



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEST SUMMER EVER



Summer 2017 Program Guide  
YMCA OF CALHOUN COUNTY

# WELCOME TO THE Y!

## OUR MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## MEMBER BENEFITS:

- Family-friendly environment
- No contracts
- Full facility access including pool, studio classes, cardio & weight rooms, gym, racquetball courts, and walking track
- Complimentary equipment orientation and body composition testing to establish fitness goals
- Half price swim lessons and reduced fees on most youth programs and specialty classes
- No-cost child watch during peak hours
- Access to Anniston & Oxford branches plus all Ys in Alabama and Mississippi through the reciprocal membership program



## FOLLOW US ONLINE!

**Facebook:** [facebook.com/YMCAofCalhounCo](https://facebook.com/YMCAofCalhounCo)

**Twitter:** [twitter.com/YMCAofCalhounCo](https://twitter.com/YMCAofCalhounCo)

## 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 [ymcocalhoun.org/schedules](https://ymcocalhoun.org/schedules), on the 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.** Classes may be added or retired based on interest throughout the year.

### GROUP FITNESS CLASS OPTIONS

Absolute Abs • All Ball Cardio Sculpt • Aqua Zumba®

Back Room Bootcamp\* • Body Sculpt • Cize™

Cycle Plus Core • Forever Fit • PiYo™ • Power Hour

Revolution Cycle • Rip and Ride • R.I.P.P.E.D.

SilverSneakers® Circuit • SilverSneakers® Yoga

Strength Train Together • Sunrise Cycling • Water Fitness

Yoga Flow • Zumba® • Zumba Toning®



\*Back Room & Boxing Bootcamps are paid classes: \$7 (\$40 for all 6 weeks) for Y Members or \$10 (\$60 for all 6 weeks) for Y Guests. Limited to ten participants, and filled on a first come, first serve basis.

## New! STRENGTH TRAIN TOGETHER

**Coming this May!** Strength Train Together will blast all muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

### Strength Train Together is ideal for:

- New exercisers because of the simplicity of the workout
- Men and women of all ages because you get to select how much weight you use
- Anyone who wants a fun way to add strength training to their workout
- Women because weight-bearing exercise is proven to reduce the incidence of osteoporosis
- Athletes looking for a training edge



## 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 in personal training, fitness screenings, or body composition testing, call Ann at 256.832.YMCA.

	1 Session	5 Sessions	10 Sessions	15 Sessions
<b>One-on-One Training</b>	Y Member: \$45 Guest: \$60	Y Member: \$200 Guest: \$275	Y Member: \$350 Guest: \$500	Y Member: \$510 Guest: \$720
<b>One-on-Two Training</b>	N/A	Y Member: \$350 Guest: \$400	Y Member: \$600 Guest: \$860	Y Member: \$870 Guest: \$1200
<b>One-on-Three Training</b>	N/A	Y Member: \$375 Guest: \$525	Y Member: \$700 Guest: \$1000	Y 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. A skinfold caliper is used at various body sites to determine the percent of lean body mass.

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

# SWIMMING LESSONS

# Y MEMBERS PAY HALF PRICE!

Swimming is a life skill as well as great exercise and a challenging sport. The Anniston 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 SWIMMING LESSONS

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

	MAY 2-25	JUNE 6-29	JULY 11-AUG 3	AUG 8-31
<b>5:30-6:00pm</b>	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish
<b>6:05-6:50pm</b>	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 SWIMMING LESSONS

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

	APRIL 22-MAY 13	JUNE 3, 10 & 24*	JULY 1-22	JULY 29-AUG 19
<b>9:00-9:30am</b>	Shrimp, Perch	Shrimp, Perch	Shrimp, Perch	Shrimp, Perch
<b>9:35-10:05am</b>	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish
<b>10:10-10:55am</b>	Guppy, Polliwog	Guppy, Polliwog	Guppy, Polliwog	Guppy, Polliwog
<b>11:00-11:45am</b>	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult

\*Only 3 Lessons: Special Rate = \$40 or \$20 with Y Membership

## MONDAY THROUGH THURSDAY MORNING SWIMMING LESSONS

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

	JUNE 5-15	JUNE 19-29	JULY 10-20	JULY 24-AUG 3
<b>9:00-9:30am</b>	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish
<b>9:35-10:20am</b>	Polliwog, Guppy	Polliwog, Guppy	Polliwog, Guppy	Polliwog, Guppy
<b>10:25-11:10am</b>	Minnow, Fish	Minnow, Fish	Minnow, Fish	Minnow, Fish

## 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 29 • 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



## 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.

SilverSneakers® classes are offered 3 times per week, and 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](http://silversneakers.com) or speak to your health plan administrator for eligibility. For more information, contact Ann at 256.832.YMCA.

## 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!

**When:** Every Wednesday from 10:30am-Noon

**Location:** Anniston Y Gym

**Fee:** Free to Y Members!

### 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.

### INDOOR WALKING TRACK (20 Laps = 1 Mile)

Located above the air-conditioned gym at the Anniston Y

## LIFEGUARD & CPR TRAINING

Lifeguard training classes are open to anyone 15 years of age or older who can swim 300 yards continuously and retrieve a 10 lb. brick from the deep end of the pool, and then swim it back 20 yards. After attending all classes, and upon successful completion of the course, the individual will receive the following certifications: American Red Cross Lifeguard, First Aid, and CPR/AED for the Professional Rescuer.

**When:** Tuesday, May 30 – Saturday, June 3 from 8am – 5pm  
A required pre-test will be held prior to start of class on Tuesday.

**Location:** Anniston Y

**Program Fee:** \$190 or \$175 with Y Membership

### LIFEGUARD RECERTIFICATION

**When:** Thursday, June 1 and Saturday, June 3 from 8am-5pm

**Program Fee:** \$95 or \$85 with Y Membership

### CPR RECERTIFICATION

**When:** Thursday, June 1 from 8am-5pm

**Program Fee:** \$55 or \$45 with Y Membership



## Y BLUE DOLPHINS SWIM TEAM

The Y Blue Dolphins Swim Team is a great opportunity for swimmers to enjoy the challenge of competing against themselves as well as other teams. Y Blue Dolphins members must have a Y Family Membership in addition to a \$10 monthly Y 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
- have completed the Minnow swim level
- be able to swim 25 yards of freestyle
- love the water!

### Y BLUE DOLPHINS GROUP PRACTICES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BRONZE &amp; SILVER</b>	3:15-4:30pm	3:15-4:30pm	3:15-4:30pm	3:15-4:30pm
<b>GOLD &amp; PLATINUM</b>	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm

**During summer months, when school is not in session, gold & platinum swimmers also practice Saturday mornings, 7:15-9:00am**

(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, Anniston, Donoho, Faith Christian, 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, call 256.238.YMCA.



## AFTER SCHOOL ACADEMY

At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. At YMCA After School Academy, children make friends, learn new skills, do homework, and most importantly, learn how to be their best selves. That makes for confident kids today, and contributing and engaged adults tomorrow. After School Academy is available from dismissal time until 6pm at the following area schools:



**Alexandria Elementary • Cobb Pre-K Academy • The Donoho School  
Golden Springs Elementary • Pleasant Valley Elementary • Saks Elementary  
Tenth Street Elementary • Wellborn Elementary • White Plains Elementary**

**Annual Registration Fee for 2017-18 School Year:** \$45 per child, or take advantage of our **Early Bird Registration: Register by June 30 for only \$35!**

**Weekly Program Fee for 2017-18 School Year:** \$35 per child

Weekly program fee due the **Monday** prior to the week your child is in attendance.



## CHILD WATCH

### Included with Y Membership!

The Y offers free drop-in child care to Y members while making use of the facilities.

Playful, engaging options are plentiful for young children while you exercise or connect with others over shared interests.

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 (\$2 per 15-minute late fee beyond 2 hours.)

### 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 Y ALL NIGHTS

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

**When:** Friday, June 9 • Friday, June 23 • Friday, July 14 • Friday, July 28

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

## 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, it's fun! Weekly camps run May 30 through August 4.

### Kinder Camp • Ages 4-6

Located at the Anniston YMCA, Kinder Campers enjoy indoor swimming, learning skills centers, arts & crafts, indoor and 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, sling shots, fitness, arts & crafts, devotions, camp songs, theme time, and the occasional field trip. Campers are 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. Y Teen Leadership Campers will enjoy all the activities YMCA Camp Hamilton has to offer, while assisting day camp counselors at camp, as well as participating in community service and field trips.



### 2017 WEEKLY THEMES

**May 30 – June 2** • Around the Campfire

**June 5-9** • Gold Rush

**June 12-16** • Zoo Fever

**June 19-23** • Splish Splash I

**June 26-30** • Challenge Week

**July 3, 5-7** • Party in the USA

**July 10-14** • Movin' & Groovin'

**July 17-21** • Camp Olympics

**July 24-28** • Splish Splash II

**July 31 – August 4** • Back to School Bash



## SUMMER SPORTS CAMPS

Learn the fundamentals of the game or polish existing skills. Focus on improvement of skills and sportsmanship. Open to ages 7-15.

**When:** Monday through Friday • 8am - 3pm

Drop off and pick up for all sports camps at the Anniston Y. If your child's sports camp is at YMCA Camp Hamilton, he/she will be transported via bus from and to the Anniston Y.

**June 5- 9**

**Flag Football Camp** at YMCA Camp Hamilton

**June 12-16**

**Swim Camp** at Anniston Y

**June 19-23**

**Basketball Camp** at YMCA Camp Hamilton (Mon/Wed) & Anniston Y (Tue/Thu/Fri)

**Cheer Camp** at Anniston Y

**June 26-30**

**Soccer Camp** at YMCA Camp Hamilton

**Swim Camp** at Anniston Y

**July 10-14**

**Flag Football Camp** at YMCA Camp Hamilton

**July 17-21**

**Basketball Camp** at YMCA Camp Hamilton (Mon/Wed) & Anniston Y (Tue/Thu/Fri)

**July 24-28**

**Swim Camp** at Anniston Y



**Before and After Care** is available at no additional cost during Youth Sports Camps for parents who need to drop off early or pick up late. Your child will enjoy activities with our regular Day Campers before and after his/her sports camp is in session.

**Before & After Care Hours:** 6am - 8am and 3pm - 6pm

### PROGRAM FEE FOR ALL SUMMER DAY CAMPS

**One-Time Registration Fee:** \$45

**Register by April 30 for only \$35!**

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

**Payment Deadline:** Weekly Fees are due the 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.

### WHAT TO BRING TO DAY CAMPS

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

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

## YMCA 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, airnasium, two-story tree house, playing fields, archery range, volleyball court, boat pavilion, hiking trails, and fishing from the dock. Pool with bath house, canoe and 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.

## 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](http://ymcocalhoun.org/volunteer)

## 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 2016, 2,163 children, families and individuals directly benefited from financial assistance from the YMCA of Calhoun County through the Annual Support Campaign. To learn more, visit [ymcocalhoun.org/give](http://ymcocalhoun.org/give)



## SCHOLARSHIP ASSISTANCE

Every day, the Y works side-by-side with its neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Financial assistance is available to help pay for Y facility memberships and programs. Stop by either YMCA of Calhoun County member care desk today to pick up your application, or visit us online at [ymcocalhoun.org/financial-assistance](http://ymcocalhoun.org/financial-assistance). 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 Co. • Greater Anniston Business & Professional Association  
M&H Valve • Samco Express Mart • Mr. Robert Smith  
Tyler Union • Webb Concrete & Building Materials • Wells Fargo Bank

## MEMBERSHIP INFORMATION

**My Y is 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.

### YMCA Age Requirements

- Anyone under the age of 14 must be accompanied by an adult member while utilizing Y facilities.
- **Fitness Center** open to ages 12 and older. Ages 12-13 restricted to cardio equipment only and must be accompanied by supervising parent/guardian. Must be at least 14 to utilize strength training equipment. Equipment orientation required for ages 12-15.
- **Free Weight Room** open to ages 14 and older. Ages 14-15 must be accompanied by supervising parent/guardian.

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

**Financial 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 online at [ymcacalhoun.org/financial-assistance](http://ymcacalhoun.org/financial-assistance) or 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.

**YMCA OF CALHOUN COUNTY**  
P.O. Box 1649  
Anniston, AL 36202

## YMCA SUMMER FACILITY HOURS

April through August 2017

### ANNISTON BRANCH

256.238.YMCA

**Monday–Thursday:** 5:30am–8:00pm

**Friday:** 5:30am–7:00pm

**Saturday:** 7:00am–3:00pm

**Sunday:** 1:00–5:00pm through May 7

**Closed on Sundays May 14 – September 3**

### OXFORD BRANCH

256.832.YMCA

**Monday–Thursday:** 5:30am–9:00pm

**Friday:** 5:30am–7:00pm

**Saturday:** 7:00am–3:00pm

**Sunday:** 1:00–5:00pm through May 7

**Closed on Sundays May 14 – September 3**

### HOLIDAY CLOSINGS

**Easter • Sunday, April 16**

**Memorial Day • Monday, May 29**

**Independence Day • Tuesday, July 4**

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