

# 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!

