



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALWAYS HERE FOR YOU

THE VILLAGES AT CARVER FAMILY YMCA  
SUMMER 2012



Look for  
member savings  
in the blue triangle.

REGISTER FOR OVER 3,000 PROGRAMS  
with new online registration!  
[www.ymcaregistration.com](http://www.ymcaregistration.com)



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# Make An Impact!

## THE VILLAGES AT CARVER FAMILY YMCA

1600 Pryor Road S.W. • Atlanta, 30315

**404-635-9622**

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

### ADMINISTRATION

**Monteil Weeks**, Executive Director  
404-635-7555; [monteiln@ymcaatlanta.org](mailto:monteiln@ymcaatlanta.org)

**Sandra Pruitt**, Director of Admin. Services  
404-635-7556; [sandrap@ymcaatlanta.org](mailto:sandrap@ymcaatlanta.org)

### MEMBER SERVICES

**LaChia Gunter**, Membership/Marketing Director  
404-635-7578; [lachia@ymcaatlanta.org](mailto:lachia@ymcaatlanta.org)

**Kyle Underwood**, Member Services Supervisor  
404-635-7574; [kyleu@ymcaatlanta.org](mailto:kyleu@ymcaatlanta.org)

**Sonora Cost**, Membership Administrator  
404-635-7562; [sonorac@ymcaatlanta.org](mailto:sonorac@ymcaatlanta.org)

### AQUATICS

**Denney Chee-Wah**, Aquatics Coordinator  
404-635-7553; [denneyc@ymcaatlanta.org](mailto:denneyc@ymcaatlanta.org)

### SPORTS

**Tory Joyner**, Wellness/Sports Coordinator  
404-635-7550; [toryj@ymcaatlanta.org](mailto:toryj@ymcaatlanta.org)

### SENIORS

**George Lessane**, Senior Services Director  
404-635-7570; [georgel@ymcaatlanta.org](mailto:georgel@ymcaatlanta.org)

### WELLNESS

**Jameelah Mujaahid**, Aerobics Coordinator  
404-635-7581; [jameelahm@ymcaatlanta.org](mailto:jameelahm@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.



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

**Make an  
impact!**

## Share the Y with Others

Whatever the needs, the Y is committed to improving the lives of the children and their families in our communities by providing safe places, caring and trained staff, and programs that teach life skills. Whether it's a place to go after school for a helping hand with homework, a place to learn leadership skills, or a place for the family to play and connect, the Y is there.

Financial assistance from the Y can open doors to a whole new world of life-changing opportunities. Y programs respond to the need for personal growth in spirit, mind, and body. At the Y, you'll find a sense of belonging and discover new ways to strengthen our community.

Contributions from friends like you fund Y programs for local families in our area. By contributing to the Partner with Youth annual campaign, you are investing in our children today and in our community tomorrow. Here's how you can Create Your Own Impact!

- **INVEST** in a senior citizen and provide three months of physical fitness and social development - \$150
- **HELP** a young person improve his/her skill development, physical fitness and learn the value of teamwork with one season of baseball - \$125
- **EMPOWER** a child to seek a more active life by providing 16 weeks of a learn-to-swim program - \$100

Contact us at 404.635.9622 to learn more about funding programs that build strong kids, strong families, strong communities.

# Hours & Table of Contents

## HOURS OF OPERATION

Monday - Thursday, 5:30 AM - 8:00 PM

Friday, 5:30 AM - 7:00 PM

Saturday, 9:00 AM - 4:00 PM

## MEMBERSHIP & PROGRAM REGISTRATION HOURS

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

Friday, 9:00 AM - 7:00 PM

Saturday, 9:00 AM - 4:00 PM

## PLAY CENTER HOURS

**SUMMER:** June 1 - August 31

Monday - Thursday

9:00 AM - 1:00 PM

3:30 PM - 8:00 PM

Friday

9:00 AM - 1:00 PM

3:30 PM - 7:00 PM

Saturday, 9:00 AM - 12:00 PM

## POOL HOURS

Monday - Thursday, 6:00 AM - 7:30 PM

Friday, 6:00 AM - 6:30 PM

Saturday, 9:30 AM - 3:30 PM

## 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 discounted rates. Program Only Members pay a yearly registration fee of \$35 for the family plus the program rate per YMCA program.

## VOLUNTEERISM

At the YMCA, your time and talents go a long way. YMCA 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 live, work and play. Call 404-635-9622 for more information or pick up a volunteer application from the front desk.



**MEM:** Facility Member

**PRO:** Program Member

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# Where Else But the Y?



**BE  
BELONG  
BECOME**

**...your best with a YMCA  
facility membership!**

**Y**ou 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	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 Y seeks to identify & involve those in need.

Play. Donate. Volunteer.  
Join for the impact.

**join us today!**



# Family & Seniors

Register online now!

## ACTIVE OLDER ADULTS

The Villages at Carver Family YMCA is proud to present its premier program Movers & Shakers. Mover & Shakers is a program serving the mental and physical health needs of the older adult population. This program consists of an array of activities geared toward keeping the older adult population active and fit. Each member is afforded the opportunity to design her/her Y experience. Class space is limited, however, classes are offered on a continuous basis throughout the year to accommodate all.

**Computers 101:** "Keep up with technology!" That is the theme of The Villages at Carver Family YMCA Active Older Adult computer classes. In today's society, technology has taken over and to be functional you must keep up with the times. Learn to surf the Internet, set up an e-mail account, check and send e-mail, etc.

Mondays, 10:20 am - 12:30 pm

**Bowling:** STRIKE!!! A great way to be social and have fun.

Mondays, 11:30 am - 1:00 pm

**Floral Arrangement 101:** Create a new hobby! Start a side business! Join Floral Arrangement 101 and become the envy of your friends. Tuesdays, 9:15 - 10:15 am

**Sewing 101:** Learn the basics of sewing, stitching, and pattern cutting/making. Wednesdays, 9:30 - 11:15 am

**Lunch & Learn:** Join us for food and fellowship as we learn about issues that concern all generations, such as retirement, taxes, homeownership, etc. Lunch is on us!

Thursdays 11:30 am - 1:00 pm

**Arts and Crafts 101:** Be creative! Decorate! Learn how to beautify your home. Create gifts and knick knacks.

Mondays, 12:00 - 2:00 pm & Thursdays, 9:15 - 10:15 am

**Active Older Adults Fitness Classes:** Upon enrolling in the fitness portion, a physical assessment will be given and once complete, a certified fitness coach will design a fitness plan for the participant. In some instances, physician's note may be required for participation. Nutritional snacks are offered prior to class.

Monday: Sr. Fitness, 9:15 am

Tuesday: Sr. Chair Aerobics, 10:15 am

Wednesday: Sr. Water Aerobics, 10:15 am

Sr. Fitness, 11:20 am

Thursday: Senior Chair Aerobics, 10:20 am



## FACILITY RENTALS

We offer the use of our facility to YMCA members and participating agencies only! Let us host your next community meeting, a banquet, or a birthday party. Reservations are made on a first come, first serve basis and may not be made more than 45 days in advance. All events must be held during facility hours of operation. Contact Kyle Underwood at 404-635-7574 or [kyleu@ymcaatlanta.org](mailto:kyleu@ymcaatlanta.org).

**Activity Room 1:** 100 person capacity. \$175 for the first 2 hours.

\$50 for each additional hour.

\$50 non-refundable deposit required.

**Activity Room 2:** 75 person capacity. AV equipment ready. \$150/first 2 hours.

\$50 for each additional hour.

\$50 non-refundable deposit required.

**Gymnasium:** 250 person capacity. \$500 for 5 hours (5 hour minimum).

\$50 for each additional hour.

\$50 non-refundable deposit required.

**Birthday Party Packages:** Gym Party - Play in the gym for an hour and then party in the Activity Room for an hour.

Saturdays 3-5 pm or Sundays 2-4 pm only.

\$75 registration fee plus \$6 per child (20 child max.)

**Pool Party:** Splash in the pool for an hour and then party in the Activity Room for an hour. Saturdays 3-5 pm or Sundays 2-4 pm only. \$75 registration fee plus \$6 per child.

**Swim and Gym Party:** Play in the gym for an hour, splash in the pool for an hour, and then party in the Activity Room for an hour.

Saturdays 2-5 pm only. \$75 registration fee plus \$75 for 10 kids.

\$7 each additional child (20 child max.)



# YMCA Kids + Sports

Register online now!

## CHILD CARE PROGRAMS

**Play Center & Y-Zone ages 3 months-12 years:** While parents are enjoying the programs and services at The Villages of Carver Family YMCA, their children are divided into age appropriate rooms that are monitored by well trained staff. The Play Center serves 3 months - 5 years of age, and Y-Zone serves 6 - 12 year olds. Come experience the Y core values of Caring, Honesty, Respect & Responsibility in action!

## PLAY CENTER HOURS

**SUMMER:** June 1 - August 31

Monday - Thursday

9:00 AM - 1:00 PM & 3:30 PM - 8:00 PM

Friday

9:00 AM - 1:00 PM & 3:30 PM - 7:00 PM

Saturday, 9:00 AM - 12:00 PM

A free service for Facility Members with Family or Youth Memberships.  
2-hour limit per day (up to 8 hours per week)

**Parent's Time Out ages 3 months-12 years:** Looking for somewhere to put your little one while you run errands? Activities include story time, arts & crafts playground time, recreational play, music and movement.

Monday - Friday, 9:00 am - 12:00 pm • MEM only: \$7

Monday - Friday, 5:00 pm - 8:00 pm • MEM only: \$7

Saturday, 9:00 pm - 2:00 pm • MEM only: \$7

## SUMMER CAMP

**Summer Camps ages 5-15:** Full-day camps that run throughout the summer and build character, exploration, leadership, and more!

Weekly Camps: June 4 - August 3

9:00 am - 4:00 pm

\*extended care from 7am-9am and 4-6:30pm

(Teen Camps for ages 13-15, end at 4:00 pm each day)

MEM: \$65 PRO: \$85

Visit our camp website at :  
[www.ymcadaycamping.com](http://www.ymcadaycamping.com)



## T-BALL & BASEBALL

**Spring T-ball & Baseball ages 4-14:** Our developmental baseball league focuses on basic skills and good sportsmanship. Volunteer coaches are needed. Financial assistance available.

Registration: Starts in the Spring of 2012

Season: April - July 2012

MEM: \$65 PRO: \$85

\*Prices INCLUDE \$25 uniform set

**SUMMER  
CAMP  
IS HERE**



## MISSION AND OUTREACH

**Youth Achievers:** These clubs are designed to introduce teens to serving others, volunteerism, social interaction and appreciation for diversity through the philosophy of the Y. Leaders will use their unique gifts to serve their community while at the same time developing relationships with other leaders in the club. Youth Achievers are committed to developing strong moral character and devotion to helping others. Participants in this program have the opportunity to travel internationally. Do you imagine yourself in a leadership position? If so, this is the program for you.

**Teen Board:** All officers from leadership programs make up the teen board. They help make the decision concerning the teen center and have the opportunity to travel internationally. Teen Board meets once a month.

**Film Festival:** Sponsored by Comcast, the Annual Metro Atlanta YMCA Teen Leadership Film Festival is designed to showcase the creativity, talent, and thoughtfulness of today's teenagers. Submit your latest video creation (5-10 minutes) or sign up to join one of our video production clubs and receive training and utilize our equipment. Whether you are new to video production or are an aspiring professional, you can use your creativity to film edit, and produce your own video. All participants receive a DVD copy of all submitted Film Festival Videos.

**Mission: Atlanta:** It's a week of incredible fun and service. Join over 100 other teenagers serving lunch and planning activities for kids in under-privileged communities all over Atlanta. Mission: Atlanta is an experience that will help you realize your leadership gifts in serving others. Teens stay overnight at the YMCA for days filled with service and evenings filled with fellowship. Each evening we will build the strength of our team through excursions all over Atlanta. Two nights will be spent in leadership development of our team (guest speakers/workshops). Parents are invited at the end of the week to see the success of our week.



The teens and staff at The Villages at Carver Family YMCA are very excited about new creative activities and leadership opportunities for teens. Below you will find a few of the activities we have to offer young ladies and gentlemen ages 13-18! Stop by the Teen Center to find out how you can get involved.

## FUN EVENTS

**Teen Night:** The Teen Center is the place to be for teens. Participants will watch movies, participate in scavenger hunts, dodge ball, 3-on-3 basketball games, video and card game tournaments and several other activities.

**Y-MAC:** Interested in creating Blogs, websites, documentaries or any other multimedia design? If so, come join our Y-MAC Lab. We take teen entertainment news to another level. Audio production/editing, pod casts, DJing...we do it all!



# Health & Wellness

## GROUP EXERCISE

As a benefit of membership, members ages 13 and older may attend as many group exercise and water aerobics classes as they wish. No registration required! Members ages 9-12 may participate in select group exercise classes when accompanied by a parent or guardian.

Schedules are in the lobby or online at [vcy.ymcaatlanta.org](http://vcy.ymcaatlanta.org).

### Over 40+ Group Exercise Classes/Week including...

*For members 13 and older (select classes available for ages 9-12):*

Group Cycling • Step & Sculpt • Pilates • Yoga • Tai Chi  
Cardio Kickbox • Cardio Pump • Body Sculpt • Total Body  
Step & Funk • Sr. Fitness • Sr. Chair Aerobics  
Water Aerobics • Sr. 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 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 your appointment at the Membership Desk.

## HEALTH TESTING

### Blood Pressure Screening & Body Mass Index (BMI):

Blood pressure screening will assess the force in your arteries when the heart beats and is at rest. A BMI test determines whether you are within a healthy weight range.

Free service Mondays & Wednesdays in the lobby  
11:00 am – 12:00 pm & 4:30 – 5:30 pm



## YOUTH POLICY: Wellness, Free Weight and Group Fitness Guidelines:

- Members 13 & older may use the wellness center independently once a FitLinxx orientation is completed.
- Members 9 – 12 may use the wellness center under direct supervision (within arm's length) of a parent or guardian once a FitLinxx orientation is completed. Youth 12 & younger must check in with YMCA staff upon arrival.
- Members 16 & older may use the free weight area independently.
- Members 13 – 15 may use the free weight area with direct supervision (within arm's length) of a parent or guardian, once a FitLinxx orientation is complete.
- Members 13 years & older may participate in group exercise classes.
- Members 9 – 12 may take classes if accompanied by an adult but are excluded from Group Cycling, Body Pump, Resistaball/Stability Ball.
- Members 8 & younger may participate in age-appropriate classes.

**Youth 9-12 yrs.** may participate in group classes only if accompanied by a parent or guardian, 18 years of age or older and is a member. If the safety of a participant is compromised, the Y Certified Group Exercise Instructors reserve the right to redirect a member to a more appropriate class.

# Aquatics

Register online now!

## PARENT/CHILD CLASSES ages 6-36 months

**Parent/Tot ages 6-36 months:** Encourages a child to work towards independence in the water with a parent through songs and games.

SAT: 10:15 – 10:45 am

## PRESCHOOL SWIM LESSONS ages 3-5 • 30-minute classes.

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

M/W: 5:30 pm • TU/TH: 5:30 pm

SAT: 10:05 am

**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: 5:30 pm • TU/TH: 5:30 pm

SAT: 10:05 am

**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: 6:00 pm • TU/TH: 6:00 pm

SAT: 10:05 am

## PRIVATE SWIM LESSONS

**Private/Semi-Private Swim Lesson: facility members only:** Session consists of 3 hrs. of instruction (Options: 6, 30-min. lessons, 4, 45-min. lessons or 3, 1-hr. lessons).

MEM: Private \$90 *(one participant only)*

Semi-Private \$120 *(\$60 per participant, 2 max)*



## SESSION DATES

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

June 4 - June 28

July 2 - July 26

August 6 - August 30

September 3 - September 27

**Weekend Lessons:** 4-wk sessions • 1-day a wk

June 9 - June 30

July 7 - July 28

August 4 - August 25

September 8 - September 29

## Swim Lesson Fees:

Weekdays: MEM: \$40 PRO: \$60

Weekends: MEM: \$30 PRO: \$50

## PRIVATE SWIM LESSONS

**Private/Semi-Private Swim Lesson: facility members only:** Session consists of 3 hrs. of instruction (Options: 6, 30-min. lessons, 4, 45-min. lessons or 3, 1-hr. lessons).

MEM: Private \$90 *(one participant only)*

Semi-Private \$120 *(\$60 per participant, 2 max)*



# Aquatics

Register online now!

## YOUTH SWIM LESSONS ages 6-12

Classes are 45 minutes.

**Poliwog I (Beginner):** No skills required.

M/W: 5:30 pm • TU/TH: 5:30 pm

SAT: 11:15 am

**Poliwog II (Beginner II):** Enjoys blowing bubbles, submerging head completely, comfortable with front and back float, jumps in freely and can paddle 10 feet solo with eyes in water.

M/W: 5:30 pm • TU/TH: 5:30 pm

SAT: 11:15 am

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

M/W: 5:30 pm • TU/TH: 5:30 pm

SAT: 11:15 am

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

M/W: 6:15 pm • TU/TH: 6:15 pm

SAT: 11:15 am

**Fish (Intermediate II):** Completed skills required for Minnow plus swim 50 yards nonstop freestyle, backstroke, side-stroke, elementary backstroke and have an understanding of breaststroke.

M/W: 6:15 pm • TU/TH: 6:15 pm

SAT: 11:15 am

**Flying Fish/Shark (Advanced):** Completed skills required for Fish plus perform multiple laps of freestyle, backstroke, breaststroke, sidestroke and has been introduced to the butterfly.

M/W: 7:00 pm • TU/TH: 7:00 pm

SAT: 11:15 am

## ADULT SWIM LESSONS ages 13+

**Adult Beginner:** No skills required.

TU/TH: 6:30 pm or 7:00 pm

SAT: 10:35 am



## SESSION DATES

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

June 4 - June 28

July 2 - July 26

August 6 - August 30

September 3 - September 27

**Weekend Lessons:** 4-wk sessions • 1-day a wk

June 9 - June 30

July 7 - July 28

August 4 - August 25

September 8 - September 29

## Swim Lesson Fees:

Weekdays: MEM: \$40 PRO: \$60

Weekends: MEM: \$30 PRO: \$50

## STROKE CLINIC

**Stroke Clinic ages 5-18:** An advanced program for boys and girls that prepares participants for competitive swimming and personal wellness.

Practices Tuesday/Thursday, 6:00 - 6:45 pm

June 5 - June 28

July 3 - July 26

August 7 - August 30

MEM: \$40 PRO: \$50



# Member Rewards

## 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.ymcaatlanta.com](http://www.ymcaatlanta.com)**

If you have not already signed up for an account, please see a staff member at The Villages at Carver Family 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](http://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**

**Banana Republic**

**Circuit City**

**Sony**

**Brooks Brothers**

**Blockbusters**

**Land's End**

**Best Buy**

**Sears**

**Barnes & Noble**

**Walt Disney World**

**Panasonic**

**Zappos Shoes**

**Costco**

**AMC Theaters**

**Philips**

**Restaurant.com**

**The Home Depot**

*and much more!*

