

## LIVING OUR CAUSE

Here at the Calhoun County YMCA, the Y stands for youth development, healthy living, and social responsibility. We strive to provide fun, fulfilling programs for families and individuals. This Fall and Spring, we invite you to explore our programs, make a wellness plan and achieve your goals, set family play dates and make them happen. Let's grow, thrive, and flourish at the Calhoun County YMCA!

## MEMBERSHIP

Joining fee \$50 (non-refundable)

Family	\$63
Adult	\$44
Teen (13-17)	\$30
Senior (65+)	\$38
Senior Family (65+)	\$55

### Association Membership

(allows usage of both Victoria & Calhoun Branches)

Female	\$49
Male	\$51
Family	\$72

SilverSneakers Memberships available. Ask the Welcome Center for more information.

## HOURS OF OPERATION

### Facility

Monday—Thursday	5:00am—9:30pm
Friday	5:00am—8:30pm
Saturday	8:00am—5:00pm
Sunday	12:00pm—5:00pm

### Nursery

#### Morning

#### Evening

Monday	8:00—1:00 pm	5:00—8:30pm
Tuesday	8:00—1:00 pm	5:00—8:00pm
Wednesday	8:00—1:00 pm	5:00—8:30pm
Thursday	8:00—1:00 pm	5:00—8:00pm
Friday	8:00—11:00am	Closed
Saturday	8:30—11:30am	Closed
Sunday	Closed	Closed

The nursery is a complimentary service offered for family memberships while you work out. Parents must be in the facility at all times.



### CALHOUN COUNTY YMCA

713 Highway 35 South  
Port Lavaca, TX 77979  
P 361.551.2562

[ymcavictoria.org](http://ymcavictoria.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BRINGING FAMILIES TOGETHER

AUGUST 2017—MAY 2018  
Activity Program Guide  
CALHOUN COUNTY YMCA



## YOUTH DEVELOPMENT

### Afterschool Childcare

Ages 5-12

YMCA Afterschool Care provides youth with supervised activities that teach core values, conflict resolution, and leadership skills. Kids have fun while building self-confidence, appreciating teamwork, and gaining independence with time for homework and tutoring. Located at HJM and JR Elementary. We are a CCMS vendor and we offer financial assistance for those who qualify.

#### FEES & HOURS OF OPERATION

All afterschool childcare program fees must be paid by noon on Mondays or a \$25 late fee will be added to your account.

	YMCA MEMBER	COMMUNITY PARTICIPANT
Registration	\$50	\$60
Afterschool Care (school dismissal until 6:00pm)		
Weekly	\$42	\$57
Daily	\$22	\$27
Full-day Care (7:00am—6:00pm)		
Weekly	\$85	\$100
Daily	\$35	\$45

A \$5 discount will be applied for each additional child for full-rate participants. Drop-ins are welcome.

## Youth Sports

Members: \$45 Program Participants: \$70

### FALL SOCCER

Ages: 3-14

Register: Aug 11-Sep 8

### SPRING SOCCER

Ages 3-14

Register: Feb 6-Mar 10

### FLAG FOOTBALL

Ages: 5 -14

Register: Apr 1-30

A late registration fee of \$20 is applied the week after registration closes!

### BASKETBALL

Members: \$50 Program Participants: \$75

Ages: 4 -13

Register: Nov 10-Jan 3

We need your help!

Volunteer coaches help us make every sport here at the Y the best it can be. Be a part of your athlete's experience. Contact the Y today.

## HEALTHY LIVING

### Group Fitness Classes

Ages 16 & older

**STEP** (60 Minutes) Cardiovascular aerobic workout of moderate to high intensity using a Bench.

**YOGA** (60 Minutes) This class focuses on combining breath and movement during traditional sun salutations. While increasing strength and flexibility you will build your practice by advancing through modifications. Create a calmer mind and healthier body.

**POWER YOGA** (30 Minutes) A fitness-based approach to yoga style and flow. Students will focus on linking conscious breath with a vigorous and mindful flow.

**ZUMBA** (60 Minutes) Dance your way to a fitter you with unique music, latin-inspired dance moves and rhythms!

**PUMP** (45-60 Minutes) For anyone looking to get lean, toned and fit – fast! This Barbell & Weight class uses light to moderate weights with lots of repetition for a total body workout. You'll leave the class feeling challenged and motivated, ready to come back for more.

**Y-FIT** (45-60 Minutes) Fee based, preregistration required at the first of each month in order to participate. Group fitness class utilizing a prescription of constantly varied functional movement executed at high intensity. Within the workouts, movements can be scaled down (or up!) for any level of fitness, so they're challenging every time.

**CORE & MORE** (45 minutes) A workout for your core and MORE using resistance bands, weights, and other tools, as well as body weight exercises such as squats, lunges, crunches, and planks.

**KETTLEBELLS** (Evening Class: 60 Minutes; Noon Class: 30 Minutes) Strength – Cardio – Core! Intermediate level class with novice and advanced modalities. Using kettlebells, class participants are taken through a variety of movements all designed to develop overall body strength, mobility, internal energy, work capacity, and vitality. Extreme all-round fitness!

**BODY FIT** (45-60 Minutes) Total body strength training using a combination of strength, muscle endurance, flexibility, core and functional movement patterns, a variety of equipment, and body weight.

**HIIT** (45 Minutes) High-intensity interval training is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, using a variety of exercises. Improve your cardiovascular health, build lean muscle and drop fat!

**AB LAB** (30 Minutes) Core class that focuses on strengthening muscles of the abs, lower back, and torso.

**CYCLE** (Morning Class: 45 Minutes; Noon Class: 30 Minutes) Indoor cycling is a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drills and exercises.

**CYCLE & SCULPT** (45-60 Minutes): Combines indoor cycling with cardio and strength intervals for total body workout!

**SILVERSNEAKERS CLASSIC** (60 Minutes) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated and standing support.

**SILVERSNEAKERS CIRCUIT** (60 Minutes) Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**SILVERSNEAKERS YOGA** (30 Minutes) Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**RYTH-MIX STEP** (60 Minutes) Easy to follow low-impact, moderate-intensity cardiovascular aerobic workout with the option to either use or not use a Step. Includes upper-body strength exercises, abdominal conditioning, and stretching.

## SOCIAL RESPONSIBILITY

### Events

OCTOBER 2017

Halloween Zumba in the Dark

JANUARY 2018

Meltdown

A wellness team weight loss challenge

FEBRUARY 2018

Father Daughter Dance

APRIL 2018

Healthy Kids Day

MAY 2018

Healthy Kids Day

Mother Son Night of Fun!

### ROOM RENTALS

Parties/Groups/Special Events/Meetings

Rental prices start at \$100 for 4 hours with a \$50 deposit. See Welcome Center for pricing and availability.

### PERSONAL FITNESS TRAINING

Individual and Small Group

Individual: \$30/per person

Small Group (2-4): \$25/per person

Purchase multiple sessions for reduced rates.

See Welcome Center for member pricing.

### YOUTH & TEEN STRENGTH TRAINING

Ages 10-15

This class teaches gym etiquette and proper use of cardio/nautilus equipment. Usage of certain areas permitted upon completion. Ages 10-12 must be accompanied by a parent at all times, even after the course. This class is held once a month and is exclusive to YMCA members.

### KARATE ACADEMY

YMCA MEMBER—\$30 COMMUNITY PARTICIPANT—\$45

Monthly Saturday Karate lessons are available for all ages 5 and up. All classes are held from 9 am-11 am.

### TEEN DANCE

Middle School Grades 6 thru 8

7:00-10:00 pm \$7/per person

2017: Sep 8, Dec 15 2018: Mar 23, May 28

### KIDS NIGHT OUT

Ages 4-12

6:30-9:30 pm \$7/per person

2017: Sep 15, Oct 13, Nov 10

2018: Jan 19, Feb 16, Mar 2, Apr 20, May 18