



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING INTO ACTION!

Program Guide
Spring I 2012
February 19 –April 8



Spring 2012
Collinsville Maryville Troy



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of Greater St. Louis



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AQUATICS

Parent/Child Swim Lessons (6-36 mos.)

Shrimp/Kipper

Age 6-12 months with parent. This is an introduction to water, including safe exploration. Utilizes increased motor development of child to add basic water skills using songs and games.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Shrimp/Kipper	Mon. 5:30-6:00PM	2/20/12	4/2/12	\$34	\$68
	Sat. 9:30-10:00AM	2/25/12	4/7/12	\$34	\$68

Inia/Perch

Age 13-36 months with parent. Children add more exploration and begin using arms and legs in class upon cue from parents.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Inia/Perch	Mon. 6:00-6:30PM	2/20/12	4/2/12	\$34	\$68
	Sat. 10:30-11:00AM	2/25/12	4/7/12	\$34	\$68

Preschool Swim Lessons

Pre-Pike

Age 2.5-5 Beginner. This is an easy approach to first lessons without mom or dad.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Pre-Pike	Mon. 4:30-5:00PM	2/20/12	4/2/12	\$34	\$68
	Wed. 4:30-5:00PM	2/22/12	4/4/12	\$34	\$68
	Sat. 11:15-11:45AM	2/25/12	4/7/12	\$34	\$68

Pike

Age 3-5 Beginner. This class is an introduction to water. The student will learn movement through the water with the aid of floatation devices. They will learn basic water and boating safety.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Pike	Tues. 5:45-6:30PM	2/21/12	4/3/12	\$39	\$73
	Wed. 6:30-7:15PM	2/22/12	4/4/12	\$39	\$73
	Thur. 5:45-6:30PM	2/23/12	4/5/12	\$39	\$73
	Sat. 9:00-9:45AM	2/25/12	4/7/12	\$39	\$73
	Sat. 10:30-11:15AM	2/25/12	4/7/12	\$39	\$73
	Sun. 1:00-1:45PM	2/25/12	4/1/12	\$34	\$63

Eel

Age 3-5 Intermediate. For children who can swim 15 feet with faces in the water and no floatation. Reviews and improves stroke skills on front, back and side, builds endurance.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Eel	Mon. 5:00-5:45PM	2/20/12	4/2/12	\$39	\$73
	Tues. 6:30-7:15PM	2/21/12	4/3/12	\$39	\$73
	Wed. 5:00-5:45PM	2/22/12	4/4/12	\$39	\$73
	Thur. 5:00-5:45PM	2/23/12	4/5/12	\$39	\$73
	Sat. 9:45-10:30AM	2/25/12	4/7/12	\$39	\$73

Ray

Age 3-5 Intermediate/Adv. For children who can swim 15 feet with faces in the water and no floatation. Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water.

Starfish

Age 3-5 Advanced. At this level, students will increase their endurance by swimming longer distances. They will learn the back crawl and elementary backstroke. Boating safety and basic synchronized swimming skills will also be a component.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Ray/Starfish	Mon. 5:00-5:45PM	2/20/12	4/2/12	\$39	\$73
	Tues. 5:45-6:30PM	2/21/12	4/3/12	\$39	\$73
	Sat. 10:30-11:15AM	2/25/12	4/7/12	\$39	\$73

Youth Swim Lessons

Polliwog

Age 6-12 Beginner. Swimmers will be introduced to the water, and be taught floating, gliding, kicking, rhythmic breathing, and learn new games. Victim/danger recognition and beginner synchronized swimming skills will be taught.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Polliwog	Mon. 5:45-6:30PM	2/20/12	4/2/12	\$39	\$73
	Tues. 5:00-5:45PM	2/21/12	4/3/12	\$39	\$73
	Wed. 5:45-6:30PM	2/22/12	4/4/12	\$39	\$73
	Sat. 9:00-9:45AM	2/25/12	4/7/12	\$39	\$73
	Sat. 10:30-11:15AM	2/25/12	4/7/12	\$39	\$73
	Sun. 1:45-2:30PM	2/26/12	4/1/12	\$34	\$63

Guppy

Age 6-12 Beginner. At this level, the swimmers will increase their endurance levels, learn the front and back somersault, and be taught the front crawl with rotary breathing.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Guppy	Mon. 5:45-6:30PM	2/20/12	4/2/12	\$39	\$73
	Tues. 6:30-7:15PM	2/21/12	4/3/12	\$39	\$73
	Wed. 6:30-7:15PM	2/22/12	4/4/12	\$39	\$73
	Thur. 5:00-5:45PM	2/23/12	4/5/12	\$39	\$73
	Sat. 9:45-10:30AM	2/25/12	4/7/12	\$39	\$73

Minnow

Age 6-12 Intermediate, Swimmers will learn to dive, be introduced to the scissors kick and back crawl, extend the amount of time they can float, and enhance their synchronized swimming and first aid skills. Students should be able to swim the front crawl 25 yards to enroll in this class.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Minnow	Wed. 5:45-6:30PM	2/22/12	4/4/12	\$39	\$73
	Thur. 5:45-6:30PM	2/23/12	4/5/12	\$39	\$73
	Sat. 11:15-12:00PM	2/25/12	4/7/12	\$39	\$73

Fish

Age 6-12 Intermediate. Students will increase their distance swimming the front and back crawls. They will learn the dolphin kick, breaststroke, kick, and the elementary backstroke. More First Aid and synchronized swimming skills will be taught. Students should be able to swim 25 yards of the front and back crawl to register for this class.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Fish	Wed. 5:00-5:45PM	2/22/12	4/4/12	\$39	\$73

Flying Fish/Shark

Age 6-12 Advanced, Students will work on refining their strokes and increasing their endurance with starts and turns. Students should be able to swim 200 yards of front crawl and 50 yards of each other stroke to register for this class. Focuses on swim team skills.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Flying Fish/Shark	Tues. 5:00-5:45PM	2/21/12	4/3/12	\$39	\$73

Teen / Adult Swim Lessons

Teen Swim Instruction

Age 13-18 Beginner, Designed for the beginner to the most advanced swimmer. Instruction occurs in small groups and is designed to meet individual needs and goals.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Teens	TBA	2/20/12	4/7/12	\$39	\$73

Adult Swim Instruction

Age 18+ Beginner, Expert, patient instruction is provided for non-swimming adults with an emphasis on basic swim skills and personal safety skills.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Adults	TBA	2/20/12	4/7/12	\$39	\$73

Private/Semi Private Swim Lessons

Private Swim Lessons (all ages)

Private one-on-one swim instruction with a certified instructor. Registration forms available at the Service Center.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Private Lessons	Contact Aquatic Director	2/20/12	4/7/12	\$98	\$149

Semi-Private Swim Lessons (all ages)

Perfect for families with two children with very similar swim abilities that seek private instruction. Registration forms available at the Service Center.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Semi Private Lessons	Contact Aquatic Director	2/20/12	4/7/12	\$147 (2 children)	\$205 (2 children)

Boy Scout / Girl Scout Water Badges

Boy Scout/Girl Scout Water Badges

This class covers everything scouts need to complete their Water Badges. Contact Julie at jrothweil@ymcaswil.org to set up appointment. \$5 per scout plus a \$25 instructor fee.

Competitive Swim

Competitive Swim

Age 6-18 Advanced, For competitive swimmers who want to work on stroke development, competitive turns and improved conditioning and endurance. No swim meets.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Competitive Swim	Mon./Wed. 7:30-8:30PM	2/20/12	4/4/12	\$39/1x wk.	\$73/1x wk.
				\$78/2x wk.	\$146/ 2x wk.

Master's Swim

Master's Swim

Age 18+ Intermediate/Advanced, For adults interested in improving their competitive swimming skills and strokes. This class can better prepare you for an upcoming triathlon, master's swimming meet, or simply enjoy the pleasure of working out with other swimmers.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Master's Swim	Wed. 6:00-7:00PM	2/22/12	4/4/12	\$39	\$73

Lap Swim & Open Swim

**During Open Swim, children under the age of 8 must be accompanied in the water by a responsible adult age 18 yrs. or older. Children ages 8-13 may participate in Open Swim as long as they pass a swim test and parent remains in the facility.

**Swim Test:

- Jump into water over individual's head and return to surface.
- Tread water for at least one minute.
- After completing the above, swim unassisted to a ladder and climb out of the pool.
- If pass, swimmer will be marked with a wristband.

Lap Swim

For YMCA members, age 13 and older, who can swim down and back the length of the pool. There will be at least one lap lane available at all times when the pool is open.

Open Swim

Recreational swimming is for YMCA members and their guests. Check recreation schedule for availability.

Aquatic Fitness:

Aqua Aerobics

A mild cardiovascular workout in the shallow end of the pool using water as resistance. Combines a light aerobic workout with muscle strengthening and flexibility. For all fitness levels.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Aqua Aerobics	M-F 9:15-10:10AM M 6:30-7:25PM TH 6:00-6:55PM SA 8:00-8:55AM	2/20/12	4/7/12	FREE	N/A

Aqua Tone

A fitness class held in shallow water using water and exercise equipment to provide resistance to movement. Class emphasizes muscle strengthening, muscle endurance and flexibility.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Aqua Tone	Thur. 10:15-11:10AM	2/23/12	4/5/12	FREE	N/A

Arthritis Aquatic Program

The Arthritis Foundation/YMCA Water Exercise program is open to anyone with arthritis or joint problems. Participants perform a series of specially designed exercises to increase joint range-of-motion, strengthen muscles and build endurance.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Water Arthritis	M/W/F 8:15-9:10AM T/TH 11:15-12:10PM	2/20/12	4/7/12	FREE	N/A

Deep Water Aerobics

Tone and firm while performing no-impact aerobic exercise in the deep water. Includes warm up, stretching, aerobics, and cool down.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Deep Water Aerobics	TU 10:15-11:10AM TU 6:00-6:55PM	2/21/12	4/3/12	FREE	N/A

SilverSplash®

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Class name	Day/Time	Start Date	End Date	Member	Non Member
SilverSplash	W/F 10:15-11:10AM	2/22/12	4/6/12	FREE	N/A

Water Pilates

A soothing yet challenging mind and body workout that's gentle on the joints and muscles. Uses buoyancy resistance and gentle movement to strengthen muscles, enhance flexibility and posture, sharpen coordination and balance, and relax body and soul.

Class name	Day/Time	Start Date	End Date	Member	Non Member
Water Pilates	Mon 10:15-11:10AM	2/20/12	4/2/12	FREE	N/A

Certification Courses

YMCA Lifeguard

Class includes the YMCA lifeguarding certification, CPR Pro for the Professional Rescuer, Emergency Oxygen Administration and Basic First Aid for the Community. Participants must be 16 years of age before the end of the course and meet all requisites. Class will be a minimum of 36 hours. Contact Aquatic Director for more information.

Class name	Day/Time	Start Date	End Date	Member	Non Member
YMCA Lifeguard	Sundays 3:00-9:00PM	2/26/12	4/1/12	\$190.00	\$235.00

Adult Child and Infant CPR

The American Safety & Health Institute (ASHI) Basic First Aid program provides workplace and community training in performing CPR. The goal of this training is to help students develop the knowledge, skills, and confidence to respond in a medical emergency. Contact Julie for more information.

Basic First Aid

The American Safety & Health Institute (ASHI) Basic First Aid program provides workplace and community training in first aid emergency skills. The goal of this training is to help students develop the knowledge, skills, and confidence to respond in a medical emergency. Contact Julie for more information.

Adult Health & Well-Being

Personal Training

One-on-one instruction that incorporates goal setting and health education into challenging training sessions specially designed for your individual needs. Your certified personal trainer will instruct you on proper technique and motivate you to achieve your fitness goals. Sessions must be purchased before the beginning of the first appointment. Special trainer requests accepted. By appointment only.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
1 Session	By Appointment only	1/1/2012	12/31/2012	18+	\$35	\$50
3 Sessions	By Appointment only	1/1/2012	12/31/2012	18+	\$105	\$120
6 Sessions	By Appointment only	1/1/2012	12/31/2012	18+	\$170	\$180
10 Sessions	By Appointment only	1/1/2012	12/31/2012	18+	\$260	\$275
15 Sessions	By Appointment only	1/1/2012	12/31/2012	18+	\$365	\$380
30 Sessions	By Appointment only	1/1/2012	12/31/2012	18+	\$700	\$715

YMCA Wellness Welcome

Learn to safely operate all fitness/cardiovascular equipment using proper technique for optimum benefits. We'll give you the guidance and recommendations on YMCA offerings and benefits that will help you reach your goals. Please see the Member Services Center for appointment request form.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
YMCA Wellness Welcome BY APPOINTMENT ONLY	Mon-Fri 7 AM-11 AM	1/1/2012	12/31/2012	18+	FREE	N/A
	Mon-Thur 5 PM-8 PM	1/1/2012	12/31/2012	18+	FREE	N/A
	Saturday 7 AM-11 AM	1/1/2012	12/31/2012	18+	FREE	N/A
	Saturday 2 PM-5 PM	1/1/2012	12/31/2012	18+	FREE	N/A
	Sunday Noon-5 PM	1/1/2012	12/31/2012	18+	FREE	N/A

Basic Group Exercise Classes:

TurboKick®

TurboKick uses choreographed martial arts movements in a low or high impact class to punch, kick, and groove away the calories in this super fun, effective cardiovascular workout.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
TurboKick	Tues 9-10 AM	2/21/12	4/3/12	10+	FREE	N/A

	Saturday 9-10 AM	2/25/12	4/7/12	10+	FREE	N/A
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Cross-training

This class is packed with variety, providing benefits both physically and mentally. It may include kickboxing, step, classic aerobics, circuit training, or any combination of these. Always provides a cardiovascular segment for fat burning as well as an abdominal muscle workout.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Crosstraining	Wed 5:30-6:15 AM	2/22/12	4/4/12	10+	FREE	N/A

PowerPump

Strengthen, define, and tone every muscle group using the "body bar" for a complete strength training workout.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
PowerPump	Monday 8:45-10:00 AM	2/20/12	4/2/12	13+	FREE	N/A
	Tues/Thurs 5:30-6:30 PM	2/21/12	4/5/12	13+	FREE	N/A
	Monday 5:30-6:15 AM	2/20/12	4/2/12	13+	FREE	N/A
	Sat 10:05-11:05 AM	2/25/12	4/7/12	13+	FREE	N/A
	Wed 9:00-10:15 AM	2/22/12	4/4/12	13+	FREE	N/A

Y-Cycling

Cycle your way to fitness and improve muscle tone and endurance with this fun, challenging class that uses stationary bikes, upbeat music, and motivating instruction for an invigorating cardiovascular workout. Customizable using the bike's variable resistance settings.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Y-Cycling	Wednesday 5:30-6:15 AM	2/22/12	4/4/12	10+	FREE	N/A
	Tues 6:40-7:25 PM	2/21/12	4/3/12	10+	FREE	N/A
	Tues/Thurs 4:30-5:15 PM	2/21/12	4/5/12	10+	FREE	N/A
	Saturday 8:00-8:45 AM	2/25/12	4/7/12	10+	FREE	N/A

Step Aerobics

This classic class utilizes the "step" to step your way into fitness.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Step Aerobics	Thursday 6:40-7:40 PM	2/23/12	4/5/12	13+	FREE	N/A

Step & Sculpt

This classic class utilizes the "step" to step your way into fitness, and utilizes weight training to sculpt and improve muscle strength and endurance.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Step & Sculpt	Friday 9:00-10:00 AM	2/24/12	4/6/12	13+	FREE	N/A

Beginner Yoga Stretch (ages 13+)

This low intensity yoga class focuses on strength, balance, and posture through gentle stretching and yoga poses and sequences.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Beginner Yoga	Wed 5:00-6:00 PM	2/22/12	4/4/12	13+	FREE	N/A

Fitness Yoga

Restore yourself and find balance through Yoga. Increase strength, improve posture and reduce day to day stress.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Fitness Yoga	Monday 10-11 AM & 7-8 PM	2/20/12	4/2/12	10+	FREE	N/A
	Wed/Fri 8-9 AM	2/22/12	4/6/12	10+	FREE	N/A
	Tues 5:15-6:00 AM	2/21/12	4/3/12	10+	FREE	N/A

PiYo®

PiYo brings you Pilates and Yoga fusion for people who need a mind/body class that about more than just stretching. It offers progressions and modifications to meet all fitness levels.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Piyo	Friday 5:30-6:15 AM	2/24/12	4/6/12	10+	FREE	N/A

SilverSneakers®

This low impact/chair aerobics class is a combination of strength training, cardiovascular, and flexibility exercises designed for older adults.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
SilverSneakers	Tues/Thur 10:10-11:00 AM	2/21/12	4/5/12	10+	FREE	N/A

Run Club (Red9Runners)

Whether you're new to running, looking to improve your pace, or have your sights set on a race, this class is for you! Led by an experienced and certified running coach.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Run Club	Monday 5:30-6:30 PM	1/1/12	12/31/12	18+	FREE	\$35/year
	Tues/Thurs 5:30-6:30 AM	1/1/12	12/31/12	18+	FREE	\$35/year
	Saturday 7 AM	1/1/12	12/31/12	18+	FREE	\$35/year

Zumba®

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Zumba	Mon/Wed 6:00-7:00 PM Friday 6:30-7:30 PM	2/20/12	4/6/12	10+	FREE	N/A
	Thursday 9-10 AM	2/23/12	4/5/12	10+	FREE	N/A

Youth Health & Well-Being

Youth Fit Club (ages 10-15)

This orientation focuses on safety, etiquette, and rules and is a requirement for 10-13 year olds to utilize the CMT YMCA Fitness Center.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Youth Fit Club	Sat 9-9:45 AM	2/25/12	4/7/12	10-15 yrs	\$12.00	N/A

Youth Sports Programs

The developmental volleyball league is a great way to introduce your child to the exciting game of volleyball. Each child will receive a t shirt.

Class name	Day/Time	Start Date	End Date	Location	Grades	Member	Non Member
Developmental Volleyball	Weekday practices and Saturday games	March 17 th	May 5 th	TBD	K-6 th	\$46	\$72

The 5 v 5 soccer league is a great league for children in Kindergarten through 2nd grade. In this league each child will receive a shirt/jersey and enjoy their time learning the fundamentals of soccer.

Class name	Day/Time	Start Date	End Date	Location	Grades	Member	Non Member
Spring 5 v 5 Soccer	Weekday practices and Saturday games	March 31 st	May 19 th	CMT	K-2 nd	\$46	\$72

The Spring NFL Football league is an excellent way to teach your child the fundamentals of football. Each child will receive an NFL jersey.

Class name	Day/Time	Start Date	End Date	Location	Grades	Member	Non Member
Spring NFL Flag Football	Weekday practices and Saturday games	April 28 th	June 16 th	CMT/Outdoor Center	3-8	\$53	\$79

The Summer T-Ball/Coach Pitch is a fantastic way to introduce your child to the fun sport of baseball. For those older kids, it's a great way to introduce or refine baseball skills.

Class name	Day/Time	Start Date	End Date	Location	Ages	Member	Non Member
Summer T-Ball/Coach Pitch	Weekday practices/games and Saturday games	Week of June 3 rd	Week of June 24 th	CMT	3-9	\$46	\$72

Family/Teen Programs

Parents' Night Out

Drop off the kids at the Y and enjoy a night out ... they'll swim, make crafts, play games, make new friends, and watch movies. Young ones must be potty trained. Parents must enter the building to drop off/pick up child. Preregistration and fee required. Registration deadline is the Friday before the upcoming session.

Class name	Day/Time	Ages	Member	Non Member
Parent's Night Out	Saturday, March 10 th 5:00-10:00PM	3-12 yrs	\$8.00	\$13.00

Teen Leaders Club

Teen Leaders volunteer, take trips, fundraise, lead teen nights, and HAVE FUN!

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Teen Leaders	Contact Miriam Bell for Info	On Going	On Going	12yrs-18 yrs	FREE	FREE

Active Older Adults (AOA) Programs:

AOA ... stands for Active Older Adults! YMCA Active Older Adult programs are designed to enrich the lives of people who are in their middle and older years by helping them stay active and healthy. At the YMCA, older adults have a place to go to improve their fitness levels, explore new interests and make new friends! (Ages 50+)

AOA Potlucks

Join us for a fun-filled hour of socializing...and enjoy great eats as well. Bring a dish to share. Register at the Member Services Counter!

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Potluck	Friday 11:30 AM	3/2/12	3/2/12	50+	FREE	FREE
Potluck	Friday 11:30 AM	4/6/12	4/6/12	50+	FREE	FREE

AOA Activities

We'll meet for a fun game of bingo or a movie! Bring a prize and/or snack to share.

Class name	Day/Time	Start Date	End Date	Ages	Member	Non Member
Movie	Wednesday 10:30 AM	3/21/12	3/21/12	50+	FREE	FREE

Parties & Rentals:

Splash & Dodgeball Parties

Great for birthday parties, scout groups, church groups, or just a group of friends! Call for more details and availability.

Class name	Day/Time	AVAILABILITY	Ages	Member	Non Member
Splash Party	Friday 6:30-8:30PM Saturday 12:00-2:00PM Saturday 2:30-4:30PM Sunday 2:30-4:30PM	APPOINTMENT ONLY	3+	\$85.00	\$115.00
Dodgeball Party	Sunday 2:30-4:30PM	APPOINTMENT ONLY	3+	\$85.00	\$115.00

Child Care

School's Out Club

School's Out Clubs are held on various holidays and days when school is not in session. A variety of activities are planned and may include arts, crafts, movies, field trips, games, and more. Pre-registration is held two weeks in advance and space is limited. You must be registered to attend. CHASI participants are required to pay a \$5.00 fee.

School Age Child Care (SACC)

This program provides children with a safe, well-supervised environment at their own school when an adult is not home before or after school. Grades K-6th. Youth enjoy fun, constructive activities like arts and crafts, sports, games and academic support. Available at: Maryville, Dorris Intermediate, Renfro, Webster, Jefferson, Twin Echo, Henning, Silver Creek and Marine. Copy of birth certificate and current physical on file at their school at the time of registration. YMCA membership is not required. Please see the Member Services staff for more details.

Tutoring

Help your child catch up or get ahead in Math and/or Reading. Grades K-6th. The SACC staff are available for tutoring on an as needed basis. See the Child Care Director for more details.

Child Watch

Children's Center

We'll watch your little ones (ages 6 weeks 12 years) while you work out...free with your household membership! Children enjoy active play, explore their creativity, or read a book in a friendly, colorful and well-supervised environment designed just for kids!

Day/Time	Member	Non Member
Mon-Fri 8 AM-11:30 AM	FREE	N/A
Mon-Fri 4 PM-8 PM	FREE	N/A
Saturday 9 AM-Noon	FREE	N/A