





PRATTVILLE YMCA  
PO BOX 680009  
PRATTVILLE, AL 36068-0009

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Prattville, AL  
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FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALWAYS HERE FOR OUR COMMUNITY

2011 SUMMER PROGRAM GUIDE  
PRATTVILLE YMCA

## YMCA MISSION:

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



# WELCOME

The YMCA is unveiling a new brand strategy for the first time in 43 years. The purpose is to reinforce, revitalize, and reintroduce what we do and the impact the Prattville YMCA makes here in the Prattville and Autauga County area as well as the YMCA's across our nation. After much research by the YMCA of the USA, the results showed that everyone recognized the YMCA name; but few actually knew what the YMCA stood for. Most underestimated the scope of our work and the impact in the community. The Prattville YMCA has been a strong institution in the area for 48 years. Thousands of young people have "grown up" here at the Y and are now bringing their children to the same place they learned the YMCA's core values of Respect, Caring, Honesty, Responsibility and Faith. The Prattville YMCA will be here for their children and grandchildren. Adults too know the value of adult programs and fitness at the Y. Friends are developed and support groups are formed to help us all grow mentally, physically and spiritually.

It's important to note that the YMCA mission remains steadfast: "To put Christian principles into practice through programs that build healthy body, mind, and spirit for all."

Collectively and on a national level, speaking as one movement, with one voice we can create and make a more lasting change for individuals and communities across America. Just imagine what we can do collectively here to curb our high obesity rate; encourage more people to get physically fit. We will continue to be a safe and nurturing environment for our children and help our children grow to be responsible, caring adults who want to give back to their community and the next generation of youth.

The program book will give you a new look, bright colors, new format, a new logo and the YMCA's areas of focus: Youth Development, Healthy Living and Social Responsibility.

We hope you will like the new look and enjoy your YMCA membership with all its programs and activities and know that we are here for you.

Thank You,

Willis Bradford

CEO

## 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. – 5:45 P.M.

Summer Day Camps: 7:00 A.M. – 5:45 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. – 4:00 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 8:00 A.M. – 6:00 P.M.

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

Mon. – Thurs. April 1 – May 14 8:00 A.M. – 9:00 P.M. May 16 – September 3 8:00 A.M. – 9:00 P.M.

Friday 8:00 A.M. – 7:00 P.M. 8:00 A.M. – 8:00 P.M.

Saturday 9:00 A.M. – 6:00 P.M. 9:00 A.M. – 8:00 P.M.

Sunday Closed \*1:30 P.M. – 4:30 P.M.

\*Sunday hours are June – August and are pool only.

Nursery Hours for Willis Bradford Branch

Mon., Wed., Fri 8:00 – 10:00 A.M.

Tuesday & Thursday 8:00 – 11:00 A.M.

### 2011 NEW MEMBERSHIP RATES STARTING APRIL 1

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.

### HOLIDAY SCHEDULE:

The Prattville YMCA will be closed in observance of the following holidays: New Year's Day, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving Day, and Christmas Day. Reduced hours may be in effect on other holidays as authorized by the Board of Management.



Follow us on Facebook



The Prattville YMCA is a United Way Agency.

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

[www.prattvilleymca.org](http://www.prattvilleymca.org)

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SWIM & CHEER

### PRATTVILLE SWIM LEAGUE

The YMCA and the Prattville Department of Leisure Services have combined their efforts to offer our community the best summer competitive swim program in the state. PSL is a YMCA/ARPA/USA Swimming team. Registration for summer swimming will be done at the Don M. Smith Branch beginning April 16<sup>th</sup>. Practices will begin May 23<sup>rd</sup> at the Prattville City Pool. Come join the YMCA and Leisure Services for a summer of fun in the sun!

Fee:	Pre-Team (Sea Pups)	\$85
	Bronze	\$105
	Silver 1/2	\$125
	Silver 3/Gold	\$145

### 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@prattvilleyymca.org](mailto:dcreamer@prattvilleyymca.org)

### SENIOR CHEER AND TUMBLE

Boys and girls 6th-12th grades

LOCATION: Don M. Smith Branch  
 Days: Tues/Thurs  
 Time: 6:00-7:00 P.M.  
 Session Dates: June 7-June 30  
 July 12-Aug 4

Fee Per Session: \$62 Members/\$88 Non-members  
 (25% off additional child discount)

### JUNIOR CHEER AND TUMBLE

Boys and girls 1st-5th grades

LOCATION: Don M. Smith Branch  
 Days: Tues/Thurs  
 Time: 6:00-7:00 P.M.  
 Session Dates: June 7-June 30  
 July 12-Aug 4

Fee Per Session: \$57 Members/\$84 Non-members  
 (25% off additional child discount)

## GYMNASTICS

### GYMNASTICS CAMP

For children 5 1/2 and up

LOCATION: Don M. Smith Branch

Dates & Time: May 31 - June 3, 9:00 A.M. - 12:00 P.M.

Fee:	Members	Non-members
1st child	\$83	\$113
2nd child	\$63	\$93
3rd child	\$53	\$73

### CHEER CAMP

For children 5 1/2 and up

LOCATION: Don M. Smith Branch

Dates & Time: May 31 - June 3, 1:00 - 4:00 P.M.

Fee:	Members	Non-Members
1st child	\$83	\$113
2nd child	\$63	\$93
3rd child	\$53	\$73

### GYM AND CHEER CAMP COMBO

What could be more fun for your child than getting to spend the entire day at the Y doing gymnastics and cheerleading? Bring your sack lunch and combine your 2 favorite sports together and enjoy a day of camp at a discounted rate.

LOCATION: Don M. Smith Branch

Fee:	Members	Non-Members
1st child	\$123	\$165
2nd child	\$93	\$135
3rd child	\$78	\$110

### GYMNASTICS LOCK-INS

LOCATION: Don M. Smith Branch

Dates: April 1 & April 29

Time: 7:00 P.M. - 12:00 A.M.



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## GYM & SWIM

### LIL' CRICKETS

Children walking to 35 months

LOCATION: Don M. Smith Branch Gymnastics Gym

Days & Times: Mon & Wed: 10:50-11:20 A.M.  
Tues & Thurs: 5:00-5:30 P.M.

Session Dates: June 6-June 30 & July 11-Aug 4

Fee Per Session: \$47 Members/ \$74 Non-members  
(25% off additional child discount)

### GYMINEE CRICKETS

Children ages 3 - 5 1/2

LOCATION: Don M. Smith Branch Gymnastics Gym

Days & Times:

Mon & Wed: 10:00-10:45 A.M. or 4:00-4:45 P.M.

Tues & Thurs: 10:40-11:25 A.M., 4:00-4:45 P.M. or 5:40-6:25 P.M.

Session Dates: June 6-June 30 & July 11-Aug 4

Fee Per Session: \$57 Members/ \$84 Non-members  
(25% off additional child discount)

The Y is the only place in our community where your child can experience the benefits of swim lessons and gymnastics in one location. Our swim lessons classes and gymnastics classes for all ages at the Don M. Smith Branch have been scheduled so that your child can participate in a gymnastics class and swim lesson class together. You may register for both classes in the same session and receive 20% off your combined program fee.

## YOUTH GYMNASTICS CLASSES

Children ages 5 1/2 and up

LOCATION: Don M. Smith Branch

Days & Times: Mon & Wed: 9:05-10:00 A.M. (girls & boys)  
4:30-5:25 P.M. (girls only)  
Tues & Thurs: 9:45-10:40 A.M. (girls only)  
5:00-5:55 P.M. (girls & boys)

Session Dates: June 6-June 30 & July 11-Aug 4

Fee Per Session: \$57 Members/\$84 Non-members  
(25% off additional child discount)

## GYM & SWIM

### WATER BUGS

Children walking-35 months

LOCATION: Don M. Smith Outdoor Pool

Days & Times: Mon & Wed: 11:25-11:45 A.M.  
Tues & Thurs: 5:40-6:00 P.M. or \*3:40-4:00 P.M.

Session Dates: \*April 12-May 5, June 6-June 30 &  
July 11-Aug 4

Fee Per Session: \$27 Members/\$54 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 Outdoor Pool

Days & Times:

Mon & Wed: 10:50-11:20 A.M. or 4:50-5:20 P.M.

Tues & Thurs: 11:30 A.M.-12:00 P.M. or 6:00-6:30 P.M. or  
6:30-7:00 P.M. or \*4:00-4:30 P.M.

Sessions: \*April 12-May 5, June 6-June 30 &  
July 11-Aug 4

Fee Per Session: \$32 Members/\$64 Non-members  
(Non-members may register the Fri prior to session start date)

LOCATION: Bradford Branch Competition Pool

Days & Times: Mon-Thurs: 8:20-8:50 A.M. or 9:00-9:30 A.M.

Sessions: June 6-June 16 June 20-June 30  
July 11-July 21 July 25-Aug 4

Fee Per Session: \$32 Members (Non-members cannot participate in swim lessons at the Bradford Branch)

## YOUTH SWIM LESSONS

Children ages 6 and up

LOCATION: Don M. Smith Branch Outdoor Pool

Days & Times: Mon & Wed: 10:05-10:35 A.M. or 5:30-6:00 P.M.  
Tues & Thurs: 10:45-11:15 A.M., 6:00-6:30 P.M.,  
6:30-7:00 P.M. or \*4:30-5:00 P.M.

Sessions: \*April 12-May 5, June 6-June 30 &  
July 11-Aug 4

Fee Per Session: \$32 Members/\$64 Non-members  
(Non-members may register the Fri prior to session start date)

LOCATION: Bradford Branch Competition Pool

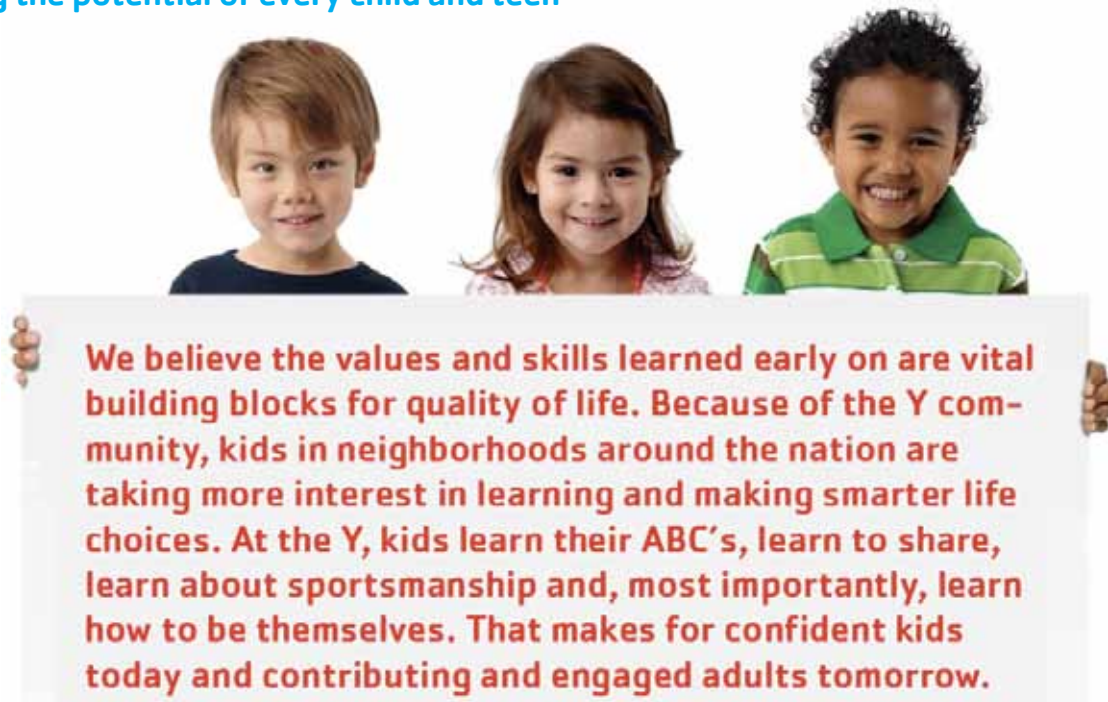
Days & Times: Mon-Thurs: 8:20-8:50 A.M. or 9:00-9:30 A.M.

Sessions: June 6-June 16 June 20-June 30  
July 11-July 21 July 25-Aug 4

Fee Per Session: \$32 Members (Non-members cannot participate in swim lessons at the Bradford Branch)

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



## CHILD'S PLAY CENTER

### CHILD'S PLAY CENTER FAMILY TIME

LOCATION: Bradford Branch

Days/Times:

Mon: 8:00 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: 8:00–10:00 A.M., 12:00–9:00 P.M.  
 Thurs: 12:00–3:30 P.M., 7:30–9:00 P.M.  
 Fri: 8:00 A.M.–5:30 P.M.  
 Sat: 9:00–11:30 A.M.

Fee: Free to Members

### CHILD'S PLAY CENTER PUNCH CARD

LOCATION: Bradford Branch

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

Dates: April 8<sup>th</sup>, 22<sup>nd</sup> • May 13<sup>th</sup> • June 10<sup>th</sup>, 24<sup>th</sup> •  
 July 8<sup>th</sup>, 22<sup>nd</sup> • Aug 12<sup>th</sup>, 26<sup>th</sup>

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

## SPORTS

### TINY TIGERS KARATE

Tiny Tigers Karate program is taught by Freda Hand.

LOCATION: Bradford Branch

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

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

### TAEKWONDO

Taekwondo program taught by Omar Rodriguez.

LOCATION: Bradford Branch

Days: Tues & Thurs  
 Times: 6:45–7:40 P.M. (Youth 8 & Up)  
 7:45–8:45 P.M. (Adults)

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

### JUNIOR GOLF

Register at the Bradford Branch

Days: Mon & Thurs

Times: 4:30–5:30 P.M., 5:30–6:30 P.M.

Where: Meet at the Robert Trent Jones Golf Trail Golf Academy

Dates:	Session 1:	April 4–28
	Session 2:	May 2–26
	Session 3:	June 6–30
	Session 4:	July 11–Aug 4
	Session 5:	Aug 8–Sept 1

Fee Per Session: \$60 Members/\$100 Non-members

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SPORTS & CAMPS

### T-BALL

LOCATION: Bradford Branch  
 Days: Tues & Thurs  
 Important Dates: June 4<sup>th</sup>: Registration ends  
 June 13<sup>th</sup>: First practice (coach will contact you prior to the 1st practice)  
 Ages: Boys and Girls ages 4 & 5 (Age as of June 1)  
 Fee: \$45 Members/ \$80 Non-members

### COACH PITCH

LOCATION: Bradford Branch  
 Days: Tues & Thurs  
 Important Dates: June 4<sup>th</sup>: Registration ends  
 June 13<sup>th</sup>: First practice (coach will contact you prior to the 1<sup>st</sup> practice)  
 Ages: Boys and Girls 1 & 2 Grade  
 (The grade your child just completed)  
 Fee: \$45 Members/ \$80 Non-members

### 2:22 READING ADVENTURE

2 hours of fun, reading and crafts hosted by our Camp 2:22 participants.

LOCATION: Bradford Branch  
 Day: Thurs (June & July)  
 Time: 10:00 A.M.-12:00 P.M.  
 Ages: 3-5 years old (must be potty trained)  
 Fee: \$5 per adventure (members only)  
 \$25 for all 8 adventures (members only)

### CAMP 2:22

LOCATION: Bradford Branch  
 Parents' Meeting: May 19<sup>th</sup> at 6:30 P.M. in the 2:22 trailer  
 Days: Monday-Friday  
 Time: 9:00 A.M.-6:00 P.M. (bring lunch)  
 Ages: Boys and Girls entering 7 - 9 grades  
 Fee per week: \$75 Members/\$85 Non-members

The Y feels that it is important to have a safe, positive, and fun environment to send your junior high students in the summer. For our young people in today's society, there are many temptations and dangers right in our own neighborhoods and homes. Camp 2:22 is an all day program that teaches junior high students healthy living, character development, life skills, job skills, service learning, and how to have a good time in a safe and positive way.

## SPORTS & CAMPS

### SUMMER SPORTS CAMPS

When school gets out for the summer, most families ask "What are we going to do this summer?" The Y provides the answer to that question with our Summer Sports Camps! There is sure to be a camp to meet your child's interest this summer.

LOCATION: Bradford Branch



GIRLS' BASKETBALL CAMP	Ages: 6-16
BOYS' BASKETBALL CAMP	Ages: 6-16
TENNIS CAMP	Ages: 8-16
SOCCER CAMP	Ages: 6-16
GOLF CAMP	Ages: 8-17
GIRLS' VOLLEYBALL CAMP	Ages: 8-16
BOYS' BASEBALL CAMP	Ages: 6-16
GIRLS' SOFTBALL CAMP	Ages: 6-16
FISHING CAMP	Ages: 8-16
WRESTLING CAMP	Ages: 6-16

Days: Each camp runs Mon-Thurs (specific dates will be available at the Bradford Branch May 13<sup>th</sup>)

Time: 9:00 A.M.-12:00 P.M.

Fees:	# of Camps	Members	Non-members
	7	\$145	\$285
	6	\$135	\$265
	5	\$125	\$245
	4	\$110	\$215
	3	\$90	\$175
	2	\$65	\$125
	1	\$40	\$75

#### Additional Child Discounts:

2<sup>nd</sup> child discount: 25% off their total fee

3<sup>rd</sup> child discount: 35% off their total fee

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## BIRTHDAY PARTIES

### RUMBLE AND TUMBLE BIRTHDAY PARTY

LOCATION: Don M. Smith Branch Gymnastics Gym  
 Fee: \$225 Members/\$325 Non-members  
 (15 party guests, \$2 each additional guest)  
 For more information call 365-8852.

### PLAY CENTER PARTIES

LOCATION: Bradford Branch  
 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)  
 For more information call 358-9622.

### IN THE GYM PARTIES

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

### ADD AN INFLATABLE JUMPER TO A PLAYCENTER OR GYM PARTY

Fee: \$50

### POOL PARTIES

LOCATION: Bradford Branch  
 Party Days Available: Monday-Saturday  
 Party Times Available: 11:00 A.M., 1:00 P.M., 3:00 P.M., 5:00 P.M.  
 Fee: Booking fee: \$35 (members only)  
 Each non-YMCA member present: \$5



## CHILD CARE

### SUMMER DAY CAMP

The Y's Summer Day Camp provides your child with summer adventures that promote a healthy spirit, mind and body. Your child will spend time indoors and outdoors as experienced staff lead your child in a wide variety of activities each day, including arts and crafts, games, sports, swimming, off-site field trips, and more. We offer 3 Summer Day Camp locations to meet your needs. Contact Betty Estes or Priscilla Glasscock at 358-1446 for more information.



Ages: Boys & Girls Ages 6-12 (Age as of Sept 2, 2011)

Days: Mon-Fri

Times: 7:00-9:00 A.M.	Early Drop Off
9:00 A.M.-4:00 P.M.	Day Camp Activities
4:00-5:45 P.M.	Late Pick Up

Registration Fee: \$75 Members/\$85 Non-members  
 (fee includes field trips)

Weekly Fee:	Member	Non-member
1st Child	\$75	\$85
2nd Child	\$65	\$75
3rd + Child	\$45	\$55

### Important Dates:

- April 19: Registration Kick Off 8:00 A.M., Bradford Branch
- May 3: Main Day Camp Parent's Meeting 6:00 P.M., Day Camp Building
- May 5: Daniel Pratt Day Camp Parent's Meeting 6:00 P.M., Daniel Pratt Elementary School Gym
- May 10: Pine Level Summer Camp Parent's Meeting 6:00 P.M., Pine Level Elementary School Lunchroom

### 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

Times: 6:00 A.M.-6:00 P.M.

Fee: Members	\$90/week
Non-members	\$110/week

# HEALTHY LIVING

Improving the nation's health and well-being

## SWIM & FITNESS

### FREE SWIM

Fee: Free to Members

LOCATION: Don M. Smith Branch Schedule

Dates: May 23 -Aug 6

Times: Outdoor Pool	Mon & Wed	3:05-4:45 P.M.
	Friday	2:05-5:45 P.M.
	Saturday	10:00 A.M.-3:45 P.M.
	Indoor Pool	
	Mon & Wed	3:05-7:00 P.M.
	Tues & Thur	12:00-12:55 P.M.
Saturday	12:00-3:45 P.M.	

LOCATION: Bradford Branch Schedule

Dates & Times:

May 17-May 29

May 31-Aug 7

Mon - Fri 4:00-7:00 P.M.

Mon - Fri 10:30 A.M.-7:30 P.M.

Saturday 10:00 A.M.-7:30 P.M.

Saturday 10:00 A.M.-7:30 P.M.

Sunday 1:30-4:30 P.M.

### ADULT SWIM LESSONS

LOCATION: Don M. Smith Branch Indoor Pool

Days & Time: Tues/Thurs 7:00-7:40 P.M.

Session Dates: June 7-June 30 & July 12-Aug 4

Fee Per Session: \$34 Members/\$64 Non-members

### LAP SWIM

LOCATION: Don M. Smith Branch Indoor Pool

Days/Times: Mon, Wed, Fri 6:00-7:55 A.M.  
12:00-12:55 P.M.

Tues & Thurs 8:00-9:55 A.M.  
7:00-7:40 P.M.

Saturday 10:30-11:55 A.M.

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

### MASTERS SWIM TEAM

For more information regarding the program and registration contact 365-8852 or email [mdolan@prattvilleymca.org](mailto: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

## SWIM & FITNESS

### AM AQUA CHALLENGE

LOCATION: Don M. Smith Branch Indoor Pool

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

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

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

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 CERTIFICATION CLASSES

To register call NETA toll free at 1-800-775-3488 or register online at [www.netafit.org](http://www.netafit.org)

LOCATION: Fitness Center Branch

### GROUP EXERCISE CERTIFICATION

Date: June 25<sup>th</sup>

Time: 8:00 A.M.-4:30 P.M.

### RETRO HI-LO CERTIFICATION

Date: June 26<sup>th</sup>

Time: 8:00 A.M.-1:00 P.M.

### BOX MANIA CERTIFICATION

AFAA approved for CECs

LOCATION: Fitness Center Branch

Date: April 16<sup>th</sup>

Registration Fee: \$179

To Register call (334) 399-2004



# HEALTHY LIVING

Improving the nation's health and well-being



## AEROBICS SCHEDULE

All classes are free to members and \$50 per month per class for non-members

### LOCATION: FITNESS CENTER BRANCH

	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		Pacers		Pacers	
8:30-9:30 A.M.		Pilates Mix		Pilates Mix		Saturday BLAST
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	
10:30-11:30 A.M.		Yoga Flow		Yoga Flow		
11:00-11:45 A.M.	Cardiac Class		Cardiac Class		Cardiac Class	
4:00-5:00 P.M.		Yoga		Yoga		
4:30-5:30 P.M.	Step Aerobics		Step Aerobics		Step Aerobics	
5:00-6:00 P.M.		Zumba		Zumba		
5:30-6:30 P.M.					Kick Boxing	
6:00-7:00 P.M.	Kick Boxing	Body Sculpting	Kick Boxing	Body Sculpting		

### LOCATION: BRADFORD BRANCH

8:30-9:30 A.M.	Variety Class	Zumba		Zumba	Variety Class	
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## THE FOLLOWING PROGRAMS ARE OFFERED AT THE FITNESS CENTER BRANCH:

### THERAPEUTIC BODY MASSAGE

Fee:  
Full Hour: \$40 Members/\$65 Non-members  
Half Hour: \$30 Members/\$55 Non-members  
\*Gift certificates available

### STONE MASSAGE

Fee: \$60 Members/\$90 Non-members  
\*Gift certificates available

### FITNESS EVALUATION

Fee: \$45 Members/\$75 Non-members

### JR. NAUTILUS

For ages 13 - 15  
Days & Times: Mon, Wed, Fri 4:00 - 5:00 P.M.  
Fee: \$20 (Members Only)

### BODY-TONING BOOT CAMP

Sessions: May 9-June 17  
June 27-August 5  
Fee Per Session: Members Non-members  
One person \$75 \$125  
Two people \$125 \$200

### 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)

### FITNESS SOLUTIONS CERTIFICATE

4, 15 min. sessions of abdominal exercise, dumbbell workout, stability ball workout or stretching  
Fee: \$35 (Members Only)

### BODY FAT EVALUATION

Fee: \$10 Members/\$20 Non-members

### RACQUETBALL & TENNIS COURTS

Fee: Free to Members

### ZUMBA MELTDOWN

Date & Time: May 21<sup>st</sup>, 8:30-11:30 A.M.  
Fee: \$5 donation

### SUMMER FIT BOWL

Fee: \$5.00 (Members Only)  
Contest Dates: June 1-July 31

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

## LIFEGUARD TRAINING

All lifeguards must be at least 15 years old and complete a prerequisite test prior to training. Tests are held at the Don M. Smith Branch indoor pool the following Saturdays at 1:00 P.M. April 2<sup>nd</sup>, April 9<sup>th</sup>, April 16<sup>th</sup>, May 14<sup>th</sup>, May 21<sup>st</sup>, May 28<sup>th</sup>  
LOCATION: Don M. Smith Branch Indoor Pool

### Session Dates/Times:

April 18-April 27	Days: Mon-Fri	5:00 P.M.-9:00 P.M.
May 31-June 4	Days: Tues-Sat	9:00 A.M.-4:00 P.M.

Fee: \$200 Members/\$250 Non-members

## 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@prattvilleymca.org for more information.

## YMCA-FCA BANQUET

We feel that it is important to take the time to honor young people who are living out the mission of the YMCA in their everyday lives. The YMCA and FCA partner together every year to honor high school students who are Christian leaders in their communities. For more information regarding this event, contact Otis Reeves at 365-8852.

Date: April 25<sup>th</sup>  
Time: 7:00 P.M.



## KEVIN TURNER GOLF BENEFIT: MAY 6<sup>TH</sup>

We depend on the support of our community to help us provide financial assistance to children, senior adults, and families who cannot afford to participate in the activities and programs at the Y. The proceeds from this Golf Tournament will be used to provide these much needed scholarships. If you are interested in playing in the tournament or being a sponsor, please contact Keith Cantrell at 358-9622 or kcantrell@prattvilleymca.org.

## 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.

## 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  
Fee: \$25/hour

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

[www.prattvilleymca.org](http://www.prattvilleymca.org)