



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

SUMMIT FAMILY YMCA
WINTER/SPRING 2012



Look for
member savings
in the purple triangle.



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Make an Impact!

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMIT FAMILY YMCA

1765 Highway 34 East • Newnan, GA 30265

770-254-9622

sfy.ymcaatlanta.org

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Pleasure Dominique, Aquatics Director
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YMCA Mission: Your Y, 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.



Our community,
lending their hearts
and financial
assistance...
is what makes the
YMCA GREAT!

SHARE THE Y WITH OTHERS

That's the purpose of the Partner With Youth annual campaign. All annual campaign funds remain in our local community, giving children and families an opportunity to get involved in Y programs. Give a child a place to belong. Offer programs to those who have the least and need us the most. Every cent goes directly to children and families in our community, and your donation is tax deductible. What you do today can mean changed lives, stronger communities and brighter futures tomorrow. **Please give today!**

Contact the Financial Development Department at
770-254-5915 to learn more about helping your community!

DONATE FOR THE IMPACT

Sponsor a youth in a sport which will provide the opportunity to develop character values and teach the importance of teamwork – \$100

Enroll a child in a Y fitness program that will reduce the risk of childhood obesity and diabetes – \$250

Give a child the opportunity to reach a new level of self-confidence and build relationships by attending two weeks of summer day camp – \$275



Hours & Table of Contents

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOURS OF OPERATION

Monday - Thursday, 5:00 AM - 10:00 PM

Friday, 5:00 AM - 9:00 PM

Saturday, 7:00 AM - 6:00 PM

Sunday, 12:00 - 6:00 PM

REGISTRATION HOURS

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

Saturday, 9:00 AM - 5:00 PM

Sunday, 12:00 - 5:00 PM

PLAY CENTER HOURS

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

Saturday, 9:00 AM - 1:00 PM

Sunday, 12:00 - 4:00 PM

Y-REC HOURS

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

Saturday, 9:00 AM - 1:00 PM

Sunday, 12:00 - 4:00 PM

*During the summer only.

TEEN CENTER HOURS

Monday - Friday, 4:00 - 8:00 PM

Saturday, 1:00 PM - 6:00 PM

HOLIDAY CLOSINGS

Easter (April 8): closed

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.



MEM: Facility Member

PRO: Program Member

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Where Else But the Y?

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BE BELONG BECOME

...your best with a YMCA
facility membership!

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

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

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

	Monthly Dues	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 YMCA seeks to identify & involve those in need.

Play. Donate. Volunteer.
Join for the impact.

join us today!



Kids & Family

Register online now!

FAMILY EVENTS **Adult supervision required!**

Family Fun Events are free but you may wish to purchase food for a nominal fee. Advance registration is required the Wednesday before the event (sign up at the membership desk). Adult supervision required!

Father-Daughter Sweetheart Dance: February 25,
6:30 - 8:30 pm

Member Appreciation Day: May 14, 9:00 am – 7:00 pm

Mommy & Me Tea: May 5, 11:00 am – 1:00 pm

Family Movie Nights at the Y: February 17; March 3, 16 & 30; April 13 & 27; May 24

CHILD CARE PROGRAMS

Parent's Morning Out ages 18 months - 4 years: Are you looking for a place for your toddler to have fun? This pre-school style program offers structured mornings for your child to have fun while learning. Activities offered include arts & crafts, exercise, preschool enrichment and swimming! Please provide a lunch and snacks will be provided. Limited space is available. Class is held in the Y-Rec Room.

Sessions ongoing.

M/W, 8:30 am – 12:30 pm

TU/TH, 8:30 am – 12:30 pm

MEM: \$120/7-wk session PRO: \$180/7-wk session



PARENT'S NIGHT OUT

Parent's Night Out ages 2-12: Parents can enjoy an evening out while their children have a fun and exciting time at the Y! Enjoy free play, crafts, movie and much more. Pizza and beverage provided. Please register by 12:00 pm the Friday before the event.

Saturdays, 6:00 – 10:00 pm

MEM: \$20 (\$10 each additional child)

ACTIVE OLDER ADULTS

Club-55 facility members only: Our Active Older Adults are a fun, active group of young 55+ adults participating in a variety of activities including group exercise classes, trips, BINGO, potluck lunches, movie days, and more. For more information, please contact our Coordinator, Kelly Duncan at 770-254-5919.



BIRTHDAY PARTIES

Youth & Teen Parties for facility members only ages 3-17: Have your child's birthday party at the YMCA and let us do the work for you! For every birthday party, the birthday child will get a Y birthday t-shirt (one per party). We will always have a staff person to set up, work with your party and clean up at the end. Parties are available for a maximum of 15 children. Options include: Community Room, Gymnasium, pool, decorations, YBear, cake and more. For more information, please contact our Amy Girouard at 770-254-9622 or amygi@ymcaatlanta.org.

TEENS

The teens and staff at the Summit Family YMCA are very excited about the creative activities and leadership opportunities available to teens. For more information, please contact Amy Girouard at 770-254-9622 or amygi@ymcaatlanta.org.

Leaders Club ages 13-18: Our YMCA Leaders Club provides an opportunity for teens (middle and high school) to become involved with their YMCA and community. Participants will plan and attend special events and YMCA programs and volunteer in the community. This is a free program.

Camps

Register online now!

SCHOOL BREAK CAMP

School Break Camp: The Summit Family YMCA offers camps when Coweta and Fayette counties are out of school. Our camps offer your child more than just a safe, fun experience. It's a place where children will grow, meet new friends, and experience new things. Y camp programs seek to build character, demonstrate values and develop skills for life. For more information, please contact Amy Girouard at 770-254-9622 or amygi@ymcaatlanta.org.

9:00 am - 4:00 pm

Free extended care from 7:00 - 9:00 am and 4:00 - 6:30 pm

Winter Break: February 20 - 24

Spring Break: April 2 - 6

MEM: \$25/day PRO: \$30/day

SUMMER CAMP

Summer camp runs May 29 - August 10.

Summer is a time to embark on great adventures. The Summit Family YMCA and Fayette Outdoor YMCA provide memories that last a lifetime and a safe place for children of all ages to spend those long summer days. Trained, caring staff work hard to deliver quality programs with an emphasis on unique experiences. Summer sessions are designed to combine fun and adventure with age-appropriate programs, new skills, outdoor education, learning and group activities. Campers are constantly on the go, and will have fun while learning and developing the YMCA character values of caring, honesty, respect and responsibility.

Fayette Outdoor YMCA

Fayette Outdoor YMCA sits on 29 wooded acres in the heart of Fayette County just 20 minutes from Summit Family YMCA. The campus provides a true outdoor camp experience with a lakefront for canoeing, as well as archery, trails, sports fields, wood castle play park and swimming.

**ALWAYS
HERE FOR
OUR COMMUNITY**



Traditional Camp for ages 5-15

Specialty Camps include:

Travel Camp ages 9-15

Cooking Camp ages 9-15

Climbing Camp ages 9-15

Leaders in Training ages 13-15

Counselors in Training ages 13-15 (must complete Leaders in Training prior to attending Counselors in Training).

Hours and Transportation: Camp days are Monday - Friday, 9:00 am - 4:00 pm. Pre and post camps are available free of charge from 7:00 - 9:00 am and 4:00 - 6:00 pm. We also provide transportation for campers from Summit Family YMCA for \$25 per week.

Exceptional Camp ages 9-15: Exceptional Camp is for campers with developmental disabilities. Campers must be able to function in a group setting, not exhibit behavior that interferes with their own or other camper's benefits. Campers must be self mobile, able to feed themselves and tend to their own toileting needs. Approximately 4:1 ratio, supervised by certified teachers and para pros.

Registration is open and ongoing. Space is limited, early registration is recommended. All registrations and fees are due one week prior to attendance.

Tennis

Register online now!

YOUTH TENNIS

Sessions are monthly and registration is required.

Tiny Tots – Beginner ages 5-6: Using the Quick Start method and a 30' court with low compression balls, children will learn hand-eye coordination along with tennis skills and terminology.

Fridays, 3:30 - 4:00 pm
MEM: \$35 PRO: \$45

Tiny Tots – Intermediate ages 5-6: Using the Quick Start method, we will reinforce skills from the beginner class, learn stroke advancement and rules and have an introduction into match play.

Mondays, 4:00 - 4:30 pm
MEM: \$35 PRO: \$45

Little Lobbers – Beginner ages 7-8: Using the Quick Start method and a 30' court, kids will be introduced to the game of tennis, emphasizing hand-eye coordination, as well as tennis skills, drills and terminology.

Fridays, 4:00 - 4:30 pm
MEM: \$35 PRO: \$45

Little Lobbers – Intermediate ages 7-8: This class will reinforce the skills learned in the beginner class, as well as learning the rules and introduction to match play. For children that can hit the ball with the instructor and are ready to start hitting with other children. Taught on a 30' court.

Tuesdays, 4:00 - 4:30 pm
MEM: \$35 PRO: \$45

Young Stars – Beginner ages 9-10: Using the Quick Start method and a 60' court, kids will be introduced to the game of tennis, emphasizing hand-eye coordination, as well as tennis skills, drills and terminology.

Tuesdays, 4:30 - 5:00 pm or
Thursdays, 3:30 - 4:00 pm or 4:00 - 4:30 pm
MEM: \$35 PRO: \$45

Young Stars – Intermediate ages 9-10: This class will reinforce the skills learned in the beginner class, as well as learning the rules and introduction to match play. For children that can hit the ball with the instructor and are ready to start hitting with other children. Taught on a 60' court.

Fridays, 5:00 - 5:30 pm
MEM: \$35 PRO: \$45



JUNIORS TENNIS

Junior Team Tennis ages 8-14: Participants will refine the basic skills, including forehand and backhand stroke production, serve direction, footwork and court usage and how to keep score.

U10 Team: 1 hour
MEM: \$80 PRO: \$100

U14 Team: 1.5 hours
MEM: \$120 PRO: \$150

Sessions are monthly and registration is required.

Beginner Junior Drills ages 8-17: You will learn the basics of tennis: how to hold a racquet, how to hit forehands and backhands, how to serve, footwork and racquet speed and direction.

Saturdays, 2:00 - 3:00 pm
Free for Facility Members Only ????

Mondays &/or Wednesdays, 5:00 - 6:30 pm
Twice per week: MEM: \$85 PRO: \$105
Once per week: MEM: \$45 PRO: \$55

Advanced Jr. Drills ages 10-17: This is the highest level group offered for juniors. Basic skills should be developed including the ability to rally from the baseline consistently, come to net when necessary, and have a reliable second serve. Players will be encouraged to pursue high school tennis, play on junior USTA teams, and participate in sanctioned tournament play.

Tuesdays &/or Thursdays, 4:30 - 6:30 pm
Twice per week: MEM: \$100 PRO: \$120
Once per week: MEM: \$55 PRO: \$65

Tennis

Register online now!

ADULT TENNIS ages 18+

All drills require a minimum of 3 participants or the session will be cancelled.

Adult Tennis Drills Program Card: The Tennis Drills Card allows players to participate in various adult drills throughout the season. The card provides flexibility in play and gives the player the opportunity to select various levels of involvement in the tennis program. Classes must be used within 90 days of purchase date of card.

The card provides play in 12 classes
MEM: \$80 PRO: \$120



Ladies Beginner Drills free for facility members 18+ years: Lessons designed for complete beginners or players who have not played in years and would like to get back into tennis. Lessons concentrate on court layout, how to keep score, basic steps to develop forehand, backhand and serve. Introduction to match play will also be included.

Fridays, 10:00 – 11:00 am

MEM only: Free

Ladies Intermediate/Advanced Drills ages 18+: Drills are designed for intermediate to advanced players. Instruction concentrates on basics of doubles play including court positioning and shot selection. Point play situations are used to help develop these skills.

Must be equal to USTA 3.5 level or above

Mondays, 9:00 – 10:30 am

MEM & PRO: Punch card applies

Fridays, 10:00 – 11:00 am

MEM Only: Free

Mixed Adult Drills ages 18+: Drills are designed for intermediate to advanced players. Instruction concentrates on basics of doubles play including court positioning and shot selection. Point play situations are used to help develop these skills.

Thursdays, 6:30 – 8:00 pm

MEM & PRO: Punch card applies

ALTA/USTA Teams

MEM: Free PRO: \$50



**KEEPING LIFE
AND SPORTS
ABOVE THE NET**

Wellness

Register online now!

GROUP EXERCISE

Members, ages 13 & older, may attend as many group exercise and water exercise classes as they wish, as a benefit of membership. No registration required! Members ages 9-12 may participate in select group exercise classes when accompanied by a parent or guardian (except for Body Sculpt, Group Cycling, Physio Ball and Bosu). Schedules are in the lobby or online with a link on the homepage.

65+ Land & Water Group Exercise Classes/Week...

Agility Drills • Body Sculpting • Bicycle Boot Camp
Deep Water Workout • Group Cycle • Cardio Core
Functional Fitness • H2O Hi/Lo • Kickboxing • Kid's Fitness
Pilates • Step & Sculpt Tai Chi • Yoga • Zumba!

If a participant's safety is compromised, the YMCA reserves the right to redirect a member to a more appropriate class.

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 when your schedule throws you a curve ball!

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

FITNESS EQUIPMENT

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

Schedule appointments at the front desk.



FITNESS EQUIPMENT

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

- Successfully complete an equipment orientation (with parent/guardian present) and earn a Character Value bracelet.
- Subsequent use of the area requires parent/guardian present (within arms reach) with Character bracelet visible!

CARDIO THEATER

Cardio Theater is a total personal entertainment system which gives you the opportunity to enhance your cardiovascular workout with the option of viewing cable television, listening to your favorite music or watching a DVD. All of the cardio machines are equipped with Cardio Theater to make your workout more enjoyable.

WELLNESS CLUBS

Walking Club: Our walking club meets the every Wednesday of each month at 11:00 am for a walk around our indoor track or outdoors on a nice day. For more information, inquire at the Wellness Desk.

Wellness

Register online now!

PERSONAL TRAINING

Personal Training for members only: An individualized program, designed to assist you in achieving & maintaining a desired fitness level through strength training, cardio conditioning & weight management. Trainers will educate and motivate you whether you are beginning an exercise program, breaking through a plateau, defeating boredom in your current routine, or conditioning yourself for a competitive event.

Appointments are scheduled with the trainer.

MEM: \$45 per hour

Group Personal Training for members only ages 13+: A great way to meet your fitness goals or train with a friend or group of up to 6 friends with a personal trainer. Sports specific training, such as tennis, baseball, soccer or basketball is available. Twice a week for 4 weeks.

MEM: \$120 per person/per 4 week session

Aquatic Personal Training for members only ages 13+:

Personal Training in the water offers a great alternative for those looking for high intensity, low impact cardio training. Half hour training sessions.

MEM: \$35 per person/individual session

\$25 per person/group session

Personal Training programs are only available to facility members. Sport specific training is available.

TOTAL BODY TRAINING

TRX® Suspension® Training for members ages 13+:

Designed by a Navy SEAL, TRX Suspension Training® is a complete total-body workout that helps athletes, military personnel, and general health seekers take their performance to the next level. TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Perfect for all fitness levels – from the beginner exerciser who just wants to get stronger and fitter to the professional athlete who needs peak performance.



REHAB ASSISTANCE PROGRAM

Rehab Assist Program: The Summit Family YMCA's Rehab Assist program is a 10 week program designed to help participants work towards an independent exercise program. This program is based on a physician/therapist referral only, and all participants must attend 4 scheduled appointments with a certified exercise specialist.

MEM: \$60 PRO: \$140



ARTHRITIC AQUATIC PROGRAM

Arthritic Aquatics: This program can help improve joint flexibility and muscle strength with the aid of the water's buoyancy and resistance. The classes are instructed in the warm water therapy pool. Monthly.

TU/TH: 1:15 – 2:00 pm

MEM: \$12/month PRO: \$33/month



BASKETBALL

Adult Pick-Up Basketball ages 16+: Please check the gym schedule for new days and times. MEM Only: Free

Aquatics

Register online now!

PARENT/CHILD CLASSES ages 6 months-4 years

Parent/Tot ages 6-18 months: Encourages a child to work towards independence in the water with a parent through songs and games.

SAT: 9:00 – 9:30 am

2 Much Fun ages 18-36 months: Encourages a child to work towards independence in the water with a parent.

SAT: 9:30 – 10:00 am

PRESCHOOL SWIM LESSONS ages 3-5 • Thirty minute classes.

Pike I (Beginner I): No skills required. Must be ready for group setting without parent.

M/W: 3:30 – 4:00 pm

TU/TH: 1:00 – 1:30 pm or 3:45 – 4:15 pm

SAT: 9:30 – 10:00 am

Pike II (Advanced Beginner II): Enjoys blowing bubbles, submerging head completely, comfortable with front and back float, jumps without assistance, and independent with floatation.

M/W: 4:30 – 5:00 pm

Eel (Intermediate): Completed skills required for Pike II plus front and back float for 5 seconds, jumps in and swims solo 10 feet with eyes in water.

M/W: 4:00 – 4:30 pm

TU/TH: 1:30 – 2:00 pm or 5:00 – 5:30 pm

Ray/Starfish (Advanced): Completed skills required for Eel plus swims at least 15 yards. May be able to swim a modified front crawl, elementary backstroke and tread water.

M/W: 4:00 – 4:30 pm

PRIVATE SWIM LESSONS

Private/Semi-Private Swim Lesson: members only: Session consists of six, thirty-minute lessons.

MEM: Private \$150 (for 3 hours)

Semi-Private \$230 (duo at \$115 each)



SESSION DATES

Weekday Lessons: 4-wk sessions • 2-days a wk

Saturday Lessons: 4-wk sessions • 1-day a wk

Mon/Wed or Tues/Thurs

March 5 – March 29

April 9 – May 3

Saturdays

March 10 – March 31

April 7 – April 28

PARENT CHILD CLASS RATES

Weekdays: MEM: \$60 PRO: \$85

Weekends: MEM: \$37 PRO: \$55

PRESCHOOL CLASS RATES

Weekdays: MEM: \$70 PRO: \$95

Weekends: MEM: \$45 PRO: \$65

Aquatics

Register online now!

YOUTH SWIM LESSONS ages 6-12 • Classes are 45 minutes.

Polliwog I (Beginner): No skills required.

M/W: 5:05 – 5:50 pm T/TH: 4:15 – 5:00 pm
SAT: 10:00 – 10:45 am

Guppy (Intermediate Beginner): Completed skills required for Polliwog II plus front paddle with eyes in water, back paddle and side paddle 20 yards without floatation.

M/W: 5:55 – 6:40 pm T/TH: 5:35 – 6:05 pm
SAT: 10:50 – 11:35 am

Minnow (Advanced Beginner): Completed skills required for Guppy plus swim 25 yards nonstop performing freestyle with side breathing, side kick and backstroke.

M/W: 6:45 – 7:30 pm T/TH: 6:10 – 6:55 pm
SAT: 11:40 – 12:25 pm

Flying Fish/Shark (Advanced):

T/TH: 6:55 – 7:35 pm

ADULT SWIM LESSONS ages 13+

Adult Beginner: No skills required.

SAT: 12:30 – 1:15 pm

Adult Intermediate: Ability to swim on front and back.

SAT: 1:15 – 2:00 pm

SWIM TEAM

YMCA Swim Team – Summit Titans: The swim team will compete in meets against other Y's in Metro Atlanta. Fees includes YMCA Meet fees, transportation to and from meets, use of practice equipment (fins, kickboards, paddles, etc.), swim cap, Titan's tee-shirt, and Titan's special events.

2011-12 Season • Sessions run monthly

Group A. (Beginner): Mon/Wed/Thurs: 5:00 – 5:45 pm
MEM: \$75 PRO: \$100 Multiple child reduced rate 10% off

Group B. (Intermediate): Mon/Wed/Thurs/Sat: 5:30 – 6:30 pm
MEM: \$85 PRO: \$110 Multiple child reduced rate 10% off

Group C. (Advanced): Mon/Wed/Thurs/Sat: 6:30 – 8:00 pm
MEM: \$95 PRO: \$120 Multiple child reduced rate 10% off

Early Registration ends the 3rd of each month!



SESSION DATES

Weekday Lessons: 4-wk sessions • 2-days a wk
Saturday Lessons: 4-wk sessions • 1-day a wk

Mon/Wed or Tues/Thurs

March 5 – March 29

April 9 – May 3

Saturdays

March 10 – March 31

April 7 – April 28

YOUTH & ADULT CLASS RATES

Weekdays: MEM: \$70 PRO: \$95

Weekends: MEM: \$45 PRO: \$65

STROKE CLINIC

3-Day Stroke Clinic ages 6-14: Maximum of six participants per class.

Tuesday – Thursday, April 3 – 5

Ages 6-9: 4:00 – 4:45 pm, 4:45 – 5:30 pm

Ages 10-14: 5:30 – 6:15 pm, 6:15 – 7:00 pm

MEM: \$30 PRO: \$40