



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

WE'RE BETTER TOGETHER

**CARL E. SANDERS FAMILY YMCA
AT BUCKHEAD
SUMMER PROGRAM GUIDE 2012**



**REGISTER FOR OVER 3,000 PROGRAMS
www.ymcaregistration.com**



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FACILITY HOURS

Monday – Thursday	5:00 am – 10:00 pm
Friday	5:00 am – 9:00 pm
Saturday	8:00 am – 6:00 pm
Sunday	8:30 am – 6:00 pm

INDOOR POOL HOURS

Monday – Thursday	5:00 am – 9:45 pm
Friday	5:00 am – 8:45 pm
Saturday	8:00 am – 5:45 pm
Sunday	8:30 am – 5:45 pm

OUTDOOR POOL HOURS OF OPERATION

Monday – Friday	10:45 am – 8:00 pm
Saturday & Sunday	10:00 am – 5:45 pm

PLAY CENTER HOURS

Monday – Friday	8:00 am – 1:00 pm
Monday – Thursday	3:30 pm – 8:00 pm
Friday	3:30 pm – 7:00 pm
Saturday	8:00 am – 1:00 pm
Sunday	1:00 pm – 4:00 pm



MEMBERSHIP TYPES

You can register for programs as a Facility Member or Program Only Member. Facility members pay monthly dues and receive 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 Y program.

Carl E. Sanders Family YMCA at Buckhead

1160 Moores Mill Road • Atlanta, GA 30327
 Phone: 404-350-9292 • Fax: 404-350-0918
sby.ymcaatlanta.org

Welcome to the Y

CARL E. SANDERS FAMILY YMCA AT BUCKHEAD

1160 Moores Mill Road • Atlanta, GA 30327

404-350-9292

sby.ymcaatlanta.org

BRANCH DIRECTORS

Kristin McEwen, Executive Director, Group VP

404-267-4848; kristinm@ymcaatlanta.org

Micki Robinson, Associate Executive Director

404-267-4814; mickir@ymcaatlanta.org

Amy Grames, Senior Program Director

404-267-4828; amyg@ymcaatlanta.org

Courtney Severson, Financial Development Director

404-267-4819; courtneys@ymcaatlanta.org

Ann Michaels, Office Manager

404-267-4818; annm@ymcaatlanta.org

MEMBERSHIP

Jennifer Grunewald, Membership Director

404-267-4829; jenniferg@ymcaatlanta.org

Tori Richardson, Membership Services Supervisor

404-267-4842; torir@ymcaatlanta.org

Sharon Prince, Membership Systems Admin.

404-267-4850; sharonp@ymcaatlanta.org

WELLNESS

Yvette Hassell, Wellness Director

404-267-4840; yvetteh@ymcaatlanta.org

AQUATIC PROGRAMS

Diana Broome, Aquatic Director

404-267-4815; dianab@ymcaatlanta.org

Casey Hambel, Associate Aquatic Director

404-267-4849; caseyh@ymcaatlanta.org

FAMILY PROGRAMS

Belise Michel, Associate Youth Development Director

404-267-4845; belisem@ymcaatlanta.org

Ebony Anderson, Play Center Supervisor

404-350-9292 ext. 4123; ebonya@ymcaatlanta.org

TENNIS

Joe Ambler, Tennis Director

404-267-4831; joea@ymcaatlanta.org

SPORTS

Christopher McMurtagh, Sports Director

404-267-4811; christopherm@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.



LETTER FROM THE DIRECTOR

Dear YMCA members,

We are looking forward to yet another exciting summer here at the Y. You don't want to miss our many family events, including Family Fun Nights, "Chill-n-Grill" by the pool, Independence and Labor Day celebrations and Healthy Kids Day. Bring the whole family and take full advantage of your membership benefits.

Have you made plans for your children for the summer? Let the Y offer quality care and an exciting experience with trained counselors through our half-day and full-day summer camps for ages 5 – 15 years or Parent's Morning Out program for ages 18 months – 5 years. And don't forget about Parent's Afternoon and Parent's Night Out. Give your child a fun, safe experience while you enjoy time for yourself. Check out the camp options and event themes in this guide.

Whether your summer plans include a trip to the beach, the lake or just spending time by the pool, make sure your children are prepared. Enroll them in swim lessons now to learn lifesaving skills and ensure they are comfortable and safe around water. Maybe you have a teenager considering their first summer job? We offer lifeguard courses for ages 16 and up.

Quickstart, our 10 and under tennis program, is growing rapidly. It's a great way to introduce your child to tennis, check out our session dates in this guide. We are also working closely with USTA and were recently awarded a USTA Serves grant to introduce Quickstart in our after school enrichment program.

We continue to implement changes based on the feedback you shared through last year's member survey. To better serve the needs of our early exercisers, the Y will now open at 5:00am starting April 2nd. Additionally, we have added many new group exercise classes to our schedule for both children and adults and to keep you "in the know" we have also increased member communication. If you are not receiving emails from the Y, please update your email address with a membership associate.

Did you know that we have many volunteer opportunities, including sports coaches, membership greeters and homework tutors? Over the next few months, we are looking for volunteers to help tend our community garden, to serve as a "swim buddy" working with children with physical and mental challenges or to assist with special events like Healthy Kids Day and Family Fun Nights. See our volunteer page in this guide for more opportunities to get the whole family involved.

Connect with us on Facebook to stay updated on events and activities, share your Y stories and get healthy lifestyle tips year-round.

See you at the Y,

Kristin McEwen
Executive Director



www.facebook.com/BuckheadFamilyY

www.twitter.com/@BuckheadFamilyY



BE BELONG BECOME

...your best with a YMCA facility membership!

You belong at the Y! 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 spirits, minds and bodies, while building a stronger sense of community. Welcome to our Y family!

RATES & FEES NO CONTRACTS & 100% Satisfaction Guaranteed

	Monthly Dues	Joining 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.

Join us today!



Wellness

Register online now!

GROUP EXERCISE

Group Exercise classes are included as a benefit in your facility membership at no extra charge for ages 13 and older! Select classes are offered for ages 9 to 12. Active Older Adult classes also are offered. TLC options are perfect for beginning exercisers and are noted on the schedule.

SCHEDULES are in the lobby or online at sby.ymcaatlanta.org

80+ GROUP EXERCISE CLASSES/WEEK

Zumba • Abs & Glutes • Turbo Kick™ • Group Cycling • Yoga
Pilates • Step • Tai Chi • Cardio Groove • HEAT • Bosu Blast
Water Aerobics • Senior Chair • Ballet Fit • Body Sculpting
TRX Suspension Training

We also offer classes specifically designed for beginners for some of our more popular classes listed above. Look under TLC (The Learning Class) on the group exercise schedule.

THE COACH APPROACH®

THE COACH APPROACH®, an Exercise Support Process is 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 programs. Learn how to:

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

Schedule your 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!

FITNESS EQUIPMENT

FitLinxx Wellness Orientation free for members ages 9+: 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. Schedule 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" ht.)
- Complete orientation with parent/guardian
- Workout only with parental supervision



PERSONAL TRAINING

Personal Training: Available to facility members in 1-hour sessions with YMCA training staff only.

MEM only: \$50 per hour private
\$35 per person semi-private

Group Personal Training: A 6-week session with a group of 4 to 8 participants which includes strength training, core work and cardiovascular training.

Session 1: March 28

Session 2: May 9

Session 3: June 20

MEM only: Twice a week, \$120

Three times a week, \$180

TRX Group Suspension Training: A 6-week session with a group of 6 to 8 participants. Please see schedule for days & times.

Session 1: May 7

Session 2: June 18

Session 3: July 30

Once a week classes: \$60/session

Twice a week classes: \$120/session

Three times a week: \$180

QUESTIONS? yvetteh@ymcaatlanta.org

Kids & Family

Register online now!

PARENTS' MORNING OUT (PMO) PROGRAMS

ages 18 months – 5 years:

All classes are 9:00 am – 1:00 pm

Summer Sessions available June 4 – August 24

Registration:

- Online registration ends 8:00 pm the Thursday prior to the weekly session start
- Branch registration ends at 8 pm the Friday prior to the weekly session start
- Monthly rates only apply when registering at the facility

Themes:

- **Session 1:** June 4 – June 8, Music Mayhem
- **Session 2:** June 11 – June 15, Going to the Zoo
- **Session 3:** June 18 – June 22, Celebration Nation
- **Session 4:** June 25 – June 29, Rainbow
- **Session 5:** July 2 – July 6, Teddy Bear Picnic
- **Session 6:** July 9 – July 13, Slumber Party
- **Session 7:** July 16 – July 20, Walk in the Park
- **Session 8:** July 23 – July 27, Day Dreaming
- **Session 9:** July 30 – Aug 3, Prince/Princess
- **Session 10:** Aug 6 – Aug 10, Ice & Water
- **Session 11:** Aug 13 – Aug 17, Dance Dance Revolution
- **Session 12:** Aug 20 – Aug 24, Candy Land

Mondays & Wednesdays: Your child will develop independence and self-esteem as he or she interacts with other children through circle time, songs, crafts and more.

MEM: \$220 monthly or \$70 weekly
PRO: \$245 monthly or \$80 weekly



Tuesdays & Thursdays: Your child will be enriched through fun age appropriate physical activity such as interactive play, mini-sports, gymnastics, fitness and more.

MEM: \$220 monthly or \$70 weekly
PRO: \$245 monthly or \$80 weekly



Fridays: Your child will develop socialization skills with other children through creative story time, songs, creative projects, musical movements and more.

MEM: \$120 monthly or \$40 weekly
PRO: \$145 monthly or \$50 weekly



QUESTIONS? belisem@ymcaatlanta.org or ebonya@ymcaatlanta.org



PARENTS' AFTERNOON & NIGHT OUT (PAO & PNO) ages 18 months – 12 years

- Online registration ends 8:00 pm the Thursday prior to event
- Branch registration ends at 5:00 pm the night before the event
- Multi-child discount applied when registering at the branch

Parents' Afternoon Out: 3:00 – 7:00 pm

May 12: Carnival

July 14: Buckhead Flight 2012

MEM: \$30/child PRO: \$40/child



Parents' Night Out: 5:00 – 9:00 pm

June 9: Splish Splash

August 11: School House Rock

MEM: \$30/child PRO: \$40/child



CHILD WATCH

Play Center ages 3 months – 12 years: Let our energetic and hands on staff interact with your child while you utilize the facility.

- Benefit of facility membership
- 2-hour limit per day, up to 8 hrs per week
Children are divided into age groups

The Healthy Kids Club ages 1.5-12: While you are working out let the Play Center staff team introduces your child to healthy habits.

Mondays & Wednesdays

1.5 – 2 yrs (walking) 4:00 pm – 4:25 pm

3 – 5 yrs 4:30 pm – 4:55 pm

6-12 yrs 5:00 pm – 5:25 pm

The last day for the spring session will be on Wednesday, May 23, and we will start back up on Wednesday, Sept. 5 for the fall session.

Gymnastics, Dance & More

Register online now!

GYMNASTICS

Gym Joeys ages 18 mos-3 yrs: This is a 40-minute, parent-assisted class.

Saturdays, 8:20 am – 9:00 am or 9:00 am – 9:50 am

Gym Lizards ages 3.5-5: This is a 50-minute, non-parent assisted class for beginners.

Saturdays, 9:45 – 10:30 am

DANCE

Ballet/Tap ages 3.5-5: This 45-minute class focuses on pre-ballet discipline, poise, extension balance and control. Participants also learn the fundamentals of tap. (Tap shoes and attachments are not included).

Saturdays, 9:45 – 10:30 am

Petite Feet ages 3-5: This 30-minute class for beginner ballerinas develops motor skills and teaches dance positions.

Saturdays, 9:00-9:30am

FIT KIDS

Group Exercise Classes: Available to facility member kids at no additional cost.

Kids Rock ages 3-5 & Kids PE 101 ages 6-9: These classes focus on increasing cardio strength within a fun and inviting environment. Classes are taught by an instructor.

Tuesdays & Thursdays:

Ages 3-5: 3:30 – 4:15 pm

Ages 6-9: 4:00 – 5:00 pm

GREEN-THUMB KIDS

Kids Garden ages 3-9: This hands-on class meets weekly. Children tend their garden and enjoy its harvest.

Tuesdays (May-October), 3:00-3:30 pm

QUESTIONS? amyg@ymcaatlanta.org



GYMNASTICS & DANCE SESSIONS

Two 5-week Summer Sessions

Session 1: June 2 to June 30

Session 2: July 21 to Aug. 18

MEM: \$60 PRO: \$85



BIRTHDAY PARTY & FACILITY RENTALS

Build Your Own Party: For more information, or to reserve your party today, please call Belise Michel at 404-267-4845.

Room Rental • Swimming • Gymnastics •
Arts & Crafts • Games & More

Sports & Rec

Register online now!

MARTIAL ARTS

Hapkido Martial Arts ages 8-12:

June – August

Saturdays, 10:30 am - 12:00 pm

MEM: \$125 PRO: \$150



LACROSSE

Learn to Play Lacrosse ages 4-6: Learn the basic fundamentals of LAX. Your child will be taught stick work and basic skills needed to play lacrosse. This will be held at Windsor Parkway Sports Complex.

June 6 – July 18

Wednesdays, 4:15 - 5:00 pm

Registering now

MEM: \$75 PRO: \$100



FOOTBALL

Learn to play Flag Football ages 4-6: Do you have a little one interested in football? The YMCA will teach your child the basics. They will learn running, how to throw a football and coordination. This will be held at Windsor Parkway Sports Complex.

August 26 – October 21

Sundays, 2:30 – 3:00 pm

Registering now

MEM: \$90 PRO: \$120



LEARN GROW THRIVE



T-BALL

T-ball ages 3.5-5: Composed of instructional sessions, as well as games, and designed to teach kids the fundamentals of baseball at an enjoyable pace. Bring gloves and tennis shoes and the YMCA will bring the rest! Games played at Frankie Allen Park.

September 18 – November 6

Tuesdays, 5:30 - 6:30 pm

MEM: \$90 PRO: \$120



QUESTIONS? christopherm@ymcaatlanta.org

Soccer

Register online now!

YOUTH SOCCER

Fall U4 Recreational Soccer ages 2.5-4: Teach your little one the value of being on a team and teamwork. This league is great for beginners to learn basic skills and to make friends. Games played at Heards Ferry Elementary or Windsor Sports Complex on Saturdays.

Session 1: August 11 – September 22
Session 2: September 29 – November 3
MEM: \$75/session PRO: \$100/session



Learn to Play Soccer ages 3-4: Learn the basic fundamentals of dribbling, stopping and kicking the soccer ball in a fun way! Your child will be taught by a licensed soccer coach at Windsor Parkway Sports Complex.

Wednesdays or Thursdays, 4:15 – 5:00 pm
Session 1: August 18 – September 19
Session 2: September 26 – November 1
MEM: \$90 PRO: \$120



Fall Youth Soccer ages 4.5-12: Come play youth soccer at the YMCA! We are a GSSA sanctioned soccer program. We play our games at Windsor Parkway Sports Complex as well as Heards Ferry Elementary School. Registering now.

Practice Begins: August 20
Games: September 8 – October 27
MEM: \$105 before July 15 and \$115 after
PRO: \$135 before July 15 and \$145 after



All About Soccer ages 5-6: This soccer class is a great way for your beginner to learn drills and techniques for soccer, without playing soccer in a league. This class is offered on Sunday afternoons at Windsor Parkway Sports Complex. Registering now.

September 23 – November 4
Sundays, 1:30 – 2:30 pm
MEM: \$125 PRO \$150



ADULT SOCCER

Adult Soccer ages 18+: Adult Coed Soccer is underway at the Windsor Parkway Sports Complex. The games are 8v8 and played weeknights or on Sunday.

May 21 – July 9
July 16 – September 10
Team Cost: \$700

QUESTIONS? sbysports@ymcaatlanta.org



Age groups for the seasonal year that begins September 1, 2012 and ends August 31, 2013

U-19.....	Players born 8/1/93 & younger
U-18.....	Players born 8/1/94 & younger
U-17.....	Players born 8/1/95 & younger
U-16.....	Players born 8/1/96 & younger
U-15.....	Players born 8/1/97 & younger
U-14.....	Players born 8/1/98 & younger
U-13.....	Players born 8/1/99 & younger
U-12.....	Players born 8/1/00 & younger
U-11.....	Players born 8/1/01 & younger
U-10.....	Players born 8/1/02 & younger
U-09.....	Players born 8/1/03 & younger
U-08.....	Players born 8/1/04 & younger
U-06.....	Players born 8/1/06 & younger
U-04.....	Players born 8/1/08 & younger

SUMMER SOCCER CLINICS

Summer Soccer Clinics ages 8-18: Does your soccer player need additional instruction during the summer? Our Buckhead FC coaches will provide soccer Clinics this summer for your player. All instruction will be at Windsor Parkway Sports Complex.

Thursday evenings

Session 1: May 31 – June 21
Session 2: June 28 – July 26
Session 3: August 2 – August 23

MEM: \$50/session PRO: \$75/session



Tennis

Register online now!

The Carl E. Sanders YMCA at Buckhead is proud to offer a tennis facility and program to its members. We offer experienced instructors, many of whom are USPTA and/or USPTR certified. Our facility offers nine outdoor, lighted tennis courts: five Har-Tru clay courts and four hard courts. We also feature a ball machine for member use for \$5/hr. or an annual ball machine pass for \$100.

YOUTH LESSONS

QuickStart Junior Clinics (Beginner-Intermediate)

ages 3-12: The Carl E. Sanders YMCA at Buckhead tennis program utilizes the USTA QuickStart format for 10 and under tennis teaching.

Session 1: April 30 - May 26 (4 Weeks)

Session 2: August 6 - September 1 (4 Weeks)

Summer Camps only during June/July. See Summer Camp Guide for details.

Pee Wee ages 3-5: Tues and/or Thurs, 3:15 - 4:00 pm

Little Hitters ages 5-8: Tues and/or Thurs, 4:00 - 5:00 pm

Superstars ages 8-12: Mon and/or Wed, 4:00 - 5:00 pm

MEM: \$60/session PRO: \$75/session

Cost is for one day/week for the four-week session



High Performance/Tournament Prep (Intermediate - Advanced) ages 8+: This tennis class is not an introductory course. All registrants or potential registrants please contact Joseph Ambler at JoeA@ymcaatlanta.org to schedule an evaluation. This high performance course is intended to hone stroke technique, implement strategy, develop sound footwork, and match play opportunities for those who wish to play competitive tennis. Students are encouraged to come two or more days per week.

Mon/Tues/Weds/Thurs, 5:00 - 7:00 pm

Sat, 11:00 am - 1:00 pm

MEM: \$120/session PRO: \$150/session

Cost is for one day per week for the four week session



PRIVATE LESSONS

Private Lessons ages 3+: Individual & Group. All ability levels. Contact our pro shop at 404-267-4831 or sbytennis@ymcaatlanta.org for further details on price and individual instructor availability.

MEM: \$60 - \$70/hour PRO: \$80 - \$90/hour

Price varies by Instructor



QUESTIONS? sbytennis@ymcaatlanta.org



COURT RESERVATIONS

For your convenience, we offer an online court reservation system. Simply follow the instructions below to set up an account to access our online reservation system:

1. Visit our Y website at sby.ymcaatlanta.org.
2. In the Quick Links section, click on "Reserve a Tennis Court." This will open our Online Tennis Bookings website in another page.
3. In the right of your screen there is a box with instructions for how to "Create an Account."
4. Follow the instructions for creating your account. You will need your email address, Y membership # found on your membership card. If you do not have your card, you may fill out the address and phone number fields to be contacted regarding membership.
5. After you complete the necessary information it is sent to Joe Ambler, our Tennis Director, for approval. You will receive an email response within 24 hours.

Additionally, courts can be reserved by calling our Pro Shop at 404-267-4831 or Front Desk at 404-350-9292.

Tennis

Register online now!

ADULT TENNIS

Adult Stroke Clinics (Beginner-Advanced/NTRP 1.0 – 4.5) **ages 18+:** We offer morning and evening stroke clinics that focus on match play scenarios and stroke development.

Clinics are “Drop In.” Call the tennis pro shop at: 404-267-4831, call the Front Desk at 404-350-9292 or email sbytennis@ymcaatlanta.org to reserve your spot each week.

Mondays: 10:30-12:00 p.m., 6:30-7:30 p.m., 7:30-9:00 p.m.
Wednesdays: 9:00-10:30 a.m., 6:30-7:30pm, 7:30-9:00 p.m.
Fridays: 9:00-10:30 a.m.

MEM: 1.5-Hour Clinics: \$90/six clinics or \$18/one clinic
MEM: 1-Hour Clinics: \$75/six clinics or \$15/one clinic
PRO: 1.5-Hour Clinics: \$120/six sessions or \$23/one clinic
PRO: 1-Hour Clinics: \$110/six sessions or \$20/one clinic

Men’s Round Robin (NTRP 3.0 – 4.5) **open to Y facility members:** Open doubles/match play on the clay on Mondays through Saturdays.

Mondays/Wednesdays 4:30 pm – 6:30 pm
(NTRP 3.0-3.5 or ALTA B/C Level)

Tuesdays/Thursday 4:30 pm – 6:30 pm
(NTRP 3.5+ or ALTA A/B Level)

QUESTIONS? sbytennis@ymcaatlanta.org

KEEPING LIFE AND SPORTS ABOVE THE NET



ADULT LEAGUES

Adult ALTA/USTA Leagues (All Levels): The Carl E. Sanders YMCA at Buckhead is proud to be a host site for both ALTA and USTA tennis leagues. Please contact our Tennis Director Joseph Ambler at JoeA@ymcaatlanta.org or our Pro Shop Manager at sbytennis@ymcaatlanta.org if you are interested in joining one of our many teams.

PRO SHOP SERVICE

Restringing, re-gripping, customization and more. Call 404-267-4831 or email sbytennis@ymcaatlanta.org for details.

Aquatics

Register online now!

PARENT/CHILD ages 6-36 months

Parent/Tot ages 6-24 months: Parent-assisted program designed to increase comfort in the water through games, songs and water movements.

M-TH: 9:45 am • M/W: 6:00 pm • SAT: 8:30 am, 10:15 am, 11:40 am

Swim n Gym ages 6-36 months: Parent-assisted. Students will learn paddling & kicking skills in pool and in the gym conditioning exercises, working on large and small motor skills.

SAT: Gym at 9:00 am & Pool at 9:40 am

Pike with Parent ages 24-36 months: Parent-assisted. Students will learn paddling, kicking on front & back, jumping in & returning to side, bubble blowing.

SAT: 9:40 am, 11:05 am • SUN: 1:30 pm

PRE-SCHOOL ages 3-5 years

Pike (Beginner): Students will learn bubble blowing, putting face in water, kicking, paddling to/from wall with aid of flotation.

M-TH: 9:15 am, 12:00 & 3:00 pm • M/W/ or T/TH: 6:00 pm

SAT: 8:30 am, 9:05 am, 9:40 am, 11:30 am • SUN: 2:00 pm, 3:00 pm

Eel (Intermediate): Students will learn to swim independently w/breathing, jumping in & returning to wall, front & back float w/assistance.

M-TH: 9:15 am, 12:00 & 3:00 pm • M/W or T/TH: 6:00 pm

SAT: 9:05 am, 10:15 am, 11:40 am • SUN: 2:30 pm

Ray (Advanced): Students will learn to build endurance on front & back stroke & to tread water.

M-TH: 10:15 am, 12:30 & 3:00 pm • T/TH: 6:00 pm

SAT: 9:05 am, 11:00 am

Starfish (Advanced): Students will learn rotary breathing, kneeling/standing, dives/refine stroke/skills, and breast stroke.

M-TH: 10:15 am, 12:30, 3:00 pm • T/TH: 6:00 pm

SAT: 9:05 am, 11:00 am

QUESTIONS? dianab@ymcaatlanta.org



SWIM SESSION DATES

Summer Weekday Monday through Thursday

2-week sessions • 4 days a week

June 4 – June 14

Register... MEM: April 14 • PRO: April 21

June 17 – June 28

Register... MEM: April 14 • PRO: April 21

No classes July 2 – 6

July 9 – July 19

Register... MEM: May 19 • PRO: May 26

July 23 – August 3

Register... MEM: May 19 • PRO: May 26

August 6 – August 16

Register... MEM: June 16 • PRO: June 23

Summer Evenings M/W or T/TH

4-week sessions • 2 days a week

June 4 – June 29

Register... MEM: April 14 • PRO: April 21

No classes July 2 – 6

July 9 – August 2

Register... MEM: May 19 • PRO: May 26

August 9 – August 30

Register... MEM: June 16 • PRO: June 23

Saturday/Sunday Classes

6-week sessions • 1 day a week

April 14 – May 19

Register... MEM: Feb 11 • PRO: Feb 18

June 2 – July 14 (No classes July 7)

Register... MEM: April 14 • PRO: April 21

July 21 – August 25

Register... MEM: May 19 • PRO: May 26

Aquatics

Register online now!

Pricing for Preschool – Adult Swim Lessons



Weekdays (8 lessons):	MEM: \$70	PRO: \$95
Saturday (6 lessons):	MEM: \$60	PRO: \$85
Sunday (6 lessons):	MEM: \$60	PRO: \$85
Swim & Gym (6 lessons):	MEM: \$105	PRO: \$125

YOUTH ages 6-12

Polliwog (Beginner): No Skills Required! Learn front crawl, front/back float, putting face in water, personal/boat safety.

M-TH: 3:30 pm • T/TH: 6:30 pm • SAT: 11:00 am
SUN: 12:45 pm

Guppy (Advanced Beginner): Students will learn to swim 25 yards, front crawl w/ rotary breathing & back w/ out assistance, tread water, kneeling dive.

M-TH: 3:30 pm • T/TH: 6:30 pm • SAT: 10:15 am
SUN: 12:45 pm

Minnow (Intermediate): Students will learn endurance, breast stroke, elementary back stroke standing dive.

M-TH: 3:30 pm • T/TH: 6:30 pm • SAT: 10:15 am

Fish (Advanced Intermediate): Students will learn endurance on front & back, breast stroke, sidestroke, open turns, survival float, standing dive.

M-TH: 4:15 pm • T/TH: 7:15 pm • SAT: 12:15 pm

Fly Fish (Advanced): Students will learn bilateral breathing, inverted scissors on side, intro to butterfly & flip turns; survival float 7 minutes; tread water 3 minutes.

M-TH: 4:15 pm • T/TH: 7:15 pm • SAT: 12:15 pm

Shark (Advanced): Students will learn to swim 50 yards of front & back crawl, breaststroke, butterfly & swim underwater. Lifesaving skills & surface dives.

M-TH: 4:15 pm • T/TH: 7:15 pm • SAT: 12:15 pm

QUESTIONS? dianab@ymcaatlanta.org.



ADULT ages 13+

Adult (Beginner): Learn to be comfortable in the water, breathing control, floating, basic stroke techniques.

T/TH: 7:15 pm
SAT: 12:15 pm & 1:00 pm (intermediate)

Y Tri (Refinement): Triathlon training for endurance.

M/W 6:30 pm

PRIVATE LESSONS facility members only

Cost includes 3-hour block of time (your choice of three 1-hour, six 30-minute or four 45-minute lessons). Stop by the front desk to pick up your Private Swim lesson request. Please allow 10 days processing time once request form is submitted.

Private Lessons: \$150

Semi-private Lessons: \$115/person

Wee-three private lessons: \$90/person

Community

Register online now!

COMMUNITY PROGRAMS

American Safety & Health Institute (ASHI) Certified

Babysitter: Become an American Safety and Health Institute (ASHI) Certified Babysitter! Learn the basics of first aid and how to be a safe and responsible babysitter.

July 21 & Sept. 22, 10:00 am - 3:00 pm
MEM: \$85 PRO: \$110



Community CPR:

Saturdays, 11:30 am - 4:00 pm
May 19 • June 16 • July 14 • August 18
MEM: \$50 PRO: \$60



QUESTIONS? dianab@ymcaatlanta.org

FARMER'S MARKET

Mini Farmer's Market: Join us for our Mini Farmer's Market by TaylOrganic Farms

Every 1st & 3rd Tuesday of the month
3:00 pm - 8:00 pm

QUESTIONS? yvetteh@ymcaatlanta.org



We want to hear how the Y has made an impact in your life.

SEND YOUR STORY TO:
myYstory@ymcaatlanta.org



FAMILY EVENTS

Healthy Kids Day: A day of fun-filled events focusing on healthy living for children.

April 28, 10:00 am - 12:00 pm

QUESTIONS? belisem@ymcaatlanta.org
or amyg@ymcaatlanta.org

Chill -- Grill Family Fun Nights: Have dinner at the outdoor pool with family and friends while listening to music from your favorite DJ "Jamin Dave"!

Fridays, 5:30 to 7:30 pm
June 15 • July 20 • August 17

Chill -- Grill Holiday Celebration : Play games and enjoy hot dogs and hamburgers at the outdoor pool with family and friends while listening to music from your favorite DJ "Jamin Dave"!

11:30 to 2:00 pm
Memorial Day (May 28)
Independence Day (July 4)
Labor Day (Sept. 3)

QUESTIONS? dianab@ymcaatlanta.org

"The Luau" Family Fun Day: Bring the family for a few hours of fun-filled activities. Open to the community.

June 22, 5:30 pm - 7:30 pm
\$5 for 10 tickets, \$10 for 25 tickets or \$15 for 40 tickets

QUESTIONS? belisem@ymcaatlanta.org

Volunteer Opportunities

The Y is a powerful association of men, women and children of all ages and from all walks of life joined by a shared passion: to strengthen the foundations of community.

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and connect.

As a Y volunteer, you can feel confident your contribution is making a positive, meaningful and lasting impact. Volunteer opportunities are available in every department.

Let's work together to make a difference!

The Y will

- * Train and orient you
- * Recognize your needs
- * Be partners with you
- * Place you in a position to enhance your skills and interests

"This is the best part of my week! Participating as a member and volunteer here anchors our family to the neighborhood and the city. You, too, can live this wonderful experience. Just come out and give a little- time. This is much more fun than going to work, and much more important."

—Gus Carpio

VOLUNTEER JOB DESCRIPTION

Responsibilities

Duties will vary depending on the needs of the program, but may include working with children, communicating with parents and other members, working with special events, administrative support.

Qualifications/Skills

Knowledge and interest in program area (ex. youth sports, aquatics, teens), working in Microsoft Word and/or Excel, able to work well with others and communicate the mission and values of the YMCA, attentive to delivering positive member experience.

Requirements

You must be at least 15 years old. All volunteers must exhibit the four core YMCA values: caring, honesty, respect and responsibility. Some positions may also require first aid/CPR certification. All volunteers are required to undergo a criminal background check.



VOLUNTEER OPPORTUNITIES

Ongoing

PMO/Play Center Program Attendant
Special Events Assistant
Teens Involvement Initiatives
Ambassador/Storyteller
Volunteer Coach
Adaptive Program "Buddy"
Tennis Pro Helper or Tennis Assistant
Aquatics Assistant
Creative Coordinator
Member Care Specialist
Membership Greeter
Friend Raiser
Office Helper
Maintenance Assistance

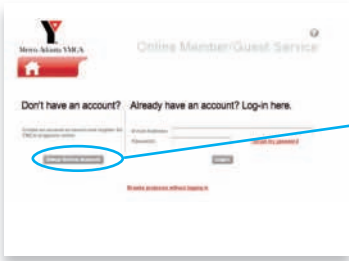
Seasonal

Field Assistant
Concession Worker
Gardener

Registering Online... It's as easy as 1, 2, 3!

EXISTING Y MEMBERS

Go to: www.ymcaregistration.com



1. Click the Setup Online Account button.

Setup Online Account

2. Click Find Me.

Find Me

3. Fill out Last Name, Date of Birth and Zip for any member of your household.

Enter your Person ID _____

or Y Receipt Number _____

Click "Find Me" to create your account.

NEW MEMBER ONLINE REGISTRATION

Go to: www.ymcaregistration.com



1. Click the Setup Online Account button.

Setup Online Account

2. Click Create My Account.

Create My Account

3. Go through steps 1-5 clicking the Continue button after you have completely filled in each section. Once you have completed step 5, click the Create My Account button to finish creating your account.

Create My Account

WELCOME TO YMCA MEMBER REWARDS

Member Rewards: As a Y member, you are entitled to special offerings and discounts to hundreds of sporting events, entertainment venues, restaurants, travel destinations, and shopping stores around the Metro Atlanta area and nation-wide. Discounts are posted daily online and can be accessed through our website!

Just visit... www.ymcapass.com

If you have not already signed up for an account, please see a staff member at your YMCA today. It's FREE, it's easy and it helps you save!

Once you have been entered into the system (initial start up can take up to two weeks from registration), you will be able to login to the Member Rewards portal on our website (ymcapass.com) using your personal ID number located on the back of your YMCA member card. You will be given a password for your safety!

SAVE 10% – 70% AS A Y MEMBER

Participating Companies: Check out just a few of the participating vendors who are currently part of the YMCA Member Reward Program:



Target

Barnes & Noble

Banana Republic

Walt Disney World

Circuit City

Panasonic

Sony

Zappos Shoes

Brooks Brothers

Costco

Blockbusters

AMC Theaters

Land's End

Philips

Best Buy

Restaurant.com

Sears

The Home Depot

and much more!