

A close-up photograph of a young girl with dark skin and braided hair, smiling warmly. She is wearing a pink t-shirt and a black backpack. The background is slightly blurred, showing other children in a crowd. The image is overlaid with a red diagonal graphic element in the bottom right corner.

2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> Cowart Family YMCA <<

Member Benefits



The benefits of being a member of the Cowart Family YMCA are invaluable. Not only is the Y a great place for the entire family to get healthy and develop skills like learning to swim or play a sport, but as a member you are part of an organization that supports and strengthens the whole community.

Some member benefits include:

- Meet with your very own **Wellness Coach** to help achieve your fitness goals
- Practice **teamwork** and develop skills in youth sports programs
- Stay safe through the summer with **swim lessons** and water safety classes
- Enjoy time together with **special events** throughout the year
- Enjoy time for yourself while your kids have fun at the Y during **Parent's Night Out**.
- Access 10 hours of free weekly babysitting in our **Play Center** while you work out.
- Get healthy and spend time with friends in **group exercise classes**
- Serve the community through **volunteer opportunities** for the whole family
- Use any YMCA in the state of Georgia
- **Reduced rates** on all programs

As a facility member, you also have full access to any of our 26 locations in the Metro Atlanta area, including our outdoor recreation facilities. Some additional amenities that can be found across the association include:

- Rock Climbing
- Ropes Course
- Racquetball Courts
- Computer labs
- Teen Centers
- Lazy River
- Indoor and Outdoor pools
- Canoeing/Paddle boats
- Horse back riding
- Hiking trails
- Access to our NAEYC accredited preschools

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 Ys and priority registration privileges with reduced rates. Program Only Members pay a yearly program membership fee of \$40 for the family plus the program rate per Y program.

MEM: Facility Membership
PRO: Program Membership



Member Info



COWART FAMILY YMCA

Facility Hours

Monday – Thursday	5:00 am – 10:00 pm
Friday	5:00 am – 9:00 pm
Saturday	7:00 am – 6:00 pm
Sunday	8:00 am – 6:00 pm

Indoor Pool, Steamroom & Whirlpool Hours

Monday – Thursday	5:00 am – 9:45 pm
Friday	5:00 am – 8:45 pm
Saturday	7:00 am – 5:45 pm
Sunday	8:00 am – 5:45 pm

Holiday Hours

New Year's Day (January 1)	8:00 am – 6:00 pm
MLK Jr. Day (January 21)	Closed
Easter (April 21)	Closed
Memorial Day (May 27)	8:00 am – 6:00 pm
Independence Day (July 4)	8:00 am – 6:00 pm
Labor Day (September 2)	8:00 am – 6:00 pm
Thanksgiving (November 28)	Closed
Christmas Eve (December 24)	8:00 am – 3:00 pm
Christmas (December 25)	Closed
New Year's Eve (December 31)	8:00 am – 3:00 pm

Play Center hours are listed on [page 7](#).
See our website for holiday pool & Play Center hours.

COWART FAMILY YMCA

3692 Ashford Dunwoody Road
Atlanta, GA 30319 • 770-451-9622
cay.ymcaatlanta.org

BRANCH LEADERSHIP TEAM

Micki Robinson

Executive Director
770-452-4200 • MickiR@ymcaatlanta.org

Lisa Kiely

Associate Executive Director –
Wellness, Programs, Operations
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Jared Guyer

Director – Membership, Afterschool, Camp
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Patrick Wilson

Director – Youth Sports
770-452-4215 • PatrickWi@ymcaatlanta.org

Kendra Fuentes

Senior Director – Annual Campaign,
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770-452-4216 • KendraF@ymcaatlanta.org

Will Mast

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Darla Anderson

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Amber Justice

Senior Associate – Member Support
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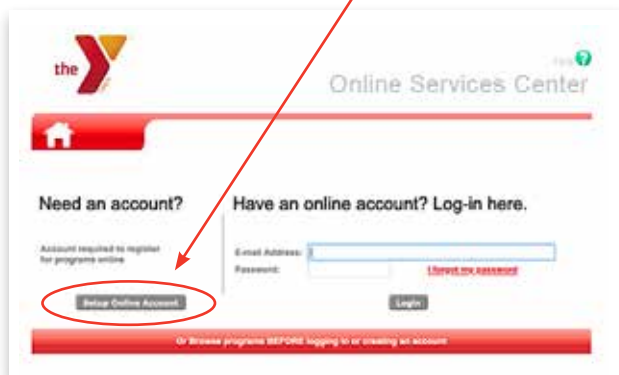
Registration



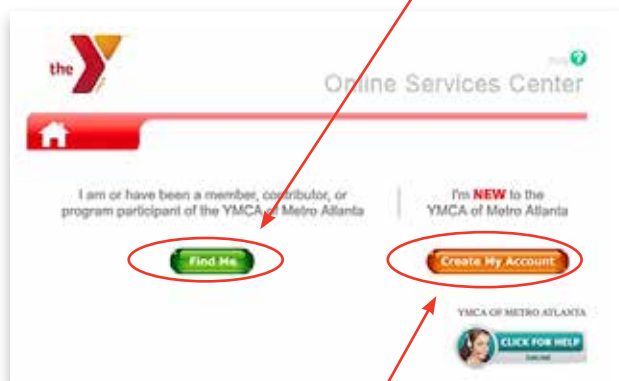
PROGRAM REGISTRATION

You can register for programs in person at the branch, but you can also register for most programs from the convenience of your home or office or even on your mobile phone with online registration. Here's how to get set up...

- Go to www.ymcaregistration.com
- Click "Setup Online Account"



- Current Y members, click "Find Me" then fill out Last Name, Date of Birth and Zip for any member of your household, along with either a "Person ID" (found on your Y membership card) or a "Y Receipt Number" (from a previous transaction). Then click on the "Find Me" button at the bottom of the page.



- For new member registration, click on "Create My Account" then 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.



GROUP EXERCISE CLASS REGISTRATION

We now have a new, easier way to sign up for our most popular group exercise classes. Here are the steps to register for a class...

- Visit the Schedules page on our website
- Choose Group Ex Schedule, then Select Cowart
- Locate the class that interests you that has a registration icon and "Sign Up" beside it
- Click the "Sign Up" link located below the class time
- Create a profile with your email and password
- Login using your previously registered email/password
- Click "Reserve a Spot" to complete your reservation
- Each time you log into this system you will use your email address and password to reserve a space within the class
- You can also "Cancel your Spot" the same way if you can't make it
- Reservations begin 40 hours before the class starts
- If you are on the waitlist for a class, you will receive an email once you have been added to the class

Mission & Vision



WHY IT MATTERS

Annual Giving Campaign

Why It Matters to give to the YMCA.

The YMCA of Metro Atlanta makes a significant difference in the lives of 250,000 kids, teens and families in our communities, everyday. So much more than a gym and great place to swim, the Y develops and provides vital programs and services for ALL people in Metro Atlanta.

We need your help.

Today, 1 in 4 children, teens and families needs financial assistance to be a part of the Y. And membership dues don't include funding for scholarships. As a charitable nonprofit, the Y relies on donations from people like you. Which is what the WHY IT MATTERS Annual Giving Campaign is all about. Give today!

Your gift matters.

Because the Y matters to the people and communities of Metro Atlanta.

Cowart Family YMCA's 2020 **WHY IT MATTERS Annual Giving Campaign** goal is \$162,500.

This will allow the 1 in 4 kids, teens and families who needs assistance to be part of the Y.

OUR VISION: To be the organization recognized for bringing people together and championing communities where everyone belongs.

OUR MISSION: Your YMCA, reflecting its Judeo-Christian heritage, is an association of volunteers members and staff, open to and serving all, with programs and services which build spirit, mind and body. Financial assistance is available based on need. The YMCA actively seeks to identify and involve those in need.

OUR CORE BELIEFS: We believe all people, especially children, deserve an equal chance to reach their full potential and should prepare themselves to connect to and serve community.

Togetherhood® is the Y's member-led volunteer service program. It activates Y members to work together to plan and lead service projects that respond to local community needs. Togetherhood® creates social change and demonstrates that we're a charity dedicated to strengthening community. We will team up with other organizations throughout the year on Togetherhood® projects.



Community Programs



ACTIVE OLDER ADULTS: ACT II CLUB

As we get older, it is increasingly important to stay active and exercise regularly. At the Y, older adults can take advantage of exercise programs designed especially for them and benefit from social events ranging from educational workshops and group outings to special events and community service opportunities. Come join in on the fun!

Senior Trips and Tours ages 60+: At the Y, you'll find a sense of community, fellowship and support that enriches people's lives. Come join us on our senior trips. Trip fees include transportation and lunch. Look for flyers in our lobby with details.

QUESTIONS? LisaK@ymcaatlanta.org

SPECIAL NEEDS

HAPPY Club is founded on the belief that people with mental disabilities can, with proper instruction and encouragement, learn, enjoy, and benefit from participation in structured social activities. The purpose of the HAPPY club is to provide mentally challenged teens and adults the opportunity for further development of social and community skills. The HAPPY club meets twice monthly, usually on Saturdays, to attend activities such as: professional sporting events, concerts, plays, movies, theme parks, camping, fishing, swimming, ice skating, trips to the beach, and much more. **For more information or to volunteer, contact Kendra Fuentes at KendraF@ymcaatlanta.org.**

OUTREACH

Donate

The Y is, and always will be committed to nurturing the potential of kids, promoting healthy living and giving back to our neighbors. The Cowart Y is a collection site for donations that benefit our community. We have many opportunities for you to serve your community through your generous donations. Look for flyers around the facility.

Volunteer

As a Y volunteer, you can feel confident that your contribution is making a positive, meaningful and lasting impact. Volunteer opportunities are available for any teen or adult in every department. We are looking for passionate, cause-driven leaders to help in our community. Get involved in your Y community today! For more information or to volunteer, contact Kendra Fuentes at KendraF@ymcaatlanta.org.

STAY CONNECTED



Check out our website...
cay.ymcaatlanta.org



Like us on Facebook...
facebook.com/CowartFamilyY



Follow us on Twitter...
twitter.com/AtlantaYMCA



Subscribe to our YouTube channel...
youtube.com/MetroAtlantaYMCA



Follow us on Instagram...
instagram.com/CowartFamilyY

Kids & Families



CHILDCARE

Play Center facility members ages 3 months-12 years:

Our Play Center offers engaging care for your children while you exercise or connect with others over shared interests. Children are divided into groups and are provided with positive social experiences in a secure, playful environment while in our care. Our Play Center is a facility member benefit drop-off service. There is a 2-hour maximum per child per day, up to 10 hours per week.

Play Center Hours

Monday – Friday: 8:00 am – 1:30 pm &
3:30 – 8:30 pm
(summer only for ages 6-12 years)

Saturday: 7:00 am – 1:30 pm

Sunday: 1:00 – 4:00 pm

*Hours may vary during holidays. Please visit our [website](#) for holiday Play Center hours.

PARENT BREAKS

Parents' Night Out FREE for Facility Members each month. ages 1-12: Once a month on Friday evening, drop your child off at the Y for an exciting evening while you enjoy time away. You can relax and enjoy a night off knowing that your children are safe and having a fun-filled evening at the Y. Dinner is included for ages 4+ and snack for children under 4. Activities vary based on theme, but may include swimming, dance party, gym games, board games, arts and crafts and a movie.

Parents Morning Out FREE for Facility Members each month: Once a month on Thursday morning; drop your child off at the Y for an exciting morning while you enjoy time away. You can relax and enjoy a morning off knowing that your children are safe and having a fun-filled evening at the Y. Activities vary based on theme, but may include a dance party, gym games, board games, arts and crafts.

For more information on specific activities for each night out, or questions about registration; email Kendra Fuentes at KendraF@ymcaatlanta.org.

Holiday Camps/Out of School Time ages 5-12: Fun for kids when school is out. Enjoy swimming, games, sports and more. Choose from regular day camp or travel camp where the kids will take field trips to fun places around the city. Camp runs 9:00 am – 4:00 pm with extended care offered free of charge. Early drop off starts at 7:00 am, and late pick up runs until 6:30 pm.

AFTERSCHOOL

YMCA Afterschool ages 4-15: This program provides a safe, fun and enriching environment for your child to spend their after-school hours. Children will participate in arts & crafts, sports, team building, dramatic play, enrichment, character building, S.T.E.A.M. enrichment, and free choice activities. In addition, your child will receive time for assistance with their homework and an afternoon snack. Staff are chosen for their education, experience and abilities with children. Our staff reflect, demonstrate and teach the YMCA's Character Development traits of caring, honesty, respect, & responsibility. We are licensed by Bright From The Start and maintain a 1:15 staff to child ratio.

To register you will need to complete a child history enrollment form and pay a program or facility membership fee, as well as 1st month's tuition. An updated immunization form will also be required for each child. Children may only enter this program on a Monday. All registration and payment information must be completed by 10:00 am Monday morning to begin the program.

Program Held at the following Schools:

Dunwoody Springs • High Point • Montgomery Elementary • Peachtree Middle • Woodland

Hours: School dismissal until 6:30 pm

QUESTIONS? JaredG@ymcaatlanta.org

Kids & Families



GYMNASTICS

YMCA Gymnastics provides a quality program in a safe, structured and nurturing environment. The program is designed to enhance body awareness, balance and coordination, as well as to build strength and self-confidence. Gymnastic classes are a great way to introduce your child to physical fitness and help them build their self-esteem.

Gym Kids (coed) Ages 3-4
Gym & Swim (coed) ages 3-5

Gymnastics (Coed)- for ages 5-12 year olds: This class is designed to improve strength, coordination, and self - motivation. One hour class will meet once a week.

QUESTIONS? PatrickWi@ymcaatlanta.org

KIDS WELLNESS

Kilometer Kids ages 7-14: We partner with Atlanta's Track Club's Kilometer Kids to offer a free, incentive-based running program designed to get kids in the community active.

Kids Triathlon Training ages 6-15: This FREE training program is open to kids who are registered for the [Atlanta Kids Triathlon](#) in August. Trainings take place at Cowart Y and will consist of fundamental and endurance training. Once registered, sign up for our free trainings. Be on the lookout for more info.

QUESTIONS? LisaK@ymcaatlanta.org



LEARNING AND CARING FOR ME – “CUIDÁNDOME Y APRENDIENDO JUNTOS”

Early Learning Readiness (ELR) for Hispanic children ages 0-5 and caregivers: In partnership with four other YMCAs, and their host centers, this program provides fun and engaged learning activities to children and their caregivers. Activities are age-appropriate to prepare children for school readiness.

This FREE program is held at the locations below twice a week from 10:00 am-12:00 pm.

Mondays/Wednesdays:

Brought to you by the Gwinnett Y
First Christian Church - Disciples of Christ (Lawrenceville)

Tuesdays/Thursdays:

Brought to you by the Cowart Y
Salvation Army Corps (Doraville)

Tuesdays/Thursdays:

Brought to you by the Fowler Y
St. Patrick's Catholic Church (Norcross)

Tuesdays/Fridays:

Brought to you by the Cowart Y
The Church of the New Covenant (Doraville)

Wednesdays/Fridays:

Brought to you by the Cowart Y
Holy Spirit Catholic Center (Sandy Springs)

QUESTIONS? MayiraB@ymcaatlanta.org

Kids & Families



TEEN PROGRAMS

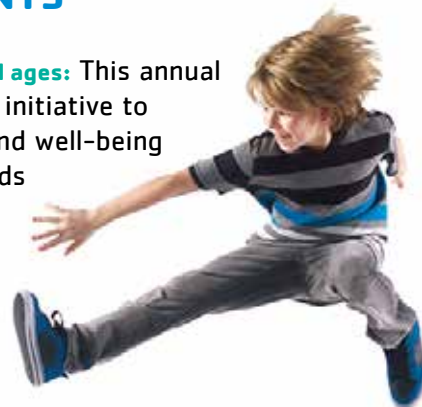
Leader's Club 8th-12th graders: Teenagers, dedicated to serving the YMCA. Discuss and plan upcoming events. Leaders participate in activities within the Y such as officiating youth sports, supervising overnights for kids, team-building and more! Contact Kendra for information regarding the next open enrollment period. open enrollment is during the first two weeks of school. There is an application and trial process for all new members.

Summer Leadership Academy ages 14-16: SLA participants will refine their communication and decision-making skills while serving as interns in various departments of the YMCA. Teens will develop skills that apply to careers working with children, as well as basic customer service principles. The SLA requires at LEAST a four week commitment, and all prospective members must go through a rigorous screening process. Space is limited, as qualified applicants will be selected on a first-come, first-served basis. Applications will be available February 1.

QUESTIONS? KendraF@ymcaatlanta.org

SPECIAL EVENTS

Healthy Kids Day all ages: This annual event is our national initiative to improve the health and well-being of kids. Bring your kids for a fun-filled few hours of games, inflatables and other activities to keep you moving!
April



Camp Cookout all ages: Join your camper and let us grill your lunch at the pavilion at Blackburn Park (across from the Y) Enjoy games and making summer camp memories while relaxing and listening to music. Free for facility members with camper enrolled in Summer Day Camp. **Once a month: June & July**

Back to School Bash: Come celebrate a new school year at our back to school carnival. There will be fun carnival food, such as cotton candy and friend Oreos. There will also be fun family activities including face painting, a bouncy house and carnival style games.
August

Halloween Trick or Treat thru the Y: Wear your favorite costume and trick or treat throughout the building to enjoy delicious and spooky treats.
October

Cowart Family Y Mission Miler 5K and Fun Run: See missionmiler.org for more info. **November**

Breakfast With Santa all ages: You have an opportunity to meet Santa at the Y! Come get your children's picture taken with Santa and enjoy breakfast fit for the whole family. We will also have family activities including ornament arts and crafts, cookie decoration and bounce house.
December

Health & Wellness



YMCA SIGNATURE PROGRAMS

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 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!

Weight Loss for Life free for members ages 18+: Weight Loss for Life is the next level to our signature THE COACH APPROACH program, which has improved physical activity, self-confidence and the emotional wellbeing of thousands of Y members around the country. With Weight Loss for Life, the next step is establishing wise, controlled eating, using behavioral tools that create long-term dietary change. Please see a Wellness Coach for more details.

YMCA Diabetes Prevention Program: This is a community-based lifestyle improvement program for adults with prediabetes. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes. Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over the age of 60. For more information, email LindaV@ymcaatlanta.org.

GROUP EXERCISE CLASSES

Group Exercise Classes for facility members 13 and older: We offer a variety of group exercise classes including strength and conditioning, choreographed cardio, group cycling, and mind and body. Check out our [online schedule](#).

Zumba for Kids facility members ages 4-12: This co-ed program is designed to get kids moving.

FITNESS EQUIPMENT/TRAINING

Equipment Orientation free for members ages 13+: YMCA Wellness coaches are available to answer your fitness questions, provide instruction on how to use the weight equipment and designate effective exercise routines. Schedule appointment at the Welcome Center.

Family Fitness ages 9 & up: Develop a fitness routine and exercise side by side with your child in the Wellness Center. Build healthy habits together to last a lifetime! Families may use the Wellness Center together during all Y hours of operation. Call 770-451-9622 or stop by Member Services to schedule your child's wellness center orientation to begin

Personal Training facility members ages 18+: Certified Y trainers will design an individual fitness plan geared to your specific needs. Maximize your results and reach your goals. By appointments only.

QUESTIONS? LisaK@ymcaatlanta.org

Health & Wellness



NUTRITION

Good Measure Meals: Good Measure Meals and the YMCA partner to provide healthy meal options that members can pick-up at their local YMCA. Members can feel good about providing healthy meals for themselves and their families while still being convenient and fast. 100% of the proceeds support Open Hand community nutrition programs. For more info, email LisaK@ymcaatlanta.org.

Community Garden: Members are invited to help tend our raised-bed community garden!

Y PARTNER PROGRAMS

PD Gladiators: Did you know that aggressive exercise is one of the best things someone with Parkinson's disease can do for themselves? This is why the YMCA of Metro Atlanta and the PD Gladiators have partnered to be able to offer group exercise classes focused on Parkinson's disease patients and caregivers. The PD Gladiators program is open to anyone with Parkinson's disease. Let's get aggressive and fight this disease together!

Winship at the Y: Because we know how beneficial exercise is, Winship and the Y truly believe that exercise should be an integral part before, during and after cancer treatment. We also know that exercise is extremely important for the caregivers. For this reason, the YMCA and the Emory Winship Cancer Survivor Institute have partnered to bring you Winship at the Y. Survivors are encouraged to join their local YMCA and get started with The Coach Approach. Our coaches have been trained by Winship so that they understand the needs of survivors and how best to work with survivors.

The Shepherd Center: Returning home and getting back to their lives is important for anyone who's overcome an injury and even more so for those who are completing their rehabilitation at The Shepherd Center. Our YMCA wellness coaches have been trained by the staff at The Shepherd Center so that we can help with wheelchair-to-equipment transfers, modifying exercises and learning to use the equipment that the Y has to offer in a safe and effective way. The Y wants to be a part of helping our members continue to get stronger every day.

QUESTIONS? LisaK@ymcaatlanta.org

WE'RE HERE FOR YOU

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you and your family have the resources and support to learn, grow and thrive. With a shared commitment to developing the potential of kids, improving health and well-being and helping our neighbors, your membership will not just bring about meaningful change for you, but for your community, too!



Swim Lessons



We teach youth, teens and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Y Swim Lessons provide important life skills that could save a life and will benefit participants for a lifetime.



GROUP LESSONS

Swim Starters ages 6 months–3 years: Lessons for infants and toddlers with a parent. Not designated to teach infants & toddlers to swim, but rather to learn to be comfortable in the water and develop swim-readiness skills.

Swim Basics ages 3 & up: Participants learn personal water safety and achieve basic swim competencies, such as swim, roll, float, jump, push and turn.

Swim Strokes ages 3 & up: Having mastered the fundamentals, participants learn additional water safety skills and build stroke technique.

INSTRUCTORS

Our YMCA swim instructors are nationally certified and have training in CPR, AED, First Aid, and Oxygen Administration. To ensure participants have a trained instructor at every level and ability to help them progress through the stages, the following ratios are applied to our swim lessons classes.

1:12 for Infant-Toddler + Parent Classes

1:4-5 for Preschool Classes

1:6-8 for School-Age, Teen & Adult Classes

SWIM THE DISTANCE

100 Mile Swim Club for facility members only: If you are a member of the Y, love to swim, and wouldn't mind pushing yourself to reach the 100 mile mark, this challenge is for you! This lap swimming challenge starts January 1 and ends December 31. Swim at your own pace, with your own stroke, for as many days as you need to reach 100 miles. Register for the Challenge Online, and then download the Y App to keep track of your distance. T-shirts will be given to all participants at the end of the year or when you complete the challenge.

REGISTRATION

Register for the days & times that work best with your schedule within the correct age group below. Skill tests will be administered during the first class to determine Stage of Learning. Participants are placed according to current skill level in order to advance quickly through the stages.

- **Infant/Toddler + Parent ages 6 - 36 months**
- **Preschool ages 3-5 years**
- **School-Age ages 6-12 years**
- **Teen & Adult ages 13+**

POLICIES

Lightning Policy: We close all pools, whirlpools, saunas, steamrooms, and pool decks for 30 minutes following lightning or thunder.

Make-up Policy: In the event that you miss a lesson due to a sickness, you may receive up to 1 makeup lesson with a note from a doctor. All other absences will not qualify for a makeup.

Weather Makeup Policy: if lessons are canceled due to weather, a makeup date will be given, taking place on the following Friday

Refund Policy: Refund requests must be made in writing at least 72 hours before session starts.

Questions for pool hours, rules, and swim lesson/swim team registration should be sent to WillM@ymcaatlanta.org

Questions regarding private lessons and swim team logistics should be sent to CAYAquatics@ymcaatlanta.org

Swim Programs/Trainings



SPECIALTY SWIM

Private/Semi-Private Lessons *facility members only ages 3+:* Private (1:1 ratio) and semi-private (2:1 ratio) swim lessons are available on a first come, first served basis. Request private lessons at the Registration Office & submit a Private Lesson Request form.

Youth Swim Team *ages 4-18:* The Dorsals Swim Team welcomes all types of swimmers: the beginner looking to expand on and learn new skills, the intermediate looking to refine their stroke and build endurance and the advanced swimmer looking for a competitive team with which to swim at the next level. Our practices and meets are designed to be competitive and challenging while keeping the fun in swimming. Check out the team site at dunwoody.swim-team.us.

Practices: Minimum of 2 times a week, M-TH
Swim Meets: Saturdays, 3:00-8:00 pm

Prerequisites:

- 4-18 years old
- Able to swim a full length of the pool, freestyle & backstroke

Age Groups:

- 6 & Under Red & Black
- 7-12 Bronze & Silver
- 13-18 Gold

Masters Swim *ages 18+:* Want to train for triathlons or competitive meets, or just want to improve your swimming ability and stay in shape? Masters is an adult competitive swim group for ages 18 & up. If you enjoy swimming laps, join Master Swim.

TRAININGS/CERTIFICATION

CPR/AED Classes *ages 13+:* This course provides training in adult, child and infant CPR. To receive certification, participants must score 80% or better on the written exam and be able to correctly perform all of the skills. Participants will be certified to use an Automatic External Defibrillator, which is used to restart a stopped or abnormal heart rhythm.

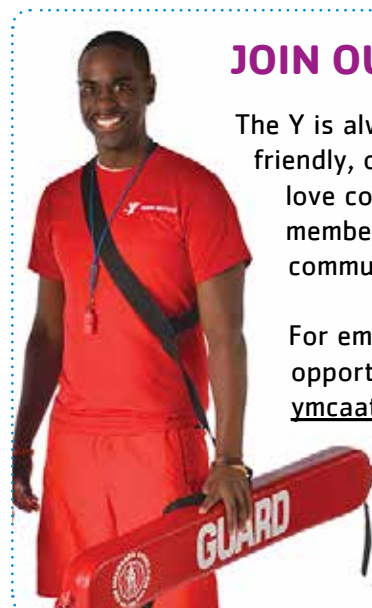
Lifeguard Training *ages 16+:* This training provides all the necessary skills and certifications to be employed as a professional lifeguard in an aquatic facility. Participants will be required to complete an endurance swim, attend 36 hours of class and pool instruction and pass CPR/AED, First Aid, Emergency Oxygen, and Lifeguard examinations. Participants must pass all requirements to receive a YMCA Lifeguard certification.

QUESTIONS? KendraF@ymcaatlanta.org

JOIN OUR TEAM

The Y is always looking for friendly, outgoing people who love connecting with our members and making our community a better place.

For employment opportunities please visit ymcaatlanta.org/employment and apply today!



Youth Sports



MARTIAL ARTS

Tang Soo Do ages 4+: A traditional martial art that develops mind, body, and spirit and emphasizes personal improvement. Our Y studio is a satellite school of T.M. KIM Global Tang Soo Do. Tang Soo Do provides curriculum and promotion testing from beginning white belts to advanced black belts. Classes include traditional blocks, kicks, punches, sparring, self-defense, and forms. All classes taught by fifth degree certified instructor. Prospective students are encouraged to visit class & meet instructor. **All Seasons:** Year-Round

SOCCER

Youth Soccer ages 3-13: Here at the Y, we not only respect the game of soccer, we live it. Our goal is to provide all participants a program that strives to develop them to their fullest potential not only as a soccer player but a person as well. We focus on offering a quality soccer experience in an enjoyable atmosphere. U12 & U14 play in the Dunwoody Metro League with some other local organizations. These games require a minimal amount of travel.

Spring: Late February/Early March

Fall: Late August/ Early September

BASKETBALL

Youth Basketball ages 3-17: Our program is based on skill development, fair play and positive family atmosphere. We have teams for boys and girls with zero previous playing experience required. Teams have one weeknight practice and one weekend game (three-year-olds only meet once a week). Our older teams travel to play other Y's and local church teams. All participants will receive a team uniform and an end of the season award. **Winter:** December

Adult Pick-Up Basketball free for facility members ages 18+: Hit the hoops with friends!

Half-Court Hours:

Monday/Wednesday, 6:30pm - 8:30pm

Full-Court Hours:

Saturday, 10:00 am - 1:00 pm

Sunday, 1:00 - 3:00 pm

Adjusted Hours during Youth Basketball season:

Saturday 8:00am - 10:00am

CLINICS

Sports Clinics ages 3-14: Conducted by former collegiate athletes. All skills will be age-appropriate, and will include shooting and passing, with daily scrimmages.

Summer/ Winter: Basketball clinics

Spring/ Fall: Soccer clinics

QUESTIONS? PatrickWi@ymcaatlanta.org

VOLUNTEER TO COACH

We need volunteer coaches for most of our sports teams! Volunteer coaches are offered training and assistance to ensure their team has a productive, fun & memorable experience. All coaches must pass a criminal background check. To apply, email Sports Director Patrick Wilson at PatrickWi@ymcaatlanta.org.



Summer Day Camp



Join us this summer at the Cowart Family YMCA in Brookhaven! Camp is a powerful experience that can strengthen the values that you, as parents, are teaching daily. All of our summer camps are designed to make summer fun, exciting, and safe while focusing on the Y's values: caring, honesty, respect & responsibility.

Half-Day: 9:00 am-1:00 pm
Full-Day: 9:00 am-4:00 pm
Free Extended Care for Full-Day Camps:
7:00-9:00 am & 4:00-6:30 pm

QUESTIONS?

JaredG@ymcaatlanta.org



HALF-DAY CAMPS

Mighty Mites ages 3-5: Our youngest campers will be enjoying fun games, activities and engaging with counselors who care. Campers will visit our playground, pool and other special destinations around the Cowart Family Y.

TRADITIONAL CAMPS

Traditional Day Camp ages 5-11: Our traditional camps offer age-appropriate activities including swimming, sports, arts & crafts, games, teambuilding, huddle time, as well as a variety of opportunities that will help your child develop values, leadership skills, sportsmanship, life skills and friendships that will last a lifetime. All groups will participate in weekly STEM activities as part of their summer fun. Offered at YMCA/Blackburn Park and Lynwood Park.

Explorers ages 5 & 6

Voyagers ages 7 & 8

Pathfinders ages 9-11

SPORTS CAMPS

Sports Camps ages 5-12: Campers will participate in Traditional Camp activities while learning and growing in their sports skills. Most are sports camps are held at YMCA/Blackburn Park, but tennis and basketball are offered at Lynwood Park.

Jr. Sports ages 5-6

Gymnastics ages 5-12

Basketball ages 7-12

Baseball/Softball ages 7-12

Flag Football ages 7-12

Cheerleading ages 5-12

Soccer ages 7-12

Volleyball ages 7-12

Tennis ages 7-12

SPECIALTY CAMPS

Specialty Camps ages 5-15: We offer a variety of full-day specialty camps including...

Splash ages 5-8

Hip Hop Dance ages 5-12

Aquatics ages 7-12

Health & Wellness ages 7-12

Chef ages 8-11

Jr. Travel ages 8-11

Photography ages 10-14

Video ages 10-14

Babysitting ages 11-14

Sr. Travel ages 12-15



TEEN CAMPS

Teen Specialty Camp ages 12-14: This camp will be catering to our campers that are older than the max age for some of our other camps (Sports, Cheer, Gymnastics, Swim, Chef, etc.) but have an interest in those activities. Depending on the camps being offered the week's Teen Specialty Camp is offered, campers will have the ability to engage in a variety of activities age appropriate for them.

Teen Leadership Camps ages 12-17: We offer three great teen leadership camps for our oldest campers.

Navigators ages 12-14

Advanced Leadership (ALC) ages 14-15


Leaders in Training ages 15-17

Teen Camp Info: Email KendraF@ymcaatlanta.org.

Summer Day Camp



Key: Half-Day Preschool Camp • Traditional Camp • Sports Camp • Specialty Camp • Teen Camp

Session 1: May 26-29	Session 2: June 1-5	Session 3: June 8-12
Explorers Y/Blackburn ages 5-6	Mighty Might's ages 3-5	Mighty Might's ages 3-5
Voyagers Y/Blackburn ages 7-8	Explorers both locations ages 5-6	Explorers both locations ages 5-6
Pathfinders Y/Blackburn ages 9-11	Voyagers both locations ages 7-8	Voyagers both locations ages 7-8
Gymnastics ages 5-12	Pathfinders both locations ages 9-11	Pathfinders both locations ages 9-11
Soccer ages 7-12	Cheerleading ages 5-12	Gymnastics ages 5-12
Hip Hop ages 5-12	Jr. Sports ages 5-6	Jr. Sports ages 5-6
Travel ages 8-15	Basketball ages 7-12	Baseball/Softball ages 7-12
Navigators ages 12-14	Soccer ages 7-12	Soccer ages 7-12
Advanced Leadership ages 14-15	Chef ages 8-11	Tennis ages 7-12
Leaders In Training ages 15-17	Splash ages 5-8	Chef ages 8-11
	Travel ages 8-15	Travel ages 8-15
	Teen Specialty ages 12-14	Video ages 10-14
	Navigators ages 12-14	Splash ages 5-8
	Advanced Leadership ages 14-15	Navigators ages 12-14
	Leaders In Training ages 15-17	Advanced Leadership ages 14-15
		Leaders In Training ages 15-17

Session 4: June 15-19	Session 5: June 22-26	Session 6: June 29-July 3
Mighty Might's ages 3-5	Mighty Might's ages 3-5	Mighty Might's ages 3-5
Explorers both locations ages 5-6	Explorers both locations ages 5-6	Explorers Y/Blackburn ages 5-6
Voyagers both locations ages 7-8	Voyagers both locations ages 7-8	Voyagers Y/Blackburn ages 7-8
Pathfinders both locations ages 9-11	Pathfinders both locations ages 9-11	Pathfinders Y/Blackburn ages 9-11
Cheerleading ages 5-12	Gymnastics ages 5-12	Cheerleading ages 5-12
Jr. Sports ages 5-6	Jr. Sports ages 5-6	Basketball ages 7-12
Basketball ages 7-12	Baseball/Softball ages 7-12	Hip Hop ages 5-12
Flag Football ages 7-12	Tennis ages 7-12	Aquatics ages 7-12
Tennis – Lynwood ages 7-12	Basketball – Lynwood ages 7-12	Health & Wellness ages 7-12
Splash ages 5-8	Aquatics ages 7-12	Travel ages 8-15
Jr. & Sr. Travel ages 8-15	Chef ages 8-11	Video ages 10-14
Photography ages 10-14	Jr. & Sr. Travel ages 8-15	Navigators ages 12-14
Babysitting ages 11-14	Teen Specialty ages 12-14	Advanced Leadership ages 14-15
Navigators ages 12-14	Navigators ages 12-14	Leaders In Training ages 15-17
Advanced Leadership ages 14-15	Advanced Leadership ages 14-15	
Leaders In Training ages 15-17	Leaders In Training ages 15-17	

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Session 7: July 8-12	Session 8: July 15-19	Session 9: July 22-26
Mighty Mights ages 3-5	Mighty Mights ages 3-5	Mighty Mights ages 3-5
Explorers both locations ages 5-6	Explorers both locations ages 5-6	Explorers both locations ages 5-6
Voyagers both locations ages 7-8	Voyagers both locations ages 7-8	Voyagers both locations ages 7-8
Pathfinders both locations ages 9-11	Pathfinders both locations ages 9-11	Pathfinders both locations ages 9-11
Jr. Sports ages 5-6	Jr. Sports ages 5-6	Jr. Sports ages 5-6
Gymnastics ages 5-12	Cheerleading ages 5-12	Gymnastics ages 5-12
Flag Football ages 7-12	Baseball/Softball ages 7-12	Basketball – Lynwood ages 7-12
Tennis ages 7-12	Basketball ages 7-12	Volleyball ages 7-12
Volleyball ages 7-12	Tennis – Lynwood ages 7-12	Tennis ages 7-12
Basketball – Lynwood ages 7-12	Splash ages 5-8	Hip Hop ages 5-12
Splash ages 5-8	Chef ages 8-11	Aquatics ages 7-12
Travel ages 8-15	Travel ages 8-15	Health & Wellness ages 7-12
Photography ages 10-14	Teen Specialty ages 12-14	Travel ages 8-15
Babysitting ages 11-14	Navigators ages 12-14	Video ages 10-14
Navigators ages 12-14	Advanced Leadership ages 14-15	Navigators ages 12-14
Advanced Leadership ages 14-15	Leaders In Training ages 15-17	Advanced Leadership ages 14-15
Leaders In Training ages 15-17		Leaders In Training ages 15-17

Session 10: July 29-August 2
Mighty Mights ages 3-5
Explorers Y/Blackburn ages 5-6
Voyagers Y/Blackburn ages 7-8
Pathfinders Y/Blackburn ages 9-11
Jr. Sports ages 5-6
Basketball ages 7-12
Soccer ages 7-12
Splash ages 5-8
Travel ages 8-15

Session 11: August 3-7
Explorers Y/Blackburn ages 5-6
Voyagers Y/Blackburn ages 7-8
Pathfinders Y/Blackburn ages 9-11
Basketball ages 7-12



For more detailed summer camp information, please see our Camp Guide.