

A close-up photograph of a young girl with dark skin and her hair styled in two braids with orange hair ties. She is wearing a pink t-shirt and a black backpack. She is smiling warmly at the camera. The background is slightly blurred, showing other people in a crowd.

2020 PROGRAM GUIDE

HERE FOR ALL. HERE FOR GOOD.

>> Andrew and Walter Young Family YMCA <<

Kids & Families



CHILDCARE ages 6 months–6th grade

While parents are enjoying our programs and services, their children are divided into age-appropriate rooms that are monitored by well-trained staff. Developmentally sound activities are fun and engaging. Play Center serves 6 months to 6 years of age, and Cool Kids serves ages 6 to 6th grade. This FREE service is offered to facility members with family or youth memberships. 2 hour limit per day (up to 8 hours/week).

Monday - Thursday: 5:00 - 8:30 pm

Friday: 5:00 - 7:30 pm

Saturday: 8:30 - 11:30 am



AFTERSCHOOL

Our Afterschool program is offered at elementary schools until 6:30 pm. Our program is featured every day that school is in session. The program provides homework assistance, nutritious snacks, enrichment enhancements, arts & crafts, fitness components, social development and outside play in a safe, caring environment. Visit our website for forms, program info and participating schools.

HOLIDAY CAMP

School Break Cs ages 4-12: We offer camp fun for kids when school's out! We provide a fun, safe and affordable environment for today's youth to build friendships, expand their minds, build leadership skills and have some fun! Camps schedules correlate with the Fulton County and Atlanta Public Schools calendar.

DANCE

Classes held September - May.

Creative Movement Emerald ages 2-4: A fun, educational movement class for toddlers.

Ballet & Tap Rubys ages 5-7: Fundamentals of beginner level ballet/tap class for young children.

Ballet & Hip Hop Pearls ages 8-11: Perfection of intermediate level dance techniques.

TEENS

Our teens have their own special place here at the Y. Our **Teen Center** offers pool, air hockey Xbox, computer lab and more. All events include free snacks! Call the branch for days and times.

I.M.P.A.C.T: Explore performing arts through drama! Real life issues are brought to stage with depictions of teen struggles, awareness and most importantly, solutions!



ACTIVE OLDER ADULTS

Get involved with the active older adult programs at the Andrew & Walter Young Family YMCA. Activities will include:

- Volunteer Opportunities
- Special Events
- Movie Nights
- Health & Wellness
- Intergenerational Programs & more

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? YSYAquatics@ymcaatlanta.org

Swim Programs



PRIVATE LESSONS

Private/Semi-Private Lessons: Cost includes 3-hour block of time (your choice of six 30-minute or four 45-minute lessons). 1-on-1 instruction, for a wide range of swimming abilities. Please stop by the Front Desk to fill out a private lesson request and an instructor will contact you within 2 weeks. Payment required at registration. Must be used within 6 months of purchase.

Adaptive Aquatics: One-on-one instructor is available for special needs members. Documentation of diagnosis must be included with the application. Please stop by the Welcome Center to fill out a private lesson request and an instructor will contact you within 2 weeks. Payment required at registration. Must be used within 6 months of purchase.



SPECIALTY SWIM

Stroke Clinic ages 6-14: The class refines all four competitive strokes (butterfly, backstroke, breaststroke and freestyle). Instructor will not be in the water, so all participants must be able to pass a swim test.

Water Works Personal Training: Achieve and maintain your desired fitness level through strength training, cardiovascular conditioning and weight management.

Water Exercise Classes: We offer a variety of water exercise classes for our members, including Arthritis Water Fitness, Shallow Water and Deep Water Combo classes.

QUESTIONS? YolandaM@ymcaatlanta.org

STAY CONNECTED



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



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



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



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



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

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!

FITNESS

Cardio Theater: Your total entertainment system will enhance your cardiovascular workout by viewing cable television, watching a movie or listening to music. You must bring your own headsets.

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 Welcome Center.

Youth Orientation free for members ages 9-12:

Members ages 9 to 12 may use select wellness equipment upon meeting the following criteria:

- Manufacturer and safety requirements (60" H)
- An orientation must successfully be completed with a parent or guardian present
- Workout with parental supervision at arm's length

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.

Youth ages 9-12 may participate in group classes only if accompanied by a parent or guardian 18 years of age or older and who is a member. If a participant's safety is compromised, the YMCA Certified Group Exercise Instructors reserve the right to redirect a member to a more appropriate class.

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 the Pool Schedule for class days and times.

TRAINING

Personal Training for facility members 18 & older: Achieve and maintain your desired fitness level through strength training, cardio conditioning and weight management. Check with the Wellness Center for pricing and to schedule appointments.

QUESTIONS? YSYWellness@ymcaatlanta.org

Youth Sports



BASEBALL

Coed Baseball ages 3-10: Players will be taught the fundamentals of baseball through drills and games. T-ball will be taught to ages 3 to 6. Coach-Pitch will be taught to ages 7 & 8. Ages 10 & under will be instructed to play traditional baseball.

Spring: February – May

SOCCER

Youth Soccer ages 3-10: YMCA soccer is designed to build elementary and intermediate skills, basic fundamentals and love of the sport. Practices once a week with games on Saturdays. We also offer Select Soccer for the more competitive player.

Spring: March • **Fall:** September



TENNIS

Tennis Less ages 4+: Throughout the 4-week sessions the participants will learn the basic fundamentals of tennis. Players will learn through a series of drills and games as they grow to love the sport. **September – May**

BASKETBALL

Coed Basketball ages 3-18: Y Basketball encourages a love of the game while teaching skills and teamwork. **November – February**



CHEERLEADING

Cheerleading ages 5-12: Have fun and learn cheers and routines in our recreational cheer program. **October – February**

QUESTIONS? YSYSports@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 YSYSports@ymcaatlanta.org.



Summer Day Camp



Key: Traditional Camp • Sports Camp • Community Camp • Teen Camp

Session 1: May 27-29	Session 2: June 1-5	Session 3: June 8-12
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
Navigators ages 11-12	Navigators ages 11-12	Navigators ages 11-12
	Dance/Cheer ages 5-12	Dance/Cheer ages 5-12
	Sports Camp ages 5-12	Sports Camp ages 5-12
	21st Century Achievers 1st-5th grade	21st Century Achievers 1st-5th grade
	SAIL Camp 1st-5th grade	SAIL Camp
	Teen Leader ages 13-15	Teen Leader ages 13-15

Session 4: June 15-19	Session 5: June 22-26	Session 6: June 29-July 3
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
Navigators ages 11-12	Navigators ages 11-12	Navigators ages 11-12
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Session 7: July 6-10	Session 8: July 13-17	Session 9: July 20-24	Session 10: July 27-29
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
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Sports Camp ages 5-12	Sports Camp ages 5-12	Sports Camp ages 5-12	
SAIL Camp 1st-5th grade	Teen Leader ages 13-15	Teen Leader ages 13-15	
Teen Leader ages 13-15			

QUESTIONS? SarahB@ymcaatlanta.org // **More Info:** ymcaatlanta.org