



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RENEW REFRESH RESTORE



EAST COMMUNITIES YMCA
WINTER / SPRING 2012 PROGRAM BROCHURE

Our Location

5315 Ed Bluestein Blvd.
Austin, TX 78723
Phone: (512) 933-9622
Fax: 933-1225

Our Hours

M-F 5:30am-9pm
Sat 8am-6pm
Sun 12-6pm

Our Values

Respect • Caring • Honesty
Responsibility • Faith

Our Staff

Adrienne Sturup

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Darrell Barnett

Senior Program Director
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Youth & Family Director
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Michael Griffin

Aquatics Director
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YMCA MEMBERSHIP – SOMETHING FOR EVERYONE

A YMCA membership gives you so much more than access to our facilities. It sets you on the path to good health in spirit, mind & body, helping you to enjoy living a full and balanced life. Here are a few key ways that the Y changes lives:

- **Hundreds of free fitness classes** that don't just improve your physical health, they help unleash a new outlook on life
- **Free youth classes** that help kids discover talents while they have fun
- **Free Child Watch** that doesn't just care for your child, it enables you to work out with peace of mind
- **Locations all over the Austin area** that are convenient to where you live or work
- **Caring staff** that are committed to helping you achieve your personal goals
- **Family programs** that don't just bring families together, they help families stay together
- **Senior programs** that strengthen bodies and spirits
- **Youth Sports** that don't just teach your child to score a goal, they teach character & social skills for future leaders

And, much, much more!

Visit our Online Program Guide at AustinYMCA.org for additional details on our:

- Facility Age and Use Guidelines
- Registration Guidelines
- Member-Guest Program
- Guest Pass Program
- AWAY Program

OUR MEMBERSHIP BENEFITS

- Access to 7 YMCA of Austin branches in Travis & Hays Counties
- Free group fitness classes including yoga, indoor cycling, Zumba, and water exercise
- Year-round swimming in our heated lap pool
- State-of-the-art fitness equipment with dedicated rooms for yoga, group exercise and indoor cycling
- New member fitness orientation at no charge, that includes 4 free FitStart® sessions with a wellness coach
- 50% discount off most program fees and priority registration privileges
- Youth & Adult Sports Leagues
- Free family events and activities
- Free Child Watch and Kidz Zone activities for children who are on a Family or a One-Adult Family membership
- Use of Interactive Aquatic Playscape
- Use of Computer Lab
- Open gym for basketball and volleyball
- Outdoor athletic facilities & playgrounds
- Use of four YMCA of Greater Williamson County facilities (some restrictions apply)
- Access to more than 2,500 YMCAs nationwide



MEMBERSHIP FEES

Category	Fee	Payments
Joining Fee	\$48	3 payments of \$16 each
Family	\$78	Monthly
Couple	\$72	Monthly
One-Adult Family	\$68	Monthly
Individual	\$56	Monthly

MEMBERSHIP FOR ALL

At the Y, our goal is to make sure that everyone can have access to what we have to offer. That's why everyone is welcome to join through our "Membership for All" program, which ensures that you can enjoy the Y and remain within your budget, with reduced monthly fees based on your total household income. How to apply:

- Bring a copy of your most recent tax return and proof of income (pay stubs, Social Security statement, etc) to the YMCA.
- Let our Welcome Center staff know that you would like to discuss Membership for ALL.

YOUTH DEVELOPMENT



CHILD CARE

CHILD WATCH (Age 6 mos - 6 yrs)

Do you need someone to look after your child while you work out? Your child will enjoy creative play in a fun and safe environment with responsible YMCA staff members. Child Watch is a free program available to members on a Family or a One-Adult Family Membership Plan for 1.5-hours per day.

- Mon-Thu: 9am-1pm, 4-8:30pm
- Fri: 9am-1pm
- Sat: 9am-1pm, Sun: Closed
- Parents must remain on site while children are participating in Child Watch.

KIDZ ZONE (Ages 7-12)

Young members may enjoy hanging out in our Kidz Zone offering age-appropriate games and activities.

- Mon-Thu: 5-8:30pm

Y-AFTERSCHOOL CHILD CARE

- Open to students in grades K-5 at 16 licensed sites in three school districts
- Y members save \$20 per month
- Call 236-YMCA for details

SPRING BREAK CAMP

- Spring Break camp is offered at select Y branches, featuring swimming, field trips, games, crafts & character-development activities
- Ages 5-12
- Y members save \$30 per camp week
- Financial Assistance Available



SWIM, SPORTS & PLAY

SWIM LESSONS

- Lessons available for everyone ages 6 months and older, including:
 - Parent/Child: for age 6 mos. to 3 years (parent in water with child)
 - Preschool: for age 3-5
 - Youth: for age 6-12
 - Teen & Adult: for age 14+
 - Special Needs & Private Lessons
- Y members receive up to 50% discount on swim lessons, plus priority registration
- See our [Online Program Guide](#) at AustinYMCA.org for details on classes, dates, times and fees.

SPORTS

- Our programs focus on building skills in a positive environment. This allows children of all experience levels to participate and learn sportsmanship and teamwork.
- **Youth Sports Leagues:** Offered year-round, including Soccer, Basketball, T-Ball, Baseball, Volleyball and Flag Football. Ages 4-12.
 - **Spring Soccer Leagues enrolling through Jan. 14-Feb. 26**
 - **Spring Baseball Leagues enrolling Jan. 14-Feb. 26**
 - First-time registrants can receive up to a \$45 discount.
 - Y members receive up to a 50% discount.
 - Volunteer coaches needed.
- **Sportzone:** (Ages 6-12) Baseball, basketball, football-learn the rules, appropriate skills and fundamentals of play. A perfect primer for middle schoolers sports! Free for Y members.
- **Tae Kwon Do:** Taekwondo is a Korean martial art that uses discipline as a means of developing and enhancing mental, physical, and spiritual health. Private lessons are available. Please see instructor for details.
- **Youth Boxing:** (Age 10-17) Learn the rules, appropriate skills and fundamentals of boxing. A great workout and a sport for life. NO SPARRING.

See our [Online Program Guide](#) at AustinYMCA.org for details on classes, dates, times and fees.

Most Youth Classes are
FREE for Y members!

ARTS & HUMANITIES

- **Y Art on the Spot:** Hands-on art! Dive right into projects using all kinds of shapes and different mediums to explore ideas.

PLAY!

- **Parent-Child/Kinder Gymnastics:** Basic gymnastics skills for little gymnasts 18 mos-5 years of age. Parent participation is REQUIRED for all students 18mos-3years; students 4-5 may participate on their own.
- **Little Rookies:** (Ages 3-5) Skills development in various sports. Emphasis on play. Parents are asked to participate with their little ones in order to maximize learning and fun!
- **Gymnastics:** (Ages 6-12) Introductory gymnastics techniques are taught using floor exercise, beam, vaulting and bars.
- **Dance Zone:** Experiment with different forms of dance such as jazz, hip hop, modern and ballet.



YOUTH FITNESS

- **Teen Strength and Conditioning:** (Ages 12-16) Learn safe lifting techniques, proper body mechanics, and total health philosophy in a safe, attentive environment. Great for junior high or high school athletes.

HEALTHY LIVING

See our Online Program Guide at AustinYMCA.org for details on classes, dates, times and fees.

HEALTH, WELL-BEING & FITNESS

GROUP EXERCISE CLASSES

Most group exercise classes are **FREE** for Y members. Download class schedules at AustinYMCA.org.

- **Abominable Abdominals:** Core conditioning with the use of mats, stability balls, medicine balls and cardio.
- **Cardio/Core:** Heart pumping, body toning, core control.
- **Fit for Life:** These workouts are modified to fit your fitness level and include agility drills, muscle sculpting, abs, and lots of encouragement.
- **Hatha Yoga:** This class features deep relaxation and exercises, coupled with synchronization of breath with movement for a more meditative experience.
- **Indoor Cycling:** Get your heart pumping. Classes will be high-energy and fast-paced for all members to enjoy.
- **Pilates:** Focuses on developing strength, flexibility and coordination through the core of the body, back, hips and abs.
- **Y-Interval Training:** This class will have your heart racing through drills, jumps, toning, weights, circuits, and the use of every muscle in your body.
- **Tai Chi:** Tai Chi Chuan is a style of what is called a "moving internal martial art," or a "moving meditation."
- **Yoga:** Learn correct posture, breathing techniques, deep stretching and guided relaxation. Designed for beginner and intermediate students.
- **Zumba:** Set to a fusion of Latin and international music and dance, this class creates a dynamic, exciting and effective fitness workout.
- **Les Mills™ Classes:** World-class pre-choreographed classes updated quarterly.
 - **BodyPump:** This cardio strength workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.
 - **RPM:** A modern spin on indoor cycling, this class takes you on a journey choreographed to inspirational music and incorporating riding positions and speeds.



FITNESS INSTRUCTION

- **Personal Training:** A one-on-one, personalized workout with a YMCA-certified personal trainer. Each session is designed to meet your individual abilities, needs and goals. Sessions are 1 hour and may be purchased as a package or a la carte. Buy 10 sessions and receive 2 free sessions for yourself or a friend!

FITSTART

- **FitStart®** is a fundamental game plan to obtain your fitness goals at the East Communities YMCA. This comprehensive, step-by-step orientation-style program paves your way toward healthy success.
 - **Step 1:** Fitness Assessment + Cardio
 - **Step 2:** FitStart® I-Machines
 - **Step 3:** FitStart® II-Free Weights
 - **Step 4:** One Complimentary Personal Training session
 - Schedule your initial appointment by calling or stopping by the Welcome Center.

FAMILY TIME

- **Y Art:** For parents and children. Each week students will learn to use a different medium to unleash their artistic talents.
- **Little Yogis:** Families can enjoy a new way to bond and enjoy playtime together by practicing Yoga. Increase family connections while utilizing strength, flexibility and balance. This class is **FREE** for members.
- **Computer Lab:** Need some help navigating the Internet or setting up an email account? In the fun, informal setting Y staff will be on-hand to provide basic instruction.

GROUP INTERESTS

- **Fit for Defense for Women:** iWomen of all fitness levels learn vital, easy to remember, effective self-defense skills while getting into shape. Girls 10+ are welcome, but must be joined by a parent or guardian. No uniform required.

ACTIVE OLDER ADULTS

Most AOA classes are **FREE** for Y members, including:

- **50+ Strength Training:** Strength training with body weight and light weights for muscle building and fat loss, plus balance and core training for healthy body.
- **Aqua Fitness:** Open to all ages but ideal for older adults, this coed water exercise class builds cardiovascular fitness, muscle tone and flexibility.
- **Yoga:** Learn correct posture, breathing techniques, deep stretching and guided relaxation. Designed for beginner and intermediate students.



SPORTS & RECREATION

ADULT SPORTS

Who says kids get to have all the fun? Our 7 YMCA of Austin branches offer organized leagues as well as open times for pickup games. Y Adult Sports include:

- Men's Basketball
- Women's Basketball
- Women's Indoor Soccer (TL)
- Coed Volleyball
- Racquetball (North Park)
- Tennis (Springs)
- Adult Boxing

SOCIAL RESPONSIBILITY

VOLUNTEERISM & GIVING

The Y has several opportunities for you to give back and provide support to your neighbors, because that's why we are here. Please consider volunteering for a program or activity. Opportunities include:

- **Board Member:** The East Communities YMCA operates with a volunteer advisory board that assists in creating a vision and developing strategic plans and operating policies.
- **Partner of Youth Campaign Volunteer:** Every year, more than 300 volunteers participate in our Partner of Youth Campaign to enable neighbors to participate in Y programs who otherwise could not afford the fees.
- **Program Volunteer:** It takes a village to raise a child. We have several opportunities for members to give back to their community and play an instrumental role in the development of another human being:
 - Youth Sports Coach
 - Child Watch attendant
 - Computer Lab attendant

- Early Literacy Program
- Tae Kwon Do assistants
- Welcome Center volunteer
- Junior Lifeguards
- Adult sports volunteers

- **Special Events Volunteer:** If you have skills that you would like to contribute to any YMCA event...let's talk. Events include:
 - Healthy Kids Day
 - Splash Day
- **Contributor:** In 2011, the YMCA of Austin provided more than \$2.1 million in financial assistance to more than 37,000 people. Your gift can help us build a stronger community.



SOCIAL SERVICES

- **MEND (Mind, Exercise, Nutrition, Do It!):** MEND is a free, 10-week childhood obesity intervention program for children ages 7-13 and their parents. MEND combines three key elements of safe, effective weight management and sustained lifestyle change: healthy eating, regular physical activity, and behavior change.
- **Project SAFE:** Through Project SAFE, the YMCA of Austin provides FREE swim lessons to first grade students at select area schools in four area school districts; as well as instruction on safety and fitness. Contact us for details.
- **CPR/FIRST AID & AED:** The East Communities YMCA is now offering Community CPR and First AID, as well as CPR/First Aid for the professional rescuer.
 - **Community CPR/First Aid:** \$80
 - **CPR/First Aid/AED for the Professional Rescuer:** \$95
 - Please call for class dates and times.

YMCA AQUATICS

PRESCHOOL SWIM LESSONS

- **Pike:** (Age 3-5) This class is designed for the preschool beginner who has had no real experience in the water.

YOUTH SWIM LESSONS

- **Polliwog:** (Age 6-13) Polliwog is for the school-age beginner who has had no real water experience, or may be anxious about swimming. There are no prerequisites for enrollment other than age requirement.

Y SWIM LEAGUE

- An introduction to swimming competition. Must be able to swim one lap, nonstop (freestyle) to register.

PRIVATE LESSONS

- Work one-on-one with an instructor to meet individual goals. Please call the Aquatics Director for scheduling

WHY 'THE Y'?

- Lessons available for anyone, including non-YMCA members.
- Low instructor-to-student ratios
- Lessons are taught by our friendly YMCA staff that are attentive to individual needs.
- Multiple class levels available, from beginners to swim team preparatory.
- Variety of session dates and times offered to fit your schedule.
- Classes are available for ages 6mos to adults of any age.
- All lessons are taught in our outdoor pool complex.

LIFEGUARD CERTIFICATION

- **Ages 16 & up.** This class will certify students as a YMCA Lifeguard. It also includes certification in ASHI Basic First Aid, CPR Pro and O2

ADULT AQUATICS PROGRAMS

- **Aqua Fitness:** This coed class builds cardiovascular fitness, muscle tone & flexibility. FREE for Y members.
- **Adult/Teen Swim Lessons:** These classes are for teens and adults ages 14 and older. Provides a self-paced environment where the instructor will help the students reach their own personal swimming goals.
 - **Adult Beginner, Intermediate and Terrified of Water group and private lessons also available.**
- **Masters Swim Program:** (Age 18+) This program offers structured, supervised swim workouts and stroke technique analysis. Swimmers should be advanced. Great for fitness, fun and friendly competition. Also an excellent triathlon training program.

See our Online Program Guide at AustinYMCA.org for details on policies, classes, dates, times and fees.

OUR LOCATIONS

East Communities

5315 Ed Bluestein
Austin, Texas 78723
512-933-9622

Hays Communities

465 Buda Sportsplex Dr.
Buda, Texas 78610
512-523-0099

North Park

9616 N. Lamar
Austin, Texas 78753
512-973-9622

Northwest

5807 McNeil Drive
Austin, Texas 78729
512-335-9622

Program Services

2121 E. 6th St., Ste. 203
Austin, Texas 78702
512-236-9622

Southwest

6219 Oakclaire Dr.
Austin, Texas 78735
512-891-9622

Springs

27216 RR. 12 So.
Dripping Spr., TX 78620
512-894-3309

TownLake

1100 W. Cesar Chavez
Austin, Texas 78703
512-542-9622

Bastrop Recreation Programs Office

1311 Chestnut,
P.O. Box 427
Bastrop, TX 78602
512-332-8805

Corporate Offices

1402 E. Cesar Chavez
Austin, Texas 78702
512-322-9622

OUR STORY

At the Y, strengthening communities is our cause. A leading nonprofit organization committed to Youth Development, Healthy Living and Social Responsibility, the YMCA of Austin was founded in 1953 and, today, serves over 40,000 members and provides youth, adult and family programs for more than 50,000 nonmembers through our branches and offices in Travis, Hays and Bastrop counties. In addition, we provide afterschool child care at 16 elementary schools in three school districts and operate six additional YMCA Learning Centers.

	TownLake	Southwest	East Communities	Hays Communities	Springs	North Park	Northwest
Adult Sports Leagues	✓		✓				✓
Aquatic Playscape		✓	✓	✓			✓
Arts & Humanities	✓	✓	✓	✓	✓	✓	✓
Child Watch	✓	✓	✓	✓	✓	✓	✓
Computer Center		✓	✓			✓	
Dance / Gymnastics	✓	✓	✓	✓	✓	✓	✓
Day Camp	✓	✓	✓	✓	✓	✓	✓
Family Programs	✓	✓	✓	✓	✓	✓	✓
Financial Assistance	✓	✓	✓	✓	✓	✓	✓
Group Exercise Class	✓	✓	✓	✓	✓	✓	✓
Gymnasium	✓	✓	✓	✓	✓	✓	✓
Indoor Pool	✓	✓		✓	✓	✓	✓
Locker Rooms	✓	✓	✓	✓	✓	✓	✓
Outdoor Playing Fields	✓	✓	✓	✓	✓		✓
Personal Fitness Program	✓	✓	✓	✓	✓	✓	✓
Outdoor Pool		✓	✓	✓			✓
Racquetball						✓	
Senior Programs	✓	✓	✓	✓	✓	✓	✓
Strength & Cardio Equipment	✓	✓	✓	✓	✓	✓	✓
Teen Programs	✓	✓	✓	✓	✓	✓	✓
Tennis					✓		
Track / Trail	✓	✓	✓	✓			✓
Volunteer Opportunities	✓	✓	✓	✓	✓	✓	✓
Youth Fitness Programs	✓	✓	✓	✓	✓	✓	✓
Youth Sports	✓	✓	✓	✓	✓	✓	✓



East Communities YMCA

5315 Ed Bluestein Blvd
Austin, Texas 78723
www.AustinYMCA.org

Non-Profit
Organization
U.S. Postage Paid
Austin, Texas
Permit No. 2182

The Mission of the YMCA of Austin is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.