



2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> South Dekalb Family YMCA <<

Kids & Families



CHILDCARE

The Play Box & Kid Zone ages 6 months to 11 years: Free childcare is available as a benefit of facility membership, while you work out in the facility.

There is a two hour per day, eight hours per week limit for all children. The Play Box and Kid Zone reserve the right to limit the number of children at any time for safety reasons. Children must have a Facility Membership to visit.

Monday – Wednesday, 5:30–8:30 pm

Thursday, 5:00–8:30 pm • Friday, 5:30–8:30 pm

Saturday: 9:00 am–1:00 pm

After School Program elementary school kids:

Designed to provide quality child care for all students to develop intellectually, socially, emotionally, and physically in a safe environment. We do this by providing positive interactions and exciting theme-based activities that help build strong values, enhance education, improve academic performance, and promote a healthy lifestyle. Family and community involvement is encouraged to support our program goals.

Skill Development: Skill development will utilize technology, daily reading time and scheduled review sessions to support the students as they increase their skill level in reading and math. The YMCA uses the KidzLit & KidzMath programs to accomplish these goals.

Conflict Resolution: This activity creates a concept of taking responsibility for one's actions and learning how to deal with hardships and disputes with others.

Creative Arts: This activity introduces the students to different aspects of the arts such as music, poetry, dance, writing, painting, live performances, and plays.

Character Development: This activity works to build each child's self-esteem and confidence. Each child receives reassurance regarding their own capabilities and is encouraged to set high achievement goals.

Youth Fit For Life Program: Targeted at improving the fitness & health of our young people, as well as promoting an appreciation for a healthful lifestyle throughout childhood and into adulthood.

Recreational: Students will participate in organized outdoor & indoor game activities that will address fitness while having fun.

Nutrition: Students receive nutritious snacks daily.

Pickup service from the following schools to the South DeKalb Family YMCA:

Bob Mathis	Canby Lane
Chapel Hill	Farrington
Panola Way	Rainbow
Snapfinger	

Registration: Our fee for service programs are offered on a sliding fee scale based on household income. Proof of household income must be provided to receive discounted rates. Acceptable forms of income verification are (2) concurrent pay stubs or a 2016 income tax return. Scholarships are available on a first come, first served basis and based on need. They will be awarded until available funds have been expended. **Pre-registration for the 2018-2019 school year begins in March.**

QUESTIONS? ChrystalJ@ymcaatlanta.org

Health & Wellness



YMCA 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 Membership Office.

Parkinson's participants who choose to participate in the The Coach Approach will be paired with a personal wellness coach who will help them work through their exercise-related challenges, with consultation with the participant's physical therapist if desired. Teaching you how to start and stick with exercise will...

- Reduce fatigue and sleep irregularities
- Increase energy levels, improve moods and enhance overall feelings of well-being and
- Slow disease progression

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.

Parkinson's Movement Classes for ages 18+: Designed for individuals at all stages of PD wanting to work on cardiovascular fitness, balance, strength and flexibility. Movements can be done in a chair as well as standing and at an intensity level self-selected by each participant. Instructors have been trained by experts to work on Parkinson's-specific impairments, keep everybody safe and make the classes fun. View our [group exercise schedule](#) for days/times.

FITNESS EQUIPMENT

FitLinxx Wellness Orientation free for members ages 9+: 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. Schedule appointments at the Membership Desk.

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

- Manufacturer and safety requirements (60" ht.)
- Complete orientation with parent/guardian
- Workout only with parental supervision



Group Exercise Classes for facility members 13 & older: Group exercise classes are included as a benefit in your facility membership at no extra charge. Our members ages 9 to 12 may participate in select classes when accompanied by a parent or guardian. No registration required. Schedules are in the lobby or [online](#).

Water Exercise Classes for facility members 13 & older: Try out one of our water exercise classes for FREE as a benefit of membership.

Functionality Room: This room will focus on the core strength while incorporating balance moves and stretches. It is the perfect way for all seniors to improve overall flexibility, strength and core while increasing their muscular endurance and stability. Classes include Coach Approach friendly class Senior Chair Aerobics.

QUESTIONS? ChrystalJ@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+

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? SDYAquatics@ymcaatlanta.org

Swim Programs/Trainings



Private/Semi-Private Lessons members only ages 3+: Schedule an appointment at the courtesy counter to speak to an instructor. Purchasing private and semi-private lessons provides you with three hours of lesson time to be scheduled with your instructor.

SPECIALTY SWIM

Lap Swim facility members only: One or more lanes are available for lap swimming each day. Lap swimming lanes may be unavailable during peak usage times.

Summer Day Care Swim: We offer our facility and instructors to community organizations, day care centers, private schools, charter schools and summer camps. In April at our Day Care Brunch each center bids on pool time and pace for summer participation.

Youth 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. Children must be able to jump in and swim 25 yards without aid. Familiarity with the four competitive strokes is recommended but not necessary. Practice days and times will be set at the beginning of the season.

Fall & Winter

TRAININGS

Community CPR & First Aid: Individuals may participate in this American Health & Safety Institute (ASHI) class to receive certification. [Monthly](#)

American Safety and Health Institute CPR for the Professional Rescuer, First Aid, & Oxygen Administration: 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. [Monthly](#)

Lifeguard Training ages 16+: 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 swimmers 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, etc. Pre-requisites include current first-aid certification, current CPR, current certification in 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 swim test.



QUESTIONS? AnriaP@ymcaatlanta.org

Youth Sports



SOCCER

Youth Soccer Leagues ages 3-12: A recreational league based on family involvement and child development. A fun program where everyone plays! Mighty Mites is a program for children ages 3-6 that teaches the basic skills. U8 soccer refines skills and teaches advanced concepts and U9-U17 advances even more. [Spring & Fall](#)

For players interested in a higher level of competition, we offer a premier soccer program to develop advanced skills. Players must be selected to participate in this program. For more information on these programs, email WesleyT@ymcaatlanta.org.

VOLUNTEER TO COACH

Our volunteer coaches are offered training and assistance to ensure that each team receives the tools and teachings needed to have a productive, fun and memorable experience. All of our teams require a volunteer coach and team manager and must pass a criminal background check. To apply, email WesleyT@ymcaatlanta.org



BASKETBALL

Winter Basketball ages 3-17: One practice session during the week and a game on the weekend. We provide age-appropriate skill development (dribbling, passing, shooting, defense, etc.) and an opportunity for everyone to have fun. We work with every player on the team, on everything from basic skills to good physical fitness habits. We promote fair play, respect, setting goals, and a lifetime involvement in sports and physical activity.



Summer Basketball ages 3-12: A summer basketball experience, facilitating continued skill development and providing a fun opportunity for all players, regardless of experience.

Teen/Adult Pick-Up Basketball: Work on your free throws or sharpen your rebounding skills! Looking to play against some great competition? We offer organized games five times a week. This is an excellent opportunity to meet other members and stay in shape. Free as a benefit of membership. Check out our [gym schedule](#).


QUESTIONS? WesleyT@ymcaatlanta.org

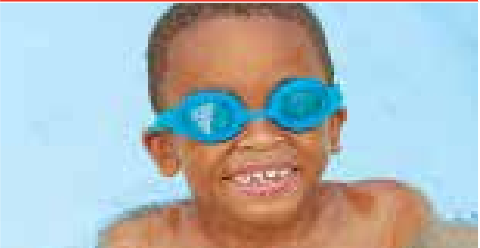
Summer Day Camp



Camp is a powerful experience that can strengthen the values that you, as parents, are teaching daily. At the South DeKalb Y, we offer a variety 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.

Key: [Weekly Theme](#) • [Traditional Camp](#) • [Sports Camp](#) • [Specialty Camp](#) • [Teen Camp](#)

Session 1: May 26-29	Session 2: June 1-5	Session 3: June 8-12
Aloha Week	Discovery Week	Friendship Week
Explorers ages 5 & 6	Explorers ages 5 & 6	Explorers ages 5 & 6
Voyagers ages 7 & 8	Voyagers ages 7 & 8	Voyagers ages 7 & 8
Pathfinders ages 9 & 10	Pathfinders ages 9 & 10	Pathfinders ages 9 & 10
Commanders ages 11 & 12	Commanders ages 11 & 12	Commanders ages 11 & 12
Navigators ages 13 & 14	Soccer Camp – AM for ages 5-8	Flag Football ages 5-15
LIT age 15	Soccer Camp – PM for ages 9+	Volleyball ages 5-15
	Cooking Camp – AM for ages 5-8	Music Camp – AM for ages 5-8
	Cooking Camp – PM for ages 9+	Music Camp – PM for ages 9+
	STEAM – AM for ages 5 & 6	STEAM – PM for ages 7 & 8
	Navigators ages 13 & 14	Navigators ages 13 & 14
	LIT age 15	LIT age 15

Session 4: June 15-19	Session 5: June 22-26	Session 6: June 29-July 3
Community Week	Innovation Week	Freedom Week
Explorers ages 5 & 6	Explorers ages 5 & 6	Explorers ages 5 & 6
Voyagers ages 7 & 8	Voyagers ages 7 & 8	Voyagers ages 7 & 8
Pathfinders ages 9 & 10	Pathfinders ages 9 & 10	Pathfinders ages 9 & 10
Commanders ages 11 & 12	Commanders ages 11 & 12	Commanders ages 11 & 12
Basketball Camp – AM for ages 5-8	Soccer Camp – AM for ages 5-8	Navigators ages 13 & 14
Basketball Camp – PM for ages 9+	Soccer Camp – PM for ages 9+	LIT age 15
Cartooning – AM for ages 5-8	Art Camp – AM for ages 5-8	
Cartooning – PM for ages 9+	Art Camp – PM for ages 9+	
STEAM – PM for ages 9 & 10	STEAM – PM for ages 11 & 12	
Navigators ages 13 & 14	Navigators ages 13 & 14	
LIT age 15	LIT age 15	

Summer Day Camp



Key: Weekly Theme • 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
Fitness Week	Culture Week	Energy Week	Challenge Week
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
Commanders ages 11 & 12	Commanders ages 11 & 12	Commanders ages 11 & 12	Commanders ages 11 & 12
Basketball – AM for ages 5-8	Cheer Camp ages 5-15	Basketball – AM for ages 5-8	Navigators ages 13 & 14
Basketball – PM for ages 9+	Flag Football ages 5-15	Basketball – PM for ages 9+	LIT age 15
Cooking – AM for ages 5-8	Music – AM for ages 5-8	Cartooning – AM for ages 5-8	
Cooking – PM for ages 9+	Music – PM for ages 9+	Cartooning – PM for ages 9+	
STEAM – PM for ages 5 & 6	STEAM – PM for ages 7 & 8	STEAM – PM for ages 9 & 10	
Navigators ages 13 & 14	Navigators ages 13 & 14	Navigators ages 13 & 14	
LIT age 15	LIT age 15	LIT age 15	

Traditional Day Camp ages 5-12: We offer traditional day camp for all ten weeks of summer. Campers will enjoy swimming, outdoor recreation, group games, arts & crafts, weekly themes, STEAM computer lab with 3D printer, summer learning and more. We will focus activities around our four core values of caring, honesty, respect and responsibility.

Monday – Friday, 8:30 am – 4:30 pm
Free Extended Care: 6:30–8:30 am & 4:30-6:30 pm

Sports Camps ages 5-15: We offer half-day sports camps most weeks of camp. Campers will learn fundamentals, rules and technique of the sport of the week, as well enjoy traditional camp activities.

Monday – Friday, 9:00 am – 12:00 pm



campers the opportunity to enhance their traditional day camp experience. Take a deep dive into the world of STEAM (Science, Technology, Engineering, Arts & Math) in the computer lab with our 3D printer or work on your creative skills in our music, art, cooking or cartooning camps. These campers will also enjoy traditional camp activities.

Monday – Friday
Mornings AM: 9:00 am – 1:00 pm
Afternoon PM: 2:00 – 5:00 pm

Teen Leadership Camps ages 13-15: Developing teen leaders is one of our major initiatives at the Y, and one way we focus on that is through camp. We offer two leadership camps that step teens through how to be an effective leader at not only the Y, but also in their community.

Monday – Friday, 6:30 am – 6:30 pm

QUESTIONS? Email WesleyT@ymcaatlanta.org.

More info + register...
ymcaatlanta.org/summer-camp

Community Outreach



WHY IT MATTERS

Dating back to its founding in eighteen fifty-eight, the Metro Atlanta YMCA remains a strong community organization getting great results. We hold ourselves as responsible and accountable today resulting in our continued relevance and collective impact.

At the heart of the 27 communities, the Metro Atlanta YMCA is a charitable organization open to and serving all. Each YMCA tailors its programs and services focused on bettering the lives of kids, improving health and connecting community residents to meet needs of its local service area.

Today, community leaders tell us they face challenges such as decreasing school readiness; increasing childhood obesity and related chronic diseases; the area's increasing diversity; and, fewer gathering places for families.

Our Y is responding with plans to provide more accredited early childhood education programs for our youngest kids; affordable, supervised programs for older kids when school is out; proven health and wellness programs for youth and adults of all income levels; and more places in our communities where everyone feels welcome.

How can you help?

By making a gift to this campaign, the Metro Atlanta YMCA can work to get our kids ready for success in school, reduce health risk behaviors in all ages, and continue to provide community-based facilities and programs for every age, every income and every background. Where else but the Y can your contribution achieve such remarkable impact?

Accountability

For the fourth consecutive year, our Y received a four-star rating (out of four stars) from Charity Navigator, America's largest independent evaluator of charities. With 100% of every dollar raised going toward Metro Atlanta YMCA programs and financial assistance, an investment in the Y is truly an investment towards nurturing kids, supporting families and strengthening communities.

To make a donation, [click here](#).

QUESTIONS?

ChrystalJ@ymcaatlanta.org

STAY CONNECTED



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www.ymcaatlanta.org



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