



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER FUN STARTS HERE



Spring & Summer 2016 Program Guide
YMCA OF CALHOUN COUNTY

WELCOME TO THE Y!

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SCHOLARSHIP ASSISTANCE

The YMCA policy is to never turn anyone away due to inability to pay the stated fees when need is demonstrated. Scholarship applications are available at the YMCA of Calhoun County. Applicant must provide either 1040 Federal Tax Form or document showing most recent 30 days of income. It is recommended that scholarship applications be submitted at least one week prior to program start date. Scholarships are made possible from funding by YMCA Annual Campaign donors.

SPECIAL THANKS TO THE FOLLOWING NAMED SCHOLARSHIP DONORS:

**Alabama Power Company • Alabama Power Service Organization
Asplundh Tree Expert • BBVA Compass • Benton Nissan
M&H Valve • Tyler Union • Webb Concrete • Wells Fargo**

YMCA PARTIES & FACILITY RENTALS

YMCA of Calhoun County provides a perfect location for your events! YMCA Camp Hamilton facilities include a rustic log cabin with restroom, covered pavilion by the cabin, airnadium, two-story tree house, playing fields, archery range, volleyball court, boat pavilion, hiking trails, and fishing from the dock. Pool with bath house, canoe & paddle boats are rented separately. Available May through September. The Anniston YMCA gym, pool, dining room and/or classroom space are also available for rent year-round. For availability and pricing, contact Maggie at 256.238.YMCA.

AFTER SCHOOL ACADEMY • Register by June 30 for only \$35!

With a focus on safety, health, social growth and academic enhancement, Y After School Academy serves elementary schoolers with a variety of programmatic and activity options to explore and develop their interests and talents. After School Academy staff are on site at the following elementary schools until 6pm: **Alexandria, Cobb, The Donoho School, Golden Springs, Pleasant Valley, Saks, Tenth Street, Wellborn, White Plains**

Annual Registration Fee: \$45 per child • **Weekly Program Fee:** \$30 per child

Weekly fee is due the Friday before your child is in attendance

SCHOOL'S OUT FUN DAYS

When school is not in session, the Anniston Y is here for you! Available from 6am-6pm on **April 22 & May 27**, the Y enables parents and family members to go to work knowing their children are in a safe, stimulating environment. School's Out Fun Days open to any potty-trained children ages 4 and up.

What to Bring: Nut-Free Lunch and at least 2 Healthy Snacks packed in a Lunch Box or Cooler, Refillable Water Bottle and/or Healthy Drinks (No Soda)

Program Fee: \$20 per child per day

Y ALL NIGHT LOCK-INS

Parents benefit from a night to themselves while their kids enjoy a fun night at the Y. YMCA lock-ins include swimming, games, movie, snacks, and a light breakfast. Open to any potty-trained children ages 5 & up.

Friday, June 17 • Friday, July 15 • Friday, July 29

Drop off at 7pm • Pick up by 7am the following morning

What to Bring: Swimsuit, towel, sleeping bag, pillow, toothbrush, and sleep clothes

Program Fee: \$20 per child. Register by day before to avoid \$5 late fee



CHILD WATCH • Included with Y Membership

Drop-in child care available to members while parents make use of the Y. Children must be at least 6 weeks old. The Y reserves the right to close 30 minutes early if no children are in attendance. 2-hour limit to avoid \$2 per 15-minute fee.

ANNISTON CHILD WATCH HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-11:00am	8:00-11:00am	8:00-11:00am	8:00-11:00am	8:00-11:00am	
5:00-7:00pm	5:00-7:00pm	5:00-7:00pm	5:00-7:00pm		

OXFORD CHILD WATCH HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
8:15-10:30am	8:15-10:30am	8:15-10:30am	8:15-10:30am	8:15-10:30am	8:45-10:15am
4:30-7:30pm	4:30-7:30pm	4:30-7:30pm	4:30-7:30pm		

*Available only when Group Fitness Class is scheduled

SUMMER DAY CAMPS



Day camps at the Y share one thing: they're about discovery. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories. And, of course, it's fun too!

KINDER CAMP • Ages 5-6

Located at the Anniston Y, Kinder Campers enjoy indoor swimming, learning skills, arts & crafts, indoor & outdoor organized games, playground time, gym time, devotions, camp songs, and even a little rest. Campers must be potty-trained.

DAY CAMP • Ages 7-12

Day Campers are transported by bus from the Anniston Y to YMCA Camp Hamilton for a day full of outdoor fun! Campers enjoy swimming, canoeing, paddle boating, hiking, archery, organized games, fitness, arts & crafts, devotions, camp songs, and the occasional field trip. Campers will be grouped by age and gender.

TEEN LEADERSHIP CAMP • Ages 13-15

The camp environment provides a unique opportunity for youth to build leadership that can be used at school, home and community. Our Teen Leadership Campers will enjoy all the activities YMCA Camp Hamilton has to offer, while assisting younger kids at camp, and participating in community service and field trips.



What to Bring to Summer Day Camp

Clothing: Comfortable Clothes, Swimsuit & Towel, Sneakers (No Flip Flops or Sandals), Backpack, Bug spray, Sunscreen

Food & Drink: Nut-Free Lunch and at least 2 Healthy Snacks packed in a Lunch Box or Cooler, Refillable Water Bottle and/or Healthy Drinks (No Soda)

Please put your child's name on all items.

Summer Day Camp Program Fees

One-Time Registration Fee: \$45

Register by April 30 for only \$35!

Weekly Fee: \$100 per child or \$90 with Y Membership

Drop In: \$25 per child per day for up to 2 days

Payment Deadline: Weekly Fees are due Monday prior to the week of attendance. Payments may be accepted Tuesday through Friday of the week prior to attendance for a **\$25 Late Fee**. Registration closes at end of day Friday the week prior to attendance.



NEW IN 2016!

Swim Lessons available twice per week during daily activities at Camp Hamilton for ages 7 & up. No additional fee (included with summer day camp program fees.)

YOUTH SPORTS CAMPS

Ages 7-14 • Monday - Friday • 9am - 3pm

Learn the fundamentals of the game or polish existing skills. Focus on improvement of skills and sportsmanship. Swim time offered on two days.

BASKETBALL CAMP

Session 1: June 20-24

Session 2: July 18-22



FLAG FOOTBALL CAMP

Session 1: July 25-29

CHEER CAMP

Polish up on motions, jumps and tumbling while learning new material for game days.

Swim time offered on two days.

Session 1: June 20-24

Session 2: July 18-22

What to Wear: Shorts and t-shirt to move in, socks and sneakers. No denim shorts, flip flops, sandals or clogs.

What to Bring: Swimsuit and towel, refillable water bottle and/or healthy drinks, lunchbox or cooler including a lunch and two or more healthy snacks.

Program Fee: \$75 per participant or \$65 with Y Membership

Before and After Care Available 6-9am and 3-6pm for \$35 per child per week

YOUTH SWIM CAMP

Ages 7-14 • Monday - Friday • 9am - 3pm

Improve your swimming stroke technique with focus on all four strokes, while gaining self-confidence through swimming success. Swim competition on Fridays.

Session 1: June 13-17 **Session 2:** June 27 - July 1

Session 3: July 11-15

What to Bring: Swimsuit and towel (two of each if possible), sneakers, refillable water bottle and/or healthy drinks, lunchbox or cooler including a lunch and two or more healthy snacks.

Program Fee: \$75 per participant or \$65 with Y Membership

Before and After Care Available 6-9am and 3-6pm for \$35 per child per week



JUNIOR LIFEGUARDING CAMP

Develop swimming skills to help meet the Lifeguarding prerequisite. The course introduces participants to lifesaving skills, such as water rescues, use of a rescue tube, as well as first aid, CPR and AED training. Participants also have the opportunity to shadow lifeguards in rotation to get a real sense of being on the job. Open to ages 9-14.

When: Wednesday, July 6 through Friday, July 8 • 9am - 3pm

Program Fee: \$55 per participant or \$45 with Y Membership

Before and After Care Available 6-9am and 3-6pm for \$35 per child per week



SWIM LESSONS FOR ALL AGES & LEVELS

Swimming is a life skill as well as great exercise and a challenging sport. The Y offers swim lessons for all ages and skill levels so we can all safely enjoy the pleasures of an aquatic environment. All Y Swim Instructors are Red Cross Certified Water Safety Instructors. Visit our Member Care Desk for more information.

INFANT & TODDLER SWIMMING

Shrimp (Ages 6-36 mths with Parent) • **Perch** (Ages 2-3 yrs who completed Shrimp level)

PRESCHOOL SWIMMING (Ages 3-5)

Pike (Beginner) • **Rays** (Intermediate) • **Eel** (Advanced Beginner) • **Starfish** (Advanced)

YOUTH SWIMMING (Ages 6-14)

Polliwog (Beginner) • **Guppy** (Advanced Beginner)

Minnow (Intermediate) • **Fish** (Advanced)

TEEN/ADULT SWIMMING: Beginner to Intermediate Levels Ages 15 & Up

TUESDAY & THURSDAY EVENING SWIM LESSONS at ANNISTON Y

Program Fee: \$70 or \$35 with Y Membership

	MAY 3-26	JUNE 7-30	JULY 5-28	AUGUST 2-25
5:30-6:00pm	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish
6:05-6:50pm	Polliwog, Guppy, Minnow, Fish, Teen/Adult	Polliwog, Guppy, Minnow, Fish, Teen/Adult	Polliwog, Guppy, Minnow, Fish, Teen/Adult	Polliwog, Guppy, Minnow, Fish, Teen/Adult

SATURDAY MORNING SWIM LESSONS at ANNISTON Y

Program Fee: \$50 or \$25 with Y Membership

	MAY 7-28	JUNE 4-25	JULY 9-30	AUGUST 6-27
9:00-9:30am	Shrimp, Perch	Shrimp, Perch	Shrimp, Perch	Shrimp, Perch
9:35-10:05am	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish
10:10-10:55am	Guppy, Polliwog	Guppy, Polliwog	Guppy, Polliwog	Guppy, Polliwog
11:00-11:45am	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult

MONDAY THROUGH THURSDAY MORNING SWIM LESSONS at ANNISTON Y

Program Fee: \$70 or \$35 with Y Membership

	JUNE 6-16	JUNE 20-30	JULY 11-21	JULY 25 - AUG 4
9:00-9:30am	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish
9:35-10:20am	Polliwog, Guppy	Polliwog, Guppy	Polliwog, Guppy	Polliwog, Guppy
10:25-11:10am	Minnow, Fish	Minnow, Fish	Minnow, Fish	Minnow, Fish

NEW IN 2016!

MONDAY & WEDNESDAY EVENING SWIM LESSONS at YMCA CAMP HAMILTON

Program Fee: \$70 or \$35 with Y Membership

	JUNE 6-29	JULY 11 - AUGUST 3
4:30-5:00pm	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish
5:05-5:50pm	Polliwog, Guppy, Minnow	Polliwog, Guppy, Minnow



YMCA Camp Hamilton

3151 Pelham Road • Anniston, AL 36201

YMCA BLUE DOLPHINS SWIM TEAM

The YMCA Blue Dolphins Swim Team is a great opportunity for swimmers to enjoy the challenge of competing against themselves as well as other teams. Blue Dolphins members must have a YMCA Family Membership in addition to a \$10 monthly YMCA Blue Dolphins fee. Competitions are held in the YMCA League as well as USA Swimming.



Try out for the YMCA Blue Dolphins! To qualify, the swimmer must...

- be age 5 or older
- be able to swim 25 yards of freestyle
- have completed the Minnow swim level
- love the water!

YMCA BLUE DOLPHINS GROUP PRACTICES DURING SCHOOL YEAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BRONZE & SILVER	3:15-4:30pm	3:15-4:30pm	3:15-4:30pm	3:15-4:30pm
GOLD & PLATINUM	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm

YMCA BLUE DOLPHINS GROUP PRACTICES DURING SUMMER BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BRONZE & SILVER	3:15-4:30pm	3:15-4:30pm	3:15-4:30pm	
GOLD & PLATINUM	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	7:30-9:00am

(Bronze, Silver, Gold or Platinum Levels assigned based on swim evaluation.)



HIGH SCHOOL SWIM TEAM

YMCA of Calhoun County welcomes new team members from Alexandria, Ohatchee, Oxford, Pleasant Valley, Saks, Weaver, Wellborn, and White Plains Middle and High Schools. The Y gives high school swimmers the opportunity to letter, and a chance to qualify and compete in the Alabama High School Sectional & State Swim Meets.

Swimmers also compete one to two times monthly in USA Swimming Meets. To learn more, contact Brandy at 256.238.YMCA.

U.S. MASTERS SWIMMING

Masters Swimming is for anyone who wants to improve his or her swimming technique, learn new skills, get faster, have fun, meet like-minded people, and stay in shape. Open to all members who know how to swim and are 18-80 years of age. Optional Competition 2-3 times per year.

Practice: Tuesdays, Thursdays & Fridays from 5:30-6:30am

Location: Anniston YMCA



GROUP FITNESS CLASSES

The Y offers the widest variety of group fitness classes in the area. No matter your fitness level, we have a class to keep you motivated and achieve your goals. Class descriptions, locations and schedules are available at ymcacalhoun.org/schedules, YMCA of Calhoun County smart phone app, and at the Member Care Desk.

Group Fitness Classes are included with Y Membership, and only \$5 per class for Y Guests.

GROUP FITNESS CLASS OPTIONS

Absolute Abs • All Ball Cardio Sculpt • Aqua Zumba® • Body Sculpt
BodyShred™ • Cize™ • Pilates Cycle Combo • PiYo™ • POUND™ • Power Hour
Revolution Cycle • R.I.P.P.E.D. • Senior Strength • Sunrise Cycling
Back Room Bootcamp* • Water Fitness • Yoga Flow • Zumba® • Zumba® Toning
Classes may be added or retired based on interest throughout the year.

*Back Room Bootcamp is a paid class: \$5 for YMCA Members, and \$10 for YMCA Guests. Class size limited to ten participants, and filled on a first come, first serve basis.

SilverSneakers®

The Y is the premiere SilverSneakers® fitness facility in Calhoun County. SilverSneakers® is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Regular participation will help you build muscular strength, improve joint mobility, and increase cardiovascular endurance, leading to improved health and greater independence. Aside from daily classes, SilverSneakers® fitness membership includes access to our basic amenities including pool, private locker rooms & showers, indoor track, state-of-the-art fitness equipment, circuit training, and basketball & racquetball courts. Monthly socials include bingo, cornhole, pickleball, and more! Your membership may be available to you at little or no cost through your health plan. Visit silversneakers.com or speak to your health plan administrator for eligibility. For more information, contact Ann at 256.832.YMCA.



PERSONAL TRAINING & FITNESS SCREENING

We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer and coach. The Y offers personal training and coaching to help you set and meet your specific goals in order to be healthier. For appointments on programs below, call Ann at 256.832.YMCA.

	1 Session	5 Sessions	10 Sessions	15 Sessions
One-on-One Training	Member: \$45 Guest: \$60	Member: \$200 Guest: \$275	Member: \$350 Guest: \$500	Member: \$510 Guest: \$720
One-on-Two Training	N/A	Member: \$350 Guest: \$400	Member: \$600 Guest: \$860	Member: \$870 Guest: \$1200
One-on-Three Training	N/A	Member: \$375 Guest: \$525	Member: \$700 Guest: \$1000	Member: \$950 Guest: \$1350

FITNESS SCREENING: Determine your fitness level and establish your personalized workout regimen. Measurements are taken for flexibility, muscular strength and endurance, general cardiovascular fitness and body composition.

Fee: \$20 per person or \$10 with Y Membership

BODY COMPOSITION TESTING: An excellent way to establish fitness goals. We use a skinfold caliper at various body sites to determine the percent of lean body mass.

Fee: Included with Y Membership or \$10 for guests



COURT SPORTS & INDOOR TRACK

PICKLEBALL

Similar to tennis, Pickleball is played on a smaller court with wooden paddles and whiffle balls, and can be played and enjoyed by just about everyone! **Join in the fun every Wednesday from 10:30am-Noon at the Anniston Y Gym for regular games.**

INDOOR WALKING TRACK (20 Laps = 1 Mile)

Located above the air-conditioned gym at the Anniston Y

RACQUETBALL & HANDBALL

Enjoy a fast-paced, quick workout with your favorite opponent or two-person team play. Court Sports and Indoor Walking Track access included with Y Membership.



SPRING 5K RUN

The **Anniston Orthopaedics & YMCA of Calhoun County Spring 5K Run** will take you through historic downtown Anniston, with an awards ceremony and refreshments to follow. This race is an Anniston Runners Club Grand Prix Event.

When: April 30 • Race Starts at 8:00am • Race Day Registration from 6:00-7:45am

Location: Anniston YMCA • 29 W 14th Street • Anniston, AL 36201

Race Fee: \$25 Registration Fee • **Register by April 16 for only \$20!**

DIABETES PREVENTION PROGRAM

Prediabetes is a serious condition affecting 1 out of 3 American adults. A CDC-recognized lifestyle change program is a proven way to prevent or delay type 2 diabetes. In the Y Diabetes Prevention Program, you'll work closely with a Certified Nurse Practitioner and Certified Personal Trainer to learn new skills, set and meet goals, and stay motivated- all while lowering your risk of type 2 diabetes. Surrounded by people with similar challenges, you can share ideas, celebrate successes, and work to overcome obstacles.

In the Y Diabetes Prevention Program, you will learn to:

- Eat healthy without giving up all the foods you love
- Add physical activity to your life, even if you don't think you have time
- Deal with stress
- Cope with challenges that can derail your hard work- like eating out
- Get back on track if you stray from your plan- because everyone slips now and then

Y Diabetes Prevention Program is FREE with a doctor referral. Ask your doctor if the Y DPP is right for you. For more information, contact Ann at 256.832.YMCA.

LIFEGUARD TRAINING

Individuals who successfully complete lifeguard training course receive certifications in American Red Cross Lifeguard, First Aid, CPR/AED for the Professional Rescuer, and Oxygen Administration. Open to anyone age 15+ who can swim 300 yards continuously and retrieve a 10-pound brick from the deep end of the pool, and swim back 20 yards.

WHEN: June 6-9 • 9:00am-4:00pm • Participants must attend all classes

PROGRAM FEE: \$195 per participant, or \$175 with Y Membership

WATER SAFETY COURSE

Young people in underserved communities often do not learn the critical water skills to keep them safe, which results in a disproportionate amount of deaths and injuries each year. The Y is working to address this issue by offering a water safety course on an as-needed basis. To schedule a water safety course, contact Brandy at 256.238.YMCA.

ANNUAL SUPPORT CAMPAIGN

Each year the YMCA conducts an annual support campaign to help those who need it most by providing financial aid to youth, families, and seniors in our community. A 100+ volunteer team come together to raise money for our community. In 2015, 2,042 children, families and individuals directly benefited from financial assistance from the YMCA of Calhoun County through the Annual Support Campaign. Visit ymcocalhoun.org/give



VOLUNTEER AT THE Y

Take an active role in bringing about meaningful, enduring change right in your own neighborhood. When you are involved with the Y, you help bring about lasting personal and social change. For more information, visit ymcocalhoun.org/volunteer

MEMBERSHIP INFORMATION • Joining Fee Rates Reduced!

My Y is Now Every Y in Alabama & Mississippi: Full Facility/full privilege YMCA members in Alabama and Mississippi now have the flexibility to use other Y facilities throughout these states, at no extra charge. Simply present your active YMCA membership card and photo ID at any participating YMCA and enjoy free access. For detailed information, visit our Member Care Desk.

Anniston YMCA Age Requirements

- Youth age 13 and younger must be accompanied by an adult member while using the facilities.
- Fitness Center open to age 16 and older. (Youth age 14-15 permitted after completing an orientation session.)
- Free Weight Room open to age 16 and older. (Youth age 14-15 permitted with parental supervision.)

Oxford YMCA Age Requirements

- Youth age 13 and younger must be accompanied by an adult member while using the facilities.
- Fitness Center open to age 16 and older. (Youth age 8-15 permitted after completing an orientation session. Must be accompanied by an adult member, and may use family fitness equipment as marked.)
- Free Weight Room open to age 16 and older. (Youth age 14-15 permitted with parental supervision.)

Membership ID Card: All members are required to present a membership key card or scan code from the YMCA of Calhoun County smart phone app for admittance to the facility.

Guest Policy: Residents of the community who are not members of the YMCA are welcome to visit our facility for a daily guest fee of \$5. Any guest fee paid within a 30-day period of joining may be applied toward a YMCA membership. All guests must have proper identification while in the YMCA of Calhoun County facilities.

Always Welcome at the YMCA: The AWAY program allows you to use your YMCA of Calhoun County membership at other Ys across the United States at little to no cost, depending on the visiting Y policies. YMCA of Calhoun County welcomes active members from other YMCAs with proper identification to utilize our facilities at no additional cost, in compliance with our guest policy.

MEMBERSHIP TYPE	REDUCED RATES! One-Time Joining Fee	Monthly Fee	Age Requirement
Adult	NOW ONLY \$25!	\$46	23-59
Family	NOW ONLY \$25!	\$66	23-59
Single Parent	NOW ONLY \$25!	\$57	23-59
Senior Adult	NOW ONLY \$25!	\$44	60 & up
Senior Family	NOW ONLY \$25!	\$60	60 & up
Student	\$15	\$30	14-22
Youth	\$0	\$15	0-13

Scholarship assistance available from funding by YMCA Annual Campaign donors.

SPRING 2016 FACILITY HOURS

April 1 – May 28, 2016

ANNISTON YMCA

Monday–Thursday: 5:30am–8:00pm • Friday: 5:30am–7:00pm
Saturday: 7:00am–3:00pm • Sunday: 1:00–5:00pm

OXFORD YMCA

Monday–Thursday: 5:30am–9:00pm • Friday: 5:30am–7:00pm
Saturday: 7:00am–3:00pm • Sunday: 1:00–5:00pm

HOLIDAY CLOSINGS

Mother’s Day • Sunday, May 8

SUMMER 2016 FACILITY HOURS

May 29 – August 31, 2016

ANNISTON YMCA

Monday–Thursday: 5:30am–8:00pm • Friday: 5:30am–7:00pm
Saturday: 7:00am–3:00pm • Sunday: CLOSED

OXFORD YMCA

Monday–Thursday: 5:30am–9:00pm • Friday: 5:30am–7:00pm
Saturday: 7:00am–3:00pm • Sunday: CLOSED

HOLIDAY CLOSINGS

Memorial Day Weekend • Sunday, May 29 & Monday, May 30
Independence Day • Monday, July 4

YMCA of Calhoun County

29 West 14th Street
Anniston, AL 36201
256-238-YMCA
ymcocalhoun.org



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