

GROUP FITNESS

Ages 16 and older permitted in group fitness classes with the exception of ZumbaKids and PoundKids.

NEW PIYO - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga.

BOOTCAMP - We use a timed method for all our circuits so everyone starts and finishes together.

KETTLEBELL - Work multiple muscle groups simultaneously, developing strength and muscular endurance and efficient caloric expenditure.

SPINNING - High energy indoor cycling led by a certified motivating instructor.

ZUMBA - Dance your way to a fit you with exciting and unique dance moves and rhythms.

ZUMBASANTAO - Combines strength and resistance training with innovative dance moves using a chair.

ZUMBA TONING - Offering the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. coordination.

ZUMBABASIC - Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

BODYPUMP - The original Les Mills barbell class that will sculpt, tone and strengthen your entire body fast!

STRONG - High Intensity Interval Training

TURBOKICK - Real kickboxing moves, calorie-blasting HITT training, and body-weight exercises.

GLUTE SALUTE - Build a stronger booty and core with this glute and ab blaster!

SILVERSNEAKERS CARDIOFIT - Aerobics class that's safe, heart healthy and gentle on the joints.

SILVERSNEAKERS MUSCULAR STRENGTH AND

RANGE MOVEMENT - Increase muscular strength, range of movement and activity of daily living skills.

AEROBICS GOLD - Continuous movement for the active older adult, helping participants bend, stretch, and step with more vitality.

ZUMBAKIDS!

Ages 4-12
Monday/Wednesday
5:30 pm-6:15 pm
A fun and healthy program that keeps our youth active.

POUNDKIDS

Ages 4-12
Tuesday/Thursday
5:30 pm-6:15 pm
A full body drumming workout that uses drumsticks (Ripstix).

HEALTHY LIVING

Call Rosalinda for an appointment at 575-0511.

BODY COMPOSITION ANALYSIS

Ages 18 & up
Members \$25/Community Participants \$50
Identify your body fat % versus your lean body mass using a caliper test to evaluate 7 sites of the body.

PERSONAL TRAINING

Ages 18 & up
\$35 per hour

LIVING OUR CAUSE

Here at the Barbara Bauer Briggs Family YMCA, the Y stands for youth development, healthy living, and social responsibility. We strive to provide fun, fulfilling programs for families and individuals of all shapes, sizes, ages, and fitness levels. We invite you to explore your own capabilities, make wellness goals and achieve them. Set family play dates and make them. Let's grow, thrive and flourish together!

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

24 HOUR ACCESS

Members ages 18 and over may access the Wellness Center after normal operating hours 24/7. Membership card/key fob required for entry.

Specific policies will apply after normal operating hours. Violations to these policies will result in membership termination.

CHILD WATCH/RECREATION ROOM

Monday-Friday	8:00 am - 1:00 pm*
Monday-Thursday	4:30 pm - 8:30 pm
Friday	4:30 pm - 6:30 pm
Saturday	8:15 am - 12:15 pm
Sunday	CLOSED

*Child Watch only

Child Watch and Rec Room are complimentary to family memberships. There is a 2 hour limit (per day).

BARBARA BAUER BRIGGS FAMILY YMCA

1806 North Nimitz Street
Victoria, TX 77901
361-575-0511
www.ymcavictoria.org



We have an app for that!

Download the YMCA of the Golden Crescent app for the latest schedules, events and more.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019 WINTER SPRING

Program Guide



BARBARA BAUER BRIGGS
FAMILY YMCA

MEMBERSHIP

Joining Fee (non-refundable) \$50

Family Membership \$75

A couple and as many children within the same household

Single Parent Family Membership \$63

One parent and as many children within the same household

Adult Male Membership \$53

25 and older

Adult Female Membership \$51

25 and older

Young Adult Membership \$37

18-24 year olds

Teen Membership \$29

13-17 year olds

There is a 4 hour time limit per day for youth and teens to be in the facility. Please see Teen and Youth Policy for additional information.

GUEST PASS (per day) \$10

All guests under 18 years old must have a parent/guardian sign a waiver. A valid ID is required for all guests over 18 years old.

MEMBERSHIPS DISCOUNTS

Everyone has a place here at the Y. Ask about our Y.O.U.R (Your Own Unique Rate) PLAN membership prices based on your income.

CORPORATE MEMBERSHIPS

Corporate discounts available. Contact Kristie Cohen at 575-0511 for more information.

INSURANCE BASED MEMBERSHIPS

Memberships based on insurance are available. Inquire at the Welcome Center for more information.

TEEN & YOUTH POLICY

Ages 10-15 must attend the Teen and Youth Strength Training class and be accompanied by an adult 18 years or older to have access to the Wellness Center.

Ages 12 and over may access the basketball gym. There is a 4 hour time limit per day for youth and teens to be in the facility.

TEEN & YOUTH STRENGTH TRAINING

Ages 10-15

Members \$30

1:30 pm-4:00 pm-First and third Sunday each month

Teaches proper use of cardio and nautilus equipment. Usage of areas permitted upon completion with parental/adult supervision. Only available to members.

Participants must register by the Wednesday before the first and third Sunday of each month.

YOUTH DEVELOPMENT

AFTER SCHOOL CHILD CARE

Ages 5-10 (Preschool available at some sites)

Members \$50 weekly

Community Participants \$65 weekly

We provide a state licensed, safe, exciting and entertaining environment. Our staff provide homework time and encourage your child to be involved in the games, arts, crafts and outdoor activities implemented in our programs. CCMS accepted.

HOURS

After school Dismissal until 6:00 pm

Pinnacle Pointe Dismissal until 6:30 pm

Full day for holidays/breaks 7:00 am-6:00 pm

FEES

Registration fee is \$45 per child/per school year. \$5 off weekly fee for each additional child enrolled up to \$20 per family.

SITES

Aloe Ella Schorlemmer Pinnacle Point

Chandler Guadalupe Rowland

Crain Mission Valley Shields

Deleon Nursery Smith

Dudley O'Connor Vickers

SUMMER CAMP

Registration opens in the spring

Registration fee \$45

YMCA Camp (1st grade-6th grade)

Members \$83/Community Participants \$103 weekly

Kinder Camp (Prek3-Kindergarten)

Members \$83/Community Participants \$103 weekly

EARLY LEARNING CENTER

PRE-SCHOOL

Ages 2-5

Monday-Friday 7:00 am-6:00 pm (year round)

Registration fee \$45

Community Participants \$120 weekly

Victoria College Student \$104 weekly

Citizens Medical Center \$90 weekly

Your child will learn, grow, and thrive in a curriculum based, active play environment. For more information call 575-0511.

SPECIAL FITNESS EVENTS

SPINATHON - coming in February

MELTDOWN - Lose weight and win cash! Deadline to register is Jan 31. Registration is \$40 per team.

ADULT SPORTS

MEN'S SPRING BASKETBALL

Registration fee \$60

Ages: 18 and up

Register: January 1-February 16

YOUTH SPORTS

Members \$45/Community Participants \$85

Late Registration Fee: \$25

SPRING SOCCER

Ages: 3-14

Register: January 1-February 27

Late Register: February 28-March 3

SPRING CO-ED VOLLEYBALL

Ages: 7-14

Register: January 1-February 27

Late Register: February 28-March 3

SPRING CHEERLEADING

Ages: 5-12

Register: January 1-February 27

Late Register: February 28-March 3

SUMMER T-BALL/COACH PITCH

Ages: 3-10

Register: April 1-May 27

Late Register: May 28-May 31

SUMMER BASKETBALL

Ages: 4-14

Register: April 1-May 27

Late Register: May 28-May 31

JUDO

Ages: 5 and up

Members \$40/Community Participants \$45 monthly

Classes are every month on Monday and Wednesday

YMCA POOL

The pool opens on April 15th!

SWIM LESSONS

Members \$45/Community Participants \$80

April 23-May 16 on Tuesday and Thursday

GROUPS

Swim Starters 6 months-2 yrs 6:00-6:30

Swim Basics 3 yrs-5 yrs 6:00-6:30

Swim Strokes 6 yrs and up 6:30-7:00

OPEN SWIM/LAP SWIM

Members Free/Community Participants \$3 daily

Joint Effort and Water Zumba are free to members. Pool party reservations start booking on April 8th.

