



2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> Robert D. Fowler Family YMCA <<

Community Programs



HEALTH & WELLNESS

Renew & Rejuvenate Massage Therapy:

Therapeutic massage naturally promotes well-being and enhances your body's own restorative powers. Carolyn DeJager has been a licensed massage therapist for 17 years and been on staff here at the Fowler Y since 1997. She specializes in a wide range of massage types including Swedish, Neuromuscular, Deep Tissue, and chair massages. Appointments are required; please visit Member Services for scheduling.

Chair Massages: 15 & 30-minute options

Full Body Massages: 30, 60 & 90-minute options

Diabetes Prevention Program: This program helps you take control of your health by adopting habits to reduce your chances of developing type 2 diabetes and improve your overall health and well-being. Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention program can reduce the number of cases of type 2 diabetes by nearly 60%. In order to qualify for this program participants must be at least 18 years old, overweight (BMI \geq 25) and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes. For more information, contact Linda Vaughn at 404.527.7690 or at preventdiabetes@ymcaatlanta.org.

Community CPR/First Aid: Classes are held once a month depending on class enrollment. Classes are open to members and the community. Registration and payment is required prior to attending class.

Pickleball: A combination of tennis, ping pong and badminton combined into a fast paced sport that can be played by anyone old enough to hold a paddle and hit a baseball sized plastic ball. Fun and great exercise! Played in the gymnasium. Check [schedule](#) for days & times.

Good Measure Meals™: Good Measure Meals™ offers healthy, nutritionally balanced meals for all type of families and diet restrictions. Five or seven day meal plans are available in four daily calorie levels ranging from 1,200 to 2,100. Our Fowler Y is proud to be a pick-up location for these freshly prepared meals. For more information or pricing visit Member Services or their website, goodmeasuremeals.com.



VOLUNTEER & GIVING

Volunteer at the Y: Volunteer opportunities are available throughout the Y. Some examples include sports coach, aquatics champion, welcoming ambassador and more. For current volunteer opportunities, contact MJ Westbrook at MJW@ymcaatlanta.org.

WHY IT MATTERS Annual Giving Campaign: We believe that all people, especially children, deserve an equal chance to reach their full potential. We know that not all people have the same opportunities to grow and learn. In fact, one in five children, adults, and families that come to the Y need financial assistance to be a part of our impactful programs. Therefore, your donation to our campaign ensures that your Y can provide critical programs and services to help support our local community [Give today!](#)

Health & Wellness



SIGNATURE PROGRAMS

The COACH APPROACH[®] Exercise Support Process A six month program provided free 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 in the Front Desk.

Weight Loss for Life free for members ages 18+: Weight Loss for Life is the next level to our signature exercise program, The Coach Approach. This program will help establish wise, controlled eating habits using behavioral tools that create long-term dietary changes. Both sustained weight loss and reduction in health risks have been the proven results of this program. Please see a Wellness Coach for more details.

GROUP EXERCISE

Group Exercise Classes for facility members 13 & older: We offer a variety of group exercise classes including Boot Camp, Zumba, Body Sculpt, Yoga and more. Youth 9-12 years may participate in group classes only if accompanied by a parent or guardian 18 years of age or older and who is a member. Check out our [schedule](#) online.

FITNESS EQUIPMENT

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

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

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

TRAINING

One-on-One Personal Training for members ages 13+: Increase your endurance and improve body composition. Appointment only.

TRX for members ages 13+: TRX is a training program in a small group setting that uses your own body weight through suspension training to build strength, balance, coordination, flexibility, joint stability and core strength. Our TRX classes offer a challenge for beginners to advanced. TRX classes are offered in 4 week sessions, a new session begins at the start of each month.



Kids & Families



CHILDCARE

Child Watch/Kool Kids ages 3 months-11 years:

Parents, enjoy a break during your workout knowing your child is having a blast with us! Relax and enjoy some "me time" while your child is enjoying fun, active and structured play for up to two hours while you use the facility. We have two designated play areas for your little members. Babies must have had their first round of immunizations. **FREE** with family facility membership.

CHILD WATCH HOURS for ages 3 months-5 years

M-TH: 8:30 am-1:15 pm • 4:00 - 8:00 pm

FRI: 8:30 am - 1:15 pm • 4:00 - 7:00 pm

SA: 8:00 am - 1:30 pm

SU: 1:00 pm - 4:00 pm

KOOL KIDS HOURS for ages 6-11

M-TH: 4:00-8:00 pm • **FRI:** 4:00-7:00 pm

SA: 8:00 am-1:30 pm

SU: 1:00 pm - 4:00 pm

Parents' Night Out ages 1-11 years: Parents just want to have fun! Bring your kids to the Y for an evening of activities, swimming, games, and creating memories. Dinner will be served!

3rd Saturday of each month

FREE / for facility members only.

AFTERSCHOOL

Afterschool grades K-5: Children receive licensed child care to include homework assistance, character development, and fitness right in their elementary schools and at the Fowler Y. All of our highly qualified staff are CPR and First Aid Certified and receive several hours of training and professional development.

Runs after school until 6:30 pm at Fowler Y, serving Peachtree & Simpson Elementary Schools.

Runs after school until 6:00 pm at Stripling, Graves, Hopkins & Nesbit Elementary Schools

QUESTIONS? FPYChildcare@ymcaatlanta.org

PROGRAMA DE APRENDIZAJE TEMPRANO: CUIDÁNDOME Y APRENDIENDO JUNTOS

Programa de Aprendizaje Temprano (ELR siglas en inglés) para padres y cuidadores hispanos y sus niños de 0 a 5 años de edad: en asociación con otras cuatro YMCA y sus centros de acogida, este programa ofrece actividades de aprendizaje divertidas para los niños y sus padres o cuidadores. Las actividades son apropiadas según la edad de los niños y los prepara para que estén listos para ir a la escuela.

Este programa es gratuito para las familias y se lleva a cabo dos veces a la semana desde las 10:00 am a las 12:00 pm en las siguientes localidades:

Lunes y Miércoles:

First Christian Church - Disciples of Christ
(Lawrenceville) en asociación con J.M. Tull-Gwinnett Y

Martes y Jueves:

Salvation Army Corp (Doraville)
en asociación con Ashford/Dunwoody YMCA

St. Patrick's Catholic Church (Norcross)
en asociación con Robert Fowler YMCA

Martes y Viernes:

The Church of the New Covenant (Doraville)
en asociación con Ashford/Dunwoody YMCA

Miércoles y Viernes:

Holy Spirit Catholic Center (Sandy Springs)
en asociación con Ashford/Dunwoody YMCA

¿PREGUNTAS? MayiraB@ymcaatlanta.org



Teen Programs



TEEN PROGRAMS

Teen Scene - Before & After School grades 6-8:

We are here during the two of the most pivotal times in the day: before and after the bell rings. Our energetic staff is fun, engaged and here to support your teen. Our program participants take part in service learning projects, group exercise classes, homework assistance, mentoring, and so much more. We are currently serving Pinckneyville Middle and Summerour Middle.

Hours: 7:00-9:00 am & 4:00-7:00 pm

Jr. Leaders Club & Leaders Club grades 7th-12th:

Teens, here you will find entertainment, events, and a chance to give back to your community. Members meet weekly at the Fowler Y to have meaningful discussions on current issues, build teamwork skills, plan upcoming service projects and events and just have a great time! Leaders Club is also a gateway into gaining the necessary job skills to work in our Summer Camp Program and Youth Sports Program. Parents, your teen will interact with other teens from our community. They will share experiences and have facilitated discussions designed to teach life lessons and build character. Your teen will gain knowledge of what their community is and how they can make a difference in it. Leaders Club will help to inspire the leader within and create an atmosphere where they build relationships and share commonalities.

Teen Nights grades 7th-12th: Join us for an evening of fun! Events and activities vary each month, and pricing depends on the event or activity. Middle School Nights are open to facility and program members, as well as the community. So invite your friends. Positive attitude, open mind, the desire to have tons of fun and the willingness to make new friends is all that is required to participate.

Teen Strength Orientation ages 12-17: Learning proper weight-room form and etiquette is a skill that lasts a lifetime, so we offer an orientation class aimed at our new youth users. Orientations must be scheduled, visit Member Services to schedule yours today! **FREE for Facility Members**

WE NEED YOU • BE A TEEN MENTOR

We have a great opportunity to help us inspire teen leadership! We are seeking an dynamic and enthusiastic individual that has a love for help to shape and develop our teen community here at the Y. This is a weekly commitment for the fall school semester. Orientation and background check is required. See Member Services to apply.

QUESTIONS? JavonC@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 www.ymcaatlanta.org/employment and apply today!



Sports



Every child can participate in any of our youth sports options. Our programs build self-confidence and teamwork all while teaching the fundamentals and basic skills of the sport. Participants will also make friends and have fun! Parents are encouraged to volunteer as coaches, referees, and by providing snacks. **Interested in volunteering?**
Email FPYSports@ymcaatlanta.org

SOCCER

Kiddie Kickers ages 2 & 3: Teach your little one the value of teamwork. This league is great for beginners to learn basic skills and to make friends. No practices during the week. Saturdays only **Spring: April – May**
Fall: September – October

Youth Soccer League ages 4-13: These coed leagues build teamwork, intermediate skills, basic fundamentals and love of the sport. Weekday practices with weekend games at Dean Field, PCBC or short travel to other local YMCAs. Once registered your coach will contact you with practice info.
Spring: March – May • Fall: August – October

BASKETBALL

Pee Wee Basketball ages 3-4: A basketball league for our youngest players where everyone plays and fundamentals are fun! **Winter: January – February**

Basketball ages 5-11: Youth Basketball is offered for boys and girls in co-ed leagues. It is designed to build teamwork, intermediate skills, basic fundamentals and love of the sport. There are no try-outs on the recreational level.

Winter: November – February



GYMNASTICS

Gymnastics ages 3 months-14 years: Our gymnastics program is designed to help build and develop skills, self confidence, learn proper equipment use, make friends, and have fun. We offer a variety of gymnastics classes, including parent-assisted, preschool and progressive and invitation-only.
Year-round



OTHER SPORTS

TAE KWON DO Karate ages 5+: Y Karate is for all ages and abilities. Through a well proven method of training, students and families exhibit improvements in courage, concentration, discipline, respect, humility and self-defense. We offer monthly, 45-minute sessions. We offer a FREE intro class. Contact the instructor if you are interested.
Monday evenings & Saturday mornings year-round

Flag Football ages 5-12: The focus of our flag football program is education, participation and sportsmanship. Weekday practices and Saturday games are held at Dean Field. **Fall: August - October**

Volleyball coed ages 9-12: 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. There are no try-outs. Weekly practice and games on Saturday.
Spring: March – May

QUESTIONS? FPYSports@ymcaatlanta.org

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 having 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 For facility members only 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? FPYAquatics@ymcaatlanta.org

Swim Programs



LIFEGUARD TRAINING

Lifeguard Training ages 16+: Become a certified lifeguard. Successful participants of this course will be certified in CPR for the Professional Rescuer, Basic First Aid, Emergency Oxygen Administration, and Pool Lifeguarding. Participants must attend all classes, be able to swim and pass pre-requisite swim requirements, and be 16 by the end of the class. The Lifeguard Program is a scenario based training developed to ensure that lifeguards we certify are the best in the business.

QUESTIONS? FPYAquatics@ymcaatlanta.org

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. Prizes will be given to all participants at the end of the year or when you complete the challenge.

SWIM TEAM

Swim Team ages 6-18: This program is an introduction to competitive swimming in an "everybody swims, everybody wins" atmosphere. Coaches work on all four strokes and techniques. This team focuses on fun, building self-esteem, and prepares children to compete at the next level. The team practices at the Y and competes against other Y's in weekend meets. All new swimmers must tryout.
Fall & Winter

STAY CONNECTED



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



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



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



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



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

Summer Camp



Camp is a powerful experience that can strengthen the values that you, as parents, are teaching daily. At the Fowler YMCA, 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. For more information, see our camp guide.

Half-Day Camp Hours: 9:00 am-1:00 pm

Full-Day Camp Hours: 7:00 am-6:30 pm

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

Session 1: May 26-29

Jr. Pioneers ages 4-6
Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Trailblazers ages 11-12
Gymnastics ages 6-13
Soccer ages 6-13
Painting ages 5-13
Navigators ages 13-14
LIT ages 14-15

Session 2: June 1-5

Jr. Pioneers ages 4-6
Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Trailblazers ages 11-12
Basketball ages 6-13
Gymnastics ages 6-13
Dance ages 5-13
STEM - STEAM Heroes ages 5-13
Navigators ages 13-14
LIT ages 14-15

Session 3: June 8-12

Jr. Pioneers ages 4-6
Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Trailblazers ages 11-12
Flag Football ages 6-13
Gymnastics ages 6-13
Kids in the Kitchen ages 5-13
Film Camp ages 5-13
Skate Camp ages 5-13
Navigators ages 13-14
LIT ages 14-15

Session 4: June 15-19

Jr. Pioneers ages 4-6
Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Trailblazers ages 11-12
Cheer ages 6-13
Volleyball ages 6-13
Drama ages 5-13
STEM - Brick Olympics ages 5-13
Film Camp ages 5-13
Navigators ages 13-14
LIT ages 14-15

Session 5: June 22-26

Jr. Pioneers ages 4-6
Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Trailblazers ages 11-12
Baseball/Softball ages 6-13
Gymnastics ages 6-13
Painting ages 5-13
STEM - Amusement Park ages 5-13
Film Camp ages 5-13
Navigators ages 13-14
LIT ages 14-15

Session 6: June 29-July 3

Jr. Pioneers ages 4-6
Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Trailblazers ages 11-12
Cheer ages 6-13
Ultimate Sports ages 6-13
Sculpting ages 5-13
Navigators ages 13-14
LIT ages 14-15

QUESTIONS? Email Javon Clark at JavonC@ymcaatlanta.org.

Summer Day Camp



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

Session 7: July 6-10	Session 8: July 13-17	Session 9: July 20-24	Session 10: July 27-31
Jr. Pioneers ages 4-6	Jr. Pioneers ages 4-6	Jr. Pioneers ages 4-6	Jr. Pioneers ages 4-6
Explorers ages 5-6	Explorers ages 5-6	Explorers ages 5-6	Explorers ages 5-6
Voyagers ages 7-8	Voyagers ages 7-8	Voyagers ages 7-8	Voyagers ages 7-8
Pathfinders ages 9-10	Pathfinders ages 9-10	Pathfinders ages 9-10	Pathfinders ages 9-10
Trailblazers ages 11-12	Trailblazers ages 11-12	Trailblazers ages 11-12	Trailblazers ages 11-12
Cheer ages 6-13	Flag Football ages 6-13	Basketball ages 6-13	Cheer ages 6-13
Soccer ages 6-13	Cheer ages 6-13	Cheer ages 6-13	Sports Sampler ages 6-13
Dance ages 5-13	Drama ages 5-13	Kids in the Kitchen ages 5-13	Painting ages 5-13
STEM - Animal ages 5-13	Film Camp ages 5-13	Film Camp ages 5-13	Navigators ages 13-14
Film Camp ages 5-13	Skate Camp ages 5-13	STEAM Heroes ages 5-13	LIT ages 14-15
Grossology ages 5-13	Navigators ages 13-14	Navigators ages 13-14	
Navigators ages 13-14	LIT ages 14-15	LIT ages 14-15	
LIT ages 14-15			

PRESCHOOL CAMP

Preschool Camps ages 4-6: These half-day, specialty camps are held at Fowler Y are a great introduction for our youngest campers to prepare for school and other social settings while having fun with new friends and learning new skills.

TRADITIONAL CAMPS

Traditional Day Camp ages 5-12:

Through these camps, your child has the exciting opportunity to interact with National Park Rangers within a preserved National Park. Our campers learn the roles and responsibilities of a Park Ranger as well as a variety of nature walks on forest ecology, animal habitats, and how to look in nature for signs of change. Traditional camp also includes classic camp activities including canoeing, swimming, learning character values and making new friends. Campers will participate in STEM-Based activities and projects related to nature and space through programs developed by the National Park Service and NASA.



SPECIALTY CAMPS

Specialty Camps ages 5-13: Learn special, specific skills in our specialty camps this summer.

Half-day Camp: STEM & Creative Arts

Full-day Camps: Film & Skate

SPORTS CAMPS

Sports Camps ages 6-13: These camps will focus on learning skills and styles while striving to have proper form. Each week will focus on a specific sport while having tons of fun, including

Half-day Camp: Gymnastics & Cheerleading

Full-day Camps: Baseball/Softball, Basketball, Flag Football, Soccer, Sports Sampler, Ultimate Sports and Volleyball

TEEN CAMPS

Teen Camps ages 13-15: We offer Navigators Camp for ages 13 & 14 as the first step in our leadership development continuum. Leaders In Training for ages 14-15 offers opportunities for fun as well as learning leadership skills, serving the community, and preparing to be a camp counselor.