



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RENEW REFRESH RESTORE



SOUTHWEST FAMILY YMCA
WINTER / SPRING 2012 PROGRAM BROCHURE

Our Location

6219 Oakclaire Dr.
Austin, TX 78735
Phone: (512) 891-9622
Fax: 892-1557

Our Hours

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

Our Values

Respect • Caring • Honesty
Responsibility • Faith

Our Staff

Kim Yeakey

Branch Executive Director
kim.yeakey@austinyymca.org

Vali Martin

Membership Director
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Joe McNeeley

Aquatics Director
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Dawn Conwell Mulkey

Projects Coordinator
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Ana Araujo

Preschool Age Program Coordinator
aaraujo@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 & 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 facilities in the Austin area
- Free group fitness classes including yoga, indoor cycling, Zumba, and water exercise
- Year-round swimming indoors and out
- 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
- Personal training at a reduced fee
- Priority registration on many YMCA programs
- Reduced fees on many YMCA programs
- Sports Leagues at a reduced fee
- Free Family Events and Activities
- Free Child Watch for children who are on a Family or a One-Adult Family membership plan while you're exercising (ages 2mos-14 yrs)
- Access to more than 2,500 YMCAs nationwide
- Friendly, experienced, knowledgeable and professional staff



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

CHILD CARE

CHILD WATCH (Age 2 mos - 8 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: 8am-8pm, Fri: 8am-6pm
- Sat: 9am-1pm, Sun: Closed
- Parents must remain on site while children are participating in Child Watch.

YOUTH INTERACTIVE ROOM (Ages 9-14)

Young members may enjoy hanging out in our Youth Interactive Room equipped with an air hockey table, foosball table, Wii, board games and more.

- Mon-Thu: 3-8pm, Fri: 3pm-6pm
- Sat: 9am-5pm, Sun: 1pm-5pm

MI MUNDO

This immersion style Spanish enrichment program is a great opportunity for children to learn, improve or maintain their Spanish language abilities. Classes and activities are conducted in Spanish, enabling children to acquire a working knowledge and understanding of the language. Preschoolers absorb the language to which they are exposed; they will learn the colors, shapes, animals, body parts, objects, and more.

- Tuesday/Thursday, 9:30am-12:30pm
- Jan.10 through May 24

PARENTS' NIGHT OUT (Ages 4-12)

- Parents, enjoy a night out while your children are at the YMCA. We will provide fun, age-appropriate activities, a healthy snack and professional supervision.
- Children must be potty trained.

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.
- Call 236-9622 for more details.



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.

YOUTH 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, Baseball and Volleyball Leagues enrollment Jan.14-Feb.26**
 - Y members receive up to 50% discount
- **Rookie Leaguers:** Designed to focus on the development of basic skills in soccer, basketball and T-ball while having fun! This class is best suited for children ages 3-5.
- **Tae Kwon Do:** Olympic-Style tae kwon do teaches the traditions of the martial arts. Kids 4 years old to adults can train in this martial arts class. Belt tests will be held throughout the year.

ENRICHMENT

- **Art with a Twist (Ages 3-5)** Children explore a variety of art materials and work on their very own unique art project. Story time is also an important part of this class.
- **Vamos a Jugar:** Designed to help children practice Spanish in a fun, interactive way. Children will be exposed to language using a variety of props such as puppets, picture books, musical instruments, songs & more.
- **Jr. Leaders Club:** One of the YMCA's most intensive youth programs. Young people meet on a regular basis in small groups, working closely with their peers and a counselor on skill and character-building activities, as well as on planning and organizing club projects.



PLAY!

- **Rockin' Tots: (Ages 9-30mos)** Children will rock, dance, wiggle and sing to a variety of tunes.
- **Wiggle & Sing: (Ages 3-7)** This class combines singing and dancing. Our creative movement activities will help your child develop both fine and gross motor skills, balance, rhythm and coordination.

YOUTH FITNESS

- **YMCA F.A.S.T (Fit Adolescents Safely Training): (Ages 11-15)** Course teaching youth and teens how to work out safely and effectively. Required for participants who wish to work out on the fitness floor unaccompanied by a parent or trainer.



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

HEALTHY LIVING

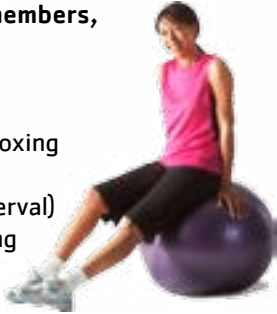
See our Online Program Guide at AustinYMCA.org for details on classes, dates, times and fees.

HEALTH, WELL-BEING & FITNESS

GROUP EXERCISE CLASSES

- **Most group exercise classes are FREE for Y members, including:**

- Ab Lab
- BodyPump
- Cardio Kickboxing
- CSI (Cardio Strength Interval)
- Indoor Cycling
- Mama-lates
- Pilates
- RPM
- Step Aerobics
- Sports Conditioning
- Yoga
- Zumba & More!



- **Kinesis™ Circuit Training:** This class will incorporate our innovative Kinesis Wall, as well as core work. It's a total body workout utilizing 360-degree resistance to work every muscle group in an unsurpassed range of movements.

NEW! 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.

FITNESS INSTRUCTION

- **Personal Training:** A certified personal trainer can help you achieve your fitness goals safely and quickly by developing a program tailored to your needs.
- **Sport Conditioning:** Sports is the motivation! Interval style training with resistance weights and movements that are intense and athletic based. This class will keep your heart rate up and tone your body at the same time.
- **Strong:** This multi-level class is for anyone who wants to develop muscular strength, endurance, coordination, balance and stability.

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.

- **This is a FREE 90-day wellness program available to all Y members (a \$135 VALUE!), including:**
 - **Step 1:** Fitness Assessment + Cardio
 - **Step 2:** FitStart® I-Machines
 - **Step 3:** FitStart® II-Free Weights
 - **Step 4:** One Complimentary Personal Training session

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. Offerings vary by branch. Check for details. Y Adult Sports include:

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

WATER ACTIVITIES

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

FAMILY TIME

- **Family Cycle:** A shortened, less intense version of our regular cycle class. The class incorporates all of the same drills as the regular class, but of shorter duration. Fun for the whole family! Ages 8 and older.
- **Family Yoga:** Young people are invited to participate along with adults in this basic practice with includes simple movements, breathing, balance and stretching.
- **Family Zumba:** The same high energy Latin music and style, but appropriate for everyone 10 years of age and up.
- **Family Night:** Intended for kids and families, these events feature activities such as Karaoke, games, movies and sports.

- **Computer Lab:** Need some help navigating the Internet or setting up an email account? Y staff will be on hand to provide basic instruction.

ACTIVE OLDER ADULTS

- **Arthritis Classes:** This class is specifically designed for people with arthritis and uses mild water exercise and stretching.
- **Range of Motion:** This class is offered for individuals with physical limitations and is intended to improve range of motion, strength, flexibility and endurance.
- **Step 'n Sculpt:** This is light-weight training that will help improve your daily functioning. This class works on strength, balance and coordination. This is suited for all ability levels.
- **Senior Cardio:** Emphasizes stretching and toning at a slower pace. Care will be taken to the specific exercises chosen to prevent stress to the joints. Abdominal and low back strengthening will also be incorporated.
- **Zumba Gold:** Designed for the active older adult, people not accustomed to exercising or people with physical limitations. Zumba Gold is conducted at a lower intensity level than basic Zumba - not as fast, but just as fun!
- **Relaxing Yoga:** Come stretch the stresses of your week away. Relax and breathe through meditation and relaxation poses. Begin your week with a deep, healing breath.



YMCA AQUATICS

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

PARENT / CHILD

Ages 6 - 36 months

Parent/Child classes emphasize water adjustment, parenting skills and water safety. Special attention is given to the varying developmental stages of this group. Goals for this program include the child's enjoyment and adjustment in and around the water, while instructing parents how to assist in the development of their children's future swimming skills.

Parent / Child Levels

Skipper (6-20 months)
Perch Plus (21-36 months)

PRESCHOOL

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 (Intermediate)
Ray (Advanced)



YOUTH

Ages 6-13 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 (Beginners)
Guppy (Advanced Beginners)
Minnow (Intermediate)

**PRIVATE LESSONS
ALSO AVAILABLE**

LIFEGUARD CERTIFICATION

Ages 15 & up

(Class will certify students as an American Red Cross Lifeguard.) Course includes certification in CPR/AED for the Professional Rescuer, First Aid and Lifeguarding. Certification classes are held monthly January through July and, as needed, August through December. In order for the class to occur, 4 candidates must be enrolled for the course. Each candidate must attend all classes in the course, including the Precourse.

SPECIAL NEEDS

Special Needs Aquatics Programs, or S.N.A.P., are designed for students with special needs such as Deaf/Hard of Hearing, Autism, Down's Syndrome, ADHD or other developmental challenges that may require a slower pace, more individual attention, and different safety considerations.

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 Southwest Family YMCA operates with a volunteer advisory board that assists in creating a strategic vision and developing strategic plans and operating policies.

ADULT AQUATICS PROGRAMS

Aqua Power

This high-intensity class incorporates cardio to help with your weight loss goals, muscle toning, strengthening, balance and flexibility. Expect to raise your heart rate and have fun doing it!

Aqua Zumba

The "Pool Party" workout for all ages. Dive into our new water dance fitness class & experience a challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

Flotation Fitness

A total body workout using a flotation device and water weights. This class is sure to be gentle on your feet and joints, but keep you moving!

Aqua Fit

This class provides a whole-body workout using the resistance of the water for toning and increased flexibility.

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.**



- 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
- 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 78720
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

	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	✓	✓	✓	✓	✓	✓	✓

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.



Southwest Family YMCA

6219 Oakclaire Dr.
Austin, Texas 78735
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.