



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH & TEEN PROGRAM GUIDE

FALL 2017 | TOWNLAKE Y

AUGUST 21 - DECEMBER 31

## JUMP RIGHT IN!

Our indoor pool ensures you can stay in the water year round.



CERTIFICATION  
CLASSES  
CPR + AED and First Aid



SWIM TEAMS  
(Sea Turtles)



SWIM LESSONS  
(Private, Semi-Private,  
and Group)



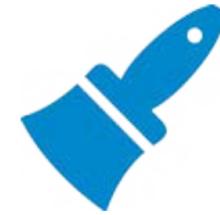
BEGINNER  
SYNCHRONIZED SWIM

"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  
(ages 16+)

# CREATE & COLLABORATE!

Let's learn something new together.



# GROW WHILE HAVING FUN!

Grow your mind, body, and spirit.



# BREAK A SWEAT!

Check out these ways to get more active.



HANG TIME SESSIONS



DANCE  
FLAMENCO, HIP HOP,  
BALLET, TAP, & JAZZ

Drop your little one off for some interactive play while you work out in one of our Hang Time sessions; enhance their balance, focus, and confidence in dance; get outside with a kayaking or paddle boarding session; or, let out some energy in our [Adaptive Sports](#) program on Mondays from 5-7pm.



KAYAKING + PADDLE BOARDING



ADAPTIVE SPORTS

There are all kinds of options for your family this summer, so dive in and reach out if you have any questions!



YOUTH LIFE SKILLS



BEGINNER SPANISH

## 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!



PARENT + CHILD BOOT CAMP



SPORTS DAY/NIGHT OUT



PERSONAL TRAINING FOR TEENS



YOUTH SPORTS SOCCER, VOLLEYBALL, BASEBALL



TAE KWON DO



F.A.S.T. Fitness Center Safety



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.

Daniel Velazquez, [Y Story](#), TownLake

# HAVE SOME FUN!

Kids enjoy everything from fitness to creative projects in these programs.



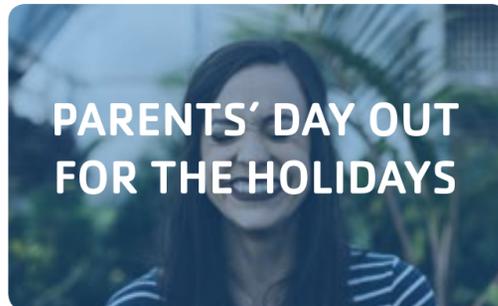
**YMCA KID FIT**  
(Youth/Teen Fitness)



**PARENTS' NIGHT OUT**



**YOUTH BOXING**  
Families encouraged to join!



**PARENTS' DAY OUT FOR THE HOLIDAYS**

"It's so amazing to see the confidence in the youth boxers grow and spread to each other! When one believes in themselves others have the courage to do the same. They respect, support and inspire each other to train hard and have fun being who they are." Elena, Child Watch Coordinator and Youth Boxing Coach, 2017



A foundation for a life full of healthy habits, energy, a positive outlook, and mental peace start in the early stages of childhood. We strive to explore new ways to inspire your family to get healthy together each season we release new programming. Join our YMCA Kid Fit program to learn a variety of exercises that are both fun and rewarding in the long run.

Many of those who run our programs are parents themselves, so our team understands the value of seeing your child develop into someone who cares for and nurtures their body with healthy habits. Whole families are encouraged to join us in Youth Boxing – come learn to box safely and relieve stress from experienced instructors.

# GET INVOLVED!

Volunteering is rewarding and impactful.

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](mailto:Michelle.Reid@AustinYMCA.org), and we can get started!



"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

# 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](mailto: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](mailto:Michelle.Reid@AustinYMCA.org).

# GURUGUIDE

## HEALTH & WELLNESS

Renee Deeter | [Renee.Deeter@AustinYMCA.org](mailto: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](mailto:Shawn.Bolton@AustinYMCA.org)  
Group Ex  
Specialty Health & Wellness (Tae Kwon Do, Adult Boxing, Barre Fitness)  
Meghan Clark | [Meghan.Clark@AustinYMCA.org](mailto:Meghan.Clark@AustinYMCA.org)  
Personal Training Programs, Y Active Programs and Fitness Center

## 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

Dale Mahala | [Dale.Mahala@AustinYMCA.org](mailto:Dale.Mahala@AustinYMCA.org)

Swim Lessons

## HEALTH LIVING

Mashariki Cannon | [Mashariki.Cannon@AustinYMCA.org](mailto:Mashariki.Cannon@AustinYMCA.org)  
Powerful Tools for Caregivers  
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  
Sports Night Out  
Natalie Maglitto | 512.542.9622  
Youth Sports  
Amanda Hickey | [Amanda.Hickey@AustinYMCA.org](mailto:Amanda.Hickey@AustinYMCA.org)  
Dance Programs  
Garden Plot Inquiries  
Hang Time & Hang Time, Jr.  
Elena Hickey | [Elena.Hickey@AustinYMCA.org](mailto:Elena.Hickey@AustinYMCA.org)  
Parents' Night Out & Parents' Day Out  
Youth Boxing  
Child Watch  
Joe Fischer | [Joe.Fischer@AustinYMCA.org](mailto:Joe.Fischer@AustinYMCA.org)  
Adaptive Sports

## 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)

## 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

512.542.9622 | 1100 W. Cesar Chavez, Austin, Texas 78703 | [AustinYMCA.org](http://AustinYMCA.org)