

HEALTHY LIVING FITNESS CHALLENGES

INDY 500 MILE CHALLENGE

May 1 – May 31

It's time to celebrate the month of May and all the traditions that the Indianapolis Motor Speedway has to offer by getting our bodies revved up, striving to get as many miles of exercise as we can achieve. Challenge yourself with a personal fitness goal!

The goal: rack up as many miles as possible between May 1 – May 31!

How you'll do it: by working out at the Y as much as possible to accumulate miles with a variety of exercises! Strive to reach as close to 500 miles of exercise as you can within the month. You can accumulate miles by: using cardio equipment in the wellness center, attending group classes, water walking, swimming laps, playing racquetball, basketball, pickleball, walking and/or running, cycling, and weight lifting. **NEW THIS YEAR;** your exercise **DOES NOT HAVE TO BE DONE ON THE YMCA'S PROPERTY.** Each challenger will add their own miles and post their miles on a master log that will be located in the Wellness Center. The top three with the most mileage will receive a free car wash from Davis N Daughters. This challenge is for YMCA members only, and it's **FREE!**



IRONMAN CHALLENGE

June 1 – June 30

Take the IRONMAN Challenge
You have **30 days** to complete a full IRONMAN
0.6 miles of swimming per week. (21 laps)
28 miles biking per week
6.5 miles running or walking per week

You may accumulate these miles inside or outside of the Y. You will have to log your miles at the Wellness Desk. Complete the full IRONMAN in 30 days and receive a T-shirt. Sign up – take the challenge – the IRONMAN Challenge in 30 days! Condition your body using this cross training method to help you lose weight and feel great! It's great training for a Sprint Triathlon.



Registration begins: May 17 YM May 24 PM
Fees: \$25 YM \$60 PM (no early registration discount)
(PM receive a full membership for 30 days and discounted fees on programs)

Fact:
Athletes train for months and compete all over the USA and other parts of the world for the IRONMAN. The IRONMAN takes hours of hard work that consists of:
2.4 mile swim
112 mile bike ride
26.2 mile run
This is all done consecutively, without rest. Sounds hard doesn't it? Yes, but we have made it easy enough for everyone, but also challenging even for the experienced athlete.
TAKE A LOOK!

SUMMER MELT AWAY

July 5 – July 31

As the summer heats up, you may need to melt away some unwanted pounds. Let's challenge you to see how many pounds you can melt away in 27 days. The winner of the challenge is the one who loses the most percentage of body weight. Winner will receive a \$20 gift card. Players will:

* Commit to exercising most days of the week in or outside the Y.

Sign in at wellness desk each time you come to exercise. The person who exercises the most days during the challenge will win an additional prize.

* Attend any group exercise class once a week during the program for FREE!

* Weigh-in weekly - Initial weigh in: July 5th & 6th ;

Times: 8:00 am - 10:00 am; 11:15 am - 11:45 am; 5:00 pm - 7:00 pm

Fees: \$30 YM \$55 PM

PM fee includes a full YMCA membership during challenge

Early Registrations discounts do not apply.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LIVE HEALTHY BE HAPPY

DECATUR COUNTY FAMILY YMCA PROGRAM GUIDE 2021

Session 3: April 11 – May 29



(812) 663-9622
1 YMCA Way
Greensburg, IN 47240
www.decatourcountyfamilyymca.org

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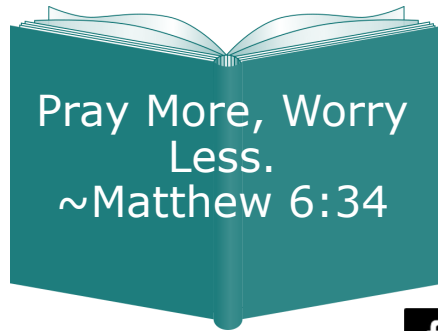
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Important Notes about Programs & Group Exercise:

YM: YMCA Member
PM: Program Member
(Non-Member)

Registration begins:
March 28th for YM and
April 4th for PM

Register by the Friday before classes
to receive \$5 off classes



YMCA Mission:

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

CHECK OUT OUR GOLD SPONSORS!

John & Adele Corya *
(including Hygrade Excavating)
First Financial Bank *
Honda Manufacturing of Indiana, LLC
Johnson Family *

SOCIAL RESPONSIBILITY

Community Partnerships

FEEDING PROGRAM

You must pre-register to receive meals at these locations by contacting Anna Burress at annab@dcfymca.org or 812-663-9622 x 26

Free meals are available for children ages 18 and younger.

Locations meals will be served during the school year:
Windermere Apartments: Monday– Friday, 6:30 pm – 7:00 pm

Decatur County Family YMCA: Fridays 5:30 pm – 6:00 pm
Saturdays 11:30 am – 12:30 pm

We will be serving lunch at the following locations during the summer months. Lunch time and days to be determined at the Library and Briarwood Apartments.

Windermere Apartments: Monday– Friday, serving lunches, time to be determined.

Decatur County Family YMCA: Fridays 5:30 pm – 6:00 pm and Saturdays 11:30 am – 12:30 pm



Annual Campaign



BUILDING CAUSE-DRIVEN LEADERS

Help us mold, shape and mentor the future leaders of our community and country by donating to our Annual Campaign. Your tax-deductible donation will help our future generations be able to build THEIR future and see a happier tomorrow! You can give either in person or via our website under the DONATE NOW! button.

SOCIAL RESPONSIBILITY

Special Events

YMCA GOLF CLASSIC

Greensburg Country Club

All proceeds from the YMCA Golf Classic benefit the Annual Campaign. This campaign raises funds to provide financial assistance for families and youth.

Fees: Team \$280 (in one payment)
Individual \$75

Fees include: Green Fees
Cart
Refreshments/Snacks
Dinner
Gift and a sleeve of balls

Check in 10:00 am - 10:45 am
Shotgun Start 11:00 am

Prizes:
Hole in One Prize
Longest Drive Double Your Dough
Closest to the Pin
Longest Putt

SILENT AUCTION hosted in the YMCA LOBBY

Scuba Diver Certification Class:

Scuba Diver certification trains students to safely enter the underwater world. Students complete a combination of class work, pool training, and open water demonstration of skills. Upon graduation from class, students earn an internationally recognized certification card that is good for life.

Requirements: 14 years of age or older. Must be in reasonable physical condition. Participants will be required to complete a short medical questionnaire prior to class. Participants will complete class work via an internet-based program. **Pick up additional information at the Front Desk.**

Registration deadline is Saturday, April 10th.

Meets: April 24th from 9:00 am - 12:00 pm Fees: \$400 YM \$450 PM



YMCA's CORPORATE CHALLENGE

June 15th, 6:00pm: Informational Meeting

July 13th, 6:00pm: 1st Captain's Meeting

July 20th, 6:00 pm: Team Registrations are due!

July 27th, 6:00pm: 2nd Captain's Meeting

August 2nd, 3rd, 5th, 7th: Corporate Challenge Events

August 10th, 6:00pm: Follow-up Meeting

GENERAL

Memberships

Types of Membership

HOUSEHOLD:

1 or 2 adults and dependent children through the age of 23, up to 7 people.

ADULT:

Any person 18 years of age or older.

SENIOR CITIZEN:

Any person 62 years of age or older.

STUDENT:

Children in grades Preschool-12.

Membership Rates

	Monthly	Annual	Joiner's Fee*
Household	\$60	\$720	\$99
Adult	\$37	\$444	\$99
Senior Citizen	\$32	\$384	\$99
Student	\$14	\$168	\$50

*Joiners Fee applies to all new memberships.

Guest passes:

available to those who wish to use our facility for the day without joining. The following prices are per visit: Student (Preschool-Grade 12) \$4.00 Adult \$7.00 Household \$12.00

Guest passes will NOT be sold after 8:30 pm Mon- Fri and 4:30 pm Sat- Sun

Membership Information

All annual memberships are valid one full year from the date of purchase, are non-refundable and are not transferable. The annual rate is payable by cash, check, Visa, MasterCard, or American Express. A membership paid by bank draft is considered continuous. No renewal notices will be sent, and drafts will continue until the member requests and signs a termination of membership. **Cancellation of memberships must occur in writing at least 7 days prior to draft date.** No refunds will be made. The member will be informed in writing 30 days prior to any changes in monthly draft rates, indicating the new monthly draft amount. A one-time assessment fee, called the Joiner's Fee, goes toward the Capital Improvement Fund and must be paid upon joining the YMCA. A Y Member who terminates their membership will have a one-year grace period during which they can rejoin without paying the Joiner's Fee. After one-year, the former member has four years to rejoin and pay only 1/2 of the Joiner's Fee. If the membership lapses for more than five years, the full Joiner's Fee will be assessed when it is renewed.

Financial Assistance

The YMCA has a scholarship program (financial assistance) to assist members of our community to take advantage of all the YMCA has to offer. The program is based on the income level of the applicant and the availability of funds raised through our Annual Campaign. For information on our scholarship program or on how you can assist by contributing to our Campaign, please stop by the Front Desk or call 812-663-9622.

Hours of Operation

***** During severe weather, check our website and listen to WTRE and WRBI for updates and cancellations.*****

BUILDING HOURS

Monday-Friday 6:00 am - 9:00 pm
Saturday 9:00 am - 5:00 pm
Sunday 1:00 pm - 5:00 pm

WELLNESS CENTER

Monday-Friday 6:00 am - 9:00 pm
Saturday 9:00 am - 5:00 pm
Sunday 1:00 pm - 5:00 pm
Wellness Center available 24/7 to members with purchase of key fob

AQUATIC CENTER

Monday-Friday 6:00 am - 8:30 pm
Saturday 9:00 am - 4:30 pm
Sunday 1:00 pm - 4:30 pm



Batting Cages opening April 13th!
(weather permitting)

CLOSED: April 4; May 30 and 31

GENERAL

Class Policies

The YMCA reserves the right to cancel published classes for lack of enrollment. In these cases, participants registered get a full refund. Program Staff will contact the participant to notify them of the cancellation and ask which option (credit or refund) they would like. Refunds take up to two weeks to process.

In the event the YMCA cancels a class due to a special event or inclement weather, a make-up will be scheduled. Only in the event that a make-up cannot be scheduled will a credit or refund be available (extenuating circumstances will be taken into consideration on a case-by-case basis).

Participants that miss scheduled classes due to vacation, illness or conflicting obligations will not be eligible for refunds/credits. Cases of extreme illness or injury will be decided on a case-by-case basis.

Inclement weather policy: In the event of a Greensburg Community School System 2hr delay, we will not hold morning youth classes (excludes preschool). In the event of a Greensburg Community School System cancellation, we will not hold any youth classes (includes preschool).

Facility Guidelines

FACILITY USE GUIDELINES

1. Parents are responsible for the actions of their children. Appropriate supervision is required.
2. Proper attire must be worn at all times in all YMCA program areas.
3. Food and drink (except water) are not permitted in YMCA program areas at any time.
4. The Decatur County Family YMCA is a smoke-free campus (this includes electronic cigarettes)

AGE REQUIREMENTS

General: Youth under the age of 10 must be accompanied at all times by a parent, guardian, or responsible adult 18 years of age or older, unless involved in a YMCA class or supervised activity. Youth age 10-13 are permitted in designated areas of the YMCA as long as a parent, guardian, or responsible adult remains on the YMCA premises. Children age 5 and above must use the locker room of their own sex. A unisex dressing area is available. **YOU MUST BE 14 YEARS OLD OR OLDER TO BE AT THE YMCA WITHOUT A PARENT OR GUARDIAN.**

24/7 Key Fob: 18 years of age and older, must be a member in good standing, signed contract required

Gyms: 10 years of age and older. For youth ages 10-13, a parent must be on the premises. Parent must accompany children younger than 10 years old.

Y-Zone: For youth ages 10-13, a parent must be on the premises

Swimming Pool: For youth ages 10-13, a parent must be on the premises. For youth ages 7-9, a parent must be in the viewing area or on the pool deck. Parent must be in the water with children under the age of 7.

Sauna: 18 years of age and older.

Whirlpool: 16 years of age and older.

Lap Lane: 16 years of age and older

Indoor Walking/Running Track: 8 years of age and older. Youth 8-13 years of age are permitted on the track when accompanied by the parent. Children under 8 years of age are not permitted on the track at any time.

Wellness Center: 10 years of age and older. For their safety, youth 10-17 years old must receive prior orientation from staff and youth 10-12 years old must be accompanied at all times with parent or guardian.

Free Weight Area: 15 years of age and older. Youth 15-17 years old must have an orientation and signed parent/teen waiver.

Racquetball Court: 15 years of age and older. Youth under the age of 15 are permitted on the racquetball court when accompanied by a parent.

Batting Cages: Youth 15 and under must be accompanied by a responsible adult 18 years of age or older.

Membership Services Director: Bridget Eastwood, 663-9622, Ext.14 bridgete@dcfymca.org

HEALTHY LIVING

Special Events

TREE CITY ROLLING TOUR & CENTURY June 26, 2021



There are 4 routes to choose from, starting with a 16 mile, 34 mile, 67 mile or a whopping 100 mile route. Those who plan to ride the 100 mile route should be on the road by 7am, the 67 mile riders between 7-8am, the 34 by 9:30 and the 16 milers by 10am. SAG stops (refreshments) are provided along each route with restrooms on all routes except the 16 mile route. A GREAT lunch will be provided on the riders return. This is a family event, so bring the kiddo's. Kids 13 and under riding with their parent or guardian are free!

Fees: through May 1st, \$25; May 2nd - June 19th, \$30; June 20th- 26th, \$35
Drift Shirts: Add \$10 to price of registration, cut off to order a shirt if June 19th.

Register at YMCA or online at www.treecityrollingtour.org

Non-Competitive Bike Ride to raise money for the Annual Campaign Scholarship Fund

Get Your Kids into a Competitive Sport Early in Life so They Might Continue with Sports and Fitness as They Grow!

KIDS (OCR) OBSTACLE COURSE RACE Saturday, June 5th at 11:00 am

Kids ages 7-10 years old have a 3/4 mile course; kids between 10 - 13 years old have a 1.5 mile course. There will be between 10 - 15 different obstacles to conquer along each course. Kids in each age group will receive medals for their efforts along with BRAGGING RIGHTS!

Fees: \$15 for YM and PM



Look for the following athletic events scheduled this summer: Kids outdoor Splash N Dash (July 10), Kids Duathlon (Aug 14), Kids Triathlon (Sept 4) Let us bring the athlete out in your child this summer!

2 - Day Pickleball Doubles Tournament

April 9 & 10

This 2-day tournament will be for Men's, Women's or Mixed Doubles. You must sign up with a partner to compete. Tournament skill levels are as followed: 3.0-3.5, and 3.5-4.0. Mixed doubles will be played on Friday evening. **Note: 8 team max per category.**

Fees: \$30 per team

HEALTHY LIVING

Fitness Evaluations

Skin Fold Analysis: Skin fold test will determine body fat percentage. Choose from either a 4 or 7 site test. If you are working to build body mass or are very athletic, this test is for you. Great for tracking strength training progress.

Fees: \$10 YM \$20 PM

By Appointment Only

Fitness Testing: Separate testing protocol for ages 15-60 and 60+ consisting of: Blood Pressure, Cardiovascular, Strength, and Flexibility

Fees: FREE YM \$20 PM

By Appointment Only

Fitness Evaluation: A trainer will help determine your cardiovascular endurance, muscular endurance, flexibility, and body fat percentage. This is a great way to measure your current strengths and weaknesses. After 4-8 weeks, retest to see what progress you've made! Everyone is encouraged to take advantage of this test. Make your appointment at the front desk today!

Fees: FREE YM \$30 PM

By Appointment Only

Quarterly Fitness Evaluations: Track your progress! See what your score (fitness level) is for cardiovascular, muscular and core strength, along with how flexible you are. Your scores will show you where your strengths and weaknesses are so you will know areas that may require more focus. Testing every quarter is a great tool for setting and reaching your personal fitness goals. Make your appointment today at the wellness desk. **FREE to members!**

Personal Training

"Success is the sum of small efforts, repeated day in and day out."

Let us help you make those adjustments to achieve your goals!
Trainers can make a difference!

Deena Hamer, Dawn Ernstes, Bridget Eastwood

Why work with a trainer? You will be connecting with a professional, who is committed, educated, and caring. Your trainer will use a variety of methods to create a program that focuses on meeting your individual lifestyle goals. Whether you are new to exercise or an athlete, our trainers can make a difference! Your trainer will assess your previous and present fitness level, review your goals, and develop customized workouts for you. Stop by or call to schedule your FREE consultation today!

All sessions expire 6 months from date of purchase.

30 min Fees: YM 1-session \$25 3-sessions \$65 6-sessions \$123 9-sessions \$175 15-sessions \$280
PM 1-session \$45 3-sessions \$120 6-sessions \$235 9-sessions \$335

60 min Fees: YM 1-session \$35 3-sessions \$95 6-sessions \$180 9-sessions \$252 15-sessions \$395
PM 1-session \$55 3-sessions \$150 6-sessions \$295 9-sessions \$425

Duo or Trio Program: Y Members Only Have a custom routine designed for you and a friend or two. Your 1 hour routine will be designed for two to three friends so you can get the most out of your workout together at the same time.

1 Duo Session: \$45 3 Duo Sessions: \$130 6 Duo Sessions: \$240 9 Duo Sessions: \$330

1 Trio Session: \$60 3 Trio Sessions: \$170 6 Trio Sessions: \$320 9 Trio Sessions: \$435

Need to start out in the water? Our trainers can do that! Ask them how you can get a great workout in the pool incorporating cardio, endurance, and core strength!

YOUTH DEVELOPMENT

Preschool, Afterschool, Child Watch

PRESCHOOL

Our half-day preschool offers child centered learning in a Christian atmosphere. It includes creative learning, music & movement, pre-writing & writing, arts and crafts, centers, devotions, technology, and much more. All of our staff are CPR, AED, & First Aid certified and have attended a Child Abuse Prevention training. They have years of experience working with children and know how to teach children through play. The Y preschool sets individual goals and objectives for each child, in a fun and safe environment. YMCA preschool offers swim time for all age groups. We maintain a 1:7 (or better) staff-to-child ratio.

Registration is open for the 2021-2022 school year. We will continue to offer two pre-k classes this year; a 5-day and a 4-day class; both morning and afternoon. We are a licensed Preschool program through the State of Indiana, indicating we have met all the state standards for operating a child care program. We are currently at a Level 3 Paths to Quality. Paths to Quality is a statewide rating system for early child care programs.

*Children must be age 5 on or before September 1 to enter Kindergarten. Please keep this in mind when registering your child in preschool. * Please remember we offer scholarships, are CCDF voucher certified, and offer vouchers through DCS.

Non-Refundable Registration Fees: \$50 YM \$65PM

5-day all day weekly fees: \$105 YM \$130 PM

5-day half day monthly fees: \$130 YM \$165 PM (am only)

4-day half day monthly fees: \$110 YM \$135 PM (pm only)

3-Day- half day monthly Fees: \$87 YM \$100 PM

***A \$12 late fee will be applied if payment is made after the fifth of the month**

AFTERSCHOOL

Afterschool is a safe place for children ages 5-12 years old to go after school while parents are still at work. Children are transported to the YMCA from Greensburg, Good Shepherd, St. Mary's, and North Decatur schools. The YMCA offers help with homework time, games, crafts and snacks. We follow the Greensburg School calendar and offer Day Camps when school is out of session. Our Afterschool program accepts CCDF vouchers, vouchers through DCS, and provides a meal and snacks through the CACFP. All children attending afterschool must have a completed and signed immunization form on file at the YMCA before they can come to the program.

Meets: Monday – Friday 3:30 pm – 6:00pm

Fees: \$30/week YM \$40/week PM \$9/day YM \$11/day PM

CHILD WATCH

This area is available for children of members and program members who use the facility. Parents must remain on YMCA premises. All attendants in the child watch area are CPR, AED and First Aid Certified. They also attend Child Abuse Prevention training. **The child must be preregistered 24 hours in advance as we are only accepting six children at a time. For children aged 3-8 years old.**

Daytime Hours:	Mon – Fri	8:30 am – 11:30 am
Afternoon Hours:	Mon-Fri	12:00 pm – 2:30 pm
Evening Hours:	Mon – Thurs	5:00 pm – 8:00 pm
Daily Fees:	\$1/child YM	\$2/child PM
20 visit card:	\$10/ child YM	\$20/ child PM

Class Offerings:

M-F	7:00 am - 6:00 pm	4 & 5 yrs
M-F AM	8:30 am - 11:00 am	4 & 5 yrs
T-F PM	12:15 pm - 2:45 pm	4 & 5 yrs
M/W/F AM	9:00 am - 11:30 am	3 & 4 yrs
M/W/F PM	12:00 pm - 2:30 pm	3 & 4 yrs



Fitness Director: Deena Hamer 663-9622, Ext. 28 deenah@dcfymca.org

Childcare Director: Donna Dykes, 663-9622, Ext. 16 donnad@dcfymca.org

YOUTH DEVELOPMENT

SUMMER DAY CAMP

June 1-July 30 Ages 5-12
Monday - Friday 7:00 am - 6:00 pm

Camp gives children the opportunity to learn, grow and have fun in a safe, caring environment surrounded by a committed staff. We look forward to a summer of exciting opportunities for children to have fun and learn in new ways! Children will participate in a variety of activities including: crafts, sports, team building games, songs, special speakers, swimming and field trips. Great Summers start at the Y! Come visit us at the Y for your child's summer camp experience. We offer scholarships to families who qualify, we accept CCDF Vouchers and are a vendor for DCS. All of our staff are CPR, AED, & First Aid certified and have attended a Child Abuse Prevention and Camp Counselor Training.

AN ANNUAL DAY CAMP PROGRAM REGISTRATION FEE IS DUE UPON REGISTRATION.

YM \$25 PER CHILD OR \$40 PER HOUSEHOLD
PM \$30 PER CHILD OR \$50 PER HOUSEHOLD
FEES: YM \$85/week PM \$105/week
Additional Child Rate: YM \$40/week PM \$60/week
3-Day Rates \$60 YM \$75 PM
Daily Rate \$25 YM \$35 PM

Early registration will include a camp t-shirt for the camper(s).

The first 55 registered campers will have a spot held for the field

trips. Immunization forms and other paperwork will need to be filled out before your child attends camp

FEES MUST BE PAID IN ADVANCE FOR YOUR CHILD TO ATTEND. A \$10.00 FEE WILL BE APPLIED TO NON-PAYMENT OF TIME IN CAMP.

the Y
GREAT SUMMERS START AT THE Y!
YMCA Day Camp | 2021
RESERVE YOUR SPOT TODAY

REGISTRATION OPENS APRIL 5TH

REGISTRATION DEADLINE IS MAY 7TH AT 6:00 PM

WEEK	THEME	WEEK	THEME
Week 1 June 1-4	Kickoff to Camp	Week 6 July 5-9	The YMCA gives Back
Week 2 June 7-11	Down on the Farm	Week 7 July 12-16	Water World
Week 3 June 14-18	Wild, Wild West	Week 8 July 19-23	Legoland
Week 4 June 21-25	Silly Safari	Week 9 July 26-30	Summer Olympics 2021
Week 5 June 28-July 2	Born in the U.S.A.		

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- fax: (202) 690-7442; or
- Email: program.intake@usda.gov

This institution is an equal opportunity provider.

HEALTHY LIVING

Adult Leagues/Open Sports

ADULT LEAGUES

5 ON 5 BASKETBALL LEAGUE: Ages 18+

Form a team and compete in this fun and competitive league. Open Divisions assigned by Program Director. Roster size: 5- 12 players. 8 games guaranteed. **There will be a mandatory team captain meeting before the League begins and each team MUST be represented at this meeting or will not be allowed to participate.**

Meets: Sundays 1:30 pm - 5:30 pm

Fees: \$400 per team



ADULT OPEN SPORTS

OPEN BASKETBALL: Ages 16+

Want to play hoops but don't want the hassle of getting a team together? This is your chance! ****NOTE: 16 and 17 year olds MUST be accompanied by parent/guardian before playing to sign waiver at the YMCA front desk in person with YMCA staff****

Lunch time: Tuesdays and Fridays 12:00 pm - 1:30 pm
Evening time: Wednesdays 7:00 pm - 9:00 pm

Fees: Free YM \$3 PM
Fees: Free YM \$3 PM

OPEN VOLLEYBALL: Ages 16+

This program is for members and non-members to be able to play pick up style volleyball games. It is a great time to meet other members and increase your volleyball skills.

Meets: Thursdays 7:00 pm - 9:00 pm

Fees: Free YM \$3 PM

OPEN PICKLEBALL: Ages 15+

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy. If interested in another time, please let us know!

Meets: **OPEN BEGINNER PLAY:** (2 COURTS AVAILABLE) MON: 9:30 am - 12:00 pm, FRI: 9:00 am - 12:00 pm, SAT: 2:00 pm - 4:30 pm

OPEN COMPETITIVE PLAY: MON: 9:00 am - 12:00 pm (1 COURT) 2:00 pm - 5:00 pm, 7:00 pm - 9:00 pm (UP TO 3 COURTS) TUES: 9:00 am - 12:00 pm, 2:00 pm - 5:30 pm, 6:30 pm - 9:00 pm, WED: **GROUP PLAY: 9:00 am - 1:00 pm**, 2:00 pm - 6:30 pm (no group), THURS: 9:00 am - 12:00 pm, 1:00 pm - 5:30 pm, FRI: 9:00 am - 12:00 pm (1 COURT), 2:00 pm - 9:00 pm (UP TO 3 COURTS), SAT: **GROUP PLAY: 9:00 am - 11:45 am**

Fees: Free YM \$3 PM per day (10 punch card for \$20, 15 punch card for \$25)

MONTHLY PICKLEBALL ROUND ROBIN SCRAMBLES

Each of the 12 players in this round robin scramble will be assigned a number and will play 11 rounds. Scores will be added and the winners will be determined by the person with the highest total score. 1st, 2nd, and 3rd place winners will receive a prize for their accomplishments. Games (rounds) will be played to 11 and win by 1.

Meets: Recreational: April 23, May 7, June 4
Competitive: April 30, May 21, June 11

Time: 5:00 pm - 9:00 pm
Time: 5:00 pm - 9:00 pm

Fees: \$8.00 YM \$13 PM

PICKLEBALL SKILLS & DRILLS

Would you like to improve your game of pickleball? Our skills and drills program will help you work on the many components of the game. **We will be working on: Dinking, Ground Strokes, (3rd shot) Drop Sets, Volley, Serve, Serve Return, Retrieving Lobs, Overheads, Games (drills), All Dink Game, 3 shot Game, No Slam Game.**

Meets: March 23, April 20, May 18

Time: 7:00 pm - 8:45 pm

Fees: Free YM \$10 PM

Program Director: Amy Klene, 663-9622, Ext. 23 amyk@dcfymca.org

Chronic Disease Prevention

HIGH BLOOD PRESSURE REDEFINED

Our Blood Pressure Self-Monitoring Program helps adults with hypertension lower and better manage their blood pressure. The simple process of checking and recording one's blood pressure at least twice a month has been shown to lower blood pressure in some people with hypertension. This program focuses on regular monitoring of one's blood pressure at home using proper measuring techniques, individualized support and nutrition education in an effort to reduce blood pressure and improve their quality of life. Reducing your sodium intake is an effective tool in preventing heart disease, whether you have high blood pressure, are at risk for heart disease or just want to keep your heart healthy.



Classes are FREE and the 1st and 3rd Wednesdays of the month from 10:30 am - 11:30 am. Nutritional Seminars take place on 4th Wednesdays from 10:30 am - 11:30 am. Contact Dawn Ernstes to enroll or for more details.

REDEFINE YOUR HEALTH, TRANSFORM YOUR LIFE

Did you know?

- About 86 million American adults have prediabetes, a condition where blood glucose levels are higher than normal.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take action to prevent or delay the disease
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease

The YMCA's Diabetes Prevention Program, you can work with others in a small group setting to learn how to adopt habits that will improve your overall health and well-being and reduce your risk. Programs like the YMCA's Diabetes Prevention Program have been shown to prevent or delay type 2 diabetes in individuals over age 60 by 70%.

Support Group takes place virtually on Tuesdays at 11:00 am. Next in person class will begin on Saturday, April 10th at 9:30 am. For more information or to enroll, please contact Dawn Ernstes.

1 OUT OF 3 U.S. ADULTS HAS PREDIABETES, ONLY 11% KNOW THEY HAVE IT.

TIME FOR A FRESHSTART!

Freshstart® is a 4-week group-based tobacco cessation support program offered by the American Cancer Society and facilitated by the Decatur County Family YMCA.

The Freshstart evidence-based approach helps participants increase their motivation to quit, learn effective approaches for quitting and guide them in making a successful quit attempt through information, activities, and discussion. The evidence-based components of Freshstart include:

- Motivational intervention activities
- Practical counseling (problem solving skills)
- Social support
- Education about medication and approaches to quitting



Classes are FREE and will begin on Thursday, April 1st at 5:30 pm. Contact Dawn Ernstes with questions or to enroll. These classes can be done virtually.

Youth Classes and Leagues

CLASSES

LITTLE KICKERS: Ages 3-6

Boys and girls will learn the basics of soccer in this great introductory class. Participants will learn fundamental skill development for soccer in a fun environment. Emphasis on dribbling, passing, and shooting. This is a parent/child class. Parents will be asked to participate with their children.

Meets: Saturdays 9:00 am - 9:30 am

Fees: \$30 YM \$50 PM

TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence and discipline and self control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts.

Meets: Mondays & Wednesdays 3:45 pm - 4:15 pm

Fees: \$25 YM \$45 PM

TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

Meets: Mondays & Wednesdays 4:30 pm - 5:15 pm

Fees: \$45 YM \$60 PM

ELEMENTARY BALLET / JAZZ DANCE CLASS: AGES 5-9

This class is designed to introduce students to the structure of a ballet class while incorporating jazz technique and choreography. Participants in this blended class will learn ballet terminology and basics through barre work, stretching, and combinations. This exciting twist on a traditional ballet class will not only be engaging for the dancers, but promote creativity when dancing. At the end of the 7-week session, the kids will perform for their parents and or grandparents.

Meets: Tuesdays 4:00 pm - 5:00 pm

Fees: \$40 YM \$70 PM

MIDDLE SCHOOL VARIETY DANCE CLASS: Ages 10-14

This program will explore various dance styles throughout the course including: Lyrical, Jazz, Hip-Hop, Modern/Contemporary, and Improvisation. Each week will focus on one of these styles, allowing participants to gain knowledge, instruction, technique, and choreography in a variety of styles. Becoming a well versed dancer is fulfilling and engaging for students. Participants can expect a class jam packed with unique combinations, new techniques and upbeat music.

Meets: Tuesdays 5:00 pm - 6:00 pm

Fees: \$40 YM \$70 PM

BEGINNER BATON CLASS: AGES 6-12

In this class, students will learn the fundamentals of baton twirling. The class will cover stretching, basic technique, novelty tricks, and choreography. Participants will learn to twirl recreationally in a safe and inclusive environment, while developing lifelong skills. The sport of baton twirling is a fun and unique art for children of all ages.

Meets: Saturdays 11:00 am - 12:00 pm

Fees: \$40 YM \$70 PM

LEAGUES

T-BALL: Ages 3-4; 5-7.

The YMCA is a great place to start learning about America's game. Games and practices emphasize teamwork and fair play. Registrations now through April 19th.

Coaches Only Meeting: Thursday, April 22nd 6:00 pm (mandatory for coaches)

Practices: Begin the week of April 26th. Coaches will be calling their teams by April 24th

Games: Saturday mornings starting May 8th from 10:00 am - 12:00 pm

Fees: \$45 YM \$65 PM (After April 19th a \$10 late fee will be applied)



YOUTH DEVELOPMENT

Youth AND Adult Swim Lessons

NOTE: Classes may be combined or split depending on the number of enrolled participants. We guarantee each child will receive the one-on-one attention needed to succeed. Concerned on what class to enroll your child? Swim evaluations will be done on the first class day and students can be moved to the level of your child's swimming ability and skill.



SWIM STARTERS (Swimmers ages: 6 mo. – 2 years):

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. ****Disposable diapers are not permitted in pools. Swim diapers are required to be worn by children not yet potty-trained.****

Meets: Mondays	5:30 pm – 6:00 pm	Fees: \$40 YM	\$70 PM
Saturdays	9:30 am – 10:00 am	Fees: \$40 YM	\$70 PM

SWIM BASICS 1,2,3 (Swimmers ages: 3-5 years old):

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills. 1: Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. 2: Encourages forward movement in water and basic self-rescue skills performed independently. 3: Develops intermediate self-rescue skills performed at longer distances than in previous stages. (30 min 5:1 ratio)

Meets: Mondays	4:30 pm – 5:00 pm	Fees: \$40 YM	\$70 PM
Saturdays	10:00 am – 10:30 am	Fees: \$40 YM	\$70 PM

SWIM STROKES 4,5,6 (Swimmers ages: 5-12 years-old):

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. 4: Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. 5: Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. 6: Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. (30 min 5:1 ratio)

Meets: Mondays	5:00 pm – 5:30 pm	Fees: \$40 YM	\$70 PM
Saturdays	10:30 am – 11:00 am	Fees: \$40 YM	\$70 PM

PRIVATE LESSONS

PRIVATE SWIM LESSONS:

Lessons will include 6 classes 30 minutes each. These lessons will provide students with the individual attention to enhance their stroke ability, endurance and form. These lessons can also be customized for Adults to include lessons, strokes and exercise.

Meets: Individualized schedules are set up based on availability of instructor and student.
Fees: \$75 YM \$150 PM

SEMI-PRIVATE LESSONS:

Classes are for 30 minutes and meet 6 times. This class is designed to give families the opportunity to enhance their swimming and stroke skills together. Students need to be close to the same swim level.

Meets: Individualized schedules are set up based on availability of instructor and students.
Fees: \$120 Total YM \$225 Total PM
Total maximum number of participants is 3, each additional swimmer will pay an additional \$45.
Prices reflect total price, not per student.

TRY SCUBA!

A 30 minute class to educate and give you a feel for the scuba life. 30 minute sessions, Two people per session. Sign up at the Front Desk.
Meets: Saturday, March 20th and April 10th 9:00 am – 12:00 pm. **Fees:** \$40.00 per person

NEW THIS YEAR!

HEALTHY LIVING

Aqua Classes/Certifications

All Aqua Fitness Classes are for ages 18 and older.

AQUA FITNESS CLASSES



AQUA TOTAL BODY BLAST:

An exhilarating hour of over-the-top fitness exercises in the water. We will use continuous multiple movements to increase your heart rate and keep you moving.
Meets: Tuesdays & Thursdays 6:00 pm – 7:00 pm **Fees:** FREE YM \$52 PM

AQUADANCE:

A medium to high-intensity class designed to get your heart rate up and your body moving. Combines dance moves to a mixture of fun, up-beat music. Class utilizes noodles, barbells, and both shallow and deep ends of the pool.
Meets: Mondays 6:00 pm – 7:00 pm **Fees:** FREE YM \$26 PM

AQUA ARTHRITIS:

This shallow water class is for participants with arthritis, fibromyalgia, or physical injuries.
Meets: Tuesdays & Thursdays 9:00 am – 9:45 am **Fees:** \$30 YM \$60 PM

AQUAFIT/WATERWORKS:

Shallow water class that utilizes a variety of cardiovascular exercises to get your blood pumping.
Meets: Mon, Wed, Fri 9:00 am – 9:45 am **Fees:** \$30 YM \$60 PM

LAP SWIMMING

One lap lane is always available during pool operating hours, some exceptions may apply for special events.
Fees: FREE YM \$7 PM

CERTIFICATIONS

American Red Cross Lifeguard Certification Class

ARC Lifeguarding course is designed to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over. **Bring One-Piece Swim Suit/Shorts, Goggles and Towel to each class. Minimum of 6 to run the course. Certification valid for 2 years.** Participants must be 15 years old before end of course. Prerequisite skills: 300 yard swim, continuous: front crawl, breaststroke or a combination of both only. Tread water for 2 minutes using only the legs. Swim 20 yards, dive down feet-first or head-first, to a depth of 7 feet to retrieve a 10-pound object; re-surface and swim 20 yards on your back to starting point with both hands holding the object face at or near the surface. Exit at pool edge. (Timed skill <1:40)

Meets: On an as needed basis when 6 participants are registered
Fees: \$200 YM \$250 PM



American Red Cross CPR/AED/First Aid Certification Class

Review of the American Red Cross Lifeguarding Course for recertification. Participants will perform prerequisite skills along with all of the Lifeguarding course skills; Water Rescue, CPR/AED/First Aid for recertification in a shorter format. Intended for Lifeguards who are close to expiration date or recently expired. Please bring one-piece swim suit/swim shorts, goggles, towel and pocket mask.

Meets: On an as needed basis
Fees: \$75 YM \$90 PM

Rowing/Cycling Circuit:

Rowing demands the use of your arms and legs, while cycling primarily focuses on lower body but in a different way. This great combination of strengthening along with the cardiovascular workout can burn 500-700 calories in an hour.

Silver Sneakers BOOM MOVE:

This Silver Sneakers program is a fun, dance-inspired workout. This class improves cardio fitness with easy-to-follow moves and energizing music.

Silver Sneakers Classic:

For any fitness level, designed to increase muscular strength, endurance, and range of movement, and to improve activities for daily living (ADL). Use resistance bands, weights, and a chair. Meets the Surgeon General's recommendation for "frequent exercise."

Silver Sneakers Yoga Stretch:

The class is primarily for active, older adults practicing gentle stretching, yoga, and modified yoga. A chair is used for some poses, while some poses are done standing. All poses and exercises can be modified to each individual's fitness needs.

TRX/Kettlebell Circuit:

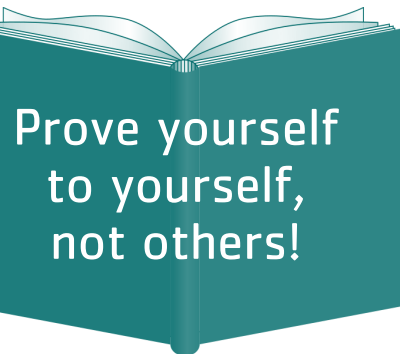
This high energy class will tone, build lean muscle and melt those unwanted calories away! We will power through multiple sets using the TRX suspension trainer, TRX Rip Cord, Medicine Balls, Kettlebells and Ladders both cardio and strength moves. All fitness levels welcome. Located in the Rowing/Cycling Room.

Yoga:

Yoga will help you discover how the mind and body unite in a harmony of movement and coordination. Mental focus, while concentrating on breathing, will improve tension and stress, and strengthen the lungs. Benefits: smooth and efficient muscles; flexibility; joint function; weight loss; improved circulation; relief from insomnia, headaches, and backaches; improved balance, posture, asthma, and concentration, and more. (fees are for one class per week)

Zumba®:

The Zumba® program fuses easy-to-follow moves dancing to Latin and International music such as the Merengue, Salsa, Cha Cha, Cumbia, Swing, Rock & Roll, Belly Dance, Flamenco, Tango, Indian, and Calypso, with the goal of improving cardiovascular health, burning calories, and having fun. All fitness levels welcome. **Early registration discount does not apply.**

**ADVANCED/ADULT TAE-KWON-DO:**

In this class you will learn Tae-Kwon-Do. Come following the curriculum of Chung Do Kwan Tae Kwan Do Alliance (CTA). We will progress through the ranks. This class is reserved for those who are 16+ or has at least a 1st degree black belt. Must be 16 years old and have permission to sign up from the instructor.

BODY BARRE:

This class combines Yoga, Pilates and functional fitness training into one class. Small isolated movements are incorporated to fatigue the muscles and large range of motion is used to elevate the heart rate. This class will incorporate upper and lower body exercises both on and off the barre to make every minute count.

BODYPUMP™:

BODYPUMP™ is a barbell class based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions to sculpt, tone and strengthen the entire body. This is the time-tested secret to developing lean, athletic muscle. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music.

DELAY THE DISEASE™: PARKINSON'S EXERCISE CLASS

This is an evidenced-based fitness program for people living with Parkinson's Disease. The program is designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of their symptoms.

CARDIO DRUM:

This class combines the benefits of a traditional cardio program with brain affected benefits of music and rhythm. It fosters a healthy balance physically, mentally, emotionally and socially! Guaranteed to be a fun time!

Indoor/Outdoor Cycling:

Want to burn calories fast? Want to build endurance? Instructor will lead you through exciting courses. Intensity is up to you as you work toward that target heart rate. Join the ride and stay fit! This class will be conducted outdoors weather permitting.

Pilates with Props:

Challenge your core and stability while strengthening and toning in this faster paced class. Expect to "feel the burn" utilizing weighted stability balls, Bosu Balls, foam rollers, small weighted pilate balls and resistance bands targeting different muscle groups. You will leave feeling energized, stronger and stretched out!

Power Core & Cardio:

It's time to start toning up and this class will help you do just that. This class mixes 30 second cardio intervals with core moves to increase heart rate while helping burn calories while toning your abs!

Power Hour:

Get a full hour of intense strength and toning using a variety of equipment that will give your metabolism the boost you need.

LAND CLASS PASS:

Take a variety of 10 land classes with this punch card. Instructor has to punch and date your card. (Small Group Personal Training does not apply)
Fee for 10 punch card: \$50 YM \$80 PM

DECATUR COUNTY FAMILY YMCA'S

GROUP FITNESS SCHEDULE SESSION 3, 2021

	Class	Starts	Ends	INSTR	LOCATION	\$ YM	\$ PM
MONDAY	Yoga	8:30 am	9:30 am	Nancy	Group Fitness Studio	\$20.00	\$45.00
	Cardio Drum	9:45 am	10:15 am	Dawn	Group Fitness Studio	FREE	\$45.00
	Pilates with Props	12:15 pm	1:00 pm	Deena	Group Fitness Studio	\$25.00	\$40.00
	Tae-Kwon-Do: Little Dragons (offered M & W)	3:45 pm	4:15 pm	Matt	Group Fitness Studio	\$25.00	\$45.00
	Tree City Martial Arts Tae-Kwon-Do (offered M & W)	4:30 pm	5:15 pm	Matt	Group Fitness Studio	\$45.00	\$60.00
	TRX/ Kettlebell Circuit	4:30 pm	5:30 pm	Deena	Cycle Studio	\$20.00	\$45.00
	BODYPUMP™	5:30 pm	6:30 pm	Denise	Group Fitness Studio	\$20.00*	\$45.00*
TUESDAY	Power Hour	8:15 am	9:15 am	Shelley	Group Fitness Studio	FREE	\$45.00
	Silver Sneakers Classic	9:30 am	10:30 am	Dawn	Group Fitness Studio	FREE	\$45.00
	Delay the Disease: Parkinson's Exercise Class (offered T & F)	1:00 pm	2:00 pm	Dawn	Group Fitness Studio	\$35.00	\$70.00
	Elementary Ballet/ Jazz Dance Class	4:00 pm	5:00 pm	Brennika	Group Fitness Studio	\$40.00	\$70.00
	Middle School Dance Class	5:00 pm	6:00 pm	Brennika	Group Fitness Studio	\$40.00	\$70.00
	Indoor/ Outdoor Cycling	5:30 pm	6:15 pm	Bridget	Cycle Studio/ Outdoors	\$10.00	\$20.00
	ZUMBA	6:15 pm	7:15 pm	Mito	Group Fitness Studio	\$14.00	\$28.00
WEDNESDAY	Body Barre	9:00 am	10:00 am	Dawn	Group Fitness Studio	FREE	\$45.00
	Silver Sneakers Yoga Stretch	10:15 am	11:00 am	Deena	Group Fitness Studio	FREE	\$45.00
	Pilates with Props	12:15 pm	1:00 pm	Deena	Group Fitness Studio	\$25.00	\$40.00
	Tae-Kwon-Do: Little Dragons	3:45 pm	4:15 pm	Matt	Group Fitness Studio	\$25.00	\$45.00
	Tree City Martial Arts Tae-Kwon-Do	4:30 pm	5:15 pm	Matt	Group Fitness Studio	\$45.00	\$60.00
	Rowing Cycle Circuit	4:30 pm	5:30 pm	Deena	Cycle Studio	\$20.00	\$45.00
	Power Core & Cardio	5:30 pm	6:30 pm	Bridget	Group Fitness Studio	FREE	\$45.00
THURS	Power Hour	8:15 am	9:15 am	Shelley	Group Fitness Studio	FREE	\$45.00
	BOOM MOVE	9:15 am	9:45 am	Dawn	Group Fitness Studio	FREE	\$45.00
	Pilate Fusion	4:15 pm	5:15 pm	Deena	Group Fitness Studio	\$25.00	\$40.00
	BODYPUMP™	5:30 pm	6:30 pm	Denise	Group Fitness Studio	\$20.00*	\$45.00*
FRI	Yoga	9:00 am	10:00 am	Marilyn	Group Fitness Studio	\$20.00	\$45.00
	Silver Sneakers Classic	10:30 am	11:30 am	Deena	Group Fitness Studio	FREE	\$45.00
	Delay the Disease	1:00 pm	2:00 pm	Deena	Group Fitness Studio	\$35.00	\$70.00
SA	Advanced/Adult Tae-Kwon-Do	4:30 pm	6:00 pm	Matt	Group Fitness Studio	\$45.00	\$60.00
	BODYPUMP™	10:00 am	11:00 am	Denise	Group Fitness Studio	\$20.00*	\$45.00*
	Beginner Baton Class	11:15 am	12:15 pm	Brennika	Group Fitness Studio	\$40.00	\$70.00

AQUATICS SCHEDULE SESSION 3, 2021

	Class	Starts	Ends	INSTR	\$ YM	\$ PM
MONDAY	Aquafit Waterworks (Offered M, W, F)	9:00 am	9:45 am	Michelle	\$30.00	\$60.00
	Swim Basics	4:30 pm	5:00 pm	Carrie	\$40.00	\$70.00
	Swim Strokes	5:00 pm	5:30 pm	Carrie	\$40.00	\$70.00
	Swim Starters	5:30 pm	6:00 pm	Carrie	\$40.00	\$70.00
	AquaDANCE	6:00 pm	7:00 pm	Stephanie	FREE	\$26.00
TUES	Aqua Arthritis (offered T & TH)	9:00 am	9:45 am	Jane	\$30.00	\$60.00
	Aqua Total Body Blast (offered T & TH)	6:00 pm	7:00 pm	Stephanie	FREE	\$52.00
W	Aquafit Waterworks	9:00 am	9:45 am	Michelle	\$30.00	\$60.00
TH	Aqua Arthritis	9:00 am	9:45 am	Jane	\$30.00	\$60.00
	Aqua Total Body Blast	6:00 pm	7:00 pm	Stephanie	FREE	\$52.00
F	Aquafit Waterworks	9:00 am	9:45 am	Michelle	\$30.00	\$60.00
SAT	Swim Starters	9:30 am	10:00 am	Carrie	\$40.00	\$70.00
	Swim Basics	10:00 am	10:30 am	Carrie	\$40.00	\$70.00
	Swim Strokes	10:30 am	11:00 am	Carrie	\$40.00	\$70.00

Private and Family Swim Lessons also available!

- Zumba Classes—early registration discount does not apply
- One-time Class Fees: \$6 YM \$8 PM (Adults Only)
- Classes will be limited in participation for social distancing practices .
- BODYPUMP™ : 1 day a week \$20 YM, \$45 PM; 2 days a week \$35 YM, \$60 PM; 3 days a week \$40 YM, \$70 PM

Don't forget about our Personal Training Packages!

Small Group PT (Personal Training):

Need a trainer and a workout designed for your needs? Your personal trainer will work with a group of between 4 to 8 people developing workouts needed to burn the most calories possible during the workout while toning, tightening the core, and building overall muscular strength and endurance. Weather permitting, workouts may be outside on fitness trail. Trainer is ACE Certified.

Meets: Tuesdays and Thursdays: 9:15 am - 10:45 am in the Wellness Center
Fees: \$55.00 YM \$120.00 PM

