

IRONMAN CHALLENGE



Here's how it works:

You or your team can take the Iron Man Challenge. **You have 30 days to complete a full Iron Man:**

- ⇒ 0.6 miles of swimming a week. (About 10 laps)
- ⇒ 28 miles biking
- ⇒ 6.5 miles running or walking

You may accumulate these miles at the YMCA or outside of the YMCA. You will have to log your miles inside at the Wellness Desk.

There are two ways to compete:

- ⇒ **Individual Participant:** One person will complete the full Iron Man in 30 days
- ⇒ **Team Participants:** 3 people to a team - One Swimmer - One Biker - One Runner or Walker will complete the full Iron Man in 30 days

Participants will set a weekly goal and if your goal is reached, you will receive a small prize. If they meet the full Challenge, you will receive a cool Iron Man Tank Top, a gift card and your name will be entered to win the *grand prize basket*:

- ◆ Three sessions with a personal trainer, goggles, beach towel, energy bars, and one *free* paid class for a session.

The Iron Man is a fun challenge that will motivate you, help with weight loss through conditioning the body with cross training, help discipline yourself, and work with others that have the same passion that you do. This challenge will also be great training if you would like to do a real Iron Man or Sprint Triathlon in the near future. To have a goal and reach that goal is an awesome feeling.



JUNE 7 - JULY 8

Registration begins:
May 24 YM May 31 PM

Fees:
\$20 YM \$60 PM

PM's receive a full membership for 30 days (*discounted fees on programs*)

INDIVIDUALS MAY PARTICIPATE
TEAMS ARE ENCOURAGED!

Have you heard of the Iron Man Competition? In Kona, Hawaii, and other parts in the world, hundreds of athletes train for months to compete in this gratifying challenge.

The race consists of:

- ◆ 2.4 mile swim in the ocean
- ◆ 112 mile bike ride
- ◆ 26.2 mile run.

This is all done consecutively, without rest.

Does this sound hard?

Yes, but we have made it easy but challenging enough for everyone. Just take a LOOK!



Decatur County Family YMCA

1301 Kathy's Way

Greensburg, IN 47240

812.663.9622

We build strong kids, strong families, strong communities



Session 4

Session 5

Monday June 7 -Sunday July 18, 2010

Registration: May 24 YM May 31 PM

\$5 Discount Registration Time Frame ends June 6

Break Week: July 19-25

Monday July 26 -Sunday Sept. 4, 2010

Registration: July 12 YM July 19 PM

\$5 Discount Registration Time Frame ends July 25

Break Week: Sept. 5-12

We will be closed May 30 & 31, July 4th, and Sept. 5 & 6

Hours

BUILDING HOURS

Monday-Friday 6 am-9 pm
Saturday 8 am-5 pm
Sunday 1 pm-5 pm

WELLNESS CENTER

Monday-Friday 5 am-9 pm
Saturday 8 am-5 pm
Sunday 1 pm-5 pm

AQUATIC CENTER

Monday-Friday 6 am-8:30 pm
Saturday 9 am-4:30 pm
Sunday 1 pm-4:30 pm



Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind and body for all



Membership

Types of Membership

- FAMILY:** Husband and Wife and all members of immediate family included as dependent children. Dependent children are those children through the age of 23 and enrolled in school full time.
- ADULT:** Any person 18 years of age or older.
- SENIOR CITIZEN:** Any person 62 years of age or older.
- STUDENT:** Children in grades Preschool-12

Membership Rates

	Monthly	Annual	Joiner's Fee (applies to all new memberships)
Family	\$49.00	\$588.00	\$125.00 or 10.45/month for 12 payments
Adult	\$29.75	\$357.00	\$125.00 or 10.45/month for 12 payments
Senior Citizen	\$26.00	\$312.00	\$125.00 or 10.45/month for 12 payments
Student	\$11.00	\$132.00	\$50.00

Guest passes are available to those who wish to use our facility for the day without joining. Price is per visit
 Adult \$7.00 Family \$12.00 Youth (Preschool-Grade 12) \$4.00

Membership Information

All annual memberships are valid one full year from the date of purchase, are non-refundable and are not transferable. The annual rate is payable by cash, check, Visa, MasterCard, or American Express. A membership paid by bank draft is considered continuous. No renewal notices will be sent, and drafts will continue until the member requests and signs a termination of membership. **Cancellation of memberships must occur in writing at least 15 days prior to draft date.** No refunds will be made. The member will be informed in writing 30 days prior to any changes in monthly draft rates, indicating the new monthly draft amount. A one-time assessment fee called the Joiner's Fee goes toward the Capital Improvement Fund and must be paid with each member's payment. A Y Member that terminates their membership will have a 1 year grace period during which they can rejoin without paying the Joiner's Fee. After 1 year, the former members has 4 years to rejoin and pay only 1/2 of the Joiner's Fee. If the membership lapses for more than five years, the full Joiner's Fee will be assessed when it is renewed.


Scholarships

The YMCA has a scholarship program to assist members of our community to take advantage of all the YMCA has to offer. The program is based on the income level of the applicant and the availability of funds raised through our Annual 'Invest in Youth' Campaign. For information on our scholarship program or on how you can assist by contributing to our Campaign, please stop by the Front Desk or call 663-9622.

Nursery

The child watch area is available for children of members and program members who use the facility. Parents must remain on YMCA premises. All attendants in the child watch area are CPR, AED, and First Aid Certified. They also attend a Child Abuse Prevention seminar.

Day Hours:	M/W/F 8:30-11:30	T/TH 8:00-11:30	Sat 9:00-11:00
Evening Hours:	Mon-Fri 5:00-8:00		
Daily Fees:	\$1/child YM	\$2/child PM	
20 visit card:	\$10/child YM	\$20/child PM	

Register early for \$5 discount on select  classes

Special Interest

Special Wellness Programs

The Decatur County Family YMCA offers unique programs that promote life-long health and wellness. Keeping illnesses to a minimum, reducing and/or eliminating cardiovascular disease risk factors and improving quality of life are our main goals. Some of our health and wellness programs are supported through collaborations with other community health organizations and corporate sponsors. We strive to produce programs that improve one's overall health and well-being.



Decatur County on the MOVE

September 25th– October 1st

Activate America is the YMCA's national initiative to provide better opportunities for people of all ages to become more active and learn to lead a healthier lifestyle in spirit, mind and body. We invite everyone in our community to "Get Moving More and Eating Less." A health fair on Saturday, September 25th will kick-off the week, providing FREE Pedometers with registration on this date. Look for more details throughout the YMCA and your local media.



DECATUR COUNTY FAMILY YMCA Bike for Youth Saturday, August 28th, 2010

Non-Competitive Bike Ride to Raise Money for Scholarships



A great way to give back to kids and families in need,
have fun, keep your family active
and challenge yourself!

Registration Fees:
 \$10 Early Registration by 8/25/10
 \$15 after 8/25/10
 \$3 Infant-2 yrs old
 \$5 Students (preschool-12th grade)

Highlights:

- Starts and finishes behind Greensburg Elementary School
- Commemorative Water Bottle with Registration
- Water, Snacks, and Restrooms are available at start and finish
- Hills and Flat Course
- Volunteers along Course
- Map of the Ride will be available on our website closer to time of event

Schedule of Events:
 9:00 am– Out in the Sticks
 (26 mile-ride)
 9:10 am– Mean 13
 (13 mile-ride)
 9:15 am–Family Fun Ride
 (3 mile-ride)

Special Interest

LOSING TO WIN TEAM CHALLENGE

Sept. 13—Nov. 8



Are you feeling heavy or out of shape? Are you tired all of the time? Or maybe you have hit that exercise wall and are not seeing progress with your weight loss endeavor. Why not join the "Losing to Win" team challenge? Sign up in teams of 2 or more or as an individual. Let us help you believe in yourself, giving you the tools you need with:

- Individual Assessments
- Nutrition and Wellness Classes
- Personalized Weekly Routines
- Weekly Individual / Team Challenges
- Weekly Boot Camp Classes
- Weekly Weigh-In (Prizes will be given with best % of wt loss!)
- T-Shirt to all who make 6 out of 8 Weigh-Ins (Must come to final weigh-in)
- Cash or membership prize to 1st, 2nd, & 3rd place

Initial Weigh-In Dates

September 13 & 14
5:00-6:00 am
8:00-10:00 am
11:15-11:45 am
5:00-7:00 pm

Fees: \$20 YM \$80 PM

22ND ANNUAL CORPORATE CHALLENGE

The Decatur County Family YMCA is offering its 22nd Annual Corporate Challenge on August 10th, 12th and 14th for the businesses and organizations of Decatur, Shelby, Ripley, Franklin, and Bartholomew Counties. Awards will be given for individual events and to the top teams.



Swimming

Billiards

Volleyball

Basketball

Prediction 5k



Corn Hole

Dodgeball

Euchre

Ping-Pong

...and Much More!

The three-fold purpose of the YMCA's Corporate Challenge is:

1. To increase employee health and fitness
2. To build employee pride and dedication
3. To develop community spirit

Information Meeting: June 16th, 6:00 pm
Team Registration Deadline:
July 16th, 2010

Corporate Partners

Many companies and organizations have a Corporate Partnership with the Decatur County Family YMCA. We applaud these businesses for recognizing the importance of a healthy employee!

K B Specialty Foods
PrintPack

Shirk's International
Greensburg Daily News

Corya Pork Farms
Pike Lumber Co.

Valeo Engine Cooling
Delta Faucet

Decatur County Memorial Hospital
Ag Production Enterprises

WTRE Radio
MainSource Bank

Decatur County employees
Quinco

Knauf Fiberglass

GECOM Corp.

Southern Indiana Orthopedics

Class Policy

The YMCA reserves the right to cancel published classes for lack of enrollment. In these cases, participants registered a full refund. Program Staff will contact the participant to notify them of the cancellation and ask which option (credit or refund) they would like. Refunds take up to two weeks to process.

In the event the YMCA cancels a class due to a special event or inclement weather, either a credit or refund will be available or a make-up will be scheduled. The YMCA will make every effort to make-up cancelled classes in these instances. Only in the event that a make-up cannot be scheduled will a credit or refund be available (extenuating circumstances will be taken into consideration on a case by case basis).

Participants that miss schedule classes due to vacation, illness or conflicting obligations will not be eligible for refunds/credits. Cases of extreme illness or injury will be decided on a case by case basis.

General Info

Facility Use Guidelines

1. Parents are responsible for the actions of their children. Appropriate supervision is required.
2. Proper attire must be worn at all times in all YMCA program areas.
3. Food and drink (except water) are not permitted in YMCA program areas at any time.
4. The Decatur County Family YMCA is a smoke-free campus

Age Requirements

General: Youth under the age of 10 must be accompanied at all times by a parent, guardian, or responsible adult 18 years of age or older, unless involved in a YMCA class or supervised activity. Youth age 10-12 are permitted in designate areas of the YMCA as long as a parent, guardian, or responsible adult remains on the YMCA premises.

Gyms: 10 years of age and older. For youth ages 10-12, a parent must be on the premises. Parent must accompany children younger than 10 year old.

Swimming Pool: 10 years of age and older. For youth ages 10-12, a parent must be on the premises. Parent must be in the water with children under the age of 6.

Sauna: 18 years of age and older.

Whirlpool: 16 years of age and older.

Indoor Walking/Running Track: 8 years of age and older. Youth 8-12 years of age are permitted on the track when accompanied by the parent. Children under 8 years of age are not permitted on the track at any time.

Wellness Center: 10 years of age and older. For their safety, youth 10-17 years old must receive prior orientation from staff and youth 10-12 years old must be accompanied at all times with parent or guardian.

Free Weight Area: 15 years of age and older. Youth 15-17 years old must have an orientation and sign parent/teen waiver.

Y-Zone: 10 years of age and older. During those times when the Y-Zone is staffed, children ages 6-9 may be signed in and out by a parent. Parents must remain on the premises at all times.

Racquetball/Walleyball Court: 13 years of age and older. Youth under the age of 13 are permitted in the racquetball court when accompanied by a parent.

Battling Cages: Youth 15 and under must be accompanied by a responsible adult 18 years of age or older.

Preschool

We provide a Christian atmosphere with music, cooking, science, painting, swimming, gym, social studies, and more. Registration fees are non-refundable. Fees are due the first day of each month. A \$12 late fee will be applied if payment is made after the first of the month. Registration begins January 11th for 2010-2011 school year.

Non-Refundable Registration Fees: \$50 YM \$65 PM
 2-Day/Week Fees: \$65 YM \$75 PM 3-Day/Week Fees: \$85 YM \$95 PM

After School

This program offers children ages 5-12 years old a fun, safe place to go after school while their parents are still at work. The children are transported to the YMCA from Greensburg Elementary and North Decatur. The YMCA offers homework help, crafts, swimming, and gym activities. We follow the Greensburg Community School calendar and provide care on half-days and full-days when school is not in session.

Meets: Monday-Friday 3:30-6:00 pm
 Weekly Fees: \$28 YM \$38 PM Half Day Fees: \$10 YM \$12 PM Daily Fees: \$7 YM \$9 PM

Camps

Summer Day Camp starts June 7th and runs for 10 weeks. Come enjoy crafts, swimming, field trips, games, weekly themes and much more!! Ages 6-12. Monday—Friday 7 a.m. - 6 p.m.

Fees: \$90 per week YM \$110 per week PM
 \$22 per day YM \$32 per day PM

Registration starts March 22nd. Sibling discounts available.

"Little Big Kids" Camp This camp is a great way to keep your 3-5 year old active this summer. "Little Big Kids" starts on June 14th and runs for 9 weeks. Come and join the fun at the YMCA! Enjoy crafts, games, swimming, outdoor fun and reinforcement of Pre School skills. Monday—Friday from 9 a.m.- 4 p.m.

Pre Camp: 7 a.m. - 9 a.m. Post Camp: 4 p.m. - 6 p.m. \$5 additional for either Pre or Post Camp.

Both Pre and Post Campers will be with the Summer Day Camp Program.

Fees: \$80 per week YM \$100 per week PM
 \$20 per day YM \$30 per day PM

Registration starts March 22nd. **\$2.00/day REGISTRATION FEE FOR ALL CAMPS.** Registration Fee must be paid by the Friday prior to week attending to receive a discount off weekly fees. **FREE** Tote sponsored by Honda will be given to the first 100 children who are registered!

NEW!! Summer Sports Camps: Ages 6-13 Each of our sports camps will be packed with fundamentals, skills, and drills that are fun! Whether your child is a beginner or an accomplished player, all participants will be challenged to learn and maximize their potential in this fun and structured program.

June 21-24 Baseball (9am-12pm) Fees per week: \$45 YM \$60 PM
 July 12-15 Basketball (9am-12pm)
 July 19-23 Tennis (9am-11am or 12pm-2pm, based on age)
 July 26-29 Golf (9am-11am or 12pm-2pm, based on age)



Special Interest



Safe Sitter Class The Safe Sitter course is designed for 11-13 year olds (we cannot make any exceptions to the age requirement). Students will learn essential babysitting skills for both themselves and the child, and how to care for a choking child. Students will need to bring their own lunch.

Date: June 18th, 9:00am –3:00pm

Fees: \$30 YM \$40 PM

Registration deadline: June 13th

CPR and First-Aid Certification Classes

Date: August 21st:

Time: CPR Certification Course: 9:00 am-12:00 pm,

First Aid Course 1:00– 4:00 pm

Price: (Per Course) \$25 YM \$35 PM



Bible Study: Join us every Tuesday morning for fellowship.

Women of all ages! Study Meets: 9:00-10:00 am

Senior Co-Ed Study Meets: 10:30-11:45 am.

Fun For All!

Flick-N-Float Enjoy a movie while floating around in our pool! Bring your float and enjoy the show! Registration limited to the first 50. All ages welcome!

Date: September 11th 5:00 pm

Who: All Ages!!!

Price: Free YM (registration required) \$1 Pool Pass PM



Junior High Night at the YMCA Activities include: volleyball, basketball, dance-dance revolution, games, music, dancing and refreshments available for purchase. FREE pencil pouch to the first 50 registered!

Date: September 11th 7:00-9:30 pm

Price: \$3 YM \$5 PM

Parents Night Out: Parents, bring your kids to the YMCA for an evening of fun while you enjoy an evening out! See a movie, go out for dinner, or get some shopping done! The time is yours! Do anything you want! Your kids will be able to swim, play games, watch a movie, eat pizza, and more!

Ages: 5-12 years old

Dates: Sept. 10th, Oct. 8th, Nov. 12th, Dec 10th

Time: 4:00-9:00 pm

Fees: \$15 YM \$25 PM

**REGISTRATION DEADLINE
 WILL BE NOON ON THE DAY
 BEFORE.**



YM = YMCA Member PM = Program Member

www.decalurcountyfamilyymca.org

AOA



June 23rd– N.A. Noel Art Studio, Zionsville, Indiana

Enjoy an informative and captivating tour covering a brief history of the renovated church, the stories behind the artwork of Nancy Noel, how she became an acclaimed artist and the impact of her work. Following the tour, we will have lunch in the restaurant at The Sanctuary. The chef, Ghyslain Maurais is originally from Quebec, Canada. He has worked in both London and New York City and specializes in pastries and chocolates.

Depart YMCA 9:30 am, Return approximately 3:00 pm

Fees: \$60 YM & AOA member \$65 YM \$70 PM



July 28th & 29th– Overnight trip to Louisville, Kentucky

This trip will include a tour of the Louisville Slugger Museum and a Dinner Cruise on the Ohio River aboard the "Spirit of Jefferson" on Wednesday. Thursday will begin with breakfast at the hotel, followed by a tour of the Kentucky Derby Museum. We will have lunch at the Derby Café before beginning the trip back to the YMCA.

Depart YMCA: 8:30 am, Wednesday, July 28th

Return YMCA: approximately 5:00 pm, Thursday, July 29th

Fees: \$350 YM & AOA member \$375 YM \$400 PM

(Fees include all transportation, tickets, meals and lodging. Lodging is based on double occupancy.)



August 15th– Garrison Keillor at Conner Prairie, Indianapolis

Join host Garrison Keillor, Nickel Creek's Sara Watkins, the Guy's All-Star Shoe Band, and sound effects man Fred Newman for tender duets and ballads, poetry (Poe, Shakespeare, Anonymous), stories of passion and marriage and Mr. Keillor's intermission walk through the audience for the sing-along of "Unchained Melody" and "Can't Help Falling in Love with You." All this and favorite elements of *A Prairie Home Companion*– Guy noir, Dusty and Lefty and the News from Lake Wobegon– during an entertaining date night for all ages.

Depart YMCA: 4:00 pm

Silver Sneakers



COMING EVENTS!



MAY'S EVENT

Lunch at High Point Orchard

DATE: Thursday, May 20th

TIME: Depart YMCA: 10:30 am
Return to YMCA: 2:00 pm

FEE: \$10 (includes a lunch and a fun bus ride to and from the YMCA)

Reserve your spot today! Register at the front desk!

JUNE'S EVENT

Ice Cream Social

June 22nd at the YMCA

I scream, you scream, we all scream for ice cream!

PLUS: Special Added Entertainment!

The Harp & The Saw!

Caroline Cleland will entertain us with her healing harp, and Maxine Hayes will amaze us with her musical saw!

Youth Classes



NEW!! Tennis Lessons at Lake Santee: Ages 5-11 Enjoy new scenery and improve skills, footwork and accuracy! Lessons focus on development of both fundamental and athletic aspects of tennis.

Meets: Ages 5-7, Saturdays 9:30-10:15 am

Fees: \$25 YM \$45 PM

Ages 8-11, Saturdays 10:15-11:00 am



Semi-Private Pitching Lessons: Ages 8-18. Baseball pitching instruction through a variety of pitching drills.

Taught by former college baseball player and coach. These lessons can be flexible for your schedule and will have a 2-person limit for each 30-minute lesson. The following fees are based on 6 lessons and can be done throughout the summer.

Fees: \$40 YM \$80 PM



Session 4 Little Aces: Ages 3-5 Now your child can learn the lifelong game of tennis using a foam ball. The foam ball moves slower, bounces lower and travels less distance to help learning, focusing on grip, footwork and fun.

Meets: Tuesday 5:15 –6:00 pm

Fees: \$30 YM \$50 PM



Session 4 Little Runners: Ages 3-5 Children can learn how to hurdle, run, throw, and jump in this track and field based class.

Meets: Wednesday 5:15 –6:00 pm

Fees: \$30 YM \$50 PM



Session 5 Little Kickers: Ages 3-5 Little Kickers is a soccer based class that will help teach basics like dribbling, passing and shooting.

Meets: Wednesday 5:15 –6:00 pm

Fees: \$30 YM \$50 PM



Session 5 Little Tacklers: Ages 3-5 Learn how to run, throw and catch footballs like the big kids in this safe flag football instructional class.

Meets: Saturday 11:15 am –12:00 pm

Fees: \$30 YM \$50 PM



Jujitsu: Ages 6 and up Jujitsu is a form of martial arts that develops coordination, balance, strength, memory, discipline and confidence, as well as the YMCA's core values.

Meets: Mondays and Wednesdays 6:00-7:00 pm

Fees: \$55 YM \$80 PM



Tumbling Tots: Ages 3-5 Teaching the children the basic skills of tumbling, balance, flexibility and coordination.

Meets: Saturday 11:15 am –12:00 pm

Fees: \$30 YM \$50 PM

Intermediate Tumbling: Ages 6-9 For cheerleaders–teaches cartwheels, round offs, back walkovers and back handsprings.

Meets: Saturday 12:15—1:00

Fees \$30 YM \$50 PM

Youth Leagues



T-Ball League: Ages 3-6 The YMCA is a great place to start learning about America's game. Games and practices are instructional and winning is not considered.

Practices: Various times and nights

Fees: \$40 YM \$60 PM

Games: Saturday Mornings



NEW!! Session 4 Youth Dodgeball League: ages 8-13 Teams of 6 will be selected and will compete in weekly dodgeball games.

Meets: Monday Evenings

Fees: \$20 YM \$40 PM

Adult Leagues

3 on 3 SUMMER SLAM Basketball Tournament: Ages 18+ Saturday July 17th at 12pm Come enjoy a full night of fun at our 3 on 3 tournament. Please do not wait until the last minute to register, this event has limited space. The number of participants will determine prizes for the winners.
Registration ends Wednesday July 14th Fees: \$45 per team

3 on 3 Adult Basketball League: Ages 18+ This is a great program for adults that want to play in a relaxed and competitive atmosphere. Roster size: 3-5 players. 10 game season + tournament. Registration deadline is July 22nd.
Meets: Tues night games Fees: \$100/Team + \$10 per additional PM

5 on 5 Adult Basketball League Double Session: Ages 18+ Form a team and compete in this fun and competitive league. Open divisions assigned by Program Director. Roster size: 5-12 players. 10 games guaranteed, league includes a tournament. Games start June 13th. Registration ends June 7th.
Games Played: Sunday Fees: \$400/Team + \$10 per additional PM
Captain's Meeting: Wednesday, June 9th 6:00 pm

Racquetball League Ages: 16+ This 6 week league is fast paced and flexible. Try out the court and find out what all the buzz is about. Divisions based on skill. There will be a free racquetball clinic on May 31st for any beginners who would like to take up a new sport to stay in shape.
Meets: Various Nights Fees: \$25 YM \$45 PM
Player's Meeting: Session 4, Monday June 7 7:00 pm
Session 5, Monday July 26th 7:00 pm

Open Gym Ages: 18+ Want to play some hoops but don't want to hassle with getting a team for a league? Then this is your chance to **PLAY BALL!**
Lunch Time: Mon, Wed, Fri 11:30 am-1:30 pm Fees: FREE YM \$4 PM
Night Ball: Wednesday 7:00-9:00 pm Fees: \$1 YM \$3 PM

NEW!! Open Volleyball: Ages 16+ This program is for members and non-members who would like to play pick-up style volleyball games. It is a great time to meet other members and increase your volleyball skills.
Meets: Every Thursday 6:30-8:00 pm Fees: FREE YM \$3 PM

Batting Cages

Batting Cages are now open! Hours of operations are same as the building hours (see front cover). Tokens can be purchased at the front desk. Bats and helmets are also available at the front desk. Teams are welcome. Batting cages reservations and rentals are now available.
Fees: 2 tokens for \$1.00 YM and 1 token for \$1.00 PM

New Adult Classes



NEW!! One-on-One Boxing Training Have you ever wanted to learn to box? Now is your chance. The YMCA is now offering Personal Boxing Training. Seth Enneking, currently an amateur boxer, is offering one on one personal instruction by appointment. He won the title of Indiana Golden Gloves Heavyweight Champion in 2008. For more information, contact Deena Hamer or Seth Enneking. Fees are the same as all other personal training fees.

Register early for \$5 discount on select **Y** classes

Health & Well Being

WAYS TO WIN AT LOSING

Don't try any fad, crash or omission-style diet.

Find your motivator, such as a photo of yourself!

Organize your kitchen so that healthy foods are visible.

Get on the scale. Better yet, have someone else weigh you!

Fuel yourself adequately so you don't have post exercise pig-outs.

Eat smaller, more frequent meals. Keep a food log. Limit liquid calories.

Having trouble staying focused on your healthy lifestyle goals? Try these easy steps to get you back on track!



Personal Training

"Change is the essence of life. Be willing to surrender what you are for what you could be-

Deena Hamer / Seth Enneking / Laura Huff

Personalized programs include:

- Cardiovascular training / Intervals
- Weight Loss
- Sport Specific Training
- Strength/Toning/Body Building
- Pilates/Yoga
- Functional Bands
- Self Myofascial Release (SMR)



Why work with a trainer? You will be connecting with a professional, who is committed, educated, and caring. Your trainer will use a variety of methods to create a program that focuses on meeting your individual lifestyle goals. Whether you are new to exercise or an athlete, our trainers can make a difference!

Your trainer will assess your previous and present fitness level, review your goals, and develop customized workouts for you. Stop by or call to schedule your FREE consultation today!

All sessions expire 6 months from date of purchase.

30 min Fees:	YM	1-session \$20	3-sessions \$55	6-sessions \$112	9-sessions \$165
	PM	1-session \$40	3-sessions \$112	6-sessions \$225	9-sessions \$325
60 min Fees:	YM	1-session \$30	3-sessions \$85	6-sessions \$168	9-sessions \$240
	PM	1-session \$50	3-sessions \$142	6-sessions \$285	9-sessions \$415

Duo or Trio Program: Y Members Only Have a custom routine designed for you and a friend or two. Your 1 hour routine will be designed for two to three friends so you can get the most out of your workout together at the same time.

1 Duo Session: \$40 1 Trio Session: \$50 Packages also available

Fitness Profiles

SKIN FOLD ANALYSIS: Skin fold test will determine body fat percentage. Choose from either a 4 or 7 site test. If you are working to build body mass or are very athletic, this test is for you. Great for tracking strength training progress.

By Appointment Only

Fees: \$10 YM \$20 PM

FITNESS TESTING: Separate testing protocol for ages 15-60 and 60+ consisting of: Blood Pressure, Cardiovascular, Strength, Flexibility

By Appointment Only

Fees: FREE YM \$20 PM

Health & Well Being

FREE TO OUR MEMBERS

Day	Class Times	\$ YM	\$ PM
MON	11:00-11:30 am 30-Minute Café	FREE	\$ 45.00
	6:30-7:30 pm Power Hour	FREE	\$ 45.00
TUES	8:15-9:15 am Power Hour	FREE	\$ 45.00
	9:30-10:30 am Silver Sneakers Cardio Combo Class	FREE	\$ 45.00
	11:00-11:30 am Rock Bottom	FREE	\$ 45.00
WED	6:30-7:15 pm Step-N-Toning	FREE	\$ 45.00
	10:15-10:55 am Silver Sneakers Yoga Stretch	FREE	\$ 45.00
THURS	11:00-11:30 am Core Pole	FREE	\$ 45.00
	8:15-9:15 am Power Hour	FREE	\$ 45.00
	11:00-11:30 am Step-N-Toning	FREE	\$ 45.00
	6:30-6:45 pm Ab Control	FREE	\$ 45.00
FRI	6:45-7:30 pm Extreme Strength	FREE	\$ 45.00
	10:30-11:25 am Silver Sneakers Cardio Combo Class	FREE	\$ 45.00

Ab Control: A 15-minute class that focuses on nothing but your abs. Work your upper and lower abs, obliques, and back in just 15 minutes!

Meets: Thursday 6:30-6:45 pm

Fees: Free YM \$45 PM

Core Pole: This class will help to develop core muscles by using resistance bands connected to a pole. Class size is limited due to the quantity of bands available.

Meets: Wednesday 11:00-11:30 am

Fees: Free YM \$45PM

30-Minute Café: A little cardio, a pinch of weight training, and a few crunches to tone the core. You will not be disappointed!

Meets: Monday 11:00-11:30 am

Fees: Free YM \$45 PM

Power Hour: Get a full hour of intense strength and toning using a variety of equipment that will give your metabolism the boost you need.

Meets: Mon 6:30-7:30 pm / Tues 8:15-9:15 am / Thurs 8:15-9:15 am

Fees: Free YM \$45 PM

Step-N-Toning: Step up to fitness with this creative, challenging choreographed workout that will improve cardiovascular fitness and muscle tone.

Meets: Tues 6:30-7:15 pm

Fees: Free YM \$45 PM

Rock Bottom: Looking to shape your legs and firm those glutes? Then this 30-minute workout is for you. Join us for this low body pump and get the rock bottom that you have been looking for.

Meets: Tues 11:00-11:30 am

Fees: Free YM \$45 PM

YM = YMCA Member PM = Program Member

Register early for \$5 discount on select  classes

Aqua Aerobics

Y Deep Water Aerobics Ages: 18+ Non-impact class for all fitness levels performed in deep water. Floatation belts available. AOA Members receive \$2 discount
Meets: Mon & Fri 6:15-7:00 am Fees: \$20 YM \$50 PM

Y Aqua Arthritis Ages: 18+ This shallow water class is for participants with arthritis, fibromyalgia, or physical injuries. AOA Members receive \$2 discount
Meets: Tues & Thurs 9:00-9:45 am Fees: \$20 YM \$50 PM

Y 1/2 and 1/2 Ages: 18+ This class utilizes various equipment to tone upper and lower body as well as abs and lower back. AOA Members receive \$2 discount
Meets: Mon, Wed, Fri 4:00-5:00 pm Fees: \$25 YM \$70 PM

Y Aquafit/Waterworks Ages: 18+ Shallow water class that utilizes a variety of cardiovascular exercises to get your blood pumping. AOA Members receive \$2 discount
Meets: Mon, Wed, Fri 9:00-9:45 am Fees: \$25 YM \$70 PM

Aquatics Aerobic Class Card This card allows you to attend 10 aqua aerobic classes of your choice during a normal session for only \$55!

Swim Lessons

Y Waterbugs Ages: 6 mo.-3 years Designed to develop water adjustment skills. Great program for parent-child bonding.
Meets: Saturday 9:30-10:00 am Fees: \$20 YM \$45 PM

Y Pikes/Eels Ages: 3-5 years Class is structured to teach children lead-up skills, basic swim skills, games, and water safety. Focus is given to social interaction between the child, instructor, and peers.
Meets: Tues & Thurs 4:30-5:00 pm Fees: \$25 YM \$85 PM
Meets: Saturday 10:00-10:30 am Fees: \$20 YM \$45 PM

Y Polliwog/Guppy Ages: 6+ Designed to teach youth and adults basic strokes and improve stroke technique through all progressions. Fundamentals of water safety, first aid, and CPR will be taught as participants progress toward advanced levels.
Polliwog Meets: Tues & Thurs 5:00-5:30 pm Fees: \$25 YM \$85 PM
Guppy Meets: Tues & Thurs 5:00-5:30 pm Fees: \$25 YM \$85 PM

Y Masters Swim Program Ages: 16+ Improve your strokes, get in shape or compete with other swimmers who want to be successful...This program is for you!
Meets: Tues & Thurs 6:15-7:15 am Fees: \$25 YM \$45 PM

Lifeguard Certification Class Ages: 16+ Improve your strokes, get in shape or compete with other swimmers who want to be successful...This program is for you!
Meets: Saturday, July 31 8:30 am-5:00 pm Fees: \$180 YM \$200 PM
Sunday, August 1 1:00-8:00 pm
August 2-6, 4:00-8:00pm

Y Lake Santee Swim Lessons: Ages 6-10 Enjoy the setting of Lake Santee while learning and developing water skills.
Meets: Thurs 5:30-6:15 pm Fees: \$25 YM \$45 PM

www.decalurcountyfamilyymca.org

PAID CLASSES

Day	Class Times	\$ YM	\$ PM
MON	8:15-8:45 am BOSU Total Body Sculpt	\$ 15.00	\$ 45.00
	10:15-11:00 am Pilate Ball	\$ 15.00	\$ 45.00
	11:00-12:00 50+ Strength & Stretch (2 day/week class) *in wellness center	\$ 32.00	\$ 65.00
	12:15-1:00 pm Pilates w/Props (2 day / week class)	\$ 25.00	\$ 55.00
	5:30-6:30 pm Box N Sculpt (2 day / week class) *in blue gym	\$ 35.00	\$ 65.00
	5:30-6:30 pm Yoga	\$ 15.00	\$ 45.00
	7:00-8:00 pm Jujitsu	\$ 55.00	\$ 80.00
TUES	9:15-10:45 am STC (Strength Training Club) (2 day / week class) *in wellness center	\$ 32.00	\$ 65.00
	4:15-5:00 pm Pilate Fusion (2 day / week class)	\$ 25.00	\$ 50.00
	5:30-6:30 pm Yoga	\$ 15.00	\$ 45.00
WEDS	11:00-12:00 50+ Strength & Stretch (2 day / week class) *in wellness center	\$ 32.00	\$ 65.00
	12:15 -1:00 pm Pilates w/Props (2 day / week class)	\$ 25.00	\$ 55.00
	4:15-5:00 pm Buff / Bike / Balance	\$ 25.00	\$ 50.00
	6:30 -7:30 pm Yoga	\$ 15.00	\$ 45.00
	7:00-8:00 pm Jujitsu	\$ 55.00	\$ 80.00
THURS	9:15-10:45 am STC (Strength Training Club) (2 day / week class) *in the wellness center	\$ 32.00	\$ 65.00
	4:15 -5:00 pm Pilate Fusion (2 day / week class)	\$ 25.00	\$ 55.00
	5:20 - 6:20 pm Beginner / Intermediate Yoga	\$ 15.00	\$ 45.00
	5:30-6:30 pm Box N Sculpt (2 day / week class) *in blue gym	\$ 35.00	\$ 65.00
FRI	9:30 -10:15 am Building Better Balance & Flexibility	\$ 25.00	\$ 45.00
	11:30 -12:15 Beginner Pilates	\$ 15.00	\$ 45.00

Yoga Practicing yoga will help you discover how the mind and body unite in a harmony of movement and coordination. Mental focus, while concentrating on breathing, will improve tension and stress, and strengthen the lungs. Yoga is extremely beneficial for any age. The practice helps our spine become more flexible, and our joints to function better. Muscles will work smoothly and more efficiently. There are many other benefits, like weight loss, improved circulation, relief from insomnia, headaches, backaches, improved balance, posture, asthma, improved concentration, and more.

Meets: MON. 5:30-6:30 pm TUES. 5:30-6:30 pm WED. 6:30-7:30 pm THURS. 5:20 - 6:20 pm
 Fees: \$15 YM \$45 PM Fees: \$15 YM \$45 PM Fees: \$15 YM \$45 PM Fees: \$15 YM \$45 PM

Box-N-Sculpt Get lean, lose weight, increase stamina and challenge the mind. The workout is derived from workouts that boxers use for a total body workout. Using 2 to 3 minute rounds of intense work, followed by a 1 minute rest in between, you will not only challenge your body, you will challenge your mind. Total body and core exercises will be combined with cardio in order to help you achieve a lean, tight physique. Taught by boxing instructor Seth Enneking.

Meets: Mondays and Thursdays, 5:30-6:30 pm in blue gym **(NEW)** Fees: \$35 YM \$65 PM

STC (Strength Training Club) Strengthen the entire body adding balance, coordination as well as cardiovascular training, core training, and flexibility. Class is taught in the Wellness Center/Free Weight Area by an Certified Personal Trainer.

Meets: Tuesday & Thursday 9:15-10:45 am Fees: \$32 YM \$65 PM

Jujitsu: Jujitsu is a form of martial arts that develops coordination, balance, strength, memory, discipline and confidence, as well as the YMCA's core values.

Meets: Mondays and Wednesdays 7:00-8:00 pm Fees: \$55 YM \$80 PM

Indoor Cycling Want to burn calories fast? Want to build endurance? Instructors lead you through exciting courses-intensity is up to you as you work toward that target heart rate. Join the ride and stay fit! Class max: 12
 Meets: Mon / Wed / Fri 9:00-9:45 am Fees: \$10 YM/class \$30 PM/class
 Meets: Tues / Wed / Thurs 5:30-6:15 pm Fees: \$10 YM/class \$30 PM/class

Buff / Bike / Balance This express workout combines 4-minute intervals of cycling, strength training, and core balance work, finishing with flexibility training all in a 45-minute period. Try this combination aerobic and anaerobic blast!
 Meets: Wednesday 4:15-5:00 pm **(NEW)** Fees: \$25 YM \$50 PM

BOSU Total Body Sculpt Work your body from head to toe while strengthening your core and improving your balance activating the entire kinetic chain.
 Meets: Monday 8:15-8:45 am Fees: \$15 YM \$45 PM

Pilate Fusion A series of mat exercises that infuse pilates and yoga together to strengthen and tone all of the muscles within our body, while lengthening our spine and concentrating on abdominal, pelvic floor, and low back conditioning. A variety of pilate equipment will be used. Pilates and yoga are great complements to other forms of exercise and will dramatically enhance sport performance.
 Meets: Tuesday & Thursday 4:15 - 5:00 pm Fees: \$25 YM \$55 PM

Pilate Ball An innovative fusion of Pilates and yoga using different size balls to enhance movement to help improve posture, core strength, and add flexibility.
 Meets: Monday 10:15-11:00 am Fees: \$15 YM \$45 PM

Pilates with Props: A series of mat exercises using a variety of tools that produce kinesthetic awareness and desirable improvements in alignment and movement quality of the spine, while strengthening and toning the body centering from the pelvic floor (core) muscles.
 Meets: Monday & Wednesday 12:15-1:00 pm Fees: \$25 YM \$55 PM

Building Better Balance & Flexibility For overall health and wellness, you need to practice balance and stability with movement. This class will focus on balance, posture, strength, and gait education with both seated and standing activity. Progressions will be made through the class and will include more advanced knowledge and balance activities and use of equipment.
 Meets: Friday 9:30-10:15 am Fees: \$25 YM \$45 PM

50+ Strength & Stretch Class is designed to improve strength, coordination, balance and flexibility. Weight training will improve an individual's bone density and overall daily living. Led by a certified personal trainer. Class includes a pre and post exercise assessment and will evaluate your skill level and will let you know how you compare to others your age.
 Meets: Monday & Wednesday 11:00-12:00 pm Fees: \$32 YM \$65 PM

Beginner Pilates Pilates allows exercisers to move within their limitations and can be adapted to enhance anyone's current training routine. Pilates helps improve postural problems; increases core strength; stability and peripheral mobility; helps prevent injuries; enhances functional fitness as a whole; improves balance, coordination and circulation; heightens body awareness; and is low impact on the joints. This introduction to Pilates offers the benefits of strength and flexibility training with a pelvic floor (core) focus.
 Meets: Friday 11:30 am-12:15 pm Fees: \$15 YM \$45 PM