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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

SOUTH DEKALB FAMILY YMCA
WINTER/SPRING 2012



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South DeKalb Family YMCA

South DeKalb Family YMCA

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MISSION

YMCA OF METRO ATLANTA

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.



A LETTER FROM THE DIRECTOR

While the past years have caused great concerns for everyone, I am happy to report that all is well at your YMCA. Feel good knowing that maintaining your YMCA membership will be one less thing to worry about in 2012.

For more than 150 years, the YMCA of Metropolitan Atlanta has worked hard through times of economic crisis, adapting as necessary to maintain or adjust services demanded by the communities we serve. As a 501 (c)(3) charitable, not-for-profit organization, the YMCA has always pledged to meet these needs. For this reason we have systems in place to help you maintain your membership despite any personal economic hardship you may be going through.

If you are a frequent and active user of the YMCA then I encourage you to maintain your current routine. Perhaps there is a less active member of your family, a neighbor or friend who could benefit from the YMCA at this time. Please encourage them to take advantage of the YMCA today. You can request free guest passes or retrieve one from our web site. Remember that we also raise money annually to fund the Partner With Youth financial assistance program that helps keep the YMCA accessible to everyone.

Now more than ever, de-stress, stay in shape, focus on family and know that all is well at your YMCA. We are working hard so you and your family have one less thing to worry about.

Sincerely,

Winston Myers
Executive Director

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HOURS OF OPERATION

Monday – Friday:	5:30 a.m. – 9:30 p.m.
Saturday:	9:00 a.m. – 6:00 p.m.
Sunday:	2:00 p.m. – 6:00 p.m.

MEMBERSHIP/PROGRAM REGISTRATION HOURS

Monday – Friday:	6:00 a.m. – 8:30 p.m.
Saturday:	9:00 a.m. – 5:00 p.m.
Sunday:	2:00 p.m. – 5:00 p.m.



HOLIDAY SCHEDULE

January 1	New Year's Day	8:00 a.m. – 6:00 p.m.
January 16	Martin Luther King, Jr. Day	CLOSED
April 8	Easter	CLOSED
May 28	Memorial Day	8:00 a.m. – 6:00 p.m.
July 4	Independence Day	8:00 a.m. – 6:00 p.m.
September 3	Labor Day	8:00 a.m. – 6:00 p.m.
November 22	Thanksgiving	CLOSED
December 24	Christmas Eve	6:00 a.m. – 3:00 p.m.
December 25	Christmas	CLOSED
December 31	New Year's Eve	6:00 a.m. – 3:00 p.m.

PROGRAM 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 discounted rates. Program Only Members pay a yearly registration fee of \$35 for the family.

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, strength training equipment, leadership programs and fun activities, 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!

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, ymcapass.com

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 using your personal ID number located on the back of your Y member card. You will be given a password for your safety! Already a member? Get started today!

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 YMCA seeks to identify and involve those in need.

Play. Donate. Volunteer.
Join for the impact.

join us today!



Prime Time After School

Register online now!

PRIME TIME AFTER SCHOOL CARE

The South DeKalb Family YMCA Prime Time After School Program is designed to provide quality child care for all students to develop intellectually, socially, emotionally, and physically in a safe environment. We do this by providing positive interactions and exciting theme-based activities that help build strong values, enhance education, improve academic performance, and promote a healthy lifestyle. Family and community involvement is strongly encouraged to support our program goals.

Skill Development: Skill development will utilize technology, daily reading time and scheduled review sessions to support the students as they increase their skill level in reading and math. The YMCA uses the KidzLit & KidzMath programs to accomplish these goals.

Conflict Resolution: This activity creates a concept of taking responsibility for one's actions and learning how to deal with hardships and disputes with others.

Creative Arts: This activity introduces the students to different aspects of the arts such as music, poetry, dance, writing, painting, live performances, and plays.

Character Development: This activity works to build each child's self esteem and confidence. Each child receives reassurance regarding their own capabilities and is encouraged to set high achievement goals.

Youth Fit For Life Program: Targeted at improving the fitness and health of our young people, as well as promoting an appreciation for a healthful lifestyle throughout childhood and into adulthood.

Recreational: Students will participate in organized outdoor and indoor game activities that will address fitness while having fun.

Nutrition: Students will receive nutritious snacks daily.

PARTICIPATING ELEMENTARY 2011-2012 SCHOOLS:

Canby Lane	Chapel Hill	Columbia
Fairington	Hambrick	Jolly
Marbut	Panola Way	Pine Ridge
Rainbow	Shadow Rock	Snapfinger
Stone Mill	Woodridge	

Pickup service from the following schools to the South DeKalb Family YMCA:

Bob Mathis	Bouie Theme School	Browns Mill
Narvie J. Harris		



PRE-REGISTRATION FOR 2012-2013 SCHOOL YEAR BEGINS IN MARCH

Our fee for service programs are offered on a sliding fee scale based on household income.

Proof of household income must be provided to receive discounted rates. Acceptable forms of income verification are (2) concurrent pay stubs or a 2010 income tax return.

Scholarships are available on a first come, first served basis and based on need. They will be awarded until available funds have been expended.

The full weekly fee is assessed if a child is in attendance for 3 or more days that week. One half of the weekly fee is assessed if the child is in attendance for 1-2 days. This option can only be used twice during the school year. You must provide advance notice if your child will be absent from the program for a week or more so that slots can be made available.

If an outside agency assumes responsibility for payment of program fees, the maximum rate of \$65 per week per child will be assessed.

KID CARE

The Play Box & Kid Zone

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

Monday - Friday: 5:30 p.m. - 9:00 p.m.
Saturday: 9:00 a.m. - 1:00 p.m.

The Play Box and Kid Zone reserve the right to limit the number of children at any time for safety reasons. Children must have a Facility Membership to visit the Play Box and Kid Zone.

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.

SCHEDULES online at sdy.ymcaatlanta.org with a link on the homepage... bookmark it!

80+ GROUP EXERCISE CLASSES/WEEK!

Land Classes for members, (ages 13+; select classes, ages 9-12): View schedules at sdy.ymcaatlanta.org.

Water Classes for members, ages 13 and up: All water aerobics classes are free to members.

Tuesday/Thursday: 9:00 a.m. • 7:30 p.m.
Saturday: 12:00 p.m.

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

Meet with a wellness coach in the weight room to schedule an appointment for a series of one-on-one meetings at no additional cost to you!

WALK/HIKE/BIKE CLUB

Join the club! We walk, hike, and bike our way around the Y and nearby trails. In case of poor weather, group will meet indoors.

Tuesday 8:00 a.m. Thursday 7:00 a.m.



THE COACH APPROACH® Exercise Support Process coaches thousands of Y members "back to health" each year!

FITNESS EQUIPMENT

FitLinxx Orientation free for members, ages 13 and up: 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 weight room.

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

- Manufacturer safety requirements (60" height)
- Complete an orientation with a parent present
- Work out only with parental supervision

HEALTH WEEK

On the first week of every month, we have a variety of health care professionals on site to answer your questions about everything from dermatology to nutrition.

Youth & Adult Sports

Register online now!

What sets the South DeKalb Family YMCA Youth Sports program apart from all the others? Our philosophy of "kids first, fun always." Our experienced staff and volunteer coaches have the training to teach basic skills to the newest players and to increase and refine skills as kids move through our programs.

SOCCER

Soccer (Spring & Fall), ages 3-12: A recreational league based on family involvement and child development. A fun program where everyone plays! **Mighty Mites** is a program for children ages 3-6 that teaches the basic skills. **U8 soccer** refines skills and teaches advanced concepts and **U9-U17** advances even more.

For players interested in a higher level of competition, we offer a premier soccer program to develop advanced skills. Players must be selected to participate in this program. For more information on these programs, please contact the Youth Sports department.

BASKETBALL

Basketball (Winter), ages 3-17: One practice session during the week and a game on the weekend. We provide age appropriate skill development (dribbling, passing, shooting, defense, etc.) and an opportunity for everyone to have fun. We work with every player on the team, on everything from basic skills to good physical fitness habits. We promote fair play, respect, setting goals, and a lifetime involvement in sports and physical activity.

Basketball (Summer), ages 3-12: A summer basketball experience, facilitating continued skill development and providing a fun opportunity for all players, regardless of experience.

Teen/Adult Pick-Up Basketball: Work on your free throws or sharpen your rebounding skills! Looking to play against some great competition? We offer organized games five times a week. This is an excellent opportunity to meet other members and stay in shape.

Teens:	Thursdays & Fridays	6:00 p.m.
Adults:	Mondays	6:00 p.m.
	Tuesdays & Saturdays	9:00 a.m. - noon

INSPIRING SUCCESS IN KIDS AND ADULTS THROUGH SPORTS



Schedules are online
at sdy.ymcaatlanta.org

MARTIAL ARTS

Martial Arts (Year Round), ages 5+: Karate is a discipline that stresses character, structure, coordination, and skill development. It also helps us stay active and maintain healthy lifestyles. No previous experience is required. On the last Thursday of each month-long session, we feature an open exhibition for students to demonstrate their skills. Curriculum includes character development, sparring, physical conditioning, and positive attitude reinforcement.

Youth (5-12) Tues/Thurs, 6:30 p.m.
Adult (13+) Tues/Thurs, 7:30 p.m.
MEM: \$50 PRO: \$65



RACQUETBALL

Racquetball: An exciting, fast-paced game and a great way to exercise! We have a racquetball court for open play during normal operating hours as well as demonstrations and tournaments throughout the year. We have a group of dedicated members who meet during the week for round robin matches. A limited supply of racquets is available at the courtesy counter. You must wear your own safety goggles prior to entering the court. Racquetball is available at no additional cost to facility members.

Aquatics

Register online now!

SWIM LESSONS

Welcome! Our aquatics staff is dedicated to providing quality instruction, a clean environment, and a wonderful experience for you and your family.

Weekdays	MEM: \$53	PRO: \$75
Weekends	MEM: \$33	PRO: \$53



PARENT/CHILD LESSONS • children ages 6–36 months

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

PRESCHOOL LESSONS • children ages 3–5 years

Pike (Beginner): Bubble blowing, front and back float with support, submerging head independently in water with flotation. Swim 5 years without assistance.

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

Ray (Advanced): Build endurance and learn to tread water.

Stafish (Advanced): Children who can perform front and back crawl with no assistance. Refine stroke and skills.

YOUTH LESSONS • children ages 6–12

Polliwog (Beginner): Swim 20 feet without flotation.

Guppy (Advanced Beginner): 25 yards front & back crawl.

Minnow (Intermediate) through Shark (Advanced): There are four levels total (Minnow, Fish, Fly Fish, Shark). Swim 25–100 yards of each stroke, depending on level.

ADULT LESSONS • ages 14 and up

Adult: Beginners learning to swim.

PRIVATE LESSONS • ages 3 and up

Schedule an appointment at the courtesy counter to speak to an instructor. Purchasing private and semi-private lessons provides you with three hours of lesson time to be scheduled with your instructor.

Private Lessons:	\$100
Semi-Private Lessons:	\$130



Kool Poolers (Arthritis)

Monday/Wednesday/Friday 9:00 a.m.

Swim Team

Year round participation. Swim meets are once a month. Practice Monday/Wednesday/Friday. 7:00 p.m. – 8:30 p.m.

\$135 joining fee (includes suit, goggles, etc.)
\$53 monthly

Lap Swim

One or more lanes are available for lap swimming each day. Lap swimming (lanes) may be unavailable during peak usage times (usually 4–7 p.m. during the week). Please see the aquatics schedule for more details.

Academy & Prime Time After School Swim

Transportation will be provided to and from the school.

Academy	3:00–4:00 p.m.	\$48/mo
Prime Time	4:00–5:00 p.m.	\$53/mo

First Aid & CPR Training

Individuals may participate in American Safety & Health Institute (ASHI) or American Red Cross (ARC) class to receive certification. Register at the courtesy counter. Classes offered every third Saturday of the month.

CPR	ASHI \$65	ARC \$90
CPRO	ASHI \$80	ARC \$110

Lifeguard Training

YMCA Lifeguard Certification

MEM \$200	PRO \$250
American Red Cross Certification	
MEM \$300	PRO \$350



Day Care Swim

We offer our facility and instructors to community organizations, day care centers, private schools, charter schools, and summer camps. In April, at our Day Care Brunch, each center bids on pool time and space for summer participation. \$53/child.

Facility Rentals & Giving

Register online now!

PARTNER WITH YOUTH

Dating back to its founding in eighteen fifty-eight, the Metro Atlanta YMCA remains a strong community organization getting great results. We hold ourselves as responsible and accountable today resulting in our continued relevance and collective impact.

At the heart of the 27 communities, the Metro Atlanta YMCA is a charitable organization open to and serving all. Each YMCA tailors its programs and services focused on bettering the lives of Kids, improving Health and connecting Community residents to meet the needs of its local service area.

Today, community leaders tell us they face challenges such as decreasing school readiness; increasing childhood obesity and related chronic diseases; the area's increasing diversity; and, fewer gathering places for families.

Our Y is responding with plans to provide more accredited early childhood education programs for our youngest kids; affordable, supervised programs for older kids when school is out; proven health and wellness programs for youth and adults of all income levels; and more places in our communities where everyone feels welcome.

How can you help?

By making a gift to this campaign, the Metro Atlanta YMCA can work to get our kids ready for success in school, reduce health risk behaviors in all ages, and continue to provide community-based facilities and programs for every age, every income and every background.

Where else but the Y can your contribution achieve such remarkable impact?

Accountability

For the fourth consecutive year, our Y received a four-star rating (out of four stars) from Charity Navigator, America's largest independent evaluator of charities. With 100 percent of every dollar raised going toward Metro Atlanta YMCA programs and financial assistance, an investment in the Y is truly an investment towards nurturing kids, supporting families and strengthening communities.

To make a donation, please visit the following web site in your browser: <http://giveymca.org/donate.html>.

For more information or questions, contact our Donor Relations Office at (404) 588-9622 or campaign@ymcaatlanta.org.



FACILITY RENTALS

Facility Rentals: Whether you are celebrating a birthday, hosting a meeting, or just want to have a pool party, the South DeKalb Family YMCA can meet your needs. We have four areas that can be reserved for your event:

Outdoor pavilion
25-yard indoor pool
Multi-purpose room
Gymnasium

Rental applications (with setup fee) must be completed and submitted no later than fourteen (14) days prior to the date requested. Payment must be submitted one week prior to the event. Reservations are made on a first come, first served basis and are taken no more than 30 days in advance.

Contact Chansity Allen at 770-987-3500 or chansitya@ymcaatlanta.org for more information.

**JOIN US.
WE'RE MAKING
A DIFFERENCE**

Upcoming

Register online now!



SUMMER CAMP

Summer Camp is right around the corner! Register early and be ready for the first day of camp on May 29.

Traditional Camp • Ages 5-8

A theme-based activity camp featuring swimming, a weekly field trip or major activity, arts & crafts, character values, and skill development.

\$88 per weekly session

Travel Camp • Ages 9-12

Back by popular demand! The ultimate summer exposure camp. Campers travel daily to new destinations including state parks, water parks, outdoor Ys, movies, museums, and more!

\$88 per weekly session plus travel (TBA)

Head Start Camp • Ages 3-5

For Head Start participants at the Chattahoochee and Dean Rusk sites only. Age-appropriate theme-based activities are provided. Participants must be potty trained. Registration accepted at Head Start site only.

\$80 for 8-week summer session

21st Century Middle School Camp

A 21st Century MAX math and science camp for middle school participants will be offered this summer. For dates and schools offering this camp, please see the summer camp guide or visit us online at ymcapass.com

EASTER EGGSTRAVAGANZA

Have your kids come out with their Easter baskets! This is an exciting egg hunting event with thousands of eggs, special prizes and games. **March 31**

HEALTHY KIDS DAY

Put some play in your day! A free, fun-filled day that includes interactive games, engaging and creative family activities, and health give-aways to encourage children and families to adopt behaviors that support a healthier lifestyle. **April 28**

**HEALTHY
KIDS DAY™**
A YMCA Initiative

HEALTH WEEK

Professionals in everything from dermatology to nutrition stand ready to answer your questions during health week. Each day, a different topic is covered.

Upcoming Dates:

January 30 - February 3

March 5 - March 9

April 2 - April 6

See the lobby between 6 p.m. and 8 p.m. for more information.

For the latest news on events and activities, please see our online calendar at:

sdy.ymcaatlanta.org