

AQUATICS

Children who do not swim year round tend to forget the basics. Help your child develop confidence in and out of the water. Classes held at Colony Creek Pool located at 301 Colony Creek Drive and at the YMCA Pool. Swim lessons are 30 minutes.

Y Member \$35 / Program Member \$55

TWO WEEK MORNING SESSIONS

Monday-Thursday at [Colony Creek Pool](#).

June 7 - June 17 June 21 - July 1 July 5 - July 15

July 19 - July 29 Aug. 2 - Aug. 12

Skill Level	Times
Ray & Starfish (3-5 yrs)	9:30 - 10:00
Polliwog, Guppy, Minnow & Fish (6 & up)	10:00 - 10:30

FOUR WEEK EVENING SESSIONS

Monday and Wednesday evenings at [Colony Creek Pool](#).

June 7-June 30 July 5-July 28

Classes	Times
Parent/Child (6 mo.-3 yrs.)	5:30 - 6:00 pm
Ray & Starfish (3 yrs.-5 yrs.)	5:30 - 6:00 pm
Polliwog, Guppy, Minnow & Fish (6 yrs. & up)	6:00 - 6:30 pm

Tuesday and Thursday evenings at [YMCA Pool](#).

Jun. 8-July 1 July 6-July 29 Aug. 3-Aug. 26

Classes	Times
Parent/Child (6 mo.- 3 yrs.)	6:30 - 7:00 pm
Ray & Starfish (3-5 yrs)	6:30 - 7:00 pm
Polliwog, Guppy, Minnow & Fish (6 yrs. & up)	7:00 - 7:30 pm

PRIVATE SWIM LESSONS (Ages 6 mo. & up)

1/2 hour by appointment. Member \$20/Program Member \$25

JOINT EFFORT WATER EXERCISE (Ages 18 & up)

Water exercise geared toward increasing stamina and reducing joint pain and stiffness. Tues/Wed/Thurs at 9:00 a.m.

Member FREE/Program Member \$45

New!

Aqua **ZUMBA** - Workout to the same Latin inspired dance moves as in basic land **Zumba**, with the added resistance of the water to give you more of a workout. IT'S A PARTY IN THE WATER! Monday & Wednesday, 10 - 11 am and 6:30 - 7:30 pm., Saturday 10 - 11 am.



JOIN TODAY!



MEMBERSHIP RATES

Joining Fee \$50 (non-refundable)

Joining fee waived when paying annually.

Monthly Rates

Family	\$70	Teen*	\$28
Adult Male	\$50	Young Adult	\$35
Adult Female	\$48	1 Parent Family	\$60

*4 hour time limit in the facility per day for youth and teen members when not accompanied by a parent.

Payment can be made by bank draft, credit card, check or cash.

RECREATION ROOM & CHILD WATCH SCHEDULE

Monday - Friday (While parent is in the building)	8:00-1:15 pm
Monday & Wednesday	3:30-8:00 pm
Tuesday & Thursday	3:30-8:30 pm
Friday	3:30-6:30 pm
Saturday	8:15-12:15 pm

Child Watch is a complimentary child watch service offered while you workout.

Limited Financial Assistance Available for all Programs

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



of the Golden Crescent, Inc.

Fill Your

Summer Vacation

with FUN!



2010 Summer Program Guide June 7 - August 27

Victoria Family YMCA

1806 N. Nimitz

Victoria, TX 77901

(361) 575-0511

(361) 575-4608 fax

www.ymcavictoria.org

KIDZ CAMP

We provide a safe, exciting, and adventurous summer program in a state licensed environment. Your child will be able to participate in 11 weeks of themed activities and swimming twice a week at the YMCA indoor pool. Our camp counselors encourage your children to play games, work on arts and crafts projects, compete in sports, swim, and take field trips to outrageously fun area destinations. (Ages 3-12)

Weekly Session and Themes

- | | |
|--------------------------|------------------|
| 1. Clownin' Around | Jun. 7-Jun. 11 |
| 2. Community Helpers | Jun. 14 -Jun. 18 |
| 3. Game Time | Jun. 21-Jun. 25 |
| 4. Holiday Mix Up | Jun. 28-Jun. 22 |
| 5. Construction Junction | July 5-July 9 |
| 6. A Day in the Knight | July 12-July 16 |
| 7. Sounds of Music | July 19-July 23 |
| 8. Career Days | July 26-July 30 |
| 9. All Camped Out | Aug. 2 - Aug. 6 |
| 10. Fun with Food | Aug. 9-Aug. 13 |
| 11. Up in the Air | Aug. 16-Aug. 20 |

Local field trips will include: Riverside Park, Putt-Putt, Bowling, Discovery Museum, Coletto Creek Park Fishing, YMCA Pool, Port Lavaca Pool and Picnics.

Shields Elementary Camp

Y Member - \$78/ wk Program Member - \$93/ wk

Pinnacle Pointe Camp

Resident -\$55/ week Non-resident - \$93/ week

Y-Members - \$78/week

REGISTRATION

One time, non-refundable \$35 registration fee for all sites.

\$5 off weekly fee for each additional child enrolled.

FIELD TRIPS are optional with an additional cost. Parents will be informed of the cost as trips are scheduled.

Kidz Camp Family Nights

Come join us for an evening of fun, with fun filled activities at Riverside Park.
July 15 and August 5

MINI SPORTS CAMPS

These age appropriate camps allow youth to explore a variety of sports while developing hand-eye-foot coordination. Fees for sports camps are Members \$75/Program Members \$90. Registration begins May 3.

SUMMER SPORTS CAMPS

Dates: July 5-9 Basketball/Soccer

Dates: July 26-30 All Sports

Camp is held from 7 am- 6 pm for children ages 5 - 14 years of age. Children must bring a sack lunch, swim suits and a towel. Drinks and snacks are provided.

YOUTH SPORTS

At the YMCA every child plays, every child wins!

Members \$35/Program Members \$55

\$10 Late Registration Fee

T-BALL/RAGBALL

Ages: 3-8

Register: Apr. 12-May 16

Coaches Meet: May 25

Season: Jun. 22-Jul. 29

BASKETBALL

Ages: 5-17

Register: May 17-Jun. 20

Coaches Meet: June 28

Season: Jul. 24-Aug. 28

FALL VOLLEYBALL

Ages: 8-14

Register: Sept. 6-Oct. 10

Coaches Meet: Oct. 12

Season: Nov. 6-Dec. 18



SUMMER KICKBALL

Ages: 3-10

Register: Apr. 26-May 30

Coaches Meet: June 14

Season: Jul. 10-Aug. 14

FALL SOCCER

Ages: 3-14

Register: Jul. 26-Aug. 29

Coaches Meet: Sept. 2

Season: Oct. 2 - Nov. 6

ADULT COED VOLLEYBALL

COED Ages: 18 & up

Register: Apr. 12-May 2

Coaches Meet: May 4

Season Starts: June 6

Fee: \$200 per team

Register online at
ymcavictoria.org

FITNESS

**WHY
THE
Y?**



Cardio machines with personalized TVs

Nautilus area with 14 strength training stations

Free Weight Area with a complete set of equipment

Over 50 group exercises classes a week

Senior exercise classes.

Lap swimming and Water Exercise classes

Three regulation size racquetball courts

Men's & Women's locker areas with steam room, sauna, & whirlpool

(Class and Pool schedules available at the

Welcome Center and online at www.ymcavictoria.org.)



AQUA ZUMBA

Workout to the same Latin inspired dance moves as in basic land **Zumba**, with the added resistance of the water to give you more of a workout. IT'S A PARTY IN THE WATER! Monday & Wednesday, 10 - 11 am and 6:30 - 7:30 pm., Saturday 10 - 11 am.

TEEN & YOUTH STRENGTH TRAINING (Ages 10-15)

Teaches proper use of cardio equipment, nautilus and free weights. Usage of areas permitted upon completion. Ages 10-12 may use area upon completion with parental supervision.

Y Members \$30

Sunday, 1:30 - 4:30 pm

KARATE

Tae Kwon Do Institute Instructor: **Daniel Heller**

Beginners (ages 6 & up) Tues/Thurs, 6:30 - 7:15 pm

Gold Belts (ages 6 & up) Tues/Thurs, 7:15 - 8:00 pm

Y Members \$28 / Program Members \$50

SPECIAL EVENTS

YMCA Friend of Youth Golf Tournament - August 20

2010 Corporate Cup - September 11 - 26