



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**FALL
FOR
MORE**



**Fall 2015
YMCA OF CALHOUN COUNTY**

WELCOME TO THE Y!

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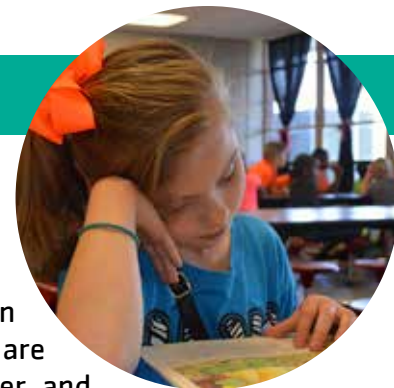
SCHOLARSHIP ASSISTANCE

The YMCA policy is to never turn anyone away due to inability to pay the stated fees, when need is demonstrated. Scholarship applications are available at the YMCA of Calhoun County. 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 YMCA Annual Campaign donors.

SPECIAL APPRECIATION TO THE FOLLOWING NAMED SCHOLARSHIP DONORS:

ALABAMA POWER COMPANY • ALABAMA POWER SERVICE ORGANIZATION
ASPLUNDH TREE EXPERT • BBVA COMPASS • BENTON NISSAN
M&H VALVE • TYLER UNION • WEBB CONCRETE • WELLS FARGO

AFTER SCHOOL ACADEMY



When heading straight home after the bell rings just isn't an option, the YMCA provides a safe place within each school for children to do homework and play after school. Research shows that children who participate in after school programs are more successful in academics, are healthier, and more often maintain positive behaviors. The YMCA of Calhoun County After School Academy curriculum offers comprehensive, age-appropriate, engaging care:

Homework Support - 4 Days/Week - The Y After School Academy staff is available to help your children with homework, often opening up evenings at home for more 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 the school's suggested reading list.

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

Health & 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.

YMCA of Calhoun County After School Academy available at the following elementary schools:

Alexandria • Cobb • The Donoho School
Golden Springs • Pleasant Valley • Saks
Tenth Street • Wellborn • White Plains

After School Academy Annual Registration Fee: \$45 per child

Weekly Fee: \$30 per child per week OR \$25 per child per week with a YMCA Membership. Weekly fee is due the Friday before your child is in attendance.



SCHOOL'S OUT FUN DAYS

When school is out due to holidays, the Y is here to provide fun-filled, healthy activities for children. Bring a lunch, snacks, refillable water bottle, swimsuit & towel, and be prepared for a great day with friends! The Y will provide organized indoor and outdoor activities, full of fun!

School's Out Fun Days available on the following dates:

September 18 • November 6 • November 11

December 21-23 • December 28-30 • January 4-5

Time: 6 a.m. – 6 p.m.

Fee: \$20 per child per day

School's Out Fun Days are open to any potty-trained, school-aged children (age 4 and up.)

FALL BREAK & THANKSGIVING WEEK CAMPS

October 12-16 & November 23-25, 27



Fall camps are open to any potty-trained, school-aged children (age 4 and up.)

Time: 6 a.m. – 6 p.m.

Fee: \$95 per child per week, or drop in for up to two days for \$20 per child per day.

DROP & GO

Drop off your child age 10 mths. – 6 yrs. under the trusted care of the YMCA. Tuesdays & Thursdays only, from 8 a.m. – Noon at Anniston & Oxford locations. Member may leave facility for up to 4 hrs. Minimum of two children required to run program. Must make reservation by noon the day before drop-off.

DROP & GO FEE	1 Child	2 Children	3+ Children
Up to 2 Hrs.	\$10	\$15	\$20
2-4 Hrs.	\$15	\$20	\$25

CHILD WATCH

YMCA Members are given free child watch as a benefit while participating in programs within our facilities. Children must be at least 6 wks. old to be left in Child Watch. We reserve the right to close 30 minutes early if no children are in attendance. Time is limited to two hours per visit. A fee of \$2 per 15 min. will be charged for any child left beyond the 2-hr. limit.

ANNISTON CHILD WATCH HOURS

SUN	MON	TUE	WED	THU	FRI	SAT
	8-11am	8-11am	8-11am	8-11am	8-11am	
	5-7pm	4:45-7pm	5-7pm	4:45-7pm		

OXFORD CHILD WATCH HOURS

SUN	MON	TUE	WED	THU	FRI	SAT
	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		

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

YOUTH BASKETBALL

Youth Basketball is an exciting sport combining team play and individual skills for girls and boys ages 3-14. YMCA of Calhoun County promises no try-outs, no getting cut, and no benchwarmers! Every child plays at least half of every game while making friends and learning new techniques. Practices will be on Thursday evenings with games on Saturdays. Times to be determined. Parents are encouraged to volunteer. If you are interested in coaching, please contact Brandy at 256-238-YMCA.

Fee: \$75 per child or \$60 per child with YMCA Membership

Registration Begins: September 1, 2015

Program Dates: November 5 - December 12, 2015





YOUTH SWIM LESSONS

The YMCA of Calhoun County offers quality swim lessons in a safe, caring environment. The Y teaches fundamental swimming skills, while fostering a life-long appreciation for physical activity and fitness through swimming.

PARENT/CHILD AQUATICS

Shrimp: Ages 6-36 mths. A water awareness class. Includes kicking, floating, reaching for objects, and blowing bubbles. Infants will be acclimated to the water, including working with instructors.

Perch: Ages 2-3 yrs. For swimmers who have already completed Shrimp level lessons and/or are ready to take off in the water on their own. Class size limited to four swimmers.

PRESCHOOL AQUATICS (AGES 3-5)

Pike: **Beginner** - Water adjustment and submersion. Front and back float w/IFD. Front, back, and side paddle stroke 15 yds w/IFD, and 5 ft w/out.

Eel: **Advanced Beginner** - Water adjustment and submersion. Front and back float w/IFD. Front, back, and side paddle stroke 15 yds w/IFD and 5 ft w/out.

Rays: **Intermediate** - Front and back float, tread water, jump into deep water. Front alternating paddle stroke with rhythmic breathing 15 yds w/IFD & 20 ft w/out. Back and side alternating paddle 15 yds w/IFD and 20 ft w/out. Front and symmetrical paddle 25 yds w/IFD and 20 ft w/out.

Starfish: **Advanced** - Front and back float, tread water, jump into deep water, front and back symmetrical paddle. Front, back, and side alternating paddle 25 yds w/IFD and 40 ft w/out.



YOUTH AQUATICS

Polliwog: **Beginner** - No swim skills necessary. Water adjustment and submersion. Front and back float w/IFD. Front, back, and side paddle stroke 15 yds w/IFD and 5 ft w/out.

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 yds.

Minnow: **Intermediate** - Resting float. Front alternating paddle stroke with overarm recovery and rotary breathing. Rudimentary breaststroke, rudimentary sidestroke, back alternating overarm stroke, and rudimentary elementary backstroke 25 yds.

Fish: **Advance** - Front crawl, breaststroke, elementary backstroke, and back crawl 50 yds. Rudimentary butterfly 25 yds with fins, and 15 yds w/out.



TEEN/ADULT AQUATICS

For beginner to intermediate levels age 15 and up.

Skills to be taught: Putting face into water, arm strokes to back strokes, free-style, rotary breathing, elementary backstroke, glides, sidestroke, survival floating, and confidence & safety in the water.

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

SATURDAY MORNING SWIM LESSON SESSIONS

	OCT 3-24	NOV 7-28	DEC 5-19*	JAN 9-30
9:00-9:30am	Shrimp, Perch	Shrimp, Perch	Shrimp, Perch	Shrimp, Perch
9:35-10:05am	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish
10:10-10:55am	Guppy, Polliwog	Guppy, Polliwog	Guppy, Polliwog	Guppy, Polliwog
11:00-11:45am	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult
FEE	Y Member: \$25 Y Guest: \$50	Y Member: \$25 Y Guest: \$50	Y Member: \$20 Y Guest: \$45	Y Member: \$25 Y Guest: \$50

TUESDAY & THURSDAY EVENING SWIM LESSON SESSIONS

	SEP 29-OCT 22	OCT 27-NOV 19	DEC 1-10*	JAN 5-28
5:30-6:00pm	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish
6:05-6:50pm	Polliwog, Guppy, Minnow, Fish, Teen/Adult	Polliwog, Guppy, Minnow, Fish, Teen/Adult	Polliwog, Guppy, Minnow, Fish, Teen/Adult	Polliwog, Guppy, Minnow, Fish, Teen/Adult
FEE	Y Member: \$35 Y Guest: \$70	Y Member: \$35 Y Guest: \$70	Y Member: \$25 Y Guest: \$50	Y Member: \$35 Y Guest: \$70

FRIDAY AFTERNOON SWIM LESSON SESSIONS

	SEP 11- OCT 2	OCT 9-30	NOV 6-27	DEC 4-18*
3:30-4:00pm	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish
4:05-4:50pm	Polliwog, Guppy, Minnow	Polliwog, Guppy, Minnow	Polliwog, Guppy, Minnow	Polliwog, Guppy, Minnow
FEE	Y Member: \$25 Y Guest: \$50	Y Member: \$25 Y Guest: \$50	Y Member: \$25 Y Guest: \$50	Y Member: \$20 Y Guest: \$45

*Special Holiday Sessions include fewer classes, and therefore are discounted.

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, and meet like-minded people.

Open to all members who know how to swim and are 18-80 years of age. Masters is made up of all types of swimmers, from former college athletes, rising and experienced tri-athletes, recreational swimmers, to people who simply want to stay in shape.

Practice: Tuesdays, Thursdays & Fridays
5:30 - 6:30a.m. at Anniston YMCA
Competition 2-3 times/yr. (optional)



YMCA BLUE DOLPHINS



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 team members must have a YMCA Family Membership in addition to a \$10 monthly YMCA Blue Dolphins fee.

Try out for the YMCA Blue Dolphins! To qualify, the swimmer must meet the following guidelines:

- 5 years or older
- Able to swim 25 yards of freestyle, backstroke, and breaststroke
- Completed the minnow swim level
- Loves the water!

Competitions are held in the YMCA League as well as USA Swimming. For additional information, contact Coach Brandy at 256-238-YMCA.

YMCA BLUE DOLPHINS GROUP PRACTICES

	MON	TUE	WED	THU
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



HIGH SCHOOL SWIM TEAM

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

The YMCA of Calhoun County 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.

For more information, contact Brandy at 256-238-YMCA.

GROUP FITNESS CLASSES

The YMCA of Calhoun County 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 locations, schedules, and updates are available at ymcacalhoun.org/schedules, the YMCA of Calhoun County smart phone app, or at the YMCA Member Care Desk.



All Ball Cardio Sculpt: A fun and fast workout utilizing medicine balls, stability balls and more to work up a sweat and tone your body.

Aqua Zumba: Splash, stretch, twist & shout in this low impact water workout with a Latin music beat.

Body Sculpt: Challenge yourself with a conditioning exercise using stability balls, medicine balls, bosus, tubing, bands, and weights.

NEW! BodyShred: A high intensity, holistic resistance and endurance plan that explores your metabolic potential in just 30 minutes!

Mat Pilates: Gain strength in your core muscle groups without bulking up. This challenging class focuses on abdominals, back and shoulders. Great for posture and strength.

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.

NEW! POUND: Full body workout where drumming with lightly weighted sticks (Ripstix) challenges the stabilizer muscles and works all the large muscle groups during a series of intervals.

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

Revolution Cycle: Oxford's spin room is glow in the dark fun! Class involves visualization of hills and valleys, including sprints and climbs. Fluorescent clothes and pumping music add to the fun. Bring a towel and be ready to ride!

R.I.P.P.E.D.: Resistance, Intervals, Power, Plyometrics, Endurance and Diet all play a part in this total body, high intensity style program, utilizing free weights, resistance and body weight. Bring a towel and plenty of water.

Sunrise Cycling: 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.

TRX Rip Training*: Utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance and coordination challenges.

NEW! Turbo Kick: 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 strength & endurance training intervals with a relaxing cool down.

Water Fitness: Build muscle tone, improve metabolism, strength, balance, coordination, & range of motion, and relieve tension with low impact movements. Great for physical rehabilitation. Swimming ability is not a factor. Certified lifeguard on deck during class.

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.

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.

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.

Group Fitness Classes are FREE to YMCA Members, and only \$5 per class for YMCA Guests.

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

PERSONAL TRAINING & FITNESS SCREENING

Personal training at the YMCA of Calhoun County is the most complete package in the area. Available to anyone needing custom-designed fitness to meet specific health goals. For appointments on below programs, call Ann at 256-832-YMCA.

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

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:** \$10 with Y Membership, \$20 for Y Guests

BODY COMPOSITION TESTING: An excellent way to establish fitness goals. We use a skinfold caliper at various body sites to determine the percent of lean body mass. **Fee:** Included with Y Membership, \$10 for Y Guests

INDOOR WALKING TRACK & COURT SPORTS

INDOOR WALKING TRACK: Located above the air-conditioned gym at the Anniston YMCA. 20 Laps = 1 Mile.

RACQUETBALL & HANDBALL: Fast-paced, quick workout with your favorite opponent or two-man team play.

FEE: Included with Y Membership, \$5 for Y Guests.

ANNISTON RUNNERS CLUB

Anniston Runners Club meets for a group run every Thursday at 5:30pm in front of the Anniston YMCA at 29 West 14th Street. The Anniston Runners Club is committed to promoting, encouraging, and fostering the love of running. Newcomers of all ages are always welcome to join!



SilverSneakers®

The YMCA of Calhoun County 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 in will help you build muscular strength, improve joint mobility, and increase cardiovascular endurance, leading to improved health and greater independence.

Aside from daily classes, SilverSneakers® fitness membership includes access to our basic amenities including pool, private locker rooms & showers, indoor track, state-of-the-art fitness equipment, circuit training, and basketball & racquetball courts.

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.

HEALTHY STEPS DIABETES PREVENTION

The YMCA Healthy Steps Diabetes Prevention Program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is proven to help people with Prediabetes prevent or delay development of Type 2 Diabetes.

As part of a YMCA Healthy Steps Diabetes Prevention Program group, you will work with other participants and a trained lifestyle coach to learn the skills you need to make lasting changes, including losing weight, being more physically active, and managing stress.

Being part of a group provides support from other people who are facing similar challenges and trying to make the same changes. Together you can celebrate successes and find ways to overcome obstacles. Ask your doctor if the YMCA Healthy Steps Diabetes Prevention Program can help you achieve your lifestyle goals.



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. A 100+ volunteer team comprised of YMCA Board Members, YMCA Members, Community Leaders, and Corporate Partners come together to raise money for our community. All gifts are tax deductible and remain right here in Calhoun County. Your gift today will give another individual access to YMCA programs tomorrow. Visit ymcocalhoun.org.

VOLUNTEERS

Did you know you can make a huge impact on our community, and make new friends, by volunteering the the YMCA of Calhoun County? Our members and staff are impacted every day by our volunteers. We have plenty of opportunities for those which to serve. For more information, contact us 256-238-YMCA.

WATER SAFETY COURSE

The 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. To discuss and/or schedule a water safety course, contact Brandy at 256-238-YMCA.

YMCA FACILITY RENTALS

The YMCA of Calhoun County provides a perfect location for your events! YMCA Camp Hamilton rental 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 & paddle boats are rented seperately. The Anniston YMCA gym, pool, dining room and/or classroom space are also available for rent. To discuss availability and pricing, contact Maggie at 256-238-YMCA.

MEMBERSHIP INFORMATION

Programs that you love. Assistance that you need. Company of friends you enjoy. Membership at the YMCA of Calhoun County is not just access to our facilities; it's belonging to a community. **For detailed information, visit our Member Care Desk or call 256-238-YMCA.**

Anniston YMCA Age Requirements

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

Oxford YMCA Age Requirements

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

Membership ID Card: All members are required to present a membership card for admittance to the facility. Replacement cards are available for \$5 per card.

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 \$9. 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 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 visitor fees.

MEMBERSHIP TYPE	One-Time Joining Fee	Monthly Fee	Age Requirement
Adult	\$75	\$46	23-59
Family	\$100	\$66	23-59
Single Parent	\$75	\$57	23-59
Senior Adult	\$50	\$44	60 & up
Senior Family	\$75	\$60	60 & up
Student	\$15	\$30	14-22
Youth	FREE	\$15	0-13

FALL FACILITY HOURS

August 15 – December 31, 2015

Anniston YMCA

Mon–Thu: 5:30am – 8pm Fri: 5:30am – 7pm
Sat: 7am – 3pm Sun: 1pm – 5pm (after Labor Day)

Oxford YMCA

Mon–Thu: 5:30am – 9pm Fri: 5:30am – 7pm
Sat: 7am – 3pm Sun: 1pm – 5pm (after Labor Day)

YMCA of Coosa Valley

Mon–Thu: 5am – 9pm Fri: 5am – 7pm
Sat: 7am – 3pm Sun: 1:30pm – 5pm

Holiday Closings

Labor Day (Sept 7) • Thanksgiving (Nov 26)
Christmas Eve/Day (Dec 24 at noon* & Dec 25)
New Year's Eve/Day (Dec 31 at noon & Jan 1)

*Oxford closed Christmas Eve (Dec 24)

The Y. So Much More.™



YMCA of Calhoun County

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



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