



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A WARM WINTER

YMCA OF CALHOUN COUNTY



WINTER
2016/17
PROGRAM
GUIDE

WELCOME TO THE Y!

WHAT'S INSIDE...

YOUTH DEVELOPMENT

Child Watch.....	2	Shoot & Scoop.....	4
After School Academy.....	2	Youth Indoor Soccer.....	4
School's Out Fun Days.....	3	Youth Obstacle Course.....	4
Skills & Drills Sports Camp.....	3	Youth Swim Lessons.....	5
Y All Night Lock-Ins.....	3	Y Blue Dolphins Swim Team.....	6
Youth Basketball League.....	4	High School Swim Team.....	6

HEALTHY LIVING

Adult Swim Lessons.....	5	Court Sports & Indoor Track.....	7
U.S. Masters Swimming.....	6	Group Fitness Classes.....	8
Diabetes Education Class.....	7	Personal Training & Fitness Screening... ..	8
SilverSneakers®.....	7		

SOCIAL RESPONSIBILITY

Water Safety Course.....	9	Annual Support Campaign.....	9
Volunteer at the Y.....	9		



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 • M&H Valve
Tyler Union • Webb Concrete • Wells Fargo

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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

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: \$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

With so many demands on today's families, parents need all the support they can get. When school is not in session, the Anniston Y is here for you! Available from 6am-6pm, 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 are open to any potty-trained children ages 4 & up on the following dates:



CHRISTMAS BREAK: Monday through Friday, December 19-23 and 26-30, and Monday & Tuesday, January 2 & 3

Monday, January 16

Friday, February 17 & Monday, February 20

SPRING BREAK: Monday through Friday, March 27-31

What to Bring: Refillable water bottle and/or healthy drinks, lunch box or cooler including nut-free lunch plus two or more healthy snacks (no soda)

Program Fee: \$20 per child per day

SKILLS & DRILLS SPORTS CAMP • Ages 7-14

Improve your skills, make new friends, be active with other kids and learn to love sports at the Y! The Y Skills & Drills Camp will feature a combination of soccer, basketball, flag football, kickball, and swimming, with instructional clinics to build and practice skills.

When: **Christmas Break** • Monday through Friday, December 19-23 & 26-30 and **Spring Break** • Monday through Friday, March 27-31

8:30am-3:30pm • Drop off as early as 6am & Pick up as late as 6pm at no added cost

Where: Anniston YMCA

What to Wear: Athletic clothing and sneakers

What to Bring: Swimsuit & towel, refillable water bottle and/or healthy drinks, lunch box or cooler including nut-free lunch plus two or more healthy snacks (no soda)

Program Fee: \$20 per participant per day

Y ALL NIGHT LOCK-IN • Ages 5 & up

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. Must be potty-trained. Drop off at 6pm and pick up by 8am following morning.

When: **Saturday, December 31 • Saturday, February 18 • Friday, March 31**

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

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

YOUTH BASKETBALL LEAGUE • Ages 12-15

Get in the game! Catered to 7-9th grade players who missed the cut for this season's school team. Learn valuable skills & pick up drills to work on before school tryouts next year! Players will be evaluated and evenly matched. Every player will participate and receive equal playing time.

When: Practices begin December 8, 6:00-7:30pm

Games on Fridays from 6:00-7:30pm: **January 6, 13, 20 & 27**

End of season fun night on February 3

Where: Anniston YMCA

Program Fee: \$35 per participant or \$30 with Y Membership

SHOOT & SCOOP • Ages 4-8

Fun for younger youth to pick up basketball basics. Learn to dribble and shoot, then enjoy a scoop of frozen yogurt!

When: **Saturdays in January** from 10:30-11:30am (Register by January 4)

Where: Anniston YMCA

Program Fee: \$25 per participant or \$20 with Y Membership

YOUTH INDOOR SOCCER • Ages 4-12

Featuring modern technical development based on dynamic movement and coordination both with and without the ball. Weekly sessions include an instructional clinic to build and practice skills, followed by game time.

When: **Saturdays in February** (Register by December 31)

Ages 4 to 7: 9:00-9:45am

Ages 8 to 12: 10:00-11:00am

Where: Anniston YMCA

Program Fee: \$25 per participant or \$20 with Y Membership (Price includes Y t-shirt)



YOUTH OBSTACLE COURSE • Ages 5-12

Have your kids run through a safe and fun obstacle course at the Anniston Y Gym! They will be getting their daily exercise while having loads of fun with their peers. A certified fitness instructor will lead your kids in sprints and jump ropes, plus short hurdles, and crawling over and under obstacles- plus a whole lot more! Wear old clothes and be ready for fun! Minimum of 4 participants required to run program.

When: **Saturday, January 21** from 1-3pm (Register by January 18)

Saturday, February 11 from 1-3pm (Register by February 8)

Saturday, March 4 from 1-3pm (Register by March 1)

Program Fee: Only \$5 per child!

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

	JAN 3-26	JAN 31-FEB 23	FEB 28-MAR 23
5:30-6:00pm	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

FRIDAY AFTERNOON SWIMMING LESSONS

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

	JAN 6-27	FEB 3-24	MAR 3-24
3:30-4:00pm	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish
4:05-4:50pm	Polliwog, Guppy, Minnow	Polliwog, Guppy, Minnow	Polliwog, Guppy, Minnow

SATURDAY MORNING SWIMMING LESSONS

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

	JAN 7-28	FEB 4-25	MAR 4-25
9:00-9:30am	Shrimp, Perch	Shrimp, Perch	Shrimp, Perch
9:35-10:05am	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish
10:10-10:55am	Guppy, Polliwog	Guppy, Polliwog	Guppy, Polliwog
11:00-11:45am	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult

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

	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

Visit www.ymcabluedolphins.swim-team.us for the latest Y Blue Dolphins news.



HIGH SCHOOL SWIM TEAM

YMCA of Calhoun County welcomes new team members from Alexandria, Donoho, 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.

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



DIABETES EDUCATION CLASS

Join us for a FREE Diabetes Education Class sponsored by Stringfellow Memorial Hospital. Instructed by Dietician Jada Murray and Clinical Educator Concepta Onyatta.

When: Mondays & Tuesdays, January 9-10, 23-24 & 30-31 from 10:30 to 11:30 am

Where: Oxford YMCA

Register by Friday, January 6. For more information, contact Ann at 256.832.YMCA



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 days 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 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! **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.



SAVE THE DATE • SPRING 5K RUN: APRIL 29, 2017

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. 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 • Boxing Boot Camp* • Cize™ • Cycle Plus Core • Forever Fit
 PiYo™ • Power Hour • Revolution Cycle • Rip and Ride • R.I.P.P.E.D.
 SilverSneakers® Circuit • SilverSneakers® Yoga • 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.

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
One-on-One Training	Y Member: \$45 Guest: \$60	Y Member: \$200 Guest: \$275	Y Member: \$350 Guest: \$500	Y Member: \$510 Guest: \$720
One-on-Two Training	N/A	Y Member: \$350 Guest: \$400	Y Member: \$600 Guest: \$860	Y Member: \$870 Guest: \$1200
One-on-Three Training	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



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. The Department of Human Resources requires all Foster Parents to attend and pass a water safety course. To schedule a water safety course, call 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



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.

To learn more, visit ymcocalhoun.org/give



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.



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.

Anniston YMCA Age Requirements

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

Scholarship assistance available from funding by YMCA Annual Campaign donors.

YMCA WINTER FACILITY HOURS

December 2016 through March 2017

ANNISTON BRANCH

256.238.YMCA

Monday-Thursdays: 5:30am-8:00pm

Friday: 5:30am-7:00pm

Saturday: 7:00am-3:00pm

Sunday: 1:00-5:00pm

OXFORD BRANCH

256.832.YMCA

Monday-Thursdays: 5:30am-9:00pm

Friday: 5:30am-7:00pm

Saturday: 7:00am-3:00pm

Sunday: 1:00-5:00pm

HOLIDAY SCHEDULE

Christmas Eve, Saturday, December 24: CLOSED

Christmas Day, Sunday, December 25: CLOSED

New Year's Eve, Saturday, December 31:

Anniston Y OPEN 7:00am-Noon, Oxford Y CLOSED

New Year's Day, Sunday, January 1: CLOSED

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YMCA of Calhoun County

P.O. Box 1649

Anniston, AL 36202

ymcocalhoun.org

