



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONGER TOGETHER

YMCA OF CALHOUN COUNTY



Winter 2017
& Spring 2018
Program Guide

WELCOME TO THE Y!

WHO WE ARE

The Y is a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility.

WHAT WE DO

The Y nurtures the potential of every child, improves the nation's health and well-being, and provides opportunities to give back and support neighbors.

OUR MISSION

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

OUR CAUSE

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR IMPACT

The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

MORE THAN A WORKOUT

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen our community.

MEMBER BENEFITS

- No contracts
- Family-friendly environment
- Full facility access including newly refinished gym, pool, studio classes, cardio & weight rooms, 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 across the United States through the National Membership program



FOLLOW US ONLINE!

Facebook: facebook.com/YMCAofCalhounCo

Twitter: twitter.com/YMCAofCalhounCo

Free App: Search and download "YMCA of Calhoun County" in your app store

Y MEMBERSHIP INFORMATION

NEW! National Membership: Full facility/full privilege YMCA members now have the flexibility to use other YMCA facilities throughout the United 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 are restricted to cardio equipment only and must be accompanied by a 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 Y membership. All guests must have proper identification while in the Y. YMCA of Calhoun County welcomes active members from other Ys, with proper identification and proof of membership, to utilize our facilities at no additional cost, in compliance with our guest policy.

MEMBERSHIP TYPE	One-Time Joining Fee	Monthly Fee	Primary Member Age
Adult	\$25	\$46	23-59
Adult +1	\$25	\$71	23-59
Family	\$25	\$66	23-59
Family +1	\$25	\$91	23-59
Single Parent	\$25	\$57	23-59
Single Parent +1	\$25	\$82	23-59
Senior Adult	\$25	\$44	60 & up
Senior Adult +1	\$25	\$69	60 & up
Senior Family	\$25	\$60	60 & up
Senior Family +1	\$25	\$85	60 & up
Student	\$15	\$30	14-22
Youth	\$0	\$15	0-13
Lunch Crunch	\$25	\$30	23-59

Financial assistance is available to help pay for Y facility memberships and programs. Applications available at ymcocalhoun.org/financial-assistance. Scholarships are available from funding by YMCA Annual Campaign donors.

GROUP FITNESS CLASSES

Included with Y Membership! At the Y, you're sure to find a group class that's fun, supportive and keeps you moving! Offering the widest variety of fitness classes in the area, the Y will motivate you to achieve your goals, no matter your fitness level! Class descriptions, locations and schedules are available at ymcacalhoun.org/schedules, on the YMCA of Calhoun County smart phone app, and at the Y member care desk. Classes may be added or retired based on interest and member recommendations throughout the year.

GROUP FITNESS CLASS OPTIONS

Absolute Abs • All Ball Cardio • Aqua Zumba® • Back Room Bootcamp*
Ballet Barre® Fitness • Body Sculpt • Cycle Pilates Combo • Cycle Plus Core • Forever Fit
Mat Pilates • Power Cycle • Revolution Cycle • R.I.P.P.E.D. • SilverSneakers® Circuit
SilverSneakers® Yoga • Strength Train Together (Group Power) • Sunrise Cycling
TurboKick® • Water Exercise • Wellness Yoga • Yoga Flow • Zumba® Toning

***Back Room Bootcamp is a paid class:** \$7/class (or \$40 for all 6 weeks) for Y Members or \$10/class (or \$60 for all 6 weeks) for Y Guests. Limited to ten participants. Filled on a first come, first serve basis.

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 the fun every Wednesday from 10:30am to noon at the Anniston Y gym.** Free to Y members, and only \$3 for Y guests.

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.

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: \$10 per person or FREE with Y Membership

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

PERSONAL TRAINING

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

STRENGTH TRAIN TOGETHER • GROUP POWER

Highly popular! Strength Train Together, also known as Group Power, blasts 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
- Anyone who wants a fun way to add strength training to their workout
- Men and women of all ages because you get to select how much weight you use
- Women who need weight-bearing exercise to reduce the incidence of osteoporosis
- Athletes looking for a training edge

CHILD WATCH

The Y offers free drop-in child care to Y members while making use of facilities. Children must be at least 6 wks old. The Y reserves the right to close 30 min early if no children are in attendance. 2-hr limit. A \$2 per 15-min late fee will incur beyond 2-hr limit.

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

SilverSneakers®



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 Tuesdays and Thursdays, and membership includes admittance to all group fitness classes- plus full facility access with no day or time restrictions! Enjoy access to 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 siversneakers.com or speak with your health plan administrator for eligibility. For more information, contact Ann at 256.832.YMCA.

SWIMMING LESSONS

Offered year-round! 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 American Red Cross Certified Water Safety Instructors.

PARENT & CHILD LESSONS

Infant & Toddler 6 mos.-3 yrs.
Water Discovery & Water Exploration

PRESCHOOL 3-5 YRS.

Swim Basics • Skills for all to have around water

SCHOOL AGE 5-12 YRS. • TEEN & ADULT 12+ YRS.

Swim Basics & Swim Strokes
Skills to support a healthy lifestyle

**50% OFF
FOR Y
MEMBERS**



TUESDAY & THURSDAY EVENING SWIMMING LESSONS

8 Sessions: \$70 for Y Guests or \$35 for Y Members • **6 Sessions:** \$50 for Y Guests or \$25 for Y Members

	January 2-25	February 1-27	March 6-22	April 3-26
Adult 18+	10:00 - 10:45am	10:00 - 10:45am	10:00 - 10:45am	10:00 - 10:45am
Preschool 3-5yrs.	5:30 - 6:10pm	5:30 - 6:10pm	5:30 - 6:10pm	5:30 - 6:10pm
School Age 5-8yrs.	5:30 - 6:10pm	5:30 - 6:10pm	5:30 - 6:10pm	5:30 - 6:10pm
School Age 9-12 yrs.	6:20 - 7:00pm	6:20 - 7:00pm	6:20 - 7:00pm	6:20 - 7:00pm
Teen & Adult 12 + yrs.	6:20 - 7:00pm	6:20 - 7:00pm	6:20 - 7:00pm	6:20 - 7:00pm

FRIDAY AFTERNOON SWIMMING LESSONS

4 Sessions: \$50 for Y Guests or \$25 for Y Members

	January 5-26	February 2-23	March 2-23	April 6-27
Parent & Child	3:30 - 4:10pm	3:30 - 4:10pm	3:30 - 4:10pm	3:30 - 4:10pm
Preschool 3-5yrs.	3:30 - 4:10pm	3:30 - 4:10p	3:30 - 4:10p	3:30 - 4:10pm
School Age 5-8 yrs.	4:20 - 5:00pm	4:20 - 5:00pm	4:20 - 5:00pm	4:20 - 5:00pm
School Age 9-12 yrs.	4:20 - 5:00pm	4:20 - 5:00pm	4:20 - 5:00pm	4:20 - 5:00pm

SATURDAY MORNING SWIMMING LESSONS

4 Sessions: \$50 for Y Guests or \$25 for Y Members

	January 6-27	February 3-24	March 3-24	April 7-28
Parent & Child	8:30 - 9:10am	8:30 - 9:10am	8:30 - 9:10am	8:30 - 9:10am
Preschool 3-5 yrs.	9:20 - 10:00am	9:20 - 10:00am	9:20 - 10:00am	9:20 - 10:00am
School Age 5-12 yrs.	10:10 - 10:50am	10:10 - 10:50am	10:10 - 10:50am	10:10 - 10:50am
Teen & Adult 12+ yrs.	11:00 - 11:40am	11:00 - 11:40am	11:00 - 11:40am	11:00 - 11:40am

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 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 at least 5 years old, have completed an intermediate swim level, be able to swim 25 yards of freestyle, and love the water!

Y BLUE DOLPHINS GROUP PRACTICES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
GOLD & PLATINUM Middle and High School	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm
BRONZE & SILVER Age 12 & under	4:50-6:00pm	4:50-6:00pm	4:50-6:00pm	4:50-6:00pm
Mini Dolphin Pre-Team Program		5:00-6:00pm		5:00-6:00pm

HIGH SCHOOL SWIM TEAM

YMCA of Calhoun County welcomes new team members from Alexandria, Anniston, Donoho, Faith Christian, Ohatchee, Oxford, Pleasant Valley, Sacred Heart, 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.

SCHOOL'S OUT FUN DAYS

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-Friday, December 18-22

Tuesday-Friday, December 26-29

NEW YEAR BREAK

Tuesday-Friday, January 2-5

Monday, January 15

Friday & Monday, February 16 & 19

SPRING BREAK

Monday-Friday, March 26-30

Friday & Monday, April 27 & 30

Friday, May 25

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

Program Fee: \$20 per child per day



AFTER SCHOOL ACADEMY

At YMCA After School Academy, children make friends, learn new skills, do homework, and most importantly, learn how to be their best selves. After School Academy is available from dismissal time until 6pm at the following area schools:

**Alexandria Elementary • Cobb Pre-K Academy • 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

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.

REGISTER BY APRIL 30 FOR SUMMER CAMP & SAVE \$10!

NEW YEAR'S EVE LOCK-IN

Enjoy swimming, games, movie, snacks, and a light breakfast at the Y! Ages 5 & up.

When: **Sunday, December 31** • Drop off at 6pm and pick up by 8am following morning.

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

Program Fee: \$20 per child. Register by December 30 to avoid \$5 late fee.

BOW TO TOE CHEER CLINIC

Discover the fundamentals of cheerleading- including motion technique, jumps, stunts and tumbling. Open to ages 7-14. Choose from one or all of the following sessions:

Session 1: Saturday January 13th

Session 3: Saturday, March 17th

Session 2: Saturday, February 10th

Session 4: Saturday, April 28th

When and Where: 10:00am - 2:00pm at Anniston YMCA.

What to Bring: Refillable water bottle and/or healthy drinks, lunch box or cooler with nut-free lunch. Wear athletic clothing and tennis shoes.

Program Fee: \$20 per participant per session or \$15 with Y Membership

Registration Deadline: Two days prior to start of each session

INDOOR YOUTH SOCCER

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 at the Anniston Y.

When: Saturdays, February 17, 24 and March 3, 10

Ages 4-8: 9:00-9:45am • **Ages 9-12:** 10:00-11:00am

Register by February 10

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

SAVE THE DATE: February 10 • Jr. NBA Skills Challenge

YOUTH BASKETBALL

Give your kids a chance to get extra basketball practice and instruction at the YMCA. Class meets once a week and gives players an opportunity to work on all aspects of their game, from shooting to dribbling to passing to defense. Occasional games and contests will be mixed with skill-building drills to keep the class fun for all participants. Each division will receive a medal at the end of last session.

FRESHMEN • AGES 4-6

Clinic-style format with fun instructional games to reinforce the skills learned that day.

Saturdays in January • 9:00 a.m. – 9:30 a.m.

Program Fee: \$20 per participant • \$15 for Y Members

SOPHOMORES • AGES 7-9

Players will work on dribbling, passing, shooting, and will play some modified games after the first two weeks.

Saturdays in January • 9:45 a.m. – 10:30 a.m.

Program Fee: \$25 per participant • \$20 for Y Members

JUNIORS • AGES 10-12

Players will work on dribbling, passing, shooting, and basic defensive concepts in December sessions, with 30-minute pre-game practices in January. They will begin to learn and focus on team offense and defense, then play pick-up style games.

Saturday, December 9, 16, and 30 • 10:00 a.m. – 11:00 a.m.

Saturdays in January • 11:00 a.m. – 12:00 p.m.

Program Fee: \$35 per participant • \$30 for Y Members

SENIORS • AGES 13-17

New program! Three/Four Team Coed Round Robin – 5 Players per team

Weekly Registration begins each Friday 4:00-6:00 p.m. at the Downtown Anniston YMCA, and will be closed Saturday morning after 20 players are registered. (Minimum of 15 players per session required.) All guests must sign waiver and player code of conduct.

Registration Fee: \$7 per player per session (cash only) or register for all 7 sessions for only \$30 per player. Must register for all sessions by November 30 to receive discounted rate. No refunds after registration is closed.

Saturday, December 9, 16, and 30

Registration Ends: 11:00 a.m. • Team Selection: 11:30 a.m. • Games: Noon – 2:00 p.m.

Saturday, January 6, 13, 20, and 27

Registration Ends: 11:45 a.m. • Team Selection: Noon • Games: 12:15 p.m. – 2:15 p.m.

BASKETBALL PERSONAL TRAINING

The Y is now offering basketball training sessions focused on the development and improvement of fundamental skills related to athletic performance on the court. Sessions are designed to improve speed, agility, quickness, explosiveness, power, and strength. Sessions will be tailored to your 8-12th Grade student-athlete's need and will include a combination of the following basketball skill work: Shooting, Passing, Ball Handling, Rebounding, Defensive Techniques, and Decision Making.

Program Fee: \$100 for six 45-minute individual sessions. Y Members receive one FREE session with program fee, for a total of seven sessions.

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.

When: April 28 • 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

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 ymcacalhoun.org/volunteer.

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 the YMCA of Calhoun County member care desk today to pick up your application, or visit us online at ymcacalhoun.org/financial-assistance. 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.

FREE THROW FUNDRAISER

Support the 2018 YMCA Annual Campaign at our Free Throw Fundraiser at the Anniston YMCA on Saturday, March 10 from Noon to 2:00pm. Demetrius Hardy, Sports & Aquatics Director at YMCA of Calhoun County, will be shooting five sets of 100 free throws. Fan contests and giveaways will take place between each set. If you are interested in sponsoring Demetrius, or making a donation toward this event, call 256.238.9622.

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 of Y board members, Y members, community leaders, and corporate partners come together to raise money for our community. Through generous contributions of our donors, YMCA of Calhoun County is able to provide financial assistance that enables members of the community to enjoy Y programs, regardless of income. To learn more, visit ymcacalhoun.org/giving.



2016 COMMUNITY BENEFIT

5,398

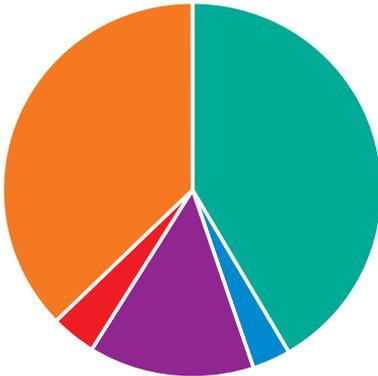
People served by the YMCA of Calhoun County

2,163

Children, individuals and families who directly benefited from financial assistance from the YMCA of Calhoun County

\$218,077

Financial assistance offered to children, individuals and families who might otherwise not have been able to participate in Y programs or memberships



SUBSIDIZED SERVICES

 Membership	\$90,617
 Aquatics	\$7,082
 Day Camp	\$30,707
 Family Life & Child Care	\$8,387
 After School Academy	\$81,284
TOTAL	\$218,077

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

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

YMCA WINTER & SPRING FACILITY HOURS

December 2017 through April 2018

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

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

HOLIDAY CLOSINGS

Christmas Eve & Day • Sunday & Monday, December 24–25

New Year's Eve • Sunday, December 31

New Year's Day • Monday, January 1

Easter • Sunday, April 1



United Way of East
Central Alabama

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