



2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> G. Cecil Pruett Community Family YMCA <<

Kids & Families



CHILDCARE

PlayCenter, KidZone ages 3 months–12 years:

While you work out, let our well-trained staff play with your children.

- Free with Family or Youth Memberships
- 2-hour limit per day (up to 10 hours per week)
- Kids are divided into age-appropriate groups
- Play Center for kids 3 months–5 year olds
- Kidzone for kindergarden - 12 year olds

Parent's Morning Out ages 18 months–4 years:

Parents may leave the Y, while our well trained staff provide a safe, fun-loving atmosphere where children can laugh, learn and play; a place where a child can be a child, growing intellectually, emotionally, and socially everyday! Activities include story time, recreational play, music & movement and arts & crafts.

Parent's Night Out ages walking–12 years: Parents can enjoy a night out knowing your children are having fun at the Y! Our experienced and caring staff will provide fun activities for your child in a safe and well-supervised environment. Children 5–12 years of age may bring their swim suit and a towel to go swimming. FREE with family membership. **Monthly**

School Break Camps ages 5–12: Does the school calendar leave your kids out of school more often than you can take off work? We offer the best camp activities including swimming, gym games, and more at both our Canton and Woodstock locations for safe, affordable and fantastic fun for your kids during the school holidays. Camps fill up quickly, so don't wait!

HOMESCHOOL PE

Homeschool PE ages 5–17: This program has a goal to introduce children to as many new experiences as possible and help each child feel confident and secure in a fun and safe environment. It is designed to establish a positive attitude toward exercise. We will focus on the difference between cardio conditioning and strength conditioning. We will talk about the benefits of stretching and proper nutrition. We will work on self-motivation, self-esteem, and leadership skills all while having fun. We have field days, wheels days, swim days, relay days and so much more. Students must be 5 years old or older to sign up.

BIRTHDAY PARTIES

Birthday Parties: Celebrate your next birthday at the YMCA! Each activity allows for 1.5 hours of pool time and 1.5 hours of party time in our community room. Pool-only party also available. Questions? Contact Bob Bentley at 678-880-3502 RobertBe@ymcaatlanta.org. **Year Round**

TEENS

Teen Leaders Club ages 13–19: Meets various times each month for learning and planning leadership skills, community service projects and events, volunteerism, and retreats.



Sports



SOCCER

Youth Outdoor Soccer ages 2.5-18: 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 as a person and player. We focus on offering a quality soccer experience in an enjoyable atmosphere, while at the same time keeping the YMCA's core values of caring, honesty, respect and responsibility in sight. U4 Micro Soccer will participate in 45-minute sessions on Saturdays only. U6 & U8 practice one night a week, and play a 50-minute game in two 25-minute halves on Saturday. U10-U14 practice two nights a week, and play games on Saturdays. **Spring & Fall**

Youth Indoor Soccer (Futsal) ages 2.5-18: Continue your soccer education through the winter season! 5v5 Futsal is played on a gym floor with a unique ball and a few special rules. This environment creates a fast paced game that ensures player development in one-hour sessions. **Winter**

FLAG FOOTBALL

Youth Coed Flag Football coed grades K-8th: Our flag Football program is designed to build teamwork, intermediate skills, basic fundamentals, and love of the sport. Our goal is to encourage young athletes to stay active. There are no try-outs on the recreational level. **Winter**

VOLLEYBALL

Youth Volleyball League ages 7-12: Bump, Set, Spike! We've teamed up with 575 Volleyball to offer a fun, instructional, recreational league. One-hour practice and one-hour game will be rolled into one day. All sessions will take place at the G. Cecil Pruett YMCA. Sessions will be led by 575 Volleyball's Professional Coaching Staff. **Spring, Fall & Winter**

Youth Volleyball Clinic girls 2nd grade-High School: This summer join us for volleyball clinic that teaches basic skills in a safe, fun and nurturing environment. This is for the beginner or the veteran player looking to enhance their technical skills. **Summer**



BASKETBALL

Preschool Basketball ages 4-6: Originally started by the YMCA, basketball is a fun team sport that develops character and teamwork. Your child will learn to build teamwork, intermediate skills, basic fundamentals and love of the sport. There are no try-outs on the recreational level. **Winter**

PICKLEBALL

Pickleball all ages: Join us and get involved in the world's fastest growing sport! We are proud to offer Pickleball every week. With multiple courts and staff available to help beginners, there is never a bad time to try your hand at America's hottest racquet sport. **Year round**

QUESTIONS? PCYSports@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 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? PCYAquatics@ymcaatlanta.org

Swim Programs



SPECIALTY LESSONS

Private/Semi-Private Lessons members only ages 4+: Cost includes 3-hour block of time (your choice of three 1-hour, six 30-minute or four 45-minute lessons). One-on-one instruction, for a wide range of swimming abilities. Please stop by Membership to fill out a private lesson request. Payment required day of first class. Must be used in the month the lessons are purchased.

Adult City of Canton: Complimentary classes for those living inside the City limits of Canton until the adult passes the beginner class. Must attend all classes to continue eligibility and proof of residency is required. [Must register in the facility.](#)

YMCA SWIM TEAM

Swim Team Pre-Season Conditioning ages 4-18: The class is designed to keep the year-round swimmer in shape for competition.
Spring: March & April **Fall:** August

Swim Team ages 4-18: 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. Cost includes Y swim cap, official team t-shirt and end of season banquet. All new swimmers must tryout. **Summer:** May – June
Fall/Winter: September – February

Under 8

Required skills: Be able to swim at least 25 yards of the pool freestyle and backstroke without stopping. Kids build confidence and refine all four competitive strokes through drills and games, and learn lifelong skills like team work and good sportsmanship both while practicing and when competing in swim meets. This group is great for kids who have been enrolled in swim lessons.

9-10 year olds

Required Skills: Be able to swim freestyle and backstroke 50 yards without stopping and breaststroke and butterfly 25 yards; able to perform and regularly use skills such as flip turns, streamlining, and circle swimming. Kids build confidence through learning about goalsetting, and then working towards daily goals, personal goals, and team goals.

11 & up

Required skills: Be able to swim all 4 competitive strokes for at least 50 yards without stopping. Swimmers will continue to develop strokes and endurance.

SWIM CLUB

100 Mile Swim Club ages 4-18: Looking for a way to stay motivated in your swim workout? Join the 100 mile club! The registration fee is only \$10 and lap counting is done on the honor system but we will log the top swimmers. When you reach 100 miles, you will receive an award and special recognition.
[Year Round](#)

QUESTIONS? RisaR@ymcaatlanta.org

Swim Programs



YMCA SAFETY CLASSES

CPR/AED Class ages

12 & up: This class will cover adult, infant and child CPR/AED. We will cover conscious and unconscious choking victims, breathing barriers, and protective equipment. Students will learn how to assess situations and make appropriate decisions for victim care.



Lifeguard Class ages

16 & up: This course is designed to give participants the basic knowledge needed to be lifeguards in the pool, lake, river, surf, and waterpark environments. The comprehensive course offers up-to-date information on how to guard, anticipate, and prevent problems and take action to help those in danger when necessary. It also covers safety and survival skills every swimmer needs to know, accident prevention, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, weather and open water dangers, legal responsibilities, etc. Pre-requisites include current first-aid certification, current certification in CPRO, AED and Oxygen Administration. Complete medical clearance is recommended. Must be 16 by course start date. If under the age of 18, participant must have parental consent to take this course and pass a swimming test.

CPR for the Professional Rescue: This course teaches Adult, Child, & Infant CPR skills at a slightly higher level. It also includes the skills of Oxygen Administration and First Aid. This course is designed for Medical Professionals, Lifeguards, Group Exercise Instructors, etc. This course will require internet learning to be done outside of the YMCA, prior to the first day of class.

Y Aquatic Safety Assistant Classes (YASA)

ages 14+: Designed to train and certify individuals in the knowledge and skills necessary to help prevent and recognize aquatic risks to assist and alert a lifeguard in the emergency response to an accident or injury.

YMCA Water Swim Instructor Class (WSI)

ages 16+: This course will teach participants the components of YMCA swim lessons and how to teach children and adults according to YMCA standards.

QUESTIONS? RisaR@ymcaatlanta.org

STAY CONNECTED



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www.ymcaatlanta.org



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facebook.com/CantonYs



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



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youtube.com/MetroAtlantaYMCA



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instagram.com/atlantaymca

Health & Wellness



YMCA SIGNATURE PROGRAMS

The COACH APPROACH Exercise Support Process

a six-month program provided free for members 18+:

Maximize your membership with 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. Stop by the Front Desk or Wellness Desk for appointments or inquiries.

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

Wellness Orientation free for members

ages 13+: YMCA coaches are available by appointment to answer your fitness-related questions and instruct you on safe usage of our Cybex strength training, free weight and cardio equipment. Stop by the Wellness Desk or Front Desk for appointments.

Facility members ages 9-12: May use select wellness equipment upon meeting the following criteria:

- **Manufacturer and safety requirements (60" height)**
- **Complete an orientation with a parent or guardian present**
- **Parental supervision required. Parents must be within arms reach at all times.**

GROUP EXERCISE/TRAINING

Group Exercise Classes for facility members:

We offer a variety of land and group exercise classes including Zumba, Cycle, Water Aerobics, Senior Specific, HIIT, Yoga, Pilates, Bootcamp, Tabata, Water Intervals, Barre and more (children ages 9 & older must be accompanied by a parent or guardian age 18 or older). All levels are welcome. Check out our [group exercise schedule](#) and class descriptions online. Select classes are available on the schedule specifically for children ages 18 months to 12 years.

TRX for facility members: Join us for a challenging total body strength training class. We will focus on core stability and strength by using our body weight. You will build strength, endurance, and flexibility during this class. Stop by the Front Desk to inquire about current class day and time offerings.

Small Group Personal Training for facility members:

Are you looking for a more personalized fitness program? Meet with a certified YMCA personal trainer for an individualized training program designed to help you reach your goals in a small group setting. Stop by the Front Desk to inquire about current class day and time offerings.

QUESTIONS? PCYWellness@ymcaatlanta.org



Community Programs



BABYSITTING

Babysitting Course ages 11+: This program is designed to keep children and infants safe by focusing on infant feeding, diapering, SIDS awareness, responding to emergencies, communicating with parents and much more. This class will touch on CPR and First Aid, but will not certify students in CPR/AED or First Aid.

SENIORS

Seniors On the Go age 60+: The Canton Y is proud to serve and meet the needs of our Active Older Adult population. Join us for fun and adventure... from Tate House lunches to poolside laughter!

Lunch & Learn Seminars: You are never too old to keep learning and moving. See flyers in the facility for more information.

Golden Hours: City of Canton seniors age 60+ may use the indoor pool facilities and indoor track at no charge. Stop by the registration desk for a Golden Hours Card.

Senior Trips: Join us for fun day trips around the area with other Y members and friends.

For information on senior trips, lunch seminars or any other information regarding the Y's senior programs, please email PCYMembership@ymcaatlanta.org.



RENTALS & RETREATS

We offer rentals and retreats year round at our beautiful retreat center located right on the shores of Lake Allatoona. Our pavilions, playground, large dining hall, outdoor pool, sports fields, etc. make the Y a perfect place for meetings, birthdays, reunions, and company events. Our retreat and rental packages can be customized to meet your groups needs and can include exciting program offerings such as canoeing, rock climbing, teambuilding, kayaking, hiking, archery, stand-up paddle boarding, and much more. To make a reservation, contact Bob Bentley at RobertBe@ymcaatlanta.org.

40 ft Climbing Tower: Minimum of 10 participants.

Teambuilding/Low Ropes: We make personal and group success fun year round! For three hours, experience real life obstacles through controlled games, initiatives and challenges. Teamwork, leadership, goal setting, diversity and positive character traits are encouraged.

School Outdoor Education, Church & Youth Retreats: Our retreat center is located on 225 acres on Lake Allatoona allowing us to offer exciting and customizable programs and experiences. Our programs include: canoeing, kayaking, hiking, rock climbing, teambuilding and much more! The Y has 7 comfortable bunk-style rooms that can each sleep 11. Our overnight accommodations are equipped with heat, air conditioning, restrooms and showers. Learn more by emailing RobertBe@ymcaatlanta.org.

Pool Rentals at Canton Y: Our indoor & outdoor pools are available for rent. Please email Risa at RisaR@ymcaatlanta.org for pricing and availability.

Summer Day Camp



KEY

Half-Day Camp: **Preschool Camp** Full-Day Camps: **Traditional Camp** • **Sports Camp** • **Specialty Camp** • **Teen Camp** • **Teen Leadership Camp**

Session 1: June 1-5	Session 2: June 8-14	Session 3: June 15-19
Half Pint Camp ages 4-5	Half Pints Camp ages 4-5	Half Pint Camp ages 4-5
Chipmunk Den grades K-1	Chipmunk Den grades K-1	Chipmunk Den grades K-1
Fox Den grades 2-3	Fox Den grades 2-3	Fox Den grades 2-3
Bobcat Den grades 4-5	Bobcat Den grades 4-5	Bobcat Den grades 4-5
Bear Den grades 6-7	Bear Den grades 6-7	Bear Den grades 6-7
Arts & Crafts Camp grades K-3	Sporties for Shorties grades K-1	Soccer Skills Camp grades 2-7
Splash Camp grades K-3	Soccer Skills Camp grades 2-7	Arts & Crafts Camp grades K-3
Swim Camp grades K-3	Arts & Crafts Camp grades K-3	Swim Camp grades K-3
Jr. Outdoor Adventure grades 2-3	Jr. Cake Boss Camp grades K-3	Little Jedi Camp grades K-3
Fishing Camp grades 2-7	Little Princess Camp grades K-3	Jr. Outdoor Adventure grades 2-3
Outdoor Adventure Camp grades 4-5	Swim Camp grades K-3	Fishing Camp Camp grades 2-7
Water Sports Camp grades 4-10	Jr. Outdoor Adventure grades 2-3	Leather & Wood Camp grades 4-7
Survivor Camp grades 6-9	Fishing Camp grades 2-7	Outdoor Adventure Camp grades 4-5
Navigators grades 8-10	Outdoor Adventure grades 4-5	Water Sports Camp grades 4-10
	Water Sports Camp grades 4-10	Survivor Camp grades 6-9
	Survivor Camp grades 6-9	Trailblazers Camp grades 7-10
	Leaders In Training grades 8-10	Leaders In Training grades 8-10
	Navigators grades 8-10	Navigators grades 8-10

Join us this summer at the Cherokee Outdoor Family YMCA in Woodstock! 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. Transportation is available from Canton Y and Little River Elementary to Cherokee Outdoor Y.

Half Pint Hours: 9:00 am-1:00 pm

Traditional, Specialty, Sports & Teen Camp Hours: Drop Off: 7:00-8:45 am Pick Up: 4:00-6:30

Location: Cherokee Outdoor Family YMCA at 201 East Bells Ferry Road, Woodstock, GA 30189

QUESTIONS? Email Camp Director Bob Bentley at RobertBe@ymcaatlanta.org.

Summer Camp



KEY

Half-Day Camp: **Preschool Camp** Full-Day Camps: **Traditional Camp** • **Sports Camp** • **Specialty Camp** • **Teen Camp** • **Teen Leadership Camp**

Session 4: June 22-26

Session 5: June 29-July 3

Session 6: July 6-10

Half Pint Camp ages 4-5	Half Pint Camp ages 4-5	Half Pint Camp ages 4-5
Chipmunk Den grades K-1	Chipmunk Den grades K-1	Chipmunk Den grades K-1
Fox Den grades 2-3	Fox Den grades 2-3	Fox Den grades 2-3
Bobcat Den grades 4-5	Bobcat Den grades 4-5	Bobcat Den grades 4-5
Bear Den grades 6-7	Bear Den grades 6-7	Bear Den grades 6-7
Basketball Skills Camp grades 2-5	Sporties for Shorties grades K-1	Volleyball Skills Camp grades 4-7
Jr. Cake Boss Camp grades K-3	Basketball Skills Camp grades 2-5	Jr. Cake Boss Camp grades K-3
Little Jedi Camp grades K-3	Arts & Crafts Camp grades K-3	Splash Camp grades K-3
Swim Camp grades K-3	Swim Camp grades K-3	Swim Camp grades K-3
S.T.E.M. Camp grades K-5	S.T.E.M. Camp grades K-5	Jr. Outdoor Adventure grades 2-3
Jr. Outdoor Adventure grades 2-3	Jr. Outdoor Adventure grades 2-3	Outdoor Adventure Camp grades 4-5
Fishing Camp grades 2-7	Outdoor Adventure Camp grades 4-5	Dance & Theatre Camp grades 4-7
Outdoor Adventure Camp grades 4-5	Water Sports Camp grades 4-10	Leather & Wood Camp grades 4-7
Water Sports Camp grades 4-10	Navigators grades 8-10	Water Sports Camp grades 4-10
Survivor Camp grades 6-9		Trailblazers Camp grades 7-10
Mountain Bike Camp grades 6-10		Leaders In Training grades 8-10
Leaders In Training grades 8-10		Navigators grades 8-10
Navigators grades 8-10		

HALF PINT CAMP ages 4 & 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 Cherokee Outdoor Y.

TRADITIONAL CAMP grades K-7

This year choose your camp based on the grade your child will be going into for the fall of 2020. Rising kindergartners must be age 5 to attend full-day camp. Campers will participate in traditional camp activities including swimming, rock climbing, archery, nature hikes, field games, kayaking, arts & crafts, canoeing, sports, fishing and much more.

Summer Day Camp



KEY

Half-Day Camp: **Preschool Camp** Full-Day Camps: **Traditional Camp** • **Sports Camp** • **Specialty Camp** • **Teen Camp** • **Teen Leadership Camp**

Session 7: July 13-17

Session 8: July 20-24

Session 9: July 27-31

Half Pint Camp ages 4-5	Half Pint Camp ages 4-5	Half Pint Camp ages 4-5
Chipmunk Den grades K-1	Chipmunk Den grades K-1	Chipmunk Den grades K-1
Fox Den grades 2-3	Fox Den grades 2-3	Fox Den grades 2-3
Bobcat Den grades 4-5	Bobcat Den grades 4-5	Bobcat Den grades 4-5
Bear Den grades 6-7	Bear Den grades 6-7	Bear Den grades 6-7
Arts & Crafts Camp grades K-3	Sporties for Shorties grades K-1	Sporties for Shorties grades K-1
Little Jedi Camp grades K-3	Soccer Skills Camp grades 2-7	Arts & Crafts Camp grades K-3
Splash Camp grades K-3	Little Princess Camp grades K-3	Splash Camp grades K-3
Swim Camp grades K-3	Jr. Cake Boss Camp grades K-3	Swim Camp grades K-3
S.T.E.M. Camp grades K-5	Splash Camp grades K-3	Jr. Outdoor Adventure grades 2-3
Jr. Outdoor Adventure grades 2-3	Swim Camp grades K-3	Fishing Camp grades 2-7
Outdoor Adventure Camp grades 4-5	Jr. Outdoor Adventure grades 2-3	Outdoor Adventure Camp grades 4-5
Water Sports Camp grades 4-10	Fishing Camp grades 2-7	Water Sports Camp grades 4-10
Survivor Camp grades 6-9	Outdoor Adventure Camp grades 4-5	Survivor Camp grades 6-9
Mountain Bike Camp grades 6-10	Water Sports Camp grades 4-10	Navigators grades 8-10
Trailblazers Camp grades 7-10	Survivor Camp grades 6-9	
Leaders In Training grades 8-10	Leaders In Training grades 8-10	
Navigators grades 8-10	Navigators grades 8-10	

SPECIALTY/SPORTS CAMP grades K-10

We offer a variety of full-day specialty and sports camps where campers will participate in the selected camp for 1 or 2 hours per day while also having the opportunity to enjoy Traditional Camp activities.

TEEN CAMP grades 8-10

We offer teen and teen leadership camp for our oldest campers. Teen camp curriculum is designed to foster personal growth and awareness through a culture of service to others.

For more information or to register...

<https://ymcaatlanta.org/program-locations/summer-camp/cherokee.php>