



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RENEW REFRESH RESTORE



**HAYS COMMUNITIES YMCA**  
WINTER / SPRING 2012 PROGRAM BROCHURE

#### **Our Location**

465 Buda Sportsplex Dr.  
Buda, TX 78610  
Phone: (512) 523-0099  
Fax: 523-0066

#### **Our Hours**

M-F 5am-10pm  
Sat 8am-7pm  
Sun 1-7:30pm

#### **Our Values**

Respect • Caring • Honesty  
Responsibility • Faith

#### **Our Staff**

##### **Bret Kiester**

Branch Executive Director  
bkiester@austinyymca.org

##### **Erin Douglas**

Membership Director  
edouglas@austinyymca.org

##### **Jill Adams**

Health & Wellness Director  
jill.adams@austinyymca.org

##### **Billy Warren**

Aquatics Director  
william.warren@austinyymca.org

##### **Gary Davis**

Youth & Family Director  
gary.davis@austinyymca.org

##### **Greg Butler**

Facility Manager  
greg.butler@austinyymca.org

# 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](http://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

- Full facility access to all 7 YMCA of Austin branches
- Free on-site Child Watch program with Family or One-Adult Family Membership
- Free FitStart® sessions with personal trainer
- Free Yoga/Pilates, group exercise & cycling classes
- Free youth classes: Tiny Tumblers, Basic Tumblers, Dance Zone and Little Dancers
- New cardio and circuit equipment
- 9 ellipticals, 16 treadmills, 22 bikes and 2 rowing machines
- Cybex VR circuit training equipment
- Year-round swimming in our 6-lane, 25-yard heated lap pool
- Climate-controlled hot tub
- Dry-heat sauna
- 50% discounts or more off most program fees and early registration (except Child Watch and camp programs)
- No contracts / No annual fees
- Friendly and caring staff
- Access to more than 2,500 YMCAs across the United States



## MEMBERSHIP FEES

Category	Fee	Payments
Joining Fee	\$48	Divided into 3 payments
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 staff know that you would like to discuss Membership for ALL.
- A member of our Welcome Center staff will speak with you to discuss your options.

# YOUTH DEVELOPMENT

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

## CHILD CARE

### CHILD WATCH (Age 6 mos - 12 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-Fri: 8am-1pm, 4am-8pm
- Sat: 8am-12pm, Sun: Closed
- Parents must remain on site while children are participating in Child Watch.

### KIDS' CLUB (Age 3-5)

Kids will participate in a series of structured activities, including everything from arts projects to physical fitness games.

- Mon-Fri: 8am-1pm

### HANG TIME (Age 6-12)

Kids have the chance to express their talents in the arts, sports and other areas of interest. Time also is set aside for tackling homework, with adult help available.

- Mon-Fri: 4-8pm; Sat: 8am-12pm

### MOTHER'S DAY OUT

- Structured half-day Pre-K classes.
- Age-appropriate preparation as your child advances to kindergarten.
- **We've also added weekly swim lessons to the program at no extra cost!**
- Aug. 2011-May 2012
- **Age 3-4:** Tu/Thurs, 9:30am-1:30pm
- **Age 4-5:** M/W/F, 9:30am-1:30pm

### BIRTHDAY PARTIES

- Parties are available for both Y members and nonmembers. Package includes:
- 2 hours of birthday fun (1 hr. pool time and 1 hr. for party)
  - Choice of locations: outdoor patio, pavilion or multipurpose room

### SPRING BREAK CAMP

- Spring Break camp is offered at select Y branches, featuring swimming, field games, crafts & character-development activities
- Y members save \$30 per camp week

## 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+
  - Private Lessons
- Y members receive up to 50% discount on swim lessons, plus priority registration.
- See our [Online Program Guide](http://AustinYMCA.org) at [AustinYMCA.org](http://AustinYMCA.org) for details on classes, dates, times and fees.

### YOUTH SPORTS

- **Our programs focus on building skills in a positive non-competitive 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, and Flag Football
  - **Spring Soccer Leagues enrolling Jan. 14 through Feb. 26**
  - **Spring T-Ball Leagues enrolling Jan. 14 through Feb. 26**
  - Y members receive up to 50% discount
- **Basketball Clinic: (Ages 5-8; 8-12)** Learn the fundamentals and advanced techniques of basketball with an extra emphasis on conditioning and skill development.
- **Soccer Clinic: (Ages 3-4 Parent & Me; 5-7)** Fundamentals and advanced techniques of soccer with an extra emphasis on conditioning and skill development.



## ARTS & HUMANITIES

- **Tiny Tumblers / Basic Tumblers: (Ages 3-6; 6-9)** These classes incorporate tumbling exercises, combined with safe techniques, in a fun, supervised environment.
- **Little Dancers: (Ages 3-9)** A 4-week class designed to teach the basics of dance, using progressive skill development, emphasizing body part awareness, coordination and posture.
- **Dance Zone: (Ages 8-12)** This class exposes students to the diverse world of dance. Participants explore the many physical, artistic and creative skills inherent in dance.



Most Youth Classes are **FREE** for Y members!

## YOUTH FITNESS

- **YMCA F.A.S.T (Fit Adolescents Safely Training):** Course teaching youth and teens age 12-15 how to work out safely and effectively
- Required for participants who wish to work out unaccompanied by a parent or trainer.
- **Youth Fit (Age 8-11):** Designed to entertain and engage youth through beginner games and activities. Participants will improve upon basic motor skills such as running, jumping and hand/foot eye coordination as well as using Yoga and Pilates to improve strength and flexibility. Proper warm up and cool down techniques will be taught.
  - **Youth Fit:** Mon/Th, 4:00-4:40pm

# HEALTHY LIVING

## HEALTH, WELL-BEING & FITNESS

### GROUP EXERCISE CLASSES

- **Most group exercise classes are FREE for Y members, including:**
  - Aqua Burn
  - Boot Camp
  - Chisel
  - Core & Cross Training
  - Fit for Life
  - Indoor Cycling
  - Kickboxing
  - Pilates
  - Step
  - Yoga
  - Zumba
  - Zumba Gold & More
- **Download our latest Group Ex schedule at [AustinYMCA.org](http://AustinYMCA.org).**
- **Les Mills™ Classes:** World-class pre-choreographed classes refreshed quarterly. FREE for Y members!
  - **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 to suit the terrain.



### FITNESS INSTRUCTION

- **Personal Training:** Need additional motivation to stick to your exercise regimen? Let one of our certified personal trainers design and track your individualized exercise program.
- **Slimming Safe:** Slimming SAFE is Strength and Functional Exercise Rx PLUS Nutrition Education. Medically founded and goal-specific, this high intensity 35-minute conditioning workout is designed to improve function, balance, overall strength and encourage weight loss. The semi-private format gives you all the results, efficiency, and challenge of one-to-one personal training session with significant cost savings and the benefit of a community atmosphere.

- **MobileFit:** Based on guidelines from the American College of Sports Medicine, MobileFit prescribes wellness programs based on your goals and current level of fitness. MobileFit processes your feedback and adapts each workout as you progress toward your goals. Unlike fitness tracking systems that are connected to machines, MobileFit connects you with our staff. By incorporating cardio, exercise equipment, free weights and group exercise classes, you create a road map to get the most out of your YMCA experience.
- **MobileFit Nutrition:** The MobileFit Nutrition System will help you customize a meal plan you can live with. Whether you desire to lose body weight/body fat, or improve your sports performance, the MobileFit Nutrition System will complete your resistance training and cardio

### FITSTART

- **The 90-Day Wellness Program is a 12-week, personalized program that is offered FREE to members. As you set goals and begin to make a healthy exercise habit, your Wellness Coach will offer weekly feedback, encouragement and educational materials.**
- Schedule your initial appointment by calling or stopping by the Fitness Center at your home branch.

### FAMILY TIME

- **Friday Family Fun Nights:** Bring the family, and join the FUN! Our Family Fun Nights offer a variety of activities, including face painting, bounce houses, arts & crafts, and family swim! The event itself is FREE to members, but we'll also have food and snacks on sale for a small fee.
  - Feb. 4 - Valentine's Day Party
- **Adventure Guides:** This parent-child program fosters relationships through exploration of nature, camping, arts & crafts, games and service projects.
- **Community Garden:** In 2011 the Carolyn Schneider Memorial Garden was opened at Hays Y. Families, individuals and groups can adopt a plot of land - helping create a true gift to the community. For more information please contact Gary Davis at [gary.davis@austinyymca.org](mailto:gary.davis@austinyymca.org).

### WATER ACTIVITIES

- **Swim year-round in our heated indoor & outdoor pools.**
  - Open Swimming
  - Masters Swim
  - Water Exercise Classes
  - Adult Lessons

### ACTIVE OLDER ADULTS

- **We offer a variety of classes that are suitable for Active Older Adults, including:**
  - Aqua Zumba
  - Arthritis Foundation Water Exercise
  - Fit for Life
  - Yoga
  - Zumba Gold

### GROUP INTERESTS

- **LIVESTRONG at the YMCA:** Did you know the Hays Y has a free program for cancer survivors? The Hays Y is one of four locations in the Austin area that offers this FREE 12-week program for cancer survivors and their families. The program is designed to recondition those that have been de-conditioned by cancer treatments with proven low impact exercises suited to the individual survivor's needs. Sessions offered throughout the year.
- **Member Appreciation Days:** Our YMCA wouldn't be the same without our wonderful members, and to say "Thanks!" we've dedicated special days just for you. We will have goodies and prizes to win from 6am-8pm each of these days. Don't forget to bring a friend - they'll get to work out for free and receive a 1-week guest pass.
  - **Jan. 10:** Smoothie Central
  - **Feb. 7:** Cupid's Special
  - **March 14:** Lucky Leprechaun Bash



# YMCA AQUATICS

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

## PARENT-CHILD SWIM LESSONS

**Ages 6 - 35 months**

This introduces your children to the water and gets them comfortable in a class setting. We work on skills ranging from blowing bubbles, floating on front and back, basic paddle stroke, kicking on front and back, and climbing in and out of water. This class will also spend time on preparing your little ones for the transition to the Pike preschool level.

## PRESCHOOL SWIM LESSONS

**Ages 3-5 years**

Children work under the direct supervision of qualified instructors to learn basic swimming techniques, water safety, and confidence in and around the water. Children will move at their own pace.

### Preschool Levels

Pike (Beginner)  
Eel (Adv. Beginner)  
Ray (Intermediate)  
Starfish (Advanced)



## YOUTH SWIM LESSONS

**Ages 6-12 years**

This program offers personal safety, personal growth, stroke development, water games, sports and basic water rescue. Child should be aware of and follow pool rules. The instructor will teach swimming techniques that are matched according to each child's skill and learning abilities.

### Youth Levels

Polliwog (Beginner)  
Guppy (Advanced Beginners)  
Minnow (Intermediate)  
Fish (Advanced Intermediate)  
Flying Fish (Advanced Intermediate)  
Shark (Advanced)

## SWIM LEAGUE

Swim League is designed for those swimmers who have completed the Minnow level or higher in the YMCA Swim Lesson Program or for those swimmers who can swim 75 yards (3 lengths of the lap pool). This program introduces swimmers to the swim team experience in a semi-competitive environment where the YMCA core values are implemented.



**PRIVATE AND SEMI-PRIVATE LESSONS ALSO AVAILABLE**

## PROJECT S.A.F.E

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.

### IMPORTANT NOTE

All Parent / Child, Preschool and Youth Swim lessons run on a monthly basis. We offer M/W evening, T/TH evening, Sat morning and Sun evening classes to meet your busy schedule. Classes open up for member registration one month before classes start and for nonmembers on the 15th of the month. Registration closes 48 hours prior to class start date.

## ADULT AQUATICS PROGRAMS

### Arthritis Foundation Aquatic Program

This shallow, warm-water class is for participants with arthritis, fibromyalgia or injuries. Participants are led through a sequence of range-of-motion movements to help regain balance, ease movement, flexibility and mobility strength. **This is an Arthritis Foundation-sanctioned class.**

### Aqua Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves with interval and resistance training to tone and sculpt your body while you burn fat and calories.

### Aqua Burn

Looking to tone, shape and increase your endurance? Our class combines toning, cardiovascular training and abdominal work, all in a low-impact environment.

### 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.

### Masters Swimming

Geared for those who are looking to swim for fitness. All participants must be able to swim a minimum of 800 yards or 45 minutes continuously. Open to Y members only.

## SOCIAL RESPONSIBILITY

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 Hays 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:** We rely on volunteers for many key roles such as coaches, class instructor assistants, craft or story time for Child Watch activities and more.
- **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
  - Red, White & Y
- **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.

# 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.



## Hays Communities YMCA

465 Buda Sportsplex Dr.  
Buda, TX 78610  
www.AustinYMCA.org

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

	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	✓	✓	✓	✓	✓	✓	✓

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.