



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RENEW REFRESH RESTORE



TOWNLAKE YMCA
WINTER / SPRING 2012 PROGRAM BROCHURE

Our Location

1100 W. Cesar Chavez
Austin, TX 78703
Phone: (512) 542-9622
Fax: 476-3548

Our Hours

M-F 5:30am-10pm
Sat 8am-7pm
Sun 12-6pm

Our Values

Respect • Caring • Honesty
Responsibility • Faith

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Our Staff

Tiffany Patterson

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Lauren Bickford

Youth & Family 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 facilities in the Austin area
- Free group fitness classes including yoga, indoor cycling, Zumba, and water exercise
- Free Youth Classes
- Free Family Events and Activities
- Free Child Watch for children who are on a Family or a One-Adult Family membership plan
- FREE FitStart® sessions (4), including one FREE Personal Training Session
- Year-round swimming indoors and out
- State-of-the-art fitness equipment with dedicated rooms for yoga, group exercise and indoor cycling
- Easy access to Town Lake Hike & Bike Trail
- Use of full-court basketball gymnasium
- Climate-controlled hot tub & dry sauna
- 50% discount on most program fees & priority registration
- 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

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

CHILD CARE

CHILD WATCH (Age 6 wks - 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 1-2 hours per day depending on child's age.

- Mon-Thu: 8am-8pm, Fri: 8am-4pm
- Sat: 8am-3pm, Sun: Closed
- Parents must remain on site while children are participating in Child Watch.

PARENTS' NIGHT OUT (Ages 4-12)

Need a night out? Don't have a certified babysitter you can trust? Register for our Parents' Night Out program where your children can enjoy a fun-filled time with certified YMCA child watch staff and enjoy playing with other kids. Activities include arts & crafts, swimming, structured sports game, movies and more. The Y will provide dinner and drinks for the evening. Email lauren.bickford@austinyymca.org to get information on the upcoming Parents' Night Out.

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 games, crafts & character-development activities
- Y members save \$30 per camp week
- Call 236-9622 for details

TEEN NIGHT

TownLake Y offers a place where teens can have fun, under the safety of the YMCA at our Teen Nights. Fun games, and food will be provided. Open to ages 12-14 and is open to members and program participants.



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](#) at AustinYMCA.org for details on classes, dates, times and fees.

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.**
- Open to kids ages 4-12
- **Youth Sports Leagues:** Offered year-round, including Soccer, Basketball, T-Ball, Baseball, Volleyball and Flag Football
 - **Spring Soccer, Baseball and Volleyball Leagues enrollment open Jan. 14-Feb. 26**
 - Y members receive up to 50% discount
- See our [Online Program Guide](#) at AustinYMCA.org for details on registration dates, season schedules and fees.

PLAY!

The TownLake Y is the ideal place to help your child learn, grow and thrive. Most Youth classes are FREE for Y members.

- Kid Aerobics (Ages 3-5)
- Little Leaguers (Ages 3-6)
- Little Amigos (Ages 4-6)
- Little Musicians (Ages 3-5)
- Little Rollers (Ages 3-6)
- Poquito Picassos (Ages 3-6)
- Baby Ballet (Ages 3-5)
- Art (Ages 6-12)
- Creative Writing (Ages 6-12)
- Dodgeball (Ages 6-12)
- SportZone (Ages 6-12)
- Ballet (Ages 6-8)
- Tap/Jazz (Ages 6-8)
- Creative Movement Dance (Ages 6-8)
- Creative Minds (Ages 6-12)
- GymZone (Ages 6-12)
- Intro to Volleyball (Ages 6-12)
- Lego Creations (Ages 4-12)



EDUCATION & LEADERSHIP

- **YMCA Youth & Government:** YMCA Youth & Government is a statewide civic education and leadership development institute in which YMCAs, schools, and community organizations involve students in hands-on learning experiences. YMCA Youth & Government allows middle and high school students to experience the excitement of our state government in action. Students choose to participate in one of four areas: legislative, judicial, media, or state affairs forum. Area clubs begin meeting during the fall school semester. In November, clubs compete at District of Conference, and the top individuals and teams advance to participate in the State Conference in January.
 - Call 236-9622 to find out how to start a chapter at your school.

YOUTH FITNESS

- **YMCA F.A.S.T (Fit Adolescents Safely Training):** F.A.S.T. teaches youth and teens (ages 12-15) how to work out safely and effectively within the fitness center. It introduces basic muscle anatomy, exercise concepts and guidelines, and gym etiquette/safety practices.
- **YouthFit:** (Ages 8-12) The YouthFit Program gives children the opportunity to utilize the fitness areas of the TownLake YMCA. Program participants sign up for 1-hour time slots. All participants will be coached and supervised through an exercise program using the appropriate circuit machines, dumbbell exercises, body weight exercises, and the cardio equipment.

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:**

- Ashtanga Yoga
- Gentle Yoga
- Indoor Cycling
- Never Despair Back Care
- Pilates
- Power Yoga
- Pure Strength
- Sport Interval
- Tai Chi
- TurboKick
- Zumba & More!



- **Download our latest Group Ex schedule at 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:** A certified personal trainer can help you achieve your fitness goals safely and quickly by developing a program tailored to your needs. Visit our facility to look at our trainers' bios and select a trainer that fits you!
- **Boot Camp:** Comprised of Interval Training, Circuit Training, Core Training, and some of the latest innovations in muscle confusion. Utilizing Town Lake's natural landscape and access to hike/bike trails, our instructors will push you to achieve your goals.
- **Krav Maga:** Based on simple principles and instinctive movements, this reality-based system is designed to teach real self-defense in the shortest possible time. Learn to defend against common chokes, grabs, and weapons. Krav Maga also teaches people how to function during the stress and shock of a sudden, violent encounter.

FITSTART

FitStart® is a fundamental game plan to reach your fitness goals. This comprehensive, step-by-step orientation-style program paves your way toward healthy success.

- **Step 1:** Fitness Assessment + Cardio
- **Step 2:** Machines
- **Step 3:** Free Weights
- **Step 4:** One complimentary personal training session
- Schedule your initial appointment by calling or stopping by the Welcome Center.

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 (East)
- Women's Indoor Soccer
- Coed Volleyball
- Dodgeball (TownLake) - begins February
- Racquetball (North Park)
- Tennis (Springs)

- **Olympic-Style Boxing:** Learn the fundamentals of Olympic-Style Boxing under the tutelage of a U.S. Amateur Boxing Federation-certified instructor. This is a high-intensity class that stresses conditioning and boxing technique. Students incorporate traditional boxing apparatus in the workout (jump rope, speed bag, heavy bag, and double-end bag).

- **Tae Kwon Do:** Students learn about the Chung Do Kwan skills of self-defense by managing the six tenets: Speed, Power, Focus, Balance, Control and Relaxation. The class is organized as follows: Stretching, Basic Exercise, Pre-defined movements (forms), Freestyle Sparring (upper belts only and NO CONTACT) and Three-step Hand and Foot techniques.

WATER ACTIVITIES

- **Swim year-round in our heated indoor & outdoor pools.**
 - Open Swimming
 - Water Exercise Classes
 - Adult Lessons
 - Masters Swimming (at several Y branches; check for details)

FAMILY TIME

- **Y Running Club:** Fun for the whole family. Come on a run with a certified YMCA staff member.
- **Family Canoeing:** What sounds more fun than paddling on the lake? We will be hiking the trails to Texas Rowing Center and then enjoying some canoeing time.
- **Family Zumba:** Taught by a certified Zumba instructor, this class is designed to help create that special bond between parent and child through music. Kids and parents will dance to rhythms of the cha-cha, salsa, mambo, belly dancing, hip hop and much more.
- **Family Yoga: (Ages 4-12)** Join us as we engage in fun relaxation with our loved ones.
- **Adventure Guides:** This parent-child program fosters relationships through exploration of nature, camping, arts & crafts, games and service projects.
 - Email jdaniel@austinyymca.org or lauren.bickford@austinyymca.org for more information and dates for this program.

ACTIVE OLDER ADULTS

- **We offer a variety classes especially tailored to Active Older Adults, including:**
 - Aqua Fitness
 - Arthritis Foundation Water Exercise
 - Senior Fitness
 - Senior Retreat
 - Yoga



YMCA AQUATICS

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

PARENT-CHILD SWIM LESSONS

Ages 6 - 36 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.

Parent / Child Levels

Shrimp (6-17 mos)
Kipper (18-29 mos)
Perch Plus (30-36 mos)

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 (Intermediate-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/Fish (Intermediate)
Flying Fish (Advanced Intermediate)
Shark (Advanced)

ANGELFISH SYNCHRONIZED SWIMMING

A challenging sport that combines control, strength and grace. Please contact the coach for more information before registering: Cheryl at 512.567.1943 or synchrocc@aol.com.

YOUTH MASTERS

This is excellent as an extra, fun practice for current or off-season swim team participants or those looking for a swim team workout without the competition. Must have a swim ability the equivalent of Shark.



PRIVATE AND SEMI-PRIVATE LESSONS ALSO AVAILABLE

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.

YMCA LIFEGUARD RECERTIFICATION

This class is for those who have current certification in YMCA Lifeguarding. Candidates must show proof of certification and proof of ASHI Basic First Aid, CPR Pro and O2.

ADULT AQUATICS PROGRAMS

Range of Motion Water Exercise

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. (Similar to Arthritis Foundation Water Exercise)

Aqua Fitness

Medium- to high-intensity workouts. We offer water aerobics classes ranging from gentle water yoga to intense kick-boxing routines.

Adult/Teen Swim Lessons

(Age 14+) Provides a self-paced environment where the instructor will help the students reach their own personal swimming goals.

Fitness & Conditioning Swimming

(Ages 13+) a great program for fitness, fun, competition and/or triathlon training. This course is ideal for beginner triathletes building endurance. Workouts average 1,500-2,000 yards with apparatuses.

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 TownLake 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
- **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.

	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	✓	✓	✓	✓	✓	✓	✓



TownLake YMCA
1100 W. Cesar Chavez
Austin, Texas 78703
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.