

A close-up photograph of a young Black girl with her hair styled in two braids with orange and yellow ties. She is wearing a pink t-shirt and a black backpack, and she has a bright, happy smile. The background is slightly blurred, showing other children in a group setting. The image is overlaid with a red diagonal graphic element in the bottom right corner.

2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> The Villages at Carver Family YMCA <<

Kids & Families



CHILDCARE

Play Center & Y-Zone ages 3 months-12 years: While parents are enjoying the programs and services at the Villages of Carver Family YMCA, their children are divided into age appropriate rooms that are monitored by well trained staff. The Play Center serves ages 3 months to 5 years. Y-Zone serves ages 6 to 12 years. Our program strives to embody the Y's core values of Honesty, Caring, Respect and Responsibility. This FREE service is offered to facility members with family or youth memberships. 2 hour limit per day (up to 8 hours/week).

PLAY CENTER HOURS

Monday - Thursday:

9:00 am-12:00 pm &
3:30-8:00 pm

Friday:

9:00 am-12:00 pm
3:30-8:00 pm

Saturday:

9:00 am-12:00 pm

*In June and July, the Play Center will remain open until 1:00 pm.



Parent's Time Out ages 3 months-12 years: Looking for somewhere to put your little one while you run errands? Activities include story time, arts & crafts, recreational play, music and movement.

Monday - Friday mornings & evenings

Saturday mornings

AFTER SCHOOL

Y Afterschool Enrichment Program: Our state licensed program runs everyday that school is in session. We offer homework assistance, daily snacks, arts & crafts, recreation and more in a safe, caring environment. We provide transportation from Wesley International Academy, Slater, Kipp Vision, Dunbar and Dobbs Elementary Schools. Offered from 2:30 - 6:30 pm each day of school. Fees are determined on a sliding scale based on total household income.



FACILITY RENTALS

Let us host your next community meeting, a banquet, or a birthday party. Reservations are made on a first come, first serve basis and may not be made more than 45 days in advance. Events must be held during facility hours of operation. Contact the Y at 404-635-9622.

Activity Room 1: 100 person capacity.

\$175 for the first 2 hours

\$50 for each additional hour + \$50 reservation fee

Activity Room 2: 75 person capacity.

AV equipment ready. \$150/first 2 hours

\$50 for each additional hour + \$50 reservation fee

Gymnasium: 250 person capacity.

\$500 for 5 hours (5 hour minimum)

\$50 for each additional hour + \$50 reservation fee

Birthday Party Packages:

Gym Party - Play in the gym for an hour and then party in the Activity Room for an hour.

Saturdays, 1:00-4:00 pm

\$75 registration fee plus \$6 per child (20 child max)

Pool Party - Splash in the pool for an hour and then party in the Activity Room for an hour.

Saturdays, 1:00-4:00 pm

\$75 registration fee plus \$6 per child

Swim and Gym Party - Play in the gym for an hour, splash in the pool for an hour, and then party in the Activity Room for an hour.

Saturdays, 2:00-4:00 pm

\$75 registration fee plus \$75 for 10 kids
\$7 each additional child (20 child max)

Teen Programs



TEEN PROGRAMS

The Villages at Carver Family YMCA Teen Program: This program is designed to empower teens through modeled leadership and character development that they can use to serve others in their own communities. The teen programs represents diversity and strength among today's teen generation and presents the opportunity to gain insight into some of today's toughest topics. **Be a leader and sign up today!**

Activities Include:

Teen Nights	Field Trips
Life Skills Workshops	Teen Fitness
Homework Assistance	Mac Lab Access
Volunteer Hours Required for Graduation	

Teen Night: The Teen Center is the place to be for teens. Participants will watch movies, participate in scavenger hunts, dodge ball, 3-on-3 basketball games, video and card game tournaments and several other activities.

Y-LAB: Interested in creating blogs, websites, documentaries or any other multimedia design? If so, come join our Y-MAC Lab. We take teen entertainment to another level. Audio production/editing, podcasts, DJing...we do it all!

ACTIVE OLDER ADULTS

Movers & Shakers FREE facility members ages 60+:

The Villages at Carver Family YMCA is proud to present its premier program Movers & Shakers. Mover & Shakers is a program serving the mental and physical health needs of the older adult population. This program consists of an array of activities (such as senior chair aerobics, jewelry making, knitting, etc.) geared toward keeping the older adult population active and fit. Each member is afforded the opportunity to design his/her Y experience. We provide transportation from the following senior residences: The Veranda, The Villages at Carver Apts., Columbia High Point, The Renaissance, Columbia Blackshear, Trinity Towers and Lakewood Christian Manor. Space is limited; however, classes are offered on a continuous basis throughout the year to accommodate all. Pick up a schedule in the Y lobby. **Get moving and shaking!**

STAY CONNECTED



Check out our website...
www.ymcaatlanta.org



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



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



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



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

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? VCYAquatics@ymcaatlanta.org

Youth Sports



BASEBALL

Baseball ages 3-14: The YMCA Junior Braves Academy brings all of the fun of America's game to the youth of south Atlanta. Plus each child sees the rewards of self-esteem and achievement extending beyond the diamond to include life skills education. Just as important as learning to hit and making the catch is learning the skills to make the grade in school and in life. **February – April**

KARATE

Karate ages 4+: Youth Martial Arts is offered for both boys and girls. It is designed to build teamwork, intermediate skills, basic fundamentals and love of the sport. **Ongoing Sessions**

DANCE & GYMNASTIC

Dance & Gymnastics ages 3-12: YMCA gymnastics provides a quality program in a safe, structured and nurturing environment. The program is designed to enhance body awareness, balance and coordination, as well as to build strength and self-confidence. Participants progress by learning specific skills appropriate for their level. Gymnastics classes are a great way to introduce your child to physical fitness and help them build their self-esteem. **October – November**



BASKETBALL

Basketball ages 4-14: Originally started by the YMCA, basketball is a fun team sport that develops character and teamwork. Youth Basketball is offered for boys, girls, and co-ed leagues. It is designed to build teamwork, intermediate skills, basic fundamentals and love of the sport. There are no tryouts on the recreational level. **October – December**

VOLUNTEER TO COACH

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 Sports Staff at VCYSports@ymcaatlanta.org.



Health & Wellness



SIGNATURE PROGRAMS

The COACH APPROACH®, An Exercise Support Process free for members ages 18+: At the Y, a supportive community is a big part of healthy living. Your membership includes our signature Coach Approach Program. If you need guidance in your wellness journey, our staff will help you set goals, make a plan and discover activities you enjoy. Your wellness coach will help you become familiar with everything the Y has to offer you and your family.

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!



GROUP EXERCISE

Group Exercise Classes for facility members 13 & older: We offer a variety of group exercise classes including strength and conditioning, choreographed cardio, group cycling, and mind and body. Check out our [Group Ex Schedule](#) for class days and times.

Water Group Exercise Classes: Water group exercise classes provide significant cardiovascular and strength training benefits while reducing the burden on stress-bearing joints and muscles. This is a workout that is appropriate for all ages and fitness levels. Check out our [Group Ex Schedule](#) for class days and times.

FITNESS

Equipment Orientation free for members ages 13+: YMCA Wellness coaches are available to answer your fitness questions, provide instruction on how to use the weight equipment and designate effective exercise routines. Schedule appointments at the Membership Desk.

Youth Policy Guidelines:

- Members 13 & older may use the Wellness Center independently once a Fitness Orientation is completed.
- Members ages 9 – 12 may use the Wellness Center under direct supervision (within arm's length) of a parent or guardian once a Fitness Orientation is completed. Youth 12 & younger must check in with YMCA staff upon arrival.
- Members ages 16 & older may use the free weight area independently.
- Members ages 13 – 15 may use the free weight area with direct supervision (within arm's length) of a parent or guardian, once an orientation is complete.
- Members ages 13 & older may participate in group exercise classes.
- Members ages 9 – 12 may take classes if accompanied by an adult, excluding Group Cycling, Body Pump, Resistaball/Stability Ball. If the safety of a participant is compromised, the Group Exercise Instructors reserve the right to redirect a member to a more appropriate class.
- Members ages 8 & younger may participate in age-appropriate classes.

HEALTH SCREENINGS

Blood Pressure and BMI: Blood pressure screening will assess the force in your arteries when the heart beats and is at rest. A BMI test determines whether you are within a healthy weight range.

Summer Day Camp



Camp is a powerful experience that can strengthen the values that you, as parents, are teaching daily. At the Carver YMCA, we offer a wide array of summer camp options to meet every camper's needs. All of our summer camps are designed to make summer fun, exciting, and safe while focusing on the Y's values of caring, honesty, respect, and responsibility.

For more information, see our [camp guide](#).

Camp Hours:

9:00 am-4:00 pm

Drop Off:

7:00-9:00 am

Pick Up:

4:00-6:30 pm

QUESTIONS?

TerionW@ymcaatlanta.org



TRADITIONAL CAMP

Traditional Day Camp ages 5-12: The Villages at Carver Family YMCA offers traditional summer day camp for all 11 weeks of summer. Campers will enjoy swimming, outdoor recreation, group games, arts & crafts, weekly themes, summer learning and more. We will focus activities around our four core values of caring, honesty, respect and responsibility.

Explorers ages 5 & 6

Voyagers ages 7 & 8

Pathfinders ages 9 & 10

Commanders ages 11 & 12



SPORTS CAMPS

Sports Camps ages 7-12: These camps will focus on learning skills and styles while striving to have proper form. Each week will focus on a specific sport while having tons of fun.

Basketball

Baseball

Cheer/Dance

Flag Football



SPECIALTY CAMP

Specialty Camps: Specialty camps give campers the opportunity to enhance their traditional day camp experience. Learn special, specific skills while also enjoying traditional camp fun.

Splash Camp ages 5-11

Mad Science Camp ages 7-12



TEEN CAMP

Teen Travel Camp ages 13-16: This summer we are offering this specialty teen camp for our teens that will include traditional camp activities, as well fun opportunities to travel to locations around the metro Atlanta area.

Summer Day Camp



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

Session 1: May 27-29

Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Commanders ages 11-12
Splash Camp ages 5-11


Session 2: June 1-5

Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Commanders ages 11-12
Baseball ages 7-12
Splash Camp ages 5-11
Mad Science ages 7-12
Travel Camp ages 13-16

Session 3: June 8-12

Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Commanders ages 11-12
Cheer/Dance ages 7-12
Flag Football ages 7-12
Splash Camp ages 5-11
Travel Camp ages 13-16

Session 4: June 15-19

Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Commanders ages 11-12
Baseball ages 7-12
Splash Camp ages 5-11
Mad Science ages 7-12
Travel Camp ages 13-16

Session 5: June 22-26

Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Commanders ages 11-12
Basketball ages 7-12
Cheer/Dance ages 7-12
Splash Camp ages 5-11
Travel Camp ages 13-16

Session 6: June 29-July 3

Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Commanders ages 11-12
Basketball ages 7-12
Splash Camp ages 5-11
Mad Science ages 7-12
Travel Camp ages 13-16

Session 7: July 6-10

Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Commanders ages 11-12
Cheer/Dance ages 7-12
Flag Football ages 7-12
Splash Camp ages 5-11
Travel Camp ages 13-16

Session 8: July 13-17

Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Commanders ages 11-12
Baseball ages 7-12
Splash Camp ages 5-11
Mad Science ages 7-12
Travel Camp ages 13-16

Session 9: July 20-24

Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Commanders ages 11-12
Basketball ages 7-12
Cheer/Dance ages 7-12
Splash Camp ages 5-11
Travel Camp ages 13-16

Session 10: July 27-31

Explorers ages 5-6
Voyagers ages 7-8
Pathfinders ages 9-10
Commanders ages 11-12
Baseball ages 7-12
Flag Football ages 7-12
Splash Camp ages 5-11
Travel Camp ages 13-16