



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



2016/2017 Program
YMCA of Midland

YOUR

YMCA TODAY



MEMBERSHIP

Membership Rates

Type of Membership	Joining Fee	Monthly Fee	Annual
Single	\$50	\$49	\$530
Family**	\$85	\$74	\$800
Senior (65+)	\$25	\$36	\$389
Senior Couple (65+)	\$45	\$57	\$616
College*	\$25	\$40	N/A
Older Youth (13-17)	\$25	\$24	N/A

* Individuals 23 years of age and younger enrolled full-time (12 hours or more) in an accredited college.

** You, your spouse, and your legal dependents up to 18 years old, or 20 years old if they are enrolled in college full time.

Mission Statement

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

Midland YMCA Staff

President & CEO George Fierro
 Associate Executive Director Christine R. Bearden
 Administrative Services Director Ed Jackson
 Child Care Director TBA
 Child Care Coordinator Sherrell Watson
 Aquatics Director Leaf Faller
 Sports Director Austin Newman
 Membership Director Liz Harris-Jurado
 Member Services Coordinator Esther Luna
 Bookkeeping Alice Williams
 Childrens Learning Center Director Amanda Wallace
 Health & Wellness Director Aimee Tittlemier
 Health & Wellness Coordinator Denessa Leary
 Group Exercise Coordinator Lisa Jebson

YMCA Hours

Monday - Thursday	5:00a.m.-9:00p.m.
Friday	5:00a.m.-8:00p.m.
Saturday	7:00a.m.-4:00p.m.
Sunday	1:00p.m.-5:00p.m.

The YMCA is closed:

New Year's Day	Fourth Of July	Christmas Day
Easter Sunday	Labor Day	
Memorial Day	Thanksgiving Day	

Early Closings

November 25, 2016	Good Friday
Christmas Eve	New Years Eve



AmazonSmile,
 an automatic way
 for you to support
 the Midland YMCA



**WE'RE MOBILE
 FOR A
 BETTER YOU**



Financial Assistance

Through the generosity of our donors, the YMCA has scholarship funds available to those who qualify when enrolling or registering for any of our programs. Applications are available at the Member Service Desk.

Guest Pass Policy

All guests are required to leave a photo ID at the front desk. Guests are required to follow all YMCA policies. Limited to 3 visits.

Guest Fees

Adult	\$10
Children	\$5
AWAY YMCA Members	7 FREE Monthly Visits**

**Excluding YMCAs within a 60 mile radius.

Membership

All new members are required to pay a Joining Fee and the first month's dues upon registration. After joining, monthly dues must be paid by bank draft or credit card. **You are required to give a 30 day notice in writing** to cancel membership, or to apply changes to a membership.

Non-Sufficient Funds

Your personal check and ACH draft are welcome here at the YMCA. If your check or draft are returned NSF, it will be collected electronically and you will be charged a \$35 NSF fee. If the account has NSF a second time, or has been closed, the YMCA has the right to suspend the membership until all fees have been reconciled.

Benefits of Membership

The Midland YMCA staff is deeply committed to the service of our members. Member privileges include:

- Recreational use of the facilities (fitness center, swimming pool, gymnasium, Youth/Teen fitness room, racquetball courts)



- Free group exercise classes
- Special member rates on YMCA programs
- FitLinxx orientation
- Special member events
- Membership in YMCA AWAY Program (access to more than 2,000 YMCAs)
- Separate Family, Boys & Girls locker rooms
- Men's and Women's locker rooms with whirlpool, sauna, steam room (18 years of age and older only)
- Nursery Services—no additional charge for family members
- WiFi
- Free A.M. coffee service

Membership Policies

- Presentation of membership card is required for admittance.
- **30 days written notice** of cancellation is required to deactivate monthly bank draft/credit card deduction.
- The YMCA is not responsible for items lost or stolen in the facility. Please do not bring valuables to the YMCA.
- Children under the age of 18 must use designated locker rooms.
- Children under the age of 16 are only permitted in the building when age appropriate activities are available and/or scheduled.
- Must be 12 years of age or older to be unaccompanied in the YMCA facility.
- Children 7–11 years of age must be accompanied by an individual 12 years of age or older.
- Children under 7 years of age are not permitted in the YMCA without an adult 18 years of age or older.
- Area specific age policies supersede above building age requirements. Example: group classes, fitness floor, pool lap & family open swim, racquetball courts, etc.
- 12-15 year-olds are permitted on the fitness floor only after completing the Teen Fitness Program (see page 11)
- Only YMCA staff/volunteers may conduct personal training or instruction. This includes sports instruction or coaching.

Code of Conduct

We expect staff, members and guests to behave in accordance with our mission and values at all times, respecting the rights and dignity of others. At the YMCA, we demonstrate respect, responsibility, caring and honesty by:

- Speaking in respectful tones, refraining from the use of vulgar or derogatory language and dressing appropriately.
- Resolving conflicts in a respectful, honest and caring manner and never resorting to physical contact or threatening gestures.
- Respecting the property of others and never engaging in theft or destruction.

Adherence to the YMCA Code of Conduct and regulations is essential. Non-compliance may result in suspension or termination of YMCA membership and/or guest privileges. A complete copy of the YMCA Code of Conduct is located in the YMCA Lobby.

CHILD CARE

School-Based After School Child Care

After school programs will be closed on YMCA holidays and early YMCA closing days; see page 2. All Child Care programs are licensed through the Texas Department of Family Protective Services. We also follow the MISD Public School Calendar, including weather closures.

Offered in conjunction with the Midland Independent School District on site at eight MISD elementary schools. Activities include homework help, board games, playground time, arts & crafts and much more. A healthy snack is provided daily.

The program begins on the first day of school and ends on the last day of the school year. For some holidays and other school closings, children may enroll in the Holiday Fun Club.

YMCA School-Based is offered at Bonham, Burnet, Greathouse, Lamar, Pease, Rusk, Sam Houston, Santa Rita and Fasken.

Days/Times: Mon. - Fri.	3:20p.m.-6:00p.m.
Registration Fee:	\$30
Monthly Fee:	\$180
Monthly Fee with Fun Club:*	\$205

*Children are automatically enrolled in all Fun Club days.

CHILD CARE REGISTRATION & PAYMENTS

All registration forms must be completed and fees paid in person to enroll in the program. Those fees consist of an initial prorated payment and a one-time registration fee of \$30. Fees must be paid by automatic bank draft or credit card deduction on the 1st & 15th of each month. Your payment plan is continuous until the end of the program. A 30-day written notice to stop the bank draft/credit card withdrawal is required to discontinue child care service.

YMCA CHILD CARE STAFF

All Staff are screened and trained through the following process:

- Completion and review of a criminal background check conducted by the YMCA & the Texas Department of Protective and Regulatory Services.
- Drug Screening
- Attend and complete an 8 hour Pre-Service Childcare Training before working
- Successful completion of 15 required training hours by the employee throughout the year
- CLC Staff require 24 hours of annual training
- Employee must obtain CPR and Basic First Aid certification

Y-Based After School Child Care

The YMCA offers after school care for MISD elementary school students who attend a campus where School-Based is not available, private school students and Charter School students. Transportation is provided. A healthy snack is provided daily.

In addition to activities offered at School-based after school, Y-based after school attends kid group exercise classes.

Fun Club is included in the cost of the Y-Base after school child care.

Days/Times: Mon. - Fri.	3:20p.m.-6:00p.m.
Registration fee:	\$30
YMCA Family Member Fees:*	\$220
Monthly (1st of the month)	
Program Participants Fees:*	\$325
Monthly (1st of the month)	

CATCH

The Coordinated Approach To Child Health (CATCH) program is based on the Centers For Disease Control and Prevention's Coordinated School health model, in which eight components work interactively to educate young people and provide support for a healthy lifestyle. The eight components are: Health Education, Physical Education, Health Services, Nutrition Services, Counseling and Psychological Service, Healthy Environment, Health Promotion for Staff, and Family/Community Involvement.

TEXT YCHILDCARE
TO 99000



Year-Round Child Care

Register once and you are automatically signed up for 2016/2017 after school and 2017 Summer Day Camp! Both programs are added together and divided by 12 months for your monthly fee. Become a Family Member of the YMCA and save.

Registration for Year-Round Child Care is from August 1-September 30 only. All payments are made by credit card or bank draft at the 1st & 15th of each month.

Registration fee:		\$30
YMCA Family Member Fees:	School-based	\$279/mo
	YMCA-Based	\$290/mo
Program Participants Fees:	School-Based	\$318/mo
	YMCA-Based	\$407/mo

*Children are automatically enrolled in all Fun Club days.

Holiday Fun Club

Child care is provided at the YMCA for elementary students during most school closures such as Spring Break, Christmas Break, teacher in-service days and other times school is closed and it is not a YMCA holiday. Activities include CATCH, arts & crafts, games, gym time, outdoor time, some field trips, Kid Group Exercise, and snacks. Children should bring a sack lunch daily. **Pre-registration is required.**

Hours:	7:00a.m.-6:00p.m.
Fees:	\$30 per day

*Child care will be closed on days the YMCA closes early.

SUMMER DAY CAMP

For children 4-12 years of age that have completed 1 year of MISD or Private Schooling.

Camp begins on the first Monday after school lets out for summer and runs through the week before school starts. Fun activities include swimming lessons, field trips, arts & crafts, playing in the gym, Kid Group Exercise classes, music, CATCH and indoor and outdoor games. Morning and afternoon snacks are provided. All children must bring a sack lunch daily.

Days/Times: Mon. - Fri.	7:00a.m.-6:00p.m.
Registration fee:	\$30
YMCA Family Member Fees:	\$500/mo
Program Participants Fees:	\$655/mo

The Midland YMCA reminds kids and adults about the importance of practicing safety when in and around the water. The Midland Y is committed to improving swimming skills of each Day Camper by providing swim lessons as part of our camp curriculum. Campers have fun while developing confidence, engaging in physical activity and learning safety skills that can save lives.

PRESCHOOL

The Children's Learning Center provides care for young children from ages 6 weeks through 5 years of age. The CLC incorporates the Texas Rising Star for toddlers and Texas School Readiness Pre-K Curriculum, as well as CATCH for physical activity.

Days/Times: Mon. - Fri.	7:30a.m.-5:30p.m.
Registration Fee:	\$30
YMCA Family Members:	\$500/mo
Program Participants:	\$655/mo

Children are served lunch as well as a morning and afternoon snack. Financial aid is available to those who qualify.

PARENTS NIGHT OUT

Parents-take this chance to do some shopping, have a date night or give your children a fun night at the YMCA!

Activities include games, movies, art & craft and much more.

*Dinner is included. Space is limited. See Member Service Desk for more information.

*Parents must provide formula, milk & baby food if needed.

Registration Opens On The 1st Of Each Month.

Dates: Sept. 9, 2016	Mar. 10, 2017
Oct. 7, 2016	Apr. 14, 2017
Nov. 11, 2016	May 12, 2017
Dec. 9, 2016	June 9, 2017
Jan. 13, 2017	July 14, 2017
Feb. 10, 2017	Aug. 11, 2017

Time: 6:00p.m.-9:00p.m.

Ages: 6 weeks-12 years

Fees: \$10/per child

PARENTS DAY OUT

Have some shopping to do, cleaning that needs to be done, or just want some alone time?

Bring your children to the YMCA for a day of fun!

Activities include games, movies, art & craft and much more.

*Lunch is included. Space is limited. See Member Service Desk for more information.

*Parents must provide formula, milk & baby food if needed.

Registration Opens On The 1st Of Each Month.

Dates: Sept. 17, 2016	Mar. 18, 2017
Dec. 17, 2016	June 17, 2017

Times: 10:00a.m.-2:00p.m.

Ages: 6 weeks-12 years

Fees: \$10/per child

**Exciting Summer Excursions
Schedule Available in April**



ALL NEW for 2017 Youth Sports will be INCLUDED in your Midland YMCA Family Membership!

The Youth Sports program is designed to let kids have fun while developing game skills. There are no tryouts or cuts. Every child gets to play. Teams are formed according to grades and neighborhood schools. The YMCA provides all equipment unless otherwise noted. Team coaches will contact players to inform them of practice schedules following the coaches meeting.

September - 2016

- 2 - Flag Football Registration Deadline
- Cheerleading Registration Deadline
- 10 - Flag Football Games Begin
- Cheerleading Games Begin

October - 2016

- 7 - Volleyball Registration Deadline
- Tumbling Registration Deadline
- 17- Tumbling Begins
- 18 - Volleyball Games Begin

December - 2016

- 30 - Basketball Registration Deadline

January - 2017

- 7 - Basketball Games Begin

February - 2017

- 24 - T-Ball/Softball Registration Deadline

March - 2017

- 7 - T-Ball/Softball Games Begin
- 17 - Volleyball Registration Deadline
- 30 - Volleyball Games Begin

April - 2017

- 26 - Outdoor Soccer Registration Deadline

May - 2017

- 9 - Outdoor Soccer Games Begin
- 19 - Flag Football Registration Deadline
- Cheerleading Registration Deadline

June - 2017

- 3 - Flag Football Games Begin
- Cheerleading Games Begin
- 30 - Basketball Registration Deadline

July - 2017

- 11 - Basketball Games Begin

August - 2017

- 4 - Indoor Soccer Registration Deadline
- 17 - Indoor Soccer Games Begin

REGISTRATION OPEN NOW

Youth Sport Season Fees:

Midland YMCA Family Members:

Program Participants



\$75 per child

All Youth Sports registration forms are available at the Member Services Desk. For more information call the YMCA at 432-682-2551.



BRING YOUR GAME!

SPORTS MINI CAMPS

Sports Mini Camps will be held in one-week sessions, running Monday through Friday from 1:00p.m.-4:00p.m. at the YMCA. Each session requires separate registration. Participants can register up until the day of camp. Each participant will receive one complimentary camp shirt for the summer.

Additional camp shirts may be purchased for \$10.

Fees: YMCA Family Member \$35 per camp
Program Participants \$75 per camp

Registration Begins: OPEN NOW

Soccer Camp June 5-9 & July 17-21

For boys and girls 4-8 years of age. Teaches the basic fundamentals of soccer, including dribbling, passing, defensive skill work and teamwork. NO cleated shoes; shin guards are recommended. All other equipment will be provided by the Y.

Basketball Camp June 12-16 & July 24-28

For boys and girls 5-12 years of age. Learn ball handling, proper shooting technique, defense and basic rules of the game. Participants are required to bring an age-appropriate basketball.

Volleyball Camp June 19-23 & July 31-Aug. 4

For boys and girls 8-12 years of age. Designed to introduce and improve volleyball fundamentals of passing, setting, hitting, serving, blocking, defense and a greater understanding of rules and strategy involved in the game of volleyball. Participants are required to bring a volleyball.

All Sports Camp

March 13-17 (Spring Break Camp)

June 26-30 & Aug. 7-11

Learn something new each day. For boys and girls ages 5-12. Space is limited.

Monday	Indoor Soccer
Tuesday	Volleyball
Wednesday	Basketball
Thursday	Tennis
Friday	Water Safety & Pool Games



KID'S HALF PINT TRIATHLON

Come splash, dash and pedal to a finish line of fun. This kids' mini triathlon is a fun way for families to spend a Saturday morning. Kids ages 4-12 will swim 25 yards, trot around the Y and tricycle twice around an indoor track to the finish line. Coast Guard approved life vests will be provided for children needing a little something extra in the pool. Parents are encouraged to participate in the trot portion of the "Half Pint" and children participating will receive a Half Pint shirt. Half Pint is held twice a year: TBD & June 24th.

Registration Fee:
YMCA Family Member \$15
Program Participant \$25

**Text YSPORT To
99000 For Sport
Updates**

**Did You Know? Basketball And Volleyball
Were Both Invented At The YMCA?**

CHILD WATCH

Nursery

Qualified YMCA staff is available for child care while parents participate in YMCA activities. The nursery is open to ages 6 weeks to 2 years. This service is free with a Family membership. The nursery is available to those with a single membership for a fee of \$3.00 per child per 2 hours.

Tiny Tots

Qualified YMCA staff will create a fun, structured environment for 3-5 year olds while parents participate in YMCA activities. We will offer arts & crafts, story time & more!

Hours*:

Mon. - Thurs. 8:00a.m.-1:30p.m. and 4:15p.m.-8:00p.m.
Fri. 8:00a.m.-1:30p.m. and 4:15p.m.-7:00p.m.
Sat. 8:15a.m.-11:45a.m.

*Times and days may be subject to change.

Guardians must remain in the building at all times while their child or children are in the Nursery. Children in Nursery are limited to two-hour visits.

Youth Zone

(6-12 yrs.)

Wii Fit • Xbox Kinect • Arcade • Arts & Crafts

Open During Supervised Times Only. Follow MISD Schedule.

School Year Hours:

Mon. - Thurs. 4:15p.m.-8:00p.m.
Fri. 4:15p.m.-7:00p.m.
Sat. 8:15a.m.-11:45a.m.

Summer & MISD Holiday Hours in Addition to School Year Hours:

Mon. - Fri. 8:00a.m.-1:30p.m.

Y Guides/ Princess

Through the YMCA Guides/ Princess Program, fathers can spend quality time with their sons and daughters in kindergarten through sixth grade, sharing experiences that encompass the qualities of the Native American culture: dignity, patience, endurance, spirituality, environmental consciousness and concern for the family. Participants are organized into tribes made up of 10-20 children and their fathers. Tribal activities include monthly meetings, field trips, social activities and participation in events.

Cost: \$50 registration fee plus cost of campouts

Youth And Government

The Purpose of the Youth and Government program is to prepare a selected group of young people for moral and political leadership on the American democratic process by providing guidance, training and experience in the theory and practice of determining public policy on the state level. It is called a "laboratory in citizenship and government." Youth and Government affords students the opportunity to participate in Legislative, Judicial (mock trial), News Media, State Affairs Forum and Model United Nations (MUN). Youth and Government is an educational sound method of learning about our process of government by providing opportunities for grades 7-12 to study and debate public issues.

Midland Youth and Government has two schools that are participating at this time - Early College High School at Midland College and Robert E. Lee High School. We would welcome participation from all the secondary schools. If you would like to be an advisor or sponsor for a club or have questions, please contact Jan Van Eman at janve@suddenlink.net.

YOUTH FITNESS CENTER RULES

- **Be Respectful:** To all people and equipment within the Youth Fitness Center.
- **Be Honest:** Be true to yourself and always make good choices.
- **Be Caring:** Always help those who are in need.
- **Be Responsible:** Take ownership for your actions. Children are required to be active and participate in the Youth Fitness Center; loitering will not be tolerated. Guardians are required to sign their children in and must remain on YMCA premises.



UPCOMING EVENTS

Member Luncheon.....	September 9, 2016
Halloween at the YMCA.....	October 28, 2016
Member Luncheon.....	November 11, 2016
Adopt A Child.....	December 2016
Christmas Jam.....	December 17, 2016
Campaign Kick Off.....	February 3, 2017
Little Sweethearts Dance.....	February 4, 2017
Heart & Sole.....	February 11, 2017
Victory Party.....	March 3, 2017
Egg-stravaganza.....	April 1, 2017
Healthy Kids Day.....	TBA
Member Luncheon.....	May 12, 2017
Clay Shoot.....	May 19, 2017
Summer Jam.....	June 2017
Member Luncheon.....	July 14, 2017

ACTIVE OLDER ADULTS

Movie Day.....	August 12, 2016
Bingo.....	September 16, 2016
Dinner & A Play.....	December 2016
Bingo.....	March 3, 2017
Tex Mex Lunch.....	June 9, 2017

MEMBERSHIP CHALLENGES

Stay Involved! Motivate the Masses!

Texas Trot (6 Weeks, October-November) - Trot your way across Texas! 770 miles from El Paso to Texarkana. Earn miles for all your running, walking, cycling, swimming, & classes that you participate in.

Stress Awareness Month (April) - Exercise is a proven stress relief. Registration TBA.

JOIN US FOR HALLOWEEN

Day: October 28, 2016
Time: 6:00p.m.-9:00p.m.

Concession Tickets will be available for purchase

Glow Maze	Face Painting
Spook House	Treats
Carnival Games	Rockwall
Cake Walk	Train
Live Band	Bungee Jump

HELP SOMEONE IN NEED...

Bring a canned good to be donated to the Food Bank

Become a part of our Y

No joiners fee for membership during the event!

ALL PROCEEDS BENEFIT OUR ANNUAL CAMPAIGN

HEALTHY KIDS DAY

Enjoy fun games and educational booths.

Date: Saturday, TBD

Time: 9:00a.m.-12:00p.m.

Sign up for Summer Programs

Healthy Kids Day is the Y's national initiative to improve the health and well-being of families across the country. The Y knows that many parents struggle to find the time and resources to incorporate physical activity and healthy habits into their kids' daily routine. As a leading nonprofit for healthy living, the Y created Healthy Kids Day to celebrate and teach good health for kids, encourage active play and inspire a lifetime love of physical activity. Free Community Event.



Come dressed to impress in your kid friendly costumes!

ADOPT-A-CHILD

During the month of December, the YMCA displays a beautiful tree in the lobby with lots of colorful ornaments. Each ornament is valued between \$25 and \$100. Each ornament you buy helps sponsor a local child in need of a Merry Christmas.

FITNESS AT THE Y

Group Exercise Classes

Group exercise schedules are available online at www.midlandymca.org or on our NEW mobile app. For newcomers: you are welcome! Please arrive a few minutes early so the instructor can help you set up any equipment you need.

Barre classes offer a ballet inspired workout that shapes and tones your whole body. No dance experience required! (45-60 min.)

BodyCombat® is the empowering cardio workout where you are totally unleashed! This program is inspired by martial arts like boxing, Karate, Taekwondo and Muay Thai. Driving music lets you punch, strike and kick your way to superior fitness. Like all Les Mills™ programs, new music and routines are released every three months. (60 min.)

BodyPump® is the original Les Mills™ barbell class that strengthens and tones your entire body! It uses the proven BodyPump formula: THE REP EFFECT™ - a breakthrough in resistance training - that uses light loads and high repetitions. You'll burn fat, build lean muscle and get strong fast! (60 min.)

Christian Cycling is an indoor cycling class where you will climb, cruise and sprint to inspirational music for a fantastic cardiovascular workout. (45 min.)

Hatha Yoga utilizes slow vinyasa, (combining breath and movement), flow sequences to warm the body, followed by a series of longer held postures to aid in the development of strength and flexibility. All levels welcome.

Healing Yoga uses gentle moves to improve balance, flexibility & overall health. All are welcome whether you've practiced for years or you're just beginning.

Horizontal Training is a challenging class with a primary focus on the core. Body weight exercises are used as well as stability balls, weights and body bars to work the whole body. (45 min.)

Interval Step is a high intensity step class that combines traditional step combinations with plyometric moves like burpees and squat jumps that will challenge you from start to finish! (45 min.)

Pilates classes focus on balance and core conditioning. Participants also work on breath awareness and proper spinal alignment. (45-60 min.)

Pilates Fusion uses essential yoga and pilates moves to focus on core stability and strength while improving flexibility. (45-60 min.)

RPM® is the indoor cycling workout that simulates an outdoor ride to the rhythm of powerful music. You will be led through sprints, hills and intervals - as you sweat and burn to reach an endorphin high! (45-60 min.)

SilverSneakers® is the nation's leading fitness program for active older adults. Using a chair, free weights and resistance tubing, this class helps develop and maintain strength and range of motion to help with all activities of daily living. (45 min.)

Water Arthritis class is an aquatics workout that incorporates gentle moves to strengthen, tone and improve range of motion and flexibility. A medical release from your physician may be required in order to participate. (45 min.)

WATERinMOTION® is a fun aquatic workout that provides a low impact, high-energy challenge for participants of all ages. Jump in and make a splash with this dynamic cardiovascular workout that tones the entire body. (60 min.)

Yoga classes involve moves from Hatha and Vinyasa yoga disciplines to develop balance, strength and flexibility for better health, fitness and stress relief. (45-60 min.)

Zumba® is the original dance fitness party! Forget the workout and lose yourself in the music. Classes feature a mix of international rhythms and styles to let you dance your way to a fitter, healthier you! (60 min.)

GRIT™

If you want to take your fitness to the next level, then GRIT™ is for you! This is 30-minutes of high intensity interval training with a coach who leads you through three unique workouts: strength, plyo and cardio. GRIT™ will rev your metabolism into overdrive and help you burn fat and calories for hours after the workout. Space is limited.

SPRINT

A 30 minute High Intensity Interval Training workout using an indoor bike to get you FITTER, FASTER! It's a tough workout with great results & minimal joint impact.

YOUTH EXERCISE AGE REQUIREMENTS

Youth ages 5 and above may participate in BodyCombat® and Zumba® with the supervision of an adult. With the exception of RPM® and GRIT®, youth ages 8 and above may participate in all other classes with the supervision of an adult. Youth 12 and up may participate in any class without the supervision of an adult.

Youth 8 - 11 years of age may use cardio equipment on the fitness floor under supervision of an adult at all times. This does not include use of pin-weight machines or free weights.

Youth ages 12 - 15 may utilize the fitness center if they have completed the Teen Fitness orientation class. Youth who have completed this program may use all equipment on the fitness floor if wearing their ID badge, and the free weight room with an adult.

Basketball

Recreational Adult Pick-Up Basketball

This is a fun opportunity for noon pick-up games. Men ages 16 and up meet at noon on Mon. - Thur. for 5-on-5 basketball games. Basketballs are provided

Racquetball & Handball

Four racquetball/handball courts await you and your friends for a rousing game. Court reservations are required and may be made by Y members only up to one day in advance. Balls may be purchased at the Member Service Desk if needed. Protective eyewear is strongly recommended. Must be 16 or older to reserve a court.

Teen Fitness Orientation

This fitness education class, for ages 12-15 years, incorporates lecture and practical work. Class topics include the cardiovascular and respiratory systems, anatomy, and nutrition. On the fitness floor, proper form and techniques of weight lifting are reviewed and practiced. Written and physical testing are a part of this class. Teens who successfully complete this class qualify to participate on the fitness floor (independently) and the free weight room (with an adult) while wearing their teen fitness identification badge. Classes will meet Tuesdays & Wednesdays. Times may vary.

Registration required 24 hours in advance; class space is limited. For members only.

Fee: \$35 per session

Dates: August 1st-16th	February 6th-14th
September 5th-13th	March 6th-14th
October 3rd-11th	April 3rd-11th
November 7th-15th	May 1st-9th
December 5th-13th	June 5th-13th
January 2nd-10th	July 3rd-11th

Private Session Teen Fitness

Teens who are unable to attend scheduled class dates may purchase a private lesson for \$60.

YMCA HEALTH CHALLENGE

Finding it tough to start and stick to a regular exercise and nutrition routine? Need help getting back on the right track to a healthier lifestyle? Enroll in the YMCA Health Challenge and receive support to help you get into a healthier lifestyle routine. This challenge is designed to help you make lifestyle changes through the combination of exercise and nutritional guidance—all in one program. Change and learn new lifestyle behaviors with support from wellness coaches.

Month Offered: August

Fee: \$10 YMCA Member

Register at Member Service Desk

DP PROGRAM

YMCA'S DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease.

Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over age 60.

In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The year-long program consists of 16 weekly sessions and three sessions every other week during the first six months followed by 6 monthly sessions in the second six months. Program goals are to reduce body weight by 7% and increase physical activity to 150 minutes per week.

Fees: \$36 per month

Scholarships available upon request

Fitness Consultations

The following personalized fitness consultation services are available to help you get acquainted with our facility and equipment. These services will help give you the guidance and support you need to work toward achieving your best fitness level.

SMART START PROGRAM

SPECIFIC - MEASURABLE - ATTAINABLE RELEVANT - TIME BOUND.

A free program for members to provide you with personal attention and motivation.

A YMCA Wellness Coach will:

- Assist you in developing your own Personal Fitness Plan
- Provide an orientation on Fitness Center equipment
- Regularly review and update your Personal Fitness Plan
- Provide guidance to continue your Y exercise experience

Your success is important to us! Team up with a Wellness Coach today!

Personal Training

One-on-one, one-hour, training sessions with a certified personal trainer. Sessions must be scheduled at least 24 hours in advance.

Fees: \$40 single session*

Payment is required to hold reservation.

YMCA OF MIDLAND

800 N. Big Spring Street
Midland, TX 79701
(432) 682-2551
www.midlandymca.org

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PAID
Permit # 98
MIDLAND TX 79711

FORWARDING AND ADDRESS CORRECTION REQUESTED

AQUATICS

Fall 2016 swim lessons begin the week school begins. This includes 8 classes per session. Classes run 2 times a week for 4 weeks.

Swim Class Fees

YMCA Family Member	\$30
Program Participants	\$60
Private Lesson Fees:	\$25 per half hour per person

Summer 2017 swim lessons begin June 5, 2017.

This is 4 classes per session. Classes run Mon. - Thur.

Swim Class Fees

YMCA Family Member	\$18
Program Participants	\$36
Private Lesson Fees:	\$25 per half hour per person

Instructors are Red Cross certified in CPR, AED, Oxygen Administration, and First Aid and are Lifeguard certified.

Parent-Tot Swim Lessons

This 30-minute class is designed for parents and their children ages 6 months to 36 months. Parents participate in the pool with their children. Class activities are age and developmentally appropriate, and are designed to help improve motor skills and physical ability.

Days/Times: Tue. & Thurs. 6:10p.m.-6:40p.m.

Preschool Swim Lessons

Introduction to swimming skills and personal water safety are highlighted in this class for 3, 4 and 5 year old children. Stroke development, water sports and games, and boating safety are incorporated into lessons. Classes are 30 minutes each. Goggles are recommended.

Days/Times: Mon. & Wed. 3:45p.m.-4:15p.m.
Tue. & Thurs. 5:35p.m.-6:05p.m.
6:45p.m.-7:15p.m.



For more information, please call
the Midland YMCA at 682-2551
OR VISIT WWW.MIDLANDYMCA.ORG.

Youth Swim Lessons

This class is for children ages 6 and up. This is a progressive swim program grouped by level of ability. Classes are 45 minutes and are designed to increase endurance and lung capacity in children. Boating safety, water sports and games, and stroke development are incorporated. Goggles are recommended. For beginner to advanced skill levels.

Days/Times: Mon. & Wed. 4:15p.m.-5:00p.m.
Tue. & Thurs. 3:45p.m.-4:30p.m.
4:45p.m.-5:30p.m.

Co-Ed Adult Swim Lessons

This is a learn-to-swim class for adults ages 16 and up, and for those wanting to learn and refine technique. Instructors are Red Cross certified in CPR and First Aid and Lifeguard certified. For beginner to advanced skill levels.

Days/Times: Tue. & Thurs. 7:15p.m.-8:15p.m.

Family Swim

This free benefit of membership offers a fun opportunity for families to enjoy the water together! Children under 7 years old and/or those wearing a life jacket or floaties must have an adult in the water with them. Appropriate swim attire is required. One time swim testing is required for children 7-17 years of age.

Lap Swim

Members may get their exercise by swimming laps in the 25 yard pool. It has four lanes with a depth range of 3.5 feet to 9 feet and the temperature range is maintained at 88-90 degrees.

Private Swim Lessons are available by appointment. Fee is \$25 per half hour per person.

POOL RULES

- Only YMCA approved flotation devices are allowed in the pool. Children must be well supervised by an adult in the water. Floaties are accepted when an adult is in the water supervising the child.
- Diving is only allowed in the 9-foot area.
- Swimsuits are required in the pool.
- During Family Open Swim, children under 7 years old must be accompanied by an adult in the water.