

A young girl with dark skin and her hair styled in two braids with orange hair ties is the central focus. She is wearing a pink t-shirt and a black backpack, and she has a bright, joyful smile. The background is slightly blurred, showing other children in a group, suggesting a school or community event. The image is overlaid with a red diagonal graphic in the bottom right corner.

2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> Forsyth County Family YMCA <<

Member Info



MEET THE STAFF

Darren Dannelly, Executive Director

(678) 341-6245 • DarrenD@ymcaatlanta.org

Rasheeda McCullough, Director of Business Affairs

(678) 341-6238 • RasheedaM@ymcaatlanta.org

Doug Johnson, Member Experience Director

(678) 341-6244 • DougJ@ymcaatlanta.org

Ryan Jones, Wellness Director

(678) 341-6246 • RyanJo@ymcaatlanta.org

Kim McKenna, Assistant Wellness Director/ Healthcare Coordinator

(678) 341-6233 • KimMc@ymcaatlanta.org

Carla Grove, Family Programs Coordinator

(678) 341-6335 • CarlaG@ymcaatlanta.org

RATES & FEES

NO CONTRACTS & 100% Satisfaction Guaranteed

| | Monthly Dues | Joining Fee |
|-----------------------------|--------------|--------------|
| Youth (<12)* | \$13 | \$0 |
| Teen (13-18) | \$20 | \$0 |
| Young Adult (19-29) | \$37 | \$70 |
| Adult (30-59) | \$61 | \$70 |
| Senior Adult (60+) | \$59 | \$70 |
| Two Adults (25-59) | \$93 | \$100 |
| Family* | \$99 | \$100 |
| Senior Family* (60+) | \$82 | \$100 |

*Youth membership is only available with the purchase of an adult membership.

HOURS

Facility Hours pool closes 30 minutes before facility

Monday - Thursday: 5:00 am - 9:30 pm

Friday: 5:00 am - 9:00 pm

Saturday: 7:00 am - 6:00 pm

Sunday: 8:00 am - 6:00 pm

Play Center Hours ages 3 months-5 years

Monday - Friday: 8:00 am - 1:00 pm

3:30 pm - 8:00 pm

Saturday: 8:00 am - 1:00 pm

Sunday: 11:00 am - 4:00 pm

SPARK Hours ages 6-12 years

Monday - Friday: 4:00 pm - 8:00 pm

Also 8:00 am-1:00 pm when Forsyth County Schools are out

Saturday: 8:00 am - 1:00 pm

Sunday: 11:00 am - 4:00 pm

Holiday Hours

New Years Day: 8:00 pm - 6:00 pm

Memorial Day: 8:00 am - 6:00 pm

Independence Day: 8:00 am - 6:00 pm

Labor Day: 8:00 am - 6:00 pm

CLOSED: MLK, Easter, Thanksgiving, Christmas

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

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 Wellness Desk to meet with a wellness coach for a series of one-on-one meetings at no additional cost to you! [More Info](#)

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.

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 equipment & design a safe, effective exercise routine. Schedule appointments at Wellness Desk.

Youth Policy ages 9-12: We encourage healthy living for our youth! They may use the Wellness Center equipment if the following requirements are met:

- Child must be 60 inches tall per manufacturer requirements.
- Successfully complete an equipment orientation (with parent/guardian present).
- Subsequent use of the area requires a parent/guardian present.



GROUP EXERCISE/TRAINING

Group Exercise Classes for facility members 13+:

Facility members 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 18 years of age or older and who is a facility member. If a participant's safety is compromised, the Y Certified Group Exercise Instructors reserve the right to redirect a member to a more appropriate class. Schedules are in the lobby or [online](#).

Small Group Personal Training facility members ages 18+:

These sessions allow you to work with certified trainers in a small group setting at a fraction of the cost of one-on-one personal training. This program will incorporate a wide variety of equipment including kettle bells, free weights, slam balls, core push up bars, agility ladders, medicine balls, TRX and TRX rip trainer. Minimum of 4 participants required to offer class. Register at the Membership Desk.

Monthly Sessions

Semi Personal Training ages 13+: Customized classes for just you and a friend. Register at the Membership Desk.

QUESTIONS? RyanJo@ymcaatlanta.org

Kids & Families



CHILDCARE

Play Center ages 3 months-12 years: Enjoy your time at the Y knowing your kids are having fun in a fun, safe environment. Hours on page 1. **2-hour limit per day for up to 10 hours per week**

KidZone ages 3 months-5 years: While you are working out, your children are divided into age-appropriate rooms that are monitored by well-trained staff engaging them in fun, developmentally-sound activities. Experience the Y difference by witnessing our core values of Caring, Honesty, Respect & Responsibility in action!

SPARK ages 6-12 years: Have a blast hanging out with friends in the SPARK activity room, gym, outside and arts & crafts room throughout the week. See the SPARK staff for schedule of events.

Parent's Night Out ages 18 months-12 years: Enjoy a date night out while your children stay at the Y for a fun filled night. Fun filled activities for all ages: moonwalks, arts & crafts, movies, organized group games, & snacks. **Saturdays, 5:30-9:30 pm**
Registration opens on the 1st of each month

Forsyth Y Preschool ages 2-5 years: We create an environment that promotes natural learning through play and instruction. Through this program we are embracing our Y's initiative to ensure school readiness! Our creative curriculum includes open ended art activities & crafts that allows your child to develop social and cognitive skills while being nurtured and loved. Held at Christ Culture Center at 315 Kelly Mill Road in Cumming. Registration opens in February for upcoming school year. **9 am – 1 pm**
Ages 2-3: M/W or M/W/F • Ages 3-5: M/W/F or M-F
QUESTIONS? CarlaG@ymcaatlanta.org

School Break Camps ages 5-12: During Forsyth County school breaks, our qualified counselors will lead activities that will help build your child's self confidence, strengthen their social skills, deepen their respect for others and build lasting relationships. Activities may include swimming, crafts, sports, and group games.

QUESTIONS? FCYCamp@ymcaatlanta.org

HOMESCHOOL

Homeschool PE ages 6-12: Bring your kids to come socialize with other homeschool children in a safe environment while participating in various exercise regiments, learning team sport fundamentals and playing games that promote good physical, emotional and spiritual health.

Teen PE ages 12-15: Starting in March, we will be offering a PE class led by a Y personal trainer to this older age group. It will focus on cardio and strength training.

QUESTIONS? DainaM@ymcaatlanta.org

BIRTHDAY PARTIES

Birthday Parties ages 3-12 years: Pick from our theme parties, examples include Glitz & Glamour, Sports Zone, Indoor Pool Party, and Reptile Adventure. Parties include time in a party room for cake and presents. For available dates and pricing information, please email [Carla Grove](mailto:CarlaGrove).

QUESTIONS? CarlaG@ymcaatlanta.org

Kids & Families



TEENS

Leader's Club ages 12-18: Leader's Club is an exceptional opportunity for teenagers to learn leadership skills, make lasting friendships and improve themselves in spirit, mind and body. Meetings occur every Tuesday night following the school calendar. The club serves in the community twice a month, participates in rallies and other association-wide events and attends the Blue Ridge Leaders School.

COMMUNITY OUTREACH

Togetherhood® ages 12-18: Togetherhood® is the Y's member-led volunteer service program that activates Y members to work together to plan and lead service projects that respond to community needs. In order to create social change and strengthen our community, we will team up with other organizations throughout the year on Togetherhood® projects. Look for opportunities on Facebook and via email.

SPECIAL EVENTS

We offer fun family events throughout the year, including but not limited to...

Healthy Kids Day - April

Our national initiative to improve the health and well-being of kids. Bring your kids for a fun-filled few hours of activity.

Fall Festival - October

Pumpkins, arts & crafts, face painting and more.

Breakfast with Santa - December

Enjoy an afternoon with Santa!

STAY CONNECTED



Check out our website...
ymcaatlanta.org/fcy



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



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



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



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

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+

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.

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? FCYAquatics@ymcaatlanta.org

Swim Programs



PRIVATE INSTRUCTION

Private/Sem-Private Lessons facility members only: Cost includes six 30-minute lessons. 1-on-1 instruction, for a wide range of swimming abilities. Payment required at registration. Must be used within 6 months of purchase. Contact Deb Kelly at DougJ@ymcaatlanta.org, for more information.

Adaptive Aquatics: One-on-one instructor ratio is available for special needs members. Contact Deb Kelly at DougJ@ymcaatlanta.org, for more information.

If you would like to be notified of POOL CLOSURES, please text "fcaquatics" to 84483. If the pool is closed 15 minutes prior to the class start time.

SPECIALTY SWIM

Stroke Clinic ages 6-15: Learn to build endurance and perfect strokes, flip turns and starting dives. Must be able to swim 25 yards of front & back crawl, breast stroke, side, butterfly and elementary back stroke.

Forsyth Flyers Swim Team ages 5-18: This team focuses on fun, building self-esteem and prepares children to compete at the next level. This program is an intro to competitive swimming in an "everybody swims, everybody wins" atmosphere. Coaches work on all four strokes and techniques. Practice at the Y and competes against other Y's in weekend meets. September 2019 - February 2020



QUESTIONS? DougJ@ymcaatlanta.org



DID YOU KNOW?

- 2 kids die every day from drowning
- Drowning is the 2nd-leading cause of death for kids ages 5 to 14
- 88% of kids who drown do so under adult supervision
- 60% of kids who drown are within 10 feet of safety

DROWNING IS PREVENTABLE! Let us teach your child to swim and be safe around water! More than 1 million kids take swim lessons every year at YMCAs around the country.

Sports & Rec



BASKETBALL

Youth Basketball ages 3-12: This program is a great opportunity for you and your child to learn and love the sport of basketball. Originally started by the YMCA, basketball is a fun team sport that develops character and teamwork. We offer a recreational league as well as Learn to Play basketball program for preschoolers.

Summer: June & July

Winter: November – February



SOCCER

Learn to Play Soccer ages 3-4: A fun introduction to soccer through games and activities that develop skills and teach fundamentals without the pressure of league play. For young players who are not ready to be on a team, this program offers a once a week opportunity to try a new sport without a huge commitment. **Spring:** March & **Fall:** September

Recreational Soccer ages 5-11: Y Soccer focuses on the importance of fun and participation as well as friendship, teamwork, and exercise! Uniforms need to be purchased but can be reused for spring/fall soccer season. **Spring:** March & **Fall:** September

ADULT SPORTS

Pickleball: M/W, 7:30 pm & T/TH, 11:30 am

Men's Pick-Up Basketball: M/W/F, 7:30 am

Volleyball: Upon Request

VOLLEYBALL

Youth Volleyball League ages 7-14: Originally started by the YMCA, volleyball is a fun team sport that develops character and teamwork. Youth Volleyball is offered for boys, girls, and co-ed leagues. It is designed to build teamwork, intermediate skills, basic fundamentals and love of the sport. Our teams will play teams from other local YMCAs.

Spring: February – May

Fall: August – October

QUESTIONS? DougJ@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 Ryan Jones at RyanJo@ymcaatlanta.org.

Summer Day Camp



Camp Hours: Monday – Friday, 9:00 am – 4:00 pm // Free Extended Care: 7:00–9:00 am & 4:00–6:00 pm

At the Forsyth Y, we offer a wide array of summer camp options to meet every camper's needs. All of our summer camps are designed to make summer fun, exciting, and safe while focusing on the Y's values of caring, honesty, respect and responsibility. Check out our camp guide for more detailed information about all our camps.



QUESTIONS?

FCYCamp@ymcaatlanta.org

Camp Session Dates & Themes

- Session 1:** **May 26 – 29** no camp 5/25
Video Games Come Alive
- Session 2:** **June 1 – 5**
Superhero
- Session 3:** **June 8 – 12**
Mad Science
- Session 4:** **June 15 – 19**
Harry Potter/Magic
- Session 5:** **June 22 – 26**
Circus
- Session 6:** **June 29 – July 3**
Stars & Stripes
- Session 7:** **July 6 – 10**
Color Wars
- Session 8:** **July 13 – 17**
Holidaze
- Session 9:** **July 20 – 24**
Disney
- Session 10:** **July 27 – 31**
Animal Planet



PRESCHOOL CAMP ages 2-5

Throughout the morning, kids will enjoy circle time, music & movement, storytime, arts & crafts and weekly-themed activities. Ages 3 to 5 will be introduced to math concepts and spend time reading and creative language arts. Held at Christ Culture Center. **Offered Sessions 2-10 • 315 Kelly Mill Rd**

TRADITIONAL CAMPS ages 5-12

Camperers at YMCA Camp Eagle Point will have a blast on our 22-acre, rustic outdoor camp on Lake Lanier. Join us for a summer of adventure and making new friends through activities like swimming, boating, archery, kayaking, crafts, gaga ball, water trampoline and more. Fun weekly themes help make each week of camp a new experience. Shuttle options are available from the Y and Shiloh Point Elementary. **Offered All Sessions • 2210 Turner Rd...**

Explorers ages 5-6 **Pathfinders** ages 9-10
Voyagers age 7-8 **Trailblazers** ages 11-1

SPECIALTY CAMPS ages 9 & older

This summer we are offering three specialty camps at Camp Eagle Point on Lake Lanier to elevate your camp experience. Whether you love outdoor adventure, water sports or robotics/science, we've got a specialty camp for you. These camps run half the day, and the other half will be traditional camp programming. **Offered Sessions 2-10...**

STEM • Outdoor Adventure • Water Sport

TEEN LEADERSHIP CAMPS ages 12-15

These camps allow teens the opportunity to spend two weeks developing their leadership skills, learning to possess strong character values and catching a glimpse at what it looks like to be a great camp counselor. Potential participants must submit an application and attend a group interview prior to registering.

Navigators ages 12-13 – All Sessions
Leaders-In-Training ages 14-15 – Sessions 2-9