



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

COWART/FAMILY
ASHFORD DUNWOODY YMCA
WINTER/SPRING 2012



Look for
member savings
in the blue triangle.

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Make A Change

COWART FAMILY/ ASHFORD DUNWOODY YMCA

3692 Ashford Dunwoody Road • Atlanta, 30319

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YMCA Mission: Your YMCA, reflecting its Judeo-Christian heritage, is an association of volunteers, members and staff open to and serving all, providing programs and services which develop spirit, mind and body. Financial assistance is available based on need. The YMCA actively seeks to identify and involve those in need.



MAKE A CHANGE

THE COACH APPROACH®

An Exercise Support Process

It is that time of year again when everyone makes the resolution to begin a workout program. Make this year different. Start an exercise program and change your life!

Welcome to The Coach Approach, an exercise support process designed to teach new and returning exercisers how to start and stick with their exercise programs. At no additional charge, you will be paired with a YMCA personal wellness coach who will help you work through your exercise-related challenges.

Teaching you how to start and stick with exercise will:

- Reduce fatigue and sleep irregularities
- Increase energy levels
- Improve moods
- Prevent disease
- Enhance overall feelings of well-being

The Coach Approach will use a series of one-on-one meetings with you and your personal wellness coach. One size does not fit all when it comes to trying an exercise plan. For this reason, the YMCA offers a brief but highly accurate survey of what works specifically for you. This survey helps you design a plan that fits with your work/life balance. Using this and other tools, your wellness coach will then help you develop short-term goals, show you how exercise affects your moods and energy levels and teach you the importance of self-management skills and how to use them.

With the help of your personal wellness coach, you will learn how to:

- Kick the inactivity habit
- Build your success as an exerciser
- See the connection between exercises and feeling better
- Shape your work outs around activities you enjoy
- Stay on track even when your schedule throws you a curve ball

See the Membership Desk to sign up for your initial appointment today!



Hours & Table of Contents

HOURS OF OPERATION

Monday - Friday, 5:30 AM - 10:00 PM
Saturday - Sunday, 8:00 AM - 6:00 PM

MEMBERSHIP & REGISTRATION HOURS

Monday - Friday, 8:00 AM - 8:00 PM
Saturday, 9:00 AM - 2:00 PM

KIDZONE HOURS

Monday - Thursday, 8:00 AM - 1:15 PM • 3:30 - 8:30 PM
Friday, 8:00 AM - 1:15 PM • 4:00 - 8:00 PM
Saturday, 8:00 AM - 1:30 PM

O-ZONE HOURS

Monday - Friday, 3:30 - 8:30 PM
Saturday, 8:00 AM - 1:30 PM

HOLIDAY HOURS

New Years Day (Jan 1): 8:00 AM - 6:00 PM
MLK (Jan 16): closed
Easter (April 8): closed
Memorial Day (May 28): 8:00 AM - 6:00 PM

PROGRAM ONLY MEMBERSHIP

You can register for programs as a Facility Member or a Program Member. Facility Members pay monthly dues and receive both unlimited access to all Metro Atlanta YMCAs and priority registration privileges with preferred rates. Program Members pay a yearly registration fee of \$35 (new rate effective January 1, 2011) for the family or individual plus the program rate per YMCA program.

MEM: Facility Member
PRO: Program Member

**Try our NEW
Online Registration**



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Where Else But the Y?



BE BELONG BECOME

**...your best with a YMCA
facility membership!**

You belong at the YMCA! We welcome people of all ages, abilities, incomes, backgrounds, faiths and fitness levels. Our YMCA has something for everyone! From group exercise classes for mom, strength training equipment for dad, leadership programs for teens and fun activities for kids, the Y will activate your whole family.

But the Y is more than just a fitness center, pool or gym. When you join, you become part of a world-wide organization that helps members improve their spirit, mind and body, while building a stronger sense of community. We look forward to welcoming you to our Y family!

RATES & FEES

**NO CONTRACTS
& 100% Satisfaction Guaranteed**

	Monthly Dues	Joiner's Fee
Youth (<12)*	\$10	\$0
Teen (13-18)	\$30	\$24
Young Adult (19-24)	\$35	\$69
Adult (25-59)	\$53	\$69
Two Adults (25-59)	\$76	\$99
Family	\$81	\$99
Senior Adult (60+)	\$50	\$69
Senior Family (60+)	\$70	\$99

*Youth membership is only available with the purchase of an adult membership.

Summer college student memberships are available June, July & August (3-month membership).

Financial assistance is available based on need. The YMCA seeks to identify & involve those in need.

A \$35 reactivation fee may be charged if there has been a gap in your membership.

**Play. Donate. Volunteer.
Join for the impact.**

join us today!

NEW TO OUR Y? You are invited to attend our New Member Orientation to learn more about the Cowart Family/Ashford Dunwoody YMCA's programs and services! Complimentary babysitting is available for this orientation. Please RSVP with Mary Cameron at maryca@ymcaatlanta.org. Tuesdays, Feb 7, March 6 or April 3 6:30 – 7:30 pm

Kids & Family

Register online now!

CHILDCARE

Free childcare services are available for facility members, while working out in the facility. It is designed to serve ages three months through twelve years. There is a two hour per day, eight hours per week limit for all children.

The KidZone & O-Zone reserve the right to limit the number of children, at any time for safety reasons. Kids must have a Facility Membership to visit the Kid Zone & O-Zone.

KidZone Hours

Monday - Thursday, 8:00 AM - 1:15 PM • 3:30 - 8:30 PM

Friday, 8:00 AM - 1:15 PM • 4:00 - 8:00 PM

Saturday, 8:00 AM - 1:30 PM

O-Zone Hours

Monday - Friday, 3:30 - 8:30 PM Friday

Saturday, 8:00 AM - 1:30 PM

PARENTS' NIGHT OUT

Parents' Night Out ages 1-12: Drop off your children at the YMCA for a fun and adventurous night! You can relax with a "Parents' Night Out" and go to dinner and a movie, knowing your children are safe enjoying a fun filled evening at the YMCA. Activities may include: Swimming/ Dinner (ages 4+) Basketball & Gym, Games, Movies, Crafts, Playground time

Fridays, 6:30 - 10:30 pm

Jan 13, Feb 10, March 9 & 23, April 13 & 27, May 11

Saturdays, 2:30 - 6:30 pm

Jan 28, Feb 25, May 26

MEM: \$20 PRO: \$26



OVERNIGHTS

Youth Overnights ages 6-12: Give your parents the night off while having fun! Games, swimming, movies and more!

8:00 pm - 7:00 am

March 24, May 5

MEM: \$25 PRO: \$31



BIRTHDAY POOL PARTIES

Birthday Pool Parties: Birthday Pool Parties include a two hour rental of one of our rooms with the first hour of the party being pool time and the second hour exclusively room time. Call for more information.

Weekends: 1:00-3:00 pm or 3:00-5:00 pm

MEM only: \$125 (up to 20 children)
(\$50 Deposit)



CAMP CHAMELEON 2012

Camps for ages 3-16

Camp runs Monday - Friday

May 29 - August 10

Online registration begins January 23

Parent orientation May 24, 7:00 pm

NEW Jr. Travel Camp ages 7-10

HAPPY CLUB - for special needs!

HAPPY is founded on the belief that people with mental disabilities can, with proper instruction and encouragement, learn, enjoy, and benefit from participation in structured social activities. The purpose of the HAPPY club is to provide mentally challenged teens and adults the opportunity for further development of social and community skills. The HAPPY club meets twice monthly, usually on Saturdays, to attend activities such as: professional sporting events, concerts, plays, movies, theme parks, camping, fishing, swimming, ice skating, trips to the beach, and much more.

For more information or to volunteer, call the HAPPY club hotline at 404-687- 2521.

ADVENTURE GUIDES

Adventure Guides ages K - 3rd grade: A parent/child program that bonds families through hands-on activities; camping, hiking, rock climbing, pinewood derby racing and more. EXPLORERS for boys or ADVENTURERS for girls.
MEM: \$60/child \$15/additional children
PRO: \$70/child \$20/additional children
*\$25 activity fee per family

Kids & Teens

Register online now!

PRIME TIME: AFTER SCHOOL CARE

Our YMCA Prime Time provides a safe, fun and enriching environment for your child to spend their after-school hours. Children will participate in arts & crafts, sports, team building, dramatic play, enrichment, character building and free choice activities. In addition, your child will receive time for and assistance with their homework and an afternoon snack. Our staff are chosen for their education, experience and abilities with children. Our staff reflect, demonstrate and teach the YMCA's Character Development traits of caring, honesty, respect, and responsibility. We are licensed by Bright From The Start and maintain a 1:15 staff to child ratio.

To register you will need to complete a child history enrollment form and pay a program or facility membership fee, as well as 1st month's tuition. An updated immunization form will also be required for each child. Children may only enter Prime Time on a Monday. All registration and payment information must be completed by 10:00 AM Monday morning to begin the program.

Program Held at the following Schools:

Ashford Park • Dunwoody Springs • Heard's Ferry
High Point • Ison Springs • Lake Forest
Oakbrook Pointe Apartments • Peachtree Middle
Spalding • Woodland

Prime Time After-school runs from dismissal – 6:30 pm

To complete the registration process the entire month's payment will be due at the time you register. Program Membership required.

MEM & PRO: \$65/week

Sliding scale fees are available to families in need!

AFTER Y'LL

After Y'll is our after-school program at Peachtree Middle School. Program components include: homework, snacks, team building, enrichment activities, character development, life skills, service learning, field trips and outside play. Kids play an active role in program planning/implementation and are encouraged to take on leadership roles to develop communication skills.

Mornings: 7:00 – 8:30 am • MEM & PRO: \$33/week

Afternoons: Dismissal – 6:30 pm • MEM & PRO: \$65/week

Morning & Afternoon program: MEM & PRO: \$77/week

For more info: please contact Mandi Benson at 770-451-9622 or mandib@ymcaatlanta.org.



TEEN CENTER HOURS:

Mon-Fri: 3:30 – 8:30 pm • Sat: 9:00 am – 1:30 pm

TEEN PROGRAMS

The Teen Center is a place for all teens ages 13-18. Play pool, ping-pong, foosball, or just chill with friends watching TV, listening to music and more. We also offer tutoring and PSAT, SAT and ACT prep. Stop by and check out the Teen Center at the YMCA. Bring your friends and make some new ones!

Leader's Club: Teenagers, dedicated to serving the YMCA. Discuss and plan upcoming events. Leaders participate in activities within the Y such as officiating youth sports, supervising overnights for kids, team-building and more!

Leaders Club (9th-12th Grade)
Every Wednesday 6:30 – 7:30

Jr. Leaders Club (6th-8th Grade)
Every other Monday 5:30 – 6:30

Please contact Teen Director Alvarez Stampley @ alvarezs@ymcaatlanta.org for information regarding the next open enrollment period.

Chamblee High Youth & Government Club: Learn leadership through community and school service. The club meets twice a month to discuss and plan upcoming service projects and fundraisers. Students also have the opportunity to attend state-wide conferences and go on fun trips!

Babysitting Classes: Become an American Red Cross certified babysitter! Learn the basics of first aid and how to be a safe and responsible babysitter in this day-long class.
Feb 18 & April 21 • MEM: \$80 Others: \$101

Aquatics ages 5 and under

Register online now!

PARENT/CHILD CLASSES ages 6 months–3 years

Swim diapers required for ages 6 months – 3 years.

Parent/Tot ages 6–24 months: No skills required. Parent assisted program designed to increase comfort in the water with a positive learning environment.

T/TH: 10:00 –10:30 am or SAT: 9:30 – 10:00 am

Two Much Fun ages 24–36 months: No skills required. An introduction to Pike I for children 24–36 months with their parents' participation. In class: they will learn to blow bubbles, put face in water and proper kicking.

T/TH: 10:00 –10:30 am or SAT: 10:05 – 10:35 am

PRESCHOOL SWIM LESSONS ages 3–5

Thirty minute classes. Swim diapers required for 3- year-olds.

Pike: No skills required. Water readiness. In class: will learn to blow bubbles put, face in water and proper kicking, paddling, and front and back floats with use of flotation devices.

M/W: 3:30 pm; 4:05 pm; 5:30 pm T/TH: 3:30 pm; 4:05 pm; 5:30 pm
SAT: 9:30 am; 10:05 am

Eel: Skills required: Put face in water, float on back and front w/ assistance, swim 5 feet without flotation. In class: Will learn to bob, kick on back, front and back float, swim without assistance 15 feet, wet ball and synchronized swimming skills.

M/W: 3:30 pm; 4:05 pm; 5:30 pm T/TH: 3:30 pm; 4:05 pm; 5:30 pm
SAT: 9:30 am; 10:05 am

Ray: Skills required: Swim without flotation device 15 feet, float on front and back, and jump into water without help. In class: Will learn front crawl, elementary backstroke, treading water, synchronized swimming skills, and wet ball activities.

M/W: 3:30 pm; 5:30 pm T/TH: 3:30 pm; 5:30 pm
SAT: 9:30 am; 10:05 am

Starfish Skills required: Tread water, swim 25 feet using a modified crawl stroke and swim on back. In class: Will learn survival float, kneeling and sitting dives, boating safety, to coordinate front crawl with rotary breathing and back crawl 25 yards.

M/W: 4:05 pm; 5:30 pm T/TH: 4:05 pm; 5:30 pm
SAT: 10:40 am



SWIM LESSONS

Weekdays: 6-wk sessions • 2-days a wk
Saturdays: 6-wk sessions • 1-day a wk

Weekdays

Session 1: Jan 9 – Feb 16

No class on Jan 16. Make-up, Jan 20
Registration begins Dec 5

Session 2: Feb 20 – March 29

Registration begins Dec 5

Session 3: April 9 – May 17

Registration begins Dec 5

Saturdays

Session 1: Jan 14 – Feb 18

Registration begins Dec 5

Session 2: Feb 25 – March 31

Registration begins Dec 5

Session 3: April 14 – May 19

Registration begins Dec 5

No refunds for unattended lessons. Weekday classes canceled by the Y will be made up on a following Friday.

SWIM LESSON FEES

M/W or T/TH: MEM: \$90 PRO: \$136
Saturdays: MEM: \$60 PRO: \$96

Aquatics ages 6-12

Register online now!

YOUTH SWIM LESSONS ages 6-12

Classes are 45 minutes.

Polliwog: No skills required. In class: Will be introduced to the front crawl, front and back floats, putting face in water and personal safety skills.

M/W: 4:40 pm; 6:05 pm T/TH: 4:40 pm; 6:05 pm SAT: 11:15 am

Guppy: Skills required: Blow bubbles, put face in water, float on front and back, and paddle 15 feet without assistance. In class: Will learn to tread water, rudimentary 25 yards front and back crawl, jump into deep end, and kneeling dive.

M/W: 4:40 pm; 6:05 pm T/TH: 4:40 pm; 6:05 pm SAT: 11:15 am

Minnow: Skill required: Rudimentary 25 yd. front and back crawl, jump in deep end, and tread water for 30 seconds. In class: Will build endurance swimming, reinforce fundamentals of front crawl, elementary backstroke, and diving. Introduction to breaststroke arm pull. Emphasize rescue and safety skills.

M/W: 4:40 pm; 6:05 pm T/TH: 4:40 pm; 6:05 pm SAT: 12:05 am

Fish/Flying Fish/Shark: Skills required: Swim two lengths of both front crawl and back stroke in good form. Can dive in water. In class: Will learn to perform 50 yards of each: breaststroke, sidestroke and open turns.

M/W: 4:40 pm; 6:05 pm T/TH: 4:40 pm; 6:05 pm SAT: 12:05 am

PRIVATE SWIM LESSONS

Private/Semi-Private Swim Lesson: Facility members only ages 3+: Private (1:1 ratio) and semi-private (2:1 ratio) swim lessons are available on a first come, first served basis. Request private lessons at the Registration Office and submit a Private Lesson Request form.

Private MEM: \$121 (3 hours)

Semi-Private MEM: \$86 (per person) *must register as a pair

Pool Buddies: Four hours of instruction for 3 or more persons (usually in eight 30-min. classes)

MEM: \$76 person PRO: \$121 person

STROKE CLINIC

Silver ages 5-8: This practice is for our swimmers who are comfortable swimming a pool length or more, yet still need specific stroke refinement with freestyle and backstroke. Practice will emphasize rotary breathing with freestyle, correct pull and kick with free and back, etc.

M/W or T/TH: 4:30-5:30

Session 1: February 20 - March 29

Session 2: April 9 - May 17

MEM: \$90 PRO: \$136



SWIM LESSONS

Weekdays: 6-wk sessions • 2-days a wk

Saturdays: 6-wk sessions • 1-day a wk

Weekdays

Session 1: Jan 9 - Feb 16

No class on Jan 16. Make-up, Jan 20

Registration begins Dec 5

Session 2: Feb 20 - March 29

Registration begins Dec 5

Session 3: April 9 - May 17

Registration begins Dec 5

Saturdays

Session 1: Jan 14 - Feb 18

Registration begins Dec 5

Session 2: Feb 25 - March 31

Registration begins Dec 5

Session 3: April 14 - May 19

Registration begins Dec 5

No refunds for unattended lessons. Weekday classes canceled by the Y will be made up on a following Friday.

SWIM LESSON FEES

M/W or T/TH: MEM: \$90 PRO: \$136

Saturdays: MEM: \$60 PRO: \$96

Aquatics ages 13+

Register online now!

ADULT LESSONS ages 13+ Classes are 45 minutes.

Adult Swim Beginner: No skills required. In class: Become comfortable in water, learn breath control, floating, basic stroke techniques. M/W 7:00 pm

Adult Swim Intermediate: Skills required: Be comfortable in water, able to put face in water, glide, with rudimentary kick and pull. Float on back. In class: Refine stroke technique with rotary breathing, backstroke, breaststroke, treading water, and diving. M/W 7:45 pm



CPR/AED CLASSES

CPR/AED Classes ages 13+: This course provides training in adult, child and infant CPR. To receive certification, participants must score 80% or better on the written exam and be able to correctly perform all of the skills. Participants will be certified to use an Automatic External Defibrillator, which is used to restart a stopped or abnormal heart rhythm. Saturdays 10:00 am – 2:00 pm

Jan 21, Feb 18 March 17, April 21, May 19

MEM: \$50 PRO: \$66



LIFEGUARD TRAINING

Lifeguard Training ages 16+: provides all the necessary skills and certifications to be employed as a professional lifeguard in an aquatic facility. Participants will be required to swim 500 yards, attend 40 hours of class and pool instruction, and pass CPR/AED, First Aid, and Lifeguard examinations. Participant must pass all requirements to receive a YMCA Lifeguard certification.

April 2 – April 7: 9:30 am – 4:00 pm

May 29 – June 3: 9:30 am – 4:00 pm

MEM: \$200 PRO: \$295

STROKE CLINIC

Gold ages 9-18: This advanced practice is for our swimmers who are knowledgeable and competent with at least freestyle, backstroke, and breaststroke. Practice will further enhance these strokes, focusing on every aspect of competitive swimming, including starts and turns. Butterfly will be introduced to those swimmers with little Fly experience, and further refined for those swimmers with experience.

M/W or T/TH: 5:30-6:30

Session 1: February 20 – March 29

Session 2: April 9 – May 17

MEM: \$90 PRO: \$136

SWIM LESSONS

Weekdays: 6-wk sessions • 2-days a wk

Saturdays: 6-wk sessions • 1-day a wk

Weekdays

Session 1: Jan 9 – Feb 16

No class on Jan 16. Make-up, Jan 20

Registration begins Dec 5

Session 2: Feb 20 – March 29

Registration begins Dec 5

Session 3: April 9 – May 17

Registration begins Dec 5

Saturdays

Session 1: Jan 14 – Feb 18

Registration begins Dec 5

Session 2: Feb 25 – March 31

Registration begins Dec 5

Session 3: April 14 – May 19

Registration begins Dec 5

No refunds for unattended lessons. Weekday classes canceled by the Y will be made up on a following Friday.

SWIM LESSON FEES

M/W or T/TH: MEM: \$90 PRO: \$136

Saturdays: MEM: \$60 PRO: \$96

Gymnastics

Register online now!

The Y is in the process of redesigning the Gymnastics program based on member feedback. The following classes will be offered this session. Please be aware that each class needs at least three participants to hold the class. Members will receive a full refund or credit if:

- The class has insufficient enrollment and must be cancelled. The YMCA reserves the right to cancel or combine classes with enrollment less than three participants.
- The member cancels within 72 hours before the first class.

Tumbling Tots coed/walking—4 years and 6 months: A parent-assisted class for children who have never taken a structured gymnastics class or are not ready to be on their own. Children will work on basic gymnastics skills and exercises, while working on taking turns and following directions. This class prepares children for On My Own. These classes are 40-minute long sessions that meet once a week with one adult per child.

TT Level I, ages 1-2: Monday 9:50 am

TT Level I, ages 1-2: Thursday 10:45 am

TT Level II, ages 3-4: Monday 10:45 am

TT Level II, ages 3-4: Thursday 11:30 am

MEM: \$81 PRO: \$115

On My Own coed ages 2-3: This is a class for 2+ year-olds who are ready to do classes on their own. On My Own will have the same age-appropriate goals as Pre-Gym including taking turns, following instructions from a coach, building balance, flexibility and confidence all while having fun. These classes are 30-minute long sessions that meet once a week. Children participate in these classes alone.

Mondays, 11:45 am or Thursdays, 9:50 am

MEM: \$71 PRO: \$103

Pre-Gym coed ages 3-4: Children learn basic motor skills, hand-eye coordination and body awareness. Children will work on all events including vault, bars, beam, and floor. Class is 40-minutes, once a week.

Mondays, 12:30 pm or Thursdays, 4:45 pm

MEM: \$75 PRO: \$105

Gym & Swim coed ages 3-5: Classes consist of 40 minutes of gymnastics and 1/2 hour of pike/eel instruction and free swim. Classes meet in the gym. Children should come dressed in their bathing suits. These classes are 75-minute sessions that meet once a week.

Mondays, 3:45 pm or Thursdays, 4:45 pm

MEM: \$120 PRO: \$160



SESSION DATES

Session 1: January 10 - February 19

No class on January 17. Make up on January 21
Registration begins December 13

Session 2: February 21 - April 2

Registration begins December 13

Session 3: April 11 - May 21

Registration begins December 13

Progressive Gymnastics ages 5-12:

The Y progressive program is for children at least five years old. Beginner through intermediate level classes are designed to improve strength, coordination and self-motivation. Please call about placement for intermediate gymnastics. These classes are one-hour sessions that meet once a week. Children participate in classes alone, but parents must remain in the building.

Beginner - Children will be learning forward/backward rolls, handstands, bridges, cartwheels, and pullovers (bars). These are basic skills needed to learn more advanced skills on all events.

Mondays, 5:30 pm or Thursdays, 5:30 pm

MEM: \$103 PRO: \$145

MARTIAL ARTS



Tang Soo Do ages 4+: A traditional martial art that develops mind, body, and spirit and emphasizes personal improvement. Our Y studio is a satellite school of T.M. KIM Global Tang Soo Do. Tang Soo Do provides the curriculum and promotion testing from beginning white belts to advanced black belts. Classes include the traditional blocks, kicks, punches, sparring, self-defense, and forms. All classes taught by fifth degree certified instructor. Prospective students are encouraged to visit classes and meet the instructors. There are additional fees charged for uniforms and testing.

Martial Arts is offered all sessions in 2012.

Little Nijas (4-5): Mon/Thur 6:00 – 6:30 pm
Youth (Grades 1-5): Mon/Thur 6:30 – 7:15 pm
Pre Teens - Adult (11+): Mon/Thur 7:20 – 8:05 pm

MEM: \$80 PRO: \$111

YOUTH SOCCER

Youth Spring Soccer ages 3-13: Age cutoff date for Spring 2011 season is August 1, 2011. Whatever age your child was as of that date determines their age group. Example: Child is 4 years old as of 8/1/2011, they would play in the U5 (Under-5) age group for the Spring season. Ages U12 and U14 will travel to other locations for games.

Online Registration Begins: January 14 at 9:00 am
New Parent Orientation: Feb. 16 at 7:00PM
Practices Begin: Week of Feb. 27 for ages U5 – U14.
Week of March 5 for Kiddie Kickers
Games Begin: Weekend of March 10
Kiddie Kickers (ages 3-4): MEM: \$80 PRO: \$106
U5 – U10 (ages 4-10): MEM: \$90 PRO: \$131
U12 & U14 (ages 11- 14): MEM: \$100 PRO: \$141

*Player new to U8-U14 will need to purchase a set of home/away jerseys. **The YMCA Youth Sports Department reserves the right to consolidate teams and make changes when needed. These include practice/team changes.

Spring Soccer at Cross Keys location ages 4-13: Played at Cross Keys High School. Season: August 22 - October. Register Online starting Feb. 1 or in-person at Oakcliff Elementary & Cross Keys High School March - May.

U5 – U10 (ages 4-10): MEM: \$90 PRO: \$131
U12 & U14 (ages 11- 14): MEM: \$100 PRO: \$141



SOCCER CLINIC

Youth Soccer Skills Clinic ages 6-12: These clinics will concentrate on developing and improving individual skills such as dribbling, passing and receiving and finishing (shooting). All clinics will be conducted by State Certified coaches. Sessions will meet at the Y Soccer Complex on Ashford Dunwoody Road. All participants will need to provide their own lunch. The Y will provide snacks and drinks.

9:00 am – 3:30 pm
February 17, 20 • March 9 • April 3, 4, 5
Cost: \$30 per clinic

A pre (7:00 – 9:00 am) and post (3:30 – 6:30 pm) camp option is available for an additional \$15 charge. Participants will be bused to and from the Y to the soccer fields if you choose either of these options.

Sports & Rec

Register online now!

BASEBALL

Youth Baseball ages 3-7 (Boys, Girls and Coed): Youth Baseball is offered for ages 3-7. This is a great program to compliment all of your summer activities. This is a recreational and instructional league built on skill development and fair play. Super Swingers, our 3 year old division, will practice once a week in a clinic setting. Participants ages 4-7 will practice once a week and play a game on Saturday. Ages 4-5 will play T-Ball and 6-7 will participate in Coach Pitch Baseball. All players will receive a team jersey and team award. .

Registration begins: April 22 at 9:00 am

New Parent Orientation: May 23 at 7:00 pm

Practices Begin: the week of May 28

Games start: June 9

Ages 4-7: MEM: \$90 PRO: \$131

Super Swingers Age 3: MEM: \$80 PRO: \$106



INDOOR TENNIS

Indoor Tennis League ages 5-12: Our indoor tennis class focuses on teaching fundamental tennis skills. Classes will be taught by certified instructors using specialized indoor tennis equipment. The classes are one hour long, once per week. We have multiple offerings for multiple age brackets. Classes require parental supervision/possibly some parental assistance. All classes will be held indoors at the Y. Classes will begin in session 2 & 3.

MEM: \$80 PRO: \$110

SPIRIT TRACK CLUB

Spirit Track Club Preseason Sports Conditioning ages 8-18: This is our preseason conditioning program for youth to prepare for the 2012 USATF Track & Field season. We will concentrate on flexibility, Core strength, running technique and agility. Sessions are held Sundays and Wednesdays. No Practice from December 22, 2011 to January 3, 2012.

Wednesdays, 4:00 - 5:00 pm and Sundays, 6:00 - 7:00 pm

December 7, 11, 14, 18 & 21

MEM: \$25 PRO: \$30

January and February

MEM: \$45 PRO: \$55



SPIRIT TRACK CLUB

Spirit Track Club ages 8-18: An instructional and competitive program sanctioned by USATF. Our aim is to introduce and develop youth in the sport of Track & Field. Track & Field is a sport for all skill and fitness levels. Track & Field offers a great variety of events appealing to all participants including: long distance, middle distance, sprints, hurdles, relays, mini-javelin, javelin, shot put, discus, long jump, high jump, and pentathlon.

Mon/Wed/Thu: 6:00 - 7:30 pm

Parents Meeting: March 7 at 7:00 pm

Practices Begin: March 12

MEM: \$200 PRO: \$250

ADULT BASKETBALL

Adult Pick-Up Basketball free for facility members ages 16+: Hit the hoops with friends!

Mondays & Wednesdays, 6:00 - 8:00 pm

Saturdays, 10:00 - 12:00 pm

Sundays, 1:00 - 3:00 pm

RACQUETBALL

Racquetball free for facility members: Courts may be reserved by members only for one-hour time slots. Call 770-451-9622 to reserve same-day or next day slots.

Wellness

Register online now!

GROUP EXERCISE

Members, ages 13 & older, may attend as many group exercise and water exercise classes as they wish, as a benefit of membership. No registration required! Members ages 9-12 may participate in select group exercise classes when accompanied by a parent or guardian.

Group Exercise Classes include...

Group Cycling • Boot Camp • Body Sculpting • Pilates
Yoga • Step • Core Strength • Tai Chi • Zumba • ZumbAtomic
Senior Exercise Classes • Water Aerobics • Corepole
Ab Solution • Easy Does It • Healthy Beginnings

THE COACH APPROACH®

The COACH APPROACH® a six-month program free for members ages 18+: YMCA exercise support process designed to teach new or returning exercisers how to start and stick with their personalized exercise program. Learn how to:

- Kick the inactivity habit
- Shape workouts around activities you prefer
- Measure effects of exercise on mood, stress & energy
- Stay on track even when your schedule throws you a curve ball!

Schedule an appointment at the Membership Desk to meet with a wellness coach for a series of six, 1-on-1 meetings at no additional cost!

RACQUETBALL LESSONS

Racquetball Lessons for facility members ages 9+: Need a little help with your game? Do you really know the proper way to serve, start, and rally? We have two well-trained instructors who love the game and can teach you all the ins and outs of racquetball.

MEM only: 30 minute lesson: \$30
 60 minute lesson: \$50

Contact an instructor:

Al Cooper: 404-394-3483

Brett Kneisel: 770-826-6929



FITNESS EQUIPMENT

Fitlinxx and Equipment Orientation free for members ages 13+: YMCA Wellness coaches are available to answer your fitness questions, provide instruction on how to use the FitLinxx-Training Partner technology and design a safe, effective exercise routine.

Youth Policy ages 9-12: may use Wellness Center equipment if the following requirements are met:

- Manufacturer safety requirements must be met. Participants must be 60" tall.
- An orientation must successfully be completed with a parent or guardian.
- Subsequent use of the area requires an parent/guardian present.
- Members 16 and older may use free weights independently.

SPECIALIZED FITNESS PROGRAMS

Easy Does It ages 13+: This class is designed for beginners to provide gentle, non-impact movements. Water exercises increase joint flexibility, range of motion and maintain muscular strength. The class is done in shallow end of pool.

Session 1: January 1 - 31

Session 2: February 1 - 29

Session 3: March 1 - 31

Session 4: April 1 -30

Session 5: May 1 - 31

MEM: Free PRO: \$30/session

YOUTH FITNESS PROGRAMS

Fitness for Kids ages 6-12: Come join the YMCA's circuit style class for kids. This class is extremely beneficial for day-to-day activities, coordination development, sports development and injury prevention. Your kids will love it!

Tuesday & Thursdays, 6:00 - 7:00 pm

Session 1: January 10 - February 16

Session 2: February 21 - March 29

Session 3: April 10 - May 17

MEM \$50 PRO \$71

ZumbAtomic ages 4-12: This co-ed program is designed just for kids where they will have fun in a Latin-inspired dance fitness program. Parents are invited to the last 10 minutes of class.

Wednesdays:

Children ages 4-7 3:40-4:10 pm

Children ages 7-12 4:15-4:50 pm

Session 1: January 10 - February 16

Session 2: February 21 - March 29

Session 3: April 10 - May 17

MEM: free PRO: \$5

PERSONAL TRAINING

Personal Training: Available to facility members. Conducted by YMCA certified personal trainers only.

MEM only: \$50/hour • \$30/half hour



MASSAGE THERAPY

Massage Therapy: Hard Day? Hard Week? Hard Workout? When life becomes stressful, let one of our Massage Therapists help you get rid of your stress. Contact the Front Desk to set up your appointment. Gift certificates also available!

MEM: \$55/hour * \$35/half hour •

PRO: \$75/hour * \$55/half hour

SALSA, SABOR Y SALUD AT THE Y

Salsa, Sabor y Salud at the Y for Latino Families with children ages 3-12: Improve awareness of habits leading to better nutrition and increased physical activity.

Salsa, Sabor y Salud se elaboro con la meta de ayudar a familias Latinas con hijos 3 a 12 anos a entender la importancia de la actividad fisica y la nutricion en sus vidas. Se les proporciona la informacion y las herramientas que les ayudaran a establecer un wquilibrio en sus vidas diarias al aumentar sus acividades fisicas asi como el consume de alimentos saludables.