

AQUATICS

FOUR WEEK SESSIONS

Jan. 5-29 Feb. 2-26 Mar. 2-Apr. 2
 Apr. 6-30 May 4-28
(No classes March 16-20)

SWIM LESSONS (in order of skill level)

SKILL LEVEL	AGES	TIMES
Parent/Child	6mths-2	Tues/ Thurs, 6:30-7:00pm
Ray	3-5	Tues/ Thurs, 6:30-7:00pm
Starfish	3-5	Tues/ Thurs, 6:30-7:00pm
Polliwog	6 & up	Tues/ Thurs, 7:00-7:30pm
Guppy	6 & up	Tues/ Thurs, 7:00-7:30pm
Minnow	6 & up	Tues/ Thurs, 7:00-7:30pm
Fish	6 & up	Tues/ Thurs, 7:00-7:30pm
Youth Endurance	6 & up	Tues/ Thurs, 5:30-6:25pm

Members \$35/ Program Members \$55.

A \$10 Program Member fee required for all non-members to participate in any YMCA program.

YOUTH ENDURANCE CLINIC (Ages 6 & up)

Keep them swimming this winter/spring and see them perform at a higher level come summer. This program is designed to help young people with advanced aquatic skills work on their form for all 4 strokes and improve time. 5:30-6:25 pm. Tues/Thurs

Members \$35/Program Members \$55.

PRIVATE SWIM LESSONS (Ages 6 mths. & up)

One half hour lesson by appointment.
 Members \$30/ Program Members \$35.

ADULT SWIM LESSONS (Ages 16 & up)

Thursdays nights 7:45-8:15 pm.
 Members \$20/Program Members \$40.

AQUA POWER (Ages 15 & up)

High energy aerobic class for cardio and weight loss.
 Mon/ Wed at 6:30 pm.
 Members FREE/ Program Members \$45.

JOINT EFFORT (Ages 18 & up)

Water exercise to help increasing stamina and reduce joint pain and stiffness. Tues/ Wed/Thurs at 9:00 am.
 Members FREE/ Program Members \$45.

CPR/ FIRST AID/AED (Ages 15 & up)

3rd Saturday of every month. Fee \$25-CPR/AED,
 \$20-FIRST AID, Renewal Fee \$25

MEMBERSHIP

MONTHLY MEMBERSHIP RATES

Joining Fee \$50 (1 time/non-refundable)

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

Monthly dues may be drafted from a bank account or credit card account. Call for more payment options.

Limited Financial Assistance available for all programs.

SILVER SNEAKERS

Memberships available. Ask the Welcome Center for more information.

GUEST FEES

Member Guests (Ages 18 & up)	\$7 per visit
Walk-in Guests (Ages 18 & up)	\$10 per visit
Member Guests (Ages 12-17)	\$5 per visit
Walk-in Guests (Ages 12-17)	\$8 per visit

NURSERY

Family Members	FREE
Adult Members/Guest	\$3 per child/ visit
Monday-Thursday	8:15 am-1:15 pm 3:30 pm-8:00 pm
Friday	8:15 am-1:15 pm 3:30 pm-6:30 pm
Saturday	8:15 am-12:15 pm
Ages 6 weeks -23 months have a 1 1/2 hour limit. Ages 2-5 have a 2 hour limit.	

YOUTH/TEEN CENTER*

Monday - Thursday	3:30 - 8:00 pm
Friday	3:30 - 7:00 pm
Saturday	8:15 - 12:00 pm
Sunday	CLOSED
*4 hour time limit in the facility per day for youth and teens. See back for special events.	

YMCA HOURS OF OPERATION

Monday-Thursday	5:00 am - 9:15 pm
Friday	5:00 am - 8:15 pm
Saturday	7:00 am - 5:00 pm
Sunday	1:00 pm - 5:00 pm



VICTORIA FAMILY

YMCA



PROGRAM SCHEDULE

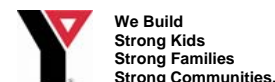
JANUARY 1,-JUNE 5, 2010

1806 N. NIMITZ

361-575-0511

WWW.YMCAVICTORIA.ORG

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



Coming Soon!

Aqua ZUMBA

Aqua ZUMBA uses the same Latin inspired dance moves as in basic ZUMBA, with the added resistance of the water to give you more of a workout.

YOUTH

YMCA AFTERSCHOOL CHILDCARE

Ages 5-10 (Preschool available at some sites) The benefits are endless. Safe, state licensed, exciting, and entertaining. Our staff encourage your child to be involved in the games, arts & crafts and outdoor activities implemented in our programs. The YMCA provides home work time for the children daily and assist when needed.

HOURS After school is school dismissal until 6:00 pm. Full day is 7:00 am-6:00 pm. Pinnacle Pointe hours are dismissal until 6:30 pm.

SITES & FEES Registration fee for all sites is \$35 per child/per school year. **\$5 off** weekly fee for each additional child enrolled up to \$20 per family. Does not apply to Pinnacle Pointe or Dudley. Call for full day and **holiday** fees. **VISD employees**, ask about our discounted rate!

ALOE, CHANDLER, DELEON, ELLA SCHORLEMMER, F.W. GROSS, GUADALUPE, MISSION VALLEY, ROWLAND, SHIELDS, SMITH, & VICKERS

	Members	Program Members
3-5 days	\$45	\$55

PINNACLE POINTE & DUDLEY ELEMENTARY

	Members	Program Members
3-5 days	\$30	\$30

HALF DAY DROP-IN RATE FOR ALL SITES

	Members	Program Members
1-2 days	\$12	\$14

Limited Financial Assistance Available for all Programs

SPECIAL EVENTS

KIDZ CHRISTMAS CAMP (Ages 5-12) A fun filled break with a visit from Santa, Christmas caroling, arts and crafts and more. Dates to be announced (YMCA closed Dec 25 and Jan 1. Half day Dec 24 and Dec 31). Registration deadline is Dec. 18 at noon. Members \$78/ Program Members \$93

SPRING BREAK CAMP - March 15 - 19, 7:00 am - 6:00 pm. More information to come.

SPORTS

These age appropriate sports programs allow youth to explore a variety of sports while developing hand-eye-foot coordination. \$10 late registration fee.

SPRING SOCCER

Ages	3-14
Registration	Dec. 28-Jan.31
Late registration	Feb. 1-14
Coaches meet	Feb. 9
Season	Feb. 27-Apr. 3
Members	\$35
Program Memb.	\$55

SPRING KICKBALL

Ages	3-10
Registration	Feb. 8-Mar. 14
Late registration	Mar. 15-28
Coaches meet	Mar. 30
Season	Apr. 17-May 29
Members	\$35
Program Memb.	\$55

ADULT CO-ED VOLLEYBALL

Registration	Jan. 4 - 31
Captains Meeting	Feb. 4 at 6 pm
Season	Feb. 28-Mar. 28
Fee	\$200 per team
Round Robin	each weekend
Games played	Sunday afternoon
NO LATE REGISTRATIONS	

SPRING VOLLEYBALL

Ages	8-14
Registration	Feb. 8-Mar. 14
Late registration	Mar. 15-28
Coaches meet	Mar. 23
Season	Apr. 17-May29
Members	\$35
Program Memb.	\$55

SPRING FLAG FOOTBALL

Ages	6-14
Registration	Mar. 1-Apr.11
Late registration	Apr. 12-25
Coaches meet	Apr. 20
Season	May 18-Jun.21
Members	\$35
Program Memb.	\$55

SPRING BREAK CAMP

Ages	Kinder-14 yrs.
Sessions	Mar. 15-19
Time	7am—6 pm
Fee	\$70 member \$85 non-mem.
Kickball, soccer, basketball camp.	
Bring sack lunch, swim clothes and towel.	

SPECIAL EVENTS

CITIZENSHIP AWARD (Grades 1-5) Community leaders recognize those youth who are making a difference. Great incentive awards to winners. For more information call Michele Morales at 575-0511 ext. 234

AMERICAN RED CROSS LIFEGUARD CLASS will begin in January. Call Amanda, Ext. 227 for times and dates.

SPLASH into Spring with water safety lessons, March 16-20. Classes are 30 minutes and are offered mornings and evenings. \$5

SPRING FLING (All Ages) Fun-filled booths, games, water slides, bouncer and much more! Saturday, March 20, from 5:00-8:00 pm. Adults \$4, children \$2. Children under 4 are free.

CO-ED VOLLEYBALL TOURNNEY Adult volleyball double elimination tourney, April 4. Call Justin, Ext. 226 for information.

YMCA HEALTHY KID'S DAY, Saturday, April 17. More information to come.

FITNESS

FOUR WEEK SESSIONS

January 4 - January 29 February 1 - February 26
March 1 - April 2 April 5 - April 30 May 3 - May 28
(No Karate or Youth/Teen Training week of Spring Break)

KARATE ACADEMY

Beginners (ages 6 & up)	Tues/Thurs, 6:30-7:15p
Gold Belts (ages 6 & up)	Tues/Thurs, 7:15-8:00p
Members \$28 / Program Members	\$50

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 areas upon completion with parental supervision. Sundays 1:30pm - 4:30pm. Members \$30

Y PERSONAL FITNESS

 (Ages 18 & up)

Individualized 4-week starter program for those returning or are new to fitness. 4 appointments with YMCA trained staff. Call for appointment. Members FREE.

YMCA FITNESS ASSESSMENT

 (Ages 18 & up)

Fitness testing according to YMCA National Fitness Testing Protocol by a Fitness Specialist. Includes: resting heart rate, blood pressure, body composition, strength and endurance. Call for an appointment. Members \$25/ Program Members \$40

BODY COMPOSITION ANALYSIS

 (Ages 18 & up)

Identify your body fat % versus your lean body mass using a caliper test to evaluate 7 sites of the body. Call for an appointment. Members \$15

PERSONAL TRAINING

 (Ages 18 & up)

Individualized personal exercise workout with a certified personal trainer. Call for an appointment.

MASSAGE THERAPY

Treat yourself to a massage to relieve stress and aching muscles. Contact the front desk for more information.

SPECIAL EVENTS

9th ANNUAL MELTDOWN FOR TEAMS

1,000 to the Winning Team

12 week fitness challenge to lose weight as part of a team and begin living a healthier lifestyle. Teams have 3 participants. First weigh-in January 4. Program begins January 4 and runs through March 26. Final Weigh-in week of March 22.

YMCA MELTDOWN FOR INDIVIDUALS

\$300 to each Winner! 12 Week fitness challenge to lose weight. You will compete against others of your gender. There will be one male and female winner. First weigh in week of January 4th. Program begins January 4th and runs thru March 26. Final weigh in week of March 22.

GETTING RIPPED!!

 (Ages 16 & up)

\$500 to the Top Male and Top Female in Each Division

A 12 week fat loss challenge. Individuals will compete to lose the greater percentage of fat. First Body fat test week of January 4 and the final test will be week of March 22.

2010 CORPORATE CUP

SEPTEMBER 11- 25, 2010

Experience the POWER OF TEAM!