

A close-up photograph of a young girl with dark skin and braided hair, smiling warmly. She is wearing a pink t-shirt and a black backpack. The background is slightly blurred, showing other children in a crowd. The image is overlaid with a red diagonal graphic element in the bottom right corner.

2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> J.M. Tull-Gwinnett Family YMCA <<

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 Membership Office.

Weight Loss for Life free for members ages 18+: This 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. See a Wellness Coach for more details.

FITNESS EQUIPMENT

Cybox Equipment 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 Cybox strength training, free weights and cardio equipment. Make your appointment at the Membership Desk.

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

- Manufacturer & safety requirements (60" ht.)
- Use of the area will require that a parent or guardian is directly supervising (within an arm's reach)

Free Weight Area facility members ages 16+: Teens ages 13 to 16 can use the free weights with parent supervision.

GROUP EXERCISE

Group Exercise Classes for facility members 13 & older: Group Exercise classes are included as a benefit in your facility membership at no extra charge for ages 13 and older! Select classes are offered for ages 9 to 12. Schedules are in the lobby or [online](#). We also offer a variety of water exercise classes for our members.

GROUP TRAINING

Parkinson's Movement Classes: These classes are designed for individuals at all stages of Parkinson's disease who want 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 that is self-selected by each participant.

Parkinson's Cycling Class: This class is designed for individuals at all stages of Parkinson's disease. Cycling has been shown to manage symptoms associated with Parkinson's disease. Please arrive 15–20 minutes prior to class start time so the instructor can assist in bike setup and explain the class format.

Parkinson's Boxing Classes: These classes are designed to work on balance, stability, strength and hand-eye coordination. Classes may use boxing gloves, bags and other equipment and are appropriate for level 1 & 2 participants. Participants should be able to stand for the majority of the class.

QUESTIONS? NataleT@ymcaatlanta.org

Health & Wellness



PERSONAL TRAINING

YMCA Trainers are equipped to provide our facility members the latest fitness education to help you see results faster! Contact Wellness Director Natale Thomas at NataleT@ymcaatlanta.org or 770-513-5953 to schedule PT sessions.

Personal Training ages 13+: An individualized program that is designed to assist you in achieving & maintaining a desired fitness level through strength training, cardiovascular conditioning and weight management. Our trainers will educate and motivate you whether you are beginning an exercise program, breaking through a plateau, defeating boredom in your current routine, or conditioning yourself for a competitive event. By appointment only.
MEM: \$35 per half-hour or \$50 per hour

YOUTH & TEEN

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 into the class structure.

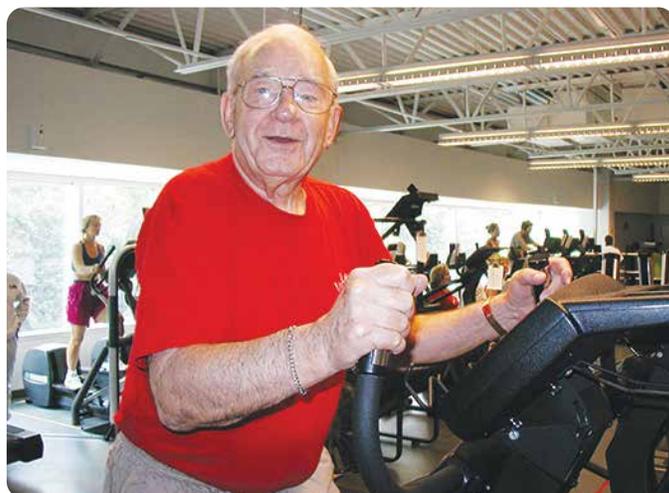
Kids Triathlon ages 6-15: Triathlon is one of the fastest growing sports in the world, and kid's triathlons are a vital part of this trend. There is no better way for a child to experience the benefits of a healthy lifestyle focused on hard work, daily exercise and good nutrition. **Summer**

SPECIALTY PROGRAMS

Better Choices, Better Health®– Diabetes ages 18+ with type 2 diabetes: These workshops can help you manage the challenges of living with diabetes. Workshops meet once a week for six weeks in small groups throughout the community. Learn more and register by calling Jennifer Rewkowski at 866-202-1926 or JenniferR@ymcaatlanta.org.

Diabetes Prevention Program ages 18+: This program provides a supportive environment in a small group setting to learn how to adopt healthy habits and reduce chances of developing type 2 diabetes. Contact Linda Vaughan at 404-527-7690 or preventdiabetes@ymcaatlanta.org for more information.

GMC at the Y/Winship at the Y: Because we believe how beneficial exercise is, the Y truly believes that exercise should be an integral part before, during and after cancer treatment. For this reason, the Y has partnered with the Cancer Center at Gwinnett Medical Center and the Emory Winship Cancer Survivor Institute to bring you GMC at the Y and Winship at the Y, respectively. Survivors are encouraged to join the Y and get started with The Coach Approach. Our coaches have been trained so that they understand how best to work with patients & survivors. For more info, please contact [Jennifer Rewkowski](mailto:JenniferR@ymcaatlanta.org) at 404-588-9622.



Kids & Teens



CHILDCARE

Play Center & Y Rec ages 3 months–12 years:

As an added benefit to your facility membership, the Y provides a drop-in area for your child(ren) to play, learn and meet new friends. Our safe and fun Play Center & Y Rec spaces are designed to serve children, for a maximum of two hours a day or no more than 10 hours a week, while you stay on the premises to enjoy the programs and services that we offer.

Play Center ages 3 months to 5 years:

Monday – Thursday: 8:00 am – 12:30 pm & 4:00–8:30 pm

Friday: 8:00 am – 12:30 pm & 4:00 – 7:00 pm

Saturday: 8:00 am – 1:00 pm

Y Rec ages 6 to 12 years

Monday – Thursday: 4:00 – 8:30 pm

Friday: 4:00 – 7:00 pm

Saturday: 8:00 am–1:00 pm

Also open Monday – Friday, 8:00 am – 12:30 pm when Gwinnett County Schools are not in session.

Parent’s Night Out ages 18 months–12 years: PNO is available for facility members who wish to have a night on the town or a relaxing evening at home without the kids. Parent’s Night Out includes dinner and themed activities and is held on the third Saturday of every month.

Y Afterschool Enrichment Program grades K-7th:

Our Prime Time AEP provides a nurturing and stimulating environment where children experience a curriculum that emphasizes the importance of academic excellence, healthy living and social responsibility. Some such activities include homework assistance, physical fitness, arts & crafts, character development, etc. Also available on early release days at selected schools or alternate locations.

Providing care at the YMCA on Sugarloaf Parkway for the following schools: Cedar Hill, Craig, Jenkins, Lawrenceville, Pharr, Simonton, Starling and Holt. (Transportation provided by the Y or GCPS bus service).

On-site care provided at the following schools: Benefield, Cooper, Grayson, Lovin, McConnell Middle and Mulberry.

Before-school care provided at the following elementary schools: Cooper & Lovin

For complete information about the policies and guidelines, see a staff member for a parent handbook.

School Holiday Camps & Early Release Days

ages 5–12: Holiday camps provide an opportunity for children to enjoy safe, structured activities during out-of-school time. Participants need to bring a nut-free sack lunch, 2 snacks, water bottle, swim wear, towel and athletic shoes for active games.

QUESTIONS? CeciliaB@ymcaatlanta.org

TEENS

For our young people, the right guidance and support can make a real difference in figuring out who they are and what they can achieve. Participants in our teen programs can expect to make new friends, find the support they need and gain the confidence to challenge themselves.

Teen Leaders Club middle & high school

students: This club works to instill the YMCA core values of caring, honesty, respect and responsibility in your teens while they are volunteering with our Y programs. Teens will develop cause-driven leadership skills and build identity through the planning and execution of exciting projects. If you would like your teen to be a part of a group that inspires each other, please reach out to [Ebony Anderson](mailto:EbonyA@ymcaatlanta.org).

QUESTIONS? EbonyA@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.

1:10 for Infant-Toddler + Parent Classes

1:4-5 for Preschool Classes

1:6-7 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 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. **Forms are available at the membership desk and required with registration.**

Adaptive ages 3+: Children and young adults with special needs can learn to swim at the Y.

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? RaquelT@ymcaatlanta.org

Swim Programs



SPECIALTY SWIM

Competitive/Advanced Stroke Clinic ages 6+: This program is designed for current competitive swim teamers or for advanced swimmers desiring a little extra help. Participants will build endurance, perfect strokes, flip turns and starting dives. [Ongoing](#)

Masters Swim Team 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? Swimmers will have dedicated lanes during practice times to swim laps. This is a US Masters Swimming Program. [School Year](#)

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.

SWIM TEAM

Dolphins Swim Team ages 5-18: Coaches help swim team members 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. [Fall & Winter](#)

8 & under: Required skills: Be able to swim at least one length of the pool freestyle and backstroke. 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. Great for kids who have been enrolled in swim lessons.

9-11 year olds: Required skills: Be able to swim freestyle and backstroke. Know the fundamentals of breaststroke and butterfly. Swimmers will develop and refine skills such as flip turns, streamlining, and circle swimming. Kids build confidence through learning about goalsetting, and then working towards daily, personal and team goals.

12 & up: Required skills: Be able to swim all 4 competitive strokes. Swimmers will focus on technique, speed and endurance.

*All swimmers will be divided by skill level and placed in appropriate practice groups.

Summer League Prep ages 5-18: Endurance, strength and conditioning training and a mock meet for summer swim league. The mock meet will ensure swimmers have their current times for their summer coaches. [Spring](#)

Swim Team Members Private Coaching: One-on-one instruction with a coach, working on individual goals and strokes.

QUESTIONS? TinaH@ymcaatlanta.org

Youth Sports



SOCCER

Youth Rec Soccer ages 3-15: YMCA volunteer coaches will run practices designed to introduce basic soccer to the newest players and further develop core soccer skills for continuing players in a fun, inviting atmosphere. **Spring:** February
Fall: August

BASKETBALL & CHEERLEADING

Shooting Stars Basketball co-ed, ages 3-4: Dribbling, passing and shooting. Intro to basketball with relays and game-like play in a friendly non-competitive environment in 60-minute sessions. **Winter:** October & January

Recreational Youth Basketball League boys & girls, age 5-14: Beginner-advanced. Teams are grouped by gender/age and will work on skill development and healthy competition. **Winter:** December

Basketball Cheerleading ages 7-14: Sign up to cheer at our basketball games. Cheerleaders will build self-confidence and self-esteem while developing social skills and healthy relationships with other cheerleaders. **Winter:** December

TENNIS

Youth Tennis Lessons ages 4-14: Want to learn the basics of the game? Join our classes on Saturdays. **Ongoing**

Teen/Adult Tennis Lessons ages 13+: Want to learn the basics of the game? Join our classes on Saturdays. **Ongoing**



ADULT SPORTS

Adult Pick-Up Basketball facility members only ages 18+: No need to register. Just come shoot some hoops with other Y members. **Ongoing**

Adult Pickleball facility members only ages 18+: Pickleball is a combination of tennis, badminton, and racquetball. In addition it is one of the fastest growing sports in America. It's fast paced and easy to learn, great exercise and lots of fun. Come check it out. All equipment is provided, just bring your sneakers.

Check out our [gym schedule](#) for days and times for Pick-Up Basketball and Pickleball.

QUESTIONS? JavonneB@ymcaatlanta.org and ShannonC@ymcaatlanta.org

Special Events



SPRING

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**



For more information about our special events, look for flyers in the facility, check your email or check out our [Facebook](#) page.

SUMMER

Summer Fun in the Sun all ages: On summer holidays, join us by the pool to play games, listen to music and hang out with friends and family. **May, July & September**

FALL

Y Golf Tournament: This annual event is Atlanta's largest charitable golf tournament and is held at courses across the metro area. **October**

WINTER

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**

STAY CONNECTED



Check out our website...
tgy.ymcaatlanta.org



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facebook.com/GwinnettY



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



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



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

Community Programs



TRAINING

Lifeguard Training ages 16+: This course is designed to give participants the knowledge needed to be a lifeguard and professional rescuer. Participants will be certified in American Safety & Health Institute (ASHI) courses: CPR Pro (BLS) for the Professional Rescuer, Basic First Aid for the Community, and Emergency Oxygen Administration. Students must pass the physical skills test prior to the class and must be 16 years of age by the last day of the scheduled class. **January/April/June**

Lifeguard Cadete YASA ages 14+: This course is designed to give participants the knowledge needed to be a lifeguard and professional rescuer. Participants will be certified in American Safety & Health Institute (ASHI) courses: CPR Pro (BLS) for the Professional Rescuer, Basic First Aid for the Community, and Emergency Oxygen Administration. This course does not provide participants with lifeguard training or certification. Students must pass the physical skills test prior to the class and must be 14 years of age by the last day of the scheduled class. **July**

YMCA Swim Instructor ages 16+: After successful completion of this course, instructors will be able to identify components of the YMCA Swim Lessons continuum, demonstrate the behaviors of an effective Y Swim Lesson Instructor, maintain an inclusive environment, employ swim teaching techniques that break down the critical features of a swimmer's skill progression at any age and stage and demonstrate the swim instructor's role in the safety process and during an emergency. **March/May**

Community CPR & First Aid: This class is not sufficient for health care professionals or 1st responders. Adult, Infant and Child CPR, with First Aid included. **January/April/August/October**
Spanish CPR: April

NUTRITION

Good Measure Meals™ offers healthy, nutritionally balanced meals for fitness-conscious individuals, people with special dietary requirements due to health conditions such as diabetes, high blood pressure or abnormal body fat levels and busy professionals. Five- or seven-day meal plans are available in four daily calorie levels ranging from 1,200 to 2,100. They also offer a vegetarian menu. Our Y is proud to be a pick-up location for these freshly prepared meals. For more info, visit GoodMeasureMeals.com.



QUESTIONS? TinaH@ymcaatlanta.org

Summer Camp



J.M. Tull-Gwinnett Family YMCA's Camp New Heights offers a wide variety of summer camp options to meet your camper's needs. Our summer camps focus on the Y's values of caring, honesty, respect, and responsibility to ensure a safe, fun and exciting experience. Check out our camp guide for more detailed information about all our camps.

Camp Hours:

Monday – Friday, 9:00 am-4:30 pm

FREE Extended Care: 7-9:00 am & 4:30-6:30 pm

QUESTIONS? CeciliaB@ymcaatlanta.org

CAMP SESSION DATES

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

*No camp May 25

TRADITIONAL CAMPS

Traditional Day Camp ages 5-12: Traditional Camps offer age-appropriate activities focused on promoting self-reliance, a love for nature, the outdoors and the development of attitudes and practices that build character and leadership. Campers will have the opportunity to make new friends as they explore an exciting theme each week while rotating through traditional camp activities such as swimming, art & crafts, STEM, group games, specialty clubs, archery, cooking, special events and much more. **Offered All Sessions...**

Explorers ages 5 & 6

Voyagers ages 7 & 8

Pathfinders/Trailblazers ages 9-12

SPECIALTY CAMPS

Specialty camps give campers the opportunity to enhance their traditional day camp experience. These campers will also enjoy traditional camp activities.

STEM Camp ages 7-12 – Sessions 2 & 4

Kids in the Kitchen Camp ages 7-12 – Session 3

Performing Arts Camp ages 7-12 – Session 5

Jr. Travel Camp ages 9-12 – Sessions 2-10

TEEN CAMP

Navigators Advanced Leadership Travel Camp ages 12-15: This camp allows teens an opportunity to experience the best of both worlds – enjoying traditional camp activities and venturing off to thrilling excursions on Mondays, Wednesdays & Fridays. This camp's curriculum is designed to foster personal growth and awareness through a culture of service to others. **Offered all sessions.**

Leaders In Training Camp (LIT) ages 15-17: This camp is an exclusive leadership program designed to prepare mature, enthusiastic, outgoing teens for future roles as Y Camp Counselors. LITs will assist in all aspects of camp from logistics and hands-on experiences following counselors and working directly with children to other learning-based experiences such as implementing camp programming. To apply, email your resume CeciliaB@ymcaatlanta.org by May 9. **Offered all sessions.**