



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WARM UP WITH US

Winter & Spring 2016 Program Guide
YMCA OF CALHOUN COUNTY



WELCOME TO THE Y!

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SCHOLARSHIP ASSISTANCE

The YMCA policy is to never turn anyone away due to inability to pay the stated fees when need is demonstrated. Scholarship applications are available at the YMCA of Calhoun County. Applicant must provide either 1040 Federal Tax Form or document showing most recent 30 days of income. It is recommended that scholarship applications be submitted at least one week prior to program start date. Scholarships are available from funding by YMCA Annual Campaign donors.

SPECIAL THANKS TO THE FOLLOWING NAMED SCHOLARSHIP DONORS:

Alabama Power Company • Alabama Power Service Organization
Asplundh Tree Expert • BBVA Compass • Benton Nissan
M&H Valve • Tyler Union • Webb Concrete • Wells Fargo

YMCA PARTIES & FACILITY RENTALS

YMCA of Calhoun County provides a perfect location for your events! YMCA Camp Hamilton facilities include a rustic log cabin with restroom, covered pavilion by the cabin, airnasium, two-story tree house, playing fields, archery range, volleyball court, boat pavilion, hiking trails, and fishing from the dock. Pool with bath house, canoe & paddle boats are rented separately. Available May through September. The Anniston YMCA gym, pool, dining room and/or classroom space are also available for rent year-round. For availability and pricing, contact Maggie at 256.238.YMCA.

AFTER SCHOOL ACADEMY

When heading straight home after the bell rings isn't an option, the Y provides a safe place for your children within each school. We offer comprehensive, age-appropriate, engaging care, including homework support, reading, writing, and health & wellness programs. Research shows that children who participate in after school programs are more successful in academics, healthier, and more often maintain positive behaviors. YMCA After School Academy staff are on site at the following elementary schools from dismissal time until 6pm: **Alexandria, Cobb, The Donoho School, Golden Springs, Pleasant Valley, Saks, Tenth Street, Wellborn, & White Plains.**



After School Academy Annual Registration Fee: \$45 per child

Weekly Fee: \$30 per child per week

Weekly fee is due the Friday before your child is in attendance.

SCHOOL'S OUT FUN DAYS & SPRING BREAK CAMP

When school is not in session, the Anniston Y is here for you! Available 6am-6pm on scheduled days, the Y enables parents and family members to go to work knowing their children are in a safe, stimulating environment. School's Out Fun Days and Spring Break Camp open to any potty-trained, school-aged children (ages 4 and up.)

School's Out Fun Days available on the following dates:

Dec 21-23, 28-30 • Jan 4-5, 18 • Feb 12, 15 • Mar 25 • Apr 22 • May 27

Fee: \$20 per child per day

SPRING BREAK CAMP: March 28 - April 1

Fee: \$95 per child per week, or drop in for up to 2 days for \$20 per child per day.

REGISTER EARLY FOR SUMMER CAMPS & SAVE \$10!

Kinder Camp, Day Camp, & Teen Leadership Camps Available Summer 2016

Registration Fee: Through April 30: \$35 per child (\$45 per child starting May 1)

Weekly Fee: \$100 per child per week, or \$90 per child per week with Y Membership

Y ALL NIGHT LOCK-INS AT ANNISTON Y

Parents benefit from a night to themselves while their kids enjoy a fun night at the Y. Our lock-ins include swimming, games, movie time, snacks, and a light breakfast. Bring a swimsuit & towel, sleeping bag & pillow, toothbrush and sleep clothes, and be ready for a night of fun! We must have 10 kids registered to run the program.

Fee: \$20/child. Register by day before event to avoid \$5 late fee.

When: **Thursday, December 31** • 6pm-8am • New Year's Eve Theme

Saturday, January 30 • 6pm-8am • Mardi Gras Theme

Saturday, February 13 • 6pm-8am • Valentine's Day Theme

Friday, April 1 • 7pm-7am • Spring Break Theme

CHILD WATCH

YMCA Members are given free child watch as a benefit while participating in programs within our facilities. Children must be at least 6 weeks old to be left in Child Watch. We reserve the right to close 30 minutes early if no children are in attendance. Time is limited to 2 hours per visit. A fee of \$2 per 15 minutes will be charged for any child left beyond the 2-hour limit.

ANNISTON CHILD WATCH HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-11am	8-11am	8-11am	8-11am	8-11am	
5-7pm	4:45-7pm	5-7pm	4:45-7pm		

OXFORD CHILD WATCH HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
8:15-10:30am	8:15-10:30am	8:15-10:30am	8:15-10:30am	8:15-10:30am	8:15-10:30am
4:30-7:30pm	4:30-7:30pm	4:30-7:30pm	4:30-7:30pm		

*Oxford Saturday Child Watch only available when Group Fitness Class is scheduled

PARENTS' NIGHT OUT AT OXFORD Y

Drop your kids off with us while you enjoy an evening to yourselves! The Oxford Y will keep your children entertained with a craft, youth fitness class, pizza, games, and more! Children ages 2-12 welcome. Two evenings available!

When: Saturday, February 6 from 5-9pm
Saturday, March 19 from 5-9pm

Fee: Y Members: \$15 for 1st child, \$10 for 2nd+ child
Guests: \$20 for 1st child, \$10 for 2nd+ child



YOUTH SPORTS

YMCA of Calhoun County offers youth sports programs that include weekly sessions with an hour of instructional clinics to build and practice skills, followed by 30 minutes of game-time. Open to children ages 3-12. All sessions held at the Anniston Y.

Fee: \$35 per child or \$25 per child with YMCA Membership

SOCCER

When: Saturdays from January 30 through February 20
Ages 3-6: 9-10:30am
Ages 7-12: 11am-12:30pm

BASKETBALL

When: Saturdays from February 27 through March 19
Ages 3-6: 9-10:30am
Ages 7-12: 11am-12:30pm



SWIM LESSONS

YMCA of Calhoun County offers quality swim lessons in a safe, caring environment. The Y teaches fundamental swimming skills, fostering a life-long appreciation for physical activity and fitness through swimming. All Y Swim Instructors are Red Cross Certified Water Safety Instructors.

PARENT/CHILD AQUATICS (AGES 6 MONTHS - 3 YEARS)



Shrimp: Ages 6-36 mths. A water awareness class. Kicking, floating, reaching for objects, and blowing bubbles. Infants will be acclimated to the water, including working with instructors.

Perch: Ages 2-3 yrs. For swimmers who have already completed Shrimp level lessons and/or are ready to take off in the water on their own. Class size limited to 4 swimmers.

PRESCHOOL AQUATICS (AGES 3-5)

Pike: Beginner - Water adjustment & submersion. Front & back float w/IFD. Front, back, & side paddle stroke 15 yds w/IFD, & 5 ft w/out.

Eel: Advanced Beginner - Water adjustment & submersion. Front & back float w/IFD. Front, back, & side paddle stroke 25 yds w/IFD & 15 ft w/out.

Rays: Intermediate - Front & back float, tread water, jump into deep water. Front alternating paddle stroke with rhythmic breathing 15 yds w/IFD & 20 ft w/out. Back & side alternating paddle 15 yds w/IFD & 20 ft w/out. Front & symmetrical paddle 25 yds w/IFD & 20 ft w/out.

Starfish: Advanced - Front & back float, tread water, jump into deep water, front & back symmetrical paddle. Front, back, & side alternating paddle 25 yds w/IFD & 40 ft w/out.

YOUTH AQUATICS (AGES 6-14)

Polliwog: Beginner - No swim skills necessary. Water adjustment & submersion. Front & back float w/IFD. Front, back, & side paddle stroke 15 yds w/IFD & 5 ft w/out.

Guppy: Advanced Beginner - Front & back float. Tread water. Jump into deep water. Front alternating paddle with rhythmic breathing. Front & back symmetrical paddle, and back & side alternating paddle 25 yds.

Minnow: Intermediate - Resting float. Front alternating paddle stroke with overarm recovery and rotary breathing. Rudimentary breaststroke, rudimentary sidestroke, back alternating overarm stroke, and rudimentary elementary backstroke 25 yds.

Fish: Advance - Front crawl, breaststroke, elementary backstroke, & back crawl 50 yds. Rudimentary butterfly 25 yds w/fins, & 15 yds w/out.

TEEN/ADULT AQUATICS: Beginner to Intermediate Levels Ages 15 & Up

Skills taught: Putting face into water, arm strokes to back strokes, free-style, rotary breathing, elementary backstroke, glides, sidestroke, survival floating, and confidence & safety in the water.

TUESDAY & THURSDAY EVENING SWIM LESSON SESSIONS

	JAN 5-28	FEB 2-25	MAR 1-24	APR 5-28
5:30-6:00pm	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish
6:05-6:50pm	Polliwog, Guppy, Minnow, Fish, Teen/Adult	Polliwog, Guppy, Minnow, Fish, Teen/Adult	Polliwog, Guppy, Minnow, Fish, Teen/Adult	Polliwog, Guppy, Minnow, Fish, Teen/Adult
FEE	Y Member: \$35 Y Guest: \$70	Y Member: \$35 Y Guest: \$70	Y Member: \$25 Y Guest: \$50	Y Member: \$35 Y Guest: \$70

FRIDAY AFTERNOON SWIM LESSON SESSIONS

	JAN 8-29	FEB 5-26	MAR 4-25	APR 1-22
3:30-4:00pm	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish	Shrimp, Perch, Pike, Eel, Ray, Starfish
4:05-4:50pm	Polliwog, Guppy, Minnow	Polliwog, Guppy, Minnow	Polliwog, Guppy, Minnow	Polliwog, Guppy, Minnow
FEE	Y Member: \$25 Y Guest: \$50	Y Member: \$25 Y Guest: \$50	Y Member: \$25 Y Guest: \$50	Y Member: \$20 Y Guest: \$45

SATURDAY MORNING SWIM LESSON SESSIONS

	JAN 9-30	FEB 6-27	MAR 5-APR 2*	APR 9-30
9:00-9:30am	Shrimp, Perch	Shrimp, Perch	Shrimp, Perch	Shrimp, Perch
9:35-10:05am	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish	Pike, Eel, Ray, Starfish
10:10-10:55am	Guppy, Polliwog	Guppy, Polliwog	Guppy, Polliwog	Guppy, Polliwog
11:00-11:45am	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult	Minnow, Fish, Teen/Adult
FEE	Y Member: \$25 Y Guest: \$50	Y Member: \$25 Y Guest: \$50	Y Member: \$20 Y Guest: \$45	Y Member: \$25 Y Guest: \$50

*No Class on March 26 due to Spring Break



YMCA BLUE DOLPHINS SWIM TEAM

The YMCA Blue Dolphins Swim Team is a great opportunity for swimmers to enjoy the challenge of competing against themselves as well as other teams. Blue Dolphins members must have a YMCA Family Membership in addition to a \$10 monthly YMCA Blue Dolphins fee. Competitions are held in the YMCA League as well as USA Swimming. **Try out for the YMCA**

Blue Dolphins! To qualify, the swimmer must meet the following guidelines: age 5 or older, able to swim 25 yards of freestyle and backstroke, completed the minnow swim level, and loves the water!

YMCA BLUE DOLPHINS GROUP PRACTICES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BRONZE & SILVER	3:15-4:30pm	3:15-4:30pm	3:15-4:30pm	3:15-4:30pm
GOLD & PLATINUM	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm



HIGH SCHOOL SWIM TEAM

YMCA of Calhoun County always welcomes new team members from the Alexandria, Ohatchee, Oxford, Pleasant Valley, Saks, Weaver, Wellborn, and White Plains Middle & High Schools. The Y gives high school swimmers the opportunity to letter, and a chance to qualify and compete in the Alabama High School Sectional & State Swim Meets. Swimmers also compete one to two times monthly in USA Swimming Meets. For more information, contact Brandy at 256.238.YMCA.

U.S. MASTERS SWIMMING

Masters Swimming is for anyone who wants to improve his or her swimming technique, learn new skills, get faster, have fun, meet like-minded people, and stay in shape. Open to all members who know how to swim and are 18-80 years of age. Optional Competition 2-3 times per year.

Practice: Tuesdays, Thursdays & Fridays from 5:30-6:30am

Location: Anniston YMCA



PERSONAL TRAINING & FITNESS SCREENING

Personal training at the YMCA of Calhoun County is the most complete package in the area. Available to anyone needing custom-designed fitness to meet specific health goals. For appointments on programs below, call Ann at 256.832.YMCA.

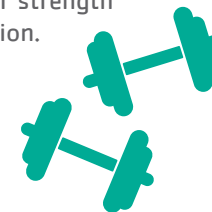
	1 Session	5 Sessions	10 Sessions	15 Sessions
One-on-One Training	Member: \$45 Guest: \$60	Member: \$200 Guest: \$275	Member: \$350 Guest: \$500	Member: \$510 Guest: \$720
One-on-Two Training	N/A	Member: \$350 Guest: \$400	Member: \$600 Guest: \$860	Member: \$870 Guest: \$1200

FITNESS SCREENING: Determine your fitness level and establish your personalized workout regimen. Measurements are taken for flexibility, muscular strength and endurance, general cardiovascular fitness and body composition.

Fee: \$20, or \$10 with YMCA Membership

BODY COMPOSITION TESTING: An excellent way to establish fitness goals. We use a skinfold caliper at various body sites to determine the percent of lean body mass.

Fee: \$10, or FREE with YMCA Membership



PICKLEBALL

Similar to tennis, Pickleball is played on a smaller court with wooden paddles and whiffle balls, and can be played and enjoyed by just about everyone! Join in the fun **every Wednesday from 10:30am-Noon at the Anniston Y Gym** for regular games. All skill levels welcome!



GROUP FITNESS CLASSES

The Y offers the widest variety of group fitness classes in the area. No matter your fitness level, we have a class to keep you motivated and achieve your goals. Class locations and schedules are available at ymcacalhoun.org/schedules, the YMCA of Calhoun County smart phone app, or at the YMCA Member Care Desk.

Group Fitness Classes are FREE to YMCA

Members, and only \$5 per class for YMCA Guests.

All Ball Cardio Sculpt: A fun and fast workout utilizing medicine balls, stability balls and more to work up a sweat and tone your body.

Aqua Zumba®: Splash, stretch, twist & shout in this low impact water workout with a Latin music beat.

Body Sculpt: Challenge yourself with a conditioning exercise using stability balls, medicine balls, bosus, tubing, bands, and weights.

BodyShred™: A high intensity, holistic resistance and endurance plan that explores your metabolic potential in just 30 minutes!

Mat Pilates: Gain strength in your core muscle groups without bulking up. This challenging class focuses on abdominals, back and shoulders. Great for posture and strength.

Pilates Cycle Combo: Get the best of both worlds. Work your core muscles for the first 30 minutes and finish off with a challenging 30 minute blast of cardio on the indoor cycle.

POUND™: Full body workout where drumming with lightly weighted sticks (Ripstix) challenges the stabilizer muscles and works all the large muscle groups during a series of intervals.

Power Hour: A great mix of sculpting exercises with cardio thrown in. A variety of equipment will be used, including body bars, steps, medicine balls, weights, and a whole lot more. Bring your towel, because you are sure to sweat!

Revolution Cycle: Oxford's spin room is glow in the dark fun! Class involves visualization of hills and valleys, including sprints and climbs. Fluorescent clothes and pumping music add to the fun. Bring a towel and be ready to ride!

R.I.P.E.D.: Resistance, Intervals, Power, Plyometrics, Endurance and Diet all play a part in this total body, high intensity style program, utilizing free weights, resistance and body weight. Bring a towel and plenty of water.

NEW! Senior Strength: Geared toward active older adults and their fitness needs. Concentration on general muscle strength and endurance utilizing balls, bands and weights. This class will help improve daily living.

Sunrise Cycling: A 45-minute indoor cycling class meant to motivate and give your body a very challenging workout. Classes will cover usage of bikes as well as bike safety. Great for all fitness levels.

TRX Rip Training*: Utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance and coordination challenges.

Water Fitness: Build muscle tone, improve metabolism, strength, balance, coordination, & range of motion, and relieve tension with low impact movements. Great for physical rehabilitation. Swimming ability is not a factor. Certified lifeguard on deck during class.

Yoga Flow: Great for flexibility, posture and balance. This class utilizes a sequence of yoga postures that will help you develop greater range of motion and flexibility. Excellent for beginners.

Zumba®: A fun, dynamic, high energy dance class that fuses Latin and International music for an effective and exciting way to get fit and shake off your worries.

Zumba® Toning: Combines targeted body sculpting exercises and high energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones.

*TRX Rip Training is a paid class: \$5 for YMCA Members, and \$10 for YMCA Guests. Class size limited to ten participants, and filled on a first come, first serve basis.

SilverSneakers®

The Y is the premiere SilverSneakers® fitness facility in Calhoun County. SilverSneakers® is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Regular participation in will help you build muscular strength, improve joint mobility, and increase cardiovascular endurance, leading to improved health and greater independence. Aside from daily classes, SilverSneakers® fitness membership includes access to our basic amenities including pool, private locker rooms & showers, indoor track, state-of-the-art fitness equipment, circuit training, and basketball & racquetball courts. Monthly socials include bingo, cornhole, pickleball, and more! Your membership may be available to you at little or no cost through your health plan. Visit silversneakers.com or speak to your health plan administrator for eligibility. For more information, contact Ann at 256.832.YMCA.



HEALTHY STEPS DIABETES PREVENTION PROGRAM

The Y Healthy Steps Diabetes Prevention Program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention. It is proven to help people with Prediabetes prevent or delay development of Type 2 Diabetes. As part of this program, you will work closely with a Certified Nurse Practitioner and Certified Personal Trainer to learn the skills you need to make lasting changes, including losing weight, being more physically active, and managing stress. Ask your doctor if the Y Healthy Steps Diabetes Prevention Program can help you achieve your lifestyle goals. Free to Prediabetes patients with a doctor referral.

Program begins Thursday, February 4 with weekly meetings through Thursday, March 24, followed by biweekly meetings: April 7, April 21, May 5 and May 19. (12 meetings total.) All classes meet from 5:30-6:30pm at the Anniston YMCA.

SPRING 5K RUN

The **Anniston Orthopaedics/YMCA of Calhoun County Spring 5K Run** will take you through historic downtown Anniston, with an awards ceremony and refreshments to follow. This race is an Anniston Runners Club Grand Prix Event.

WHEN: April 30 • Race Day Registration from 6:00-7:45am • Race Starts at 8:00am

WHERE: Anniston YMCA • 29 W 14th Street • Anniston, AL 36201

FEE: \$20 Early Bird Registration through April 16 • \$25 Registration after April 16

LIFEGUARD TRAINING

Open to anyone 15 years and older who can swim 300 yards continuously and retrieve a 10 lb. brick from the deep end of the pool, and swim back 20 yards. Individuals who successfully complete lifeguard training course receive certifications in American Red Cross Lifeguard, First Aid, CPR/AED for the Professional Rescuer, and Oxygen Administration. Participants must attend all classes.

WHEN: March 28-31 • 9am-4pm

FEE: \$195 per participant, or \$180 with YMCA Membership

WATER SAFETY COURSE

The Department of Human Resources requires all Foster Parents to attend and pass a water safety course. The YMCA offers these courses on an as-needed basis. To discuss and/or schedule a water safety course, contact Brandy at 256.238.YMCA.

ANNUAL SUPPORT CAMPAIGN

Each year the YMCA conducts an annual support campaign to help those who need it most by providing financial aid to youth, families, and seniors in our community. A 100+ volunteer team comprised of YMCA Board Members, YMCA Members, Community Leaders, and Corporate Partners come together to raise money for our community. All gifts are tax-deductible and remain right here in Calhoun County. Your gift today will give another individual access to YMCA programs tomorrow. Visit ymcocalhoun.org/give for more information.



VOLUNTEER

Did you know you can make a huge impact on our community, and make new friends, by volunteering at the YMCA of Calhoun County? Our members and staff are impacted every day by our volunteers. We have plenty of opportunities for those who wish to serve. For more information, apply online or contact us 256.238.YMCA.

MEMBERSHIP INFORMATION

My Y is Now Every Y in Alabama & Mississippi: Full Facility/full privilege YMCA members in Alabama and Mississippi now have the flexibility to use other Y facilities throughout these states, at no extra charge. Simply present your active YMCA membership card and photo ID at any participating YMCA and enjoy free access. For detailed information, visit our Member Care Desk.

Anniston YMCA Age Requirements

- Youth age 13 and younger must be accompanied by an adult member while using the facilities.
- Fitness Center open to age 16 and older. (Youth age 14-15 permitted after completing an orientation session.)
- Free Weight Room open to age 16 and older. (Youth age 14-15 permitted with parental supervision.)

Oxford YMCA Age Requirements

- Youth age 13 and younger must be accompanied by an adult member while using the facilities.
- Fitness Center open to age 16 and older. (Youth age 8-15 permitted after completing an orientation session. Must be accompanied by an adult member, and may use family fitness equipment as marked.)
- Free Weight Room open to age 16 and older. (Youth age 14-15 permitted with parental supervision.)

Membership ID Card: All members are required to present a membership card for admittance to the facility. Replacement cards are available for \$5 per card.

Guest Policy: Residents of the community who are not members of the YMCA are welcome to visit our facility for a daily guest fee of \$9. Any guest fee paid within a 30-day period of joining may be applied toward a YMCA membership. All guests must have proper identification while in the YMCA of Calhoun County facilities.

Always Welcome at the YMCA: The AWAY program allows you to use your YMCA of Calhoun County membership at other Ys across the United States for free, or at visiting member rates, depending on the visiting Y policies. YMCA of Calhoun County welcomes active members from other YMCAs with proper identification to utilize our facilities according to guest policy.

MEMBERSHIP TYPE	One-Time Joining Fee	Monthly Fee	Age Requirement
Adult	\$75	\$46	23-59
Family	\$100	\$66	23-59
Single Parent	\$75	\$57	23-59
Senior Adult	\$50	\$44	60 & up
Senior Family	\$75	\$60	60 & up
Student	\$15	\$30	14-22
Youth	FREE	\$15	0-13

Scholarship Assistance Available from funding by YMCA Annual Campaign donors.

WINTER & SPRING FACILITY HOURS

December 15, 2015 – April 30, 2016

ANNISTON YMCA

Mon–Thu: 5:30am–8pm • Fri: 5:30am–7pm

Sat: 7am–3pm • Sun: 1–5pm

Christmas Eve: 5:30am–Noon

Christmas Day: CLOSED

New Year's Eve: 5:30am–Noon

New Year's Day: CLOSED

OXFORD YMCA

Mon–Thu: 5:30am–9pm • Fri: 5:30am–7pm

Sat: 7am–3pm • Sun: 1–5pm

Christmas Eve: CLOSED

Christmas Day: CLOSED

New Year's Eve: 5:30am–Noon

New Year's Day: CLOSED

The Y.™ For a Better Us.™



United Way of East
Central Alabama



YMCA of Calhoun County

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