



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEBRUARY 2012 PROGRAM GUIDE

J. A. WALTERS FAMILY YMCA

The J. A. Walters Family YMCA has many activities and programs for Youth, Teens, Adults, Seniors and the whole family!

Come try our 52,000 sq. ft. facility equipped with the largest Health & Wellness Center in North Georgia and includes:

- Wellness, Fitness, Exercise Classes
- Two Indoor Pools
(Lap Pool and Family Fun Pool)
- Large Gymnasium with three Basketball Courts
- Teen and Youth Rooms
- Child Watch
- Food Court
- Large Multi-Purpose Room for Corporate and Birthday Party Rentals

AND outdoors we have:

- Playground
- Putting Green
- Skate Park
- Soccer/Football Fields



Facility Hours:
Mon-Thu: 5am – 10pm
Friday: 5am – 9pm
Saturday: 8:30am – 7pm
Sunday: 1pm – 7pm
(ChildWatch closed Sunday)

MEMBER SERVICES

ANNUAL MEMBERSHIPS!

Are you getting an income tax refund and want to invest it wisely? Invest in your family's health and save money at the Y! Get an Annual Membership to the **J. A. Walters Family YMCA** and get **12 MONTHS FOR THE PRICE OF 11!**

Also ask about our Corporate and Military Discounts!



FAMILY EVENTS

FAMILY FUN NIGHTS:

INCLUDED WITH MEMBERSHIP!

Bingo Night – A night of Bingo fun and great prizes for the entire family! Thursday, Feb. 9th @ 6pm

Game Night in the Gym – Family Games and bounce-houses in our gymnasium! Fri., Feb. 17th, 7-8:30pm



SPECIAL NEEDS PROM DANCE:

Join us for a very special **Valentines Prom Dance**, February 24th, 7-9pm! Free snacks and live music!

AQUATICS

SWIM LESSONS:

Classes offered year-round for Youth, Adult and Parent/Child. 4-week sessions: Weekday (Tue/Thur) or Saturday classes. \$30-\$45 for Members, \$50-\$65 for non-Members. Also available as Private or Semi-Private lessons!



WATER FITNESS:

INCLUDED WITH MEMBERSHIP!

Available classes include: Aqua Combo, Senior Water Fitness, Arthritis Foundation Aquatic Program, Aqua Weight Loss, & Aqua Zumba! (please see our entire Water Fitness Group Schedule at the back of this brochure)

CHILD CARE

For our valued members, we provide on-site child care for you and your family while enjoying our facilities!

CHILD WATCH:

INCLUDED WITH MEMBERSHIP!

For ages 6 weeks to 5 years old.

Mon. – Fri. 8am-1pm & 3:30pm-8pm
Sat. 8:30am-1pm

INTERACTIVE CENTER:

INCLUDED WITH MEMBERSHIP!

For ages 5 to 12 years old.

Mon. – Fri. 3:30pm-8pm
Sat. 8:30am-1pm

MOTHER'S MORNING OUT: (Infant to 5 years)

Friday, February 10th, 9am-1pm, \$10.00

PARENT'S NIGHT OUT: (Infant to 11 years)

Friday, February 17th, 5pm-9pm, \$7-\$10

SPORTS

YOUTH BASEBALL:

Spring Rookies Tee-Ball! Ages 3-6. Register through March 2nd. Practices begin March 12th. Games begin April 14th. Facility Members: \$50 / Program Members: \$65.



YOUTH SOCCER:

Spring Soccer! Ages 3-18. Register through February 4th. Parents Meeting February 9th. Prices vary depending on age group.



ADULT BASKETBALL:

5 vs. 5 Basketball League! 6-10 players per team, \$350/team. Games begin March 13th, register now!

HOME SCHOOL P.E.:

Session 3 ends Feb. 9th. Session 4 is Feb. 21st through Mar. 22nd. Tuesdays and Thursdays, 10am – Noon. Facility Members: \$35 / Program Members: \$45.

HEALTH & WELLNESS

TRIATHLON TRAINING & EVENT:

A four week, comprehensive **Triathlon Training and Education Seminar** that focuses on off-season training geared primarily towards Sprint Triathlon participants. Tuesdays, March 6th – 27th. Members: \$55 / non-Members: \$75.



Followed by:

Indoor Triathlon Event on March 31st!
Members: \$25 / non-Members: \$35.

GROUP FITNESS CLASSES:

INCLUDED WITH MEMBERSHIP!

We have over 60 group fitness classes scheduled each week for our members to enjoy! Our focus is to work the whole person, spirit, mind, and body. (please see our entire Adult Group Fitness Schedule at the back of this brochure)



PERSONAL TRAINING SESSIONS:

Available in a range of sessions and times, our certified personal trainers custom-fit workout routines to best suit you and your needs! Please see the Wellness Desk to schedule an appointment!



FITNESS EVALUATIONS:

INCLUDED WITH MEMBERSHIP!

Get a custom computerized workout routine designed just for you on our state-of-the-art **FitLinxx** workout equipment!



WELLNESS 101:

Designed to get youth 10 & up active and trained on all of our fitness machines and equipment! Held each Thursday evening at 6pm. Cost: \$2.

HEALTH & WELLNES (cont.)

MARTIAL ARTS:

Available for Singles, Couples and Families. Held 3 times a week (Tue/Thu/Sat). Facility Members: \$55-\$132/month; Program Members: \$75-\$180/month



NUTRITION EDUCATION:

INCLUDED WITH MEMBERSHIP!

Monthly seminar led by a Registered Dietitian to help keep you and your family eating right! Monday, February 20th, 6:30pm – 7:30pm

ACTIVE OLDER ADULTS

Come join our large and growing Active Older Adult community for fun, fitness and fellowship!

GROUP FITNESS CLASSES:

INCLUDED WITH MEMBERSHIP!

We have group fitness classes designed just for our Active Older Adults, including an **Arthritis Foundation Aquatic Program, Senior Water Fitness** and more! (please see our entire Adult Group Fitness Schedule at the back of this brochure)



LUNCH-N-LEARN:

INCLUDED WITH MEMBERSHIP!

Join us for a monthly pot-luck lunch, followed by a fun and informative Health & Wellness presentation! Feb. 13th, 11am. Open to ALL, Members and Non-Members! **This month's topic: Rheumatology with Dr. Flickinger!**

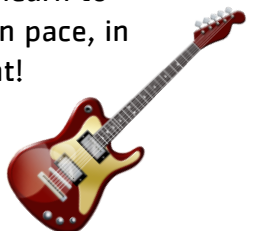


ARTS & HUMANITIES

YOUTH GUITAR & PIANO LESSONS:

INCLUDED WITH MEMBERSHIP!

Led by our **AmeriCorps** members, learn to play the guitar or piano at your own pace, in a hands-on, interactive environment! Available weekday evenings, by appointment.



ADULT GROUP FITNESS CLASS SCHEDULES

All Group Fitness classes are

INCLUDED WITH
MEMBERSHIP!

AEROBICS & CARDIO

Body Sculpt:

Monday: 6:30 – 7:30pm

Boot Camp:

Monday: 5:30 – 6:30pm

Wednesday: 4:30 – 5:30pm

Saturday: 9:30 – 10:30am

Cardio Sculpt:

Monday: 9:30 – 10:30am

Thursday: 9:30 – 10:30am & 5:30 – 6:30pm

Circuit Blast:

Tuesday & Thursday: Noon – 1:00pm

Fit-for-Life:

Tuesday & Thursday: 10:30 – 11:30am

Interval Step:

Tuesday: 9:30 – 10:30am & 4:30 – 5:30pm

Total Body:

Friday: 9:00 – 10:30am



AQUATICS

Aqua Combo:

Tuesday & Thursday: 10:30 – 11:30am

Aqua Tone:

Monday: 5:30 – 6:30pm

Aqua Weight Loss:

Tuesday & Thursday: 6:30 – 7:30pm

Aqua Zumba:

Wednesday: 5:30 – 6:30pm

Arthritis Foundation Aquatic Program:

Tuesday & Thursday: 11:30am – 12:30pm

Senior Water Fitness:

Monday – Friday: 9:00 – 10:00am



MARTIAL ARTS

Karate (fee-based):

Tuesday & Thursday: 6:45 – 7:45pm

Saturday: 10:35 – 11:45am

Tai Chi:

Wednesday: 11:00 – Noon



SPIN

Caffeinated Rock-n-Spin:

Tuesday & Thursday: 8:30 – 9:30am

Wednesday: 6:00 – 7:00am

Crack-O-Dawn Spin:

Monday: 6:00 – 7:00am

Wednesday: 5:30 – 6:30pm

SPIN (cont.)

Cycle 60:

Monday: 8:30 – 9:30am

Interval Rhythm Ride Spin:

Wednesday: 9:30 – 10:30am

Movin/Groovin Spin:

Monday & Friday: 5:30 – 6:30pm

Psycho Spin:

Saturday: 9:30 – 10:30am

Rhythm Ride Spin:

Monday: 6:30 – 7:30pm

Rockin' Spin:

Thursday: 6:00 – 7:30pm

Tech Spin:

Tuesday: 5:30 – 6:30pm & 6:30 – 7:30pm

T.G.I.F. Spin:

Friday: 6:00 – 7:00am



YOGA & PILATES

Introduction to Yoga:

Monday: 10:30 – 11:00am

Pilates:

Monday: Noon – 1:00pm

Saturday: 10:30 – 11:30am

Pilates Core & More:

Wednesday: 5:45 – 6:45pm

Yoga:

Monday: 11:00 – Noon

Tuesday: 6:30 – 7:30pm

Wednesday: 8:30 – 10:00am

Friday: 11:45 – 12:45pm

Saturday: 8:30 – 9:30am

Yogalates:

Wednesday: Noon – 1:00pm



ZUMBA

Aqua Zumba:

Wednesday: 5:30 – 6:30pm

Zumba:

Monday & Thursday: 4:30 – 5:30pm

Tuesday & Thursday: Noon – 1:00pm

Wednesday: 10:00 – 11:00am & 5:30 – 6:30pm

Friday: 5:30 – 6:30pm (Dance Party!)

Zumba Gold:

Friday: 10:30 – 11:30am

Zumba Toning:

Tuesday: 5:30 – 6:30pm

