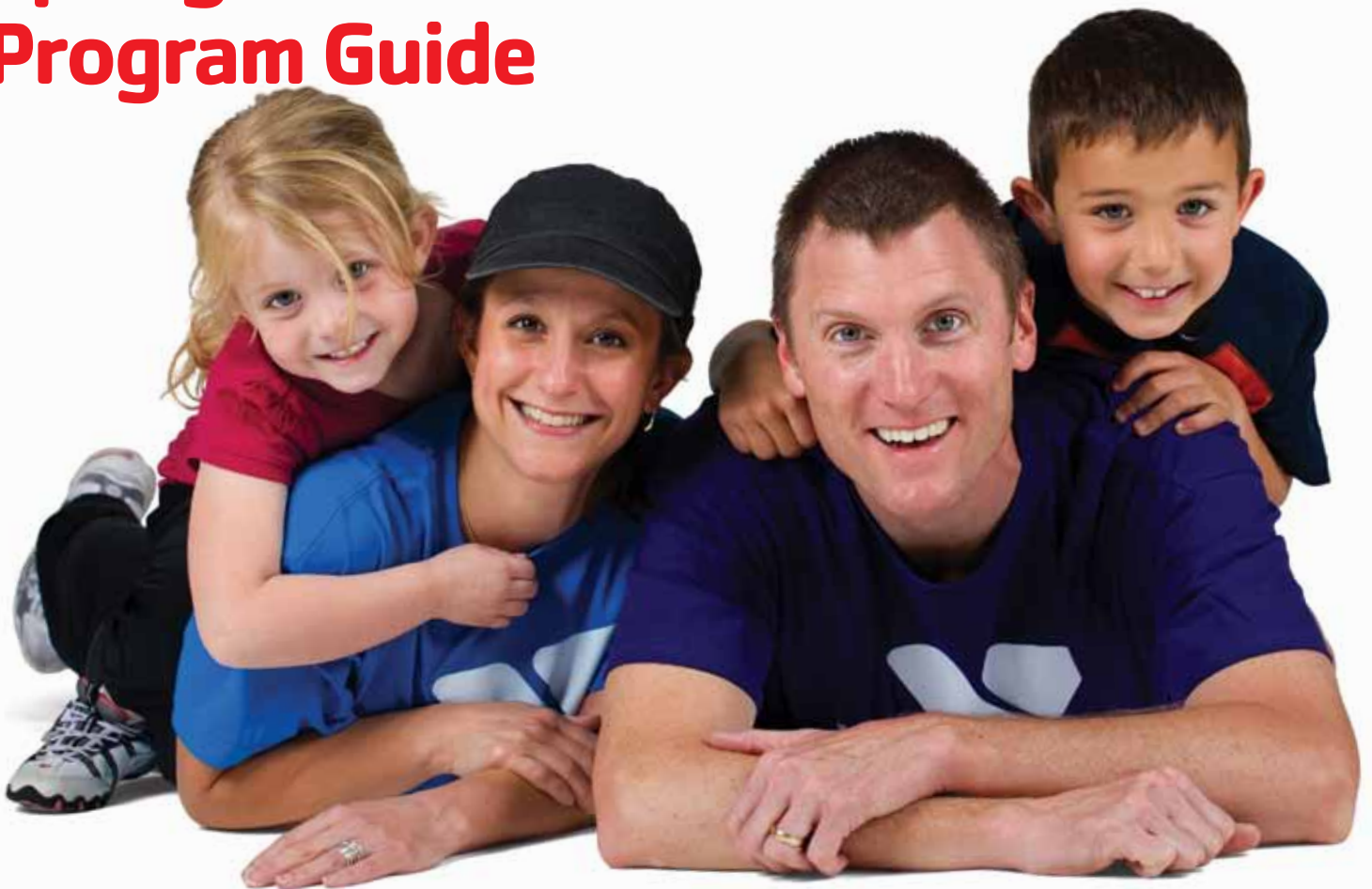




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE FAMILIES STRENGTHENING A HEALTHY COMMUNITY

Spring 2/Summer 2012
Program Guide



MICHIANA FAMILY YMCA

STRENGTHENING THE FOUNDATIONS OF OUR COMMUNITY

MICHIANA FAMILY YMCA STAFF

Ken Edmonson
Facilities Director

Amy Milliman
Aquatic Director

Jessie Emmons
Summer Camp Director

Mike Pott
Youth Sports Director

Michele Gong
Membership Director

YMCA OF MICHIANA LEADERSHIP

Rob Ducoffe,
Chief Volunteer Officer/
Chair Board of Directors

Jim Childs, Assistant CVO

Bill Cerney, Treasurer

Tom Doran, Secretary

Dan Asleson
President/CEO

Brice Emanuel
YMCA CAMP EBERHART
Executive Director

Laney Dietrich
Director of Operational Excellence

Karin Gilbert
Director of Youth Development

Dani Elgas
Director of Healthy Living

John Morgan
Director of Social Responsibility

Nancy Sinnott
Director of Financial Development

Beth Mengel
Director of Communications

Abby Buchanan
Executive Assistant/General Counsel

Erin Busch
Project and Development Manager

Make three times the impact!

YMCA OF MICHIANA, INC., is taking on an innovative approach to helping families in Michiana grow stronger this summer.

We are teaming up with the Center for the Homeless and the Alcohol & Addictions Resource Center to create the inaugural 3 for 3 Triathlon later this summer.

This collaboration is a unique way for you to become a socially responsible community member while pursuing your health goals.

We know that the stronger each agency is, the more effective we all will be in nurturing the lives of youth and families.

YMCA OF MICHIANA, INC., has been responding to our community's most critical needs for 130 years. By nurturing the potential of every child and teen, improving health and well-being for all, and giving back and supporting our neighbors, the Y strengthens the foundation of our community.

The Center has served more than 45,000 men, women and children by linking them with the programs, agencies and people who can help them break the cycle of homelessness. Partnerships have been forged and fostered to allow us to offer the best services to the people who need them the most.

The Alcohol & Addictions Resource Center provides awareness and support for alcohol and other drug abuse through prevention, education, intervention, assessment and referral services for individuals, families and the community as well as provide leadership for collaborations and partnerships.

We know that all three agencies are unique and strong on their own, however, our sum is stronger than the parts.

The triathlon will feature biking, running and swimming. If you want a different kind of challenge, you have the option of substituting a kayak leg for that portion of the race. Local business, individuals and racers will be fundraising and proceeds will be divided evenly between the three agencies. You can find more details regarding the race at (www.cfh.net/3-for-3).

We look forward to this event and invite you to join us!

Erin Busch
ebusch@michianaymca.org

3 FOR 3 TRIATHLON



make three times the impact

OUR PROMISE

At the Y, strengthening the community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

YMCA MISSION

To put Christian principles into practice through programs that build **HEALTHY SPIRIT, MIND & BODY FOR ALL.**

Join the Y!

When you join the Y, you're coming together with men, women and children from Michiana who are committed to youth development, healthy living and social responsibility.

We're here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive.

You can be assured that any activity in which you engage at the Y – from Child Watch to Family Swim to Sports to Camp – will be a safe, positive environment to play and to discover.



Membership Types	Monthly	Annual	Capital Fund
Family	\$54	\$648	\$50
Single Parent Family	\$49	\$588	\$50
Senior Family	\$49	\$588	\$50
Adult	\$44	\$528	\$50
Senior Adult (65+ yrs.)	\$40	\$480	\$50
Young Adult (18-25 yrs)	\$25	\$300	\$25
Youth	\$19	\$228	\$0

Hours of Operation

Monday-Friday 6:00 am-10:00 pm
 Saturday 7:00 am-6:00 pm
 Sunday 1:00 pm-5:00 pm

SUMMER HOURS

Memorial Day through Labor Day
 Monday-Friday 6:00 am-9:00 pm
 Saturday 7:00 am-5:00 pm

Child Watch Hours

Monday-Thursday 8:00 am-8:00 pm
 Friday 8:00 am-7:00 pm
 Saturday 8:00 am-Noon

Have you visited our website recently?

Members Register Online:
www.michianaymca.org

We are a part of the community and staying in touch with you, getting you the information you need when you need it, is very important.

Last year, we totally revamped our website, www.michianaymca.org.

Now you can check out the Group Fitness, Pool or Gym Schedules, updated monthly.

We will post information about the diverse offerings at the MICHIANA FAMILY YMCA, as well as YMCA CAMP EBERHART and YMCA URBAN YOUTH SERVICES, as well as a blog feature with stories about how and why we are strengthening our community.

You can also find us on Facebook (Michiana-Family-YMCA) and follow us on Twitter (@michianafamilyY).



We will post breaking news and let you know what is happening daily at the MICHIANA FAMILY YMCA.

Sessions

Spring 2

April 16-June 2

Summer

June 4-August 25

Holiday Closures

April 8	Easter
May 27-28	Memorial Day
July 4	Independence Day
September 2-3	Labor Day

Facility Features

- Gymnasium with 2 Full Courts
- 25 yard, 6 Lane Pool
- 5 Handball/Racquetball Courts
- Cybex Strength Training Center
- Treadmills, Rowing Machines, Stationary Bikes, Recumbent Bikes, Step Machines, Elliptical
- Free Weight Room
- Men's & Women's Locker Rooms
- Dry Sauna and Steam Room
- Family/Handicap Locker Rooms
- Men & Women Private Workout Areas
- 1/16th Mile Outdoor Track
- Gymnastics Center
- Child Watch (6 weeks to age 11)
- Outdoor Playground

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

We work with your kids on arts & crafts, physical fitness, team building and conflict resolution while offering homework assistance, literacy and math programs in groups or through free play. Let your kids develop their creativity and express their talents safely, before and after school, on planned school days off or those unplanned snow days!

BASE: Before and After School Experience

We understand that parents today are working hard to provide for their families. That's why we work with Xavier School of Excellence and South Bend Community School Corporation to provide kids, in kindergarten through Grade 6, a safe and fun place to find nurturing care outside school hours.

Buses arrive at the Michiana Family YMCA from South Bend schools: Hamilton, Jefferson, Kennedy, LaSalle, & Nuner. Transportation from other schools is not provided, but all kids in K-6 are welcome.

All 3 weekly packages include **SOYI: School's Out, Y's In** days.

Electronic Funds Transfer is required.

MICHIANA FAMILY YMCA SITE:

Hours: 2:30 pm–6:00 pm

XAVIER SCHOOL SITE:

Monday, Tuesday, Thursday & Friday

Hours: 6:30 am–8:00 am

3:30 pm–6:00 pm

Wednesday only:

Hours: 6:30 am–8:00 am

1:30 pm–6:00 pm

Registration Fee:

\$30 per child or

\$50 per family

(waived for Y members)

B.A.S.E. Fees:

Weekly: **MICHIANA FAMILY YMCA**

\$47 After school only

XAVIER

\$13 Before school

\$36 After school

\$46 Before & After school

Drop-In: **MICHIANA FAMILY YMCA**

\$10 After school

XAVIER

\$3 Before school

\$10 After school (ex. Wed.)

\$15 After school (Wed.)

Drop-in fees are payable daily to your lead teacher upon arrival. A completed registration form is required, to be kept on file.

If you need financial assistance, please contact Karin Gilbert, Director of Youth Development, kgilbert@michianaymca.org.

Child Watch

We offer FREE Child Watch service to Full Members while you are at the Y. You can join a class or engage in other activities knowing your little ones are safely in the care of trained Y staff. Program members and others participating in activities at the Y may use this services, at a rate of \$2/hour for each child. All children 6 weeks to 11 years old are welcome in Child Watch for up to 2 hours.

Hours: Monday-Thursday 8:00 am–8:00 pm

Friday 8:00 am–7:00 pm; Saturday 8:00 am–Noon.

SOYI: School's Out, Y's In!

While we follow the school calendar, we are OPEN when the schools are closed, even on SNOW DAYS! Bring a sack lunch, swimsuit, and towel. All kids in K-6 are invited to the Y!

You can rely on us to provide a fun-filled day program in our Youth Room from arts & crafts to free play time to swimming in the pool!

We can not provide care for late starts or half day cancellations.

Dates: March 28 (SBCSC)

April 6 (Xavier)

April 9 (SBCSC)

Fees: \$31 per child or

\$21 six hours or less

Included in fee for weekly BASE kids!

Hours: 6:30 am–6:00 pm

Kids Night Out

On the first Saturday of every month during the school year Kids Night Out is the place for fun! For 2-½ hours, we are open for KIDS ONLY.

Kids will choose between games, arts & crafts, Nintendo Wii, gym games, racquetball and swimming! A light snack is provided and we'll offer healthy treats and drink items for purchase.

Ages: Kindergarten-Grade 6

Dates: April 7 & May 5

Hours: 6:30 pm–9:00 pm

Fee: \$5 per child

Kids will need to be signed in by an adult & complete a KNO waiver for the evening.

You don't have to be a member of the Y to participate. Sign in your kids and go enjoy a night out or quietly at home.

TAKE ON SUMMER HEALTHY KIDS DAY

April 27 • 6:30–8:30 pm

EDUCATION & LEADERSHIP

We focus on developing the potential of kids with the values of caring, honesty, respect and responsibility as our guide. Kids have fun while realizing their potential.

ACADEMIC ENRICHMENT

YMCA URBAN YOUTH SERVICES

Through **YMCA URBAN YOUTH SERVICES**, we offer several programs for intermediate and high school students, designed specifically to combat dropout rates in partnership with South Bend Community Schools Corporation.

Our trained and passionate staff of Life Skills Coaches provide specialized experiences for students 11 to 18, focused on goal-setting, college planning, youth leadership, volunteerism and social development. We engage teens one-on-one and in small groups to improve your child's ability to resolve conflicts, become critical thinkers and open to life-long learning opportunities.

Students are referred to us by peers and school administrators, or identified by our coaches. We seek to enrich the lives of traditionally underserved youths. Programs are designed to help all kids realize their potential and provide our community with future leadership. Registration forms, which must be authorized by an adult guardian, are available from the school offices or our coaches.

Students engaged in the **YMCA URBAN YOUTH SERVICES ROBOTICS PROGRAM** focus on teamwork and problem solving. We use this hands-on after school program, involving science and technology, to inspire innovation to foster self-confidence, communication, and leadership.

For more information, email John Morgan, Director of Social Responsibility, at jmorgan@michianaymca.org



Students in this program participate in FIRST Robotics competition annually, with the opportunity to visit Purdue University.

Teens assemble a functional robot, complete with analogue technology, electronics, mechanical engineering, hydraulics and pneumatics. Kids amaze themselves with their ability to get their robot to perform specific functions.

Through two distinct and entrepreneurial programs at the new **YMCA INNOVATION DELTA** we have made a promise to high school students to help them envision and plan for a career after high school.

Through "The Spoken Word", kids tap into their inner voice and really explore the world around them. Through art, literature, music, poetry, and theatre, students fulfill their need to be heard, to create, to question, to share, to express themselves and their struggles. We are helping them become vocal leaders in both their classrooms and in our community.

In our "Aviation Program," students begin by making paper planes and progress to piecing together model planes to one day building a plane that they will sit in to fly. Our kids are no longer flying below the radar. While our Aviation Program is not designed to create pilots, the truth is that pilots are "flight managers" who must ultimately understand much more than just flying a plane. Through a designed curriculum, our teens perform a number of functions that require the use of math, physics, aerodynamics, meteorology, and much more. Not to worry, we make it fun!

Outdoor Education

Our outdoor education programs at **YMCA CAMP EBERHART** are great ways to put the lessons of team building and proficiency training into action.

We will design programs that meet your needs and help achieve the goals of your group. We offer several program options designed to build self-esteem, promote leadership and teamwork, and encourage respect for one's self and for others.

You'll have a safe, positive adventure to play, learn and grow. We use the "Voluntary Participation" philosophy in all adventure programs.

We design adventure experiences for school age groups, business teams, religious organizations and associations.

LEADERSHIP DEVELOPMENT

Counselor-in-Training

Designed for 15 & 16 year olds, the **YMCA CAMP EBERHART** Counselor-in-Training (CIT) program helps teens prepare for their role as future camp counselors.

Working closely with our CIT Director, teens learn all aspects of camp while shadowing our counselor/mentors and learning what it takes to become an impactful camp counselor.

Problem solving, effective communication, interviewing skills, leadership and teamwork are just some of the skills practiced while still enjoying a summer at camp.

Upon successful completion, CITs will be eligible to apply for employment at **YMCA CAMP EBERHART** next summer.

The CIT program is designed for future counselors, but any teen who wants to become a leader in their school and community will benefit.

For more information, visit www.ymcacampeberhart.org or call 1-888-YCAMPEB.

SWIM, SPORTS & PLAY

Because we believe that playing might be the best way to fight childhood obesity.

Stingrays Swim Team

We are very proud of our 6-time Indiana YMCA State Championship team.

Not only for their wins, but for the friendships and self-confidence developed through teamwork and individual excellence as a member of the team.

Join the Stingrays any time of the year. Our summer season runs May-July.

Your child may join the team when able to swim a minimum of 2 lengths (50 yards) of both front crawl and backstroke, and have been introduced to breast stroke.

Swim team members must be a Full Member of the Y.

Summer season parents' meeting May 3 at 6:30 pm. First practice is May 8.

Ages: 5-18 year olds

Dates: Spring 2: May 8-May 26
Summer: May 29-July 20

Practice: 8 & Under:

Tues/Thur 4:45-6:00 pm
Friday 4:00-5:00 pm

9 & Up: May 8-June 9

Tues/Thur 6:00-8:30 pm

June 11-July 21

Tues/Thur 6:00-7:30 pm

All Ages: Friday 4:00-5:30 pm

Saturday 7:00-8:55 am

@John Adams High School

Beginning June 11

Monday, Wednesday, Friday

8:00-10:00 am

Fees: \$121 1st child

\$90 each additional child

Join Fee: \$15 per new family

Need more information? Contact
swimteam@michianaymca.org

Playing team sports helps develop the character & social skills that build great leaders!

Stingrays for High School Swimmers

Prepare to be a leader in and out of the pool for the next high school season.

We will focus on developing strong competitive swimming skills in this 15-week program with intense practices that build modern stroke, start, turn and finish techniques. Your training time will include an advanced dry land program designed specifically to enhance your core muscles.

We cover racing strategies for high school swim events at every practice, with an emphasis on proper nutrition, mental preparedness and leadership skills.

We invite all high school swimmers or other swimmers with Zone qualifying times to take on this challenge!

Ages: 13-18 year olds

Fees: \$165 Full Member*
\$195 Program Member

*\$30 discount for add'l family member

Practice: @Michiana Family YMCA

May 8-August 17

Tues. & Thur. 6:00-8:30 pm

Friday 4:00-5:30 pm

Saturday 7:00-9:00 am

Practice: @John Adams High School

June 11-Aug. 17

Monday, Wednesday, Friday

8:00-10:00 am

MAPSC Conditioning

Do you want extra pool time before the Michiana Association Public Swim Club season begins? Join the Stingrays for the month of May and get the extra conditioning you need to start your season in shape!

Ages: 5-18 year olds

Dates: May 8-June 8

Practice: Follow Stingrays schedule

Fees: \$50 Full Member*
\$80 Program Member

*\$15 discount for add'l family member

JOY'S Gymnastics Team

The competitive experience of the team provides your daughter the opportunity to develop the skills of good sportsmanship, self-esteem, fitness, and safety awareness.

Fees include coaching, rental of leotards and warm-ups, and regular season meets. Cost may be adjusted during the year.

New team members practice Tuesdays and Fridays.

Practices are held in the Cooper Center.

Team members must be Full Members of the Y.

Dates: April 16-June 2

Ages: 5-19 year olds, girls only

Time: Mondays, 5:00-8:00 pm

Tuesdays, 5:00-7:30 pm

Wednesdays, 4:00-7:00 pm

Thursdays, 5:00-8:00 pm

Fridays, 4:00-6:30 pm

Fee: Pre-team \$35/month

Level 3 \$70/month

Level 4 \$90/month

A Team Lower Levels \$155

A Team \$165



YOUTH SPORTS

GYMNASTICS FEES:

\$42 Full Member

\$63 Program Member

Classes held in the Cooper Center.

Wiggles 'n' Giggles

Boys & girls have fun playing with Mom or Dad while developing basic motor skills. We limit the class size to six so everyone can play and learn.

Dates: April 16-June 2

Ages: 2 year olds

Time: Tuesdays, 9:00-9:45 am
Thursday, 9:00-9:45 am
Saturdays, 9:00-9:45 am

Tumbling

Introduce your little ones to basic gymnastics to develop coordination while emphasizing fun and age-appropriate skills.

Dates: April 16-June 2

Ages: Tumbling I, 3 & 4 year olds
Tumbling II, 5 year olds

Time: Tumbling I
Mondays, 4:00-4:45 pm
Tuesdays, 10:00-10:45 am
Tuesdays, 4:00-4:45 pm
Wednesdays, 6:30-7:15 pm
Thursdays, 10:00-10:45 am
Saturdays, 10:00-10:45 am
Tumbling II
Mondays, 5:15-6:00 pm
Tuesdays, 11:00-11:45 am
Tuesdays, 5:15-6:00 pm
Wednesdays, 5:15-6:00 pm
Thursdays, 11:00-11:45 am
Saturdays, 11:00-11:45 am

Girls' Gymnastics

Join us once a week to develop higher skills in coordination & balance, bars, beams and other equipment for gymnastics.

We work with each girl at her skill level to achieve consistent improvement.

Dates: April 16-June 2

Ages: 6-14 year olds

Time: Mondays, 4:00-5:00 pm
Tuesdays, 4:00-5:00 pm
Wednesdays, 6:30-7:30 pm
Fridays, *6:30-7:30 pm
Saturdays, 12:30-1:30 pm

*Fridays 6:30-7:30 pm we offer instruction to adults too!

Open Gymnastics

Girls, practice your skills in the Cooper Center during supervised free time. Membership is not required.

Date: April 18-June 2

Ages: 6 and up

Time: Saturdays, 2:00-3:00 pm

Fee: \$5 per girl

DANCE CLASS FEES:

\$30 Full Member

\$40 Program Member

Mommy & Me

Explore rhythm and movement with your baby through music and touch.

Date: April 18-June 2

Ages: 6 months-2 years old
with parent, adult relative
or guardian

Time: Tuesdays, 9:15-9:45 am
Tuesdays, 5:30-6:00 pm
Thursdays, 9:15-9:45 am

Beginner Ballet

This is a great opportunity to learn the art of ballet! Kids learn leaps, jumps, kicks, and a variety of other basic ballet skills including footwork, floor movements, and combinations.

Date: April 18-June 2

Ages: 6-19 year olds

Time: Saturdays, 9:30-10:15 am

Creative Movement

In this class we teach children basic ballet, jazz, and interpretive dance. Through creativity and dance, kids gain coordination and rhythm.

Minimum of 3 kids, Maximum of 10.

Date: April 18-June 2

Ages: 3-5 year olds

Time: Tuesdays, 10:00-10:30 am
Tuesdays, 6:00-6:30 pm
Thursdays, 10:00-10:30 am
Saturdays, 9:00-9:30 am



Pre-Y T-Ball Class

Playing T-Ball is a fun way for your child to get active. T-Ball is the entry to baseball, adapted to the size and skill level of kids, and often a child's first introduction to team sports. We work with your child on the basics of throwing, catching, and hitting. Kids learn to follow rules and directions and how to play as part of a team.

Dates: April 17–May 29

Ages: 4–6 year olds

Time: Tuesdays, 5:30–6:15 pm

Pre-Y T-Ball League

Ready to try playing in a league—just for little ones? **Register by May 21.** Teams practice one night each week. All kids receive a shirt.

Dates: June 4–July 12

Ages: 4–6 year olds

Games: Thursdays, 5:30 pm

Pre-Y Soccer Class

Let your little ones learn the basics of soccer in an exciting, non-competitive, relaxed atmosphere. We work with your child to develop basic soccer skills while learning about fair play, teamwork, and playing games. It's fun and challenging to keep up with the fast ball.

Dates: April 16–May 30

Ages: 4–6 year olds

Time: Mondays, 5:30–6:15 pm
Wednesdays, 5:30–6:15 pm

LEARN THE BASICS OF SOCCER & T-BALL

Ages: 4–6 year olds

Fee: \$30 Full Member
\$40 Program Member
\$50 Community Member

Our youth sports programs focus on safety first, everyone plays, positive competition, family involvement and, most importantly, **SPORTS ARE FUN!**

VOLUNTEER !

We work with parent volunteers to run all our sports leagues.

This is the perfect chance to work and play with your child.

Contact Sports Director Mike Pott at mpott@michianaymca.org

Pre-Y Soccer League

A great introduction to team sports, this is a new league for kids. We play on smaller fields with special league rules. **Register by May 21.** Teams practice one night each week.

Scrimmages are Tuesdays, May 22 and 29. All kids will receive a shirt.

Dates: June 4–July 17

Ages: 4–6 year olds

Games: Tuesdays, 5:30 pm

Outdoor Soccer League

Sudden bursts of power, changing direction, and looking two plays ahead are athletic skills that train young players. Learning skills is emphasized over victory with our values-based league. Each player receives a team shirt.

Register March 14–April 8 and practice once a week beginning April 16. Games are played on Saturdays.

Date: April 21–June 2

Ages: 6–7, 8–9 & 10–12

Fee: \$45 Full Member
\$55 Program Member
\$65 Community Member



YOUTH SWIM LESSONS

Kids have been learning to swim with us for generations! Our caring staff works with each child on floating, arm and leg movements, gliding & jumping into the pool. All swimmers will advance at their own pace.

†Parent/Tot lessons begin at the same time as Preschool & Progressive lesson, but are 30 minutes long.

Preschool Lessons

Ages: 3–5 year olds

Progressive Lessons

Ages: 6–13 year olds

Spring: April 15–June 2 (7 weeks)

Fee: \$31 Full Member
\$62 Program Member

Summer: June 6–August 18

Fee: \$35 Full Member
\$70 Program Member

†Parent / Tot Class

Games, songs, splashing water in face and ears, floating on front and back, leg and arm movements and blowing bubbles are all part of the fun. Remember rubber pants or swim diapers if not potty trained. †This class is 30 minutes in the pool.

Ages: 6 months–3 year olds with parent or adult guardian

Dates: April 15–June 2

Times: Mon., Tue. or Thu., 10 am
Mon. or Wed., 6:30 pm
Saturdays, 9:00 am

Dates: June 18–August 11

Times: Mon. or Tue., 10:45 am
Mon. or Wed., 6:30 pm
Saturdays, 9:00 am
Saturdays, 10:00 am

Fee: \$26 Full Member
\$52 Program Member

See chart for Times/Dates

* There will be no Swimming Lessons on Wed., July 4. Sessions that include July 4 will be prorated to \$31/\$62.

SPRING 2	Monday	Tuesday	Wednesday	Thursday	Saturday
9:00–9:45 am					†Parent/Tot, Preschool & Progressive
10:00–10:45 am	†Parent/Tot & Preschool	†Parent/Tot & Preschool		†Parent/Tot & Preschool	†Parent/Tot, Preschool & Progressive
11:00–11:45 am					Preschool & Progressive
3:45–4:30 pm	Preschool & Progressive		Preschool & Progressive		
4:00–4:45 pm		Preschool & Progressive		Preschool & Progressive	
4:45–5:30 pm	Preschool & Progressive		Preschool & Progressive		
6:30–7:15 pm	†Parent/Tot, Preschool & Progressive		†Parent/Tot, Preschool & Progressive		

SUMMER	2 WEEKS	ALL 4 DAYS	TIME
A	June 11–21		10:45–11:30 am
B	June 25–July 5*	Monday through	A–E Sessions
C	July 9–19	Thursday	----
D	July 23–August 2		9:45–10:30 am
E	August 6–16		C–E Sessions only
	4 WEEKS	PICK 2 DAYS	TIME
F	June 18–July 12*	Monday & Wednesday	3:45–4:30 pm
G	July 16–August 9	Monday & Wednesday Tuesday & Thursday	4:45–5:30 pm 4:00–4:45 pm
	8 WEEKS	PICK ONE DAY	TIME
H	June 18–August 11*	Monday or Wednesday	6:30–7:15 pm
		Saturday	9:00–9:45 am 10:00–10:45 am 11:00–11:45 am



CAMP

Come to this exciting, safe community for kids to explore, build self-esteem and make lasting friendships.

DAY CAMP

Summer Adventure Day Camp 2012

When school lets out for summer this year, the Michiana Family YMCA is the place to go! From the first day of summer break through the last, kids will have a fun-filled action-packed summer and parents will know they are in a safe and supportive environment.

Children who have completed kindergarten through 6th grade will enjoy new exhilarating experiences, including uniquely themed weeks, camp activities and weekly field trips.

We will work with our day camp kids, fostering their creativity and helping them explore self-expression. Day campers are grouped by age so the activities will be appropriate to each.

Be prepared with a comfortable change of clothing, appropriate for the weather because we will play inside and outside. Grab your tennis shoes and socks, pack a lunch and bring your swimsuit and towel everyday. You will want a backpack to keep your things together. (A label on your things will help us keep track too.)

We offer value-based experiences focused on honesty, caring, respect and responsibility.

Registration begins March 26.

DAY CAMP FEES:

Registration is \$30 per child or \$50 per family for Kindergarten through Grade 6. We ask that you pay in full at registration.

Fee: \$99/wk Full Member
\$109/wk Program Member
\$139/wk Community Member
\$31 Drop-In Full Day
\$21 Drop-In Half Day
(6 hours or less)

Day Camp is not part of "School's Out, the Y is in" or SOYI.

RESIDENTIAL CAMP

YMCA Camp Eberhart

YMCA CAMP EBERHART is a great place for kids one week each summer – or 8 weeks! With exciting programs all day, new friendships and a chance to explore nature and more, kids love it!

We are – and have been for more than 100 years – dedicated to building healthy, confident, connected and secure children. Every day our impact is felt when a camper achieves proficiency in a new skill, when a counselor inspires a child or when the campers come together for closing campfire to reflect and celebrate all they have accomplished.

We follow the health, safety, and program standards of the American Camp Association. We maintain a safe 3:1 camper-to-staff ratio, including staff recruited from all over the world.

Kids try a variety of programs, such as horseback riding, nature exploration, water skiing, fishing, kayaks and canoeing, sailing, archery and riflery, crafts, drama and other land sports.

NEW IN 2012: Trail biking program and Art Discovery Week.

For more information, visit www.ymcacampeberhart.org or call 1-888-YCAMPEB. Like us on Facebook to get updates throughout the year!



YMCA CAMP EBERHART is located nearby in Fabius County, Michigan (near Three Rivers), but somehow a world away from cell phones, electronics and video games. Each week of camp has a special theme. Many are quite popular and fill up quickly.

TRADITIONAL RESIDENT CAMP

Dates: June 19–25, July 3–9

Fee: \$518 1st child/session
\$474 2nd child/session

Dates: June 26–July 2, July 10–16,
July 17–23, July 24–30,
July 31–Aug. 6, Aug. 7–13

Fee: \$583 1st child/session
\$534 2nd child/session

Special programs incur additional fees.

ASTRO CAMP

The mind of a 10-year-old is curious and eager to discover. Boys and girls begin the great adventure of exploring the universe, staying up after dark, stargazing and telescoping.

Counselor-In-Training

In Counselor-In-Training (CIT) programs at the Y, teens have the opportunity to shadow our camp counselors, building practical leadership skills while mentoring younger kids.

With an emphasis on building self-esteem, setting goals, and developing their potential, this is the perfect program for future camp counselors.

MICHIANA FAMILY YMCA CIT Program:

Times: Monday–Friday
6:30 am–6:00 pm

When: June 11–start of school

Fee: \$600

YMCA CAMP EBERHART CIT Program:

When: Two 3-week sessions:
June 17–July 6
July 15–August 3

Fee: \$1130

FAMILY TIME

Bringing families together to have fun and grow together.

Facing challenging economic times and soaring fuel prices has many families looking for creative, cost-saving alternatives for enjoying summer vacation. But great family memories and fun, physical activity don't have to break the bank.

Try these ideas, included in your membership at the Y.

Family Swim/Open Swim

Swimming is great for families who want to make a big splash with their time together! All kids 8 and under must be accompanied by an adult family member during Open Swim.

We encourage families to spend time together. That is why children 15 and under will need to be accompanied by an adult during Family Swim.

Open Gym

Spending time with your family in unstructured play can be the best way to create lasting bonds, stimulate the body and mind, and have fun.

At the Y, we make time on our schedule for families to play games. Borrow a basketball or make up your own games. Make playing and learning together a family goal!

Judo

Students focus on defense against an attack by flowing with the opponent's action, off balancing them, and positioning to execute a throw. This is an excellent way to develop physical fitness, gain self confidence, and improve self-discipline at your own pace.

Classes are held in the Cooper Center.

Instructor Charlie Hooks a 4x US Judo Champion.

Dates: April 17–May 29

Ages: 6 year olds–Adults

Time: Tuesdays, 7:30–9:00 pm

Fee: \$30 Full Member
\$50 Program Member
2nd family member 1/2 price

Family Camp

YMCA Camp Eberhart is a great place for families to have fun and spend time together in nature.

Join us for a fun-filled weekend over Memorial and Labor Day holidays.

Enjoy horseback riding, sailing & waterskiing, kayaking & canoeing, archery & riflery, arts & crafts. Your family will have plenty of new ways to become healthy, confident, and connected.

For more information, visit www.ymcacampeberhart.org or call 1-888-YCAMPEB

**HEALTHY
KIDS DAY®**
A YMCA Initiative

We are challenging all families to

Take On Summer.

Healthy Kids Day is a free community event for all kids and families in Michiana. We invite you to join us as we get active, learn how to form new healthier habits, and set family goals that will help kids reach their full potential!

Date: Friday, April 27, 6:30–8:30 pm

Fee: FREE!



HEALTHY LIVING

Improving the health and well-being for all.

HEALTH, WELL-BEING & FITNESS

Whether you're just getting started, looking to intensify your workout or hope to find life-balance, our health and wellness experts will take the time to learn more about you. Together, we'll explore program possibilities and help guide you toward the right next steps to achieve your health potential.

WHAT'S NEW?

ActivTrax is coming soon!

The official launch will be in June 2012. This new training module will give you personalized workout plans with every visit to the Y.

Activation is FREE for all Y members.

Once you are "active" in ActivTrax, you will have access to your workouts from any web-based device, as well as the ability to use an online nutrition tool to track your food intake. 2012 is going to be your year to reach your health & fitness goals, with the help of ActivTrax at the Y!

Youth Strength Training

June 2012!

We are launching a strengthening training program for Y members ages 12 & up.

Our wellness coach will meet one-on-one with you for four sessions. We will cover everything from gym etiquette to proper use of the Cybex equipment to activation of the ActivTrax system. Once you pass the test (and yes, there is a test), you will earn your pass to the Cardio/Cybex rooms without direct parental supervision.

ACTIVE OLDER ADULTS

Just Movin'

This 30-minute class we will focus on full body movement through a variety of calisthenics, body weight exercises and stretches.

Times: Monday, Wednesday & Friday
12:15-12:45 pm

SilverSneakers® Fitness Program

Join active seniors at the Y and have fun moving to music in a program designed to increase your muscular strength, range of motion and activity for daily living. Light weights, elastic tubing and balls are offered for resistance and a chair is used for support or seating.

Healthways offers membership at the Y for senior citizens with qualifying Medicare supplemental plans. Bring your insurance card to our Welcome Center and we'll see if you qualify for this program.

All Y members are welcome in our SilverSneakers® classes (included in your membership.)

Fitness Level: ALL

Time: Monday, Wednesday, Friday
8:30-9:15 am & 9:30-10:15 am



GROUP CLASSES

In all our group fitness classes, on land and in the pool, you will be challenged to push yourself within the framework of the class. Please consult your physician before beginning any new fitness routine.

Many of our group classes are included at no extra cost to Full Members of the Y. Community members who wish to join a class can drop-in for \$6 or buy a punch card for \$45 for 10 classes.

Body Sculpting	Spinning*
Body Strength	Spin Trivia*
Boot Camp	Step `n Tone
Cabaret Jazz*	Tabata
Cardio Step	Tai Chi
Cardio Tone	Piloxing
Cross Training	Yoga
Kickboxing (bag)	Zumba®
Pilates	

Please refer to our current Group Fitness schedule (available at michianaymca.org) for class descriptions and fees.

NEW CLASSES:

Cabaret Jazz is an energetic medley of fabulously choreographed dances and routines with music ranging from 1950s Broadway to modern music videos. Together we will let our hair down and dance your stress out! Good for all fitness levels.

Piloxing is a fusion of boxing, Pilates and dance. Our instructor will help you build core strength and balance while improving muscle tone and cardiovascular conditioning. Some advanced moves are included. If you are an intermediate or advanced exerciser, this new program is for you!

*Denotes extra fee for this class.

WATER ACTIVITIES

Water Aerobics

Dive into water aerobics for a great cardiovascular/strength workout without the joint stress associated with land-based aerobics. You may use resistance tools, including buoyant water weights and noodles. We offer both shallow and deep water workouts. Water aerobics group classes are suitable for every fitness level.

Shallow and Deep Water Fitness

Times: Monday through Friday
9:00–10:00 am
Tuesday and Thursday
6:00–6:55 pm

Deep Water Fitness

Times: Monday, Wednesday, Friday
11:30 am–12:15 pm
Fee: 15-Class Punch Card
\$30 Full Member
\$60 Program Member
\$90 Community Member
Drop-In for any class for \$7

Teen/Adult Swim Lessons

It's never too late to learn to swim, improve your skills or add swimming for cross training. Improve your swimming abilities with our certified instructors. From beginning to advanced levels of water hazards, boating safety, floating, jumping into water, return to entry point, glides, breathing skills, you will improve your strokes, dives, flip turns, and gain confidence in and around the water.

Time: Monday 7:20 pm–8:05 pm
Spring: April 15–June 2 (7 weeks)
Fee: \$31 Full Member
\$62 Program Member
Summer: June 6–August 18
Fee: \$35 Full Member
\$70 Program Member

Private Swim Lessons

Can't make our class schedule? Prefer more attention? We can meet with you for 1 lesson, or more!

Your 30-minute lesson may be private – with a certified instructor – or your family and friends can learn together in groups of 2 or 3 with one instructor. Available for ages 5 & up.

Fee: **Private Lesson:**
\$15/class Full Member
\$20/class Program Member
\$25/class Community Member
Punch Card - 5 Lessons
\$75 Full Member
\$100 Program Member
\$125 Community Member
Personal Group Lesson
(Price per swimmer)
\$11/class Full Member
\$14/class Program Member
\$17/class Community Member
Punch Card - 5 Lessons
(Price per person)
\$55 Full Member
\$70 Program Member
\$85 Community Member

Adult Lap Swim

Swimming is a great full-body workout. Adult Full Members or youth swim team members can take advantage of convenient lap swim times. Schedule is posted at www.michianaymca.org/schedules.

HEALTHY LIFESTYLES

Lifeguard Training

You will learn the skills necessary to prevent and to respond to emergencies in the water. You will earn certification in American Red Cross (ARC) Lifeguard, CPR/AED for the Professional Rescuer, First Aid & Oxygen Management.

Fees include ARC books.

Ages: 15 year olds–Adult
Spring: 2 Weekends (must attend both)
Friday, Saturday & Sunday
May 4, 5, 6 & 11, 12, 13
Friday, 6:00–10:00 pm
Saturday, 3:00–10:00 pm
Sunday, 3:00–10:00 pm
Summer: 5 consecutive days,
Monday–Friday
June 4–8, 9:00 am–4:00 pm or
June 11–15, 3:00–10:00 pm
Fee: \$200

Water Safety Instructor Training

With American Red Cross (ARC) Water Safety Instructor (WSI) certification you will become certified to teach water safety, strokes, diving, and flip turns.

Class fee includes ARC books.

You should come prepared with lunch/snacks, sweats and 2–3 towels.

Ages: 16 year olds–Adult
Date: June 3–8
Time: 3:00–10:00 pm
Fee: \$250



CPR/AED Training

Become proficient with the skills required for your certification in CPR/AED emergencies. You will learn to perform CPR and rescue breathing, clear an airway, use an AED, and treat choking victims.

(Bring a sack lunch)

Ages: 15 year olds–Adult

Dates: April 14, May 12 or June 15
9:30 am–3:30 pm

Fee: \$100

CPR / AED for Employers

Educate and certify your employees in CPR, AED, and First Aid in the workplace. An American Red Cross/American Heart Association certified CPR/AED instructor from the Y trains your employees on-site. Contact Amy Milliman, Aquatics Director at the Michiana Family YMCA, by email at amilliman@michianaymca.org.

First Aid and Oxygen Management

Learn to address basic first aid needs, how weather conditions affect people, and how to use oxygen in an emergency. (Bring a sack lunch)

Ages: 15 year olds–Adult

Date: Monday, April 21

Time: 9:30 am–2:00 pm

Fee: \$75

Re-Certification

This class is designed to keep your certification in these disciplines:

Cert. I: CPR/AED 9:30 am

Cert. II: Lifeguard/First Aid 12:30 pm

Cert. III: Oxygen Mgt. 4:00 pm

COME PREPARED. You must show your current certification card at the beginning of the class.

Date: April 28, May 19, June 2

Times: 9:30 am–approx. 5:00 pm
(Bring a sack lunch)

Fee: \$70 per certification for CPR/AED & Lifeguard/1st Aid, \$30 for Oxygen Mgt. only, or \$120 for CPR/AED/LG/FA, or \$140 for all

PERSONAL FITNESS

Personal Training

Maximize your workout time and effort! Get the results you want working with our nationally certified personal trainers. You'll find for a very reasonable investment, you will build strength, increase cardiovascular capacity and improve flexibility. Work one-on-one or in a group setting.

Individual:	Full Member	Program Member
1 Session	\$35.00	\$70.00
5 Sessions	\$162.50	\$325.00
10 Sessions	\$300.00	\$600.00

Partner (price per person):

1 Session	\$25.00	\$50.00
5 Sessions	\$112.50	\$225.00
10 Sessions	\$200.00	\$400.00

Group (price per person):

1 Session	\$20.00	\$40.00
5 Sessions	\$87.50	\$175.00
10 Sessions	\$150.00	\$300.00

Specialty Class Training

Workout with a certified personal trainer for 8 weeks (twice per week) in a group environment of 6–8 people. We will schedule classes through the year. Contact Dani Elgas, Director of Healthy Living, at delgas@michianaymca.org, for more information about upcoming classes.

Fee: \$125 Full Member
\$250 Program Member

Fitness Testing

Let us help you set and achieve your fitness goals. A full fitness assessment includes a range of evaluations that will help you recognize where you are and help you set a course for where you want to be. The test is administered by a nationally Certified Personal Trainer. Contact Amber Pittman to schedule yours today – apittman@michianaymca.org

Fee: \$35 Full Member
\$70 Program Member

Body Fat Testing

We will do a thorough 7-site skinfold analysis to give you a baseline your current body fat percentage.

Fee: \$10 Full Member
\$20 Program Member



SPORTS & RECREATION

Healthy lifestyle activities that bring together people with shared athletic and recreational interests.

RECREATION

Adult Pick-up Basketball

All are welcome to join a game or start your own. Mondays are reserved for adults ages 35 and older.

Times: Mon. (35+) 11:45–12:45 pm
Tue/Thu 11:30 am–2:30 pm

Pickleball

Pickleball is a fun game that is played on our gym floor with a lowered net. Using a perforated plastic ball (similar to a Whiffle ball) and wood paddles, you will find this game is easy for beginners to learn and fun for all!

Times: Wednesdays, 8:00 am–Noon

Raquetball/Handball

Our five courts are available free to Full Members on a first come/first play basis, or may be reserved at the rate of \$5.00 per court/hour. We have equipment to lend to our members at the Welcome Center. Youths 11 & younger may play only with an adult. Safety equipment is required for all.



3 for 3 Triathlon Late Summer 2012

We are proud to team up with the Center for Homeless and Alcohol and Addiction Resource Center to host a triathlon benefiting the entire community.

Join us at the Michiana Family YMCA for this unique event sure to be the highlight of the summer running season. The 3-for-3 triathlon will feature a ten mile bike ride, 2.5 mile run, and 200 yard swim in our pool. Not a swimmer or want a different kind of challenge? You have the option of substituting a kayaking leg for that portion of the race.

For more information, visit event website www.cfh.net/3-for-3

3 FOR 3 TRIATHLON



make three times the impact



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South Bend, IN
Permit #186

MICHIANA FAMILY YMCA
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