

J.A. WALTERS FAMILY YMCA

Fall Programs 2009



2455 Howard Road
Gainesville, Georgia 30501
770 297 9622

www.gamountainsymca.org

Welcome to

Fall Programs 2009

Welcome to the J.A. Walters Family YMCA Fall Programs sponsored by the Georgia Mountains YMCA. We are pleased to offer a safe and fun filled environment for the entire family. Here you will find specific information about our fall programs and services. We hope that you find this information beneficial, informative and helpful in making you more familiar and comfortable with our programs and services. If you have any questions or concerns, please feel free to contact us anytime. We are pleased to have you and your family as a part of our program.

Program Leadership Team:

Mike Brown
President / CEO
mike@gamountainsymca.org

Karen Smith
Health & Wellness Manager
karens@gamountainsymca.org

Rich Gallagher
Associate Executive Director
rgallagher@gamountainsymca.org

Ivan Altuzar
Associate Executive Director
ivan@gamountainsymca.org

Meghan Shanik
Membership Manager
mshanik@gamountainsymca.org

Kelly Spain
21CCLC Program Manager
kellys@gamountainsymca.org

Brent Pentenburg
Sports & Recreation Manager
brent@gamountainsymca.org

Ryan Darrough
Aquatics Manager
rdarrough@gamountainsymca.org

Jonquise Thomas
Afterschool Program Manager
jonquise@gamountainsymca.org

In becoming a YMCA member, you have joined with over 14 million other individuals in 90 countries throughout the world who are all striving to become better people as a result of their involvement together.

Swimming Instruction
Adult and Youth Fitness Programs
Afterschool Youth Sports
Adventure Program
Middle School Programs
Summer Camps

Family Outings
Sport Clinics and Camps
Teen/Adult Leadership & Volunteer Opportunities
Weekend Camping Trips
Friday/Saturday Overnight Adventures
Youth Clubs

You will receive information throughout the year on these and other programs:

Visit the Georgia Mountains YMCA website at www.gamountainsymca.org for more information about the YMCA movement and its programs. The YMCA provides approximately 20% of program members with financial assistance towards payment of program and services fees. These funds are provided from the Annual Partners of Youth Campaign and from other generous YMCA members and donors. All new or returning participants must pay a registration fee.



Financial Assistance – YMCA Open Doors

Those families unable to pay the full cost of participation and who qualify are encouraged to apply for YMCA Financial Assistance made available through generous contributions from friends of the YMCA. Please speak with the Member Services staff for more information on eligibility requirements. Applications are also available on the website at www.gamountainsymca.org. The YMCA will also work with families to connect them to additional resources throughout the county.

Membership

J.A. WALTERS FAMILY YMCA

2455 Howard Road • Gainesville, Georgia 30501
770.297.9622

HOURS OF OPERATION

Monday - Thursday: 5am - 10pm • Friday: 5am - 9pm
Saturday: 8:30am - 7pm • Sunday: 1pm - 7pm

12 Weeks to a NEW You!

We have something for everyone. The YMCA strives to serve the whole community, from infants and children, to our seniors. We want to help health seekers achieve their goals of becoming and staying healthy. Here are the ways we can help...

FREE!! Wellness Matters Program

A whole new guide to good health! A YMCA Wellness Coach will be assigned to you and help you set personal goals specifically designed to motivate you. Our wellness coaches are dedicated to helping you understand exercise and making healthy choices to improve your overall health. You'll find yourself making the progress you have always wanted. Enrolling is easy and affordable – FREE to Y members.

FREE!! FitLinxx Personalized Fitness Support System

FitLinxx, a computerized fitness tracking system, can be used to easily create your workout program and track your progress and performance. FitLinxx is also accessible via the internet. You may view your workout progress and data collected at your leisure from your home computer.

Weight Watchers is simple, satisfying and smart!!

Weekly Weight Watchers meetings are currently being offered at the Georgia Mountains YMCA on Wednesday mornings at 11am. Guidance and information comes from trained leaders who have lost weight with Weight Watchers – and have kept it off!! Registration can be handled prior to each meeting at the facility, or online at www.weightwatchers.com.

YMCA Personal Training

If one-on-one attention and accountability are what you are looking for, then personal training may be for you!! Single sessions, or packages of 6, 8, or 12 sessions can be purchased. The benefits of having a personal trainer are:

- Personal trainers provide motivation and accountability to help you achieve your fitness goals. They will help you stick to your program.
- Personal trainers can help anyone regardless of physical condition or age because they are trained and certified.
- Personal trainers provide the option of working with you several times a week or just an occasional check-in to get feedback.
- Personal trainers provide supervised exercise. You will be given one-on-one attention to ensure your exercise is done through proper form and technique.

Ask the front desk for details or pricing.

We welcome everyone in the community to become a member of the Georgia Mountains YMCA and take advantage of our many life-enhancing programs and services.

Membership Categories

Maximum Membership Rates

All rates will be based on the YMCA's Open Door Policy utilizing the Income-Based Sliding Scale.

Membership Category	Monthly Fee	Joiner Fee
<u>Married Family w/ children</u>	\$75	\$125
A married husband and wife with dependent children. (Children must be age 18 or younger - 22 and younger if the dependent is a full-time student.)		
<u>Household Family w/ children</u>	\$75	\$125
Two adult household with dependent children, or single parent with dependent children. (Children must be age 18 or younger - 22 and younger if the dependent is a full-time student.)		
<u>Married Couple Membership</u>	\$65	\$100
A married husband and wife without dependent children, or single parent with one (1) dependent child age 18 or younger - 22 and younger if the dependent is a full-time student.)		
<u>Adult Members</u>	\$55	\$75
An individual adult, age 29-61.		
<u>Young Adult Members</u>	\$42	\$50
An individual adult, age 19-28.		
<u>Teen/Youth Members</u>	\$32	\$50
An individual older youth or teen, age 10-18		
<u>Senior Adult Members</u>	\$42	\$50
An individual adult, age 62 and older.		
<u>Senior Couple Members</u>	\$52	\$75
A married husband and wife where at least one individual is age 62 and older.		
<u>YMCA Program Member Rate:</u>	\$10 Annual for Individual	

In order to utilize the YMCA services such as youth sports, child care, day camp, swim lessons, etc. you must be either a facility or YMCA community program member.

Our Mission is to put Christian principles into practice through programs, services and relationships that build a healthy spirit, mind and body for all.



Afterschool

The YMCA provides afterschool programs for children who attend all Hall County School District & Gainesville City School District elementary schools from after school until 6:00PM Monday-Friday and on most school holidays. The YMCA provides a "home away from home" environment where children can unwind from the school day. The program includes homework assistance, enrichment activities, relationship building, sports and games, and arts and crafts. We emphasize values such as caring, honesty, respect, responsibility and faith. A long-term goal of the program is to help your child develop socially through small group work while emphasizing your child as an individual. Each small group is made up of children of similar age and maturity.

Flexible Program Schedule:

Full Time Weekly: Monday - Friday

Includes full day programs at no additional charge.

3 Day Part Time: Provide care on 3 days of an operating week.

Daily Drop In: This is our most flexible option for families needing drop in care and those who do not need care on a regular basis.

Requirements:

Annual Community Membership • Registration Fee
Copy of Current Immunization Record

Dates:

Runs School Calendar (August 2009 – May 2010)

Must register by **August 1st, 2009** to begin on the first day of school

Back to School Blast: Aug. 1st, 11am-2pm at the J.A. Walters Facility

Location:

All elementary schools in Hall County & Gainesville City Schools

Cost:

Full Time: \$55 per week • 3 Day Part Time: \$40 per week

Daily Drop In: \$15 per day

Y University

The program offers families a more flexible schedule centering their program needs around interest vs traditional child care. Y University will take place at 4 schools throughout the county and spread into others as the program becomes popular and more utilized by families.

Programs will include Spanish, writing courses, guitar, karate, dance, tutors, and other courses that allow students to come for all or part of any activity class they wish to take part in. Programs may charge an additional fee to cover cost of qualified instructors/teachers, supplies, and space.

Y University is set up as a series of classes that meet one or more times a week. Classes are offered each afternoon from school closing until 6pm. Working parents appreciate the back to back classes that help fill the out of school hours until they finish their work day. All families, even those with a parent who does not work outside the home will appreciate the ability to enroll their child for one class or multiple classes. Sessions will last between 6 and 8 weeks.

Kid's Day Out Holiday Program

YMCA provides seasonal Holiday Camps for boys and girls ages 4 through 12 at both the J.A. Walters Family YMCA branch and select school locations. All YMCA Holiday Camp programs focus on the healthy development of children in spirit, mind and body through activities and lessons that are age-appropriate. Character development is a major focus of the YMCA child and youth development programs that encourage the values of Faith, Caring, Honesty, Respect, and Responsibility. Our Holiday Camps offer snacks, supervised play, games, arts & crafts, and swimming. Parents are encouraged to participate through family events, volunteer service and leadership.

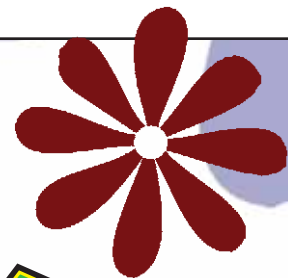
Dates:

October 9 (County) • October 12 (County & City)
October 13 (County & City) • November 25 (County & City)

Time: 7am-6pm

Cost: \$20 (FM) \$20 (PM)

No cost for children currently enrolled in the YMCA
Afterschool Program - Weekly Option Only



21CCLC 21st Century Community Learning Centers

In partnership with the Gainesville City Schools & Hall County School District, the YMCA operates free afterschool programs for children who are invited to attend the program based on their lunch status and CRCT scores. This program seeks to join children & parents in life-long learning while focusing on extending learning, enriching language for both the children and parents. The programs include four major components: Child Education, Adult Education, Parent Education and Parent and Child Together (PACT). Primary partners who support the children and families by contributing resources to the program: Gainesville City Schools, Hall County School District, Gainesville Park and Recreation Program, Falcon Fitness, Family Ties, DeeDee Mize, Michael Short, Evaluator, Boys & Girls Club, and Lanier Tech.

Requirements:

Meet grant requirements
Attend program at least 3 times a week

Dates:

Runs School Calendar
(August 2009 – May 2010)

Locations:

Enota Elementary
Gainesville Elementary
New Holland Elementary
Jones Elementary
Lyman Hall Elementary
Myers Elementary
Centennial Elementary
Fair Street Elementary
Gainesville Middle
South Hall Middle

Cost:

No Cost

Lights on Afterschool 21CCLC Fall Festival

On October 22nd, 2009 YMCA will join in with "Lights on Afterschool." This is a program that rallies every fall for afterschool funding across the nation. YMCA will be offering our annual Fall Festival at Jones Elementary. The offerings will range from bounce houses, food, hay ride and themed booths. Come out and support your local afterschool programming.

Date: October 22, 2009

Time: 5pm-7pm

Location: Jones Elementary



Georgia
21st Century
Community
Learning Centers



Back to School Blast

August 1st
11am-2pm
at the
J.A. Walters Facility



Aquatics

Swim lessons at the J.A. Walters YMCA are available year round. Lessons are offered twice a week on weekdays or once a week on Saturdays, with class options in the mornings and evenings. All classes will be 30 minutes in length....

Swim Lessons at the J.A. Walters Family YMCA

Youth Swim Lessons: Weekdays

(ages 3 – 5)

PIKE, EEL, RAY, STARFISH
10:00am / 5:00pm / 6:00pm

(ages 6 – 12)

POLLIWOG, GUPPY, MINNOW, FISH, FLYING FISH
10:30am / 5:30pm / 6:30pm

\$45 (FM) / \$65 (PM)
4 Week Sessions • 30 Minute Lessons

Free Swim Evaluation

Ask front desk
for dates.

Youth Swim Lessons: Saturdays

(ages 3 – 5)

PIKE, EEL, RAY, STARFISH
10:00am

(ages 6 – 12)

POLLIWOG, GUPPY, MINNOW, FISH, FLYING FISH
10:30am

\$30 (FM) / \$50 (PM)
4 Week Sessions • 30 Minute Lessons

Adult Swim Lessons

Whether you are terrified of water, or just want to improve your strokes these classes are for you. It's never too late to learn how to swim.

BEGINNER, ADVANCED AND COMPETITIVE STROKE IMPROVEMENT

Weekdays @ 7pm

\$45 (FM) / \$65 (PM)

4 Week Sessions • 30 Minute Lessons

Terrified of Water Class

Saturdays @ 11am

\$30 (FM) / \$50 (PM)

4 Week Sessions • 30 Minute Lessons

Other Programs Available:

Aqua Tots (Mommy and Me)

Lifeguard Training

Private Swim Lessons

Semi Private (Couple)



Youth Sports

At the YMCA, sports programs encourage and promote healthy and strong kids, families and communities by placing a priority on family involvement, healthy competition rather than rivalry, the value of participation over winning, team building as well as individual development, a positive self-image and a sense of fair play and mutual respect for others. Caring adult coaches and volunteers create an environment in which children learn & practice the core values of responsibility, honesty, respect, faith & caring. Parents are encouraged to contribute as volunteer coaches, team parents and officials as well being their kid's greatest fan. YMCA Youth Sports programs are a great start to a lifetime of fitness and values.

Soccer

The YMCA Soccer program is for new and returning players who want to have fun playing soccer. The Academy and Select divisions are for players who desire a more competitive environment than the recreation program offers. If you are interested in this program for your child, you must contact the soccer department at the YMCA.

Lil Kickers Recreational Soccer Select Team Soccer

Sport	Facility	Program
Lil Kickers	\$40	\$55
U-6	\$65	\$80
U-8	\$65	\$80
U-10	\$75	\$90
U-12	\$75	\$90
Academy	\$110	\$125
Select	\$125	\$140

Deadline: August 3rd

Late Fee: \$15 between August 4th and August 13th

Lil Kickers Division: 3 yrs

U-6 Division: 4/5 yrs • U-8 Division: 6/7 yrs

U-10 Division: 8/9 yrs • U-12 Division: 10/11 yrs

Academy Divisions: 8 & up • Select Divisions: 10 & up

Parent Mtg: 8/13 @ 6:30pm • Coaches Mtg: 8/11 @ 6:30pm

Season Begins:

Lil Kickers - wk of Sept. 8th • Rec Soccer - wk of Aug. 18th

Flag Football

YMCA Youth Flag Football is a program designed for kids new to football as well as those who are not ready for tackle football. It is a great way for kids to work on all the skills that are necessary for success in tackle football but without the contact.

Sport	Facility	Program
U-8	\$35	\$50
U-10	\$35	\$50
U-12	\$35	\$50

Deadline: August 23rd

Late Fee: \$15 between August 24th and September 1st

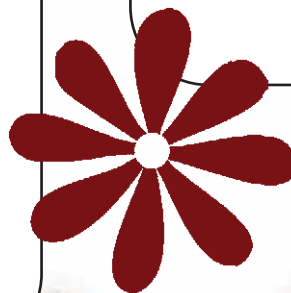
U-8 Division: 5-7 yrs

U-10 Division: 8/9 yrs • U-12 Division: 10/11 yrs

Parent Mtg: 8/27 @ 6:30pm • Coaches Mtg: 8/25 @ 6:30pm

Season Begins:

Flag Football - week of September 7th



Arts and Humanities

Traditionally known as places to learn how to do the breast stroke or make a jump shot, YMCAs are rapidly becoming the places where kids and adults learn to paint, write, sing or act. The year 2003 marks the fifth anniversary of arts and humanities as a YMCA core program. Within only four and half years, arts programs have increased by 39 percent at Ys, and millions of dollars in program and arts facility development have been secured. There are new YMCA arts programs from coast to coast, distinguished by their ability to simultaneously support artists, community members, and cultural and other organizations

Cheerleading

YMCA Youth Cheerleading is a program designed for kids new to cheerleading. It is a great way for kids to work on all the skills that are necessary for success in Cheerleading.

Participants will learn the basic fundamentals of cheerleading and will support the youth sports teams

Sport	Facility	Program
Cheerleading	\$35	\$50

Parent Meeting: 8/27 @ 6:30pm

Sessions available in September, October and November

Some of the classes and activities offered this fall are:

Arts & Crafts:

Variety of projects, creative and fun for youth and teens.

Karate / Martial Arts:

Group lessons (5 and up welcome). Experienced instructor. Classes for youth, teens and adults.

Guitar Lessons:

Group lessons (5-7 per class). Must have own guitar. Book provided to each student.

Piano Lessons:

Group lessons (1-3 per class). Book provided. Beginner & Advanced. Private Lessons available.

