



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2017 FALL PROGRAMS

DIVE IN TO THE DETAILS OF
OUR PROGRAMMING OPTIONS
AND UPCOMING EVENTS

Use this resource for a deeper look into the programming options we offer in each department. We have also created visual guides, which will help you see your options from a

bird's eye view before diving into building your wellness plan.

(Note: You can find these resources in the Documents and Printable Forms section under the Schedules tab on our website.)

Program Department | Health and Wellness

Youth Programs

Value-Added

F.A.S.T.: Teaches participants (ages 12-15) how to work out safely and effectively within the Y Fitness Center. It introduces basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices. Once youth have successfully completed the F.A.S.T. program, they will be able to work out in the Fitness Center without parental supervision. The program includes a home study with video, online written exam and in-person practical exam. For more information, contact David Lattanzi at David.Lattanzi@AustinYMCA.org.

Fee-Based

Tae Kwon Do: Korean Karate is the highly effective art of unarmed combat. It is a self-defense system involving the skilled application of punches, blocks, and kicks with the hands and feet. In addition to the fighting skills involved, there is a strong emphasis on mental discipline and self-restraint to avoid combat that is not absolutely necessary. The class is organized as follows: Stretching, Basic Exercise, Forms, Free- Style Sparring (upper belts only and no contacts) and Three-step Hand and Foot techniques.

Ages 8+. For more information, contact Shawn Bolton at Shawn.Bolton@AustinYMCA.org.

YMCA Kid Fit (Youth/Teen Fitness): Helping kids 5-9 years old get and stay fit through a variety of different exercise options. Kids will be exposed to different forms of cardiovascular and resistance training that incorporate games and activities. Classes will include different elements each day including aerobic dance, running, jumping,

resistance training, yoga, tumbling, and more. For more information, contact Renee Deeter at Renee.Deeter@AustinYMCA.org.

Program runs monthly, registration closes the 24th of the previous month. // Mon/Wed, 4-5pm

Personal Training for Teens: We offer individual one-on-one personal training for teen members, ages 12-17 years old. A trainer can help improve endurance and stamina, overall physical fitness and/or help you cross train to improve in whatever sport you play.

Youth members under the age of 11 interested in training should contact the Health & Wellness Coordinator, Meghan Clark, Meghan.Clark@AustinYMCA.org to discuss options appropriate for our younger members.



Adult Programs

Value-Added

Y Active: Our wellness orientation program – Y Active is comprised of a customizable menu of options that our wellness staff can help tailor to your needs. Menu options include a cardio fitness equipment orientation, strength fitness equipment orientation, and Body Age® fitness assessment, Personal Training Consultation or FAST (for ages 12-15). For more information, contact David Lattanzi at David.Lattanzi@AustinYMCA.org.

Tae Kwon Do Belt Test – Free Day: This is an opportunity for new participants to try Tae Kwon Do for a day, or current participants to take a proficiency test to move to the next belt level. Korean Karate is the highly effective art of unarmed combat. It is a self-defense system involving the skilled application of punches, blocks, and kicks with the hands and feet. In addition to the fighting skills involved, there is a strong emphasis on mental discipline and self-restraint to avoid combat that is not absolutely necessary. (A \$65 fee is charged if the student passes a proficiency test. The fee includes the test and new belt.) For more information, contact Shawn Bolton at Shawn.Bolton@AustinYMCA.org.

Program dates: Third Saturday of each month from 2-3pm in Group Exercise Studio.

- September 16, 2017
- October 21, 2017
- November 18, 2017
- December 16, 2017

Group Exercise Classes: We have over **120 FREE** classes for members ages 12 and older to help you achieve your health and wellness goals. If you're looking to take that first step toward total health or simply exploring a new hobby, we definitely have a class you'll love. Check out our live schedules on the website or on our YMCA of Austin mobile app! For more information, contact Shawn Bolton at Shawn.Bolton@AustinYMCA.org.

Reminders:

- Fall Schedule to be posted by August 7th
- Fall Schedule dates | August 21 – December 23, 2017
- Winter Break Schedule | December 24 – 31, 2017
- Labor Day | hours 8am-6pm (limited classes)
- Thanksgiving Week | Limited classes November 22-26
- Thanksgiving Day, Christmas Day and New Year's Day | no classes

Senior Advisory Council: New volunteer opportunity!

Seniors who are 60+ years old are welcome to join us on the 3rd Wednesday of every month at 11:30AM in the conference room to discuss ideas for educational and social senior programming. Questions? Renee.Deeter@AustinYMCA.org.

Fee-Based

Personal Training: Training is for everyone. You get to define what training looks like for you. We want you to have the power and flexibility to say, "Here is what I need." To that, we will say, "Let's do it!". Training doesn't have to be a solo effort. We know that motivation sometimes comes with groups. You can surround yourself with others

who are on a similar path to help keep you going. If you prefer, you can be a part of an incredible group experience by taking part in group training. We have several training options.

- **Small group training:** Work with a small group of new or old friends that share your goals.
- **Partner training:** Develop a stronger relationship with a family member, friend, or another Y member while you work towards your goals together.
- **Individual Personal training:** Work with your trainer in a traditional one-on-one setting. Let us help you discover if a training program is the next step toward your goal.

We offer **free consultations for all members.** Together, with one of our trainers, you'll work on developing a program that you – and your goals – can say "yes!" to.

Book your consultation today! For more information, contact Meghan Clark at Meghan.Clark@AustinYMCA.org.

TRX® Suspension Training: Prepare for a unique training tool that allows you to use your own body weight and gravity as resistance. TRX Suspension Training is great for those who want to develop lean muscle, build muscle, or lose weight. You're in control of how much you want to challenge yourself on each exercise, because you can simply adjust your body position to add or decrease resistance.

Ages 16+. For more information, contact Meghan Clark at Meghan.clark@austinyymca.org.

Program runs monthly, registration closes the 24th of the previous month.

- Mon/Wed 6:40-7:30pm
- Tue/Thur 10-10:50am

Total Body Training: This program incorporates multiple varied exercises and workout programs in one intense workout. Each session will change and include variations of traditional strength training with dumbbells, resistance bands and kettlebells, body weight exercises, plyometrics, powerlifting, SAQ drills, interval cardio training and more. TBT will help challenge you to increase your overall strength, agility, endurance and take your fitness health to a higher level. **Ages 16+.** Class must meet 4 minimum participants and 8 maximum participants. For more information, contact Meghan Clark at Meghan.Clark@AustinYMCA.org.

Program run monthly, registration closes the 24th of the previous month.

- Mon/Wed, 11-11:50am
- Tue/Thurs, 6-6:50am

Zero to 5K Training: Bring the whole family – this program is open to both youth & adults. Train to go from zero to 5K in 6 weeks. Whether this is your first time learning to run or you are trying to get back into the swing of things, this is the perfect group to join. For more information, contact Renee Deeter at Renee.Deeter@AustinYMCA.org.

Program dates: September 25 – November 2, 2017

- Mon/Wed, 6:30-7:15am
- Mon/Wed, 5:30-6:15pm
- Tue/Thurs, 12-12:45pm

Yoga Specialty Programs: Ages 12+. For more information, contact Shawn Bolton at Shawn.Bolton@AustinYMCA.org.

- **Ashtanga Yoga:** A vigorous, challenging practice comprising six sequences of postures (or asanas) linked together with the breath. Everyone starts with the first, or primary series, which will be the focus of this class. Ashtanga is also a great complimentary training to performance athletics, martial arts, dance, and other physical disciplines requiring a high level of strength, flexibility, body awareness, and mental focus. Saturdays 4:30-6:00PM.
- **Mindfulness:** In this class there will be gentle, simple movement to help ground the mind in present moment awareness, followed by a breathing practice to further calm and center the mind and relax the body. There will also be suggestions of ways to integrate skills and knowledge gained from formal practice into daily life, which is how deep and lasting change comes about. No previous meditation experience required. Saturdays 3:15-4:15PM.
- **Yoga on the Ball**

The Quick Cook: A 4-week 1.5 hour per night cooking and kitchen skills demonstration and nutrition education program that focuses on saving time shopping, cooking, and storing food. For more information, contact Renee Deeter at Renee.Deeter@AustinYMCA.org.

Program runs monthly, registration closes the 24th of the previous month.

- Thursdays, 11:30a-12:30pm

Nutrition Counseling: Meet with our nutritionist, Maria Bohland, to review the quality of your diet, eating, and lifestyle habits. You will begin to develop the knowledge and skills you need to build a healthy foundation and collaborate with our nutritionist to create an individualized nutrition plan. Participants must register and then will be contacted by Maria to setup a time that works best. For more information, contact Renee Deeter at Renee.Deeter@AustinYMCA.org.

- **Boot Camp Package:** 1 initial + 2 follow up; Ideal for someone that wants knowledge to get that started down the right path or lose 5-10 pounds. Includes an initial 60-minute consultation with two 30-minute follow up sessions. Set up by appointment after registration.
- **Weight Loss/Management Package:** 1 initial + 6 follow up; Ideal for someone that wants knowledge to get that started down the right path or lose 10-40 pounds. Includes an initial 60-minute consultation with six 30-minute follow up sessions every other week. Set up by appointment after registration.

Specialty Fitness – Barre Fit Conditioning: This program is a full body workout that fuses the best elements of ballet, Pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed

immediately by deep recovery stretching. This regimented routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique. **Ages 16+.** For more information, contact Shawn Bolton at Shawn.Bolton@AustinYMCA.org.

- Mon/Wed, 11:10am-12pm

Adult Boxing: 10 round non-contact, high intensity gym workout that is open to all skill levels from rank beginners to amateur competitors. In each class you will work on specific combinations and foot work that you will then execute with the coach at the end of class. It's a fun and exciting way to burn calories, get in shape, and learn basic boxing fundamentals. Boxers are considered some of the fittest athletes on the planet. Come see what it's all about in a welcoming non-competitive environment. **Ages 16+.**

For more information, contact Shawn Bolton at Shawn.Bolton@AustinYMCA.org.

Program runs monthly, registration closes the 24th of the previous month.

- Wednesday 5:30-6:30pm and Saturday 8am-9am

Women with Weights: Develop the knowledge for strength training with other motivated women to get stronger, increase endurance and build friendships. This female-focused class will introduce you to the weight room and weight lifting-techniques that will build your confidence and help keep you accountable to meeting your own specific goals. Ages 16. For more information, contact Meghan Clark at Meghan.Clark@AustinYMCA.org.

Program runs monthly, registration closes the 24th of the previous month.

- Mon/Wed 6:40-7:30pm
- Tue/Thur 10-10:50am

Tae Kwon Do: Highly effective art of unarmed combat. It is a self-defense system involving the skilled application of punches, blocks, and kicks with the hands and feet. In addition to the fighting skills involved, there is a strong emphasis on mental discipline and self-restraint to avoid combat that is not absolutely necessary. Ages 8+. For more information, contact Shawn Bolton at Shawn.Bolton@AustinYMCA.org.

Program runs monthly, registration closes the 24th of the previous month.

- Tue/Thurs, 7-8pm



Program Department | Aquatics

Youth Programs

Value-Added

Women's Only Swim (women all ages, males under 5 y/o): With this program, women who haven't been able to enjoy pools in the Austin community for years have a guaranteed place to go every week. The swim is geared for adult women ages 16+ and staffed with female lifeguards. Religious conventions got the ball rolling for this program, but once it began women with other challenges began attending. The benefits of a women's only swim were immediately realized. Please note that our childcare facility will not yet be open during open swim. Learn more [here](#). Takes place 8AM-10AM on Sundays.

Fee-Based

Lifeguard Certification Programs:

- ASHI CPR & AED for the Community
- ASHI Basic First Aid for the Community

Swim Lessons - see [this guide](#) for more details on each level. Learn more and register [here!](#)

Swim Team (*find info about Master's under Adult section*)

Seaturtles Swim Team: Beginner; 6-9 y/o

The beginner swim league is for children who enjoy swimming and are interested in learning the basics of competitive swimming. Practices will focus on stroke technique and refinement, and learning competitive starts and turns. Children will have the opportunity to participate in monthly association-wide swim meets. Prerequisites: Children must be able to swim at least 25 yards freestyle with rotary breathing (breathing to the side), 25 yards backstroke and have some knowledge of breaststroke and butterfly.

Seaturtles Swim Team: Intermediate/Advanced; 8-16 y/o

The Intermediate and Advanced groups are for children who have some previous competitive swimming experience. Children will be divided into lanes based on ability and will follow workouts designed to improve swimming technique and increase stamina. This group will continue to focus on competitive swimming fundamentals including legal starts, turns and finishes. Attending at least 3 days/week is recommended. Children will have the opportunity to participate in monthly association-wide swim meets. Prerequisites: Children must be able to swim at least 50 yards freestyle with rotary breathing (breathing to the side), 50 yards backstroke, 50 yards breaststroke and 25 yards butterfly.

Aqua Stretch(all ages): This water fitness class restores mobility, decreases pain, and increases training efficiency. It helps with sports performance and enhances one's general well-being. Sessions are held one on one with the instructor. **Private Swim Lessons (all ages):** Private and semi-private lessons are a great option for swimmers looking to catch up

or get ahead. These lessons give you individualized attention to help improve or master swimming skills. You set the agenda by working with the instructor to determine goals. Curriculum is customized to meet these goals.

Semi-Private Swim Lessons (all ages): Private and semi-private lessons are a great option for swimmers looking to catch up or get ahead. These lessons give you individualized attention to help improve or master swimming skills. You set the agenda by working with the instructor to determine goals. Curriculum is customized to meet these goals.

Beginner Synchronized Swimming (6-12 y/o): This class is for children who love swimming, dancing and gymnastics all rolled into one! Taught by the coaches and advanced swimmers of the Austin Angelfish Synchronized Swimming Team, your swimmer will learn basic synchronized swimming skills to introduce them to the world of Synchronized Swimming. To enroll in this class, the swimmer should be able to swim 100 yards of freestyle, backstroke, breaststroke and side-stroke. Questions: Cheryl Cook // synchrocc@gmail.com or 512-567-1943.

Adult Programs

Value-Added

Women's Only Swim (women all ages, males under 5 y/o): With this program, women who haven't been able to enjoy pools in the Austin community for years have a guaranteed place to go every week. The swim is geared for adult women ages 16+ and staffed with female lifeguards. Learn more [here](#). Takes place 8AM-10AM on Sundays.

Water Ex Classes: Find our class schedules [here!](#)

- **Aqua Yoga:** Water based yoga class designed to enhance mobility, stretch muscles, increase flexibility, and connect body to mind.
- **Aqua Cardio Mix:** Blast serious calories and discover endurance and increased range of motion.
- **Aqua Strong:** Class in shallow water: Increase strength and power utilizing the resistance of the water, and specialized water dumbbells and equipment.
- **Deep Water Cardio:** Blast serious calories and discover endurance and increase range of motion.
- **Range of Motion (ROM):** This class is designed for seniors with physical limitations and is intended to improve range of motion, strength, flexibility and endurance.
- **Aqua Fit:** This class provides a whole body workout using the resistance of the water for toning and increased flexibility. Aqua Fitness is self-paced and can be low-to-high impact, depending on your effort.



Fee-Based

Masters' Swim Team

Join any of our adult swim team practices that you would like to attend, while being coached by some of the best aquatic leaders in Austin. Each workout will be structured to accommodate a wide variety of levels, and knowledge of all four strokes is not necessary to join. Swimmers should be comfortable swimming 2,000 yards per hour and have an understanding of how to use the time clock for intervals. Participants are encouraged to bring their own swim equipment, but some items are available for use through the YMCA's pool equipment.

Aqua Stretch (all ages): This water fitness class restores mobility, decreases pain, and increases training efficiency. It helps with sports performance and enhances one's general well-being. Sessions are held one on one with the instructor.

Private Swim Lessons (all ages): Private and semi-private lessons are a great option for swimmers looking to catch up or get ahead. These lessons give you individualized attention to help improve or master swimming skills. You set the agenda by working with the instructor to determine goals. Curriculum is customized to meet these goals.

Semi-Private Swim Lessons (all ages): Private and semi-private lessons are a great option for swimmers looking to catch up or get ahead. These lessons give

you individualized attention to help improve or master swimming skills. You set the agenda by working with the instructor to determine goals. Curriculum is customized to meet these goals.

Certification Classes: All ages; ASHI CPR & AED for the Community and ASHI Basic First Aid for the Community. Register [here](#). (No lifeguard certs available this season).



Program Department | Youth and Family

Youth Programs

Value-Added

HangTime, Jr.: For ages 3-4; This is a structured play time for your children while you get your health on. Your little ones will work on all kinds of age appropriate skills from art to music, physical wellness practices to team building and everything in between!

HangTime: For ages 5-12; Same idea as HangTime, Jr. The season runs from August 21-December 19, so be sure to check out our mobile app for current schedules and times to drop off your little one. You can find a live feed of those schedules in the app or on our website at: www.AustinYM-CA.org/group-class-schedules.

Adaptive Sports: This class is designed to teach kids basics of sports through the experience in a wheelchair. We will have kids participate in sports games and team building. Our goal in this league is to teach and empower kids to learn the adapted rules of sports. First come, first serve. No online registration required.

- Mondays: 5-7pm (TownLake Y)
- Tuesdays: 5-7pm (North Austin Y)
- Wednesdays: 5-7pm (East Communities Y)

Adaptive Sports Expo: This event serves our community who have visual, hearing, mobility and/or intellectual disabilities by running programs that build self-confidence and strength for everyone. With more awareness, we can build resource bridges between other organizations and Austinites to break down boundaries and ensure everyone has access. There will be food and games, programs for all, adaptive sports, vendors that support everyone's needs and an opportunity to build relationships within your community. Keep an eye out this fall for details!

Paddle Board and/or Kayak: Bring your family or close friends for some fun in the sun this summer with our kayak + paddle boarding sessions on Town Lake. This FREE program for Y members is one that you should definitely take advantage of. With only 14 available spots for each session, these will fill up fast, so be sure to register today so you don't miss out on this opportunity. This program will be held off-site at the Texas Rowing Center, so be sure to check in with Y Staff when you arrive so they can point you in the right direction. Details below; register [here](#).

- August 10 - Registration opened on 7/6
- August 24 - Registration 8/11
- September 7 - Registration 8/25
- September 21 - Registration 9/8
- *Possible dates in October, depending on weather: October 10 & 26

Fee-Based

Parent/Child Boot Camp: Be inspired by your child as you work out together in a family style boot camp. We will learn respect for ourselves and others, build confidence, strength, and conditioning through sports drills, plyometrics, body weight and light weight exercises as well as a variety of other exercises working at your own individual fitness level. This will be a fun and fulfilling way to connect with your family. Only one registration is needed per family. No class on 11/23 and 12/26. (Ages 9+). Register [here](#).

Youth Boxing: Come learn the fundamentals of boxing. We will go over self defense, cardio workouts, boxing technique, respect for oneself and for others. Ages 8-16. Register [here](#).

Parents' Night Out: Join us for our fun-packed night, so you can enjoy a kid free evening. We will be doing activities such as arts/crafts, PE activities, sports and watching a movie at the end of the night (always G/PG rated). We provide dinner (pizza) and snacks for the movie. Kids must be at least 3 years old - child must be well adjusted to spend this amount of time away from parents and potty trained. Ages 3-12. Register [here](#). If you have an additional child, register them [here](#).

Parents' Day Out for the Holidays: Similar to our Parent's Night Out we will provide a fun-packed afternoon/early evening so you can enjoy a kid free afternoon to plan for the holidays. We will be doing activities such as arts/crafts, PE activities, sports and watching a movie at the end of the night (always G/PG rated). We provide dinner (pizza) and snacks for the movie. Kids must be 3 years old - child must be well adjusted to spend this amount of time away from parents and potty trained. Ages 3-12. Register [here](#) for first child, and [here](#) for additional child.

Dance Programming: We offer a variety of dance programs for your dancer! Between Flamenco, Ballet, Hip Hop, and Tap, we have a little something for everyone. We have programs that end in a performance for families/friends to see the progress your little dancer has made, and we also offer non-performance programs. See next page for details.



- Performance Flamenco - Ages 3-5; Monday 4-4:30PM, September 11-December 10H
- Performance Flamenco - Ages 5-7; Monday 4:45-5:15PM, September 11-December 10
- Non Performance Tap/Ballet - Ages 3-6; Tuesday 4-4:30PM, September 5-December 10
- Performance Ballet - Ages 5-7; Tuesday 4:45-5:30PM, September 5-December 10
- Non Performance Jazz/Ballet - Ages 3-6; Thursday 4-4:30PM, September 7-December 10

Y Life Skills: Ages 8-13; We are introducing a brand new program in our Youth & Family department called Y Life Skills! This program will take place on Mondays and Wednesdays from 4:30-5:45PM. Through various educational activities like money management, creating DIY home products, and self-care and personal hygiene, your little one will develop valuable skills that will mold the type of person that's able to embrace new opportunities and set meaningful goals. Register [here](#).

Y Beginner Spanish: Learn Spanish in a group setting at the Townlake Y. Teachers help students learn and practice Spanish in unique and fun ways. This introductory Spanish class teaches the language to children through games, songs, crafts, and conversation. Activities are age appropriate. Taught by Judith Madrigal. Classes are Tuesdays/Thursdays 4:00-5:00pm in the Youth Studio. Register [here](#).

Holiday Mini Camp: Ages 5-13; Our Holiday Minicamp will be 3 days of fun for your kids while you finish your shopping. It will consist of holiday arts & crafts, holiday treat making and fun physical activities. The last day we will have hot cocoa and a holiday movie! December 20-22 from 12-4PM; register [here](#).

Youth Sports:

- **Soccer: Ages 4-15;** Designed to teach the fundamentals of soccer in a fun, non-competitive atmosphere, as well as instilling the importance of sportsmanship, cooperation, and teamwork in each participant. Early registration July 24-August 6; Regular registration August 7-September 4; Season dates September 14-November 4; Tournament November 11
 - Teams coached by volunteers
 - Teams practice one hour a week at a location and time determined by volunteer coach (for 6 & up only)
 - Team Jerseys provided for each participant prior to beginning of the season or on 1st day of games - Participants responsible for shorts or pants and athletic shoes and shin guards.
 - Games Times are TBD
 - Games are one hour long dependent on schedule
 - Waitlist will be created if age group reaches capacity
 - Post Season: November 11th (Location TBD)

- Performance Hip-Hop - Ages 7-13; Thursday 4:45-5:30pm, September 7 - December 10
- Performance Ballet - Ages 3-5; Saturday 9:30-10:10AM, September 9-December 10
- Performance Ballet - Ages 3-5; Saturday 10:30-11:10AM, September 9-December 10
- Non Performance Ballet - Ages 3-5; Saturday 11:30-12:10PM, September 9 - December 10
- Non Performance Ballet - Ages 3-5; Saturday 12:30-1:10PM, September 9 - December 10

- **Volleyball: Ages 8-15;** Designed to teach the fundamentals of volleyball in a fun and supportive atmosphere, as well as instilling the importance of sportsmanship, cooperation, and teamwork in competition. Registration July 24-September 17; Season October 7-November 11
 - Teams coached by volunteers
 - Teams practice once a week on a day and time determined by the coach; Teams practice once per week for one hour at TownLake YMCA. Games on Saturdays at TownLake (Ages 6 and up)
 - Team jerseys provided for each participant prior to beginning of the season
 - Participants responsible for shorts, necessary protective gear and athletic shoes
- **Baseball: Ages 4-7;** Fun, learning and competitive atmosphere, as well as instilling the importance of sportsmanship, cooperation, and teamwork in each participant. This is encompassed by the core principles of the YMCA.
 - Games played on Saturdays.
 - Teams coached by volunteers
 - Teams practice once a week on a day and time determined by the coach; Teams practice once per week for one hour at TownLake YMCA. Games on Saturdays at TownLake (Ages 6 and up)
 - Team jerseys provided for each participant prior to beginning of the season
 - Participants responsible for shorts, necessary protective gear and athletic shoes
- **Sports Day/Night Out:** This day and/or night out for parents give kids an opportunity to make friends, try different sports, and just have fun while parents can take care of early shopping for the holidays or just to have some time to relax. We will serve pizza for dinner and watch an upbeat kid-friendly movie. Sessions will take place on September 22 from 4-9:30PM, October 13 from 4-9:30PM, and November 24 (Black Friday) from 9am-3:30PM. Registration will be available soon on our website, so keep an eye out!



Adult Programs

Adult Basketball: Shoot hoops with your friends in a semi-competitive atmosphere. Whether you are serious about your hoop game or you just enjoy passing the ball with your friends, this fun and competitive league will give you a chance to keep both your mind and your body sharp. Registration July 31–September 8; 8 week session with single elimination tournament to follow for the top 8 teams; One game a week, one hour, day depending on schedule. (Alternates all week). Season runs September 11–October 30 with a tournament to follow. Register [here](#). Please note the following:

- Appropriate clothing must be worn at all times. In addition, no jewelry can be worn during the games. Family and friends are free to come and watch the games. Friends and Family must bring a valid photo ID and sign in at the welcome center. All teams provide their own team jerseys with visible numbers on the back. See more details on our website.

Mindful Eating | Spiritual psychologist and mindfulness coach, Elizabeth Hoisington, is hosting a new program at the TownLake Y branch focused on mindful eating. In this busy world, it is easy to eat while on-the-go or sitting in front a screen and forget to holistically consider the food we're putting into our bodies. By listening to your body, eating slowly, planning your meals, understanding nutrition and the origin of your food, and focusing on just eating while eating, you can do your body and mind wonders. This program will run

for the month of September on Wednesdays from 10–11am. Register online or at our Welcome Center today! Questions? e_grace@me.com.

Monthly Meditations | Meditation with Elizabeth Hoisington is a relaxing program that we offer weekly beginning October 4, 2017. Take a 20 minute breather and some time to recharge during your lunch break; the only thing you have to lose is some extra stress! Sessions will take place on Wednesdays from 9–10AM. Questions? e_grace@me.com. Register online or at the Welcome Desk.



Program Department | Healthy Living

LIVESTRONG at the YMCA: A physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. Questions? Mashariki.Cannon@AustinYMCA.org.

- September 11–December 1; Mondays & Fridays 2:30–3:45PM

Senior Retreat: Open to persons with early-to-mid stage Alzheimer's and dementia. Program enables participants to enjoy crafts, restorative movements, music and more. The YMCA Senior Retreat meets every Friday from 11am – 2pm. The fee is \$10 and includes lunch. YMCA membership is not required. All participants are required to provide medical

clearance before joining the program. Questions? Mashariki.Cannon@AustinYMCA.org.

Powerful Tools for Caregivers: This FREE series of six classes is designed to empower family caregivers of older adults to take better care of themselves. The tools learned from Powerful Tools for Caregivers benefit caregivers by developing a wealth of self-care strategies to better handle the unique challenges faced by family caregivers. Questions? Mashariki.Cannon@AustinYMCA.org.

- September 2017; six consecutive Fridays; 11:30AM–1PM



Membership Appreciation Events

September

National Positive Thinking Day–Wednesday, September 13, All Day During Open Hours

Positive Stickies everywhere! We will have sticky notes for members to share a positive thought on and post in the lobby for others to see. This has been an ongoing challenge around the world now for some time, and we have seen how successful it's been in brightening people's day so wanted to bring it to the TownLake Y! Please join us on September 13th during open branch hours to share your positive thought for the day when you stop by for a workout.

National Rice Krispie Treat Day–Monday, September 18th, All Day During Open Hours

Stop by for a special treat from the Y! We appreciate our members for the community that is built when we open our doors to everyone – regardless of race, gender, financial situation, or background. We want to express that gratitude on September 18 when you stop by the branch. Hope to see you there!

October

Fall Fest- Saturday, October 21st from 10am–12pm

Join the TownLake YMCA for free family fun on October 21st from 10am–12pm. We will be having carnival games, face painting, a moon walk, decorate-your-own pumpkin and so much more! On top of all this fun, we will also be having a costume contest, so come prepared in your best costumes so you can enter for a shot to win! We are also looking for volunteers for this event, so if interested, please email Michelle.Reid@AustinYMCA.org.

November

Veterans and Thanksgiving Potluck – Friday, November 10th from 11am–1pm

Please join us as we give thanks and come together in observance of both Thanksgiving and Veterans' Day. We appreciate our community and our service members at the Y and want to dedicate a day to have lunch with you, our awesome members. Whether you have served in our military or simply make a mean blueberry pie (or better, both), we invite you to join us as we come together in observance of these two holidays. This will be a potluck style gathering, so be sure to bring a side dish and/or snack to share with the group. The Y will be providing the main items, Ham and Turkey, for everyone to enjoy. We are also looking for volunteers for this event, so if interested, please email Michelle.Reid@AustinYMCA.org.

G **HEALTH & WELLNESS**
Renee Deeter | Renee.Deeter@AustinYMCA.org
U Group Training Classes (TRX, Women with Weights,
R Total Body Training, Zero to 5K/10K)
U 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
G Group Ex
U Specialty Health & Wellness (Tae Kwon Do, Adult Boxing, Barre Fitness)
Meghan Clark | Meghan.Clark@AustinYMCA.org
I Personal Training Programs, Y Active Programs and Fitness Center
D **AQUATICS**
Andrea Fisher | Andrea.Fisher@AustinYMCA.org
E 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
Dale Mahala | Dale.Mahala@AustinYMCA.org
HEALTH LIVING
Mashariki Cannon | Mashariki.Cannon@AustinYMCA.org
Powerful Tools for Caregivers
Livestrong at the Y
Senior Retreat

YOUTH & FAMILY

Kristen Mohon Nates | 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)
Youth & Government
Pick up basketball/ gym inquiries
Sports Night Out
Natalie Maglitto | 512.542.9622
Youth Sports
Amanda Hickey | Amanda.Hickey@AustinYMCA.org
Garden Plot Inquiries
Hang Time
Dance Programs
Elena Hickey | Elena.Hickey@AustinYMCA.org
Parents' Night Out & Parents' Day Out
Youth Boxing
Child Watch
Joe Fischer | Joe.Fischer@AustinYMCA.org
Adaptive Sports

FACILITY INQUIRIES

Daniel Ferrario | Daniel.Ferrario@AustinYMCA.org

VOLUNTEER OPPORTUNITIES

Michelle "Michie" Reid | Michie.Reid@AustinYMCA.org

RENTALS + GENERAL QUESTIONS

Jude Hickey | Jude.Hickey@AustinYMCA.org