



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

FORSYTH COUNTY FAMILY YMCA
WINTER/SPRING PROGRAM GUIDE 2012

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with new online registration!
www.ymcaregistration.com



Hours & Table of Contents

HOURS OF OPERATION

Monday – Thursday, 5:30 AM – 9:30 PM

Friday, 5:30 AM – 9:00 PM

Saturday, 8:00 AM – 6:00 PM

Sunday, 1:00 PM – 6:00 PM

REGISTRATION HOURS

Monday – Friday, 8:00 AM – 8:00 PM

Saturday, 9:00 AM – 2:00 PM

HOLIDAY CLOSINGS

January 1, 2011: New Year's Day: 8:00 am – 6:00 pm

January 17, Martin Luther King Day : Closed

May Memorial Day, May 30: 8:00 am – 6:00 pm



YOUR FORSYTH COUNTY FAMILY YMCA TEAM

Executive Director

Kevin Thompson
(678) 341-6255
kevin@ymcaatlanta.org

Dir. of Program Services

Brenda Lajoie
(678) 341-6238
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Aquatics Director & After School Director

Lauren Williams
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laurenw@ymcaatlanta.org

Youth Sports Director

Kathy Mackey
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Membership & Wellness Director

Kerry Carithers
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Membership Assistant

Mary Cameron
(678) 341-6240
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Play Center

(678) 341-6244
fcyplaycenter@ymcaatlanta.org

YMCA Program Hotline

(678) 341-6264
fcy.ymcaatlanta.org

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
Senior Adult(60+)	\$50	\$69
Two Adults (25-59)	\$76	\$99
Family	\$81	\$99
Senior Family (60+)	\$70	\$99

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

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

A \$35 reinstatement fee will be charged to all past YMCA members to reactivate your membership.

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

Forsyth County Family YMCA

6050 Y Street • Cumming, GA 30040

Phone: 770-888-2788 • ymcaatlanta.org

Kids & Family

Register online now!

CHILD CARE PROGRAMS kerry@ymcaatlanta.org

Play Center & Older Kids ages 3 months-12 years: While parents are enjoying our programs and services, their children are divided into age appropriate rooms that are monitored by well trained staff. Developmentally sound activities are fun and engaging! Play Center serves 3 months - 5 years of age, and Kindergarten to 6th grade. Come experience the Y difference by witnessing our core values of Caring, Honesty, Respect and Responsibility in action!

M-F: 8:30 - 1:15 pm & 3:30 - 8:00 pm

Saturday: 8:30 am - 1:15 pm

2-hour limit per day (up to 8 hours per week)

*If Forsyth County Schools are closed, the 6-12 year olds will follow the same morning hours as the Play Center with organized games & more!

Mother's Morning Out ages 1-5 years: Looking for a morning to run errands, meet a friend for lunch or just a little "me" time. Enroll your child in our Mother's Morning Out program. Daily Activities will include: Circle Time, Arts-n-Crafts, Music Time, Organized Group Games, Story Time & Free play in the Gym. Please pack a lunch for your child.

Tuesdays and Thursdays, 9:00 am - 1:00 pm

Session 1: September 9 - 23

Session 2: October 14 - 28

Session 3: November 1 - December 1 (No class week of Thanksgiving)

MEM: \$160/child (\$120/each add'l child)

PRO: \$180/child (\$140/each add'l child)

Mini Session: December 9 - 23

MEM: \$80 (\$60/each add'l child)

PRO: \$100 (\$80/each add'l child)

Friday Morning Out ages 1-5 years:

September 9/23 November 11/25

October 14/28 December 9/23

MEM: \$25 PRO: \$35 (\$10 each additional child)

Parent's Night Out ages 1-12 years: Enjoy a date night out while your children stay at the Y for a fun filled night. Fun filled activities for all ages: moonwalks, arts-n-crafts, movies, organized group games, & snacks!

Saturdays, 5:00 - 9:00 pm

August 20: Dive in Movie

September 24: Fall Fun

October 22: Haunted House Hunt

November 19: Turkey Shoot

December 17: Kris Kringle

MEM: \$25/child PRO: \$35/child (\$10/each add'l child)



BIRTHDAY PARTY!

FCY19PlayCenter@ymcaatlanta.org

Birthday Parties ages 3-12 years: Pick from our theme parties, some examples are Glitz and Glamour and Sports Zone. Parties include one of three bounce houses and time in a party room for cake and presents.

\$150 for up to 15 kids (\$10 each add'l up to 25)

EVENTS

Breakfast with Santa: Omelet Station, Fruit, donuts and bagels galore! Come enjoy breakfast with Santa and bring your camera to capture the memories! Free family event!!

Saturday, December 17, 9:00 am - 12:00 pm

Older Kid Events, ages 6-12:

Youth in Motion: M/W: 4:45 - 5:45 pm

Swimming: T/TH: 4:30 - 6:00 pm

Movie Nights: Fridays

DANCE

Kinder-Grooves

Intro to dance class offering a variety of styles from ballet to hip-hop! Also creative movement to music.

Session 1: August 15 - September 23

Session 2: October 10 - November 18

M/T/F: 9:30 - 10:15am

T/TH 4:30-5:15

MEM: \$65 PRO: \$85

Wellness

Register online now!

For wellness info: kerryc@ymcaatlana.org

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 (except for Body Pump/Sculpt, Group Cycling, Resist-A-Ball and Stability Ball). Schedules are in the lobby or online with a link on the homepage.

GROUP FITNESS

Boot Camp • Cycle • Core/Abs • Kickbox • Zumba • Step Zumba Gold for Older Adults • Pilates • Cardio Interval Yoga • Body Sculpting • Tai Chi • Arthritis Foundation Exercise for Seniors • Hip Hop Hustle

AQUA FITNESS

Classes listed in Swim Section on page 9!

THE COACH APPROACH®

The COACH APPROACH®, An Exercise Support Process 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 appointments at the Front Desk!

WELLNESS FOR YOUTH

Youth in Motion ages 6-12: Group exercise class for the kids! Meets in the gymnasium for group games, obstacles courses, fitness and sports drills. Help your kids get active today with this Free program!

Mondays & Wednesdays: 4:45 - 5:45 pm
Tuesday & Thursday: 4:30 - 6:00 pm

FITNESS EQUIPMENT

Fitlinx and Equipment Orientation free for members ages 13+: Y 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. Schedule appointments at the Front Desk.



FITNESS EQUIPMENT -continued-

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

- Child must be 60" tall per manufacturer requirements.
- Successfully complete an equipment orientation (with parent/guardian present).
- Subsequent use of the area requires a parent/guardian present.

Youth 9-12 years may participate in select group classes only if accompanied by a parent or guardian 18 years of age or older and who is a member.

Members 16+ may use free weights independently. Members 13-15 may use free weights with a parent or guardian (age 25+ and within arm's length) once a mandatory FitLinxx orientation is complete.

If a participant's safety is compromised, the Y Certified Group Exercise Instructors reserve the right to redirect a member to a more appropriate class.

TRX TRAINING

TRX ages 13+: Use your own body weight and gravity to build strength, balance, coordination, flexibility, and core while preventing injury.

See our schedules page for more info!
8 weeks - Once a week: MEM only: \$59
8 weeks - Twice a week: MEM only: \$100

Sports

Register online now!

SPORTS & RECREATION

The Forsyth County Family YMCA offers numerous sports programs on an on-going basis. Please look online at fcy.ymcaatlanta.org or in our lobby for more details regarding registration and schedules.

Mini-Kickers age 3: Designed as an intro to soccer for the pre-school aged child. It is a parent-involved program focusing on fun, interactive drills. Kids will learn basic soccer skills with a major emphasis on following directions and teamwork! T-shirt & medal provided.

September 10 - October 29

Early "Online Only" Registration (June 18 - July 15):
MEM: \$65 PRO: \$85

Regular Registration (July 16 - Sept 2):
MEM: \$75 PRO: \$95

Recreational Soccer ages 4-15: A values-oriented program that focuses on the importance of fun and participation as well as friendship, teamwork, and exercise! Jersey, shorts, socks, and trophy provided.

Season: September 10 - October 29

Early "Online Only" Registration (June 18 - July 15):
MEM: \$110 PRO: \$130

Regular Registration (July 16 - 31):
MEM: \$120 PRO: \$140

Registration deadline: August 1

Forsyth County Family Y Tennis Center: The tennis center offers a variety of youth and adult lessons; leagues and open tennis play. The center has 3 hard surface courts and 2 clay surface courts plus a practice area. This is an amenity that comes with you facility membership but classes and leagues do have a fee with them.

4910 Piney Grove Drive • Cumming, 30040

Main Office Number: 770-205-8618

**4 miles from the YMCA off of Castleberry Road!*



COMING SOON

Intro to Sports ages 3-5: Designed as an introduction to different sports for pre-school aged children. Children will learn the basic skills of sports plus fun activities geared toward that sport.

Winter Basketball ages 4-15: A values-oriented program that focuses on the importance of fun and participation as well as friendship, teamwork, and exercise! Fees include: Team jersey, trophy, program equipment and facility usage fee.

DISCOVER
THE POWER
OF TEAMWORK

YMCA Sport	Registration Start	Program Start	Program Finish
Spring Soccer	Early January	Late February	Early May
Baseball	Early March	Mid May	Late June
Sports Camps	Mid March	Early June	Mid July
Fall Soccer	Mid June	Mid September	Early November
Basketball	Late September	Mid November	Late January

Tennis

Register online now!

YOUTH & TEEN LESSONS

Little Lobbers ages 4-5: Learn hand/eye coordination and basic strokes in this intro class. Children learn to work in a group environment and follow instructions. Emphasis on fun!

Mondays, 9:00 - 9:45 am

Tuesdays, 1:30 - 2:15 pm

MEM: \$65 PRO: \$85

Flying Aces ages 5-7: The class is an age/skill based program filled with instruction focused upon defining hand/eye coordination, developing control plus improving strokes and strategy towards match play. Instructor will help players develop each shot with a major emphasis on games and fun!

Tuesdays, 4:00 - 5:00 pm

Wednesdays, 5:00 - 6:00 pm

MEM: \$75 PRO: \$95

Big Shots ages 8-11: This class develops coordination, fitness, proper grips and the fundamental movements of ground strokes, volleys and serving. Learn the rules of the game and match play.

Tuesdays, 5:30 - 6:30 pm

Wednesdays, 4:00 - 5:00 pm

MEM: \$75 PRO: \$95

Junior Beginners ages 12-15: This class develops coordination, fitness, proper grips and the fundamental movements of ground strokes, volleys and serving. Learn the rules of the game and match play.

6:00 - 7:00 pm

MEM: \$75 PRO: \$95

ADULT CLASSES

Adult Beginners ages 16+: This class develop the fundamentals of ground stokes, approach shots, volleys and serves. Learn the rules of the games and match play.

Mondays, 6:00 - 7:00 pm

MEM: \$75 PRO: \$95

Cardio Tennis ages 18+: Burn calories while participating in many fast pace tennis and aerobic drills set to music.

Mondays, 7:00 - 8:00 pm

MEM: \$75 PRO: \$95



Our Tennis Facility is located 4 miles from the Y at 4910 Piney Grove Drive, Cumming, GA 30040.

Tennis Session Dates

Session: April 9 - May 15

PRIVATE LESSONS

Private Lessons: Lessons are one-on-one instruction with a tennis pro for one hour.
MEM & PRO: \$60/hr. or \$340/6 lessons

Semi-Private Lessons: Consist of two players with a tennis pro for one hour.
MEM & PRO: \$33/person/hour

LEAGUE PLAY

Adult Leagues (ALTA & USTA)
MEM: FREE PRO: \$35/season

Please register at the member services desk at 6050 Y St. starting two weeks prior to the first class. *There is no childcare provided at the YMCA Tennis Center.

Swimming

Register online now!

For more information: FCYAquatics@ymcaatlanta.org

PARENT/CHILD LESSONS ages 6 mos-3 yrs w/ parent

Thirty minute classes, twice a week for 4 weeks or 8 Saturdays. These aquatic programs give parents tools to how to develop their child's abilities, protect them from harm and encourage skills to build self-confidence. Designed for parent/child water fun! All children who have not reached their 4th birthday must wear pool pants, or "little swimmers" with rubber pants while participating in aquatic activities. (Pool pants are available at the Front Desk for purchase). This is a YMCA and Forsyth County Health Department requirement.

Weekday or SAT Sessions: MEM \$57 PRO \$77



Parent/Tot BEGINNER I - parents and tots ages 6-36 months:

Songs, game playing and blowing bubbles. Water safety, adjustment skills and basic swim movement.

T/TH: 10:00 am • SAT: 9:30 am

2 Much Fun BEGINNER II - parents and tots ages 2-4 yrs:

Children who need more of a challenge and who are trying to move independently in the water. Parents review and learn more water safety. Prep for Pike classes.

T/TH: 10:00 am • SAT: 10:10 am

Aqua Fitness Classes - ongoing classes

Aqua Zumba: This one hour class brings the Zumba flavor into the pool. The Zumba formula and fusion of Latin and International Rhythm is what makes it fun. Jump in the pool and see what all of the splashing is about.

Arthritis Aquatics: This is a 45 minute class of water aerobics adapted to build joint and muscular strength. Designed for arthritis sufferers of all ages and other joint disease sufferers.

Power Aqua Tone: This one hour class offers 15 minutes of stretching and warm-up. 20-25 minutes of cardio aerobics and ends with 20 minutes of cool-down and stress relieving movements.

Aqua Fit: Aqua Fit provides you with a great 60 minute cardiovascular workout including warm-up, medium-high impact workout and cool down.

Senior Mobility: A series of stretching, mobility, and coordination activities to activities the muscles and elevate coordination and balance.

Pooltatics: This is a 60 min full body workout. Structured to improve flexibility, coordination, balance, muscle control, endurance, body alignment, and breathing techniques. Appropriate for all ages/abilities.

View the Swim schedule online: www.ymcaatlanta.org

Registration ends: the Wednesday before sessions start!

SESSION DATES

Registration ends: the Wed before sessions start!

Weekdays

(4 wks • Twice a wk)

Saturdays

(1 wk • 8 wks)

Spring 1

M/W April 9 - May 2

TU/TH April 10 - May 3

Registration: MEM: Mar 24 PRO: Mar 31

Spring 2

M/W May 7 - June 1

TU/TH May 8 - May 31

SAT May 5 - June 23

No classes will be held on May 28.

Classes will be moved to Friday, June 1

Registration: MEM: Apr 21 PRO: Apr 28

MEM: Facility Member • PRO: Program Member

Swimming

Register online now!

For more information: FCYAquatics@ymcaatlanta.org

PRESCHOOL CLASSES ages 3-5 • 30-minutes

The Y is very pleased to offer the National Preschool Swim Program. This program offers children their first experience in the pool without parental assistance. Each level offers instruction in personal growth, stroke development, personal safety, water games, rescue skills and fun. Students are taught aquatic and rescue skills on all levels.

Weekday or SAT Sessions: MEM \$57 PRO \$77



Pike (Beginner): No skills required. For new swimmers. Basic paddling/kicking skills, pool safety and learning to put their face in the water while blowing bubbles.

M/W: 10:40 am, 4:10 pm • T/TH: 9:20 am, 12:15 pm, 4:10 pm
SAT: 10:50 am

Pike 2 (Advanced Beginner): Skills required. Blows bubbles, submerges, front and back float with assistance.

M/W: 11:20 am, 5:30 pm • T/TH: 9:20 am, 12:15 pm, 4:50 pm
SAT: 10:10 am, 11:30 am

Eel (Intermediate): Skills required. Can float on front and back with assistance, can swim 5 feet without flotation, can put face into water.

M/W: 10:00 am, 4:50 pm • T/TH: 10:40 am, 12:55 pm, 5:50 pm
SAT: 10:50 am, 11:50 am

Ray (Advanced Intermediate): Skills required. Swims without flotation belt, glides and floats, jumps in water and swims to wall, swims a distance of 15 feet.

M/W: 9:20 am, 6:10 pm • T/TH: 11:30 am, 1:30 pm, 5:10 pm
SAT: 9:30 am

Starfish (Advanced): Skills required. Can swim modified front crawl and elementary backstroke, can tread water.

M/W: 9:20 am, 6:10 pm • T/TH: 11:30 am, 1:30 pm, 5:10 pm
SAT: 9:30 am

SESSION DATES

Registration ends: the Wed before sessions start!

Weekdays
(4 wks • Twice a wk)

Saturdays
(1 wk • 8 wks)

Spring 1

M/W April 9 - May 2

TU/TH April 10 - May 3

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MEM: Facility Member • PRO: Program Member

Registration ends: the Wednesday before sessions start!

Swimming

Register online now!

For more information: FCYAquatics@ymcaatlanta.org

YOUTH & ADULT CLASSES ages 6+ • 45-minutes

Weekday or SAT Sessions: MEM \$57 PRO \$77



Polliwog (Beginner): No skills required.

M/W: 7:00 pm • T/TH: 5:25 pm • SAT: 9:30 am

Guppy (Advanced Beginner): Skills required. Put face in the water, front and back float without assistance; swim a modified front crawl 20 feet.

M/W: 5:20 pm, 6:10 pm • T/TH: 4:30 pm, 6:20 pm

SAT: 10:05 am, 11:20 am

Minnow (Intermediate): Skills required. Swim a rudimentary 25 yard front and back crawl, and jump into the deep end.

M/W: 5:20 pm, 6:10 pm • T/TH: 5:25 pm, 6:20 pm

SAT: 10:25 am, 11:00 am

Fish (Advanced Intermediate): Skills required. One lap each, front, back crawl and elementary back stroke and has been introduced to the breaststroke (may work on open turns and more advanced stroke duration).

M/W: 4:25 pm • T/TH: 6:30 pm • SAT: 11:30 am

Adult (Beginner): No skills required.

M/W: 7:00 pm • SAT: 8:45 am

Adult (Intermediate): Skills required.

M/W: 7:00 pm • SAT: 9:30 am

SPECIALITY CLASSES

Weekday or SAT Sessions: MEM \$70 PRO \$90



Adaptive ages 3-12: Children with special needs! 2-to-1 ratio.

Monday, Wed by appt only • Email: FCYAquatics@ymcaatlanta.org.

Stroke Clinic ages 6-14:

T/TH: 7:15 pm • SAT: 12:35 pm



SESSION DATES

Registration ends: the Wed before sessions start!

Weekdays (4 wks • Twice a wk) **Saturdays** (1 wk • 8 wks)

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