



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT PROGRAM GUIDE

FALL 2017 | TOWNLAKE Y

AUGUST 21 – DECEMBER 31

JUMP RIGHT IN!

Check out these Fall Aquatics programs



CERTIFICATION
CLASSES FOR CPR &
BASIC FIRST AID



SWIM LESSONS
(PRIVATE + GROUP)



MASTER'S
SWIM TEAM



VALUE-ADDED
WATER EX
CLASSES

"As a swim instructor I am grateful for the opportunity to help our Y family of all ages to learn water safety and fitness skills, develop confidence, and accomplish goals. Aquatics is unique in that a preschool Water Movement classes might share pool space with an Aquatic Range of Motion class of older adults. Every age group and ability is represented in the multicultural members who learn, grow, and heal in our pools. I love to see everyone interact. Teaching swimming has helped me to become a stronger encourager and a more patient person. I know that good instruction and encouragement are not enough. Each student has to show up and take a risk - to do something they have never done before. Some are nervous, and others are terrified. It is the courage of my students that makes them successful. I am extremely fortunate to be a part of their success and to celebrate their victories with them!" - Laura Butler, TownLake Y Swim Instructor

WE ALSO OFFER:
[Aqua Stretch](#)
[Women's Only Swim](#)

MIND, BODY, & SPIRIT

Check out this variety of choices for better health



MIND, BODY, & SPIRIT

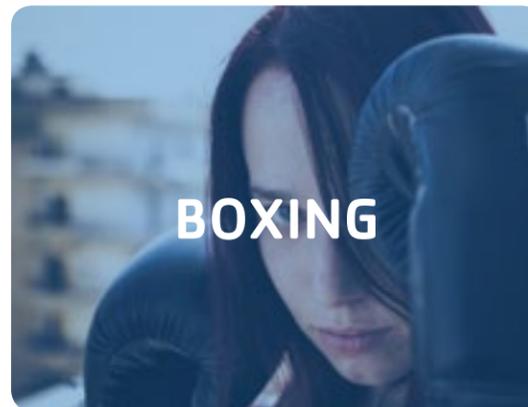
More options for complete wellness



ZERO TO 5K
TRAINING



CLEAN EATING
NUTRITION COUNSELING
QUICK COOK
MINDFUL EATING



BOXING



120+ FREE
GROUP EX CLASSES



Y ACTIVE

WE ALSO OFFER:

- TRX® Suspension Training
- Women with Weights
- Tae Kwon Do - Free Day
- Specialty Fitness | Barre Fit Conditioning
- Tae Kwon Do



PERSONAL
TRAINING



PRACTICE MINDFULLY
YOGA SPECIALTIES
AND VARIETY CLASSES

HEAR IT FROM A PERSONAL TRAINING CLIENT

Q: What were your goals, and how has personal training helped you achieve them?

A: "My goal was to really just do SOMETHING and be more active."

I wasn't doing anything before and Personal Training has really helped out a lot because now I feel like I can do it on my own even if my trainer is not there."
- Cuauhtemoc M.



TOTAL BODY TRAINING
(Formerly Y+Fit)



MONTHLY
MEDITATIONS

Whether you are just beginning your journey to better health or are a seasoned triathlete, we are here to support you every step of the way. We save space for anyone who wants to come through our doors to reach goals benefiting the mind, body, and spirit.

BRING THE WHOLE CREW

Check out these Fall Family Programs



WE ALSO OFFER:

Youth Boxing: families encouraged to join!

Parents' Day Out: get ready for the holidays kid-free. (November 12 & December 10 from 2-6:30PM)

Mindful Eating - begins September 2017

Monthly Meditations - begins October 4, 2017

TAKE HEALTHY ACTION

Check out these Fall Healthy Living Programs



If you have been to the branch anytime in the past eleven months, you have definitely either met or spotted our Membership teammate, Daniel Velazquez. His big personality lights up every shadow, and he embraces moments to lift someone's spirits. He willingly dives into a profound conversation about faith, throws back a joke when you give him a hard time, and determinedly gets to know everyone around him.

Read more [here](#).

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.

GET INVOLVED

Check out these Volunteer Opportunities

At the TownLake Y, we have a variety of volunteer opportunities. Each one of our roles is integral in strengthening our community and ensuring we provide a safe space for all to pursue healthy mind, body, and spirit.

Whether you love storytelling, researching history, working with kids, or brightening up someone's day with a hello, we have something for everyone. We would love to talk to you more about ways you can get involved with our cause.

Check out our [brochure](#) online, and when you have an idea of what you are into, send an email to Michelle.Reid@AustinYMCA.org, and we can get started!



NEW OPPORTUNITY! SENIOR ADVISORY COUNCIL

"To me, the most rewarding aspect of volunteering with the Y is seeing the joy you can bring to others. Often times, volunteering can feel impersonal, but with the YMCA, there are so many opportunities to interact and form lasting connections, that you will always be able to see the physical impact that your service has had on others. Lending a helping hand makes everyone feel good, but when those hands are paired with a genuine YMCA smile, it can make others feel great!" Nina N., 2017 Volunteer, TownLake YMCA

GURUGUIDE

HEALTH & WELLNESS

Renee Deeter | Renee.Deeter@AustinYMCA.org
Group Training Classes (TRX, Women with Weights, Total Body Training, 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
Group Ex
Specialty Health & Wellness (Tae Kwon Do, Adult Boxing, Barre Fitness)
Meghan Clark | Meghan.Clark@AustinYMCA.org
Personal Training Programs, Y Active Programs and Fitness Center

AQUATICS

Andrea Fisher | 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
Dale Mahala | Dale.Mahala@AustinYMCA.org
Swim Lessons

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

Some background on this program guide:

Hey, we get it. Websites can be complicated to navigate. That's why we have created this guide to give you a handy visual for the types of programs we offer for all ages. As diligently as we are working to improve user flow and friendliness, these things take time, so we hope this guide serves as a valuable resource in the meantime.

Hint: Check out our the [News & Events](#) section of our TownLake page. This is where we post the latest happenings going on around the branch. In the event of a closure or facility update, stay tuned to our Facebook and Twitter pages to receive updates before heading to the branch.

We want your experience at the Y to be simple and rewarding - if you have any questions about programs we offer, feel free to drop by the Welcome Center for answers. The guru guide on the previous page is also a great resource for contacting our helpful team when you are looking for more info.



@TLYMCA



@Austin.YMCA.TownLake

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