

MEMBERSHIP

| | |
|--|------|
| Joining Fee (non-refundable) | \$50 |
| Family Membership | \$75 |
| Two adults and as many children within the same household | |
| Adult Male Membership | \$53 |
| 25 and older | |
| Adult Female Membership | \$51 |
| 25 and older | |
| Single Parent Family Membership | \$63 |
| One adult and as many children within the same household | |
| Young Adult Membership | \$37 |
| 18-25 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. | |

Adult Gym Guest Pass (per day) \$10

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.

SILVERSNEAKERS/SILVER & FIT/BLUE CROSS

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

YMCA POOL

SWIM LESSONS

Members \$40/Community Participants \$80
April 24-May 17 on Tuesday and Thursday

| SKILL LEVEL | AGES | TIME |
|---------------|----------------|-----------|
| Parent/Child | 6 months-2 yrs | 6:00-6:30 |
| Ray/Starfish | 3 yrs-5 yrs | 6:00-6:30 |
| Polliwog-Fish | 6 yrs and up | 6:30-7:00 |

WATER AEROBICS

Members Free

| | | |
|--------------|------------|----------|
| Joint Effort | Tues/Thurs | 9:00 am |
| Water Zumba | Mon/Wed | 10:00 am |
| | Sat | 9:00 am |
| Water Zumba | Mon/Wed | 6:30 pm |

OPEN SWIM/LAP SWIM

Members Free/Community Participants \$3 daily

The pool is projected to open April 7!
Schedule will be out in March.

American Red Cross Lifeguard Classes will begin in March.

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!

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 |

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.

CHILD WATCH AND RECREATION ROOM

| | |
|----------------------|--------------------|
| Monday-Friday | 8:00 am - 1:00 pm* |
| Monday and Wednesday | 4:30 pm - 8:30 pm |
| Tuesday and 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 services 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

P 361.575.0511

F 361.575.4608

ymcavictoria.org

facebook.com/ymcaofthegoldencrescent/

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

2018 WINTER SPRING

Program Guide



**BARBARA BAUER BRIGGS
FAMILY YMCA**

YOUTH DEVELOPMENT

AFTER SCHOOL CHILD CARE

AGES 5-10 (Preschool available at some sites)

Members \$50 weekly
Community Participants \$65 weekly

The benefits are endless. We provide a state licensed, safe, exciting and entertaining environment. Our staff encourages your child to be involved in the games, arts, crafts and outdoor activities implemented in our programs. The YMCA provides homework time for children daily and assists when needed.

HOURS

| | |
|-----------------|-------------------------|
| Full day | 7:00 am-6:00 pm |
| After school | Dismissal until 6:00 pm |
| Pinnacle Pointe | Dismissal until 6:30 pm |

SITES & FEES

Registration fee is \$45 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. Call for full day and Holiday fees.

ALOE, CHANDLER, CRAIN, DELEON, DUDLEY, ELLA SCHORLEMMER, GUADALUPE, MISSION VALLEY, O'CONNOR, PINNACLE POINTE, ROWLAND, SHIELDS, SMITH, AND VICKERS

KID'S NIGHT OUT

AGES 5-12

Members \$20/Community Participants \$25

Time: 6:30 pm-9:30 pm

Dates: February 17 Fun with Friends
April 14 Minute 2 Win It

CHEER CAMP

AGES 4-11

Members \$50/Community Participants \$65

Time: 1:00 pm-3:00 pm

Date: March 12-16

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.

YOUTH SPORTS

Members \$45/Community Participants \$85

Late Registration Fee: \$25

These age appropriate sports programs allow youth to explore a variety of sports while developing hand-eye-foot coordination.

SPRING SOCCER

Ages: 3-14

Register: Jan 1-March 3

Late Register: March 4-Mar 19

CO-ED SPRING VOLLEYBALL

Ages: 7-14

Register: Jan 1-March 3

Late Register: March 4-Mar 19

CO-ED FLAG FOOTBALL

Ages: 6-12

Register: Jan 1-March 3

Late Register: March 4-Mar 19

SPRING CHEERLEADING

Ages: 5-12

Register: Jan 1-March 3

Late Register: March 4-Mar 19

SUMMER T-BALL/COACH PITCH

Ages: 3-10

Register: Apr 1-June 2

Late Register: June 3-June 11

SUMMER BASKETBALL

Ages: 4-14

Register: Apr 1-Jun 2

Late Register: Jun 3-Jun 11

JUDO

Ages: 5 and up

Monthly Fee: Member \$40/Community Participants \$45

Classes are every month on Tuesdays and Thursdays

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. This course is only available to members.

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

GROUP FITNESS

SPINNING

High energy indoor cycling led by a certified motivating instructor accompanied by energizing music.

ZUMBA

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

ZUMBASENTAO

Combines strength and resistance training with innovative dance moves using a chair as your partner.

BODYPUMP

The original Les Mills barbell class. Will sculpt, tone and strengthen your entire body fast! Focusing on low weight loads and high repetition movements.

STRONG

High Intensity Interval Training

SILVERSNEAKERS CARDIOFIT

Get up and go with an aerobics class that's safe, heart healthy and gentle on the joints.

SILVERSNEAKERS MUSCULAR STRENGTH AND RANGE MOVEMENT

Designed to increase muscular strength, range of movement and activity of daily living skills.

ZUMBAKIDS!

Ages 4-12

Monday and Wednesday 5:30 pm-6:15 pm

An explosion of music, dance and energy! A fun and healthy program that keeps our youth active.

POUNDKIDS

Ages 4-12

Tuesday and Thursday 5:30 pm-6:15 pm

Rock out with Pound! A full body drumming workout that used drumsticks (Ripstix).

Unless specified, dates and times vary with each class. Ages 16 and older permitted in group fitness classes with the exception of ZumbaKids and PoundKids.

SPECIAL FITNESS EVENTS

ZUMBA-THON February 23

SPINATHON February 24

HEALTHY LIVING

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. Call Rosalinda for an appointment at 575-0511.

PERSONAL TRAINING

Ages 18 & up

\$35 per hour

Call Rosalinda for an appointment at 575-0511.

