



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

# **ALWAYS HERE FOR YOU**

**G. CECIL PRUETT COMMUNITY  
CENTER FAMILY YMCA**

**CHEROKEE OUTDOOR FAMILY YMCA**

**SUMMER/FALL 2012**

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FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**G. Cecil Pruett**  
**Community Center**  
**Family YMCA**  
151 Waleska Street  
Canton, GA 30114  
**770-345-9622**

**Cherokee Outdoor**  
**Family YMCA**  
201 East Bells Ferry Road  
Woodstock, GA 30189  
**770-345-9622**

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678-880-3506; gretchenr@ymcaatlanta.org

#### 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.

## NEVER TOO YOUNG TO GIVE BACK

**"I love to swim and want everyone to learn how to swim."**

Tommy Stow developed a special relationship with the YMCA over the last 9 years. At 15 years old, he is a senior member of the Buckhead Barracudas Swim Team. He now swims for his high school team, which takes a lot of his time, but that doesn't keep him away from the Y. "I try to encourage the younger kids," he says. Tommy wants everyone to have the same experience he enjoyed.

Tommy has benefited so much personally from the swim program that he wanted to give back. He volunteered as a swim buddy in the Y's Adaptive Swim Program. The program teaches children with mental and physical challenges to swim. They are paired with a swim buddy to help them every step of the way. "[The children in the adaptive program] are challenged and couldn't do it themselves. I love to swim and want everyone to learn how to swim. That's why I love the adaptive swim program."

Tommy's mom, Beth, got involved as a volunteer running swim meets and quickly became the team mom. She says she "loves the Y because it is a good, safe place for Tommy to be. He has developed lasting friendships, and has learned a skill he truly enjoys."



**Tommy Stow**  
**Carl E. Sanders Family**  
**YMCA at Buckhead**

# Hours & Contents

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## TABLE OF CONTENTS

Where Else But the Y .....	1
Kids & Families .....	2
Kids & Teens.....	3
Wellness.....	4
Youth Sports.....	5
Dance & Gymnastics.....	6
Swim Lessons.....	7
Aquatics.....	8
Special Programs.....	9

### HOURS OF OPERATION

#### G. Cecil Pruett Community Center Family YMCA

Monday - Thursday: 5:30 AM - 9:30 PM

Friday: 5:30 AM - 8:00 PM

Saturday: 8:00 AM - 6:00 PM

Sunday: 1:00 - 6:00 PM

#### Cherokee Outdoor Family YMCA

##### Summer Hours:

Monday - Friday: 6:30 AM - Dusk

Saturday: 8:00 AM - Dusk

Sunday: Noon - Dusk

##### Fall Hours:

Monday - Saturday: 8:00 AM - Dusk

Sunday: Noon - Dusk

### MEMBERSHIP & PROGRAM REGISTRATION HOURS

#### G. Cecil Pruett Community Center Family YMCA

Monday - Thursday: 9:00 AM - 8:00 PM

Friday: 9:00 AM - 7:00 PM

Saturday: 9:00 AM - 5:00 PM

Sunday: 1:00 - 5:00 PM

#### Cherokee Outdoor YMCA

Business hours now located at the Canton Y

### PROGRAM ONLY MEMBERSHIP

You can register for programs as a Member or Program Only Member. Members pay monthly dues and receive both unlimited access to all Metro Atlanta YMCAs and priority registration privileges with reduced rates. Program Only Members pay a yearly registration fee of \$35 for the family plus the Program Rate per YMCA program.



#### G. CECIL PRUETT COMMUNITY CENTER FAMILY YMCA

151 Waleska Street • Canton, GA 30114

(P) 770-345-9622 • (F) 770-345-5290

[pcy.ymcaatlanta.org](http://pcy.ymcaatlanta.org)

#### CHEROKEE OUTDOOR FAMILY YMCA

201 East Bells Ferry Rd.

Woodstock, GA 30114

Phone: 770-345-9622

Fax: 770-345-5290

[coy.ymcaatlanta.org](http://coy.ymcaatlanta.org)

[cherokeeymcaregistration.com](http://cherokeeymcaregistration.com)

# Where Else But the Y?

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## FOR YOUTH DEVELOPMENT

**Nurturing the potential of every child and teen.**

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

## FOR HEALTHY LIVING

**Improving the nation's health and well-being.**

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

## FOR SOCIAL RESPONSIBILITY

**Giving back and providing support to our neighbors.**

The Y has been listening and responding to our communities' most critical social needs for 160 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people in the U.S. and around the world to be healthy, confident, connected and secure.

## RATES & FEES **NO CONTRACTS** & 100% Satisfaction Guaranteed

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

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

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

Play. Donate. Volunteer.  
Join for the impact.

# join us today!

## VOLUNTEERISM

At the Y, your time and talents go a long way. Y volunteers provide caring attention to all members, support for local families and encouragement for people of all ages, abilities and circumstances. No matter how you choose to volunteer, you help make our community a better place.



To volunteer, contact Nicole Lawson at [nicolel@ymcaatlanta.org](mailto:nicolel@ymcaatlanta.org).

# Kids & Families

Register online now!

With so many demands on today's families, parents need all the support they can get. That's why child care at the Y is about more than looking after kids. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect, responsibility.

## KID CARE

**PlayCenter ages 3 months-5 years, KidZone age 5 & in Kindergarten-12 years:** While you work out, let our well-trained staff play with your children.

- Free with Family or Youth Memberships
- 2-hour limit per day (up to 8 hours per week)  
Kids are divided into age-appropriate groups.
- Play Center for kids 3 months-5 year olds
- Kidzone for kindergarden - 12 year olds

**Wee Y (Parent's Morning Out) – Canton Y ages 18-35 months:** Parents may leave the Y, while our well trained staff provide a safe, fun-loving atmosphere where children can laugh, learn and play; a place where a child can be a child, growing intellectually, emotionally, and socially everyday! Activities include story time, recreational play, music & movement and arts and crafts.

Tuesdays & Thursdays, 9:00 am - 12:00 pm

- Session 5: May 1 – 24
  - Session 6: September 4 – 27\*
  - Session 7: October 2 – 25
  - Session 8: October 30 – November 29
  - Session 9: December 4 – 20\*
- MEM \$115 PRO \$130



\*No Wee Y when Cherokee County School are out on break. Adjusted pricing...

MEM \$86.25 PRO \$97.50

**Parent's Night Out ages walking-12 years:** Parents can enjoy a night out knowing your children are having fun at the Y! Our experienced and caring staff will provide fun activities for your child in a safe and well-supervised environment. Children 5-12 years of age may bring their swim suit and a towel to go swimming. Pizza, drink and a snacks served.

Saturdays, 6:00 - 10:00 pm

- May 12 • June 9 • July 14 • August 11 • September 8
- October 13 • November 10 • December 8 •
- December 15 MEM: \$20/child PRO: \$30/child (\$5/each additional child)



## BIRTHDAY PARTIES

**Birthday Parties:** Celebrate your next birthday at the YMCA! Each activity allows for 1 hour of pool time and 1 hour of cake & presents in our community room.

- 1-10 kids MEM: \$125 PRO: \$145
  - 11-15 kids MEM: \$155 PRO: \$175
  - 16-20 kids MEM: \$185 PRO: \$205
  - 21-25 kids MEM: \$215 PRO: \$235
- Outdoor Pool Party: Add \$50 per level



QUESTIONS? Contact Gretchen Reyna at 678-880-3506 or gretchenr@ymcaatlanta.org

## HOMESCHOOL PE - CANTON Y

**Homeschool PE ages 5-17:** Join us for physical activity, nutritional education, socialization and so much more. Come have some fun on the Homeschool Team!

M/W, 1:00 - 2:00 pm

- Session 4: August 27 – October 15
  - Session 5: October 22 – December 5
- Two classes a week:

MEM: \$50/first child • \$35/each add'l child  
PRO: \$70/first child • \$55/each add'l child

QUESTIONS? Contact Peggy Donaldson at 678-880-3513 or peggyd@ymcaatlanta.org



# Kids & Teens

Register online now!

## SUMMER CAMPS

**Summer Day Camp:** Tons of fun this summer. Don't miss out. Register online at [coy.ymcaregistration.com](http://coy.ymcaregistration.com).

May 29 – July 27

**Canton Y:** Ages 5-10

**Woodstock Y:** Ages 5-15

**MEM:** Starting at \$120 per week

**PRO:** Starting at \$135 per week



## SCHOOL BREAK CAMPS

**School Break Camps:** School's Out! Come to the YMCA for fun, friendship & activities. Look for informational flyers in the lobby. These camps fill up quickly, so don't wait!

9:00 am – 4:00 pm

Drop off as early as 7:30 am & pick up as late as 6:00 pm

**Canton Y:** Ages 5-10

**Woodstock Y:** Ages 5-12

Monday – Friday, September 17 – 21

Monday – Wednesday, November 19 – 21

Wednesday – Friday, December 26 – 28

**MEM:** \$27/day **PRO:** \$29/day

**QUESTIONS?** Contact Erik Bullock at 678-279-1589 or [erikb@ymcaatlanta.org](mailto:erikb@ymcaatlanta.org)



## MIDDLE SCHOOLERS

**Middle School Nights grades 6-8:** Join us for fun and activities at the Canton Y. For more information & upcoming dates, contact Erik Bullock.

One Friday a month, 6:30 – 9:00 pm

September – March

No registration needed.

## TEEN LEADERS

**Teen Leaders ages 13-19:** Join us at the Canton Y for planning of leadership skills, teen labs, lock-ins, community events and retreats. If your teen would like a fun, safe, rewarding club, this is the program for them.

2nd, 3rd and 4th Mondays, 6:30 – 8:00 pm

September – March

# Wellness

Register online now!

## GROUP EXERCISE

Members, ages 13 & older, may attend as many group exercise & 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. Contact Irene Smith at 678-880-3507 or [irenes@ymcaatlanta.org](mailto:irenes@ymcaatlanta.org) for more information.

**SCHEDULES** are in the lobby or online at [pcy.ymcaatlanta.org](http://pcy.ymcaatlanta.org) with a link on the homepage... Bookmark it!

### 60+ Group Exercise Classes/Week!

**Land Classes for members, ages 13+: (select classes, ages 9-12)**

RIPPED • Cardio Core Conditioning • Sculpt/Cardio Intervals  
Full Body Strength • Group Cycling • Pilates  
Power Strength/Sculpt • High Energy Step  
Total Body Conditioning • Yoga • Zumba • Zumba Gold

**Water Classes members ages 12+:**

Beginning, Intermediate and Advanced Water Aerobics



## 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 appointment at the Membership Desk to meet with a wellness coach for a series of one-on-one meetings at no additional cost to you!

## TRX SUSPENSION TRAINING®

**TRX Training ages 13+:** TRX is a type of training that uses your own body weight and gravity, to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries. You minimize your training time by working your whole entire body switching from one exercise to the next in just seconds and the best part is you engage your core every single exercise.

August 13 – October 13 • October 15 – December 15

One day a week: MEM: \$59 PRO: \$69

Two days a week: MEM: \$100 PRO: \$120



## FITNESS EQUIPMENT

**Fitlinxx Orientation free for members ages 13+:** YMCA coaches are available by appointment to answer your fitness-related questions and instruct you on safe usage of our Cybex strength training, free weight and cardio equipment. Appointments at the Membership Desk.

**Facility members ages 9-12:** May use select wellness equipment upon meeting the following criteria:

- Manufacturer and safety requirements (60" height)
- Complete an orientation with a parent or guardian present
- Parental supervision required

Questions? Contact Peggy Donaldson at 678-880-3513 or [peggyd@ymcaatlanta.org](mailto:peggyd@ymcaatlanta.org)

## SENIORS

**Golden Hours:** City of Canton seniors age 60+ may use the indoor pool facilities and indoor track at no charge. Stop by the registration desk for a golden hours card. For more information, contact Nicole Lawson at 678-880-3501 or [nicoleL@ymcaatlanta.org](mailto:nicoleL@ymcaatlanta.org).  
Tuesdays & Thursdays, 1:00 pm – 3:00 pm

# Youth Sports

Register online now!

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they will carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it is gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

## ONGOING SPORTS

**Karate ages 5-adult:** Learn Japanese Shotokan style Karate at the YMCA! Please sign up at the Program Registration Desk.

Mondays, 6:30 pm

MEM: \$35/monthly PRO: \$50/monthly



## SUMMER SPORTS

**Baseball ages 4-8:** There are no try outs on the recreational level. U6 will practice before their game on Saturdays. U8 Tuesdays or Thursdays during the week at the Cherokee Outdoor YMCA, and games will be on Saturdays.

Season: June 2 – July 28

MEM: \$75 PRO: \$90



## FALL SPORTS

**Volleyball females ages 9-15:** Originally started by the Y, volleyball is a fun team sport that develops character and teamwork.

Season: September 8 – November 2

MEM: \$80 PRO: \$95



**STRIKER Soccer ages 3-16:** Y soccer is designed to build teamwork, basic skills and love of the sport.

Season: September 8 – November 3

U4, U5 & U6: MEM: \$75 PRO: \$90 uniform included

Choose location: Outdoor Y or Woodlands

U8: MEM: \$75 PRO: \$90 Uniform: TBD

Choose location: Outdoor Y or Woodlands

U10 & U12: MEM: \$95 PRO: \$110 Uniform: TBD

Location: Outdoor Y

U14 & U16: MEM: \$95 PRO: \$110 Uniform: TBD

Location: Riverside and travel is required.



## WINTER SPORTS



**Coed Youth Basketball ages 4-10:**

Originally started by the Y, basketball is a fun co-ed team sport that develops character and teamwork. U6 will practice 30 minutes before their game on Saturdays. U8-10 will practice one evening during the week and play games on Saturdays.

Season: December 1 – February 2

U6: MEM: \$70 PRO: \$85

U8 & U10: MEM: 80 PRO: \$95

**Cheerleading females ages 4-10:**

Season: December 1 – February 2

MEM: \$70 PRO: \$85 Uniform: \$35

**Coed Indoor Soccer ages 6-12:**

Season: December 8 – February 9

MEM: \$65 PRO: \$80

Questions? Contact Jordan Wood at 678-880-3516 or [jordanw@ymcaatlanta.org](mailto:jordanw@ymcaatlanta.org)

# Dance & Gymnastics

Register online now!

## DANCE - CANTON Y

The YMCA Dance programs are a fun way to explore talents by learning routines and performing to a variety of audiences. Our goal for the YMCA Dance Program is to bring the "star" out fo each and every dancer by giving them the opportunity to express themselves in a positive environment and leading them on the path to a healthy lifestyle.

**Tap & Ballet ages 3-5 years:** This class is a combination class divided into 20 minutes of tap and 25 minutes of ballet. Since ballet is the basis for all dance technique, the combinations of both work hand in hand. The technical training is taught through ballet, which in turn helps teach the proper shifting of weight and patterns in movement for tap. Since children naturally respond to music and movement, all of the activities are executed to fun music.

Thursdays, August 16 – December 13, 4:15 – 5:00 pm  
MEM: \$216 PRO: \$238

**Jazz & Hip Hop boys & girls ages 6-12 years:** This exciting class offers a wide range of fun and upbeat movement! Children learn class discipline, coordination, left and right skills, patterns in movement and basic jazz dance technique while improving their strength, flexibility, balance and rhythm, using fun, upbeat and age-appropriate music.

Thursdays, August 16 – December 13, 5:15 pm – 6:00 pm  
MEM: \$216 PRO: \$238

Questions? Contact Peggy Donaldson at  
678-880-3513 or [peggyd@ymcaatlanta.org](mailto:peggyd@ymcaatlanta.org)



## GYMNASTICS - CANTON Y

Your child will have fun with Gymnastics and learn balance, coordination and self-esteem in this challenging, yet age-appropriate, 8-week course.

**Session 1:** August 14 – October 9  
**Session 2:** October 22 – December 5

**Mighty Tumblers ages 3-7 years:** This is a 50-minute, non-parent-assisted class.

Tuesdays, 4:30 – 5:20 pm  
MEM: \$75 PRO: \$100

**Dynamite Tumblers ages 6-12 years:** This is a 75-minute, non-parent-assisted class.

Tuesdays, 5:30 pm – 6:45 pm  
MEM: \$95 PRO: \$120

# Swim Lessons

Register online now!

## PARENT/CHILD children ages 6-36 months

**Tot:** This class is not intended to teach children to swim. Games, songs and water movements are introduced.

SAT: 10:00 am

## PRESCHOOL children ages 3-5 years

**Pike-Beginner:** Bubble blowing, front and back float with support, submerging head independently in water with flotation. Swim 5 yards without assistance.

**Eel-Intermediate:** Swims independently 15 yards to the instructor and back to wall. Learn strokes and breathing.

M-TH: 9:00 am, 10:00 am, 11:00 am,  
4:30 pm, 5:30 pm, 6:30 pm

SAT (Sessions 19 & 20): 9:00 am, 10:00 am, 11:00 am

### Pike & Eel- Combined:

M/W: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm

T/TH: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm

SAT: 9:00 am, 10:00 am, 11:00 am, 12:00 pm

SUN: 1:30 pm (sessions 24 & 25 only), 2:30 pm, 3:30 pm

**Ray-Advanced:** Build endurance and learn to tread water.

**Starfish-Advanced:** Children who can perform front and back crawl with no assistance. Refine stroke and skills.

M-TH: 6:30 pm • SAT: 11:00 am

## YOUTH ages 6-12

**Polliwog-Beginner:** 20 feet without flotation.

**Guppy-Advanced Beginner:** 25 yards front & back crawl.

M-TH: 9:00 am, 10:00 am, 11:00 am,

4:30 pm, 5:30 pm, 6:30 pm (session 10 only)

SAT: 9:00 am, 10:00 am

### Polliwog & Guppy- Combined:

M/W: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm

T/TH: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm

SAT: 9:00 am, 10:00 am, 12:00 pm

SUN: 1:30 pm, 2:30 pm

**Minnow-Intermediate & Shark-Advanced:** There are 4 levels total (Minnow, Fish, Fly Fish, Shark). Swim 25 - 100 yards of each stroke (depending on level).

M-TH: 11:00 am, 6:30 pm • T/TH: 6:30 pm • SAT: 11:00 am



## SUMMER WEEKDAY SESSIONS

### Monday – Thursday • 4 days/week

All Sessions: MEM: \$70 PRO: \$85

Session 10: May 14 – 25\*

Session 11: June 4 – 14

Session 12: June 18 – 29

Session 13: July 2 – 12

Session 14: July 16 – 27



## FALL WEEKDAY SESSIONS

### M/W or T/TH • 2 days/week

Sessions 15-16: MEM: \$52.50 PRO: \$63.75

Sessions: 17-18: MEM: \$70 PRO: \$85

Session 15: August 13 – 30

Session 16: Sept. 10 – Oct. 12

Session 17: Oct. 22 – Nov. 16

Session 18: Nov. 26 – Dec. 21

## WEEKEND SESSIONS

### Saturdays • 1 day/week

Sessions 19-21: MEM: \$52.50 PRO: \$63.75

Sessions: 22-23: MEM: \$35 PRO: \$42.50

Session 19: June 2 – July 7

Session 20: July 21 – Aug. 25

Session 21: Sept. 8 – Oct. 13

Session 22: Oct. 27 – Nov. 17

Session 23: Dec. 12 – Dec. 22



### Sundays • 1 day/week

All Sessions: MEM: \$52.50 PRO: \$63.75

Session 24: June 5 – July 8

Session 25: July 22 – Aug. 26

Session 26: Sept. 9 – Oct. 14

Questions? Contact Brenda Arambula at 770-345-9622 X4567 or [brendaa@ymcaatlanta.org](mailto:brendaa@ymcaatlanta.org)

# Aquatics

Register online now!

## SENIORS

### Aqua Gold Water Group Exercise Class:

Tuesdays & Thursdays, 1:00 pm - 1:50 pm

**Golden Hours:** City of Canton seniors age 60+ may use the indoor pool facilities and indoor track at no charge. Stop by the registration desk for a golden hours card. For more information, contact Nicole Lawson at 678-880-3501 or nicoleL@ymacatlanta.org.

Tuesdays & Thursdays, 1:00 pm - 3:00 pm

## COMMUNITY CLASSES

### CPR & AED:

Wednesday, May 2, 1:00 - 6:00 pm

Saturday, July 14, 1:00 - 6:00 pm

Wednesday, August 8, 1:00 - 6:00 pm

Sunday, October 7, 1:00 - 6:00 pm

Friday, November 2, 2:00 - 7:00 pm

MEM: \$40 PRO: \$55

### Community First Aid: 2:00 - 6:00 pm

May 12, August 12 & October 6

MEM: \$40 PRO: \$55

**Questions? Contact Peggy Donaldson at 678-880-3513 or peggyd@ymcaatlanta.org**



### Lifeguard Classes:

Red Cross: June 2-6 & Sept. 17-22

YMCA: May 11-20 & October 12-21

MEM: \$210 PRO: \$260

Call 678-880-3513 for times and pre-requisites.

### Basic Water Safety:

June 29, 2:00 - 6:00 pm

MEM: \$45 PRO: \$55



## SWIM TEAM

### Swim Team Development ages 5-14:

This class is for swimmers who have been on a swim team or are preparing to be on a swim team. The focus will be on the four competitive strokes as well as turns and dives. Swimmers must be able to swim one length of the the pool.

M/W: 4:30 pm, 6:30 pm

T/TH: 4:30 pm, 5:30 pm

Ages 5-10: 4:30 pm

Ages 6-14: 5:30 pm

Ages 8-14: 6:30 pm

# Y Special Programs

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## RENTALS & FIELD TRIPS - Cherokee Y

Many different types of program areas for rental year round. Rentals can be utilized for meetings, weddings, birthdays and reunions. Please email Erik Bullock at ErikB@ymcaatlanta.org.

**40 ft Climbing Tower:** Minimum of 10 participants.  
\$10 per person (if in addition to teambuilding - \$5 per person)

**Church, Youth & Outdoor Education Retreats:** Our retreat facility is located on 225 acres on Lake Allatoona allowing us to offer various retreat programs, such as: canoeing, kayaking, hiking, low ropes, climbing & much more! The YMCA has 7 comfortable bunk-style rooms that can each sleep 11 and is equipped with heat, air, restrooms & showers. For groups of more than 77 persons, cabins can be added as needed up to 100 persons.

3 nights/9 meals	\$115 per person
3 nights/7 meals	\$105 per person
2 nights/5 meals	\$85 per person
2 nights/4 meals	\$80 per person
1 night/3 meals	\$60 per person
1 night/2 meals	\$55 per person

Additional equipment may be added to retreats such as canoes, kayaks, stand-up paddle boards, mountain bikes, horseback riding, archery and outdoor pool. Please contact Erik Bullock at erikb@ymcaatlanta.org for pricing and details.

Large Pavillion - 5 hours	MEM: \$100	PRO: \$125
Small Pavillion - 5 hours	MEM: \$25	PRO: \$35
Playground - 5 hours	MEM: FREE	PRO: \$20
Dining Hall - 5 hours	MEM: \$275	PRO: \$300
Dining Hall - 10 hours	MEM: \$475	PRO: \$500
Outdoor Pool - 2 hours	MEM: \$250	PRO: \$275
Soccer Fields - 5 hours	MEM & PRO: \$150	
Dens	MEM & PRO: \$25	

**Teambuilding/Low Ropes:** We make personal and group success fun year round! For three hours, experience real life obstacles through controlled games, initiatives and challenges. Teamwork, leadership, goal setting, diversity and positive character traits are encouraged.

10-40:	\$30 per person
40-50:	\$25 per person
51+:	\$20 per person

**QUESTIONS?** Contact Erik Bullock at 678-279-1589 or erikb@ymcaatlanta.org



## RENTALS • RSVP: 678-880-3506

**Lock-Ins:** Swim in the pool, shoot hoops on the basketball court, play pool in the family center or just hang out in the community room. These are a few of the activities that the Y can offer your group during your overnight lock-in. Lifeguards provided. A lock-in is a great event for high school/middle school, church youth groups or even birthday parties.

50-100:	MEM: \$18	PRO: \$21 (per person)
101-200:	MEM: \$14	PRO: \$17 (per person)
201-300:	MEM: \$11	PRO: \$14 (per person)

**After Hour Parties - Canton Y:** Lock the doors and turn up the fun! Your choice of pool, just facility or both. 2 hours.  
Pool: \$250-\$350 • Facility: \$250-\$350  
Pool + Facility: \$325- \$425

**Meeting Room Rentals:** The Cherokee Outdoor Family YMCA on Lake Allatoona has the perfect outdoor atmosphere (we can assist with your catering). The Canton location at the Pruett Family YMCA has the perk of being a full facility Y, minutes to downtown eateries.

**Cherokee Outdoor Y:**  
\$275-\$500 (Capacity 100)  
Reserve: 678-279-1589

**Canton Y:**  
\$75/2 hour minimum (Capacity 50)  
\$25 each additional hour  
Reserve: 678-880-3502

**QUESTIONS?** Contact Gretchen Reyna at 678-880-3506 or gretchenr@ymcaatlanta.org