

Lee Branch YMCA

316 Robert B. Lee Drive, Leesburg, 759-9770

Lee Branch Only Membership

Allows use of the Lee Branch YMCA only.

	Monthly	Annual	Joining Fee
Youth	\$18	\$168	\$20
Adult	\$26	\$294	\$30
Family	\$46	\$504	\$40

Lee Branch YMCA Summer Day Camp

Ages 5-14

May 31 - August 5 (Holiday Camps available at Albany site on May 26 & 27 and during the week of August 8).

Camp Location: Amazing Grace Baptist Church, 2217 Ledo Road

Camp Hours: 9 a.m. - 4 p.m. (Early drop off and late pick-up available)

Arts & crafts, swimming, songs & skits, sports, field trips, games, weekly special events.

Call 436-0531 or 759-9770 for more information.

COMING SOON...

Lee Branch YMCA Active Afterschool

Site location is Amazing Grace Baptist Church, 2217 Ledo Road

Homework time, games, sports, activities, character development. Pick up from Lee County schools with five or more students enrolled in the program.

Program Hours: Monday-Friday 2:30-6:00 p.m.

Call 436-0531, ext. 231 for more information.

Fall Soccer at the Lee Branch

Registration Aug 1-13

Ages 4-15

Please visit our website for more information at: www.albanyareaymcasports.org

Lee Branch Group Exercise Classes

All Levels

- 15-Minute Stretch
- Abs Only
- Aerobic Tone
- Circuit Express
- Pilates
- Power Sculpt
- Quick Spin
- Spin
- Sports Yoga

Intermediate/Advanced Level

- X Fit

Youth/Family

- Family Dance It Off

****Pick up a current FITNESS CLASS SCHEDULE at the Front Desk.**



British Soccer Camps in Lee County

June 20-24
Ages 4-14

See Page 6 of this booklet for details.

www.challengersports.com



Albany Area YMCA

Program Guide

June & July, 2011



Summer 2011



www.albanyareaymca.org

Central Facility: 436-0531
Lee Branch: 759-9770
Sports Park Pool: 435-8389



The YMCA is a United Way agency.

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

More Than Just a Gym!

The Albany Area YMCA is more than just a gym. It's a movement of thousands of people making positive changes in their lives and the lives of others in the community. The YMCA serves people from all walks of life, strengthening spirit, mind, and body and improving physical well-being in a healthy and friendly environment. The YMCA is Albany's premier provider of family health and wellness.

Our Mission and Vision

It is the YMCA mission to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

All programs and services of the Albany Area YMCA will be developed and implemented in such a way to guide us to the successful realization of our vision.

It is our vision to impact and change lives for the better through programs that educate and encourage physical fitness and personal and community well-being as a Christian-principled, financially sound, not-for-profit, charitable organization.

Financial Assistance

It is the YMCA's policy to offer financial assistance for programs and membership to those who qualify when funds are available. Every year, the Albany Area YMCA grants scholarships and financial assistance to kids, adults, and families who could not otherwise afford to participate in our programs. Assistance is provided based on financial need. For members who have been a member in good standing for at least one year and lose their job, the YMCA offers three complimentary months of membership. To contribute in support of the Financial Assistance Program, contact **JJ Edge at 436-0531, ext. 203.**

Strengthening Lives

At the YMCA, we strengthen our communities by providing programs and services that focus on **Youth Development, Healthy Living, and Social Responsibility.** We have a commitment to serve the families of Dougherty and Lee Counties, and to make family wellness affordable. For families with multiple children enrolled in the same YMCA program, we offer reduced rates after the first child. All children registered in the YMCA Active Afterschool Program receive half off the registration fee for Y programs, such as sports and swimming lessons.

A Volunteer Service Organization

The YMCA is volunteer founded and volunteer-based. Volunteers contribute thousands of hours of volunteer service to the YMCA annually through coaching, special events, and by serving on vital committees. If you would like to volunteer, please contact **Tracy Wallace at 436-0531, ext. 205.**

YOUTH SPORTS

Youth Sports Contact Information

Paula Piercey,
Director of Sports and PE
436-0531, ext. 206

www.albanyareaymcasports.org



NEW Itty-Bitty Sports for ages 2 & 3

Registration Dates: August 1-13

Age control Date: August 1, 2011

A Parent/Child program introducing Baseball, Soccer & Basketball in an instructional setting which emphasizes skill learning, team work, and building self-esteem. Fun activities reinforce the positive values of Respect, Responsibility, Caring, and Honesty. Visit our website for more information at www.albanyareaymcasports.org.

Upcoming Events

Fall Soccer

Registration Aug 1-13

Ages 4-15

Please visit our website for more information at:

www.albanyareaymcasports.org



British Soccer Camps

Lee County: June 20-24

Albany: July 18-22

See pages 6 & 7 of this booklet for more details.

Homeschool PE

The YMCA Homeschool PE program incorporates a variety of activities from sports to creative movement to Presidential Fitness Testing. Program takes place August through May. Registration is open.

Winter Basketball

Registration Nov 1-12

Ages 4-17

Please visit our website for more information at:

www.albanyareaymcasports.org



CHILD CARE & PRE-K



children picked up from each school. For more information, contact Kawona Holliday-Wakefield at 436-0531, ext. 231 or e-mail to: kholliday@albanyareaymca.org.

Pre-Kindergarten

Prepare your child for kindergarten with the Building Blocks Curriculum! These young 4s will also learn to swim, take tumbling, have basic sports instruction, go on exciting field trips and enjoy music and movement. The program is led by Betty Pickren who has 26 years of teaching experience. The YMCA Pre-K program incorporates the YMCA core values of caring, honesty, responsibility and respect. Our program follows the Dougherty County School Calendar.

Must be 4 years old by January 1, 2012

Program Hours 9:00 a.m. - 1:00 p.m. Early drop-off and after school care is available. Choose between a 5 day/week or 3 day/week option.

For more information, call the YMCA at 436-0531.

Albany YMCA Active Afterschool

Licensed by the State of Georgia, this program provides a fun and affordable after school care for children enrolled in Pre-K through the 8th grade. Nutritious snacks, character development, fitness activities and academic enrichment are included in the program. Afterschool Sites in Dougherty County and Lee County.

Program Hours

Monday-Friday 2:30-6:00 p.m.

We currently provide transportation from 13 schools in Dougherty and Lee Counties. There must be at least five



FEES

3 days/week
Member \$100/mo. Non-member \$120/mo.

5 days/week
Member \$125/mo. Non-member \$145/mo.

Character Development

All YMCA youth programs and activities incorporate age-appropriate devotions and lessons built upon the YMCA core values of **CARING, HONESTY, RESPONSIBILITY & RESPECT.**

CONTACT US

YMCA Contact Names and E-Mail addresses

Dave Wallace, Executive Director

Mary Ganzel, Senior Program Director / Wellness & Programs

J.J. Edge, Community Outreach Director

Paula Piercey, Sports & P.E. Director

Tracy Wallace, Marketing/Membership Director

Kawona Holliday-Wakefield, Child Care Coordinator

Donnette Lewis, Senior Fitness Associate

Lee Branch YMCA

dwallace@albanyareaymca.org

mganzel@albanyareaymca.org

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kholliday@albanyareaymca.org

dlewis@albanyareaymca.org

leebranch@albanyareaymca.org

3 FACILITIES

Central Facility

1701 Gillionville Road, Albany, 436-0531

Heated indoor pool, private aerobics room, comprehensive health & fitness center, tennis, racquetball, volleyball and basketball courts, locker rooms with whirlpool and sauna, steam-room, playground, and licensed childcare center. Childwatch is available during certain hours and is free with your family membership.

HOURS

Monday - Thursday
5 a.m. - 9:30 p.m.

Friday
5 a.m. - 9 p.m.

Saturday
7:30 a.m. - 6 p.m.

Lee Branch

316 Robert B. Lee Drive, Leesburg, 759-9770

Comprehensive fitness center with high performance fitness floor and childwatch room. Equipment includes Schwinn Spin Bikes, Nautilus Treadmills, Ellipticals, StepMill, Steppers, Recumbent Bikes, Circuit Training and Free Weights. A Lee Branch Only membership is available.

HOURS

Monday - Friday
6 a.m. - 8 p.m.

Saturday
8 a.m. - 6 p.m.

Sports Park

4508 Gillionville Road, Albany, 435-8389

These 50 landscaped acres include a 50-meter outdoor pool, fellowship pavilions, soccer fields, baseball fields, day camp facilities, playground, seasonal walking trail and outdoor sand volleyball court.

Pool opens May 28, 2011.

Pool Hours:

Monday-Friday
1 p.m. - 7 p.m.

Saturday
1 p.m. - 5 p.m.

Sunday
1 p.m. - 5 p.m.

Childwatch Hours — Childwatch is Free with your Family Membership
Central YMCA: Mon-Fri: 7:30 - 11:30 a.m. & 4:30-7:30 p.m.; Saturday: 9-11 a.m.
Lee Branch: Mon-Thurs: 9-11:30 a.m. & 4:30-7 p.m.; Friday: 9-11:30 a.m.

MEMBERSHIP

Membership Has Benefits

- Membership in the Albany Area YMCA includes access to three facilities: Central Facility, Lee Branch and Sports Park. A Lee Branch Only membership is available.
- Most land and water exercise classes are FREE with membership.
- Members receive a complimentary Fitness Analysis and Orientation with their membership, as well as four one-on-one appointments with a Fit Coach annually.
- Members pay reduced program fees for all programs such as youth sports, boot camps, child care, and more.
- The Albany Area YMCA offers **FREE** Childwatch services for members with Family Memberships. Children can have fun in a safe environment while their parents work out. These Childwatch services are also available to members with the Adult Membership category for a small monthly fee. Childwatch hours vary per location. Check at the Front Desk for a Childwatch schedule.
- Albany Area YMCA members enjoy AWAY access to YMCAs around the country.

Monthly Membership Fees

Memberships may be paid through a monthly bank draft or credit/debit card draft. There are no contracts when payment is made through a monthly draft. Membership can be cancelled with a 30-day notice. Pay annually and receive lower rates. An amenities membership at the Central Facility is available for an additional fee. Corporate memberships are also available. For more information, contact **Tracy Wallace, 436-0531, ext. 205 or twallace@albanyareaymca.org.**

All Facility Membership			
<i>Allows access to three facilities: Central Facility, Lee Branch and Sports Park.</i>			
	Monthly	Annual	Joining Fee
Youth	\$22.50	\$215	\$20
Adult	\$37.25	\$394	\$30
Family	\$55.75	\$615	\$40

Lee Branch Only Membership			
<i>Allows use of the Lee Branch YMCA only.</i>			
	Monthly	Annual	Joining Fee
Youth	\$18	\$168	\$20
Adult	\$26	\$294	\$30
Family	\$46	\$504	\$40

Short Term Memberships

Short term memberships are available for one, two or three months at a time. This category is perfect for the college student home for the summer, or the family wanting summer access to the Sports Park pool.

Short Term Rates:

<u>All Facility</u>	<u>Lee Branch Only</u>
Adult \$40/mo. Youth \$25/mo. Family \$60/mo.	Adult \$30/mo. Youth \$20/mo. Family \$50/mo.

FOR SENIOR ADULTS

FITNESS CLASSES

	Day	Time	Member	Non-member	Golden Key
Senior Fun Fit	Mon/Wed/Fri	10:15-11 a.m.	FREE	\$30/mo.	\$18/mo.
Chair Yoga	Tues/Thurs	10:15-11 a.m.	FREE	\$30/mo.	\$18/mo.

The Genesis Room

The YMCA Genesis Room has a relaxed atmosphere and is equipped with easy-to-use resistance machines and cardio equipment. This room is FREE and open to all YMCA members.

Jump Start in the Genesis Room

Meets Monday & Wednesday between 9 - 10 a.m. This program offers Fit Coach supervision and meets the needs of those individuals who have had physical therapy, cardiac rehab, or stroke, as well as cerebral palsy patients. Participants must submit a Medical Clearance and set an appointment with staff before registering for this program.

Members: \$34/month Non-members: \$67/month Golden Key members: \$57/month

Yoga for Post-Breast Cancer Surgery

Meets at the YMCA Central Facility on Monday & Wednesday from 1 - 2 p.m. Contact Donnette Lewis at 436-0531 or dlewis@albanyareaymca.org for information.

OFF SITE FITNESS CLASSES			
<u>YMCA at Phoebe Northwest</u>			
Balanced Body			
Mon/Wed	10:15 - 11 a.m.		
<u>Members</u>	<u>Non-members</u>	<u>Golden Key</u>	
\$21/mo.	\$37/mo.	\$27/mo.	
Women's Body Sculpting			
Tues/Thurs	9 - 10:30 a.m.		
<u>Members</u>	<u>Non-members</u>	<u>Golden Key</u>	
\$24/mo.	\$40/mo.	\$30/mo.	



**Senior Adults: Join us for
Friday Fun Brunch on the last Friday
of each month at 11:30 a.m.
Pot Luck Lunch, Guest Speakers,
Fellowship.**

FAMILY & YOUTH FITNESS

SuperKidz Triathlon

Saturday, July 23
YMCA Sports Park
Ages 5-17



Kids will compete in their own age group in this swimming, biking and running competition. Awards for 1st, 2nd and 3rd place boy and girl in each age category.

Entry Fee: \$20 through July 20; \$25 after July 20

T-shirt guaranteed for each pre-registered participant.

Get prepared for the event at *SuperKidz Triathlon Camp*.

SuperKidz Triathlon Camp
 July 18 - July 22, 9 - 11:30 a.m., Ages 5-17
 YMCA Member \$60, Non-member \$90
 Train for the youth triathlon, scheduled for Saturday, July 23. Camp fee includes entry into event.

Tot Lot

Your pre-schooler will enjoy games and physical fun while you work out. Tot Lot is FREE for members who use Childwatch. Sessions are Monday & Thursday. Two 30-minute sessions offered from 8:30 - 10 a.m. Sign your child into Childwatch. The instructor will pick them up for Tot Lot and return them to Childwatch.

Turbo Kidz

Turbo Kidz is FREE for YMCA members. Physical Fun for ages 7-11

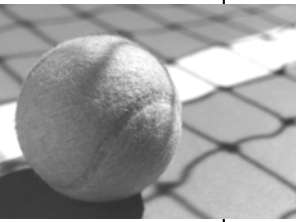
Turbo Kids takes place on Monday & Wednesday from 6 - 6:45 p.m. Parents sign the children out with the Turbo Kidz instructor and must remain in the facility during the class. Activities take place at a variety of locations throughout the YMCA.

TENNIS LESSONS (Youth & Adult)
Tiny Tennis: Ages 5-8: All levels welcome. Monday, 5:15 - 6 p.m.
Youth Tennis: Ages 9-14: All levels welcome. Monday, 6 - 6:45 p.m.
Adult Beginner/Intermediate Tennis: Age 15 and up. Monday and/or Thursday, 6:45-7:45 p.m.

Monthly Fee

Members	Non-members
Youth 1 day/week \$20	Youth 1 day/week \$60
Adult 1 day/week \$25	Adult 1 day/week \$70
Adult 2 days/week \$37	Adult 2 days/week \$90

Contact Donnette Lewis, 436-0531 or dlewis@albanyareaymca.org.



SUMMER DAY CAMP



Summer Day Camp is designed for youth to grow and increase self-confidence while developing good character and self-esteem. Children make lifelong friends and have FUN! Activities: arts & crafts, games, skits, songs, sports, swimming, & weekly special events.

Camp Adventure
 Ages 5 - 7
 Albany Site: YMCA, 1701 Gillionville Road
 Lee County Site: Amazing Grace Baptist Church, 2217 Ledo Road

Camp Survivor
 Ages 8 - 14
 Albany Site: YMCA Sports Park, 4508 Gillionville Road
 Lee County Site: Amazing Grace Baptist Church, 2217 Ledo Road

For more information about Summer Day Camp, call the YMCA or contact Kawona Holliday-Wakefield at kholliday@albanyareaymca.org. To register your child for Summer Camp, visit either facility.
 Albany Area YMCA 1701 Gillionville Road, Albany 229-436-0531
 Lee Branch YMCA 316 Robert B. Lee Drive, Leesburg 229-759-9770



DATES
 May 23 - August 5
HOURS
 9 a.m. - 4 p.m.
 (free extended care available from 7 a.m. — 6 p.m.)
 YMCA Holiday Camp offered the week of August 8 for Lee County families.

WEEKLY FEES
Member: \$79; Non-member \$89
 Receive \$10 off fee for each additional child.
 Fee includes t-shirt, field trips & swimming lessons!
REGISTRATION FEE
\$45/child



SPECIALTY CAMPS



Living Fit

June 13-17, 8 a.m. - 6 p.m., Ages 7-14
YMCA Member \$125, Non-member \$150

Learn the components of a healthy lifestyle in a fun environment. Fun, physical activities, including movement games, games in the pool, dance, traditional backyard activities, and group exercise.

Camp KWD (for kids diagnosed with type 1 or 2 diabetes, pre-diabetes or metabolic syndrome)

June 20-24, 8 a.m.- 6 p.m., Ages 7-14
YMCA Member \$79, Non-member \$89

Held in partnership with Phoebe Diabetes Care Center. Activities include swimming, sports, yoga, arts & crafts, food preparation, field day. Fun and educational presentations on healthy snacks, tasting new foods, portion control, and new technology. Phoebe dietitians will be on hand, and Phoebe nurses will monitor blood glucose before and after various activities.



British Soccer Camp in Lee County

June 20-24, Ages 4-14
Mini Soccer (ages 4-5) 9 - 10:30 a.m. Fee: \$94
Ages 6 - 14 (morning) 9 a.m. - 12 p.m. Fee: \$128
Ages 6-14 (evening) 5:30 - 8:30 p.m. Fee: \$128

The #1 soccer camp in the country, British Soccer Camp is a unique program focused on helping each camper develop as a player, and providing each camper with a memorable and positive experience.

Register online at www.challengersports.com.

Growing Girls

June 27 - July 1, 8 a.m. - 6 p.m., Ages 7-17
YMCA Member \$125, Non-member \$150
Campers will learn how to express themselves in a positive light, take care of their bodies, and dress for success. The camp will include dancing and a fashion show.



NEW CLASS STRONG & FIT

This small group strength & conditioning class will help individuals, age 15 and above, execute free weight exercises safely and with proper form to maximize training and progress. Strong & Fit is perfect for individuals training for competition, athletic teams or groups of friends. Learn the techniques of squats, dead lift, bench press, and power cleans

in a safe environment under the supervision of a trained eye.

Instructor, Jeremy Laviano, is certified in CrossFit. Classes are offered on a monthly basis. Call 436-0531 for more information.

Current class schedule:

Tues/Thurs, 2 - 3:15 p.m.
Tues/Thurs, 7:30-8:45 p.m.

Need a different class time? Instructor will work with your group of six or more to arrange the best class meeting time.

Fees: Member: \$50/month; Non-member: \$100/month



BOOT CAMPS

Boot Camps offer a higher intensity, small-group fitness session for all who desire to get in great shape or stay in great shape. Monthly Boot Camp fees allow you to attend any or all of the Boot Camp classes offered throughout the week. See the current Fitness Class Schedule for a detailed description of each Bootcamp.

One of the benefits of YMCA membership is a significant discount on Bootcamp fees. Register the first of each month.

Bootcamp Fees: Member: \$20/month; Non-member: \$100/month

Current Bootcamps:

AMP 60: Mon/Wed/Fri from 5:50 - 6:40 a.m.

Lunchtime Boot Camp: Tues/Thurs from 12:10 - 12:55 p.m.

Progression Boot Camp: Mon/Thurs from 6:30 - 7:30 p.m.

Party Instructor

Do you have a special event like a birthday, office party, or family reunion where you'd like to "spice it up" with some fun, interactive entertainment? Try Zumba, Dance it Off or another fitness class at your next event. Call Donnette Lewis, 436-0531, for details. We're available day, evening, and weekends.

**Member: \$40/hour
Non-Member: \$80/hour**

WELLNESS

Adult Group Land Exercise Classes held at the CENTRAL FACILITY

All Levels

One-Minute Workout

\$ Ballroom Dance

Dance It Off

Hatha Yoga

High/Low Impact

High/Low Interval

Interval Training

Pilates Healthy Back

Power Chi Yoga

Power Sculpt

Spin

Spin & Core

Step

\$ Strong & Fit

30-Minute Abs

30-Minute Circuit Express

Zumba

Beginner Level

Chair Yoga

\$ Daily Dose

\$ Jump Start

Senior Fun Fit

Spin 101

Step Basics

Intermediate/Advanced Level

\$ AMP60 Boot Camp

\$ Lunchtime Boot Camp

\$ Progression Boot Camp

Step & Sculpt

Step Interval

X Fit

All classes are FREE with membership Except for those with this symbol: \$

Pick up a current class schedule for days, times and descriptions of all classes.



Fit Coach Appointments

All members can take advantage of four FREE one-on-one appointments with our professional Fitness staff. Appointments may include a Fitness Assessment, orientations on the equipment and fitness classes, and assistance with setting and achieving personal goals. Make your Fit Coach appointment at the Member Services desk.

PERSONAL TRAINING

Personal Training is available to YMCA Members only.

Individual Personal Training

You will meet with your personal trainer one-on-one. Your trainer will design a program tailored specifically to help you achieve your goals.

3 sessions	\$92	6 sessions	\$182
12 sessions	\$365	24 sessions	\$691

Partner Personal Training

Sign up with a friend and workout together! Your trainer will consider each individual's personal goals. Rates are per person.

3 sessions	\$72	6 sessions	\$157
12 sessions	\$335	24 sessions	\$660

Group Personal Training

Groups of 3 to 4 people. Create your own group or we'll try to find a group for you to participate in. Rates are per person.

3 sessions	\$67	6 sessions	\$150
12 sessions	\$325	24 sessions	\$645

Pay Member Services for your training session prior to the beginning of the session.

Add some excitement to your summer!

Film Making Boot Camp

July 11-15, 8 a.m. - 6 p.m., Ages 11-17
YMCA Member \$125, Non-member \$150

Learn everything you need to make your own short film in just one week during the Moviemaking Bootcamp. You'll get to write, shoot, edit and premiere your own movie and then have it online for the world to see!



Strong Kidz

July 18 - July 22, 8 a.m. - 6 p.m., Ages 7-14
YMCA Member \$125, Non-member \$150

Learn the basics of tennis, basketball, volleyball, racquetball and swimming. Understand the importance of teamwork for success. Experience sports-specific conditioning with a CrossFit-certified trainer.



SuperKidz Triathlon Camp

July 18 - July 22, 9 - 11:30 a.m., Ages 5-17
YMCA Member \$60, Non-member \$90

Train for the youth triathlon, scheduled for Saturday, July 23. Camp fee includes entry into event. DeAnna Julian, experienced triathlete, will coach campers on running, biking and swimming. Safety is stressed in all activities.



British Soccer Camp at YMCA Sports Park

July 18 - 22, Ages 4-18
Mini Soccer (ages 4-5) 9-10:30 a.m. Fee: \$94
Half-Day Ages 6-14 (morning) 9 a.m.-12 p.m. Fee: \$128

Half Day Ages 6-14 (evening) 5:30-8:30 p.m. Fee: \$128

Full Day Ages 10-18 9 a.m.-5 p.m. Fee: \$215

The #1 soccer camp in the country, British Soccer Camp is a unique program focused on helping each camper develop as a player, and providing each camper with a memorable and positive experience. **Register online at www.challengersports.com.**



