



PRATTVILLE YMCA
PO BOX 680009
PRATTVILLE, AL 36068-0009

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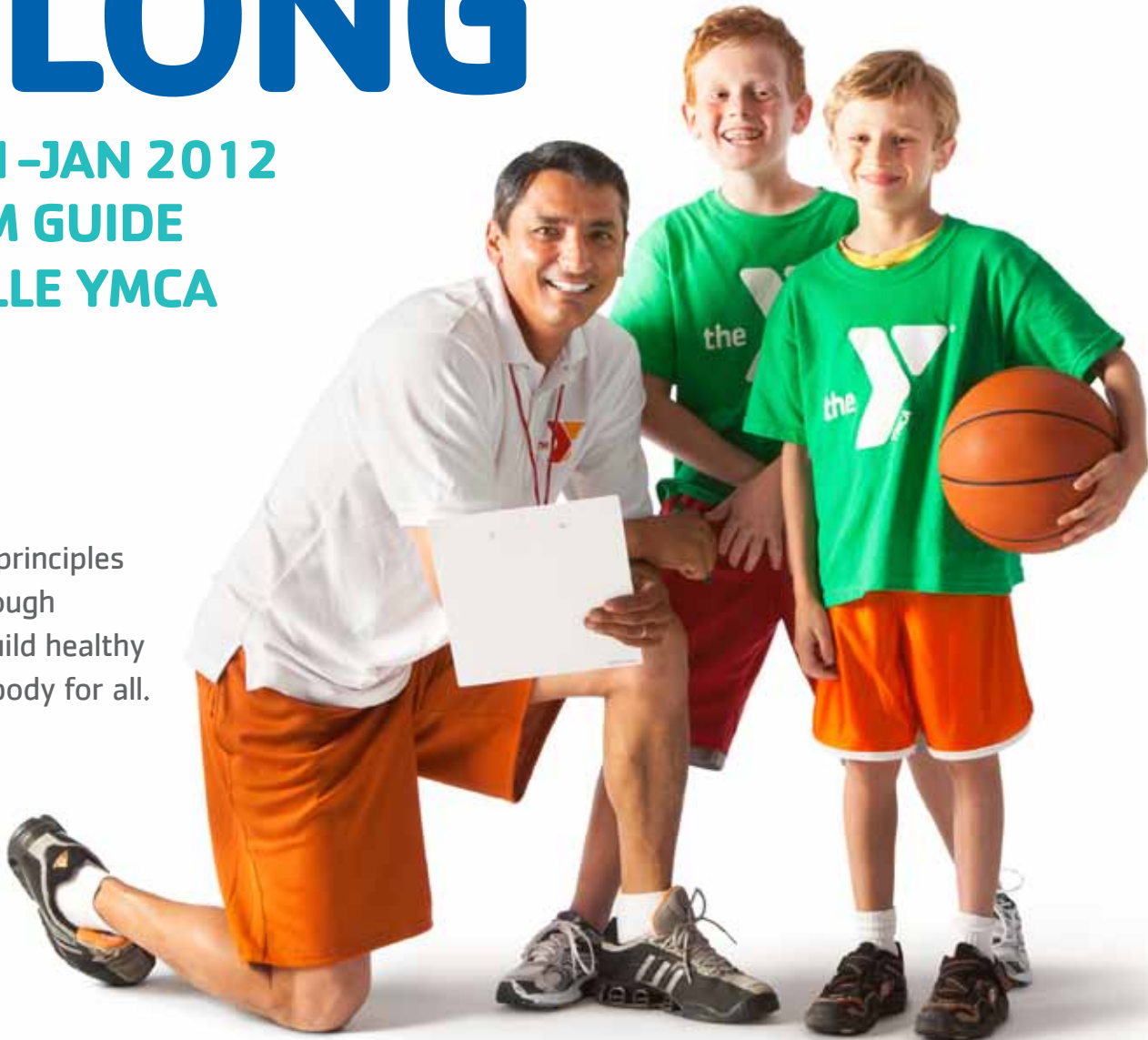
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE YOU BELONG

OCT 2011-JAN 2012
PROGRAM GUIDE
PRATTVILLE YMCA

YMCA MISSION:

To put Christian principles
into practice through
programs that build healthy
spirit, mind and body for all.



HELP STRENGTHEN OUR COMMUNITY



The Y makes strengthening our communities our cause. By offering affordable child care to families, by providing youth sports programs to children of all ages, by helping adults who suffer from arthritis, by showing teenagers the importance of serving our neighbors through volunteer work, by teaching 2nd graders in our county important water safety skills, and through so many other programs that promote a healthy spirit, mind, and body for all. This year, about 17,000 people—nearly half of them kids—will come to our Y to learn, grow, and thrive. Of this number, we will provide financial aid to over 6,000 individuals with a cost of over \$280,000.

This year our goal is to raise \$86,000 through our “Coach a Child Sustaining Campaign.” We count on the generosity of our members and partners to keep our doors open to whoever needs a place to go to help them be more healthy, confident, connected, and secure. Find out how you can help by calling or stopping by any branch.

BRANCHES

ADMINISTRATIVE BRANCH

600 East Main St., Prattville, AL 36067
 (334) 365-8852
 Monday – Friday 9:00 A.M. – 5:00 P.M.

CHILD CARE BRANCH

972 McQueen Smith Rd. S, Prattville, AL 36066
 (334) 358-1446
 Monday – Friday 6:00 A.M. – 6:00 P.M.
 After School Programs: 2:30 P.M. – 6:00 P.M.
 Summer Day Camps: 7:00 A.M. – 6:00 P.M.

DON M. SMITH BRANCH

600 East Main St., Prattville, AL 36067
 (334) 365-8852
 Mon., Tues., Thurs. 7:30 A.M. – 9:00 P.M.
 Wednesday & Friday* 7:30 A.M. – 7:00 P.M.
 Saturday 9:00 A.M. – 3:00 P.M.
 Sunday Closed
 *May 27–August 12 close at 6:00 P.M. on Fridays.

FITNESS BRANCH

600 East Main St., Prattville, AL 36067
 (334) 361-0268
 Monday – Friday 5:00 A.M. – 9:00 P.M.
 Saturday 8:00 A.M. – 6:00 P.M.
 Sunday 1:00 P.M. – 5:00 P.M.

WELLNESS BRANCH

348 Hwy 82 W., Prattville, AL 36067
 (334) 491-9622
 Monday – Friday 5:00 A.M. – 9:00 P.M.
 Saturday & Sunday Closed

Nursery Hours for Fitness & Wellness Branches
 Mon., Wed., Fri 8:00 – 11:00 A.M.
 3:30 – 7:00 P.M.
 Tuesday & Thursday 8:00 – 10:00 A.M.
 3:30 – 7:00 P.M.

WILLIS BRADFORD BRANCH

972 McQueen Smith Rd. S, Prattville, AL 36066
 (334) 358-9622
 Monday – Thursday 8:00 A.M. – 9:00 P.M.
 Friday 8:00 A.M. – 7:00 P.M.
 Saturday 9:00 A.M. – 6:00 P.M.
 Sunday Closed

Nursery Hours for Willis Bradford Branch
 Mon., Wed., Fri 8:00 – 10:00 A.M.
 Tuesday & Thursday 8:00 – 11:00 A.M.

MEMBERSHIP RATES

Category	Monthly Draft	*Capital Fee
Family	\$49.50	\$75
Adult (19 and over)	\$30.00	\$50
Youth (10 - 18)	\$25.00	\$25
Youth (9 & Under)	\$22.50	\$25

*The capital fee is a one time payment unless membership is cancelled for more than 30 days.

For detailed program descriptions & membership policies please visit our web site:

www.prattvilleymca.org

HOLIDAY SCHEDULE

	Nov. 23	Nov. 24	Nov. 25	Dec. 23	Dec. 24	Dec. 25	Dec. 26	Dec. 31	Jan. 1	Jan. 2
Don M. Smith	Closed at Noon	Closed	Closed	Open	Closed	Closed	Open	Closed	Closed	Open
Administrative	Closed at Noon	Closed	Closed	Open	Closed	Closed	Closed	Closed	Closed	Closed
Fitness & Wellness	5 AM-5 PM	Closed	5 AM-6 PM	Open	8 AM-4 PM	Closed	Open	8 AM-6 PM	Closed	Open
Child Care	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Bradford	8 AM-6 PM	Closed	Closed	8 AM-6 PM	Closed	Closed	Open	Closed	Closed	Open



The Prattville YMCA is a United Way Agency.



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



HOLIDAY GYMNASTICS CLINIC!

Dec 27, 28 & 29 1:00–4:00 P.M.

Looking to have some fun this holiday season? Sign up for our Holiday Gymnastics Clinic. Our clinic is for boys & girls ages 5 1/2 & up. Participants will do gymnastics, play games & have lots of holiday fun!

LIL' CRICKETS

Gymnastics classes for children walking to 35 months.

LOCATION: Don M. Smith Branch (365-8852)

Days & Times: Saturdays: 8:30–9:00 A.M.
9:05–9:35 A.M.
Mondays: 10:30–11:00 A.M.
Fridays: 10:30–11:00 A.M.

Fee Per Session: \$37 Members/ \$52 Non-members
(25% off additional child discount)

GYMINEE CRICKETS: AFTER SCHOOL CLASSES

Gymnastics classes for children ages 3 – 5 1/2

LOCATION: Don M. Smith Branch (365-8852)

Days & Times: Saturdays: 9:40–10:25 A.M.
Mondays: 4:00–4:45 P.M.
5:00–5:45 P.M.
6:00–6:45 P.M.
Tuesdays: 4:00–4:45 P.M.

Fee Per Session: \$45 Members/ \$72 Non-members
(25% off additional child discount)

GYMINEE CRICKETS: CHILDCARE CLASSES

Gymnastics classes for children ages 3 – 5 1/2

LOCATION: Don M. Smith Branch (365-8852)

The Don M. Smith Branch offers the Gyminee Cricket Program in cooperation with Bradford Branch YMCA Pre-School, First Baptist, First Presbyterian and First United Methodist.

The first session begins September 17.

Days & Times: Mondays: 12:00–12:45 P.M.
Wednesdays: *10:15–11:00 A.M.
12:00–12:45 P.M.
Fridays: 12:00–12:45 P.M.
* Our Wed 10:15 class is for the Bradford Branch Preschool only

Fee Per Session: \$45 Members/ \$72 Non-members
(25% off additional child discount)

YOUTH GYMNASTICS CLASSES

Children ages 5 1/2 and up

LOCATION: Don M. Smith Branch (365-8852)

2 day a week classes:

Days & Times: Mon & Wed: 4:00–4:55 P.M. (girls only)
5:00–5:55 P.M. (girls & boys)

Tues & Thurs: 12:00–12:55 P.M. (girls only)
4:00–4:55 P.M. (girls only)
5:00–5:55 P.M. (girls & boys)
6:00–6:55 P.M. (girls & boys)

Fee Per Session: \$60 Members/\$87 Non-members
(25% off additional child discount)

1 day a week classes:

Days & Times: Monday 6:00–6:55 P.M. (girls only)
Friday 4:00–4:55 P.M. (girls only)
Saturday 9:00–9:55 A.M. (girls & boys)

Fee Per Session: \$45 Members/\$72 Non-members
(25% off additional child discount)

GYMNASTICS & CHEER SESSION DATES

August 20–September 16

January 7–February 3

September 17–October 14

February 4–March 2

October 15–November 11

March 3–April 6

November 12–December 16

(no classes the week of Spring Break)

(no classes the week of Thanksgiving)

April 7–May 4

GYMNASTICS LOCK-INS

LOCATION: Don M. Smith Branch (365-8852)

Dates: Oct 28 & Dec 2

Time: 7:00 P.M. – 10:30 P.M.

CHRISTMAS CARNIVAL!

Saturday, Dec 17

This is our end of the year show for boys & girls enrolled in our gymnastics program. Every gymnast receives a medal!



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SENIOR CHEER AND TUMBLE

Boys and girls 6th-12th grades

LOCATION: Don M. Smith Branch (365-8852)

Days: Tuesdays & Thursdays

Time: 7:00-8:00 P.M.

Fee Per Session: \$65 Members/\$91 Non-members
(25% off additional child discount)

JUNIOR CHEER AND TUMBLE

Boys and girls 1st-5th grades

LOCATION: Don M. Smith Branch (365-8852)

Days: Wednesdays & Fridays

Time: 4:00-4:55 P.M.

Fee Per Session: \$60 Members/\$87 Non-members
(25% off additional child discount)

OPEN TUMBLE & STUNTS

LOCATION: Don M. Smith Branch (365-8852)

Getting ready for cheer tryouts? Come to our Open Gym time to work on your tumbling, jumps & stunts. We will have a qualified instructor to help you achieve your goals. 6th-12th grade

Days & Time: Tues & Thurs 8:00-8:55 P.M.

When: Beginning Jan 10th thru PHS cheer tryouts

Fee per class: \$12 Members/\$20 Non-members

BACK HANDSPRING CLINICS

LOCATION: Don M. Smith Branch (365-8852)

Days & Time: Saturdays 12:00-1:00 P.M.

Sessions: Jan 7-28 & Feb 4-25

Fee per session: \$45 Members/\$72 Non-members
(25% off additional child discount)

PRIVATE GYMNASTICS & TUMBLING LESSONS

Private lessons are available for class students and team members who would like extra work on beam, bars, vault or tumbling. For scheduling information, contact Coach Jessica Sedgwick at the Don M. Smith Branch (365-8852).



GYMNASTICS & CHEER



PRATTVILLE SWIM LEAGUE

Short Course Swim Team: Our PSL short course swim team is a YMCA and USA swimming team. Registration for the short course swim season began in August and is ongoing. For more information, contact the Don M. Smith Member Services' Desk or Marcy Dolan at 365-8852 or mdolan@prattvilleymca.org.

SPECIAL NEEDS SWIM LESSONS

Ages 3-12 that have a special physical or medical need. For more information regarding the program and registration, contact the Don M. Smith Member Services' Desk or email dcreamer@prattvilleymca.org.

WATER BUGS

Swimming lessons for children walking-35 months

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)

Days & Times: Tues & Thurs 3:40-4:00 P.M.

Fee Per Session: \$28 Members/\$56 Non-members
(Non-members may register the Fri prior to session start date)

PRESCHOOL SWIM LESSONS

Children ages 3-5 years old

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)

Days & Times: T & TH 11:00-11:30 A.M. or 4:00-4:30 P.M.

Fee Per Session: \$33 Members/\$66 Non-members
(Non-members may register the Fri prior to session start date)

YOUTH SWIM LESSONS

Children ages 6 and up

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)

Days / Times: T & TH 11:30 A.M.-12:00 P.M. or 4:30-5:00 P.M.

Fee Per Session: \$33 Members/\$66 Non-members
(Non-members may register the Fri prior to session start date)

SWIM LESSON SESSION DATES

November 8-December 8

February 28-March 22

January 3-January 26

April 3-April 26

January 31-February 23

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

CHILD'S PLAY CENTER FAMILY TIME

LOCATION: Bradford Branch (358-9622)
 Days/Times:
 Mon: 11:30 A.M.-4:00 P.M., 8:00-9:00 P.M.
 Tues: 12:00-3:30 P.M., 7:30-9:00 P.M.*
 Wed: 11:30 A.M.-9:00 P.M.
 Thurs: 12:00-4:00 P.M., 8:00-9:00 P.M.
 Fri: 11:30 A.M.-6:00 P.M.**
 Sat: 9:00-11:30 A.M.*

*If there are no birthday parties scheduled, then free play is available.

**If there is no Parents Night Out scheduled, then free play is available.

Fee: Free to Members

CHILD'S PLAY CENTER PUNCH CARD

LOCATION: Bradford Branch (358-9622)
 Days & Times: Tues & Thurs: 8:00 A.M.-12:00 P.M.
 Mon & Thurs: 4:00-8:00 P.M.
 Fee: \$25 for one punch card (members only)

PARENTS' NIGHT OUT

LOCATION: Bradford Branch (358-9622)
 Dates: Oct 14th, 28th • Nov 11th, 18th • Dec 2nd, 9th, 16th
 Jan 13th, 27th • Feb 10th, 24th
 Times: 6:00-10:00 P.M.
 Ages: Boys and girls ages 3-12 (must be potty trained)
 Fee:

	Members	Non-members
1st child	\$20	\$30
Additional children	\$12	\$22

YMCA KIDS' CLUB

LOCATION: Bradford Branch (358-9622)
 The Y offers this day program for your child ages 3-4 years of age who are potty trained. Their activities include reading, curriculum based learning, motor skill development, inside and outside activities, free play, and snack.

Began August 15th, and is ongoing.
 Time: 8:30 A.M. - 11:30 A.M. (check in at 8:15 A.M.)

Choose from the following options:
 3 days a week (Monday, Wednesday & Friday)
 Fee per month: \$90 Members / \$120 Non-members

2 days a week (Mon & Wed or Wed & Fri)
 Fee per month: \$75 Members / \$105 Non-members \$5 off the second child. Registration fee: \$30 (includes a t-shirt!) Limited number of drop in spots available per day (\$15 Members / \$25 Non-members per day).

PRESCHOOL CHILD DEVELOPMENT CENTER

The Y offers you a State of Alabama licensed preschool for your child age 2 ½ -5 years old. The mission of our Preschool Child Development Center is to provide child care in a structured learning environment. We use a Christian based curriculum that has been approved by the National Association for Education of Young Children (NAEYC). Your child is offered electives throughout the year such as Gyminee Crickets, swim lessons, and tailored activities. Hot lunch and two snacks are provided to your child daily. Contact Sandi Hanna at 358-1446 for more information.

LOCATION: Bradford Branch (358-1446)
 Times: 6:00 A.M.-6:00 P.M.
 Fee: Members \$90/week
 Non-members \$110/week

AFTERSCHOOL CARE

REGISTRATION: Ongoing at Bradford Branch (358-1446). Contact Betty Estes or Priscilla Glasscock for more information.

When you have to work, the Y is here to provide your child with a fun and safe place to go after school. We provide a supervised, structured environment for children in grades K-6. Their activities include arts & crafts, games, creative activities, sports, snacks, and much, much more. We have afterschool sites at 5 different locations throughout our community. The sites are: Main Site, Daniel Pratt, Pine Level, Kindergarten, and Primary.

Times: 3:00-6:00 P.M.
 Weekly Fee:

	Members	Non-members
1st child	\$50	\$60
2nd child	\$40	\$50
3rd child	\$35	\$45

CHILD CARE & CHILD PLAY



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

HOLIDAY BASKETBALL CLINIC & AUBURN GAME!

Friday, Dec 30 3:00-10:00 P.M.

Join us for a fun filled day of basketball! The day will start at the Bradford Branch with a 1 1/2 hour clinic for boys & girls ages 6 & up. A pizza dinner will follow. Then off to Auburn to watch the Tigers play Georgia Southern. Contact the Bradford Branch for cost & more information, 358-9622.



TINY TIGERS KARATE

LOCATION: Bradford Branch (358-9622)
 Days & Times: Tues: 5:15-6:00 P.M. or 6:00-6:45 P.M.
 Thurs: 6:00-6:45 P.M.
 Ages: 3-5 years old
 Instructor: Freda Hand
 Monthly Fee:

	Members	Non-members
1st child	\$23	\$38
2nd child	\$13	\$23

TAEKWONDO

LOCATION: Bradford Branch (358-9622)
 Days: Tues & Thurs
 Times: 6:45-7:40 P.M. (Youth ages 6 & Up)
 7:45-8:45 P.M. (Adults)
 Instructor: Freda Hand
 Monthly Fee:

	Members	Non-members
1st family member:	\$40	\$55
Additional family members:	\$15	\$25

MAJORETTES BATON

LOCATION: Bradford Branch (358-9622)
 Ages: 4 - 12 (over 12? Contact the YMCA)
 Day / Time: Thursdays, 4:15 - 5:00 P.M.
 Instructor: Inga Yarboro (361-0563)
 Monthly Fee: \$35 Members/\$50 Non-members

WRESTLING

LOCATION: TBA
 Registration: Now through November 5th at the Bradford Branch (358-9622)
 Ages: 6 and up
 Practice Days: Monday, Tuesday & Thursday
 Practice Time: TBA
 Fee: \$40 Members/\$60 Non-members (competition card not included in fee)
 Instruction in: Rules, conditioning, pinning, take downs, escapes, reversals & strategies for success.

LITTLE DRIBBLERS BASKETBALL

LOCATION: Bradford Branch (358-9622)
 Registration: Now through November 5th
 Ages: Boys & girls 1st & 2nd grade
 First Practice: November 28th. Coaches will contact players prior to their first practice.
 Fee: \$45 Members/\$75 Non-members
 The purpose of Little Dribblers is to teach the basic skills of basketball in a positive learning environment. They will shoot on 8.5 foot goals and use a smaller ball. Practice will be held once a week at Prattville Elementary School and games will be on Friday nights at the Bradford Branch YMCA. Parents interested in coaching, please contact Jeffrey Keith at 358-9622.

GIRLS' BASKETBALL

LOCATION: Bradford Branch (358-9622)
 Registration: Now through November 5th
 3 Leagues: 3rd & 4th grade, 5th & 6th grade, 7th-12th grade
 Player's Evaluation: November 10th 3rd & 4th grade at 5:00 P.M.
 5th & 6th grade at 5:30 P.M.
 7th-12th grade at 6:00 P.M.
 First Practice: November 28th. Coaches will contact players prior to their first practice.
Free Clinic: Nov 3rd, 6:30 P.M. at the Bradford Branch.
 Fee: \$60 Members/\$110 Non-members (fee includes jersey)

BOYS' BASKETBALL

LOCATION: Bradford Branch (358-9622)
 Registration: Now through November 5th
 4 Leagues: 3rd & 4th, 5th & 6th, 7th & 8th, 9th-12th grade
 Player's Evaluation: November 7th 3rd grade at 5:00 P.M.
 4th grade at 5:30 P.M.
 5th grade at 6:00 P.M.
 6th grade at 6:30 P.M.
 November 8th 7th grade at 5:00 P.M.
 8th grade at 5:30 P.M.
 9th-12th grade at 6:00 P.M.
 First Practice: November 28th. Coaches will contact players prior to their first practice.
Free Clinic: Nov 3rd, 6:30 P.M. at the Bradford Branch.
 Fee: \$60 Members/\$110 Non-members (fee includes jersey)

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



ART EXERCISE PLAY

SMART ART

LOCATION: Don M. Smith Branch (365-8852)
Instructor: Presley Langley

Sessions:

1. Oct 17th-Dec 12th: Holiday Celebrations (no class. Nov 28th)
2. Jan 9th-Feb 27th: Under the Sea

Mondays:	Fee per session:
2-3 year olds: 4:30-5:00 P.M.	\$45 Members/\$65 Non-members
4-6 year olds: 5:15-6:00 P.M.	\$55 Members/\$75 Non-members
7-9 year olds: 6:15-7:15 P.M.	\$65 Members/\$85 Non-members

Supply Fee:

4-6 year old class and 7-9 year old class will need art supplies.
You may purchase your supplies from the Y for \$20.

YOUTH EXERCISE CLASS

Learn proper form with light weights and plyometrics.

LOCATION: Fitness Center (361-0268)
Sessions: Begin on the 1st of every month
Days/Times: Mondays & Wednesdays at 4:00 P.M.
Monthly Fee: \$20 Members/\$40 Non-members

YOUTH RUNNING CLASS

Build endurance and increase your speed.

LOCATION: Fitness Center (361-0268)
Sessions: Begin on the 1st of every month
Days/Times: Tuesdays & Thursdays at 4:00 P.M.
Monthly Fee: \$10 Members/\$20 Non-members

JR. NAUTILUS

For ages 13 - 15

LOCATION: Fitness Center (361-0268)
Days & Times: Mon, Wed, Fri 4:00 - 5:00 P.M.
Monthly Fee: \$20 (Members Only)

HOME SCHOOL P.E.

LOCATION: Bradford Branch (358-9622)
Ages: Kindergarten - 6th grade. Classes will be divided into two groups (Kindergarten - 3rd grade, 4th - 6th grade).
Day / Time: Tuesdays, 1:00 - 2:30 P.M.
Monthly Fee: Members: \$10 per child with a family max of \$35
Non-members: \$20 per child with a family max of \$70



RUMBLE AND TUMBLE GYMNASTICS PARTIES

LOCATION: Don M. Smith Branch (365-8852)
Saturdays only
Fee: \$225 Members/\$325 Non-members
(15 party guests, \$2 each additional guest)

SPLISH SPLASH POOL PARTIES

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Saturdays only
Fee: \$225 Members/\$325 Non-members
(15 party guests, \$2 each additional guest)

PLAY CENTER PARTIES

LOCATION: Bradford Branch (358-9622)
Party Times Available: Saturdays: 12:00 P.M., 2:00 P.M., 4:00 P.M.
Tuesdays: 4:00 P.M., 6:00 P.M.
Fee: \$125 Members/\$175 Non-members
(15 party guests, \$2 each additional guest)

IN THE GYM PARTIES

LOCATION: Bradford Branch (358-9622)
Fee: \$125 Members/\$175 Non-members
(15 party guests, \$2 each additional guest)

ADD AN INFLATABLE JUMPER TO A PLAYCENTER OR IN THE GYM PARTY FOR \$50.



HEALTHY LIVING

Improving the nation's health and well-being

SWIM

FREE SWIM

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Days & Times: Tuesdays & Thursdays 12:00-12:55 P.M.
Saturdays 11:30 A.M.-3:00 P.M.

Fee: Free to Members

*The pool will be closed for maintenance from Dec 19-Jan 1.

LAP SWIM

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Days & Times: M, W, F: 6:00-7:55 A.M. or 12:00-12:55 P.M.
T & TH: 8:00-9:55 A.M. or 7:00-7:40 P.M.
Sat: 10:30-11:25 A.M.

Fee: Members Free/\$10 per visit for Non-members

ADULT SWIM LESSONS

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Days & Time: Tues/Thurs 7:00-7:40 P.M.
Sessions: November 8-December 8
January 3-January 26
January 31-February 23
February 28-March 22
April 3-April 26

Fee Per Session: \$35 Members/\$70 Non-members

MASTERS SWIM TEAM

For more information regarding the program and registration, contact 365-8852 or email mdolan@prattvilleymca.org

Continuous Monthly Enrollment:

Fee Per Month: \$25 Members/\$65 Non-members

Masters Swim Punch Card:

(20 visits)

Fee: \$60 Members

\$100 Non-members



NEW! "QUICK FIT" CIRCUIT

NEW at the Wellness Branch! A total body workout with cardio & machines. Get your entire workout in about 20 minutes!

Monday - Friday 8:30 - 10:00 A.M.

AQUATICS ADULT TUMBLING VOLLEYBALL

ADULT TUMBLING & CONDITIONING CLASS

LOCATION: Don M. Smith Branch Gym (365-8852)
Ages: 18 and up
Day & Time: Mondays 7:00-8:00 P.M.
Sessions: See Gymnastics session dates on page 4.
Fee Per Session: \$45 Members/\$72 Non-members

CO-ED CHURCH VOLLEYBALL

LOCATION: Bradford Branch (358-9622)
Key dates: Jan 23-Pick up league info packet Bradford Branch
Feb 6-Team rosters and league fees are due
Feb 13-Pick up schedules
Feb 20-First game
Fee: \$300 per team
More info: Call Jeffrey Keith at 358-9622

AM AQUA CHALLENGE

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Days & Times: Mon, Wed, Fri 8:00-8:55 A.M.
Fee: Free for Members/\$10 per class for Non-members

PM AQUA CHALLENGE

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Days & Time: Mon, Tues, Thursday 7:45-8:45 P.M.
Fee: Free for Members/\$10 per class for Non-members

ARTHRITIC EXERCISE

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Days: Mon, Wed, Fri
Times: 9:00-9:55 A.M. or 11:00-11:55 A.M.
Fee: Free for Members/\$10 per class for Non-members

SENIOR ADULT AQUACIZE

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Days & Time: Monday - Friday 10:00-10:55 A.M.
Fee: Members & all adults over age 50 - free
Non-members under age 50 - \$10 per class

NETA: PERSONAL TRAINING CERTIFICATION

LOCATION: Fitness Center (361-0268)
Saturday, October 15, 2011 8:00 A.M.-5:00 P.M.
Sunday, October 16, 2011 8:00 A.M.-3:00 P.M.
Call (800)237-6242 or register online at www.netafit.org

HEALTHY LIVING

Improving the nation's health and well-being



AEROBICS SCHEDULE

Classes are free to members and \$50 per month per class for non-members. There is also a \$5.00 nursery fee for non-members and \$10.00 guest pass per day for non-members. *Fee for class, please see class information for details.

LOCATION: FITNESS CENTER BRANCH (361-0268)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 A.M.	Sunrise Aerobics	Wake Up Workout	Sunrise Aerobics	Wake Up Workout	Sunrise Aerobics	
8:00-9:00 A.M.	Pacers	Kick Boxing	Pacers	Kick Boxing	Pacers	
8:30-9:00 A.M.	Ab Class		Ab Class		Ab Class	
8:30-9:30 A.M.		Pilates Mix		Pilates Mix		Saturday BLAST Box Mania*
9:00-9:30 A.M.		Glutes Class		Glutes Class		
9:00-10:00 A.M.	Aerobics		Aerobics		Aerobics	
9:30-10:30 A.M.		Cardio & Tone		Cardio & Tone		Yoga
10:00-11:00 A.M.	Zumba		Zumba		Zumba	
11:00-11:45 A.M.	Cardiac Class		Cardiac Class		Cardiac Class	
4:00-5:00 P.M.	Youth Exercise*	Youth Running*	Youth Exercise*	Youth Running*		
		Yoga		Yoga		
4:30-5:30 P.M.	Step Aerobics		Step Aerobics		Step Aerobics	
5:00-6:00 P.M.		Body Sculpting		Body Sculpting		
5:30-6:00 P.M.	Ab Class		Ab Class			
5:30-6:30 P.M.		Box Mania*		Box Mania*	Kick Boxing	
6:00-7:00 P.M.	Kick Boxing	Zumba	Kick Boxing	Zumba		

LOCATION: BRADFORD BRANCH (358-9622)

8:30-9:30 A.M.		Zumba		Zumba	Variety Class	
9:30-10:30 A.M.		Body Sculpting		Body Sculpting		

THE FOLLOWING PROGRAMS ARE OFFERED AT THE FITNESS CENTER BRANCH (361-0268):

BOOTCAMP

LOCATION: Fitness Center (361-0268)
Sessions are 6 weeks. Classes are subject to change depending on the number of participants.

3 Day Bootcamp (M/W/F at 6:00 P.M.)
\$110 Members/\$160 Non-members
(\$25 discount for 2 signing up)

2 Day Bootcamp (T/TH at 6:00 P.M.)
\$75 Members/ \$125 Non-members
(\$25 discount for 2 signing up)

FITNESS EVALUATION

Fee: \$50 Members/\$80 Non-members

FREE WEIGHT PERSONAL TRAINER

Fee: \$35/hour or \$17.50/half hour
(Members Only)

INTRODUCTION TO NAUTILUS

Fee: \$99 for 4 weeks (Members Only)

STRENGTH TRAINING

Fee: \$145 for 8 weeks (Members Only)

STRENGTH AND REDUCTION

Fee: \$160 for 10 weeks (Members Only)

BODY FAT EVALUATION

Fee: \$15 Members/\$25 Non-members

BOX MANIA

Now on Tuesdays & Thursdays too!
Day/Time: Saturdays 8:30 - 9:30 A.M.
Tues & Thurs 5:30 - 6:30 P.M.
Punch Card System (no expiration):
10 sessions for \$30.00
20 sessions for \$40.00

HEALTHY LIVING

Improving the nation's health and well-being



FITNESS CENTER: THERAPEUTIC BODY MASSAGE

Fee: Full Hour: \$45 Members/\$70 Non-members
Half Hour: \$35 Members/\$60 Non-members
*Gift certificates available



STONE MASSAGE

Fee: \$65 Members/\$95 Non-members
*Gift certificates available



RACQUETBALL & TENNIS COURTS

Fee: Free to Members

LOCKER RENTALS

Lockers are available for rent for members.

MEET YOUR FITNESS GOALS!

• AEROBIC MELTDOWN: Dec 3

Join us from 8:30-10:30 A.M. for two hours of aerobics with your favorite instructors! Bring a gift to donate to the Children of Autauga County.



• HOLIDAY FIT BOWL: Nov 1-Dec 16

Reach your fitness goals during the holiday season by competing with other Y members. Registration begins Oct 17 and is \$5 per person. Find out more at the Fitness Center (361-0268).

• INCH-A-WEIGH: Jan 30-Mar23

Keep your New Year's resolution going until Spring Break! Registration is Jan 23-27 and is \$15 (includes food & exercise journals. Find out more at the Fitness Center (361-0268).

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

LEADERS' CLUB

The YMCA offers 3 Leaders' Clubs for the community's teenagers: Jr., Sr., and Global Leaders. The club offers our youth in grades 6-12 a Christian Leadership Program focused on servant leadership. Contact Jennifer Barrett at 365-8852 or jbarrett@prattvil-leymca.org for more information.

SENIOR ADULT AQUACIZE

We appreciate the Senior Adults in our community and understand the importance of having access to programs that promote your healthy living through developing the skills and relationships you need to be healthy, confident, and connected to others. Our Aquacize class consists of conditioning exercises and social interactions geared for senior adults. This class focuses on building your muscle strength and flexibility. Exercises include gentle stretching with slow, progressive movements. This class is offered FREE of charge to all adults ages 50 & Up.

PACERS

The Y understands the importance for our Senior Adults to remain active. The Y's Pacers is an exercise class we offer to active older adults looking for a great way to stay in shape. Pacers helps increase joint flexibility and range of motion while maintaining muscle strength. This class is offered free of charge to our community.

MILITARY DEPLOYMENT PROGRAM

The Y appreciates the military heroes of our community. The sacrifice they make for our country everyday is remarkable. We offer a military deployment appreciation membership. If your family has one head of household deployed with the military, please contact 365-8852 to find out more information regarding this program.

YMCA AMPHITHEATER

We know that strengthening our community starts in individuals, families, and local organizations. The Y is proud to be able to offer an outdoor amphitheater to our community for use. This amphitheater has recently been restored through the hard work of several Boy Scout Troops, YMCA Leaders' Club, and other community donations and volunteers. This amphitheater is a great place for our local churches and organizations to host outdoor events in a beautiful setting.

LOCATION: Don M. Smith Branch (365-8852)

Fee: \$25/hour

SCHOLARSHIP PROGRAM

We seek to make our services available to all persons regardless of inability to pay. Scholarships are available to those living in Autauga County and the city of Prattville. This assistance is made possible thanks to the support of sustaining contributors and the United Way. Please call Pam Ray at 365-8852 for more information.

Y VOLUNTEERS

Take an active role in bringing about meaningful, enduring change right in your own neighborhood by becoming a YMCA Volunteer. With a focus on youth development, healthy living and social responsibility, Y volunteers give men, women and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected and secure.