



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JAN - MAR 2012 PROGRAM GUIDE

WHITE COUNTY PARKS YMCA

The White County Parks YMCA has many activities and programs for Youth, Teens, Adults, Seniors and the whole family!

Come try our 24,000 sq. ft. facility equipped with a NEW Health & Wellness Center and includes:

- Wellness
- Fitness
- Exercise Classes
- Aerobics
- Large Gymnasium
- Teen & Youth Programs
- Child Watch
- Concessions

AND outdoors we have:

- Outdoor Pool (open Spring & Summer)
- Baseball, Soccer & Football Fields
- Pavilion
- Basketball Court



Service Hours:

Mon-Thu: 8:30am – 7:30pm
Fri: 8:30am – 5:00pm
Sat: 9:00am – 1:00pm
Sun: Closed

SPORTS

SOCCER:

Available for both Youth and Adult Soccer leagues!

Adult: Register through February 18th. Practices begin February 26th. Games begin March 18th!

Youth: Ages 3-18. Register through January 21st, late registration through February 4th. Practices begin February 13th. Games begin March 10th!



GYMNASTICS:

YMCA Cheer & Tumble is designed with a wide range of activities guaranteed to expand your child's horizons, all offered in a safe and exciting environment. This is a great opportunity for your child to have fun, meet new friends and make memories that will last a lifetime! Thursdays at 3:30pm & 4:30pm. Ages 4-16. \$55/month. All participants will receive a t-shirt and shorts.



Contact: Tracy Clark 706.878.0626

YOUTH BASEBALL & SOFTBALL:

Registration deadline is January 31st!

Lil' Batters (ages 3 & 4) - \$35
Tee-Ball - \$55
Baseball 8U - \$55
Baseball 14U - \$65
Softball 8U - \$55
Softball 14U - \$65



CAMP

SPRING BREAK CAMP:

A fun and energizing experience for your kids during Spring Break! The kids will experience character building activities while bowling, roller skating, swimming and many other exciting activities!

Ages 5-13. Times: Pre-camp 8:00 – 9:00am, Camp 9:00 – 5:00pm, Post-camp 5:00 – 6:00pm. Cost: \$75/week or \$25/day. Registration deadline: Friday, March 30th!

Each day, the parents need to send kids with a packed lunch, sensible shoes, swimming gear and a jacket or coat. Space will be limited to 90 children



CHILD WATCH

Child Watch is a drop-off service that Members can use for their children while the Member exercises!

Your children are provided with positive social experiences in a secure, happy environment. Child Watch is staffed by loving and conscientious staff. All staff are CPR and First Aid certified. Child Watch is available FREE with a monthly membership, or a \$5 drop-in rate while using our facility.

Hours:

Monday – Thursday:

9:00am – 11:00am & 5:30pm – 8:30pm

Friday:

9:00am – 11:00am



HEALTH & WELLNESS

SILVER SNEAKERS:

SilverSneakers can help you build muscular strength, improve joint mobility and increase cardiovascular endurance, leading to improved health and greater independence. SilverSneakers is made available through selected Medicare insurance plans. To find out if your health plan offers SilverSneakers, please visit www.silversneakers.com. For more information, please call our facility, or come by to take a tour!



NEW FITNESS EQUIPMENT / MEMBERSHIP:

Come try our new circuit equipment and four cardio machines! Y wait? Get a jump on those holiday pounds now! Monthly membership = unlimited classes, unlimited use of equipment and Child Watch!

YOGA:

Ages: 18+

Improves flexibility, increases stamina, builds strength and relaxation through postures and breathing techniques.

Tuesday – 11:30am

Thursday – 11:30 am

Cost: Membership, or \$5 day pass



ZUMBA:

Ages: 18+

If you are tired of the old traditional exercises and repeating the same routine, then change it up with our fun and exciting Zumba classes! Zumba is a fusion of international and Latin music which creates a fun and very effective workout!

Monday – 9:00am, 6:30pm

Tuesday – 9:00am, 6:30pm

Wednesday – 9:00am, 6:30pm

Thursday – 9:00am, 6:30pm

Saturday – 9:00am

Cost: Membership, or \$5 day pass



CIRCUIT BLAST CLASS or 20/20/20:

Ages: 18+

Burn those calories in this new instructor-led class! Members will use each machine for a total body workout. This class focuses on maintaining an increased heart rate and burning those extra calories! All fitness levels are welcome.

Monday – 5:30pm

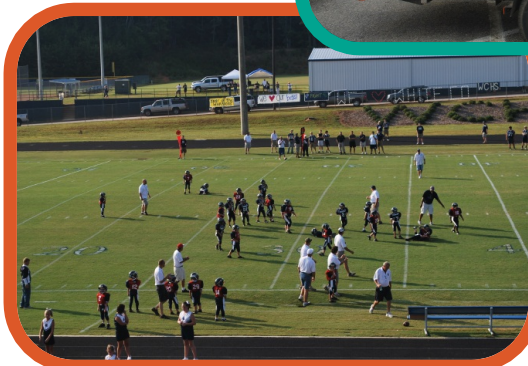
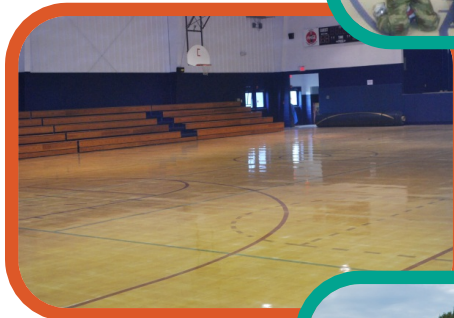
Tuesday – 10:15am, 5:30pm

Wednesday – 5:30pm

Thursday – 10:15am, 5:30pm

Cost: Membership, or \$5 day pass

WHITE COUNTY PARKS YMCA



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WHITE COUNTY PARKS YMCA 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
Household Family w/Children Two adult household with dependent children, or single parent with multiple dependent children. (Children must be age 18 or younger – 22 and younger if the dependent is a full-time student)	\$48	\$48
Couple Membership Two adults 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.	\$38	\$38
Adult Members An individual adult, age 29-61.	\$28	\$28
Young Adult Members An individual adult, age 19-28.	\$18	\$18
Teen/Youth Members An individual older youth or teen, age 10-18.	\$15	\$15
Senior Adult Members An individual adult, age 62 and older.	\$25	\$25
Senior Couple Members Two adults where at least one individual is age 62 and older.	\$35	\$35

OPEN DOORS

The Georgia Mountains YMCA is dedicated to remaining available to all people, regardless of ability to pay. The Open Doors Income-based Rate Scale (IBRS) offers membership rates based on household income*



* Open Doors and financial assistance funds are available only as donation and contribution funds allow

White County Parks YMCA
327 Asbestos Road • Cleveland, GA 30528 • 706.865.5275
www.gamountainsymca.org/white-county/