



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JAN – MAR 2012 PROGRAM GUIDE

LUMPKIN COUNTY PARKS YMCA

The Lumpkin County Parks YMCA offers an incredible array of ways to change and grow. We invite you to see how you and your family can enhance your time together, expand your world and become a healthier family in the process.



The YMCA in Lumpkin County is working with the Parks & Recreation Department operations and helps to provide wellness, group instruction, sports, aquatics and other services to families, seniors, youth and teens. All of our services and programs are designed to enhance time together and create a healthy work/life balance.

Service Hours:

Mon-Fri: 8:00am – 6:00pm

Saturday & Sunday:
Scheduled
Programs Only



SPORTS

Spring Sports Opening Day:
Saturday, March 24th!

YOUTH SOCCER:

Little Strikers for ages 3 & 4, registration fee \$60.
U6 – U14, registration fee \$70.
Register through February 6th!



YOUTH BASEBALL/SOFTBALL:

Little Batters for ages 3 & 4, registration fee \$60.
Tee-Ball – U14, registration fee \$70. Register through February 6th!



HEROES BASEBALL:

Baseball league specifically designed for those with special needs. All ages are welcome!
Registration fee \$25.

GYMNASTICS:

Build self-confidence, strength, endurance, and flexibility while having fun!

Tiny Tumblers:

Ages 3-5, \$60 each session

Tumble Trainers:

Ages 6+, Beginner & Intermediate, \$80 each session

Tumble Tigers:

Ages 7+, Advanced, \$100 each session



Session 3: Jan 18th – Mar 14th
Session 4: Mar 21st – May 23rd

YOUTH FUN

KIDZ NIGHT OUT:

Parents can drop-off their children and then enjoy a date night, shopping or just rest and relaxation time! We'll have food, a movie and other fun activities. All caretakers are CPR certified and Afterschool and Camp workers.

Kidz Night Out is offered the 3rd Friday of each month from 6-10pm for ages 4-12, cost \$15

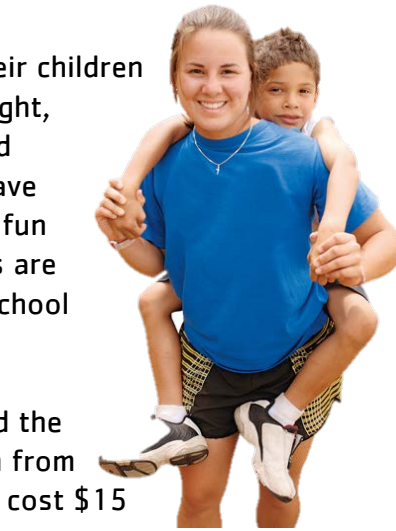
AFTERSCHOOL:

Our Afterschool Program is designed for students at all three Lumpkin County Elementary Schools, as well as the Middle School. It is our goal to create a safe and nurturing environment in which students can learn and grow as individuals. A trained and caring staff will be working with your child throughout the school year to reach their goals. Students will be involved in Learning Centers with homework assistance, educational and recreational activities, arts and crafts and community projects.

Hours: Monday – Friday, 2:30 – 6:00pm
Rates: \$15 registration fee, 1 Day \$15, 2 Days \$30, 3-5 Days \$40

SINGLE DAY CAMP:

February 20th, 7am – 6pm, Cost \$20



HEALTH & WELLNESS

ZUMBA:

Are you ready to party yourself into shape? That's what Zumba is all about!

It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party that's moving people toward joy and health!

Classes held Monday, Wednesday & Friday nights, 6:30 – 7:30pm
Cost is only \$5 per class, or now you can buy a 10-class Punch Card for only \$40, saving \$10!

Participants need to bring their own water and towel.

WEIGHT WATCHERS:

Meets every Thursday night from 4 – 8pm!

5K TRAINING GROUP:

If you've ever wanted to run a 5K, then here is your chance! We are offering a 9-week 5K Training Program beginning in February.

Cost is \$20 and you'll receive a Training Log, team support and life-long friendships throughout the 9-week program!



ARTS & HUMANITIES

ADULT ART CLASSES:

Tuesdays, Jan 3rd – Feb 21st, 9am – 12pm
Open to your choice of subject and medium.

Thursdays, Jan 5th – Feb 23rd, 9am – 12pm
Oil only. Subject: Bird house on fence,
Follow along: 11" x 14" canvas

4 Weeks of classes: \$40 / 8 Weeks of classes: \$80



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