



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

# **PROGRAM GUIDE**

**Moultrie YMCA August - December 2011**



# A MESSAGE FROM OUR CEO



Moultrie is a wonderful community for us to live, work, play and learn. This community places importance on its most valuable resource, our children, like no other community I know. There are organizations and countless volunteers that work tirelessly every day to make this a better place for our young people. Volunteers for organizations such as the United Way, Boys and Girls Clubs, Community Action Council, and many others have committed to improving the lives of kids and families in Colquitt County.

Social responsibility is one of the key components of the YMCA's long-term plan. That means we will continue, as an organization, to reach out to under-served populations in Colquitt County. I'm pleased to announce that the Moultrie YMCA has been approved in a new round of funding through Y-USA and the Goizueta Foundation. The new grant will focus on working with families of kindergarten through fifth graders. There will also be a component for extended family caregivers. We'll release more details through the fall as the grant has just been released as this goes to press.

Continuing with the theme of social responsibility, our Mentoring program, run by Shannon Hall, always needs volunteers. We have many deserving kids who need a stable adult presence in their lives. During the last school year, more than 270 adults participated in the program. Please contact Shannon to learn how you can become involved.

Our annual campaign, Building Better Lives, makes many of our programs affordable for kids and their families. Many, many thanks to everyone who made a pledge to the campaign. Also, thanks to our donors, who pledged more than \$157,000 to support the YMCA's scholarship campaign. As of June 30, we have awarded more than \$90,000 in assistance! Thanks again.

Finally, we have many great programs and activities for both young and young at heart in this guide. Let us know how we can improve and serve you better.

Thanks for participating at the Moultrie YMCA!

**Congratulations to the MGs who competed in the YMCA Gymnastics National Championships this summer! The Level 8 team won 1<sup>st</sup> place and our Level 9 Gymnast, Meghan Merritt, won her 2<sup>nd</sup> National Championship title on floor at this meet. Meghan was also named an All-American Gymnast and took home 2<sup>nd</sup> place All Around in the Championship Division of the competition. The Moultrie YMCA and our entire community are so proud of the hard work and dedication of our gymnasts! Congratulations!**



## OUR MISSION

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

YMCA membership and programs are available to everyone, regardless of their ability to pay. Please ask about our financial assistance plans.

# TABLE OF CONTENTS

## FOR YOUTH DEVELOPMENT

Camp at the Y .....	4
PRIMETIME .....	5
Child Care .....	6
Y Mentors .....	7
Youth Sports .....	8
Cheerleading/Tumbling .....	9
Gymnastics .....	10
Youth Swim .....	12

## FOR HEALTHY LIVING

Water Aerobics .....	13
Healthy Lifestyles .....	14
Group Exercise .....	16
Adult Sports .....	18

## FOR SOCIAL RESPONSIBILITY

Membership .....	19
21st CCLC.....	20
Volunteer/Staff Opportunities ....	20

## HOURS OF OPERATION

Monday - Friday	5:30 am - 9:30 pm
Saturday	9:00 am - 6:00 pm
Sunday	2:00 pm - 5:00 pm

### Temporary Sunday Hours:

1:30 pm - 5:30 pm

Find us on Facebook!



# SPECIAL EVENTS

**VBS SWIM CAMP**  
December 19 – 23, 2011

**CHILD CARE CENTER**  
**BE ON THE LOOKOUT FOR MORE INFORMATION ON THE FALL FESTIVAL!**

**BIRTHDAY PARTIES AT THE Y**  
Come celebrate your special day upside down in the YMCA gymnastics center! Parties are held on Friday, Saturday or Sunday. Contact Pat Murphy-Meier at 229-985-1154

**-Save the Date-**  
15<sup>th</sup> Annual "Bud" Vereen Memorial Golf Tournament - September 1  
CLOSED FOR LABOR DAY - September 5  
Race of the South - September 17  
Moultrie YMCA Sunbelt Shindig Gymnastics Meet - October 15/16  
Group Exercise Marathon - October 20  
Spookghetti Supper - October 27  
Aquathon - November 19  
Gymnastics Fun Day - November 23  
VBS Swim Camp - December 19 - 23

## LIFEGUARD CERTIFICATION

CPR and First Aid Included  
Sept. 19 - 23, 2011 &  
Sept. 26 - 30, 2011  
4:00 pm - 8:00 pm  
Member Fee: \$225  
Potential Member Fee: \$275

For more information, contact Leslie at [leslieymca@hotmail.com](mailto:leslieymca@hotmail.com).



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

[www.moultrieymca.org](http://www.moultrieymca.org)

# CAMP AT THE Y

## School Holiday Camps



School Holiday Camps are full-day programs designed for children on designated school days off and when school is closed due to inclement weather. School Holiday Camps are for children Pre-K through 5th grade.

Children participating in School Holiday Camps must pre-register and have a complete registration packet on file. Children are asked to bring a sack lunch.

School Holiday Camps operate from 9:00 am - 4:00 pm, with pre- & post-camp care from 6:30 am - 9:00 am and 4:00 pm - 6:00 pm at no additional charge.

**Camp Days: October 20 & 21; November 21, 22 & 23  
December 19 - 30**



**YMCA membership and programs are available to everyone, regardless of their ability to pay.  
Please ask about our financial assistance plans.**

# PRIMETIME



## The fun place to be after school!

PRIMETIME is available for after school, early dismissal days, and school holiday care at the YMCA for children Pre-K - 5<sup>th</sup> grade.

**After school care:** 2:00 pm - 6:00 pm

**School holiday care:** 6:30 am - 6:00 pm

PRIMETIME is offered at 9 licensed school-based sites: Norman Park, Odom, Sunset, Doerun, Okapilco, R.B. Wright, Funston, Hamilton and Cox. An additional site is conducted at the Y for the overflow of Sunset students only.

PRIMETIME has been restructured thanks to a Bright From the Start grant giving \$5000 to each school site to enhance the quality of care. These monies were spent on fun, educational equipment that create an afterschool environment that gives children choices of activity that are teacher-led and self-led. A typical PRIMETIME day includes structured play, either outside or in the gym, a healthy snack, themed activities and free playtime.



**\$40 per week for the 1st child**

**\$35 per week for additional children in the same family**

Financial Assistance is available

**Previous Sunset students enrolled in Challenger or Adventure sites in 2010 may register beginning July 25, 2011**

**Registration for all other sites:  
August 1, 2011**



**Did you know  
the Y is the  
nation's largest  
child care  
provider?**

**To put Christian principles into practice through programs that build  
healthy spirit, mind and body for all.**

**[www.moultrieymca.org](http://www.moultrieymca.org)**

# CHILD CARE



The Moultrie YMCA offers a year-round licensed child care center for children 6 weeks to 3 years of age. As a recognized leader in child care, the Y offers this community service Monday-Friday from 6:30 am – 6:00 pm. With lower staff to child ratios than required by the State, working parents can feel confident that their children are being cared for in a safe, fun and caring environment. The Child Care Center staff is composed of experienced teachers who are committed to making your child school-ready as well as socially-ready.

Child Care Center teachers use curriculum that emphasizes:

- \*Supporting and strengthening the family unit
- \*Helping children develop to their fullest potential; focusing on self-worth, academic achievement, gross motor skills and interpersonal relationships
- \*The positive YMCA values, safety, support and care

If you are interested in enrolling your child, please come by, meet our staff and take a tour of our facilities.



## STAFF

**Carol Stripling**

Senior Program Director of Childcare Services

**Kristen Brogdon**

Early Childhood Care Director

**Child Care Center Phone 890-9592**

## OPEN ENROLLMENT

**Open House - September**  
**Fall Festival - October**  
**Christmas Programs - December**

## FEE SCHEDULE

Infant Room	\$105.00 per week
Crawler Room	\$105.00 per week
Toddler Room	\$100.00 per week
2 Year Old Room	\$95.00 per week
3 Year Old Room	\$95.00 per week

An annual registration fee of \$50 per child is due every February 1. The fee may be paid in full or in installments.

- Financial assistance is available.
- YMCA membership is not required for the Child Care Center.
- Discounts for additional children in the same family are available.

**YMCA membership and programs are available to everyone, regardless of their ability to pay.  
Please ask about our financial assistance plans.**

# Y MENTORS

## School Based Mentoring is

- a time to help young people develop their potential and shape their lives.
- a time to help young people gain the skills and confidence to be responsible for their own future.
- a trusting relationship based on purposeful and consistent interactions between an adult and youth.

## We need you to join our team! How do you get involved?

### GET READY!

Contact Shannon Hall to begin your orientation to the program. She can be reached at the 985-1154, 589-1191 or through Email: shannonhall70@yahoo.com

All mentors meet with Shannon to complete the necessary paperwork, which includes a criminal history record's check. This orientation usually takes about an hour to complete.



### GET SET!

Once you've been approved to join our Mentoring team and matched with your new Mentee, Shannon will give you a tour of the school, introduce you to staff, and help you get acquainted with your Mentee.

Because many youth are referred to our program, Mentors have the option of choosing where, when, the age and gender of their mentee. Careful consideration is made when making a match so that Mentors are comfortably placed and the greatest impact can be made in the child's life.



### GO!

Mentors are asked to visit on a consistent basis. Most students enjoy one visit a week lasting between 30 minutes and one hour. Schedules are made between Shannon and the teachers before Mentees and Mentors are introduced so that the child can leave the classroom. Communicating with teachers throughout the school year to check progress is strongly encouraged.

**THEY NEED  
WHAT YOU  
KNOW!**



**Shannon Hall,  
Y Mentors  
Program Director**

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

[www.moultrieymca.org](http://www.moultrieymca.org)



# YOUTH SPORTS



## RECREATIONAL YOUTH SOCCER

Youth Soccer Programs are for children ages 3 - 11. The Y's soccer program is designed to teach basic soccer skills emphasizing skill development, good sportsmanship and teamwork.

**Registration:** July 18, 2011 - August 16, 2011

**Session:** August - October

**Game Days:** Thursday or Saturday

**Coaches Meeting:** August 16, 2011; 6:30 pm

### Fees:

**Itty Bitty (U-4): Member \$50**

**Potential Member \$75**

**U-6: Member \$55**

**Potential Member \$80**

**U-8 to U-12: Member \$60**

**Potential Member \$85**

\$5 discount for additional children in the same family



## YMCA ELEMENTARY SCHOOL SPORTS LEAGUE

Show your school spirit by playing soccer, basketball, and flag football as an afterschool sport option. This alternative recreational league is a great way boys and girls to create memories with some of their classmates. School leagues are for 4<sup>th</sup> and 5<sup>th</sup> grade students only. Games are played on Saturdays at the YMCA or designated school.

### Elementary School Soccer League

**Registration:** August 8 - August 23, 2011

**Practices begin:** August 29, two days a week immediately afterschool

**First Game:** September 17

**Coaches Meeting:** August 23; 6:30 pm

### Elementary School Basketball League

**Registration:** November 7 - November 29, 2011

**Practices begin:** December 5, two days a week immediately afterschool

**First Game:** January 7

**Coaches Meeting:** November 29; 6:30 pm



## RECREATIONAL YOUTH BASKETBALL

Volunteer coaches work with children grades K-7<sup>th</sup> to develop basketball skills, techniques, and good sportsmanship. COED teams are decided by grade.

**Registration:** November 7 - 29, 2011

**Session:** December 5, 2011– February 2012

**Game Day & Time:** Saturday mornings

**Coaches Meeting:** November 29; 6:30 pm

**Member Fee: \$50**

**Potential Member Fee: \$75**

\$5 discount for additional children in the same family.

**YMCA membership and programs are available to everyone, regardless of their ability to pay.**

**Please ask about our financial assistance plans.**



# CHEERLEADING/TUMBLING

## BEGINNER CHEER/TUMBLE

**5 - 7 yrs old**

Enroll your future cheerleader in our beginner cheer/tumbling class. Class format consists of learning basic tumbling skills (handstands, cartwheels, bridges, etc.), jumps, cheers, flexibility and conditioning. All skills are taught with a cheer emphasis.

**Tuesday &/or Thursday**  
**4:30 pm - 5:30 pm**

### Monthly Fees:

#### Once a Week

Member: \$25      Potential Member: \$40

#### Twice a Week

Member: \$40      Potential Member: \$55

\$5 discount for additional children in the same family

## BEGINNER CHEER/TUMBLE

**8 yrs old & up**

This two day a week cheer tumbling class is designed to teach and master basic tumbling skills (handstands, cartwheels, round-offs, back walk-overs, backhand springs, etc.), jumps, cheers, flexibility and conditioning. All skills are taught with a cheer emphasis.

**Tuesday & Thursday**  
**5:45 pm - 6:45 pm**

### Monthly Fees:

Member: \$40      Potential Member: \$55

\$5 discount for additional children in the same family

## ADVANCED CHEER/TUMBLE

**8 yrs old & up**

This two day a week cheer/ tumbling class is designed for the advanced tumbler. Must be able to do a back handspring. Class format consists of mastering advanced tumbling skills, jumps, flexibility, conditioning, and stunting as needed.

**Tuesday & Thursday**  
**7:00 pm - 8:00 pm**

### Monthly Fees:

Member: \$40      Potential Member: \$55

\$5 discount for additional children in the same family



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

[www.moultrieymca.org](http://www.moultrieymca.org)

# GYMNASTICS



## **TINY TOTS: Quality instruction with parental supervision**

**Ages 1 - 2**

The YMCA's Tiny Tots class gives toddlers a head start in learning fitness and social development. Through the help of our staff, you can teach your child to explore the world around him/her in new and exciting ways. Your child may roll down a padded incline, swing on tiny bars, stop to try out the hula hoops and then it's off to the trampoline or the ever so popular foam pit!

**Monday 6:00 pm - 6:45 pm**

**Thursday 6:00 pm - 6:45 pm**

**Tuesday 5:15 pm - 6:00 pm**

**Friday 10:15 am - 11:00 am**

## **MIGHTY MITES & HOT SHOTS:**

**Ages 3 - 4**

Learning through fun is the goal of our Mighty Mites and Hot Shots! Our professionally structured program is designed to develop motor and social skills. In addition to gymnastics, students are exposed to basic skills used in soccer, tennis, football, golf and more. By exposing your child to a variety of skills, together we are laying the foundation for a positive athletic future, no matter what the sport. Your child will also learn social skills such as sharing, taking turns and cooperation, which are quite valuable for someone looking ahead to kindergarten!

### **Mighty Mites - Age 3**

Monday 6:00 pm - 6:45 pm

Tuesday 5:15 pm - 6:00 pm

Thursday 6:00 pm - 6:45 pm

Friday 10:15 am - 11:00 am

### **Hot Shots - Age 4**

Tuesday 6:00 pm - 6:45 pm

Thursday 5:15 pm - 6:00 pm

### **ONCE A WEEK:**

\$30 member/month

\$44 potential member/month

### **TWICE A WEEK:**

\$48 member/month

\$62 potential member/month

\$5 discount for additional children in the same family



## **MIGHTY MEN:**

**Ages 5+**

Mighty Men classes are designed for boys to work on the development of gymnastics skills and hand/eye coordination. Emphasis is placed on correct technique and overall fitness. All gymnastics equipment is utilized. Participants are grouped based on skill levels as defined by USA Gymnastics.

**Monthly Fees:** Member \$37

Potential Member \$55

**Thursday:**

**4:00 pm - 5:00 pm**



## **SUPPORT YOUR SPORT**

**Come watch our own MG gymnasts  
and other teams from all over  
the state of Georgia at the  
Sunbelt Shindig Gymnastics Meet!  
October 15/16, 2011  
at the Moultrie YMCA!**

## **FUN DAY**

**NOVEMBER 23**

**9:00 am - 3:00 pm**

**Boys & Girls ages 4+**

A fun filled day of gymnastics, games, outdoor activities, and some super surprises. Come join the fun! Bring a sack lunch!

**\$18 Member/\$21 Potential Member**

**\$2 discount for each additional child in the same family**

**YMCA membership and programs are available to everyone, regardless of their ability to pay.**

**Please ask about our financial assistance plans.**

## GIRLS PROGRESSIVE CLASSES:

Ages 5+

Progressive classes are designed for girls to work on the development of gymnastics skills and hand/eye coordination. Emphasis is placed on using correct technique and strengthening overall fitness. Students learn gymnastics and fitness skills on all gymnastics equipment plus Tumble-Trak and pit. Gymnasts are coached to develop listening skills, ability to follow instructions, and the use of their imaginations. A lot of smiles and a little sweat is our goal! Gymnastics is great exercise for school-aged kids, and is a lot of FUN! Participants are grouped based on skill levels as defined by USA Gymnastics. **Gymnast must pass Beginner's skills to attend Intermediate/Advanced classes**

### Monday:

4:00 pm - 5:00 pm Level 1  
5:00 pm - 6:00 pm Level 2/3  
6:00 pm - 7:00 pm Level 1

### Tuesday:

4:00 pm - 5:00 pm Level 1  
5:00 pm - 6:00 pm Level 2/3  
6:00 pm - 7:00 pm Level 1

### Thursday:

4:00 pm - 5:00 pm Level 1  
5:00 pm - 6:00 pm Level 2/3  
6:00 pm - 7:00 pm Level 1

**ONCE A WEEK: Member \$37/month Potential Member \$55/month**

**TWICE A WEEK: Member \$59/month Potential Member \$77/month**

\$5 discount for additional children in the same family

## COMPETITIVE TEAM

### SKILLS LEVEL 3

Skills Level 3 is for advanced level girls ages 5 & up. Gymnasts make this team by a skills evaluation and staff selection. Skills Level 3 practices two days a week year round. AAU gymnastics routines are taught in preparation for advancement to Team Level 3.

### TEAM LEVELS 3 - 10

Team Levels 3 - 10 are for girls who have advanced from Skills Level 3. They practice three or four days a week year round. USA and AAU gymnastics routines are taught and emphasis is placed on quality competitive training, good sportsmanship, friendship, dedication, and fun. These gymnasts travel throughout the southeast and compete in local, state, regional, and national competitions.



**CONGRATULATIONS TO THE MGs WHO COMPETED  
IN THE 2011 YMCA GYMNASTICS NATIONAL CHAMPIONSHIPS  
IN TOLEDO, OHIO!**

**MG Level 8s won first place as a team!**

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

[www.moultrieymca.org](http://www.moultrieymca.org)



# YOUTH SWIM

## PROGRESSIVE SWIM CLASSES

The Moultrie YMCA is proud to offer progressive swim lessons for all ages! Participants are able to advance through clearly defined levels and focus on skills relative to their own accomplishments. The YMCA aquatics program also stresses personal safety, personal growth and rescue skills.

### BABY & ME

Babies (age 6 months – 2 years) join an adult in the pool. Children will be introduced to an aquatic environment while enjoying games and songs.

Classes meet on Mondays from  
5:00 pm – 5:30 pm

**Sessions:**  
Aug 29 – Sept 19  
Oct 3 – Oct 24  
Nov 7 – Nov 28

**Fee per Session:**  
\$10 Member; \$20 Potential Member

### ADVANCED SWIM AGES 5-13

Focus on strength, speed and endurance training while incorporating technique instruction into workouts. Swimmers need to be able to swim at least half the length of the pool and be familiar with technique terminology.

Starts Tuesday, October 4  
Tuesday & Thursday 4:00 pm – 5:00 pm

**Fee per Session:**  
Member: \$30 per month  
Potential Member: \$50 per month

### VBS SWIM CAMP

December 19 – 23, 2011

9:00 am – 12:00 pm

Members: \$45      Potential Members: \$65

Registration Begins November 28

### PRE-SCHOOL AGES 3 – 5 YEARS

Classes meet on Tuesday & Thursday:  
4:30 pm – 5:00 pm  
5:00 pm – 5:30 pm  
5:30 pm – 6:00 pm

**Sessions:**  
Aug 30 – Sept 22  
Oct 4 – Oct 27  
Nov 8 – Dec 8 (Skip Thanksgiving Week)

**Fee per Session:**  
\$25 Member; \$40 Potential Member

### YOUTH AGES 6 – 12 YEARS

Classes meet on Tuesday & Thursday:  
4:30 pm – 5:15 pm  
5:15 pm – 6:00 pm  
6:00 pm – 6:45 pm

### ADULTS 13 & OLDER

Classes meet on Tuesday & Thursday:  
6:00 pm – 6:45 pm

**Sessions:**  
Aug 30 – Sept 22  
Oct 4 – Oct 27  
Nov 8 – Dec 8 (Skip Thanksgiving Week)

**Fee per Session:**  
\$30 Member; \$45 Potential Member

YMCA membership and programs are available to everyone, regardless of their ability to pay.  
Please ask about our financial assistance plans.

# WATER FITNESS

There are many benefits to exercising in the water and it is considered to be therapeutic for several physical conditions. Exercise has never felt this good! Bring a swim suit and towel to enjoy this exhilarating form of exercise.

**\*Please see our Group Exercise Schedule for specific class days and times.\***

## ZUMBAQUA

Come experience Latin dance in the water! This class is done in shallow water. Come shake it in ZUMBAQUA!

*Recommended for most participants.*

## Walkin' & Talkin'

This class is simply "water walking" and is done in shallow water. Walkin' & Talkin' is a great alternative to walking on the treadmill and is considered to be the lowest impact class on our entire schedule.

*Recommended for most participants.*

## Deep Water

The Y has taken water aerobics to the deep end with this fun and motivating workout! With the assistance of noodles and floating dumbbells, you'll be able to shape and tone your muscles like never before!

*Recommended for most participants.*

*Must be able to swim.*

## Adult Swim

It is never too late to learn how to swim. The Moultrie YMCA offers an adult swim lessons class for those who want to learn how to swim or those simply wanting to improve their swim technique. For adults 13 and older.

Classes meet on Tuesday & Thursday:  
6:00 pm – 6:45 pm

### Sessions:

Aug 30 – Sept 22

Oct 4 - Oct 27

Nov 8 - Dec 8 (Skip Thanksgiving Week)

### Fee per Session:

Member - \$30

Potential Member - \$45

## Water Aerobics

It's time to get wet while you sweat! Water aerobics is an invigorating way to get your heart rate pumping and your muscles moving! This class is done in shallow water.

*Recommended for most participants.*

## Family Swim

**Mon, Tues, Thurs:** 4:00 pm – 8:00 pm  
(Monday available through September only)

**Saturday:** 9:00 am - 12:00 pm

**Sunday:** 2:00 pm - 4:00 pm



## Aquathon

**Saturday, November 19**  
**9:30 am – 11:30 am**

## Lap Swim

Lap swim at the Moultrie YMCA is available to adult members only.

**Mon, Wed, Fri:**

**5:30 am - 7:00 am; 8:30 am- 1:00 pm**

**Mon: 4:00 pm - 7:00 pm**

(New Hours on Mondays in October: 5:00 pm - 7:00 pm)

**Tues/Thurs:**

**11:30 am - 1:00 pm; 4:00 pm - 8:00 pm**

**Wed: 5:00 pm - 6:30 pm**

**Sat: 9:00 am - 12:00 pm**

**Sun: 2:00 pm - 4:00 pm**

**To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

**[www.moultrieymca.org](http://www.moultrieymca.org)**

# HEALTHY LIFESTYLES

## HEALTH TRACK

The Moultrie YMCA has designed a 12-week member-based program that will help keep you on the right track to reaching and maintaining your health goals. The program involves weekly weigh-ins and accountability sessions with one of our Wellness Coordinators and much, much more. It's time to invest in yourself! Contact Leslie Peretti or Nick Bennett to get on track!  
**\$25 per 12-week program**

## 2011 IRON MAN

With the holidays around the corner, kick start your workouts during the month of October with the ultimate cross-training program! You will have 30 days to log 2.4 miles swimming, 112 miles biking (cycling classes included), and 26.2 miles running/ walking!  
**October 1 – October 30**  
**Registration begins September 12**  
**Fee: \$15**



## WELLNESS CENTER

Come visit us in our Wellness Center! We provide you with user friendly cardio equipment and an assortment of ways to strength train. We also have machine weights and free weights for all your resistance training needs. YMCA trained Wellness Coaches are available to assist you during your workout throughout YMCA business hours. For more information on the Wellness Center, contact Nick Bennet.

## YOUTH FIT 101

Help combat physical inactivity and get your teens involved as active members of our Wellness Center and group exercise studio. With Youth Fit 101, we help youth gain strength, confidence, lose weight, improve self-esteem and learn the safe and proper way to exercise. This class is mandatory for youth ages 10-15 prior to gaining access to the Wellness Center. Parents are also required to attend.

## 2012 TEAM LEAN

**Mark your calendars,  
registration begins December 5, 2011!**



**YMCA membership and programs are available to everyone, regardless of their ability to pay.  
Please ask about our financial assistance plans.**



## **CHILD WATCH** ages 6 wks - 12 yrs

Did you know that the Y offers child care while you're working out? Visit Child Watch located inside the Wellness area.

### **Monday - Thursday**

9:00 am - 1:00 pm / 4:00 pm - 8:00 pm

### **Friday**

9:00 am - 1:00 pm / 4:00 pm - 6:00 pm

Fee: \$10/month for 1st child  
\$5 for each additional child



## **BOOT CAMP**

Tired of the same old workout every day? Add Boot Camp into the mix! Boot Camp consists of 45 minutes of running, plyometric exercises, resistance training, and fun. Morning and afternoon sessions are offered for 45 minutes. Morning sessions begin at 5:15 am and afternoon sessions begin at 6:00 pm.

**Registration:** September 12, 2011

**Morning Session:** Monday, Wednesday & Friday  
September 26 - November 18

**Afternoon Session:** Tuesday & Thursday  
September 26 - December 2



**2011  
RACE OF THE SOUTH**  
**Saturday, September 17**  
Registration begins August 15  
For specific times & fees, pick up a  
registration form at the  
Member Service Desk.



Let us help you train for your first 5 K!

**Couch to 5 K** is a new program designed to help you gain the endurance needed to run in the Race of the South, September 17. For more information on Couch to 5 K, contact Leslie Peretti or Nick Bennett.

## **GROUP AND PERSONAL TRAINING**

Having trouble motivating yourself? Is the lifestyle change becoming too challenging? Let one of our trainers help you take your workout to the next level, as an individual or with a group of four. For more information, pick up your personal training packages from the Member Services Desk.

**ZUMBATHON**  
**SATURDAY, AUGUST 13; 9:00 am - 11:00 am**

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

[www.moultrieymca.org](http://www.moultrieymca.org)

# GROUP EXERCISE

We offer a variety of classes each week for those that are motivated by a group. The energy you'll get from our awesome instructors and our fun-loving participants will keep you coming back for more each time! With over 40 group exercise classes a week on land and 12 classes in our indoor, heated pool, you will be sure to find a workout that suits your needs. All classes are COED and open to any member 10 years and older. Classes are subject to change based on participation and instructor availability. Please let the instructor know if it is your first time. Please see our Group Exercise Schedule for specific class days and times.

## INTRODUCTORY STEP N' SCULPT

Are you new to step aerobics? If so, this instructional class is designed to teach you the basics and fundamentals of step aerobics. After you've tried this beginner step class, you'll never get lost in a step class again! *Recommended for most participants.*

## STEP N' SCULPT

If you want a good, solid workout, give step a try. A step aerobics class is combined with sculpting exercises to create increased cardiovascular endurance and muscle tone! "Step up" to this enjoyable and challenging workout! *Recommended for intermediate/advanced participants.*

**GROUP EXERCISE MARATHON**  
**OCTOBER 20**  
**5:00 pm – 7:00 pm**



## YMCA Active Older Adults

There are so many benefits to being active and it becomes even more important as we age. At the Moultrie YMCA, we do our best to offer a variety of programs to meet the physical and social needs of our active older adults. Classes great for a low impact workout are the Walkin' & Talkin' Aquatic Class, Water Aerobics, ZUMBAQUA (Water ZUMBA), Senior Stretch & Strengthen (Chair Aerobics Class) and Movin' & Groovin' Low Impact Aerobics.

## MOVIN' & GROOVIN' AEROBICS

Aging is no longer an excuse! This fun and energizing low-impact cardio workout is designed with the active older adult in mind. With simple choreography set to motivating music, you will keep your heart pumping and body moving! *Recommended for beginner participants.*

## 10-10-10

This class is designed to hit each major part of your body in 30 minutes. With 10 minutes of upper body exercises, 10 minutes of abdominal exercises and 10 minutes of lower body exercises you are sure to get the workout you need. *Recommended for most participants.*

## YOGA

Yoga is a mind/body class designed to improve posture, flexibility, reduce neck & shoulder tension, improve athletic performance, prevent injuries, decrease back pain, and ultimately reduce stress. *Recommended for most participants.*



**YMCA membership and programs are available to everyone, regardless of their ability to pay.**  
**Please ask about our financial assistance plans.**



Classes are subject to change based on participation and instructor availability. Please let the instructor know if it is your first time.

## BODY SCULPTING

Body sculpting is a full-body strengthening and toning class that utilizes hand weights, balls, steps, and body bars. This class is a great way to compliment your cardio workout. *Recommended for most participants.*

## CARDIO SCULPT

Cardio Sculpt is a combination of intense full-body strengthening and cardio workout that utilizes hand weights, balls, steps, and body bars. *Recommended for intermediate and advanced participants.*



## CYCLING

Has your cardio routine gotten boring and monotonous? If so, you have to try this energetic, fun cycling class that will have you burning calories without watching the clock! Experience group cycling today! Reservations for cycling classes must be made at the Member Service Desk. *Recommended for most participants.*

## ZUMBA

ZUMBA is an unbelievably fun class that combines irresistible music with dynamic dance and exercise moves that are sure to burn calories and shed pounds. *Recommended for most participants.*



## SENIOR STRETCH AND STRENGTHEN

This is a low intensity exercise program designed for older adults to increase flexibility, strength, circulation and to improve the cardiovascular system. *Recommended for beginner participants.*

## PILATES

This modern form of exercise works the deeper muscles to achieve efficient and graceful movement, improve alignment, strengthen back and abdominal muscles, and sharpen your mind/body connection. Make this exciting class part of your weekly routine! *Recommended for most participants.*



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

[www.moultrieymca.org](http://www.moultrieymca.org)

# ADULT SPORTS



## Adult Indoor Soccer

Indoor Soccer is available to high school sophomores and older. The game is played according to Futsal Rules. T-shirts will be given to the champions. Playoffs begin after the regular season. This league is limited to the first six teams to register.

Registration: August 15 - 30, 2011

Captains Meeting: August 30 at 6:30 pm

Season Begins: September 8

Games are played on Thursday nights

Fees: \$250 per team

\$50 late fee after August 30



## Adult Volleyball

Adult Volleyball is available to high school sophomores and older. The game is played according to Domestic Competition Regulations as Presented by USA Volleyball. T-shirts will be given to the champions. Playoffs begin after the regular season is over. This league is limited to the first six teams to register.

Registration: August 29 - September 13, 2011

Captains Meeting: September 13 at 6:30 pm

Season Begins: September 20, 2011

Games are played on Tuesday nights

Fees: \$250 per team

\$50 Late fee after September 13

## EXERCISE YOUR SPIRIT

### Men's Bible Study

Every Wednesday at 6:30 am, men are welcome to a nondenominational Bible study in the conference room of the YMCA.

The Bible study is available to anyone who wants to come.

## Adult Basketball League

Adult Basketball is played as a 5v5 full court league for ages 18 and older. The game is played according to Georgia High School Association rules. Teams will need to provide their own jersey. T-shirts will be awarded to the first place team. Playoffs begin after the regular season has been completed. This league is limited to the first 12 teams to register.

Registration: December 12, 2011 - January 3, 2012

Captains Meeting: January 3, 2012 at 6:30 pm

Season Begins: January 9, 2012

Games are played on Mondays and Thursdays at 7:00 pm

Fees: \$400 per team

\$50 late fee after January 3



YMCA membership and programs are available to everyone, regardless of their ability to pay. Please ask about our financial assistance plans.

# WELCOME MEMBERS

## HOURS OF OPERATION

Monday - Friday  
5:30 am - 9:30 pm

Saturday  
9:00 am - 6:00 pm

Sunday  
2:00 pm - 5:00 pm  
Temporary  
Sunday Hours  
1:30 pm - 5:30 pm

## LOCKERS

Lockers are available for rent. Biannual and annual rates are available. Please see a Member Services Representative for more information.

For your safety, all members are required to check in with a YMCA staff member upon entering the facilities. Scanning your YMCA picture ID makes it easy and fast! Replacement for lost cards is \$5.

## MEMBERSHIP PARTNERS

The Moultrie YMCA is now partners with the Albany and Thomasville YMCAs! Show your membership card and sign in at either of these locations and use your membership benefits while away from home. Please visit their websites for operating hours and class schedules.

### Albany YMCA

[www.albanyareaymca.org](http://www.albanyareaymca.org)  
229-436-0531

### Thomasville YMCA

[www.ymca-thomasville.org](http://www.ymca-thomasville.org)  
229-226-3446

## GUESTS

Members are encouraged to bring their friends and introduce them to the Y's programs and services. All guests must be accompanied by a member, register at the Member Service desk and pay a Guest Fee. The host member must take responsibility for their guest. AWAY members (from other YMCA's) may use the YMCA 14 times in the calendar year. After the 14 visits have been used, standard Guest Fees are applicable. The YMCA reserves the right to restrict guest usage.

## METHODS OF PAYMENT FOR MEMBERSHIP

- Bank Draft: A monthly draft from your checking or savings account.
- Annual Payment: Dues may be paid in full for the year. Payment is accepted via cash, check, MC, Visa, Discover or AMEX.
- Month-to-Month: Payment is accepted via cash, check, MC, Visa, Discover or AMEX. There is an additional monthly fee that will be added in place of the joiner fee.
- The joiner fee is a one-time fee for new members that is payable at registration. Any memberships expired for over 30 days, is considered a new membership.
- Group/Company Memberships are available

## MEMBERSHIP TYPE/FEE'S

Type	Annual Rate		Monthly Draft	Joiner Fee	Monthly
Youth (9years & under)	\$108	or	\$9	\$20	\$13
Teen (10-18 years)	\$180	or	\$15	\$20	\$18
Adult (over 19 years & not a full time student)	\$432	or	\$36	\$35	\$40
Senior Adult (62 years & over)	\$360	or	\$30	\$15	\$32
Family (husband, wife & any dependent children)	\$648	or	\$54	\$50	\$60
Senior Family (at least one member of the family is 62 or over)	\$552	or	\$46	\$30	\$48
Single Parent Family (unmarried parent & any dependent children)	\$552	or	\$46	\$40	\$48
Student (College/Tech with at least 12 hours per semester)	\$360	or	\$30	\$20	\$32

The YMCA requires 10 days (prior to draft date) written notice in order to cancel your drafted or annual membership. Memberships are nonrefundable and can be revoked from any person exhibiting inappropriate behavior or abuse of the YMCA staff or facility. You may change your membership type at any time.

Members of the Clergy receives \$48 off the Annual Rate or \$4 off the Monthly Draft Rate  
Individuals employed by: Board of Commissioners, Board of Education, Bud K, Children's Medical Group, City of Moultrie, Clements Printing, Colquitt EMC, Colquitt Regional Medical Center, Heritage Church, Moultrie Health Care, Moultrie Physical Therapy, National Beef, Riverside, or Turning Point receives Group/Company Membership pricing. See your Human Resources representative for more information. If your company would like to participate in the Group/Company Membership program, call Stacy Fiederer at the YMCA at 985-1154.

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

[www.moultrieymca.org](http://www.moultrieymca.org)



Moultrie YMCA  
601 26<sup>th</sup> Ave SE  
Moultrie, GA 31768  
229.985.1154  
229.890.9592 (Child Care Center)  
[www.moultrieymca.org](http://www.moultrieymca.org)



The Moultrie YMCA is a proud member agency of the United Way. It is the YMCA's policy to provide financial assistance for programs and memberships to those who qualify according to availability of funds. To apply for financial assistance, or to make a contribution to support the financial aid program, please call 985-1154.

We gladly accept



## 21<sup>ST</sup> CENTURY COMMUNITY LEARNING CENTER



The Moultrie YMCA will be starting its 3<sup>rd</sup> year in September working with the 21<sup>st</sup> Century Community Learning Center. More than 120 students were served during the 2010-2011 school year from the Norman Park and Odom Elementary Schools. Students are referred by teachers to the after school program, which focuses on academic enrichment and youth development.

The 21<sup>st</sup> CCLC is located in Norman Park at the Georgia Baptist Conference Center and transportation is provided to and from the site. Staff consists of certified teachers and youth development leaders, with a staff/student ratio of

1:10. Students from the 2010-2011 school year showed significant increases in report card grades and CRCT scores. Each year the Georgia Department of Education administers funds to help operate centers that focus on increasing student performance in math, reading and language arts.

For more information on the Moultrie YMCA 21<sup>st</sup> CCLC program, contact Misty Trouille at 769-5498.

## VOLUNTEER/STAFF OPPORTUNITIES

There are many ways a volunteer can contribute to the community through the Y. Volunteers can be used to help with team management, coaching, referees, scorekeepers and administrators among other needs. Also, as the Y increases the opportunities for teens as volunteers and staff, adult volunteers could pair with them in leadership roles to take an active part in the development of our future community contributors. The Y Mentors program is also volunteer. Mentors are constantly needed in our school system. To learn more about the Y Mentor program, locate the letter from the Program Director on page 7.

We encourage any churches, organizations or businesses that are interested in partnering with the YMCA to create a sponsor or leadership program with older teenagers as volunteers and staff to call 985-1154 to find out more.



**LIKE THE MOULTRIE YMCA ON FACEBOOK!**

