

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.

>> Covington Family YMCA <<

Health & Wellness



SIGNATURE Y PROGRAMS

The COACH APPROACH® Exercise Support Process a six month program provided for members 18+: Maximize your membership with The Coach Approach – a 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 exercising on mood, stress & energy and stay on track when schedules throw you a curve ball. Make your first Coach Approach appointment at the Front Desk.

FITNESS EQUIPMENT

Equipment Orientation free for members ages 13+: Y Wellness Coaches are available to answer your fitness questions, provide instruction on how to use the strength equipment and design a safe, effective exercise routine. Schedule appointments at the Front Desk.

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

- Child must be 60" tall per manufacturer requirements.
- Closed-toe athletic shoes are required when using fitness equipment.
- Members are limited to 30 minutes on cardio machines during peak times.
- Successfully complete an equipment orientation (with parent/guardian present).
- Subsequent use of the area requires a parent/guardian present.

GROUP EXERCISE

Group Exercise Classes for facility members 13+: We offer a variety of group exercise classes including Group Cycling, Functional Fitness, Zumba, Yoga and more. [Check out our schedule online.](#)

Youth Policy ages 9-12: This age group may participate in group classes only if accompanied by a parent or guardian 18 years of age or older and who is a member. The following exclusions apply: BODYPUMP, Group Cycling and Kettlebells.

If a participant's safety is compromised, the YMCA Certified Group Exercise Instructors reserve the right to redirect a member to a more appropriate class.



PERSONAL TRAINING

One-on-One Training facility members ages 13+: Increase your endurance and improve your body composition. By appointment only. Please contact the Front Desk for more information.

FUNCTIONAL MOVEMENT ASSESSMENTS & TRAINING

FMS is a ranking and grading system that documents movement patterns and identifies functional limitations and asymmetries. By targeting problems and tracking progress, the most beneficial corrective exercises can be used to restore movement patterns and build strength.

Kids & Families



KID ZONE/CHILD WATCH

Kid Zone (Child Watch Service) ages 3 months-12 years (with first round of immunizations): Kid Zone is available to all members with a family membership. All children may be left in the Kid Zone for a maximum of 2 hours per day and up to 8 hours per week. Parents or guardians must remain on the premises at all times while children are in the Kid Zone. The YMCA reserves the right to refuse access to children who show signs of fever or contagious disease. Please make sure that your child's diaper is clean before drop-off. Our staff does not change diapers so please be aware that you may be asked to come change your child. Please label all of your children's belongings.

Hours of Operation:

Monday–Thursday: 8:00 – 11:30 am & 4:00 – 8:00 pm
Friday: 8:00 – 12:00 pm & 4:00 – 7:00 pm
Saturday: 9:00 am – 12:00 pm

Please notify the YMCA Kid Zone staff of any special needs or allergies relating to your children.

RENTALS All rentals must take place during facility hours.

Pool Rental: Our outdoor pool can be rented weekend nights for 2 or 4 hours. Lifeguard included.

Room/Building Rental: Need a meeting room or a space to hold a shower or party? Ask about our building rentals!

QUESTIONS? ErinG@ymcaatlanta.org

AFTERSCHOOL

Afterschool ages 5-13: School-age childcare at the YMCA builds self-esteem, values, and leadership skills. We offer activities that will enhance your child's confidence, enrich his or her social and physical development, and encourage self-expression. Our program is licensed through Bright From the Start. **Dismissal to 6:30 pm**

Students from East Newton Elementary School are transported to the Y in our 14-passenger bus. Newton County Theme School students walk to the Y with school staff members.

SCHOOL BREAK CAMPS

Holiday Camp ages 5-13: Kids will engage in group games and activities, seasonal arts & crafts, enjoy indoor & outdoor play (weather permitting), and will participate in field trips (additional charge – cash only). Bring a snack & lunch daily.

STAY CONNECTED



Check out our website...
www.ymcaatlanta.org



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



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



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



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

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

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+

PRIVATE LESSONS

Private/Semi-Private ages 3+: Improve or master your swimming skills with individualized attention. Instructors will work with you to determine your goals for the sessions so lessons can be customized to meet your goals and arranged to fit your schedule. Classes are 30 minutes and sold in packages at your membership desk.

Adaptive ages 3+: Children and young adults with special needs can learn to swim at the Y. This program is taught by specially trained aquatic staff and personalized to suit the needs of each individual. Previous experience in swimming is not required. Participants are enrolled in either a private or small group depending on their specific needs and abilities. Classes are 30 minutes and sold in packages at your membership desk. Not offered at all branches. Contact your aquatics director for availability.

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 your child misses a lesson, there will be NO credits or refunds given.

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

QUESTIONS? CVYAquatics@ymcaatlanta.org

Swim & Sports



SWIM TEAM

Piranha Swim Team ages 5-18: The competitive swim team, for ages 5 to 18, begins practice in May and competes with the Rockdale Swim League in June. Must be able to swim 25 yard unassisted.

Summer: May–July

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.

YOUTH SPORTS

Basketball League ages 4-14: Originally started by the YMCA, basketball is a fun team sport that grows character and teamwork. Teams practice once a week until games begin. All activities are on weeknights and take place at Flint Hill Elementary and the Theme School. All players will receive a jersey and a ticket to an upcoming Atlanta Hawks game.

Winter: November–March

Youth Soccer League ages 3-14: Our recreational youth soccer program is coed and designed to work on footwork, drills and love of the game. Teams will practice one night a week and play games on Saturdays and occasional weeknights.

Spring: February–May & **Fall:** August–November

All Sports Camp ages 8-14: Campers practice skills and drills in soccer, basketball, volleyball, kickball, street hockey and dodgeball. Campers will also participate in free swim. Drop off and pick up are at the Y, and campers are bussed to our Outdoor Center for activities. **June 10-13 & July 8-11**

Challenger Soccer Camp

British Soccer Camp for ages 3-16

Register at challengersports.com/summer-cam.



CHEERIOS® CHALLENGE

Covington Y Cheerios® Challenge all ages: Join us for a morning full of fun events for the whole family! We'll have Trix Tot Trot, 1-mile Fun Run, 5K, 10K & 15K races. All proceeds support the Covington Family YMCA's Annual Campaign. Register www.active.com and at the Y. All participants receive a t-shirt.

April 20

QUESTIONS? JanetteS@ymcaatlanta.org

We Need You... Volunteer to coach a basketball or soccer team! Email Janette for more info.

Summer Day Camp



Covington Family YMCA offers the following summer camp options to meet your camper's needs. Our summer camps focus on the Y's values of caring, honesty, respect, and responsibility to ensure a safe, fun and exciting experience. Check out our camp guide for more detailed information about all our camps.

QUESTIONS? ErinG@ymcaatlanta.org

TRADITIONAL CAMPS ages 5-12

Campers will enjoy swimming, outdoor recreation, tennis, group games, arts & crafts, weekly themes, summer learning and more. Campers are divided into three ages groups: 5-6, 7-9 and 10-12.

Offered Sessions 1-9

Monday-Friday, 9:00 am-4:00 pm

Pre-Camp & Post-Camp included:

7:00-9:00 am and 4:00-6:30 pm

MEM: \$100 PRO: \$

SPECIALTY CAMPS ages 5-12

This summer we will be offering a half-day **Swim & Tennis Camp**. On the court, this camp incorporates skills and drills along with match play. Tennis sessions are taught by our USPTA-certified professionals. In and around the pool, campers will enjoy instruction, games, and play time to build self-confidence, endurance and skill. Campers will learn about water safety and improve swimming skills. Pool sessions are led by our swim lessons instructors. This camp also includes time for lunch and group camp activities.

Offered Sessions 2 & 5

Monday-Friday, 9:00 am-1:00 pm

Pre-Camp included: 7:00-9:00 am

MEM: \$70 PRO: \$100

SPORTS CAMPS ages 7-14

Campers practice skills and drills in soccer, basketball, volleyball, kickball, street hockey and dodgeball. Campers will also participate in free swim. Drop-off and pick-up are at the Y, and campers are bussed to our Outdoor Center for activities.

Offered Sessions 3 & 7

Monday-Thursday, 9:00 am-4:00 pm

Pre-Camp & Post-Camp included:

7:00-9:00 am and 4:00-6:30 pm

MEM: \$130 PRO: \$150

TEEN CAMPS ages 13-14

Navigators (formerly L.I.T.) offers a great opportunity for teens to gain valuable leadership experience.

Teens will spend their time involved in:

- Leadership training
- Development of work ethic
- Game facilitation/assisting campers and counselors
- Service projects
- Traditional camp activities including daily swimming and sports

Offered Sessions 1-9

Monday-Friday, 9:00 am-4:00 pm

Pre-Camp & Post-Camp included:

7:00-9:00 am and 4:00-6:30 pm

MEM: \$75 PRO: \$90

CAMP SESSION DATES

Session 1: May 26 – 29

Session 2: June 1 – 5

Session 3: June 8 – 12

Session 4: June 15 – 19

Session 5: June 22 – 26

Session 6: June 29 – July 3

Session 7: July 6 – 10

Session 8: July 13 – 17

Session 9: July 20 – 24

