool, tread with legs only 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.

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; Doctor's note is required. We do not give credits for individual classes missed regardless of the reason.

NO LESSONS/PRACTICE JULY 4 & AUGUST 7 - 9

SUMMER SWIM TEAM

[MUST BE ABLE TO SWIM 25 YARDS WITHOUT ASSISTANCE PRIOR TO REGISTRATION]

Session Dates: June 17 - August 16

DEVELOPMENTAL GROUP

Age 5yrs. +

\$75

ADVANCED GROUP

Age 5yrs. +

\$85

MON, WED & FRI

1:00 p.m - 2:00 p.m.

2:00 p.m - 3:15 p.m.

SWIMMING LESSONS

Aquatics Director

Tracey Christiansen - tchristiansen@ymca-austin.org

# OF LESSON	PRIVATE LESSONS	SEMI-PRIVATE LESSONS
1	\$25 Member/\$50 Non-Member	\$15 Member/\$30 Non-Member
4	\$80 Member/\$160 Non-Member	\$35 Member/\$70 Non-Member
8	\$150 Member/\$300 Non-Member	\$65 Member/\$130 Non-Member
	Lessons are 30 minutes in length. For all abilities desiring one-on-one instruction.	Lessons are 30 minutes in length. 2-3 participants to 1 instructor. Cost is per participant and MUST co-register.

SWIM LESSONS

[PRICE IS PRORATED FOR SCHEDULED "NO CLASS" AND/OR POOL CLOSINGS]

PARENT/CHILD 6 mo. - 3 yrs.	PRESCHOOL Age 3 - 5 yrs.	SCHOOL AGE Age 5 yrs. +	ADULT Age 18 yrs. +
\$30 Member \$60 Non-Member	\$30 Member \$60 Non-Member	\$37 Member \$74 Non-Member	\$27.75 Member \$27.75 Non-Member

[4 TIMES PER WEEK]

Session Dates: June 10 - June 20, June 24 - July 3, July 8 - July 18, July 22 - August 1
August 5 - August 15, August 19 - August 29

MON - THURS		9:30 - 10:00 a.m.	9:30 - 10:15 a.m.	
MON - THURS		10:00 - 10:30 a.m.	10:15 - 11:00 a.m.	
MON - THURS		10:30 - 11:00 a.m.		

[2 TIMES PER WEEK]

Session Dates: June 11 - July 20, July 16 - August 1, August 13 - August 29

TUE & THURS		4:30 - 5:00 p.m.	5:00 - 5:45 p.m.	
TUE & THURS	5:45 - 6:15 p.m.	5:05 - 5:35 p.m.	5:50 - 6:35 p.m.	

[1 TIME PER WEEK]

Session Dates: June 10 - July 20, July 22 - August 30

MONDAY	6:10 - 6:40 p.m.	5:00 - 5:30 p.m.	5:00 - 5:45 p.m.	
MONDAY		5:35 - 6:05 p.m.	5:50 - 6:35 p.m.	
WEDNESDAY		5:00 - 5:30 p.m.	5:00 - 5:45 p.m.	
WEDNESDAY		5:35 - 6:05 p.m.	5:50 - 6:35 p.m.**	5:50 - 6:35 p.m.*
WEDNESDAY		6:10 - 6:40 p.m.		
FRIDAY		9:30 - 10:00 a.m.	9:30 - 10:15 a.m.	
FRIDAY		10:00 - 10:30 a.m.	10:15 - 11:00 a.m.	
FRIDAY		10:30 - 11:00 a.m.		

*ONLY available June 10 - July 20 Session, **ONLY available July 22 - August 30 Session



GYMNASTICS CAMP

Gymnastics Director

Nikki Lindberg - nlindberg@ymca-austin.org

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. Instructor permission is required if you want to sign up for a Level 2 or higher class. Contact our Gymnastics Director with any questions you may have.

GYMNASTICS CAMP - Boys & Girls - Age 6+

July 15 - 19

Member \$125
Non-Member \$150

MONDAY - FRIDAY

9:00 a.m. - 3:00 p.m.

Gymnasts will learn skills on all gymnastic events along with dance, games, arts & crafts and swimming throughout the week. Bring your own lunch, a water bottle, and a swimsuit & towel if you would like to swim. Parents are invited to come to a show on Friday, July 19 at 2 pm to see what your child has learned throughout the week.



TINY TUMBLERS	Age 18mo - 3 yrs	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 the equipment. Parents must participate in the class with their child.
LITTLE STARS I	Age 3 - 5 yrs	Participants will explore basic tumbling skills with an emphasis on building confidence, following directions, listening and cooperating while learning about the four gymnastics events.
LITTLE STARS II	Age 4 - 6 yrs	Participants who have taken Little Stars and are ready for some new challenges, they will build on skills previously learned.
ROLLERS (Level 1)	Grade K +	Beginner gymnastics skills which includes an introduction to all four gymnastics events.
SWINGERS (Level 2)	Grade K+	Advanced beginners level that builds on skills previously learned.
KIPPERS (Level 3)	Grade K+	Intermediate level. Must successfully complete Swingers.
FLIPPERS (Level 4)	Grade K+	Advanced level. Must successfully complete Kippers.
BOYS DAREDEVILS I	Grade K+	Boys ONLY class. 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.
BOYS DAREDEVILS II	Age 6+	Boys ONLY class. Boys who are ready for new challenges will love this class. This is an advanced combination class of gymnastics and parkour. To register, gymnasts must be able to perform a back handspring or have Director's permission.
COMPETITIVE	Age 6+	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's permission to register for team gymnastics. Gymnasts compete in the MAGA [Midwest Amateur Gymnastics Association].

GYMNASTICS LESSONS/TEAM

Gymnastics Director

Nikki Lindberg - nlindberg@ymca-austin.org

CHILDREN'S GYMNASTICS

[2 TIMES PER WEEK]

Session Dates: June 10 - July 14, July 22 - August 25

	TINY TUMBLERS Member \$62 Non-Member \$82	LITTLE STARS I Member \$62 Non-Member \$82	LITTLE STARS II Member \$62 Non-Member \$82
MON & WED		4:15 p.m. - 5:00 p.m.	5:00 p.m. - 5:45 p.m.

DAREDEVILS GYMNASTICS (BOYS ONLY)

[2 TIMES PER WEEK]

Session Dates: June 10 - July 14, July 22 - August 25

	DAREDEVILS I Member \$72 Non-Member \$93	DAREDEVILS II Member \$72 Non-Member \$93
MON. & WED.	6:00 p.m. - 7:00 p.m.	6:00 p.m. - 7:00 p.m.

PROGRESSIVE GYMNASTICS

[2 TIMES PER WEEK]

Session Dates: June 10 - July 14, July 22 - August 25

	ROLLERS/ SWINGERS Member \$72 Non-Member \$93	KIPPERS/FLIPPERS Member \$93 Non-Member \$113
MON. & WED.	4:30 p.m. - 5:30 p.m.	5:30 p.m. - 7:00 p.m.

NO PRACTICE - July 4

COMPETITIVE GYMNASTICS TEAM - MEMBERS ONLY

FLYERS PRE-TEAM \$90/session		COMPETITIVE TEAM	
Session Dates: June 10 - July 14, July 22 - August 25		1 class/week (\$40/mo.), 2 classes/week (\$75/mo.) 3 classes/week (\$105/mo.)	
		MONDAY	9:00 a.m. - 12:00 p.m.
TUESDAY & THURSDAY	4:30 p.m. - 6:30 p.m.	TUESDAY	4:30 p.m. - 7:30 p.m.
		THURSDAY	4:30 p.m. - 7:30 p.m.

BOYS COMPETITIVE GYMNASTICS TEAM - MEMBERS ONLY

Contact our Gymnastics Director for more details

HIGH SCHOOL CLASS [7th Grade in the Fall of 2019]

Session Dates: June 4 - July 30 | NO CLASS JULY 2 & 4

\$35 for 5 classes, \$70 for 11 classes. Unused punches can be used at Open Gym

TUESDAY & THURSDAY	6:00 - 8:00 p.m.
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OPEN GYM

DROP IN FEE: \$7/MEMBER, \$10/NON-MEMBER - THIS IS OPEN TO ALL REGISTERED PARTICIPANTS IN PROGRESSIVE & TEAM CLASSES. DATES AND TIMES WILL BE POSTED/HANDED OUT AT SCHEDULED WEEKLY CLASSES.

HEALTH & WELLNESS

Healthy Living Director

Bryce Becker - bbecker@ymca-austin.org

ACTIVE OLDER ADULTS [A.O.A] 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.

A.O.A. WATER				A.O.A. LAND	
SHALLOW WATER		DEEP WATER		FITNESS STUDIO	
M, TU, W, F	7:45 - 8:35 a.m.	M, TU, W, F	8:35 - 9:25 a.m.	M, TU, TH, F	8:00 - 8:55 a.m.

WATER EXERCISE Looking for a challenge without the stress on your joints? Or, do you just love the water and like being active? Exercise in water provides a near weightless and zero impact environment. We offer a variety of water exercises classes geared towards all fitness levels. Our classes are led by high-energy, fun-loving trainers. All group fitness and water exercise classes are FREE to members.

OPEN SWIM Our six-lane, 25 yard swimming pool is available for lap and open swim. Toys may be used during Make-A-Wave and on Family Fun Nights. A one-mile swim is 35.2 laps.

GROUP FITNESS Our caring, supportive and qualified staff, combined with our high-quality programs and equipment will help guide you toward a healthier body, mind and spirit. We offer a variety of options for you to choose from to help you along the way. Our Wellness Center is an option for those that prefer equipment based personal workouts. If you enjoy working out in groups, you may decide to participate in one of the 70+ drop-in group fitness classes. Group fitness classes are included in your YMCA Membership and our certified instructors will help motivate and encourage you along the way. Classes are convenient and designed for all fitness levels.

THE LAB is the newest addition to the YMCA of Austin. Loaded with barbells, climbing ropes and rowers. Our coach-led classes will challenge every major muscle group in your body. The Lab will test your strength, will and mental toughness with an ever-changing combination of movements, equipment and workouts. Are you ready to take your fitness to the next level? Stop in and visit with Bryce, or call today! The Lab is a \$25/month membership add-on and you MUST reserve your spot as class size is limited. Once you sign up for The Lab, you will receive a private link to register for a spot in class. Coach-led class times are as follows:

M, W & F: 5:00-6:00am, 12:30-1:30pm, 5:00-6:00pm, M-F: 11:30am-12:30pm

PERSONAL TRAINING

Certified Personal Trainer

Allison Bottema - abottema@ymca-austin.org

NUMBER OF SESSIONS	FULL SESSION* [60 MINUTES]		MINI SESSION* [30 MINUTES]	
	INDIVIDUAL (1)	SMALL GROUP (2-5)	INDIVIDUAL (1)	SMALL GROUP (2-5)
4	\$172	\$152	\$112	\$100
8	\$328	\$280	\$208	\$176
12	\$468	\$384	\$288	\$228

*Price is per person. A FREE Assessment appointment will be given at the beginning of your first package. If you miss your scheduled session, it will be deducted from your package as a session.

HEALTH & WELLNESS

Healthy Living Director

Bryce Becker - bbecker@ymca-austin.org

WELLNESS CENTER ORIENTATION FREE wellness center orientations are provided to help members learn about all of our fitness areas as well as how to use machines and the proper form and technique. Orientation includes cardio equipment (treadmills, ellipticals, stairclimbers, wave machines, etc.), Cybex machines and free weights. Orientations are required for members age 14-17 years who wish to use the Wellness Center.



PICK-UP LEAGUES

Members interested in participating in these pick-up leagues are encouraged to show up during the allocated times, ready to play.

AGE 16+ BASKETBALL

MAIN BASKETBALL COURT

MONDAY, WEDNESDAY & FRIDAY 11:30 a.m. - 1:00 p.m.

AGE 14+ PICKLEBALL

TENNIS COURT

MONDAY, WEDNESDAY & FRIDAY 11:30 a.m. - 1:00 p.m.

AGE 9+ BASKETBALL

MAIN BASKETBALL COURT

MONDAY - FRIDAY 7:45 p.m. - 9:00 p.m.

TENNIS COURT/ PICKLEBALL RENTAL

Available for use to Members for a small fee, call the Y to check availability, reserve a court time or discuss permanent court time pricing.

WEEKDAY

18+ yrs.

5:00 a.m. - 5:00 p.m.

FREE

5:00 p.m. - 9:00 p.m.

\$10 per hour

5:00 p.m. - 9:00 p.m.

\$14 per 1.5 hours

WEEKDAY

14-17 yrs.

5:00 a.m. - 5:00 p.m.

FREE

5:00 p.m. - 9:00 p.m.

\$5 per hour

5:00 p.m. - 9:00 p.m.

\$7 per 1.5 hours

WEEKEND

14+ yrs.

All Day

FREE

YOUTH AREAS

Youth Development & Sports Director

Wyatt DeWild - wdewild@ymca-austin.org

YOUTH HOURS

	SCHOOL DAYS	NON-SCHOOL DAYS
MONDAY - FRIDAY	2:30 p.m. - 9:00 p.m.	10:30 a.m. - 9:00 p.m.
SATURDAY	7:00 a.m. - 3:00 p.m.	
SUNDAY	CLOSED	

YOUTH POLICIES All children 1st grade and under need to be with an adult (18 yrs. old **AND** out of High School) at all times while in the building, unless the minor child is enrolled in a Youth Program.

GROUP FITNESS & WELLNESS CENTER Youth age 14+ may attend group fitness classes and utilize the Wellness Center if they have a Youth Wellness or Family Membership **AND** have completed the Wellness Center Orientation.

YOUTH ZONE

[2nd - 12th Grade]

SUPERVISED

MON - FRI	2:30 p.m. - 6:30 p.m.
SATURDAY	CLOSED
SUNDAY	CLOSED

Features Wii games, pool table, air hockey, foosball, sitting area and homework table. Located in the Y's lower level.



YOUTH GYM

[2nd - 5th Grade]

UNSUPERVISED

MON - FRI	10:30 a.m. - 9:00 p.m.
SATURDAY	7:00 a.m. - 3:00 p.m.
SUNDAY	CLOSED

Features basketball hoops. Located on the Y's lower level near the gymnastics area.

TEEN CENTER

[6th - 12th Grade]

SUPERVISED

MON - THURS	5:30 p.m. - 7:30 p.m.
FRIDAY	CLOSED
SAT & SUN	CLOSED

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. Located through the gym, far right door.



TODDLER GYM

[Infant - 1st Grade]

UNSUPERVISED

MON - FRI	5:00 a.m - 9:00 p.m.
SATURDAY	7:00 a.m. - 3:00 p.m.
SUNDAY	CLOSED

Open for use by those with family memberships at any time, the Toddler Gym is equipped with a play set with a 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. Located through the gym, 2nd door from the right

PARTIES & BUILDING RENTALS

Youth Development & Sports Director

Wyatt DeWild - wdewild@ymca-austin.org

CELEBRATE AT THE Y 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 at an additional cost (*see pricing below*). Please contact Wyatt DeWild for availability *and/or* additional information.

CHOOSE YOUR PARTY

NERF PARTY Includes 1.5 hours of Nerf battles in the gymnastics area or basketball gym and 30 minutes in the Multi-Purpose room for cake/gifts.

YOUTH GYM PARTY Includes 30 minutes in the Youth Gym, 1 hour in the Pool and 30 minutes in the Multi-Purpose room for cake/gifts.

YOUTH ZONE PARTY Includes 30 minutes in the Youth Zone, 1 hour in the Pool and 30 minutes in the Multi-Purpose room for cake/gifts.

POOL PARTY Includes 1.5 hours in the Pool, 30 minutes in the Multi-Purpose room for cake/gifts.

TODDLER GYM PARTY Includes 30 minutes in the Toddler Gym, 1 hour in the pool and 30 minutes in the Multi-Purpose room for cake/gifts.

GYMNASTICS PARTY Includes 1.5 hours in the Gymnastics gym, 30 minutes in the Multi-Purpose room for cake/gifts.



WITH THE BOUNCE HOUSE

\$170 Member \$245 Non-Member

WITHOUT THE BOUNCE HOUSE

\$70 Member \$100 Non-Member

HOLD YOUR NEXT EVENT AT THE Y

RENT ANY OF THESE AREAS TO SUIT YOUR NEEDS:

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



HEALTHY WEIGHT & YOUR CHILD

Danielle Nesvold - dnesvold@ymca-austin.org

Josi Christy - jchristy@ymca-austin.org



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 Speak with one of our Healthy Weight and Your Child Leaders (HWYC), Danielle Nesvold or Josi Christy about our program.

DIABETES PREVENTION PROGRAM

Jill Wagner - jwagner@ymca-austin.org

PROGRAM PURPOSE 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 session is, cost is \$429. Monthly payment option is available, as is financial aid for those who qualify. Please contact Jill Wagner to learn more about our program.



PROGRAM DETAILS

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