



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **DISCOVER YOUR PASSION**



**YMCA of Austin  
2011-2012 Membership & Program Guide**



# WELCOME TO THE YMCA OF AUSTIN!

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Here at the YMCA of Austin, we believe that everyone has the potential to reach their own personal best, no matter what. Whether you want to learn to swim for the first time, drop some extra weight, train for a marathon, play pick-up basketball with your kids or simply make new friends, we truly have something for everyone. Come on in and see what we have to offer you!

## HOURS OF OPERATION

### REGULAR HOURS

Effective Sept 6-May 25

#### Monday - Thursday

5:00am - 10:00pm

#### Friday

5:00am - 9:00pm

#### Saturday

7:00am - 9:00pm

#### Sunday

12:00pm - 6:00pm

### SUMMER HOURS

Effective May 26- September 3

#### Monday - Thursday

5:00am - 10:00pm

#### Friday

5:00am - 9:00pm

#### Saturday

7:00am - 3:00pm

#### Sunday

CLOSED

CLOSED : Labor Day Sept. 5, Christmas Day Dec. 25, New Years Day Jan. 1, Easter April 8, Memorial Day May 28, Independence Day July 4, Cleaning Week Aug. 19-26

SPECIAL OPERATING HOURS : Thanksgiving Nov. 24 (7:00am-12:00pm), Christmas Eve Dec. 24 (7:00am-3:00pm), New Years Eve Dec. 31 (7:00am-3:00pm)

## DO YOU KNOW THE Y?

### OUR IMPACT

Children empowered through youth sports.....550  
Children mentored through Summer Daze.....160  
Youth accessing our \$1 Youth Membership.....1,815  
Children nurtured weekly in after-school care.....220  
Empowered visits through group fitness classes...32,000

### KEY STATISTICS

People Served.....7,400  
Adults.....3,540  
Youth.....3,495  
Seniors.....395

### STAFF & VOLUNTEERS

Y Full-Time Staff.....9  
Y Part-Time Staff.....105  
Total Volunteers.....410  
Board of Directors Volunteers.....30  
Campaign Volunteers.....60

### SUPPORT & PARTNERS

United Way of Mower County | The Hormel Foundation  
Hormel Foods Corporation | Our Y Members

### OUR FACILITY

Year Founded.....1952  
Facility Size.....60,000 sq ft  
Date of Last Renovation.....1999

#### AMENITIES

Pool	Wellness Center	Gym
Cardio Loft	Fitness Studio	Walking/Running Track
Youth Zone	Kids Gym	Gymnastics Gym
Preschool Room	1 Tennis Court	3 Racquetball Courts

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# AT YOUR SERVICE

## YMCA STAFF

The Y has a dedicated team of staff that are here to make sure your Y is providing the best service to our community.

**Mark Bjorlie, Executive Director**

[mbjorlie@ymca-austin.org](mailto:mbjorlie@ymca-austin.org)

**Barb Gunderson, Director of Administration**

[bgunders@ymca-austin.org](mailto:bgunders@ymca-austin.org)

**Cindy Bowe, Aquatics Director**

[cbowe@ymca-austin.org](mailto:cbowe@ymca-austin.org)

**Kristi Stasi, Fitness Director**

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**Guy Knepper, Gymnastics Director**

[gknepper@ymca-austin.org](mailto:gknepper@ymca-austin.org)

**Michele Kuddes, Member Services Director**

[mkuddes@ymca-austin.org](mailto:mkuddes@ymca-austin.org)

**Julie Kerling, Preschool Director**

[jkerling@ymca-austin.org](mailto:jkerling@ymca-austin.org)

**Ruth Chamberlain, Youth Director**

[ruthcham@ymca-austin.org](mailto:ruthcham@ymca-austin.org)

**Terry Trummer, Building Superintendent**

[ttrummer@ymca-austin.org](mailto:ttrummer@ymca-austin.org)

**Jaime Annis, Marketing & Communications Coordinator**

[jannis@ymca-austin.org](mailto:jannis@ymca-austin.org)

## BOARD OF DIRECTORS

The YMCA of Austin is fortunate to have a dedicated group of volunteers that make up our Board of Directors. These volunteers add an enormous amount of depth and experience to our leadership team at the Y.

**Dr. Richard Schindler**, President

**Craig Hoium**, Vice President

**Paul Worlein**, Secretary

**Brian Lillis**, Treasurer

Sally Baker

Katie Baskin

Roger Boughton

Jonathan Caporale

Missy Cline

Kathy Fielding

Miguel Garate

Rollie Gentzler

Fred Halvin

Jayna Heimark

Todd Hepler

Shelley King

Steven Leif

Larry Maus

Dr. Sanjeev Nanda

Suzette Overby

Dr. Kurt Potach

Jeff Reinartz

Lisa Quednow-Bickler

Jim Splinter

Matt Stasi

Roger Vos

Tami Yokiel

# BECOME A PART OF OUR TEAM

## VOLUNTEER

The Y is always seeking volunteer assistance to supplement our programs, special events and membership activities. Volunteers are encouraged to share their unique skills with Y leadership and staff in order to help find a place for them to utilize their talents within our community. Contact us for more information.

## EMPLOYMENT

Being an employee with the Y gives you a chance to make an impact in your community, every single day. The Y prides itself in offering competitive wages and great benefits, including reduced membership fees. Stop by the Front Desk for an employment application or visit our website at [www.ymca-austin.org](http://www.ymca-austin.org) to view job openings.

**BUILDING A  
BETTER  
COMMUNITY**



Stop by the Front Desk to sign up for The Y Voice - Our e-newsletter

# WHO WE ARE

## OUR MISSION

To enhance the quality of life for individuals and the community through programs that build a healthy spirit, mind and body.

## OUR AREAS OF FOCUS

We work every day to serve three crucial areas of focus.

**YOUTH DEVELOPMENT** : Nurturing the potential of every child and teen. Because we believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, youth today are cultivating values, skills and relationships that lead to positive behaviors, better health and educational achievement.

**HEALTHY LIVING** : Improving the nation's health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

**SOCIAL RESPONSIBILITY** : Giving back and providing support to our neighbors. The Y has been listening and responding to our communities most critical needs for 59 years. Whether developing skills, welcoming and connecting diverse populations or advocating for healthier communities, the Y fosters the care and respect all people need and deserve.



## MORE THAN A GYM

When you join the Y, you are more than a member of a gym. You are a member of a movement and a place where:

- Parents find a safe, positive environment for children to play and develop lifelong friendships.
- Families come together to have fun and spend quality time with each other.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.

## CODE OF CONDUCT

The YMCA of Austin is a membership organization that values personal responsibility, honesty, mutual respect and non-violence. In joining, members agree to Y policies and are expected to abide by its rules. We ask that all individuals act appropriately at all times while in our facility or participating in Y programs. Please do not hesitate to notify a staff person if you need assistance. The Y will investigate all reported incidents. Suspension and/or termination of Y membership privileges may result from any violation of the Code of Conduct.



# JOIN OUR COMMUNITY

## SOMEWHERE TO BELONG

The Y brings people together. We are a non-profit like no other. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver, positive change.

## MEMBERSHIP DESCRIPTIONS

**YOUTH :** Any youth in grades 2 - 12. Provides access to the wood gym, pool, tennis and racquetball courts, walking track, Kids Gym and Youth Zone. No need to purchase for youth if your family has a family membership.

**YOUTH WELLNESS CENTER :** Any youth ages 14-18 years. A brief orientation is required before youth are able to access the wellness center. No need to purchase for youth if your family has a family membership.

**YOUNG ADULT/STUDENT :** Any person ages 18-23, providing proof of school enrollment. Or any person (any age) who is enrolled in at least 9 credit hours.

**ADULT :** Any person age 18 years or older.

**SENIOR :** Any person age 65 years or older.

**SENIOR COUPLE :** Any couple age 65 years or older.

**FAMILY :** Includes 1 or 2 adults living in the same household and dependent children.

## CORPORATE WELLNESS

The Y understands the importance of healthy and happy employees and that is why we have a Corporate Wellness Program that allows companies to help provide membership to their employees. Contact our Membership Services Director for more details.

## REIMBURSEMENT BENEFITS

Many insurance companies will reimburse a portion of membership fees to those who utilize the Y a specific number of times per month. Not all plans under the participating programs below qualify, so please check with your insurance company to see if your plan is eligible. If you are eligible, simply present your insurance member ID card at the Y Front Desk and fill out the required forms to get started.

## PARTICIPATING PROGRAMS:



## WE UNDERSTAND FINANCES

We understand our member's lives change and we may find ourselves in difficult situations. That is why the Y offers financial assistance to make sure our membership, programs and services 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!



# A HEALTHY INVESTMENT

## MEMBER INVESTMENT

We have a variety of membership categories to serve you and your family.

INDIVIDUAL MEMBERSHIPS	MONTHLY FEE	ANNUAL
Youth (Annual)	n/a	\$1.00
Youth Wellness Center	\$12.50	\$150.00
Young Adult/Student	\$30.00	\$360.00
Adult Locker Room B	\$44.00	\$528.00
Adult Locker Room A	\$54.00	\$648.00
Senior Locker Room B	\$42.00	\$504.00
Senior Locker Room A	\$52.00	\$624.00

FAMILY MEMBERSHIPS	MONTHLY FEE	ANNUAL
Family Locker Room B	\$58.00	\$696.00
Family Locker Room A - One	\$66.50	\$798.00
Family Locker Room A - Both	\$71.00	\$852.00
Senior Couple Locker Room B	\$55.00	\$660.00
Senior Couple Locker Room A - One	\$63.00	\$756.00
Senior Couple Locker Room A - Both	\$67.50	\$810.00

## LOCKER ROOM DESCRIPTIONS

### LOCKER ROOM A

Enhanced, adult only (18 yrs and older) locker room service including use of whirlpool, steam room, towel service, lockers or baskets.

### LOCKER ROOM B

Basic locker room service including use of lockers and showers.

## 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.

## PAYMENT OPTIONS

### AUTOMATIC MONTHLY PAYMENT

With this plan, membership dues are automatically deducted from a checking/savings account or credit card (MC, Discover, Visa) account each month with your authorization. When joining you will pay the joiner's fee plus the first month. The automatic payments will begin the second month. This plan grants you continuous membership as long as you wish.

### ANNUAL LUMP SUM

A one year membership can be purchased by paying with cash, check or credit card. New members will be required to pay the joiner's fee. Annual membership renewals are due on the same anniversary every year.

## \$1 ANNUAL YOUTH MEMBERSHIP

Youth in grades 2nd-12th can become members of the Y for \$1 per year. What does this membership include?

- Basketball Gym, Pool, Kids Gym, Youth Zone, Walking/Running Track, Racquet & Tennis Courts
- Discounted member pricing on swimming lessons
- Discounted member pricing on youth sports
- Discounted member pricing on gymnastics programming

Parents do not need to purchase the \$1 Annual Youth Membership if they have a family membership. The Y is able to provide the \$1 Annual Youth Membership due to generous support from Hormel Foods, The Hormel Foundation, United Way of Mower County and our own Y members.



**A HEALTHIER  
YOU STARTS  
TODAY**

# FREQUENTLY ASKED MEMBERSHIP QUESTIONS

## WHAT TYPES OF PAYMENTS ARE ACCEPTED FOR MONTHLY DUES?

The Y accepts credit cards, debit cards and bank drafts (from checking or savings).

## WHEN ARE MONTHLY DUES CHARGED TO MY BANK/CARD?

Dues are charged to bank accounts or credit/debit cards on the 1st business day of each month.

## WHAT CREDIT/DEBIT CARDS DOES THE Y ACCEPT?

The Y accepts VISA, MasterCard and Discover cards for monthly dues. We DO NOT accept American Express credit cards.

## I WAS A Y MEMBER IN THE PAST. DO I NEED TO PAY THE JOINERS FEE AGAIN?

Yes, if your membership has lapsed for more than 30 days you are required to pay the \$50 joiners fee.

## MY COMPANY ALLOWS THE JOINER'S FEE TO BE WAIVED. IS IT WAIVED EVERYTIME I REJOIN?

No. Your company membership only allows your joiner's fee to be waived when you initially sign up for membership. If your membership has lapsed for the more than 30 days and you decide to rejoin the Y you are required to pay the \$50 joiners fee.

## I AM A MEMBER OF THE MILITARY. DO I GET TO USE THE Y FOR FREE?

We allow active duty members of the military who are on leave to use the Y for free. Active military ID cards are required to access the facility. All other members of the military are required to pay membership dues.

## 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?

The YMCA of Austin does not allow members to cancel their memberships over the phone. Members must stop by the Y Front Desk to fill out a membership termination form.

## I HAD A CHANGE IN MY FAMILY/FINANCES AND CAN NO LONGER AFFORD THE Y. WHAT SHOULD I DO?

The Y values you as a member and will do everything we can to help work out a payment situation that fits your needs. Just ask to speak to our Member Services Director and explain your situation.

## WHAT FORMS DO I NEED TO BRING WHEN APPLYING FOR FINANCIAL ASSISTANCE?

People applying for financial assistance need to bring proof of all household income.

## IS FINANCIAL ASSISTANCE AVAILABLE FOR CHILD CARE AND YOUTH SPORTS?

Yes. Financial Assistance isn't just for membership fees. We can also provide assistance for child care, youth sports, swimming lessons and other youth activities. Just ask!

## WHERE DO I DIRECT MY COMMENTS OR SUGGESTIONS?

There are a couple of options for submitting comments, suggestions or concerns. You may go to our website and submit electronically. You may visit our comment box which is on the wall, near the stairs leading to the lower level. Or you may visit with Executive Director Mark Bjorlie who would be more than happy to discuss your concerns with you personally.

# FOR YOUTH DEVELOPMENT

## NURTURING THEIR POTENTIAL

We believe the values and skills learned early on are vital building blocks for life. At the Y, children and teens learn values and positive behaviors, explore their unique talents and interests, all which help them realize their potential. That makes for confident kids today and engaged adults tomorrow.

## YOUTH & FAMILY AREAS

The Y has two areas dedicated solely for usage by our youth and their families. Supervised hours listed are for the school year.

### KIDS GYM

Ages	Days	Supervised Hours
2-6 yrs	Monday-Friday	5:15-6:00pm
	Saturday	2:00-5:00pm
	Sunday	2:00-5:00pm

Geared towards toddlers through 1st graders. Includes climbing wall, rope swing and active toys. Parents may request a key to utilize the Kids Gym with their children during unsupervised hours. The Kids Gym is located off of the wood gym, next to the racquetball courts.

### YOUTH ZONE

Age	Days	Supervised Hours
7 - 15 yrs	Monday-Friday	5:00-7:00pm
	Saturday	2:00-7:00pm

Geared towards youth in 2nd grade and up. Includes Wii games, pool table, air hockey, foosball, board games, music, couch and homework table. The Youth Zone is located on the Y's lower level.



## YOUTH HOURS & POLICIES

### YOUTH 1ST GRADE & UNDER

Must be accompanied by a supervising adult while using the facility, unless they are participating in registered and supervised programming.

### YOUTH 2ND-12TH GRADE

In order to make the Y more accessible to our youth members we have changed our policy and now allow youth in grades 2nd-12th to utilize the facility without an accompanying adult during the following hours:

### HOURS

Monday - Friday : 5:30 - 9:00 pm

Monday - Friday : (No School) : 1:00 pm - 9:00 pm

- Youth should refer to the building schedule posted in the lobby and on our website for areas available for their use while at the Y.
- Youth ages 14 and above may attend group fitness classes.
- Youth ages 14 and above may utilize the Wellness Center if they have a Youth Wellness or Family Membership and have completed a Wellness Center orientation.

# CHILD CARE

## OUR SERVICES

We understand the stress of finding someone to watch your kids. That is why the Y is always here for you in providing for all of your child care needs.

### KIDS KOVE BABYSITTING (6 weeks-8 years)

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

### FREE AFTERSCHOOL CHILD CARE (K-5th)

Youth enjoy the Kids Gym, Youth Zone and Homework Room. All areas are supervised and healthy snacks are provided. If needed, bussing is available from area schools at an additional cost.

### NO SCHOOL DAZE CHILD CARE (K-6th)

A fun place to play when school is cancelled due to weather, is released early or is not in session.

### SUMMER DAZE CHILD CARE (K-7th)

Summer camp for kids when school is out. Fun themes and field trips to Twins Game, Jellystone, local waterparks, and House of Bounce all summer long. Swimming lessons are included. Sign up for one week or all summer long!

### 45-15 SCHOOL YEAR CHILD CARE (K-5th)

After School, No School and Early Release child care for the new 45-15 schedule at Sumner and Woodson.

*\*All pricing is member pricing unless otherwise noted.*

## KIDS KOVE BABYSITTING

Age	Days	Hours	Cost (per 1.5 hrs)
6 weeks to 8 yrs	Mon-Fri	8:30am-2pm	\$2 - 1 child
		3:30pm-8pm	\$3 - 2 children
	Saturday	8:30am-1pm	\$4 - 3 children
	Sunday	CLOSED	

Punch cards can be purchased at the Front Desk in quantities of \$10 and \$20.

## AFTER SCHOOL CHILD CARE

Member Options	Time	Cost (per 6 wks)
No Bussing	2pm-6pm	FREE
Bussing (3 or more days per week)		\$50
Bussing (2 or less days per week)		\$30

Non-Member Options	Time	Cost (per 6 wks)
No Bussing	2pm-6pm	\$15
Bussing (3 or more days per week)		\$65
Bussing (2 or less days per week)		\$45

For grades K-5th. Financial assistance is available for qualifying families.

### SESSIONS

Session 1 (Sept 6-Oct 14)	Session 4 (Jan 23-Mar 2)
Session 2 (Oct 17-Dec 2)	Session 5 (Mar 5-Apr 20)
Session 3 (Dec 5-Jan 20)	Session 6 (Apr 23-June 5)

## NO SCHOOL DAZE CHILD CARE

Grade	Days	Time	Cost
K-6th	No School	6:30am-6:00pm	\$30/day
	Snow Days	6:30am-6:00pm	\$30/day
	Early Release	12:00pm-6:00pm	\$13/day

### FULL DAY DATES\*

Oct 20-21 (\$55)  
 Nov 23 & 25 (\$55)  
 Dec 22-23 (\$55)  
 Dec 26-30 (\$125)  
 Jan 2, 27  
 Feb 27  
 April 2-6 (\$125)

### EARLY RELEASE DATES

Oct 12  
 Nov 11  
 Dec 14  
 Feb 15  
 March 14, 30  
 May 9  
 June 6

**\*NOTE:** You receive a discount when you sign up for all of the Full Day dates during the week. Discounted prices are in parentheses.

### 2ND CHILD DISCOUNT

If you enroll a 2nd child in Full Day No School child care you will receive a \$5 discount off the daily cost.

## 45-15 SCHOOL YEAR CHILD CARE

Member Options	Time	Cost
After School - No Bussing	2pm-6pm	FREE
After School - Bussing (3 or more days per week)		\$42 (per 5 week session)
After School - Bussing (2 or less days per week)		\$22 (per 5 week session)
No School Care	6:30-6pm	\$30/day or \$125/week
Early Release Care	12-6pm	\$13/day

Non-Member Options	Time	Cost
After School - No Bussing	2pm-6pm	\$15 (per 5 week session)
After School - Bussing (3 or more days per week)		\$57 (per 5 week session)
After School - Bussing (2 or less days per week)		\$37 (per 5 week session)
No School Care	6:30-6pm	\$30/day or \$125/week
Early Release Care	12-6pm	\$13/day

### AFTER SCHOOL SESSIONS (5 week sessions)

Session 1 (Aug 1-Sept 2)	Session 5 (Jan 30-Mar 2)
Session 2 (Sept 6-Oct 28)	Session 6 (Mar 5-Apr 27)
Session 3 (Oct 31-Dec 2)	Session 7 (Apr 30-Jun 5)
Session 4 (Dec 5-Jan 26)	

### NO SCHOOL DAZE DATES

Oct. 3-7, 10-14, 17-21; Nov. 23 & 25; Dec. 23, 26, 27, 28, 29, 30; Jan 2-6; March 19-23, 26-30; April 2-6; May 28

### EARLY RELEASE DATES

Sept. 30; Nov. 11; Dec. 14; Jan. 27; Feb. 15 & 24; March 14; May 9; June 6

## SUMMER DAZE CHILD CARE

Options	Days	Time
Full Days	Mon-Fri	6:30am-6pm
Mornings	Mon-Fri	6:30am-1pm
Afternoons	Mon-Fri	12pm-6pm

The Y offers summer child care for your convenience. Full details will be available in our summer program guide.

# YOUTH SPORTS & ACTIVITIES

## BUILDING STRONG KIDS

The YMCA of Austin encourages sportsmanship, self-improvement and team building through its youth sports and activities. Children can participate in traditional team sports like soccer and basketball, or try activities like swim team or gymnastics. Toddlers can also get an early start on hand-eye coordination through our toddler and preschool programs.

## CO-ED FLAG FOOTBALL LEAGUE

Dates	Grades	Game Days	Time
Sept 10 - Oct 13	1st & 2nd 3rd & 4th	Tues & Thurs Tues & Thurs	4:45-5:30pm 5:45-6:45pm

A preseason clinic with AHS Coach Schmit, his coaching staff and AHS players will take place on Saturday, September 10th from 9:00-11:00am for all grades. The clinic will be held at Wescott Complex on Hass Field. All league games will take place at Faith Evangelical Free Church fields. Registration begins August 8 and ends September 6th. Y youth sports jersey is required to participate. League runs for 5 weeks.

\$37 Member | \$47 Non-Member

## GIRLS CHEERLEADING CAMP

Grades	Date	Time
K-8th	October 1	10:00am-12:00pm

Hosted by new AHS cheerleading Coach Haley Leonard and the AHS cheerleaders. Grades K-5th will learn cheers and 6-8th will learn stunting. Camp will be held at Wescott Complex on Hass Field and includes a t-shirt and one night of cheering at half-time of the October 7th game. Registration begins Sept 1 and ends Sept 26.

\$25 Member | \$35 Non-Member

## GIRLS VOLLEYBALL CAMP

Grades	Date	Time
3rd-5th	December 10	10:00am-12:00pm

Join AHS volleyball coach Barry Brobeck and the AHS players for a fun morning of volleyball. Camp will take place in the Y's wood gym and includes a t-shirt. Register by December 10th.

\$25 Member | \$35 Non-Member

## OPEN GYM FLIGHT NIGHTS

Age	Dates	Time
6 yrs & Up	Sept 30, Oct 28, Nov 19, Dec 17, Jan 21, Feb 18, Mar 30, Apr 27, May 25, June 29	6:00-9:00pm

Enjoy our open gymnastics gym, fun games and a light meal. Flight Nights will be supervised and parent's can drop their child off for the event. Do not need to be a gymnast to participate. Register when dropping off.

\$8 Member | \$12 Non-Member

## YOUTH BASKETBALL LEAGUE

Dates	Grades	Game Days	Time/Location
Jan 10 - Feb 16	Co-Ed K & 1st Girls 2nd & 3rd Girls 4th & 5th Boys 2nd & 3rd Boys 4th & 5th	Saturdays Tues & Thurs Tues & Thurs Tues & Thurs Tues & Thurs	Morning/YMCA Evening/Sumner Evening/YMCA Evening/Neveln Evening/YMCA

Preseason clinic will take place on Saturday, Jan. 7 at AHS Ove Berven Gym with AHS Coach Peterson, Coach Fadness and the AHS players. Registration begins December 5 and ends January 4. Y youth jersey is needed to participate. League games start January 10th and run for 6 weeks.

### PRESEASON CLINIC INFORMATION

Girls 2nd-5th	8:30-9:45am
Boys 2nd-5th	9:45-11:00am
Co-Ed K-1st	11:00-12:15pm

\$39 Member | \$49 Non-Member

## YOUTH SOCCER LEAGUE

Dates	Grades	Game Days	Time
April 28 - May 31	K & 1st 2nd - 5th	Tues & Thurs Tues & Thurs	5:00-5:45pm 6:00-7:00pm

All games will take place at Faith Evangelical Free Church fields. A preseason clinic with instruction by AHS Coach Jens Levisen and AHS soccer players will take place at the Y on Saturday, April 28th. Y youth sports jersey is needed to participate. League runs for 5 weeks.

### Preseason Clinic Information:

Grades K & 1st	10:00am-11:00am
Grades 2nd - 5th	11:15am-12:15pm

\$37 Member | \$47 Non-Member

# YOUTH SPORTS & ACTIVITIES

## TEEN DANCES

Grades	Dates	Time
6th-8th	Sept 16, Oct 14, Nov 18, Dec 16, Jan 13, Feb 10, Mar 23, Apr 20, May 18	7:00-9:00pm

Join area teens as they dance to the sounds, lights and music of Imagery Sound. A lock-in policy is enforced.

\$5 with student ID | \$7 without student ID

## GIRLS SOFTBALL CAMP

Grades	Date	Time
K-5th	April 14th	9:30-11:00am

Learn the fundamentals of softball with AHS softball coaches Tina Strauss, Al Eckman and the AHS players. Camp will take place in the Y tennis courts and players must bring their own glove. Cost includes a t-shirt. Registration begins March 12th and ends on April 7th.

\$25 Member | \$35 Non-Member

## BASEBALL SKILLS CAMP

Grades	Date	Time
K-5th	May 19	9:30-12:00pm

Austin Greyhounds team will teach basic skills, fundamentals, hitting and fielding. An autograph session will follow with the players. Participants need to bring own glove. Registration begins April 23rd and ends May 11. Skills camp will take place at the Marcussen Park fields.

FREE to Members & Community

## YOUTH ART WORKSHOPS

Age	Tuesdays	Age	Thursdays
3-6 yrs	4:00-5:00pm	7-12 yrs	4:00-5:00pm
	Oct 11, Nov 8, Dec 13, Jan 10, Feb 14, Mar 13, Apr 17, May 8		Oct 13, Nov 10, Dec 15, Jan 12, Feb 16, Mar 15, Apr 19, May 10

Youth can discover their creative side and explore the world of art. Classes will be taught by Erin Mikels, an art teacher in the Austin Public Schools. Come to one class or try them all. Classes will be held in the Preschool classroom and participants should bring an art smock or old t-shirt to class.

\$5 per class or \$35 for all 8 classes

## SHORT TENNIS LESSONS

Age	Days	Time
4-6 yrs	Mondays	3:30-4:00pm

An introductory tennis class for children who have little court experience. The class is geared towards having fun while learning basic tennis skills.

\$20 Member | \$40 Non-Member

## TENNIS STARS BEGINNER LESSONS

Age	Days	Time
7-9 yrs	Mondays	4:00-4:45pm

Class focuses attention on stroke mechanics. Players learn proper forehand, backhand, volley, and serve techniques along with the scoring system.

\$25 Member

## TENNIS STARS ADVANCED LESSONS

Age	Days	Time
9-12 yrs	Wednesdays	3:30-4:30pm

Players at this level should be able to rally from the baseline with consistency, ball control and placement. Players will be introduced to the mental side of tennis and learn skills to address this aspect.

\$30 Member

## TENNIS LESSON SESSION OPTIONS

### Once Per Week Lessons (4 Week Session)

Fall	Sept 12-Oct 9
Fall	Oct 10-Nov 6
Fall	Nov 7-Dec 4
Fall	Dec 5-Jan 1
Winter	Jan 2-Jan 29
Winter	Jan 30-Feb 26
Winter	Feb 27-Mar 25
Winter	Mar 26-Apr 22
Spring	Apr 23-May 20
Spring	May 20-June 9



## PRIVATE TENNIS LESSONS

Private tennis lessons are available with tennis instructor Marc Patton.

\$28 Member : 1 hour lesson

# PRESCHOOL & TODDLERS

## PRESCHOOL PROGRAMMING

The Y Preschool is a state licensed program with certified instructors with a focus on school readiness. Our goal is to provide experiences which will help your child develop physically, socially, emotionally and intellectually. Each week consists of a special theme with free play, art projects, science activities, group participation, gym activities and a daily snack. Participants are also able to incorporate swimming, fitness and gymnastics lessons into their preschool curriculum experience as our lessons are conveniently offered in conjunction with preschool programming.

## 2011-2012 SCHOOL YEAR

Age	Days	Time	Cost
<b>BUSY BEES</b>			
3 yrs	Thurs & Fri	9:00-11:15am	\$81/month*
<b>STEPPING STONES</b>			
4-5 yrs	Mon-Weds	8:45-11:15am	\$107/month*
<b>BUILDING BLOCKS</b>			
4-5 yrs	Mon-Fri	12:00-2:30pm	\$173/month*

\*A registration fee is required upon enrollment. Pricing is subject to change for the 2012-2013 school year.

## 2012-2013 REGISTRATION

Registration will take place on March 3rd, 2012 in the Preschool Classroom. Contact the Preschool Director for more details.



## PRESCHOOL FITNESS

Age	Days	Time	Sessions
3-6 yrs	Fridays	11:20-11:50am	4 Week Sessions

Let your preschooler explore and learn more about exercise and movement in this energy filled class. Participants must wear tennis shoes. Do not need to attend Y Preschool to enroll.

\$10 Member | \$20 Non-Member

## PRESCHOOL GYM & SWIM

Age	Days	Time	Sessions
3-6 yrs	Tues or Thurs	9:30-11:00am	8 Week (1x per wk)
	Tues & Thurs	9:30-11:00am	4 Week (2x per wk)

Combines a movement education experience with a 40 minute swim lesson. Participants should arrive wearing swimsuits and have a bag for their clothes and towel. Do not need to attend Y Preschool to enroll.

\$67 Member | \$124 Non-Member

## PRESCHOOL PROGRAMMING SESSION OPTIONS

<u>Once Per Week (8 Week Session)</u>		<u>Twice Per Week (4 Week Session)</u>	
Fall	Sept 12 - Nov 6*	Fall	Sept 12 - Oct 9*
Fall	Nov 7 - Jan 1	Fall	Oct 10-Nov 6
Winter	Jan 2 - Feb 26	Fall	Nov 7-Dec 4
Winter	Feb 27 - Apr 22	Fall	Dec 5-Jan 1
Spring	Apr 23 - June 9	Winter	Jan 2-Jan 29
		Winter	Jan 30-Feb 26
		Winter	Feb 27-Mar 25
		Winter	Mar 26-Apr 22
		Spring	Apr 23-May 20
		Spring	May 20 - June 9*

## PRESCHOOL SWIMMING LESSONS

Age	Days	Time	Sessions
3-6 yrs	Thursdays	11:20-11:50am	8 Week (1x per wk)
	Mon & Weds	11:20-11:50am	4 Week (2x per wk)
	Mon & Weds	2:35-3:05pm	4 Week (2x per wk)

Enroll your preschooler in our convenient swimming lessons which are scheduled right after preschool class is done for the day. Do not need to attend Y Preschool to enroll.

\$24 Member | \$48 Non-Member

## PRESCHOOL SWIMMING SESSION OPTIONS

<u>Once Per Week (8 Week Session)</u>		<u>Twice Per Week (4 Week Session)</u>	
Fall	Sept 29-Nov 17	Fall	Oct 10-Nov 6
Winter	Dec 1-Jan 19	Fall	Nov 7-Dec 4
Winter	Jan 26-Mar 15	Fall	Dec 5-Jan 1
Spring	Mar 22-May 10	Winter	Jan 2-Jan 29
		Winter	Jan 30-Feb 26
		Winter	Feb 27-Mar 25
		Winter	Mar 26-Apr 22
		Spring	Apr 23-May 20

# FAMILY TIME

## FAMILY FUN NIGHTS

Time	Dates	Special Theme	Additional Non-Themed Dates
6:00-8:45pm	Sept 17 Oct 15 Nov 4 Dec 17 Jan 6 Feb 3 March 17 April 21 May 4	Flick N Float (Movie) Super Soaker Night Family Tri Night Cookie/Ornament Fun Family Fitness Night Family Boot Camp Scavenger Hunt Minute to Win It BINGO Night	Oct 7 Nov 19 Dec 2 Jan 21 Feb 18 March 2 April 6

Enjoy the Kids Gym, Gymnastics Gym, Rocket the Giant Inflatable in the pool, seasonal crafts, a light meal and healthy snacks. Food is served at 6:00 pm on a first come basis.

FREE Member | \$15 Non-Member Family

## LITTLE PRINCESS BALL

Ages	Date	Time
Age 3 & Up	February 3	6:30-8:30pm

Join us for the 5th Annual Little Princess Ball at the Holiday Inn in Austin. Tickets for this Father/Daughter event go on sale January 2 for members and January 15 for non-members. This event includes a DJ and dinner.

\$30 Member Couple, \$14 additional daughter  
\$50 Non-Member Couple, \$18 additional daughter

## GIRLS SPA NIGHT

Ages	Date	Time
Age 4 & Up	January 20	6:00-8:30pm

A special night out for girls and their mothers. Evening includes a snack and spa treatments.

\$12.50 Member Pair | \$25 Non-Member Pair

## BOYS NERF NIGHT

Ages	Date	Time
Age 4 & Up	February 17	6:00-7:45pm

Join other father/son pairs in this fun night of Nerf battles. A snack will be provided. You may bring your own Nerf toys and they will be provided.

\$12.50 Member Pair | \$25 Non-Member Pair

## PARENTS NIGHT OUT

Age	Dates	Time
6 weeks to 12 yrs	Oct 21 Dec 10, 31 & Feb 11	5:30-9:00pm 5:00-9:00pm

Treat yourself to an evening out while your kids enjoy games, themed crafts, and story time in a safe and healthy environment. Kids need to bring a sack lunch and the Y will provide a snack. Pre-registration is required.

\$7.00 Member | \$3.50 for additional child  
\$8.50 Non-Member | \$4.25 additional child

## HALLOWEEN AT THE Y

Ages	Date	Time
ALL	October 30	6:00-7:45pm

Celebrate Halloween at the Y with food, games, crafts, door prizes and a costume contest.

FREE Member Families | \$15 Non-Member Families



## HEALTHY KIDS DAY

Ages	Date	Time
ALL	March 24	9:30-11:00am

The Y invites kids and parents in Austin to make a "play date" at the Y's Healthy Kids Day. Healthy Kids Day brings families together to engage in active play and learn healthier habits.

FREE to Members & Austin Community

# GYMNASTICS

## GYMNASTICS AT THE Y

Our program is based on the National YMCA Progressive Program and the USA Gymnastics Program. It is designed for children to have FUN while learning both 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.

## GYMNASTICS SESSION OPTIONS

### Once Per Week (8 Week Session)

Fall	Sept 12-Nov 6
Fall	Nov 7-Jan 1
Winter	Jan 2-Feb 26
Winter	Feb 27-Apr 22
Spring	Apr 23-June 9

### Twice Per Week (4 Week Session)

Fall	Sept 12-Oct 9
Fall	Oct 10-Nov 6
Fall	Nov 7-Dec 4
Fall	Dec 5-Jan 1
Winter	Jan 2-Jan 29
Winter	Jan 30-Feb 26
Winter	Feb 27-Mar 25
Winter	Mar 26-Apr 22
Spring	Apr 23-May 20
Spring	May 20-June 9*

\*Special 3-week session. Cost will be prorated.



# CHILDREN'S GYMNASTICS

## TINY TUMBLERS (1-2 yrs)

Age	Days	Time	Sessions
1 - 2 yrs	Tuesdays	12:20-12:50pm	8 wk (1x per wk)
		3:30-4:00pm	8 wk (1x per wk)
	Thursdays	3:30-4:00pm	8 wk (1x per wk)

A parent/child class using obstacle courses to allow your child to run, jump, climb, balance and roll. Children will learn beginning positions, play games and learn about equipment.

\$28 Member | \$43 Non-Member

## LIVE Y'ERS (3 yrs)

Age	Days	Time	Sessions
3 yrs	Tuesdays	3:30-4:15pm	8 wk (1x per wk)
	Thursdays	11:20-12:05pm	8 wk (1x per wk)
	Thursdays	3:30-4:15pm	8 wk (1x per wk)
	Saturdays	9:30-10:15am	8 wk (1x per wk)
	Saturdays	10:15-11:00am	8 wk (1x per wk)
Tues & Thurs	3:30-4:15pm	4 wk (2x per wk)	

Children will explore basic tumbling skills with an emphasis on confidence, following directions, listening and cooperating while utilizing obstacle courses.

\$37 Member | \$52 Non-Member

## JUNIOR JUMPERS (4 yrs)

Age	Days	Time	Sessions
4 yrs	Tuesdays	11:20-12:05pm	8 wk (1x per wk)
		3:30-4:15pm	8 wk (1x per wk)
	Thursdays	3:30-4:15pm	8 wk (1x per wk)
	Saturdays	9:30-10:15am	8 wk (1x per wk)
	Saturdays	10:15-11:00am	8 wk (1x per wk)
	Tues & Thurs	3:30-4:15pm	4 wk (2x per wk)

Children focus on basic tumbling skills in this structured class using obstacle courses and equipment stations. Children will learn numbers, shapes and colors.

\$37 Member | \$52 Non-Member

## CHERUBIM (5 yrs)

Age	Days	Time	Sessions
4 yrs	Tuesdays	3:30-4:15pm	8 wk (1x per wk)
	Thursdays	3:30-4:15pm	8 wk (1x per wk)
	Saturdays	9:30-10:15am	8 wk (1x per wk)
	Saturdays	10:15-11:00am	8 wk (1x per wk)
	Tues & Thurs	3:30-4:15pm	4 wk (2x per wk)

For those who need to be challenged but are too young to move to Progressive. Skills are based on the Progressive level. Children need to be accessed by the Gym Director.

\$37 Member | \$52 Non-Member

# PROGRESSIVE GYMNASTICS

For youth ages 6 and above with an emphasis on skill development and progression towards competitive gymnastics. Our program is based on the USAG Program. Successful completion of each level and instructor recommendation is required before moving to the next level.

## ROLLERS (LEVEL 1)

USAG Level 1 Beginning gymnastics skills. Introduction to all four gymnastics events.

## SWINGERS (LEVEL 2)

USAG Level 2 Intermediate level. Continues to build on skills learned in Rollers.

## KIPPERS (LEVEL 3)

USAG Level 3/4 Advanced Intermediate. Successful completion of Swingers skills is required.

## PROGRESSIVE

Age	Days	Time	Sessions
6 & older	Tuesdays	3:30-4:30pm	8 wk (1x per wk)
	Thursdays	3:30-4:30pm	8 wk (1x per wk)
	Saturdays	9:30-10:30am	8 wk (1x per wk)
	Tues & Thurs	6:30-7:30pm	4 wk (2x per wk)

All Levels \$45 Member | \$60 Non-Member

**BUILDING  
LIFELONG  
SKILLS**

# COMPETITIVE GYMNASTICS - ANGELS TEAMS

## LIL WINGS 1 & 2

For competitive gymnasts ages 6-7. Gymnasts train on all four events with an emphasis on growing together as a team as well as in gymnastics. Lil Wings teams do not require out of town travel. Inter-squad meets are conducted for competitive experience. Gymnasts must attend try-outs to be selected to the Lil Wings teams.

## WINGS, HALOS & GUARDIANS

For competitive gymnasts ages 8 and above. Competitive teams are for gymnasts wishing to train more seriously on all four events as part of the Midwest Amateur Gymnastics Association (MAGA). These teams require travel to out of town meets during the competitive season. Gymnasts are placed on teams by ability level to help facilitate practices. An emphasis on team dynamics over individual performance is a hallmark of our program.

## TEAM SCHEDULE & PRICING

Team	Cost	Mon	Tues	Weds	Thurs	Fri	Sat
Lil Wings 1	\$50/mon			6:00-7:30pm			10:00-11:30am
Lil Wings 2	\$65/mon			3:30-5:30pm		3:30-5:30pm	
Wings	\$83.50/mon	5:30-7:30pm		3:30-5:30pm		3:30-5:30pm	
Halos	\$88.50/mon	5:30-8:00pm	5:30-7:30pm		5:30-7:30pm		
Guardians	\$99.50/mon	5:30-8:00pm	5:00-7:30pm		3:30-6:00pm		
AHS		3:30-6:00pm	3:30-6:00pm	3:30-6:00pm	3:30-6:00pm	5:30-8:00pm	



## AHS HOME MEETS

AHS home meets are at the Y and start at 6:30pm.

### DATES

December 20th, January 10th and January 31st.

# LESSONS

## LESSONS

Lessons are available with both the Gymnastics Director and staff at all levels. Semi-private lessons contain two gymnasts while private lessons are 1-on-1.

### COST

Semi-Private with Gymnastics Staff : \$30 / 30 min.

Semi-Private with Gymnastics Director : \$50 / 60min.

Private with Gymnastics Staff : \$20 / 30 min.

Private with Gymnastics Director : \$45 / 60 min.

## Y PRO SHOP

The YMCA of Austin has a gymnastics pro shop onsite for your convenience. Items include leotards, grips, wrist supports, wrist bands, tape and many other necessities. We carry both new and used items to fit your needs. Please contact the Gymnastics Director for hours of operation and availability of items.

# AQUATICS LESSONS

## FAMILY FRIENDLY

We've been listening to our families and now offer Family Friendly options for swim lessons. You register all of your children for the day and time that works best for your family. Options include once per week (8 week) and twice per week (4 week) lessons. Make sure to register early as classes have limits and fill up quickly!

## CLASS INFORMATION

### PARENT/CHILD : AGES 6 MONTHS - 3 YEARS

*Aquatykes* : Parent/child class helping young children become familiar with water.

### PRESCHOOL : AGE 3 TO 5 YEARS

*Pike* : Children develop safe pool behavior and learn independent water movement.

*Eel* : Learn flutter kick, dive, float, and front crawl.

*Ray* : Improve upon previous skills, tread water, and perform progressive diving skills

*Starfish* : Refine stroke and floating skills and learn to swim underwater.

### SCHOOL AGED : 6 YEARS AND UP

*Polliwog* : Beginner class acquainting children with the pool and basic paddling.

*Guppy* : Build on basic skills. Learn basic strokes and diving skills.

*Minnow* : Further refine strokes, learn synchronized swimming and diving skills.

*Fish* : Perform basic strokes : front crawl, backstroke, breaststroke, and sidestroke. Introduction to fins and goggles.

*Flying Fish* : Refine strokes, build endurance and dive off starting blocks.

*Shark* : Improve strokes, starts and turns. Learn inverted breaststroke and over arm sidestroke.

*Porpoise* : Learn additional stroke and rescue skills.

### ADULT

*Adult Lessons* : Arranged as private lessons.

## SWIM LESSON COSTS\*

### PARENT/CHILD : AGES 6 MONTHS - 3 YEARS

\$24 Member | \$48 Non-Member

### PRESCHOOL : AGE 3 TO 5 YEARS

\$24 Member | \$48 Non-Member

### SCHOOL AGED : 6 YEARS AND UP

\$31 Member | \$62 Non-Member

\*Costs for sessions are prorated if off due to holidays.

## PRIVATE SWIM LESSON COSTS

For swimmers of all abilities desiring one-on-one instruction. Lessons are 30 minutes in length.

1 Lessons - \$25 Member | \$50 Non-Member

4 Lessons - \$80 Member | \$160 Non-Member

8 Lessons - \$150 Member | \$300 Non-Member

## SESSION OPTIONS

### ONCE PER WEEK LESSONS (8 Week Session)

Days	Session	Dates
Monday	Fall	Sept 12-Nov 6
Wednesday	Fall	Nov 7-Jan 1
Saturday	Winter	Jan 2-Feb 26
Sunday	Winter	Feb 27-April 22
	Spring	April 23-June 9*

### MONDAY

5:00-5:30pm	Preschool
5:30-6:00pm	Preschool
6:00-6:30pm	Parent/Child
6:00-6:45pm	School Age

### WEDNESDAY

5:15-6:00pm	School Age
6:00-6:30pm	Preschool
6:00-6:45pm	School Age

### SATURDAY

9:00-9:30am	Preschool
9:00-9:45am	School Age
9:30-10:00am	Preschool
9:45-10:30am	School Age
10:00-10:30am	Preschool
10:30-11:15am	School Age

### SUNDAY

3:00-3:30pm	Preschool
3:00-3:45pm	School Age
3:30-4:00pm	Preschool
3:45-4:30pm	School Age
4:00-4:30pm	Preschool
4:30-5:15pm	School Age
4:30-5:00pm	Preschool

## SESSION OPTIONS

### TWICE PER WEEK LESSONS (4 Week Session)

Days	Session	Dates
Tues & Thurs	Fall	Sept 12-Oct 9
	Fall	Oct 10-Nov 6
	Fall	Nov 7-Dec 4
	Fall	Dec 5-Jan 1
	Winter	Jan 2-Jan 29
	Winter	Jan 30-Feb 26
	Winter	Feb 27-March 25
	Winter	March 26-April 22
	Spring	April 23-May 20
	Spring	May 20-June 9**

### TUESDAY & THURSDAY

4:00-4:30pm	Preschool
4:15-5:00pm	School Age
4:30-5:00pm	Preschool
5:00-5:45pm	School Age
6:00-6:30pm	Parent/Child
6:00-6:30pm	Preschool
5:45-6:30pm	School Age

\*No Sunday lessons available.

\*\*Special 3 week session. Cost will be prorated.



# SPECIALTY AQUATICS

## STROKE CLINIC

Age	Days	Time
10 & Under	Sept 12–Sept 30	3:30–4:10pm
11 & Older	M, W, F	4:10–5:00pm

The Y's stroke clinic is a great way to improve your technique and experience the feeling of being on a swim team. Stroke clinic is taught by the Y's Aqua Pack swim team coaches who work on improving the four competitive strokes : freestyle, backstroke, breast stroke and butterfly. Participants must be 5 years of age and able to swim one length (25 yards) of the pool.

\$42 Member | \$84 Non-Member

## WATER FITNESS

Activity	Days	Time
Water Fitness	M, W, F	9:25–10:15am
Water Fitness	T, TH	6:00–6:50pm
Deep Water Fitness	M, T, TH, F	8:35–9:25am

**WATER FITNESS :** This is a low to high intensity water exercise class that conditions the heart, lungs and strengthens muscles. This class is held in shallow water.

**DEEP WATER FITNESS :** A medium level intensity class that strengthens and tones muscles while improving cardiovascular endurance. Belts are worn for buoyancy. Strong swimming skills are not required.

# AQUATICS TRAINING

## LIFEGUARD TRAINING

Age	Days	Time
15 years +	Dec 27, 28, & 29 or April 16, 17, 18, 23, 24 & April 21	8:00am–5:00pm 5:00–9:00pm 8:00am–3:00pm

Lifeguards in training must be 15 years old by the last day of class. You must pass the Red Cross pre-test, swim 300 yards non-stop (100 yards front crawl with rotary breathing, 100 yards breaststroke, and the balance can be combined front crawl/breaststroke), perform a 20 yard swim dive for brick in 9 foot depth and swim on back with brick in hands for 20 yards. You must attend ALL sessions and upon completion you will be certified in CPR/FPR, First Aid and Lifeguard training.

\$175 Member | \$200 Non-Member

## AQUA PACK SWIM TEAM

Swimmers ages 5 and older are invited to join the Aqua Pack Swim Team. Emphasis is placed on participation, individual improvement and FUN! You must be able to swim one length of the pool (25 yards) without stopping.

**PARENT MEETING : Monday, Sept 19 at 6:00pm**

Parents will receive a handbook and schedules, meet the coaches and order team suits.

### PRACTICE TIMES

Date	Days	Age	Time
Oct 10–Feb 12	M / W	9 & Under	3:00–4:00pm
		10 & Up	4:00–5:00pm
		12 & Up	3:30–5:00pm
		All Team Practice	6:45–7:45pm
	T / TH	All Team Practice	3:30–5:00pm

\$160 Member for Full Season\*

\*(Meet fees for Sectionals and State are included. Reduced fees for middle and high school swimmers and multi-family discounts (\$160 1st child, \$150 2nd child, \$140 3rd child).

## FULL LIFEGUARD CHALLENGE

Age	Days	Time
15 years +	December 27 or April 21	9:00am 8:00am

For lifeguards who need recertification.

\$85 Member | \$100 Non-Member

## CPR LIFEGUARD CHALLENGE

Age	Days	Time
15 years +	December 27 or April 21	9:00am 8:00am

For lifeguards who only need recertification in CPR.

\$60 Member | \$75 Non-Member

# FOR HEALTHY LIVING

## HELPING YOU LIVE BETTER

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. At the Y you can work toward that balance by challenging yourself to learn a new skill, fostering connections with friends, or bringing your family closer through family-centered activities. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.



**YOUR GOALS  
BECOME  
OUR GOALS**

## SCHEDULES & LEAGUES

### SCHEDULED GYM ACTIVITIES

Day	Time	Activity
Mon-Fri	12:00-1:30pm 2:45-5:30pm	Noon Ball After School Program
Saturday	8:30am-12:30pm	Youth Basketball (Jan10-Feb16)

### ADULT BASKETBALL LEAGUE

Pick-up basketball games are each weekday at the Y from 12:00-1:30pm. There are no teams. Just show up ready to play.

## MEMBERSHIP AMENITIES

**WELLNESS CENTER** : Wellness center includes treadmills, Precor steppers, Precor ellipticals, cross country ski machine, exercise bikes, Cybex resistance machines, free weights and cable TV viewing. For ages 14 and up.

**FITNESS STUDIO** : Space designated for group fitness and cycling classes. All fitness classes are free.

**CARDIO LOFT** : Private cardio loft with treadmills, Precor ellipticals, wave machines, and exercise bikes for ages 14 or older. Many machines have TVs with personal cable.

**WALKING/RUNNING TRACK** : 1/11 of a mile suspended track available for cardio workouts.

**WOOD GYM** : Gym with 6 basketball hoops. Basketballs, dodgeballs and volleyballs are available for use. Stop by the Front Desk or view our website for our wood gym schedule.

**SWIMMING POOL** : Six lane swimming pool available for lap and open swim. Toys and floatation devices may be used during family fun nights. Pool schedules with open/lap times may be found at the Front Desk and on our website.

**RACQUETBALL COURTS** : Three full size racquetball courts available for usage. Sign up for court time at the Front Desk. Racquetball racquets may be checked out at the Front Desk.

## ADDITIONAL FEE AMENITIES

### TENNIS COURT

Available for rent from 5:00am - 10:00pm. Call the Front Desk to check availability, reserve a court or discuss permanent court time pricing.

Member	Days	Time	Pricing
Adult	Mon-Fri	5:00am-3:00pm	\$5/hr or \$7/1.5 hr
	Mon-Fri	3:00pm-10:00pm	\$10/hr or \$14/1.5 hr
	Sat & Sun	5:00am-10:00pm	\$5/hr or \$7/1.5 hr
Youth	Mon-Fri	5:00am-3:00pm	FREE
	Mon-Fri	3:00pm-10:00pm	\$5/hr or \$7/1.5 hr
	Sat & Sun	5:00am-10:00pm	FREE

### LAP SWIM SCHEDULE

Day	Time
Mon-Fri	5:15-7:45am 11:00am-1:00pm 5:00-6:00pm
Saturday	7:45-9:00am 11:15am-1:00pm 5:00-6:00pm

# GROUP FITNESS

## GROUP FITNESS : TONING

**AWESOME ABS** : Express class designed to attack the abdominal and lower back muscles. Come to class warmed up.

**BODY SCULPT** : Muscle conditioning class that provides a balanced total body workout.

**BOOT CAMP** : Fun workout that incorporates obstacle courses, stations and circuits. This workout contains cardio and strength conditioning and works on your power and agility.

**CORE CONDITIONING** : Express class concentrating on the core muscles of the body. It strengthens the abs and their opposing muscles as well as stabilizing them. Come to class warmed up.

## GROUP FITNESS : MIND & BODY

**FITNESS YOGA** : A total mind-body workout featuring cardio conditioning, functional strength, flexibility, muscle balancing and relaxation. Each workout is a special sequence geared towards participants of all fitness levels.

**PILATES MIX** : A mind-body connection/awareness practice and total body conditioning workout. Helps improve posture, balance, strength, flexibility, breathing and core strength. This class incorporates exercise equipment.

**PIYO** : Fusion style flexibility workout blending yoga, pilates and strength in a flowing sequence. No equipment is used.

**PIYO SCULPT** : Fusion style flexibility workout blending yoga, pilates and strength training in a flowing sequence to improve muscular strength and endurance with the safe use of resistance equipment.

**YOGA SCULPT** : Combines yoga and strength training together in one workout to improve muscular strength and endurance with the safe use of resistance equipment. This class will enhance weight loss and muscular toning.

## GROUP FITNESS : CARDIO

**AEROBIC BLAST** : Fun and easy sequences incorporating marching, grapevines, knee lifts and lots of moving!

**CYCLE BOX** : The ultimate cardio workout hitting both upper and lower body by alternating intervals of cycling and boxing.

**CYCLING** : Indoor cycling workout incorporating visual imagery, verbal cues and energy zones. All fitness levels welcome as cyclist work at their own level.

**KICK BOXING** : Utilizes boxing gloves and boxing bags. Gives a great cardiovascular and muscle conditioning workout.

**STEP2MAX** : Step intermixed with cycling, boxing and bootcamp.

**STEP & SCULPT** : Step up and down to a variety of moves. Muscle conditioning is also a part of the class.

**ZUMBA** : A fun, Latin dance inspired workout with easy to follow steps that let you naturally move to the beat. Zumba brings together Salsa, Merengue, Samba, Reggaeton, African Beats, Cumbia and Funk.



# ACTIVE OLDER ADULTS (A.O.A.)

## CREATING A HEALTHY COMMUNITY

The YMCA of Austin offers several free classes for our Active Older Adults looking for low impact physical fitness activities that improve their health and well-being. People of all ability and fitness levels can participate. Coffee and socializing follow each class session in the seating area near the Wellness Center.

## WATER CLASSES

Day	Class	Time
Monday-Friday	A.O.A. H2O Fit	7:45-8:35am

A water exercise class that emphasizes flexibility, enhances cardio-respiratory fitness and soothes joint and muscle pain. Class is held in shallow water. Attendees do not need to know how to swim.

## LAND CLASSES

Day	Class	Time
Monday	A.O.A. Step/Zumba	8:00-8:50am
Tuesday	A.O.A. Cycling	
Wednesday	A.O.A. Walking Club	
Thursday	A.O.A. Yoga/Bootcamp	
Friday	A.O.A. Backs & Abs	

All classes are located in the Fitness Studio and begin with a warm-up. Warm-up is followed by 20 minutes of activity and finishes with muscle strengthening and stretching exercises. Everyone is encouraged to go at their own pace. Participants do not need to sign up for classes. Just show up ready to be active and socialize. Try one class or come to them all!

# SPECIALTY FITNESS

## FREE WELLNESS CENTER ORIENTATIONS

FREE orientations are provided to help members learn proper form and technique. Orientation includes cardio equipment, cybex machines and free weights. Orientations are required for youth members age 14-17 years who wish to use the Wellness Center.

## FREE FITNESS EVALUATIONS

Y members can schedule individual consultations for a fitness evaluation that assesses body composition, cardiovascular fitness, muscular strength, endurance and flexibility.

## FREE FITNESS BY DESIGN

A program designed to help establish appropriate fitness goals. This one-on-one consultation addresses how to achieve and maintain a balanced exercise program. Areas included are basic fitness components, zone intensity and strength training.

## 12 WEEK PERSONALIZED FITNESS

A step by step exercise program recommended for those who have never taken part in regular exercise or are looking for a slower progression into all components of fitness. During the 12 weeks you will be introduced to the cardiovascular, strength and flexibility components of fitness.

\$30 Member



## BATTLE OF THE HOLIDAY BULGE BOOTCAMP

Dates	Days	Time
November 21-December 23	M, W, F	6:00-7:00am

Want to beat that holiday bulge? Then join our Battle of the Holiday Bulge Bootcamp which is formatted in a non-competitive way and is geared towards ALL fitness levels. Progress will be documented to show your results and instructors will motivate you to push your limits, increase your strength and endurance, and help you achieve your fitness goals. (Class will be held M, T, W on November 21, 22 and 23.)

\$35 Member | \$85 Non-Member

## RESOLUTION SOLUTION BOOTCAMP

Dates	Days	Time
January 9 - February 10	M, W, F	6:00-7:00am

Are you looking for a way to jump start your workout or break through a fitness plateau? Then sign up for our Resolution Solution Bootcamp. Class is formatted in a non-competitive way and is geared towards ALL fitness levels. Progress will be documented to show your results and instructors will motivate you to push your limits, increase your strength and endurance, and help you achieve your fitness goals.

\$35 Member | \$85 Non-Member

# SPECIAL EVENTS

## WINTER Y TRIATHLON

Date	Time	Short (minutes)	Long (minutes)
March 3	9:00am	20 Run/Walk 40 Cycling 20 Swim/Aqua Jog	30 Run/Walk 60 Cycle 30 Swim/Aqua Jog

Join us for our 10th Annual Winter Y Triathlon. Choose between a short or long option.

\$25 Member



## 12TH ANNUAL Y 5K RUN/WALK

Age	Date	Time
ALL	May 12	9:00am Start

This fun fitness activity is geared towards the entire family as runners, walkers and strollers are all welcome. All proceeds will benefit Y financial assistance.

\$20 Participants | \$25 Participants after May 4

## HEALTHY KIDS DAY

Age	Date	Time
ALL	March 24	9:30-11:00am

The Y invites kids and parents in Austin to make a “play date” at the Y’s Healthy Kids Day. Healthy Kids Day brings families together to engage in active play and learn healthier habits.

FREE to Members & Austin Community

## 30TH ANNUAL HOG JOG 5-MILE RUN

Age	Date	Time
ALL	June 30	8:00am Start

Join the fun of Freedom Fest activities and participate in our 30th Annual Hog Jog 5-Mile run. This race is chip timed and PR certified.

\$20 Participants | \$25 Participants after June 13

## CAN I RENT AREAS OF THE Y?

The Y is available for rental for birthday parties, youth gatherings, lock-ins, parties, meetings and business gatherings. Contact the Front Desk for special pricing.

### BIRTHDAY PARTY RENTAL

- 2 hours in length
- 30 minutes in Kids Gym or Youth Zone
- 30 minutes in Multi-purpose room for meal, cake and presents
- 1 hour in Pool or Gymnastics Gym
- Y staff person to help organize the group
- Use of our serving kitchen, fridge, freezer and microwave
- You may bring in your own food & drink
- Party includes up to 10 kids. Add \$3 each additional child.

\$65 Member | \$80 Non-Member

## CAMP OLSON

Located 3 1/2 hours north of the Twin Cities on Little Boy Lake near Longville, MN. Camp Olson features sailing, horseback riding, archery and many more fun programs for youth ages 7-15. To assure that all area children can attend regardless of financial limitations, the Y provides assistance and scholarships for our youth for this program. Contact the Youth Director at 507-433-1804 and visit the Camp Olson website listed below. <https://campolson.org/> for more details.

# PROGRAM & MEMBERSHIP POLICIES

## WEATHER ANNOUNCEMENTS

For information about closings and delays due to weather, tune in to FM100. The Y generally follows the decision made by Austin Public Schools. If they close, we will cancel all youth classes. We will also try to update our website in a timely matter.

## REFUNDS & CREDITS

If a program is cancelled, all enrollees will receive a full refund of program fees. If a participant withdraws from a program before the first week of classes, a full program credit will be issued. If a participant withdraws after the 1st week of class, no credit will be issued. Classes canceled due to inclement weather will not result in any refund or credit of the class fee. Absences by members will not result in a refund or credit. Membership fees are non-refundable.

## CANCELLATION/MAKE-UP

Classes cancelled by the Y due to instructor illness will be rescheduled for make-up if possible. Classes cancelled due to inclement weather will not be rescheduled. Absences by members/participants will not result in any rescheduling.

## RETURNED CHECKS

All returned checks and bank drafts will be assessed a \$10 processing fee.

## SCHEDULES & REGISTRATION

The Y reserves the right to alter schedules or cancel classes. No registrations will be taken over the phone. Registrations may be done online or at the Front Desk.



## ATTIRE

Appropriate shirts, shorts and footwear are required during exercise in the workout rooms and gym. Sports bras alone are not permitted. Proper swimming suits are required when using the pool.

## LOST AND FOUND

The Y is not responsible for lost/stolen property. We do keep any lost/found items at the Front Desk for a limited time.

## MULTI-MEDIA POLICY

Y programs and events are often photographed and videotaped for promotional purposes. If you do not wish to be included in promotional materials, please indicate this to the Y event and/or staff. The use of cell phones and other electronic devices is prohibited in ALL locker rooms and restrooms.

## ACCIDENTS/INCIDENTS

Contact a Y staff person immediately if there is an accident, injury or unusual incident. We are here to assist you. However, please be advised that the Y does not carry public health or accident insurance. All individuals participate at their own risk.

## ABUSE PREVENTION

Your child's safety is our top priority. That is why we have established 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.



# FACILITY POLICIES

## MEMBERSHIP CARD

It is necessary to present your membership ID card for admittance to the Y. If a member forgets his/her card, the member must verify membership with the Front Desk staff. Any member who lends his/her card or assists a non-member in unauthorized use of the facility subjects their membership to revocation.

## MEMBERSHIP CARD REPLACEMENT

Members may replace lost cards at the Front Desk. There is a \$5 fee to replace a lost card.

## PARKING

Parking is available in lots directly north and east of the Y. Parking lots are for use by members while using the facility. All-day parking is strictly prohibited.

# VISITOR POLICIES

## COMPLIMENTARY GUEST PASSES

Available to those individuals from Austin (and surrounding areas) that are trying out the Y to see if they are interested in joining. They may have 2 complimentary passes. A picture I.D. is required for all guests.

## OUT OF TOWN GUESTS

Out of town guests must pay the daily rate listed below. A picture I.D. is required for all guests. There is an additional fee for upgraded locker room A services.

Family \$12 | Adult \$7 | Youth \$4

## Y AWAY PROGRAM

As a Y member, you are able to utilize Y facilities across the country for little or no charge. Please call the membership desk at other Y's for details and possible rates.

**PROVIDING  
ALL AROUND  
SUPPORT**

## LOCKER RENTALS

Rental lockers are provided with membership to locker room A. Members utilizing locker room B may bring in their own lock for day-use when they are using the facilities.

## YOUTH SUPERVISION

Children (Grades 1st and under) must be accompanied by a supervising adult while using the facility, unless they are participating in a registered and supervised program.

## YOUTH PICK-UP FOR NON-MEMBERS

Non-Member parents or guardians picking up youth participating in Y programming or events must sign in at the guest book at the Front Desk. Front Desk staff will then either radio for the child or let the parent/guardian through the gate to pick-up their child.



# FOR SOCIAL RESPONSIBILITY

## CREATING IMPACT EVERY DAY

The generosity of others is at the core of the Y's existence as a non-profit. It is only through the support of our hundreds of thousands of volunteers and public and private donors that we are able to support and give back to the communities we engage.



## OUR PARTNERS

The YMCA of Austin is fortunate to have a dedicated group of partners that help us bring our mission and goals to life. A special thank you to Hormel Foods, The Hormel Foundation and the United Way of Mower County for their financial and community support.



## ANNUAL SUPPORT CAMPAIGN

The Y is the unparalleled cause for strengthening community because we are the community. We believe that meaningful change can only come about when we all work together to invest in our kids, our health and our neighbors. Every day, we work side by side in our community to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Because of the Annual Support Campaign, the Y was able to provide \$62,000 in support which was distributed between financial assistance to 300 youth and families, support for 1,800 youth with the \$1 Youth Membership and in the form of quality after school care and preschool programming to over 310 youth last year.

## MOWER COUNTY MENTORING

Mower County Mentors can accompany their mentees to the Y free of charge. This gives mentors the opportunity to spend quality time together as they enjoy Y activities. The mentee is required to have a \$1 Youth Membership and the mentors need to stop by the Front Desk.



## SIGHT FOR STUDENTS

Children in need of eye-care services may qualify for free exams and glasses through assistance from the Y. This program assists families who earn up to 200% of the poverty level but are not eligible for government programs. Contact the Member Services Director for more details. This program is sponsored by the Y and the Vision Service Plan (VSP).

**Thank you for being a part of something great!**