



# READY FOR FALL. READY FOR FUN.



## Prattville YMCA

Fall 2026 Program Guide



SCAN HERE

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



# HERE FOR YOU



The Prattville YMCA is a United Way Agency.

## PRATTVILLE YMCA STAFF

David Lewis.....General Director/CEO  
Jennifer Barrett.....Assistant General Director/COO

### ADMINISTRATIVE BRANCH

Sherry Moore.....Finance Director  
Jessica Sedgwick.....Marketing & Communications Director  
Leela Bert.....Director of Membership & Employee Engagement  
Kathy Asbury.....Membership Coordinator  
Wendy Majors.....Accounts Payable/Payroll

### DON M. SMITH BRANCH

David Creamer.....Aquatics Director/Branch Director  
Brittany Gardner.....Gymnastics Director  
Martie Brown.....Senior Swim Team Coordinator  
Rian Truelove.....Gymnastics Coordinator  
Faith Hensley.....Gymnastics Team Coordinator  
Hope Cutler.....Aquatics Coordinator  
Sandy Jackson.....Member Services Supervisor  
Robin Thivierge.....Member Services Assistant Supervisor

### FITNESS BRANCH

Tiffany Thomas.....Wellness Coordinator  
Travis Rodie.....Healthy Living Coordinator

### WILLIS BRADFORD BRANCH

Jon Grooms.....Director of Youth Development & Healthy Living  
June Dorough.....Ability Programs Director  
Bailey Fulford.....Assistant Bradford Branch Director  
Zach Burdette.....Youth Sports Coordinator  
Katina Platt.....Member Services Team Lead

### CHILD CARE BRANCH

Sarah Thornton.....Childcare Director  
Kerry Jones.....Assistant Child Care Director of Admin.  
Kathy Melton.....Assistant Child Care Director of Programs  
Tammy Hunter.....Preschool Site Supervisor

## BOARD OF TRUSTEES

### OFFICERS

David McDowell.....President  
Robby Anderson.....Vice President  
Mike Lamar.....Treasurer  
David Lewis.....Secretary

Johnny Brownell      Ed Mullins  
Harvey Clark        Wade Seamon  
Joe Mathis            David Smith

## BOARD OF MANAGERS

### OFFICERS

Clay McConnell.....Chairman  
Kristi Johnson.....Vice Chairman  
Duwan Walker.....Secretary/Treasurer

Eric Alford	Marcus Jackson	Chip Powell
Karla Boles	Martin Jackson	Kacey Powell
Denise Brown	Louise Jennings-McCullar	Trey Rogers
Matt Burns	Onya Johnson	Anne Sanford
Josh Gamble	Scott Kramer	Wade Seamon
Bill Gillespie, Jr.	Emily Lobenstein	Kyle Shirley
Randy Grissett	Eric Morgan	Jerry Starnes
Kasey Hope	Bryant Northington	Rebecca Thomas
Eric Jacks	Danna Patterson	Patty VanderWal
Donna Jackson	Gray Penton	

## LIFE BOARD MEMBERS

Robby Anderson	Brett Crawford	Tom Miller
Dean Argo	Barbara Dennis	Algie Morgan
Johnny Brownell	Martha Ellis	Ed Mullins
J.N. "Buddy" Buckner	Steve Golsan	Tom Newton
Jim Byard Jr.	Spencer Knight	Cindy Oliver
Harvey Clark	Mike Lamar	David Smith
Janice Clark	Joe Mathis	Robert Stacy
Edward Clinton	Roy McAuley	Alfred Wadsworth
Louis Colley	David McDowell	Richard Williams



## MEMBERSHIP RATES

	Monthly Draft	Joining Fee
Adult (Age 19 & up)	\$36	\$50
Household	\$57	\$75
Household + 1	\$73	\$91
Household + 2	\$87	\$107
*Nationwide Youth (Age 0-18)	\$27	\$25
*Nationwide Adult	\$53	\$50
*Nationwide Household	\$67	\$100
*Nationwide Household + 1	\$77	\$100
*Nationwide Household + 2	\$87	\$100

\*A Nationwide Membership includes access to participating YMCAs in the River Region and all over the United States.

A Household includes 2 adults, residing at the same address, and any dependents of either person or both.

The Household Plus options allow for up to 2 additional adults residing at the Household Membership address to be added to a Household Membership.

Proof of residence will be required for all adults on a Household Membership.

## MEMBER-GET-A-MEMBER

Love the YMCA? Tell your friends to sign up and get paid! Refer a friend and receive \$20 in Y bucks, good for YMCA programs and merchandise.

# PRATTVILLE YMCA BRANCH INFORMATION

5 branches to serve our community...

## ADMINISTRATIVE & DON M SMITH BRANCH

(334) 365-8852

600 East Main St.  
Prattville, AL 36067

### ADMINISTRATIVE:

Monday – Friday  
9:00 A.M. – 5:00 P.M.

### DON M. SMITH:

Mon., Tues., Thurs.  
8:00 A.M. – 8:00 P.M.

Wed 8:00 A.M. – 6:00 P.M.

Fri 8:00 A.M. – 7:00 P.M.

Sat 8:00 A.M. – 3:00 P.M.

Sun Closed

## CHILD CARE BRANCH

(334) 358-1446

972 McQueen Smith Rd. S  
Prattville, AL 36066

### PRESCHOOL:

Monday – Friday  
6:00 A.M. – 6:00 P.M.

### BEFORE SCHOOL:

Monday – Friday  
6:00 A.M. – 7:00 A.M.

### AFTER SCHOOL:

Monday – Friday  
2:30 P.M. – 6:00 P.M.

### SUMMER DAY CAMP:

Monday – Friday  
7:00 A.M. – 6:00 P.M.

## FITNESS BRANCH

(334) 361-0268

600 East Main St.  
Prattville, AL 36067

Monday – Friday  
\*5:00 A.M. – 7:00 A.M.  
7:00 A.M. – 7:00 P.M.  
\*7:00 P.M. – 9:00 P.M.

Saturday  
8:00 A.M. – 12:00 P.M.  
\*12:00 P.M. – 5:00 P.M.

Sunday  
\*1:00 P.M. – 5:00 P.M.

\*These hours are non-staffed and require a key fob to enter.

### Child Watch Room Hours for Fitness:

M W F 8:00-11:15 A.M.  
T Th 8:00-10:00 A.M.  
M-Th 3:30-7:00 P.M.

## WILLIS BRADFORD BRANCH

(334) 358-9622

972 McQueen Smith Rd. S  
Prattville, AL 36066

Monday – Friday  
5:00 A.M. – 8:00 P.M.

Saturday  
9:00 A.M. – 6:00 P.M.

\*Sun 1:30 P.M. – 4:30 P.M.  
\*Sunday hours are June–  
Aug and are pool only.

### Child Watch Room Hours for Bradford: (ages 3 months–10 years)

M W F 8:00 – 11:00 A.M.  
T Th 8:00 – 10:00 A.M.

## GYMNASTICS CENTER (334) 491-9622

348 Hwy 82 West, Prattville, AL 36067

The Gym Center is open during program times. See pages 6 & 7.



Key Fobs to access the Fitness Branch during non-staffed hours are available free for all members ages 15 and up. Hours of operation are subject to change. Please check our website and/or social media for updates.

## MEMBERSHIP BENEFITS

### ★ Facilities

Enjoy 2 basketball gyms, a play center, 3 outdoor pools, 1 indoor pool, 1 tennis court, 6 pickleball courts, 2 racquetball courts, 2 outdoor tracks, 2 fitness locations, and more as a Y member.

### ★ Child Watch

Work out knowing your kids are safe and close by.

### ★ Group Exercise Classes

We offer over 18 different group exercises that are free with your membership.

### ★ Equipment

Ellipticals, treadmills, recumbent bikes, stair climbers, free weights, and circuit training machines are just some of the equipment pieces available with your membership.

### ★ Program Discounts

Our Y members have the opportunity to participate in over 50 programs for up to half off the non-member rate.

### ★ YMCA360 Online Platform & App

Included in your Membership is access to our YMCA360 App and online platform. This platform helps you stay connected with fitness classes, challenges, rewards and more!

### ★ Community

At the Y, we exist to strengthen our community. As a Y member, you can create meaningful change for yourself and others.

## STAY CONNECTED

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



Download the YMCA360 App today. It is FREE with your membership.



Join our Remind today to stay in the loop! Text @pvilleymca to the #81010.



# YOUTH SPORTS

## YOUTH FLAG FOOTBALL



The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning life lessons in teamwork. Join us as we kick off our fall season of FLAG FOOTBALL!

Registration: Now through Aug 8

Ages: Boys K4-12<sup>th</sup> grade

4 Leagues:

K4 & K5

1<sup>st</sup> & 2<sup>nd</sup> grade

3<sup>rd</sup> & 4<sup>th</sup> grade

5<sup>th</sup> & 6<sup>th</sup> grade

Register Here!



Days: Tuesdays & Thursdays

Season: Aug 18-Oct 8

(Oct 13 & 15 will be makeup games)

Fee: \$158 / \$78 Prattville Y Members  
Game jersey provided by YMCA.

## GIRLS' VOLLEYBALL



Registration:

Now through Aug 15

Ages: 3<sup>rd</sup> - 12<sup>th</sup> grade

Days: Tuesdays & Thursdays

Player Evaluation: All participants need to be present on eval day.

Aug 17: 3<sup>rd</sup> & 4<sup>th</sup> grade

5:30 P.M.

7<sup>th</sup> - 12<sup>th</sup> grade

6:30 P.M.

Aug 20: 5<sup>th</sup> & 6<sup>th</sup> grade

6:00 P.M.

Season: Aug 25-Oct 22

Equipment: Knee pads recommended but not required.

Fee:

\$170 / \$85 Prattville Y Members

Game jersey provided by YMCA.

Register Here!



## MARTIAL ARTS & SELF DEFENSE



### LITTLE DRAGONS

Days/Times: T & Th 6:00-6:45 P.M.

Ages: 4-6 years old

Instructor: Pam Smith

Monthly Fee (bank draft):

1st child:

\$78 / \$48 Prattville Y Members

2nd child:

\$62 / \$32 Prattville Y Members

### TAEKWONDO

Days/Times: T & Th 6:45-7:45 P.M.

Instructor: Pam Smith

Monthly Fee (bank draft):

1st family member:

\$94 / \$64 Prattville Y Members

Additional family members:

\$62 / \$32 Prattville Y Members

## HOME SCHOOL P.E. &



Ages: 5 & up

P.E. Days/Time: M & Th 1:00-2:30 P.M.

When: Sept-Nov & Jan-April

Lego Club: Will meet twice a month.

The 1st & 3rd Tuesday of the month

5-8 year olds & 2nd & 4th Tuesday will be 9 year olds & up.

P.E. Monthly Fee:

• 1 day a week:

\$38 / \$20 Prattville Y Members

• 2 days a week:

\$50 / \$32 Prattville Y Members

Lego Club Monthly Fee:

\$40 / \$30 Prattville Y Members

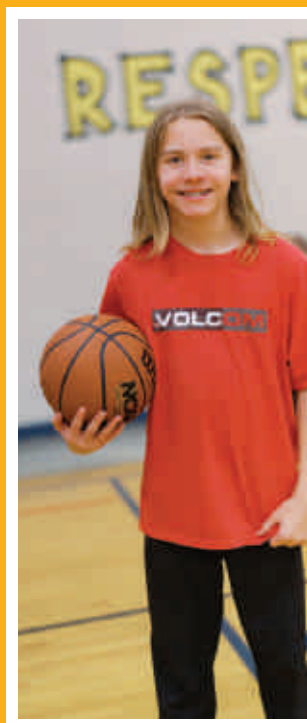
Combo P.E. & Lego Club Monthly Fee:

(2 day a week P.E. & 2 times a month Lego Club)

\$65 / \$42 Prattville Y Members

Additional child:

\$60 / \$30 Prattville Y Members





# GYMNASTICS



[Register Here!](#)



## ● LIL' CRICKETS

**LOCATION:** Gym Center (348 Hwy 82 W)

**Ages:** Walking to 35 months

**Days & Times:**

Mon: 10:45-11:15 A.M.

6:00-6:30 P.M.

Tues: 4:15-4:45 P.M.

Thurs: 10:00-10:30 A.M.

Sat: 10:40-11:10 A.M.

**Monthly Fee:** \$71 / \$51 Pville Y Members

## ● GYMINEE CRICKETS

**LOCATION:** Gym Center (348 Hwy 82 W)

**Ages:** 3 - 5 1/2

**Days & Times:**

Mon: \*12:00-12:45 P.M.

\*transportation available for First Presbyterian

4:00-4:45 P.M.

5:00-5:45 P.M.

Tues: 10:00-10:45 A.M. (YMCA Preschool only)

12:00-12:45 P.M.

5:00-5:45 P.M.

6:00-6:45 P.M.

Thurs: \*12:00-12:45 P.M.

\*transportation available for First Methodist & Baptist

Sat: 8:45-9:30 A.M.

9:45-10:30 A.M.

**Monthly Fee:** \$91 / \$61 Pville Y Members

(\$10 more for transportation)

## ● SUPER CRICKETS

This class is by invitation only.

**LOCATION:** DMS Branch (600 East Main St.)

**Days & Times:** Mondays 5:30-7:00 P.M.

**Monthly Fee:** \$119 / \$89 Pville Y Members

## ● LIL' CRICKET NINJA

**LOCATION:** Gym Center (348 Hwy 82 W)

**Ages:** Walking to 35 months

**Days & Times:**

Mon 10:00-10:30 A.M.

Thurs 4:15-4:45 P.M.

**Monthly Fee:** \$71 / \$51 Pville Y Members

## ● GYMINEE CRICKET NINJA

**LOCATION:** Gym Center (348 Hwy 82 W)

**Ages:** 3 - 5 1/2

**Days & Times:**

Mon 6:00-6:30 P.M.

Sat 8:00-8:30 A.M.

**Monthly Fee:** \$71 / \$51 Pville Y Members

## ● NINJA CLASSES

**LOCATION:** Gym Center (348 Hwy 82 W)

**Ages:** 5 1/2-11

**Days & Times:**

Mon: 5:00-5:45 P.M.

Tues 5:00-5:45 P.M.

6:00-6:45 P.M.

Thurs 5:00-5:45 P.M.

6:00-6:45 P.M.

Sat 9:00-9:45 P.M.

10:00-10:45 P.M.

**Monthly Fee:** \$91 / \$61 Pville Y Members

## ● GYM / NINJA CLASSES

**LOCATION:** Gym Center (348 Hwy 82 W)

**Ages:** 5 1/2-11

**Days & Times:**

Fri 4:00-5:00 P.M.

Thurs 10:45-11:45 A.M.

**Monthly Fee:** \$100 / \$70 Pville Y Members

## OPEN HOUSE...

Meet the Gym & Ninja staff & participate in fun gym activities! Aug 1 • 2:00-3:30 PM • GYM CENTER

## ● YOUTH GYMNASTICS

**LOCATION:** Gym Center (348 Hwy 82 W)

**Ages:** 5 1/2-11

**1 DAY A WEEK Days & Times:**

Monday 4:00-4:45 P.M. Girls

5:00-5:45 P.M. Girls

6:00-6:45 P.M. Girls & Boys

Sat 9:00-9:45 A.M. Girls

10:00-10:45 A.M. Girls

**2 DAYS A WEEK Days & Times:**

T & Th: 4:00-4:45 P.M. Girls

5:00-5:45 P.M. Girls

6:00-6:45 P.M. Girls

**Monthly Fee:**

1 DAY A WEEK: \$91 / \$61 Prattville Y Members

2 DAYS A WEEK: \$119 / \$89 Prattville Y Members

## ● INTERMEDIATE GYMNASTICS

This class is by invitation only.

**LOCATION:** Gym Center (348 Hwy 82 W)

**Days & Times:** Mon 4:35-5:55 P.M.

Tues 5:25-6:45 P.M.

Thurs 5:25-6:45 P.M.

Sat 9:35-10:55 A.M.

**Monthly Fee:** \$119 / \$89 Prattville Y Members

## ● ADVANCED GYMNASTICS

This class is by invitation only.

**LOCATION:** DMS Branch (600 East Main St.)

**Days & Times:** Tues & Thurs 6:15-7:00 P.M.

**Monthly Fee:** \$119 / \$89 Prattville Y Members

## ● TEEN GYMNASTICS

**LOCATION:** DMS Branch (600 East Main St.)

**Ages:** 12 - 18

**Days & Times:** Tues & Thurs 6:15-7:00 P.M.

**Monthly Fee:** \$119 / \$89 Prattville Y Members

# GYMNASTICS



**NEW!**

## INDIVIDUAL COACHING SESSIONS

Register to reserve your time & request your coach!

**PRESCHOOL AGES (2-5 years)** lessons are held at the Gym Center and are 30 minutes each.

**Days & Time:** Thurs 4:00-6:45 P.M.  
Fri 4:00-5:00 P.M.

**YOUTH AGES (6 & up)** lessons are held at the DMS Gym and are 30 minutes each.

**Days & Time:** Tues 6:15-8:00 P.M.  
Wed 4:00-6:00 P.M.  
Thurs 6:15-8:00 P.M.  
Sat 8:00 A.M.-1:00 P.M.

**1-on-1 Lesson Package:**  
Four 30 minute Lessons: \$120 / \$100 Prattville Y Members

# TUMBLING



## PRESCHOOL TUMBLE

**LOCATION:** Gym Center (348 Hwy 82 W)  
**Ages:** 3 - 5 1/2  
**Days & Times:** Mon 12:45-1:15 P.M.  
Sat 8:15-8:45 A.M.

**Monthly Fee:** \$71 / \$51 Prattville Y Members



## BEGINNER TUMBLE & ACROBATICS

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 5 1/2 - 11  
**Days & Times:** Tues & Thurs 6:15-7:00 P.M.  
**Monthly Fee:** \$119 / \$89 Prattville Y Members



## ADVANCED TUMBLE & ACROBATICS

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 12 - 18 or ages 5 1/2-11 that have a backhandspring  
**Days & Times:** Tuesdays 6:15-7:45 P.M.  
**Monthly Fee:** \$119 / \$89 Prattville Y Members



## EXTRA TUMBLE TIME

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 5 1/2 - 18  
**Dates:** Aug 22 • Sept 12 • Oct 3 • Nov 14  
**Time:** 12:00 P.M. - 12:55 P.M.  
**Fee per day:** \$40 / \$25 Prattville Y Members

# CLINICS & LOCK-INS!

## ● BACKHANDSPRING CLINICS

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 5 1/2-11  
**Dates:** Aug 22 • Sept 12 • Oct 3 • Nov 14  
**Time:** 11:00 - 11:55 A.M.  
**Fee per day:** \$40 / \$25 Prattville Y Members

## ● BAR CLINICS

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 5 1/2-11  
**Dates:** Aug 22 • Sept 12 • Oct 3 • Nov 14  
**Time:** 12:00- 12:55 P.M.  
**Fee per day:** \$40 / \$25 Prattville Y Members

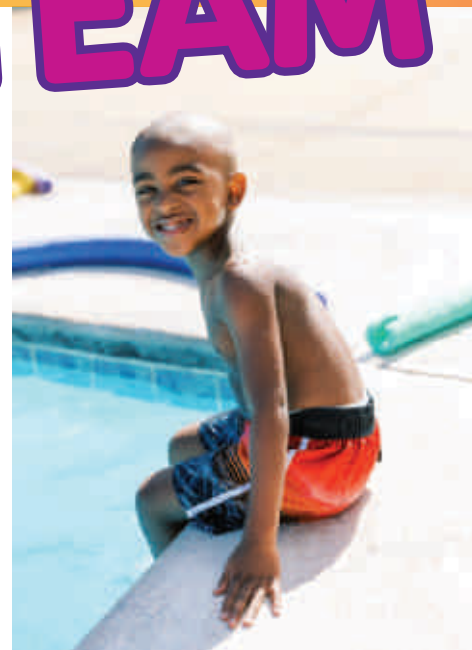


## ● GYMNASTICS LOCK-INS

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 5 1/2-11  
**Times:** 7:00 - 10:00 P.M.  
**Dates:** Aug 28 Disney- Toy Story  
Sept 25 PYG's Got Talent  
Oct 30 Haunted House  
Nov 20 Friendsgiving  
Dec 11 Frozen Fun!

**Fee:** \$45 / \$35 Prattville Y Members

# SWIM LESSONS and TEAM



## PRESCHOOL & YOUTH 2-ON-1 SWIM LESSONS

2 participants per instructor means more instruction time!

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 3-12  
**Days:** Tuesdays & Thursdays  
**Times:** 4:00 P.M. | 4:30 P.M.

### Session Dates:

- Sept 1-24      • Feb 2-25
- Sept 29-Oct 22      • March 2-April 1 (no classes March 23-25)
- Oct 27-Nov 19      • April 6-29

Fee per 4 week Session: \$121 / \$79 Prattville Y Members

## 1-ON-1 SWIM LESSONS

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 3-12  
**Days:** Tuesdays & Thursdays  
**Times:** 5:00 P.M. | 5:30 P.M.

### Session Dates:

- Sept 1-24      • March 2-April 1 (no classes March 23-25)
- Sept 29-Oct 22      • April 6-29
- Oct 27-Nov 19

Fee per 4 week Session: \$132 / \$102 Prattville Y Members

## PREP-TEAM

Intermediate program for those who are getting ready for our competitive swim team or just want to work on their strokes. No meets. Just fun!

**LOCATION:** DMS Branch (600 East Main St.)

### 3 day a week sessions:

**Ages:** 6 and up (must be able to swim 25 yards)  
**Days:** Mon, Wed & Fri 5:30-6:00 P.M.  
**Dates:** Sept 28-Oct 23 • Oct 26-Nov 20 • April 5-30  
**Fee:** \$121 / \$79 Prattville Y Members

### 2 day a week sessions:

**Days:** Tues & Thurs (Time TBA)  
**Dates:** Feb 2-25  
 March 2-April 1 (no classes March 23-25)  
**Fee:** \$99 / \$54 Prattville Y Members

## 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 begins in August. The first step is to be evaluated.

For more information, contact the Don M. Smith Member Services' Desk at (334) 365-8852.

# ADULT SWIM & SPORTS

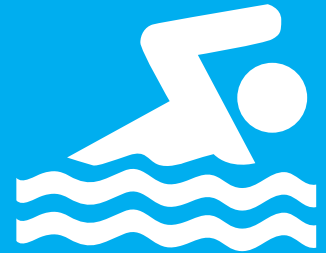
STAY ACTIVE. STAY SOCIAL. STAY STRONG.



Scan Here!

## POOL HOURS

To find our latest pool schedules for all Open Pool Times, Lap Swim, Masters Swim & Adult Aquatics classes, please visit our website by scanning the QR Code. For a printed copy, visit our Member Services' Desks.



### SWIM BASICS CLINIC for TEENS & ADULTS

It's never too late to learn to swim. This clinic is designed for teens and adults (ages 13+) who are uncomfortable in the water or have never learned to swim. Our instructors will help participants build confidence, improve water comfort, and learn foundational swimming and safety skills at a pace that feels safe and encouraging.

Days: Tues/Thurs  
Time: 6:00-6:40 P.M.

Session Dates:

- Sept 1-24
- Sept 29-Oct 22
- Oct 27-Nov 19
- March 2-April 1 (no classes March 23-25)
- April 6-29

Fee Per Session: \$121 / \$79 Prattville Y Members

### PRE-MASTERS TRAINING PROGRAM

LOCATION: DMS Branch Indoor Pool (600 East Main St.)  
Days & Times: Mon, Wed, Fri 1:00-2:00 P.M.  
Dates: September 9-April 30  
Fee Per Month: \$100 / \$50 Prattville Y Members  
Monthly bank draft

### MASTERS SWIM TEAM

LOCATION: DMS Branch Indoor Pool (600 East Main St.)  
For more information regarding the program and registration, call (334) 365-8852 or email mbrown@prattvilleymca.org

Continuous Monthly Enrollment:

Fee Per Month: \$70 / \$28 Prattville Y Members



### ADULT AQUATICS CLASSES AQUA CHALLENGE

A moderate to intense water aerobics class that includes toning, stretching, and cardiovascular conditioning. The added buoyancy of exercise in the water takes the JOLT out of your joints!

#### ARTHRITIC EXERCISE

This class is a series of water exercises, which has the potential to help decrease pain and/or stiffness and improve or maintain joint flexibility. Anyone can benefit from this program, even non-swimmers.

#### ADULT AQUACISE

This is a light to moderate water aerobics class of conditioning exercises to work on muscle strength and flexibility. Exercises include gentle stretching with slow, progressive movements.



### CO-ED ADULT VOLLEYBALL

Ready to serve, set and spike your way into an exciting season? Sign up for our Adult Volleyball League at the YMCA today!

Our league is for men & women ages 16 and up. There must be two male & two female on the court at all times. Teams can be made up of churches, businesses or just a group of friends!

LOCATION: Bradford Branch  
Registration: Now-Aug 22  
Season: Aug 31-Oct 26

Game Days: Monday nights  
Fee: \$350 per team

# PRESCHOOL

Preschool programs are for children ages 2½ - 5 (must be potty trained). There is a registration fee of \$75 and a supply fee of \$20. Register at the Bradford Branch. Call (334) 358-1446 for more information.

## TINY TOT TIME

**6:00 - 10:00 A.M.**

Start your day off at the Y with play! Sign up for one day or all week. Snacks will be provided.

Daily Fee: \$14 / \$12 Prattville Y Members  
Weekly Fee: \$42 / \$37 Prattville Y Members

## Y LEARNING

**10:00 A.M. - 2:00 P.M.**

Learn & grow at the Y. Be Kindergarten ready with our Y learning time. Also, lunch & naps!

Daily Fee: \$22 / \$17 Prattville Y Members  
Weekly Fee: \$59 / \$54 Prattville Y Members

## ENRICHMENT

**2:00 - 6:00 P.M.**

Hands on exploring opportunities in cooking, art, science, music & games.

Daily Fee: \$17 / \$14 Prattville Y Members  
Weekly Fee: \$49 / \$44 Prattville Y Members



*Learn*



*Grow*



*Thrive*

# CHILD CARE



**Before & Afterschool Registration going on now!**



[Register Here!](#)

We also offer afterschool care for individuals with special needs with our Able After-school Program. See page 12 for details.

## BEFORE SCHOOL CARE

When you have to work and your hours start early, the Y is here to help! Drop off at the Bradford Branch beginning at 6:00 A.M. and then we will load the buses at 7:00 A.M. We transport to Daniel Pratt, Prattville Kindergarten, Primary, Elementary & Intermediate Schools.

<b>Before School Hours:</b>	Begins at 6:00 A.M.
<b>Registration Begins:</b>	June 23
<b>Registration Fee:</b>	\$12
<b>Weekly Fee:</b>	\$51 / <u>\$36 Prattville Y Members</u>

\$2 off each week if your child is registered for After School Care. Discounts for siblings apply.

Financial assistance available for those who qualify. For more information, please call (334) 358-1446.

## AFTER SCHOOL CARE

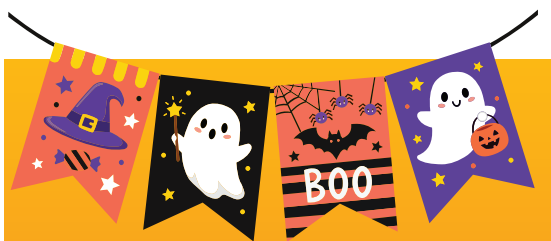
When you have to work, the Y is here to provide your child with a fun and safe place to go after school. We provide a supervised, structured environment for children in grades K-6. Their activities include arts & crafts, games, creative activities, sports, snacks, and much, much more. We have afterschool sites at 5 different locations throughout our community. For more information call us at (334) 358-1446.

<b>Sites:</b>	Main Site (pick ups from Primary, Elementary & Intermediate) Daniel Pratt, Pine Level, Kindergarten, and Primary
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<b>Afterschool Hours:</b>	2:30-6:00 P.M.
<b>Registration Fee:</b>	\$35
<b>Weekly Fee:</b>	\$90 / <u>\$75 Prattville Y Members</u> Discounts for siblings apply

Financial assistance available for those who qualify. For more information please call (334) 358-1446.

# ABILITY PROGRAMS



## TRUNK OR TREAT IN THE OUTFIELD!

Oct 24 | 5:00-7:00 P.M.

Free for all participants!



Be sure to like us on Facebook!

## FIELD OF DREAMS & ABILITY SPORTS

The Field of Dreams and Ability Sports removes the barriers that keep children and adults with mental and physical disabilities out of the games and lets them experience the joys of America's favorite pastimes. Participants play on rubberized turf field that accommodates wheelchairs and other assistive devices while helping to prevent injuries.

The Field of Dreams and Ability Sports are not just about the sport. It is about making new friends, building self-esteem, learning independence and being treated like any other athlete. Ages 5-70 and older are welcome to participate.

For more information on participating, volunteering or sponsorships, please contact June Dorough at (334) 358-9622 or [jdorough@prattvillemca.org](mailto:jdorough@prattvillemca.org).



### FALL BASEBALL

Register: Now-Aug 5  
 Fall Season: Aug 29-Oct 24  
 Fee: \$40  
 Players will only play 1 day a week on either Tues, Thurs or Sat.



### FLAG FOOTBALL & CHEER

Register: Sept 2-Oct 13  
 Season: Nov 4-Dec 11  
 Days: Tues & Thurs nights  
 Fee: \$30

## GYMNASTICS & SWIMMING LESSONS

Please contact the Don M. Smith Branch for more information (334) 365-8852.



## AFTER SCHOOL

An afterschool program designed for children with special needs.

Serving these schools: Prattville Kindergarten • Prattville Primary  
 Prattville Elementary • Prattville Intermediate • Daniel Pratt

Students will be transported to the Able Afterschool site at Daniel Pratt Elementary. Participants should be independently mobile (able to move without wheelchair assistance).

Grades: Kindergarten – 6th Grade  
 Hours: After school until 6:00 PM  
 Weekly Fee: \$100

Financial assistance is available for those who qualify.

To register contact June Dorough at (334) 358-9622 or [jdorough@prattvillemca.org](mailto:jdorough@prattvillemca.org).

# LET'S PARTY!

## YMCA BIRTHDAY PARTIES



### GYMNASSTICS & NINJA PARTIES

**LOCATION:** Gymnastics Center or Don M. Smith Branch  
**Days:** Saturdays  
**Times:** Gym Center 11:30-1:00 P.M.  
 Don M. Smith 1:30-3:00 P.M.  
**Fee:** \$225 / \$175 Prattville Y Members  
 • 15 party guests, Add \$20 for more than 15  
 • 50% non-refundable deposit due when booking

ADD A 6 FT BALLOON GARLAND TO YOUR GYMNASTICS PARTY FOR \$50.

### PLAY CENTER PARTIES

**LOCATION:** Bradford Branch (334) 358-9622  
**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:** \$190 / \$140 Prattville Y Members  
 • 15 party guests, \$2 each additional guest  
 • Add \$30 if cake is ordered  
 • 50% non-refundable deposit due when booking

### IN THE GYM PARTIES

**LOCATION:** Bradford Branch (334) 358-9622  
**Times Available:** Saturdays: 12:00 P.M., 2:00 P.M., 4:00 P.M.  
**Fee:** \$190 / \$140 Prattville Y Members  
 • 15 party guests, \$2 each additional guest  
 • Add \$30 if cake is ordered  
 • 50% non-refundable deposit due when booking

ADD AN INFLATABLE JUMPER TO A PLAY CENTER OR IN THE GYM PARTY FOR \$75.

## PNO!

### (PARENTS' NIGHT OUT)

**LOCATION:** Bradford Branch (334) 358-9622  
**Time:** 6:00-9:00 P.M.  
**Ages:** Boys & girls ages 3 yrs old-6th grade (must be potty-trained)  
**Dates:** August 14 | October 9 | December 11 & 18  
**Fee:** \$38 / \$28 Prattville Y Members (\$8 off for siblings)



Register Here!

### PLAY CENTER TIMES

**LOCATION:** Bradford Branch (334) 358-9622  
**Days & Times:** Mon-Fri: 8:00 A.M.-8:00 P.M.  
 Sat: 9:00 A.M.-11:30 A.M.  
 \*11:30 A.M.-6:00 P.M.

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

**Fee:** Free to Members



# GROUP EX SCHEDULE

EXERCISE IS MORE FUN TOGETHER!



## FITNESS BRANCH CLASSES

600 East Main Street



### FITNESS CHILD WATCH HOURS:

(ages 6 weeks-10 years)

M W F 8:00-11:15 A.M.

T Th 8:00-10:00 A.M.

M-Th 3:30-7:00 P.M.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 A.M.	Rise & Grind	Yoga	Rise & Grind	Yoga	Rise & Grind	
7:00-7:30 A.M.	Morning Movers		Morning Movers		Morning Movers	
7:45-8:15 A.M.	Pacers		Pacers		Pacers	
8:00-8:45 A.M.		Kickboxing		Kickboxing		
8:30-9:30 A.M.	Group Power		Group Power		Group Power	ZUMBA
8:45-9:30 A.M.		Butts & Guts		Butts & Guts		
9:45-10:45 A.M.	Restorative Yoga				Restorative Yoga	Yoga
10:00-11:15 A.M.		Strong Moms*		Strong Moms*		
10:15-11:15 A.M.	Barre		Barre		Barre	
11:00-11:45 A.M.	Cardiac Class		Cardiac Class		Cardiac Class	
12:00-1:00 P.M.	Rock Steady*		Rock Steady*		Rock Steady*	
1:00-2:30 P.M.			Line Dancing			
4:00-4:45 P.M.		Youth Fit*		Youth Fit*		
4:00-4:55 P.M.	Mat Y-lates	Yoga		Yoga		
5:00-5:55 P.M.	Strength Circuit	Step Aerobics	Strength Circuit			
5:00-6:00 P.M.	Group Power			Group Power		
6:05-7:00 P.M.	ZUMBA	ZUMBA		ZUMBA		
6:05-7:00 P.M.	Recovery Lab		Recovery Lab			



## BRADFORD BRANCH CLASSES

972 McQueen Smith Road South

### BRADFORD CHILD WATCH HOURS:

(ages 3 months-10 years)

M W F 8:00 - 11:00 A.M.

T Th 8:00 - 10:00 A.M.

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15-6:15 A.M.		Group Power		Group Power	
6:00-7:00 A.M.	Virtual Spin		Virtual Spin		Virtual Spin
8:30-9:30 A.M.	PiYO	Spin	PiYO	Spin	PiYO
8:30-9:30 A.M.	Group Power	ZUMBA	Group Power	ZUMBA	Group Power
9:30-10:00 A.M.		Stretch & Roll		Stretch & Roll	
10:00-11:00 A.M.	ZUMBA		ZUMBA		ZUMBA
5:00-5:45 P.M.	POUND		POUND		



\* These classes require registration and an additional fee.



## CLASS DESCRIPTIONS

**BARRE**– Tone your arms, legs, glutes, and core through intense strengthening and stretching exercises.

**BUTTS & GUTS**– 30 minute athletic and functional core and glute strengthening.

**CARDIAC CLASS**– specially created for seniors to increase joint mobility and strength.

**GROUP POWER**– Total body strength training using high-reps, barbells, plates, and body-weight. This class is high energy with dynamic music to get your heart-rate up, sweat, and push you to a personal best.

**KICKBOXING**– High energy fast passed class. Utilizing targets for punching and kicking. Boxing style moves create a cardio intense class with rounds of core built in.

**LINE DANCING**– Beginner line dancing designed to teach you the basics with easy-to-follow steps and a variety of songs. Get ready to groove, meet new people and enjoy a great workout. The line dancing schedule will be published monthly. Please join the Remind group so you can get the schedule each month. Text the code: @ymcaline to the number 81010 to join!

**MAT Y-LATES**: This is a mat-based workout inspired by Pilates that focuses on strengthening the core, improving flexibility, and promoting mindful movement. This class blends controlled exercises with gentle stretching to help enhance posture, balance, and overall body awareness in a welcoming and supportive environment.

**MORNING MOVERS**– 30 minute class created to improve balance, coordination, and strength.

**PACERS**– Free community class for active older adults looking for a way to stay in shape. This class is designed to increase joint flexibility and range of motion while maintaining muscle strength.

**PIYO**– Combines the muscle sculpting, core strengthening benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll perform a series of high intensity, low-impact moves that will work every single muscle.

**POUND**– Full-body workout that combines cardio, conditioning, and strength training inspired by infectious, energetic, and sweat dripping fun. This class will utilize Rip Stix to pound along to the rhythm of your favorite songs.

**RECOVERY LAB**– A class designed to release tension, improve mobility, and help you unwind through instructor guided stretching.

**RESTORATIVE YOGA**– This form of yoga allows for the gentle release of tension by holding poses longer and focusing on breathing technique. This is a great class for muscle, joint and tissue recovery.

**RISE & GRIND**– Designed to meet all fitness levels, Rise and Grind incorporates circuit training and functional movement to get your heart rate up and strengthen your body.

**SPIN**– Indoor cycling class that will deliver a calorie torching cardiovascular workout that will also help increase strength and stamina in the lower body.

**STEP AEROBICS**– An energetic, full-body, cardiovascular workout that elevates your heart rate and increases your body's endurance. Participants will use a step and occasionally a few dumbbells.

**STRENGTH CIRCUIT**– A high intensity class designed to build strength and endurance through several stations targeting each muscle group with a variety of exercises and pieces of equipment.

**STRETCH & ROLL**– This 30 minute class will help your muscles recover through myofascial release and increase flexibility.

**STRONG MOMS**– Train for the "Marathon of Labor" and the "Sport of Motherhood" with an innovative circuit training format combined with movement patterns of push, pull, bend, extend, rotate, and balance.

**YOGA**– Improve balance and flexibility utilizing a wide variety of traditional yoga poses to meet all fitness levels. This class is offered at various times to meet anyone's schedule.

**ZUMBA** – Combines low and high-intensity moves for an interval style dance fitness party using Latin and World Rhythms.

# FITNESS CLASSES

## ROCK STEADY BOXING

### PRATTVILLE YMCA

#### FIGHTING BACK AGAINST PARKINSON'S

**LOCATION:** Fitness Center (334) 361-0268

We are learning every day that there are ways in which people with Parkinson's disease can enhance their quality of life and even build impressive power, strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. This is a non-contact boxing class that has proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier, happier life.

**Evaluations:** \$60 evaluation fee, includes a pair of gloves & bag  
**Days & Time:** Mon, Wed & Fri • 12:00-1:00 P.M.  
**Fee:** \$127 for 12 sessions / \$21 for a single class

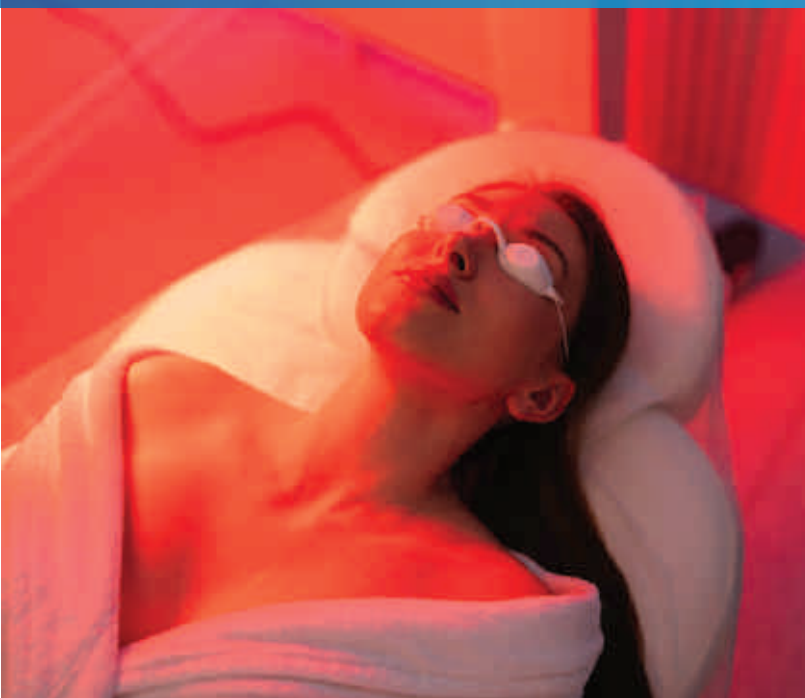
## YOUTH FIT

Class is designed to teach children the importance of working out and how to do it correctly. Building confidence through games, movement and age-appropriate workouts.

**Ages:** 8-13  
**Days:** Tues & Thurs  
**Time:** 4:00-4:45 P.M.

Sessions start every month. No classes in Dec. or Aug.  
 Call Fitness Center to register (334) 361-0268.

**Monthly Fee:**  
 \$43 / \$25 Prattville Y Members



## RED LIGHT THERAPY

### Recovery. Rejuvenation. Results.

Red Light Therapy is a non-invasive treatment that uses low-level red light to energize your cells, reduce inflammation, and promote faster healing—helping you feel and perform your best.

#### Here's what it can do for you:

- Boosts collagen for healthier, younger-looking skin
- Supports muscle recovery + reduces soreness
- Improves circulation and joint health
- Helps manage chronic pain
- Promotes tissue repair and healing

15-minute sessions

\$18 / \$15 Prattville Y Members

Punch Card (10 sessions): \$150 / \$120 Prattville Y Members

Available daily from 7:00 A.M.-7:00 P.M. at the Fitness Center

# YOUR FITNESS PLAN

MEASURE. TRAIN. TRANSFORM.



## GET STARTED & STAY ON TRACK

### INBODY SCAN

Fee: \$10 / FREE for Prattville Y Members

### FITNESS EVALUATIONS

Fee: \$64 / \$32 Prattville Y Members

The Fitness Center offers fitness evaluations to members and non-members. During this evaluation the participant will gain awareness of their measurements, body fat, cardiovascular endurance, muscular strength, muscular endurance and flexibility through various fitness tests. Non-members may get \$30 off of their joining fee if they get an evaluation and join the Y!

### MATRIX ORIENTATIONS

Fee: Free for Prattville Y Members

After completing your FREE orientation on the Matrix equipment, you may receive additional instruction as needed up to 5 sessions. \$10 per session for Members only. Call the Fitness Branch to schedule an appointment.

### PICKLEBALL, RACQUETBALL & TENNIS

Reservations: Make 2 days in advance (Racquetball)

Time limit: 1 hour

Fee: Free to Members



## PERSONAL TRAINING

At the Prattville YMCA, we want to help you achieve your goals. We offer something for everyone, whether it's weight management, increasing strength or just getting back on track. Packages include a free body fat evaluation.

### PERSONAL TRAINING RATES:

Sessions	Time per session	Rate
1	30 minute	\$24
1	60 minute	\$47
5	30 minute	\$110
5	60 minute	\$210
10	30 minute	\$210
10	60 minute	\$365
12	60 minute	\$426
15	30 minute	\$300

### TEAMMATE RATES:

Rate per person
\$43
\$102
\$205
\$205
\$345

**Book your personal training package today and take the first step toward a stronger, healthier you. Call today: (334) 361-0268**



# FOR OUR COMMUNITY

THE Y IS FOR SOCIAL RESPONSIBILITY.



## LEADERS' CLUB FOR TEENS

The YMCA Leaders' Club offers youth in grades 6-12 a Christian Leadership Program focused on servant leadership.

Contact Jennifer Barrett at [jbarrett@prattvillemca.org](mailto:jbarrett@prattvillemca.org) for more information.

## MILITARY DEPLOYMENT PROGRAM

LOCATION: Administrative Branch (334) 365-8852

The Y appreciates the military heroes of our community. The sacrifice they make for our country every day is remarkable. We offer a military deployment appreciation membership. If your family has one head of household deployed with the military, please contact (334) 365-8852 to find out more information regarding this program.

## PACERS

LOCATION: Fitness Branch (334) 361-0268

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.

## SCHOLARSHIP PROGRAM

LOCATION: Administrative Branch (334) 365-8852

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. For more information, please call Kathy at (334) 365-8852 or email at [kasbury@prattvillemca.org](mailto:kasbury@prattvillemca.org).

## SECOND GRADE WATER SAFETY

LOCATION: Bradford Branch (334) 358-9622

The Y and the Autauga County Board of Education have partnered together to provide a week-long water safety class to every second grader in Autauga County. These children learn the basics of being safe in and around the water through classroom instruction and in water activities.

## LIFEGUARD TRAINING CLASSES

LOCATION: Don M. Smith Branch Indoor Pool (334) 365-8852

The YMCA offers American Red Cross Blended Learning trainings which consist of 6-8 hours of online training and 21.5 hours of intensive in-classroom and water training.

1. Contact Hope Cutler at [hcutler@prattvillemca.org](mailto:hcutler@prattvillemca.org) or David Creamer at [dcreamer@prattvillemca.org](mailto:dcreamer@prattvillemca.org) to schedule a pre-requisite swim test. The swim test consists of a 150 yard continuous swim, 2 minutes of treading water, 50 yard continuous swim, and 10 pound brick retrieval from the deep end.

2. Complete the 6-8 hours of online pre-course work. We will provide you with a link to start your online training through the Red Cross website. You must complete it before your first class day.

3. Complete an in-person certification class. Classes will be scheduled once we are able to meet the minimum number of participants (5 min.).

If you are a YMCA employee, we will pay for your training fees! Ask how you can become a YMCA employee to get your fees covered.

Fee: \$250 Members/\$300 Non-members

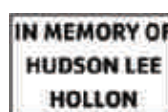


# JOHN 17:21 SOCIETY

The John 17:21 Society was established in 2013 and is comprised of YMCA donors who believe in the mission of the YMCA: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all. These donors understand the impact of the YMCA is felt every day when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good. These donors demonstrate that belief by annually donating at least \$1000 to the work of the Prattville YMCA.



James Hardie



## Mind Society

Ken & Susan Daniel  
Jason & Thea Langley  
Roy & Elaine McAuley

## Body Society

Robby & Katrina Anderson  
Will & Jennifer Barrett  
Matt & Kristen Burns

Bryan & Cindy Clark  
Linda Colson  
Steve & Carol Golsan  
Mark, Kristi & Isabella Johnson  
David & Stacey Lewis  
Aric, Emily, Savannah & Thomas Lobenstein  
David & Cindy McDowell  
Ed & Ann Mullins

Paul & Cindy Oliver  
David & Donna Smith  
Andy & Dawn Wendland  
Richard & Luann Williams  
Michael & Leslie Whaley

## Individual

Prattville Millbrook Sunrise  
Rotary Club

Brett Birchmeier  
Johnny & Marylyn Brownell  
Keith & Angela Cantrell  
Dave & Carla Dageforde  
Ken & Annette Funderburk  
Jon & Leigh Ann Grooms  
Donald & Ginger Henry  
Onya Johnson  
Joe & Tricia Mathis

Clay & Gayla McConnell  
David & Louise Jennings-McCullers  
Tom & Linda Miller  
Tommy & Kay Newton  
Larry & Linda Puckett  
Kim Stewart  
Kyle & Sara Stewart  
Bob & Teresa Stacy  
Jeremy Walker

For more information on how you or your business can become members of the John 17:21 Society, contact David Lewis at (334) 365-8852.



# SPECIAL EVENTS



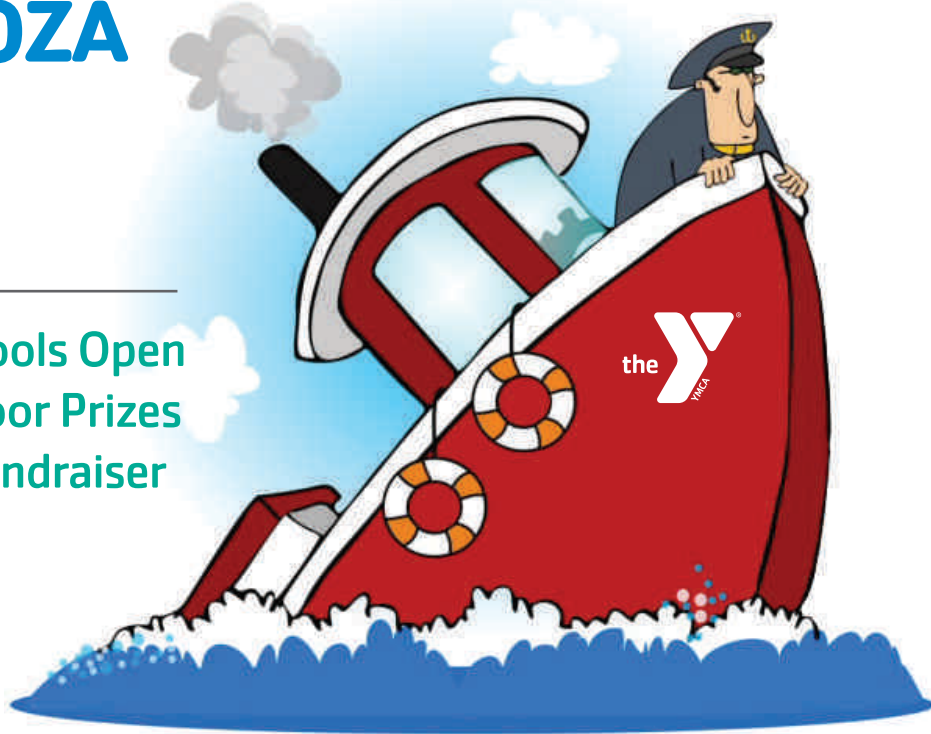
## SINK-A-PALOOZA

AUG 15 | 9:00-12:00

Bradford Branch

Come DIP, DIVE & DONATE! Pools Open  
Food Trucks | Water Slides | Door Prizes  
Fun Games | Music | Annual Fundraiser

Presented by:



## GREAT GRITS COOK-OFF & NITTY GRITTY 5K

OCT 17 | 8:00-11:00

Bradford Branch



Fun for the whole family... Grits Cookoff  
Bounce Houses | Live Music | Vendors

Grits Cookoff Presented by:

Nitty Gritty Presented by:



Proceeds from our events go to benefit the YMCA Coach-A-Child Scholarship Fund.