



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S THE SUMMER TO DISCOVER



2015 SUMMER GUIDE
YMCA OF CALHOUN COUNTY

YMCA OF CALHOUN COUNTY

We here at the YMCA of Calhoun County would like to welcome you into our family, and to take this opportunity to thank you for being a part of the nation’s leading nonprofit organization. We are committed to strengthening our communities through youth development, healthy living, and social responsibility, and have responded to the needs of our communities for over 160 years. Daily, we work side by side with staff, volunteers and YMCA members to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. We are committed and dedicated to building healthy, confident, connected and secure children, adults, families and communities.



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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. It takes up to two weeks to process applications. Applications received less than two weeks before program start date are not eligible. Scholarships are available from funding by the Annual Campaign donors.

YOUTH DEVELOPMENT

CARING, HONESTY, RESPECT, RESPONSIBILITY, and FAITH are the Core Values of the YMCA. No matter which program your child participates in, parents can rest assured that the important characteristics that are valued in the home continue here at the YMCA of Calhoun County. Our experienced, caring staff nurtures the potential of every child and teen.

CHILD WATCH

YMCA Members are given free child watch as a benefit of a membership while they are participating in programs or using the facility. Children must be at least 6 wks. old to be left in Child Watch. We reserve the right to close 30 minutes early if Child Watch is not needed. Two-hour time limit per visit to the YMCA.

Anniston Child Watch:

Monday thru Friday: 8:00 to 11:00am
Monday: 5:00 to 7:00pm
Tuesday & Thursday 4:45 to 7:00pm
Closed Wed & Fri Nights, Sat and Sun

Oxford Child Watch:

Monday thru Friday: 8:15 to 10:30am
Monday thru Thursday: 4:30 to 7:30pm
*Saturday 8:45 to 10:15am
Closed Friday Night and Sunday.

A fee of \$2 per 15 min. will be charged for any child left beyond the 2-hr limit.

*Saturday Child Watch in Oxford only available when a Saturday Group Fitness Class is scheduled.



DROP & GO

For children 10 mths To 6 yrs old. Tuesdays and Thursdays from 8am–Noon at both Anniston and Oxford YMCAs. Member may leave facility for up to 4 hours. Minimum of two children required to run program. Must make reservation by noon day before drop-off.

Up to 2 hours:

\$10 for one child
\$15 for two children
\$20 for three or more children

2 to 4 hours:

\$15 for one child
\$20 for two children
\$25 for three or more children

Y ALL NIGHT

Mom and Dad can spend a quiet night alone or out on the town while the kids party on at the YMCA ALL NIGHT! Enjoy an evening of swimming, games and movie time with your friends. You'll need to bring a swimsuit & towel, sleeping bag & pillow, toothbrush and sleep clothes and be ready to have a great time! The Y will provide snacks and a light breakfast. We must have 10 kids registered to have program. From 7:00 PM to 7:00 AM. All participants MUST be picked up by 7:00 AM.

Fees:

\$15 for members
\$20 for all others
\$5 Late Fee applied after deadline

Program Dates:

June 5th
June 26th
July 17th
August 7th



Sign-Up Deadline

June 4th
June 25th
July 16th
August 6th

SUMMER CAMPS

YMCA SUMMER CAMP MISSION: The YMCA of Calhoun County will provide safe and fun summer recreation that will develop team skills, build self-confidence, and teach leadership and sportsmanship, while allowing participants to build lasting friendship and unforgettable memories.

BEGINS MAY 26 LAST DAY AUG 14

Kinder Camp (ages 4-6) Stay at the Anniston YMCA for all activities

Day Camper (ages 7-12) Travel daily from the Anniston YMCA to YMCA CAMP HAMILTON for daily activities

CIT Camp (ages 13-15) Help with younger campers and gain valuable leadership skills that can be used in the future and experience all the day to day activities as Day Campers

FEES:

Annual registration fee: **\$45**

Weekly Rates: \$95 per week (Includes a YMCA Youth Membership) or **\$90** per week for YMCA Family Membership Members

Payment Deadlines: Weekly fees are due the **Monday** prior to the week you will be attending.

Late Fees: On **Tuesday and Wednesday** of the week prior to attendance, a **\$25 late fee** is assessed. Registration is closed on **Thursday** of the week prior.

WHAT TO BRING:

CLOTHING: Comfortable clothes, swimsuit & towel, tennis shoes (no flip flops or sandals), backpack, bug spray, sunscreen

FOOD & DRINK: PEANUT FREE - Lunch and 2 healthy snacks packed in a lunchbox or cooler for each child, refillable water bottle and or healthy drinks (no sodas)

The YMCA is a PEANUT FREE ZONE



See the YMCA of Calhoun County Summer Camp Guide for more details of daily activities.

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SPECIALTY CAMPS

SWIM CAMP

FOR SWIMMERS AGES 7-14

Monday-Friday - 9:00am-3:00pm

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

SESSION 1: June 8 - June 12

SESSION 2: June 22 - June 26

SESSION 3: July 13 - July 17

SESSION 4: July 27 - July 31



JR. LIFEGUARDING CAMP

FOR SWIMMERS AGES 9-14

Monday-Friday - 9:00am-3:00pm

Develop swimming skills to help meet the Lifeguarding course prerequisite.

The course also introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, as well as first aid, CPR and AED. Participants also have the opportunity to shadow lifeguards in rotation to get a real sense of being on the job.

SESSION 1: June 29 - July 2



CHEER CAMP

FOR KIDS AGES 7-14

Monday-Friday - 9:00am-3:00pm

Come polish up on motions, jumps, tumbling and stunts as well as learn new material for game days! Swim time will be offered on two days. Wear clothing you can MOVE in and tennis shoes.

SESSION 1: June 15-19

SESSION 2: July 20-24

SPORTS CAMP

FOR KIDS AGES 7-14

Monday-Friday - 9:00am-3:00pm

Learn the fundamentals of the game or hone your existing skills with these Sports Camps. Focus on improvement of skills and sportsmanship. Swim time will be offered on two days.

BASKETBALL

SESSION 1: June 15-19

SESSION 2: July 20-24

FLAG FOOTBALL

SESSION 1: June 22-26



ALL SPECIALTY CAMP WEEKLY FEES:

YMCA Members: \$60

Non-Members: \$75

Early/Late Care Weekly Fees: \$35 Before and After care are available from 6:00 AM to 10:00 AM and from 3:00 PM until 6:00 PM for parents who may need to drop off or pick up their child outside the specialty camp hours. Your child will enjoy activities at the Anniston YMCA until the specialty camp begins and rejoin the regular Day Campers at the end of the specialty camp.

SWIM LESSONS SAVE LIVES



Confidence grows in the water when skills are learned and goals are met. YMCA youth swim lessons are designed to help each child learn how to swim better. The classes are pupil-centered and use a problem-solving guided discovery teaching technique. The emphasis is on learning and not on passing and failing. Each level is divided into five components: Personal Safety, Stroke Development, Water Sports and Games, Personal Growth, and Rescue.

All YMCA Swim Instructors are Red Cross Certified Water Safety Instructors.

Classes available for all skill levels

Parent/Child: (6-36 months) - A water awareness class. Course includes kicking, floating, reaching for objects, and blowing bubbles. Infants will be acclimated to the water, including working with instructors.

NEW: Blowfish (2-3 yrs old) - For swimmers who have already completed the Parent/Child level lessons and/or are ready to take off in the water on their own. Class size limited to 4 swimmers to allow more attention for our little Blowfish.

PRESCHOOL AQUATICS: (3-5 years)



pike

Pike: Beginners- Water adjustment and submer- sion; front and back float with IFD; front and back, and side paddle stroke with IFD 15 yards and 5 feet without.



eel

Eel: Advanced Beginner- Front and back float with IFD; jump into shallow water; front, back, and side paddle with IFD 25 yards and 15 ft. without.



rays

Ray: Intermediate- Front and back float, tread water, jump into deep water, front alternating paddle stroke with rhythmic breathing 15 yards with IFD and 20 feet without, back and side alternating paddle 15 yards with IFD and 20 feet without, front and symmetrical paddle with IFD 25 yards and 20 feet without.



starfish

Starfish: Advanced- Front and back float, tread water, jump into deep water, front and back symmetrical paddle, front, back, and side alternating paddle 25 yards with IFD and 40 feet without.

YOUTH AQUATICS (6-14)



polliwogs

Polliwog: Beginner- No swim skills necessary water adjustment and submer- sion; front and back float with IFD; front back and side paddle stroke with IFD 10 yards and 5 feet without.



guppies

Guppy: Advanced Beginner- Front and back float; tread water; jump into deep water; Front alternating paddle with rhythmic breathing, front and back symmetrical paddle, and back and side alternating paddle 25 yards.



minnows

Minnow: Intermediate- Resting float; front alternating paddle stroke with overarm recovery and rotary breathing, rudimentary breaststroke, rudimen- tary sidestroke, back alternating over- arm stroke, and rudimentary elementary backstroke 25 yards.



fish

Fish: Advance- Front crawl, breaststroke, elementary backstroke, and back crawl 50 yards; rudimentary butterfly 25 yards with fins, 15 yards without.

Swim Lesson Sessions:

TUES & THURS Evenings Members: \$35 Non-Members: \$70	May 5 th – 28 th June 2 nd – 25 th July 7 th – 30 th *Aug 4 th – 20 th Sept 1 st – 24 th	5:30–6:00pm – Parent/Child, Blowfish, Pike, Eel, Ray, Starfish 6:05–6:50pm – Guppy, Polliwog, Minnow, Fish, Teen/Adult
MON – THURS Mornings Members: \$35 Non-Members: \$70	June 1 st – 11 th June 15 th – 25 th July 6 th – 16 th July 20 th – 30 th Aug 3 rd – 13 th	9–9:30am – Pike, Eel, Ray, Starfish 9:35–10:05am – Guppy, Polliwog 10:15–11:00am – Minnow, Fish
Saturday Mornings Members: \$25/session Non-Members: \$50/session	May 9 th – 30 th June 6 th – 27 th July 11 th – Aug 1 st *Aug 8 th – 22 th Sept 5 th – 26 th	9–9:30am – Parent/Child, Blowfish 9:35–10:05am – Pike, Eel, Ray, Starfish 10:10–10:55am – Guppy, Polliwog 11–11:45am – Minnow, Fish, Teen/Adult

***Sessions include 6 classes, not 8, therefore rates are reduced:**

Tues & Thurs: Members: \$30, Non-Members: \$65

Saturday: Members: \$20, Non-Members \$45

YMCA Blue Dolphins Swim Team

The **YMCA Blue Dolphins Swim Team** is a great opportunity for swimmers to enjoy the challenge of competing against their own individual performances as well as other teams.

YMCA Blue Dolphins members must have a YMCA Family Membership paid with the YMCA's automatic monthly payment system in addition to a \$10 monthly Y Blue Dolphins fee.

Try out for the **YMCA Blue Dolphins**. To qualify:

- ◆ The swimmer must be 5 years old or older
- ◆ Must be able to swim 25 yards of freestyle, backstroke & breaststroke
- ◆ Must complete the minnow swim level
- ◆ Must love the water

Competitions are held in the YMCA league as well as USA Swimming. For additional information, please contact **Coach Brandy at the YMCA: (256) 238-YMCA.**

Bronze & Silver Group Practice: Mon/Tue/Wed 3:15–4:30pm

Gold & Platinum Group Practice: Mon/Tue/Wed 4:00–6:00pm, Thu 7:30–9:00am



High School Swim Team (Grades 7-12)

We always welcome **NEW** team members from the Oxford, Wellborn, White Plains, Alexandria, Ohatchee, Pleasant Valley, Weaver, and Saks Middle & High Schools!

This is an opportunity for HS Swimmers to Letter, and a chance to qualify and compete in the Alabama High School State swim meet. Swimmers also compete twice monthly in USA Swim Meets.

For more information please contact Brandy Sanders at 256-238-YMCA.

LEARN & PLAY AFTER THE SCHOOL DAY

After School Academy

When heading straight home after the bell rings just isn't an option, the YMCA provides children a safe place to do homework and play after school.

The Y's After School Academy curriculum offers comprehensive, age-appropriate, engaging care. Research shows that children who participate in after school programs are more successful in academics, are healthier, and more often maintain positive behaviors.

Monday-Friday: School Dismissal until 6:00 PM

AFTER SCHOOL ACADEMY FEES:

Annual Registration Fee: \$45 per child

Early Bird Registration: \$35 per child - JUNE ONLY

Weekly Fees:

\$30 per child per week (Each child receives a YMCA Youth Membership)

\$25 per child per week with YMCA Family Membership

*Weekly fees are due the Friday before your child attends.



YMCA After School Academy
available at these
Elementary Schools:

Alexandria

Cobb

The Donoho School

Golden Springs

Pleasant Valley

Saks

Tenth Street

Wellborn

White Plains



AFTER SCHOOL ACADEMY CURRICULUM :

Homework Support - 4 Days/Week - The Y After School Academy staff is always there to help your children with their homework, often opening up evening time at home for family time.

Reading - 4 Days/Week - Age-appropriate reading activities range from younger students being read to, to older age groups reading out loud, to reading from their school's "suggested reading list."

Writing - Every Week - Creative writing is encouraged as students are given opportunity to write about subjects that interest them, including write-ups about field trips or books, or keeping personal journals.

Health and Wellness - Every Day - Utilizes CATCH (Coordinated Approach to Child Health), an evidence-based coordinated school health program designed to promote physical activity through organized games, as well as healthy food choices.



HEALTHY LIVING

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, or fostering connections with friends. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

SilverSneakers®

The YMCA of Calhoun County is the Premiere Healthways SilverSneakers® Fitness facility in Calhoun County. The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Your SilverSneakers® fitness membership includes:



- Access to our basic amenities such as our pool, private locker rooms, private showers, indoor track, state-of-the-art fitness equipment, circuit training, and basketball & racquetball courts.
- SilverSneakers® Fitness classes and other classes we offer such as yoga, Pilates, etc.
- Regular participation in SilverSneakers can help you build muscular strength, improve joint mobility and increase cardiovascular endurance, leading to improved health and greater independence.

Most important, your membership may be available to you at no cost through your health plan. Speak to your health plan administrator to see how to enroll or visit www.silversneakers.com to check if you are already eligible.



Class Meets:

Monday and Wednesday from 9:30 AM to 10:30 AM (Anniston YMCA)
Tuesday and Thursday from 9:30 AM to 10:30 AM (Oxford YMCA)

Cost:

Free for SilverSneakers® card holders and YMCA members
Non-Members: \$9 daily fee

For Additional information on the program, call Ann at 256-832-YMCA



BE ACTIVE HAVE FUN

The YMCA of Calhoun County offers the widest variety of Group Fitness Classes in the Calhoun County area. No matter your fitness level, experience with group exercise, or fitness needs; the YMCA has a class that will keep you motivated and achieve your fitness goals.

Monthly fitness class schedules vary, so be sure to check our web site, www.ymcacalhoun.org, Facebook page, SmartPhone App, or pick up the latest copy of the fitness schedule at the YMCA Member Care Desk.



GROUP FITNESS CLASSES

All Ball Cardio Sculpt: Try this fun and fast workout that utilizes medicine balls, stability balls and more to work up a sweat and tone your body. Get ready to have a ball!

Body Sculpt: Tired of the same old weight training exercises? Challenge yourself with a variety of conditioning exercise using stability balls, medicine balls, tubing, bands, and weights.

Power Hour: A great mix of sculpting type exercises with cardio thrown in. A variety of equipment will be used from body bars, steps, medicine balls, weights, and a whole lot more. Bring a towel because you are sure to sweat.

Mat Pilates: Classes are based on the principles of Joseph Pilates, who taught dancers how to gain great strength in their core muscle groups without bulking up. This class focuses on abdominals, back and shoulders; great for posture and strength. Be ready for a challenge.

Step Sculpt/Step Fusion: Combines cardio step and strength training. This class uses step choreography to burn fat and tone muscles, the best of both in one hour. Intervals are added to keep you on your toes! Step patterns are broken down to help facilitate learning.

Sunrise Cycling/Revolution Cycle Class: A 45-minute indoor cycling class meant to motivate and give your body a very challenging workout. Classes will cover usage of bikes as well as bike safety. Great for all fitness levels.

Pilates Cycle Combo: Get the best of both worlds. Work your core muscles for the first 30 minutes and finish off with a challenging 30 minute blast of cardio on the indoor cycle. Your body will thank you when you are done!

Yoga Flow: Great for flexibility, posture and balance. This class utilizes a sequence of yoga postures that will help you develop greater range of motion and flexibility. Excellent for beginners.

Y Kick: This class is a combination of intense kickboxing moves and dance moves, all perfectly choreographed to high energy music. It's the ultimate cardio challenge that's a unique blend of intensive intervals of strength/endurance training and a relaxing cool down.

Zumba: A fun, dynamic, high energy dance class that fuses Latin and International music for an effective and exciting way to get fit and shake off your worries.

Aqua Zumba: Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. (Anniston Only)

Zumba Toning: Combines targeted body sculpting exercises and high energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones.

R.I.P.P.E.D.- Resistance, Intervals, Power, Plyo, Endurance and Diet all play a part in this fast paced workout. You will be addicted after one class.

ADULT SWIM CLASSES



(15 YRS. AND UP)

This class is for beginner to intermediate levels. Skills to be taught: putting face in water, arm strokes to backstrokes, free-style, rotary breathing, elementary backstroke, glides, sidestroke, survival floating, and confidence and safety in water. It's always a good time to learn to swim.

TUE & THU Evenings 6:05 - 6:50 pm Members: \$35/session Non-Members: \$70/session	May 5 th - 28 th June 2 nd - 25 th July 7 th - 30 th Aug 4 th - 27 th Sept 1 st - 24 th
Saturday Mornings 11:00 - 11:45 am Members: \$25/session Non-Members: \$50/session	May 9 th - 30 th June 6 th - 27 th July 11 th - Aug 1 st Aug 8 th - 29 th Sept 5 th - 26 th

WATER FITNESS CLASS

Water exercise is the perfect answer to your fitness needs because it is adaptable to all personal conditions. Physical rehab, injuries, post surgeries, are great because of the "weightlessness" of water. You can target specific body areas to exercise or combine several movements into a complete head-to-toe activity. Build muscle tone, increase your metabolism, and strength, improve balance, coordination and range of motion, as well as relieve tension with low impact movements. Swimming ability is not a factor, you choose your water depth.



Class Times:
7:45 AM to 8:30 AM
11:00 AM to 11:45 AM
Mon, Wed, and Fri

YMCA certified lifeguard is on deck during class.



AQUA ZUMBA®

Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class.

A low impact workout with a Latin & International musical beat. (Anniston Only)

Tuesdays & Fridays: 8:30-9:15 AM

COURT SPORTS

(Anniston Location Only)

Enjoy a variety of sports with a competitive game or simply an individual workout on one of our two courts off the running track on the second level of the gym.

RACQUETBALL - Fast paced, quick workout with your favorite opponent or play "cutthroat" or two man team play.

HANDBALL - Use the same courts with this old style sport and still get a great workout! Courts are open and waiting for you.

Fee: YMCA Members: FREE, Non-Members: \$9 Daily Guest Fee



PERSONAL TRAINING

Personal training at the YMCA is the most complete package in the Calhoun County area. The YMCA service is available to anyone needing one-on-one custom fitness designed to meet specific health goals.

Training Package Fee:
Sold in sessions of 1, 5, 10 and 15
Sessions are 60 minutes

YMCA Members:
 1 Session: \$45
 5 Sessions: \$200
 10 Sessions: \$350
 15 Sessions: \$510

Non-Members:
 1 Session: \$60
 5 Sessions: \$275
 10 Sessions: \$500
 15 Sessions: \$720



BUDDY TRAINING: Now a whole new way to train! Our trainers will train you and your buddy in one-on-two training! Share the fun and fitness with someone who will enjoy the training as much as you. Special rates apply. See below:

YMCA Members:
 5 sessions: \$350
 10 Sessions: \$600
 15 Sessions: \$870

Non-Members:
 5Session: \$400
 10 Sessions: \$860
 15 Sessions: \$1200

FITNESS SCREENING

FITNESS SCREENING: This screening determines your fitness level and establishes your workout regimen. Measurements are taken for flexibility, muscular strength and endurance, general cardiovascular fitness and body composition. A personalized program will be determined from this screening. **Call Ann at the Oxford YMCA at 256-832-YMCA** for an appointment.

Fee: YMCA Members: \$10 Non-Members: \$20

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.

Call Ann at the Oxford YMCA at 256-832-YMCA for an appt.

Fee: YMCA Member: Free
 Non-Members: \$10

FAMILY FRIENDLY FITNESS

In Oxford Only- Specially designed youth equipment so the whole family can work out together! Enjoy weight and cardio equipment with your child. Youth ages 8-15 must complete an orientation session, be accompanied by a parent member at all times, and may use the cardio or family friendly fitness equipment as marked.

Call the **Oxford YMCA at 256-832-YMCA** to schedule an equipment orientation for your child today!



SOCIAL RESPONSIBILITY VOLUNTEERS

Volunteers are the very heart of the YMCA. By volunteering at the YMCA you will become part of our mission to serve and care for the community. Whether you provide support to staff, coordinate fund-raising events, or offer services to our programs your efforts will have a direct and positive impact on the YMCA and the members we serve. There are several areas of opportunity in which to serve in, including member care, class instruction, adult and teen programs, advisory committees, and special events. We also offer volunteer opportunities for groups, clubs and organizations. For more information or to start volunteering call us today at (256) 238-YMCA.



Red Cross & Lifeguard Training

Classes are held periodically at the YMCA and are open to anyone 15 years of age or older who can swim 300 yards continuously and retrieve a 10-pound brick from the deep end of the pool and swim it back 20 yards. Upon successful completion of the course, the individual will receive certifications in American Red Cross Lifeguard, First Aid, CPR/AED for the Professional Rescuer, and Oxygen Administration.

June 1st - 4th 9:00am - 4:00pm

You must attend all classes.

Fees: YMCA Members \$175
Non-Members: \$190



BUILD A SKILL SAVE A LIFE

Water Safety Course

Department of Human Resources requires all Foster Parents to attend and pass a water safety course. The YMCA offers these courses on an as needed basis. Please contact Brandy Sanders at 256-238-YMCA to discuss schedule a course.

Leadership Development & Team Building Course

Challenge your employees and supervisors, provide an outdoor team building adventure for your group, and bring your leadership team together to learn the advantages of working together. Y Camp Hamilton is the perfect setting for teaching trust, teamwork and leadership.



YMCA Rentals

You can search high and low but you won't find a better location for your birthday party, family reunion, lock-in or other events. At the Anniston YMCA, you can rent the gym, pool, dining room and/or classroom space. Y Camp Hamilton is available for reunions, retreats and parties. The Camp Hamilton facilities available for rental 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, fishing from the dock. Camp Pool with bath-house & Canoe Rentals are separate. Call Maggie Owens at 256-238-YMCA to discuss availability and pricing.



Anniston Runners Club

Anniston Runners Club meets 5:30 PM every Thursday at the Anniston YMCA for a group run. Newcomers are always welcomed to join the group. The group meets at the front of the Y and runs at different paces. Join in today!



1 MEMBERSHIP

3 YMCAs

The YMCA OF CALHOUN COUNTY and the YMCA OF COOSA VALLEY have joined forces for the benefit of the members of both their YMCA Associations. Now members of either YMCA Association can enjoy full membership privileges at all three YMCA facilities. Residential Zip Codes determine membership location.

ANNISTON YMCA

29 W 14th Street
Anniston, AL 36201
(256) 238-YMCA

OXFORD YMCA

1710 AL HWY 21 South
Oxford, AL 36203
(256) 832-YMCA

YMCA OF COOSA VALLEY

100 Walnut Street
Gadsden, AL 35901
(256) 547-4947

MEMBERSHIP TYPE	Monthly Rate	Joiner's Fee
Adult (Ages 18-59)	\$46	\$75
Family***	\$66	\$100
Single Parent Household	\$57	\$75
Senior Individual (Ages 60+)	\$44	\$50
Senior Couple (Ages 60+)	\$60	\$75
Student (Ages 14-22)	\$30	\$15
Youth (Ages 13 and under)	\$15	\$0
Silver Sneaker (with card)	\$0	\$0

* Member authorization of a monthly bank draft or credit card. First month's dues must be paid upon acceptance of membership application. A thirty day advance written notice is required to cancel any memberships.

** The Joiners Fee is a one time fee as long as you remain a member. If you cancel and rejoin, you must repay this fee.

*** Includes all dependents claimed on income tax return, up to age 22 and still enrolled in school, and defined as family by Alabama State Law.

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Any questions or concerns regarding a YMCA of Calhoun County program should be addressed with the program supervisor at your program site. They will assist or advise you to a resolution of your concern or you may contact the YMCA of Calhoun County at 256-238-YMCA.

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

MEMBERSHIP INFORMATION

About Our Facilities

The Anniston YMCA and Oxford Y FOR NOW facilities of the YMCA of Calhoun County are open to members and guests during hours listed. All rules apply to any person using the YMCA facilities. The YMCA of Coosa Valley facilities may be utilized by members of the YMCA of Calhoun County. All rules and regulations of the YMCA of Coosa Valley apply to members using those facilities.

The facilities of the YMCA of Calhoun County are as follows:

Anniston: Air conditioned double Gymnasium with running track and six basketball goals; Two racquetball courts; Four lane, twenty five yard indoor swimming pool; Largest selection of group exercise fitness classes in the area; Adult fitness centers with 14 Cybex strength training circuit stations; PRE-COR treadmills, PRE-COR ellipticals, Vision recumbent bicycles, Rowing Machines and a Stretching Station; Free weight room; Meeting Rooms; Class Rooms; Men and Women's Whirlpool, Steam Room inside the locker area; and Child Watch area.

Oxford: PRE-COR treadmills; PRE-COR elliptical; **EXCLUSIVELY AT THE Y...the PRE-COR AMT (ALL BODY CARDIO WORKOUT);** PARAMOUNT twelve station fitness machines; Family Friendly "Butterfly" Resistance Machines for Ages 8 & UP. free weight area; Cardio Theater; Fitness Classroom; changing rooms with shower, child watch area, and member lounge area.

Age Requirements: All youth age 13 or younger must be accompanied by an adult member while using any facilities of the YMCA of Calhoun County. At the Anniston Facility, the Fitness Centers and the Free Weight Rooms are restricted for use by 16 years and older, 14 & 15 year olds must be accompanied by a parent or legal guardian. **In Oxford only,** youth ages 8-15 must complete an orientation session and be accompanied by a parent member at all times and may use the cardio or family fitness equipment as marked.

Guest Policy: The YMCA of Calhoun County charges all Non-Members a daily guest fee of \$9. Any guest fee paid within a thirty day period of joining may be applied to a permanent YMCA membership. All guests must have proper identification and provide it when requested by YMCA personnel. Any youth thirteen years of age and younger must be in the presence of an adult member or a paid adult guest at all times while a guest in the facility. Members of the YMCA of Coosa Valley are welcome as full members of the YMCA of Calhoun County.

ALWAYS WELCOME AT YMCA: The AWAY program allows you to use your YMCA of Calhoun County membership at other Y's across the United States for free or rates according to local policy. The YMCA of Calhoun County participates in this program and allows active members from other YMCAs three free visits per month. The AWAY policy does not exempt visitors from program fees that members are required to pay as participants.

MEMBERSHIP ID CARD: All members are required to present their membership card or scan their SmartPhone bar code for admittance to the facility. Replacement cards are available for \$5 per card.

MEMBERSHIP PAYMENT & RETURN POLICY: All membership fees are required to be paid by auto-draft from a banking account or credit card unless paid annually or every 4 month. Any payments returned due to "NSF" will require immediate cash payment of monthly fee and a \$35 return fee before membership privileges will be reinstated. Two "NSF" events will cause membership to be revoked and member will not be allowed to return until all fees are satisfactorily paid in full. The Y is not notified by any financial institution when a Y members drafting information has changed. Let us know when you get a new card. Until the Y is notified by the respective member, the Y's system will automatically debit the previously authorized bank or credit card account. The Y member will be required to pay the monthly fee and a \$35 return fee incurred due to a change in account information of which we were not notified.

PROGRAM FEES: Program fees are due at time of registration. A registration is not complete until payment of applicable fees. Upon payment of fees, at the Member Care Area, a receipt is provided as proof of payment. We request you retain your copy of the receipt until the class session is completed. Telephone registrations are not acceptable and payment can not be taken over the phone. Each class has a minimum and maximum enrollment space. Please stay informed by checking the YMCA web page or Facebook page for any schedule changes. The Member Care Staff will gladly assist you.

REFUNDS and CLASS CANCELLATIONS: In the event the YMCA must cancel a class period (i.e. inclement weather), make-ups will be scheduled or credit given for the next program session. Credit for unused memberships due to absence not allowed. Members absent or not attending programs or missing a class period are not eligible for refunds or make-up periods. Many of our classes and programs reach maximum enrollments, therefore **program refunds are not given for any reason once the first class period has begun. Refunds on program or membership fees are not allowed.**

CANCELLATION OF MEMBERSHIP: A signed cancellation notice thirty (30) days prior to termination is required to stop your automatic payment plan. **The YMCA is not responsible for any refunds if an automatic payment or charge is made without a signed thirty (30) day cancellation notice being completed.** Failure to complete the required thirty (30) day notice will cause additional service fees to accumulate for which the member is responsible to pay. Member care staff will sign the cancellation notice and return a copy to you. Please retain your copy of the cancellation notice signed by the member care staff.

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. It takes up to two weeks to process applications. Applications received less than two weeks before program start date are not eligible. Scholarships are available from funding by the Annual Campaign donors.

Donations to the YMCA Annual Campaign benefit the Strong Kids Scholarship Fund for programs and memberships. Special appreciation to these named scholarship donors:

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

YMCA of Calhoun County
 29 West 14th Street
 Anniston, AL 36201
 (256) 238 – YMCA
 ymcalhoun.org

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2015 Summer Facility Hours

June 1, 2015 – August 31, 2015

ANNISTON YMCA

MON-THU: 5:30am – 8:00pm FRI: 5:30am – 7:00pm
SAT: 7:00 am-3:00pm SUN: CLOSED

OXFORD YMCA

MON-THU: 5:30am – 9:00pm FRI: 5:30am – 7:00pm
SAT: 7:00am – 3:00pm SUN: CLOSED

YMCA of COOSA VALLEY

MON-THU: 5:00 am – 9:00 pm FRI :5:00 am – 8:00 pm
SAT: 7:00 am – 3:00 pm SUN: 1:30pm – 5:00pm

HOLIDAY CLOSINGS

Memorial Day (May 25), Independence Day (July 4), Labor Day (Sept 7)