

# GUIDE

## HEALTH & WELLNESS

Renee Deeter | [Renee.Deeter@AustinYMCA.org](mailto:Renee.Deeter@AustinYMCA.org)  
Group Training Classes (TRX, Women with Weights, Y + Fit, Zero to 5K/10K)  
General Health & Wellness Inquiries  
Nutrition Counseling  
The Quick Cook  
UT/YMCA Smoking Cessation Program  
Y Active Programs (Fitness Orientations, Fitness Assessments, and FAST)  
Personal Training  
Corporate wellness partners  
Shawn Bolton | [Shawn.Bolton@AustinYMCA.org](mailto:Shawn.Bolton@AustinYMCA.org)  
Group Ex  
Adventure Guides  
Specialty Health & Wellness (Tae Kwon Do, Adult Boxing, Barre Fitness)

## AQUATICS

Andrea Fisher | [Andrea.Fisher@AustinYMCA.org](mailto:Andrea.Fisher@AustinYMCA.org)  
Adult Swim Inquiries including Master's Swim  
Private Lessons  
Synchro Swim  
Trainings and Certifications (CPR/First Aid/Lifeguard)  
Water Ex  
Women's Only Swim  
Youth Swim Team

## HEALTH LIVING

Mashariki Cannon | [Mashariki.Cannon@AustinYMCA.org](mailto:Mashariki.Cannon@AustinYMCA.org)  
Diabetes Prevention Program  
Caregiving & Support  
Livestrong at the Y  
Senior Retreat

## YOUTH & FAMILY

Kristen Mohon Nates | [Kristen.Mohon@AustinYMCA.org](mailto:Kristen.Mohon@AustinYMCA.org)  
Youth & Adult Sports (Natalie Maglitto is also a great resource!)  
General youth programming questions  
Adaptive Sports  
Paddle Boarding/Kayaking Programs (can also contact Julie M. at [jmaloukis@gmail.com](mailto:jmaloukis@gmail.com))  
Youth & Government  
Pick up basketball/ gym inquiries  
Natalie Maglitto | 512.542.9622  
Youth Sports  
Amanda Hickey | [Amanda.Hickey@AustinYMCA.org](mailto:Amanda.Hickey@AustinYMCA.org)  
Homeschool Fit  
Summer Youth Camps  
Garden Plot Inquiries  
Hang Time  
Elena Hickey | [Elena.Hickey@AustinYMCA.org](mailto:Elena.Hickey@AustinYMCA.org)  
Parents' Night Out  
Youth Boxing  
Child Watch

## FACILITY INQUIRIES

Daniel Ferrario | [Daniel.Ferrario@AustinYMCA.org](mailto:Daniel.Ferrario@AustinYMCA.org)

## VOLUNTEER OPPORTUNITIES

Michelle "Michie" Reid | [Michie.Reid@AustinYMCA.org](mailto:Michie.Reid@AustinYMCA.org)

## RENTALS + GENERAL QUESTIONS

Jude Hickey | [Jude.Hickey@AustinYMCA.org](mailto:Jude.Hickey@AustinYMCA.org)