



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RENEW REFRESH RESTORE



NORTH PARK FAMILY YMCA
WINTER / SPRING 2012 PROGRAM BROCHURE

Our Location

9616 N. Lamar, Ste. 130
Austin, TX 78753
Phone: (512) 973-9622
Fax: 491-0909

Our Hours

M-F 5:30am-10pm
Sat 8am-7pm
Sun 1-6pm

Our Staff

Elizabeth Hansbury
Senior Program Director
elizabeth.hansbury@austinyymca.org

Emmanuel Gomez
Membership Coordinator
emmanuel.gomez@austinyymca.org

Our Values

- Respect
- Caring
- Honesty
- Responsibility
- Faith

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

- Optional all-branch access to 7 YMCA of Austin branches
- Free group fitness classes including yoga, Zumba, Les Mills™ BodyPump™ and water exercise
- Year-round swimming in our indoor pool & hot tub
- State-of-the-art fitness equipment
- Four racquetball courts
- Sport Court
- New member fitness orientation at no charge, that includes 4 free FitStart® sessions with a wellness coach
- FREE Youth Classes
- FREE Child Watch
- FREE Family Events and Activities
- Reduced "Membership for All" rates available for qualifying applicants
- 50% discount off most program fees and priority registration privileges
- No contracts
- Use of Computer Lab, Game Room & Community Room
- Diverse ethnic community with inclusive programs
- 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	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 Welcome Center staff know that you would like to discuss Membership for ALL.

YOUTH DEVELOPMENT

CHILD CARE

CHILD WATCH (Age 6 wks & Up)

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:** 8:00am-12:00pm; 5-8:30pm
- **Tu/W/Th:** 8:00-11am; 5-8:30pm
- **Fri:** 8:00am-12:00pm; 5-7pm
- **Sat:** 9am-12pm; **Sun:** Closed
- Hours subject to change. Please check online program guide for updates.
- Parents must remain on site while children are participating in Child Watch.

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
- Call 236-9622 for details

SUMMER SPECIALTY CAMP

- Summer Specialty Camp is open to kids ages 5-10. Registration begins Mar. 12. Session dates and themes will be available at North Park Y Welcome Center beginning Feb. 15.



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

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](http://AustinYMCA.org) 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.
 - **Spring Soccer Leagues enrolling Jan. 16-Feb. 26**
 - Y members receive up to 50% discount
- See our [Online Program Guide](http://AustinYMCA.org) at AustinYMCA.org for details on registration dates, season schedules and fees.
- **Rookie Leaguers: (Ages 3-5)** Fundamentals of the core team sports (basketball, soccer, and physical education activities) are taught. This class uses character development to teach sportsmanship and team play as well as individual skills. Free for Y members.



ENRICHMENT

- **Little Artists: (Ages 3-8)** This arts & crafts class focuses on bringing out creativity in children. Various projects will aid children in creating their own amazing masterpieces. FREE for Y members.

PLAY!

- **KinderGym: (Ages 3-5)** Learn the basics of tumbling while having fun! Children will work on balance, strength and coordination while learning the fundamentals of tumbling! FREE for Y members.
- **Junior Tumblers: (Ages 6-8)** Children focus on increasing balance, strength and coordination while learning the fundamentals of tumbling and having fun! 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
- Completion of this class is required for participants who wish to work out on the fitness floor unaccompanied by a parent or trainer. FREE for Y members.
 - Check at Welcome Center for session dates.

BIRTHDAY PARTIES

- The North Park YMCA is the perfect place to hold birthday parties for members and non-members. Use our Community Room and indoor pool or gym for an extra special party. Deluxe packages, including pizza and a juice box for each child, are available. Please contact Liz Hansbury at elizabeth.hansbury@austinyymca.org or 512.973.9622 for rates and availability.

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

GROUP EXERCISE CLASSES

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

- **Les Mills™ BodyPump:** This cardio strength workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.
- **Cardio Kickbox:** Strength, endurance and interval moves are all a part of this workout. Kick, punch and jab your way to a healthier lifestyle with this upbeat workout!
- **Cardio Combo:** A full body conditioning class that includes intervals of cardio training interspersed with weight training. Appropriate for all fitness levels.
- **Muscle Sculpt:** A combination of cardio and strength using various fitness equipment such as steps, hand weights and more. Appropriate for all fitness levels.
- **Pilates:** A conditioning program that improves muscle control, flexibility, coordination, strength and tone. Mat-based exercises promote good posture, proper breathing and body control.
- **Tai Chi:** Ancient Chinese practice of stress reduction through controlled movements.
- **Yoga:** Tone the body and tune the mind. Learn calmness, focus energy, and regain inner peace while improving physical strength.
- **Zumba:** Zumba is a high energy workout that fuses hypnotic Latin/world rhythms and tantalizing dance moves to create a dynamic workout system. Routines feature fast/slow rhythms to burn fat.



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.
 - All sessions must be prepaid and used within 90 days. Non-Member rates are also available.

FITSTART

- **FitStart®** is a fundamental game plan to obtain your fitness goals at the North Park 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
 - Call or stop by the Welcome Center to schedule your initial appointment.

FAMILY TIME

- **Family Movie Nights:** Bring your family and join us for Family Movie Nights at the North Park YMCA! Family Movie Nights are an opportunity for you to enjoy the company of your family while watching a great movie and meeting other families! All Family Movie Nights are open to children ages 3 and older with their parents. Movie and a snack will be provided by the YMCA. Please register in advance at the Welcome Center. Movies will be rated G or PG.
 - Family Movie Nights are FREE and open to Family and One-Adult Family membership holders only. Jan 13, Feb 10, March 9, April 13

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

- **International Earth Festival**
Gather up your family and your best potluck dish that represents your cultural heritage as we celebrate the diversity in the North Park community. Top off your work week with a variety of ethnic foods, music and dance that will celebrate our cultural differences and also how we are all alike.
 - Friday, May 18 - 6:30-8:00pm
- **Healthy Kids Day:** April 28

ACTIVE OLDER ADULTS

These classes are especially well suited to active older adults and are **FREE** for Y members:

- Aqua Fitness
- Tai Chi
- Yoga



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

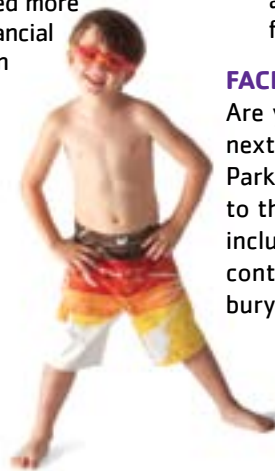
SOCIAL RESPONSIBILITY

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 North Park Family 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

- Youth Class 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
 - Fall Harvest Festival
 - Children's Christmas Party
- **Contributor:** In 2011, the YMCA of Austin provided more than \$2.1 million in financial assistance to more than 37,000 people. Your gift will 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.

FACILITY RENTAL

Are you looking for a place to hold your next party, event or meeting? The North Park YMCA has rooms available for rent to the community. For more information, including availability and rates, please contact Liz Hansbury at elizabeth.hansbury@austinyymca.org or 512.973.9622.

YMCA AQUATICS

PARENT-CHILD SWIM LESSONS

- (Ages 6-36 mos) This introduces your children to the water and gets them comfortable in a class setting. Parents and children participate together in age-appropriate activities that introduce them to the aquatic environment, basic aquatic safety and basic motor skills, based on realistic developmental expectations.

PRESCHOOL SWIM LESSONS

- (Age 3-5) Children participate without parents to learn to feel comfortable in the water with an instructor in a fun and caring manner. Basic skills of floating, kicking, blowing bubbles, paddling and treading are introduced and then built upon. Lessons are offered in two levels:
 - **Beginner:** Swimmers have little to no experience in the water, are unable to swim without a flotation device and/or experience fear of the water.

- **Advanced Beginner:** Swimmers are able to put their faces in the water and let go of the wall and swim a minimum of 5 feet.

YOUTH SWIM LESSONS

- (Ages 6-12) Learn, and build upon, the basic fundamentals of swimming including floating, kicking, various strokes, rhythmic breathing, and safety skills. Class are offered in two levels:
 - **Beginner:** Swimmers have little or no experience in the water, may be fearful and are unable to swim without a flotation device.
 - **Advanced Beginner:** Swimmers are able to put their faces in the water, swim away from the wall and float without assistance.

PRIVATE LESSONS

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

ADULT AQUATICS PROGRAMS

- **Aqua Fitness:** Looking to tone, shape and increase your endurance? Try our Coed Aqua Fitness Class and achieve just that. Our class combines toning, cardiovascular training and abdominal work. FREE for Y members.
- **Adult/Teen Swim Lessons:** These classes are for teens and adults ages 13 and older. Provides a self-paced environment where the instructor will help the students reach their own personal swimming goals.
 - **Private Lessons also available**

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 Oaklaire 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	✓	✓	✓	✓	✓		



North Park Family YMCA

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Austin, Texas 78753
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.