



# 2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> Carl E. Sanders Family YMCA at Buckhead <<

# Member Benefits



The benefits of being a member of the Carl E. Sanders Family YMCA at Buckhead 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 playing 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** and **family nights**
- Enjoy time for yourself while your kids have fun at the Y **Parent's Night Out**.
- Access 10 hours per week of childcare in our **Play Center** while you work out.
- Get healthy and spend time with friends in **group exercise** classes
- Join a **USTA** or **ALTA tennis** team while the kids play 10 & under tennis
- Serve the community through **volunteer opportunities** for the whole family
- Use any YMCA in the country when you travel through our **Nationwide program**
- **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
- Horseback 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



## CARL E. SANDERS FAMILY YMCA AT BUCKHEAD

1160 Moores Mill Road • Atlanta, GA 30327  
404-350-9292 • [www.ymcaatlanta.org/sby](http://www.ymcaatlanta.org/sby)

### BRANCH ADMINISTRATION

**Jill Moore**, Executive Director  
404-267-4848 • [JillM@ymcaatlanta.org](mailto:JillM@ymcaatlanta.org)

**Ann Michaels**, Office Manager  
404-267-4818 • [AnnM@ymcaatlanta.org](mailto:AnnM@ymcaatlanta.org)

### MEMBERSHIP & WELLNESS

**Kelly Hayes**, Senior Director of Membership & Wellness  
404-267-4817 • [KellyH@ymcaatlanta.org](mailto:KellyH@ymcaatlanta.org)

**Marissa Watts**, Assistant Director of Membership  
404-267-4819 • [MarissaW@ymcaatlanta.org](mailto:MarissaW@ymcaatlanta.org)

**Sharon Prince**, Membership Systems Admin.  
404-267-4850 • [SharonP@ymcaatlanta.org](mailto:SharonP@ymcaatlanta.org)

**Lindsay Metcalf**, Group Exercise Coordinator  
[LindsayM@ymcaatlanta.org](mailto:LindsayM@ymcaatlanta.org)

**Kimberley Durant**, Wellness Coordinator  
[KimberleyD@ymcaatlanta.org](mailto:KimberleyD@ymcaatlanta.org)

### PROGRAMS

**Tiffany Edwards**, Aquatics Director  
404-267-4815 • [TiffanyE@ymcaatlanta.org](mailto:TiffanyE@ymcaatlanta.org)

**Kendra Bethely**, Senior Associate Director  
of Afterschool Enrichment  
404-267-4832 • [KendraBe@ymcaatlanta.org](mailto:KendraBe@ymcaatlanta.org)

**Brandon Hamilton**, Camp & Teen Director  
404-267-4842 • [BrandonHa@ymcaatlanta.org](mailto:BrandonHa@ymcaatlanta.org)

**Alexis Greer**, Director of Preschool,  
Afterschool & Family Programs  
404-267-4845 • [AlexisG@ymcaatlanta.org](mailto:AlexisG@ymcaatlanta.org)

**Spencer Lai**, Sports Director  
404-267-4811 • [SpencerL@ymcaatlanta.org](mailto:SpencerL@ymcaatlanta.org)

**Ian Thomson**, Head Tennis Professional  
404-267-4831 • [SBYTennis@ymcaatlanta.org](mailto:SBYTennis@ymcaatlanta.org)

### 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, Sauna & 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

### Outdoor Pool Hours (Seasonal)

Monday – Friday	11:00 am – 8:00 pm
Saturday & Sunday	10:00 am – 5:45 pm

### Holiday Hours

New Year's Day (Jan. 1)	8:00 am – 6:00 pm
MLK Jr. Day (Jan. 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 (Sept. 2)	8:00 am – 6:00 pm
Thanksgiving (Nov. 28)	Closed
Christmas Eve (Dec. 24)	8:00 am – 3:00 pm
Christmas (Dec. 25)	Closed
New Year's Eve (Dec. 31)	8:00 am – 3:00 pm

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

# 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 Member Services 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 well-being 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 9+: 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 Member Service Desk.

**Youth Policy ages 9-15:** We encourage healthy living for our youth! They may use the Wellness Center equipment if the following requirements are met:

- Successfully complete an equipment orientation with parent/guardian present
- Use of the wellness center requires a parent/guardian present and within arm's reach for ages 9 to 12. No use of free weight area.
- Ages 13 to 15 can be independent in cardio/wellness center as well as group exercise classes but must be within arms-length distance of parent/guardian to use free weights.



## GROUP EXERCISE

**Group Exercise Classes** for facility members 13 & older: We offer a variety of group exercise classes including strength and conditioning, cardio, group cycling and mind & body. Members ages 9-12 may participate with adult supervision for age-appropriate classes. Check our [group exercise schedule](#) for class days and times.

## PERSONAL TRAINING

**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.

**TRX Group Training** facility members ages 18+: Offered in 8-week sessions (except for November & December) within a group of 4 to 8 participants. Program includes strength training, core work and cardiovascular training.

**QUESTIONS?** [KellyH@ymcaatlanta.org](mailto:KellyH@ymcaatlanta.org)

# Health & Wellness



## YOUTH & TEEN FITNESS

**Kids in Motion ages 5-8:** This specialized group exercise class for kids focuses on increasing cardio strength within a fun and inviting environment. Included as a benefit of membership. Check our [Group Exercise Schedule](#) for class days & times.

**Year Round**

**Kids Triathlon Training ages 6-15:** Free 7-week training program open to kids who are registered for the Atlanta Kids Triathlon. Trainings consist of fundamental and endurance training. **Registration opens June 1 & program begins June 25.**

**Zumba Kids ages 4-12:** Class features kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Check our [Group Exercise Schedule](#) for class days & times. **Year-Round**

**Kilometer Kids ages 7-14:** This 11-week program designed by the Atlanta Track Club will teach the skills of running with the opportunity to participate in races hosted by the Atlanta Track Club.

**Winter: February • Fall: September**

**QUESTIONS?** [KellyH@ymcaatlanta.org](mailto:KellyH@ymcaatlanta.org)

## DIABETES PREVENTION

**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. Email [LindaV@ymcaatlanta.org](mailto:LindaV@ymcaatlanta.org) for more information.



## Y PARTNER PROGRAMS

**Good Measure Meals:** We have partnered with [Good Measure Meals](#) to provide healthy meal plans that members can pick-up weekly at our Y. Check out their website for more information, and for more info on upcoming classes/events hosted by GMM, contact Kelly Hayes at [KellyH@ymcaatlanta.org](mailto:KellyH@ymcaatlanta.org).



**Fresh Harvest:** Fresh Harvest partners with local farmers bring organic produce to you. You can sign up for a weekly or biweekly delivery and edit your order online to select the items you'd like in your basket. Co-op participants receive 10% off and delivery is every Tuesday for Y member pick up. Find out more [freshharvestga.com](http://freshharvestga.com).

**PD Gladiators:** We have partnered with 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. Check [Group Exercise Schedule](#) for class offering.

**Winship at the Y:** The Y and Emory Winship Cancer Survivor Institute have partnered to bring you Winship at the Y. Survivors are encouraged to join their local Y and get started with Coach Approach. Our coaches have been trained by Winship so they understand how best to work with survivors.

**The Shepherd Center:** Our Y 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.

**QUESTIONS?** [JenniferR@ymcaatlanta.org](mailto:JenniferR@ymcaatlanta.org)

# Kids & Families



## CHILDCARE

**Play Center 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/child/day, up to 10 hours/week.

### PLAY CENTER HOURS

<b>Monday – Thursday:</b>	<b>8:00 am – 1:00 pm</b> <b>3:30 pm – 8:00 pm</b>
<b>Friday:</b>	<b>8:00 am – 1:00 pm</b> <b>3:30 pm – 7:00 pm</b>
<b>Saturday:</b>	<b>8:00 am – 1:00 pm</b>
<b>Sunday:</b>	<b>1:00 pm – 4:00 pm</b>

Hours may vary during holidays. Please visit our website for holiday Play Center hours.

**Preschool Play & Learn Lab ages 3–5 years:** Your child will develop independence and self-esteem as he or she interacts with other children through fun age-appropriate activity such as interactive play, STEAM activities, mini-sports, gymnastics, fitness, circle time, songs, crafts and more. **Winter, Spring & Fall Sessions**

**Parents' Night Out (PNO) ages 18 months to 12 years:** Parents, register your child for PNO to enjoy a few hours of fun and interactive theme activities. Held monthly on the third Saturday of every month.

**QUESTIONS?** [AlexisG@ymcaatlanta.org](mailto:AlexisG@ymcaatlanta.org)

## SCHOOL BREAK CAMP

**Holiday Camp ages 5-12:** During school holiday 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 will be themed and consist of arts and crafts, swimming (heated pool), cooperative games, sports, and team building activities.  
**Winter, Spring & Fall**

**QUESTIONS?** [BrandonHa@ymcaatlanta.org](mailto:BrandonHa@ymcaatlanta.org)

## MOVEMENT

**Creative Movement ages 2 & 3:** This imagination-based class will introduce basic ballet concepts, and basic motor skills will also be developed (skipping, running, leaping and galloping). This class will also help to foster social development and build confidence.

**Beginning Ballet & Dance ages 4 & 5:** This class will introduce full ballet concepts such as arm and leg positions. Gross motor skills will also be expanded on more progressively. Beginner and advanced beginner students welcome.

**QUESTIONS?** [NardjaE@ymcaatlanta.org](mailto:NardjaE@ymcaatlanta.org)

## BIRTHDAY PARTIES

**Birthday Parties** Need a place to host your event? Party at the Sanders Y! Events can be scheduled on Saturdays & Sundays and includes 2 hour rental between the time slots of 12pm – 4pm. Email [ArielC@ymcaatlanta.org](mailto:ArielC@ymcaatlanta.org) or [AlexisG@ymcaatlanta.org](mailto:AlexisG@ymcaatlanta.org) to reserve your date!

# Member Engagement



## 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 27**

**Chill n Grill all ages:** Let us grill your dinner by our outdoor pool while relaxing and listening to music. Free for facility members. Dinner provided for a fee. **Memorial Day, Independence Day and Labor Day**

**Halloween Spooktacular all ages:** Wear your favorite costume for our contest, trick or treat throughout the building, play games, ride the pink pig, make some fall arts & crafts and eat dinner with us in our Spooky Cafe. **October**

**Winter Wonderland all ages:** Celebrate the season with your community. Bring your family to enjoy a variety of fun holiday activities that will put you in the holiday spirit. **December 4th**



## TEENS

**Teen Leaders Club middle & high school students:** This club works to instill the YMCA core values of honesty, responsibility, caring, and respect in your teens while volunteering with our YMCA programs. They will develop cause-driven leadership skills and build identity through the planning and execution of exciting projects. This group has two meetings per month and works on special projects throughout the week. If you would like for your teen to be a part of a group that inspires each other, let us know!

**QUESTIONS?** [BrandonHa@ymcaatlanta.org](mailto:BrandonHa@ymcaatlanta.org)

## SENIORS

**Studio 55:** Want to get more involved at your Y? Our program combines social interaction, community service, and wellness for a group of people ages 55 and over. We gather to build friendships, serve community, and live healthier together. Contact our coordinator Sally White for more details at [SallyW@ymcaatlanta.org](mailto:SallyW@ymcaatlanta.org).



## VOLUNTEER

As a Y volunteer, you can feel confident that your contribution is making a positive, meaningful and lasting impact. Volunteer opportunities are available in every department. We are looking for passionate, cause-driven leaders to help in our community – just like you! **Get involved in your Y community.**



**QUESTIONS?** [KellyH@ymcaatlanta.org](mailto:KellyH@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?** [SBYAquatics@ymcaatlanta.org](mailto:SBYAquatics@ymcaatlanta.org)



# Swim Programs/Trainings



## SPECIALTY SWIM

**Private/Sem-Private Lessons facility members only:** Pick up and turn in your Private Swim Lesson interest form at the Member Service Desk.

**Adaptive Aquatics ages 3+:** This program provides adapted techniques to teach basic aquatic skills to individuals of all ages with disabilities. Pick up an interest form at membership or contact Aquatics Director Tiffany prior to signing up.

**Stroke Clinic ages 5+:** The class refines all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle). The students will begin to have more structured training sessions that will prepare them for the swim team. By the end of this class, students are able to swim 50 yards continuously with a variety of strokes.

**Buckhead Barracudas Swim Team ages 5-18:** This program is an introduction to competitive swimming in an "everybody swims, everybody wins" atmosphere. Coaches help participants 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](#)

**Swim Team Academy ages 5-18:** Students will work on stroke refinement and endurance, flip turns and starts. This will help swimmers get ready for swim team. Can participate in swim meets. [Spring/Summer](#)

**Masters Swim facility members only ages 18+:** Want to train for triathlons or competitive meets, or just want to improve your swimming ability and stay in shape? If you enjoy swimming laps, join our Masters Swim. [Year-Round](#)

## TRAININGS

**YMCA Aquatics Safety Assistant, CPR for the Professional Rescuer, First Aid, & O2 ages 14+:** This course does not provide participants with lifeguard certification and training. This course will require internet learning to be done outside the Y, prior to the first day of class

**Lifeguard Training ages 16+:** This 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 or know, accident prevention, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, weather and open water dangers, legal responsibilities and more. Pre-requisites include current first-aid certification, current CPR, current certification in AED and Oxygen Administration. Must be 16 by course start date. If under 18, participant must have parental consent and pass a swim test. We offer Red Cross & YMCA lifeguard training.

**YMCA Swim Lesson Instructor ages 16+:** Must be certified in CPR & First Aid prior to attending this class. This course will teach participants the components of YMCA swim lessons and how to teach children and adults according to YMCA standards.

**Community CPR/AED:** American Safety & Health Institute (ASHI) certification. [Every month starting in January](#)

**QUESTIONS?** [SBYAquatics@ymcaatlanta.org](mailto:SBYAquatics@ymcaatlanta.org)

# Youth Sports



## SOCCER

**Learn to Play Soccer ages 2.5-4:** Learn the basic fundamentals of dribbling, stopping and kicking the soccer ball in a FUN way! Your child will be taught by a professional, licensed soccer coach at the Y at Windsor. **Spring: March & April • Summer: June & July**  
**Fall: September & October**

**U4 Recreational Soccer ages 3-4:** Teach your little one the value of being on a team and teamwork. This league is great for beginners to learn basic skills and to make friends. Games played at the Y at Windsor. **Spring: March – May • Fall: September – November**

**U6-U14 Youth Soccer ages 6-14:** Come and play recreational soccer with us! Your child will practice once a week and play games on Saturday mornings. Practices take place at the Y at Windsor and games will be inter-scheduled with the Cowart Y. This is a great way for your child to continue to learn about soccer and make new friends!  
**Spring: February – May • Fall: August – November**

**U8-U16 Select Soccer ages 8-16:** Elevate your game! Tryout to play at a higher level.  
**Tryouts: End of May & first of June**

**Indoor Recreational Soccer ages 3-11:** Don't let the cold weather keep you from playing soccer! Indoor soccer will held on the weekends at Heards Ferry Elementary School. **Winter: January & February**

**Adult Soccer ages 18+:** Adult Coed Soccer is played throughout the year at the Y at Windsor. Games are 8v8. Register as a team or as a free agent and we'll try to find you a **team**. **Summer**

## BASKETBALL

**Little Hoopsters ages 3-4:** In this program, you and your child can play, get active and have fun together while your child learns the basic skills of basketball, such as dribbling, passing and shooting. We'll instill values that develop confidence and character.  
**Winter: February – March • Summer: June & July**

**Youth Basketball League ages 5-12:** The sport of basketball was invented in a YMCA, and we're so happy to continue on the legacy. Learn skills with one practice per week, and use them during weekend games. Games will be held at the Cowart YMCA, Briarwood Rec Center and Lynnwood Rec Center.  
**Summer: June & July • Winter: November – February**



## KARATE

**Karate ages 5+:** Classes include instruction in basic movements (blocks, strikes and kicks), age-appropriate sparring and self-defense drills and katas (traditional forms). Prospective students are invited to observe class and meet the instructors.  
**Year-Round Sessions**

**QUESTIONS?** [SpencerL@ymcaatlanta.org](mailto:SpencerL@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 Spencer Lai at [SpencerL@ymcaatlanta.org](mailto:SpencerL@ymcaatlanta.org).



# Tennis



We are proud to be one of the few Y's to offer a tennis facility and program to its members. We offer experienced instructors, many of whom are USPTA and/or USPTR certified. Our facility offers nine outdoor, lighted tennis courts: five Har-Tru clay courts and four US Open style hard courts. We also feature a ball machine for member use for \$15/hour or an annual ball machine pass for \$250.

## YOUTH TENNIS

**Junior Tennis Program ages 3-12:** We use the USTA Junior Tennis Program curriculum designed for children using age-appropriate tennis rackets, low compression tennis balls, and court space that makes learning the game of tennis easier and more fun than the traditional teaching methods. Classes are available for all ages and levels of play.

## ADULT TENNIS

**Adult Stroke Clinics (Beginner-Advanced/ NTRP 1.0 – 4.5) ages 18+:** We offer morning, evening and weekend stroke clinics that focus on match play scenarios and stroke development. These clinics are "Drop In." Call 404-267-4831 to reserve your spot each week.

**Adult ALTA/USTA Leagues (all levels):** We are a host site for both ALTA and USTA tennis leagues. Please contact our head tennis professional Ian Thomson at [SBYTennis@ymcaatlanta.org](mailto:SBYTennis@ymcaatlanta.org) if you are interested in joining a team.

## ALL-AGES TENNIS

### Private Lessons (all ability levels) ages 3+:

Individual and small group lessons are available for all ability levels. Call our Pro Shop at 404-267-4831 for further details on price and individual instructor availability.

## TENNIS RESERVATIONS

Want to book a Tennis Court? Now you can reserve one online up to two days in advance! Go to and create an account at [buckheadymcatennis.com](http://buckheadymcatennis.com). It's a faster easier way to sign up for court times and register for clinics.

**QUESTIONS?** [SBYTennis@ymcaatlanta.org](mailto:SBYTennis@ymcaatlanta.org)

## STAY CONNECTED



Check out our website...  
[www.ymcaatlanta.org](http://www.ymcaatlanta.org)



Like us on Facebook...  
[facebook.com/BuckheadFamilyY](https://facebook.com/BuckheadFamilyY)



Follow us on Twitter...  
[twitter.com/AtlantaYMCA](https://twitter.com/AtlantaYMCA)



Subscribe to our YouTube channel...  
[youtube.com/MetroAtlantaYMCA](https://youtube.com/MetroAtlantaYMCA)



Follow us on Instagram...  
[instagram.com/BuckheadFamilyY](https://instagram.com/BuckheadFamilyY)

# Summer Day Camp



ALL CAMPS RUN MONDAY – FRIDAY

7:30–9:00 am – Drop-Off for Full-Day & Morning Half-Day Camps

4:00–6:00 pm – Pick-Up for Full-Day & Afternoon Half-Day Camps

12:00–1:00 pm – Pick-Up Times for Morning Half-Day Camps



## PRESCHOOL CAMP

**Play & Learn Camp** ages 3–4: Our youngest campers will spend the mornings playing age-appropriate sports and games, while learning new skills in a fun environment. We utilize lessons in balance, body awareness, coordination, strength, and self-confidence. Twice a week, our swim instructors will host a beginner swim classes for the campers. Offered All Sessions • Held at the Y

## TRADITIONAL CAMP

**Traditional Day Camp** ages 5–11: Traditional Camp offers age-appropriate activities such as swimming, sports, arts & crafts, games, and teambuilding 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. Each group will participate in STEM activities as part of their summer fun and will swim two times a week. Each week of camp has a theme and includes in-house field trips, which are our on-site trips or presentations that relate to our theme.

Held at Atlanta Classical Academy

Offered Sessions 2–10

- **Explorers** ages 5–6
- **Voyagers** ages 7–8
- **Pathfinders** ages 9–10
- **Navigators** ages 11–12

## SPORTS CAMP

**Sports Camps** ages 5–14: We offer both half-day & full-day camps of the sport below. Held at the Y Offered All Sessions:

**Tennis** ages 5–14 and **Soccer** ages 7–14

Offered Sessions 1 & 11: **Basketball** ages 8–14

Offered Sessions 2–10: **Indoor Sports** ages 5–14

## SPECIALTY CAMP

**Specialty Camps:** This summer we are offering a variety of specialty camps to enhance your summer camp experience. Held at the Y

Offered All Sessions:

- **Learn to Swim Camp** ages 5–14
  - **Swim & Play Camp** ages 5–14
  - **STEAM Camp** ages 5–7 & 8–12
- Offered Sessions 10 & 11 Only:
- **Jr. Lifeguard Camp** ages 11–16

## TEEN CAMP

**Leaders-In-Training (LIT) Teen Camp** ages 13–15:

This camp is for the young person who is ready to engage their leadership skills while gaining hands on experience. Teen campers will engage in daily activities and discussions centered around leadership and individuality. LITs will work on mentoring younger campers by assisting with activity and game setup, while also teaching skills to other campers. They'll swim 3 times a week and enjoy off-site field trips.

Offered Sessions 2–10 • Held at Atlanta Classical Academy

## CAMP SESSION DATES

<b>Session 1:</b>	May 26 – 29
<b>Session 2:</b>	June 1 – 5
<b>Session 3:</b>	June 8 – 12
<b>Session 4:</b>	June 15 – 19
<b>Session 5:</b>	June 22 – 26
<b>Session 6:</b>	June 29 – July 3
<b>Session 7:</b>	July 6 – 10
<b>Session 8:</b>	July 13 – 17
<b>Session 9:</b>	July 20 – 24
<b>Session 10:</b>	July 27 – 31

**Questions?** [BrandonHa@ymcaatlanta.org](mailto:BrandonHa@ymcaatlanta.org)

# Summer Day Camp



**Key:** Preschool Camp • Traditional Camp • Sports Camp • Specialty Camp • Teen Camp

Session 1: May 28-31		Session 2: June 3-7		Session 3: June 10-14	
Play & Learn Camp		Play & Learn Camp		Play & Learn Camp	
Explorers		Explorers		Explorers	
Voyagers		Voyagers		Voyagers	
Pathfinders		Pathfinders		Pathfinders	
Navigators		Navigators		Navigators	
Basketball		Indoor Sports		Indoor Sports	
Soccer		Soccer		Soccer	
Tennis		Tennis Navigators		Tennis Navigators	
STEAM		STEAM		STEAM	
Learn to Swim		Learn to Swim		Learn to Swim	
Swim & Play		Swim & Play		Swim & Play	
LIT		LIT		LIT	

Session 4: June 17-21		Session 5: June 24-28		Session 6: July 1-5 (no camp 7/4)	
Play & Learn Camp		Play & Learn Camp		Play & Learn Camp	
Explorers		Explorers		Explorers	
Voyagers		Voyagers		Voyagers	
Pathfinders		Pathfinders		Pathfinders	
Soccer		Basketball		Soccer	
Sports		Soccer		Sports	
Tennis		Tennis		Tennis	
STEAM		STEAM		STEAM	
Learn to Swim		Learn to Swim		Learn to Swim	
Swim & Play		Swim & Play		Swim & Play	
LIT		LIT		LIT	

Session 7: July 8-12		Session 8: July 15-19		Session 9: July 22-26		Session 10: July 29 -August 2	
Play & Learn Camp		Play & Learn Camp		Play & Learn Camp		Play & Learn Camp	
Explorers		Explorers		Explorers		Explorers	
Voyagers		Voyagers		Voyagers		Voyagers	
Pathfinders		Pathfinders		Pathfinders		Pathfinders	
Basketball		Soccer		Basketball		Soccer	
Soccer		Sports		Soccer		Sports	
Tennis		Tennis		Tennis		Tennis	
STEAM		STEAM		STEAM		STEAM	
Learn to Swim		Learn to Swim		Learn to Swim		Learn to Swim	
Swim & Play		Swim & Play		Swim Team Camp		Swim Team Camp	
LIT		LIT		LIT		LIT	