



# THE Find Your *Best Friend* PLACE

Register Here!



#### Registration Begins February 2 for Members!

- Feb 2-15: \$20 Early Bird Registration for Members only
- Feb 16-Mar 31: \$40 Registration Fee (Members & Non-Members)
- April 1-Later: \$90 Registration Fee (Members & Non-Members)

Camp Hours: M-F 7:00 AM – 6:00 PM

**Day camp** is more than just summer fun—it's where kids build lasting friendships, celebrate achievements, and discover a place they can truly belong. Guided by trusted staff, campers can look forward to:

- Swimming, sports, and outdoor play
- Creative art and STEM projects
- Field trips
- And so much more!

#### Weekly Fee:

- \$138 Prattville Y Members
- \$183 Non-Members

More Info: (334) 358-1446

# NO PLACE



## Like This Place



In a world full of choices, there's still no place like this place. Welcome to a new year at the Y, where everyone belongs and anything is possible.

JANUARY - MAY 2026 PROGRAM GUIDE | PRATTVILLE YMCA

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





# HERE FOR YOU

## 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  
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  
Kara Bruce.....Gymnastics Team Coordinator  
Rian Truelove.....Gymnastics Coordinator  
Alan Respicio.....Aquatics Coordinator  
Sandy Jackson.....Member Services Supervisor  
Robin Thivierge .....Member Services Assistant Supervisor  
Faith Hensley.....Gymnastics Cricket Supervisor

### FITNESS BRANCH

Leela Bert.....Assistant Fitness Branch Director  
Tiffany Thomas.....Wellness Coordinator  
Travis Rodie.....Healthy Living Coordinator

### WILLIS BRADFORD BRANCH

Jon Grooms.....Director of Youth Development & Healthy Living  
June Dorough.....Financial Development Director/Ability Programs  
Bailey Fulford.....Bradford Branch Coordinator

### 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

Harvey Clark.....President  
David McDowell.....Vice President  
Mike Lamar.....Treasurer  
David Lewis.....Secretary

Robby Anderson.....Ed Mullins  
Johnny Brownell.....David Smith  
Joe Mathis

In Memory: Frank Lamar, YMCA Life Board Member (1982-2025)  
YMCA Trustee (2013-2023)

## BOARD OF MANAGERS

### OFFICERS

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

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

## LIFE BOARD MEMBERS

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



## MEMBERSHIP RATES

	Monthly Draft	Joining Fee
Adult (Age 19 & up)	\$34	\$50
Household	\$55	\$75
Household +1	\$71	\$91
Household + 2	\$85	\$107
*Nationwide Youth (Age 0-18)	\$27	\$25
*Nationwide Adult	\$51	\$50
*Nationwide Household	\$65	\$100
*Nationwide Household +1	\$75	\$100
*Nationwide Household + 2	\$85	\$100

### 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.

\*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.



The Prattville YMCA is a United Way Agency.



# 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. – 9:00 P.M.

Saturday  
8:00 A.M. – 5:00 P.M.

Sunday  
1:00 P.M. – 5:00 P.M.

**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.

### GYMNASICS CENTER **(334) 491-9622**

348 Hwy 82 West, Prattville, AL 36067

The Gym Center is open during Gymnastics Cricket & Gymnastics Class times.  
For a list of class times, see page 8.

\*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.prattvileymca.org](http://www.prattvileymca.org)



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



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



# YOUTH SPORTS



## SOCER

### TINY TOTS

This program is designed to introduce the game of soccer to 3 year olds. It will be offered in eight sessions for 45 minutes. In each session, we will have practice half the time, and game play the other half.

**Age:** 3  
**Registration:** Now through Feb 21  
**Practice Days:** Mondays  
**Season:** March 9-May 4  
**Fee:** \$100 / \$50 Prattville Y Members

**Equipment Needed:** Shin guards

### YOUTH SOCCER

**Ages:** K4 - 6<sup>th</sup> grade  
**Registration:** Now through Feb 21  
**Practice Days:** Mon, Tues & Thurs  
**Season:** March 9-May 19  
**Fee:** \$150 / \$75 Prattville Y Members

**Equipment Needed:** Shin guards



## BASKETBALL

### TINY TOTS

This program is designed to introduce the game of basketball to 3 year olds. It will be offered in eight sessions for 45 minutes. In each session, we will have practice half the time, and game play the other half.

**Age:** 3  
**Registration:** Now through May 3  
**Practice Days:** Mondays  
**Season:** May 12-June 30  
**Fee:** \$68 / \$38 Prattville Y Members

### LITTLE DUNKERS

**Registration:** Now through May 17  
**3 Leagues:** 4 & 5 (age as of June 1)  
**Season:** May 27-July 17  
**Days:** Tuesdays & Thursdays  
**Fee:** \$135 / \$70 Prattville Y Members

## CHAMPIONS OF CHARACTER BASKETBALL CLINIC

**Registration:** Now through March 31

**Grades:** 1st-6th (Boys & Girls)

**Dates:** April 6, 13, 20, 27

**Time:** 5:00 - 6:00 P.M.

**Fees:** \$75 / \$40 Prattville Y Members

# YOUTH SPORTS

Register here



## GIRLS' VOLLEYBALL

**Registration:** Now through Feb 21

**Ages:** 3<sup>rd</sup> – 12<sup>th</sup> grade

**Days:** Tuesdays & Thursdays

**Player Evaluation:** Mar 3    3<sup>rd</sup> & 4<sup>th</sup> grade    5:30 P.M.  
 Mar 3    7<sup>th</sup> – 12<sup>th</sup> grade    6:30 P.M.  
 Mar 5    5<sup>th</sup> & 6<sup>th</sup> grade    5:30 P.M.

**Season:** March 10–May 14

**Equipment:**

Knee pads recommended but not required.

**Fee:** \$175 / \$85 Prattville Y Members



## MARTIAL ARTS & SELF DEFENSE

### LITTLE DRAGONS

**Days & Times:** Tuesdays & Thursdays, 6:00–6:45 P.M.

**Ages:** 4–6 years old

**Instructor:** Pam Smith

**Monthly Fee (bank draft):**

1<sup>st</sup> child: \$80 / \$50 Prattville Y Members

2<sup>nd</sup> child: \$64 / \$34 Prattville Y Members

### TAEKWONDO

**Days & Times:** Tuesdays & Thursdays, 6:45–7:45 P.M.

**Instructor:** Pam Smith

**Monthly Fee (bank draft):**

1<sup>st</sup> family member: \$96 / \$66 Prattville Y Members

Additional family members: \$64 / \$34 Prattville Y Members

## HOME SCHOOL P.E.

&



**Ages:** 5 & up

**P.E. Days/Time:** M & Th. 1–2:30 P.M.

**When:** Jan–April

**Lego Club:** Will meet twice a month.  
 The 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month  
 5–8 year olds & 2<sup>nd</sup> & 4<sup>th</sup> 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!

## OPEN HOUSE...

Meet the Gym & Ninja staff & participate in fun gym activities! JAN 10 • 1:00-2:30 PM • GYM CENTER

### ● LIL' CRICKETS

(mommy & me class, 1 adult required)

LOCATION: Gym Center  
(348 Hwy 82 W)

Ages: Walking-3 years old

Days & Times:

Mon: 10:00-10:30 A.M.  
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.  
5:00-5:30 P.M.  
Sat: 8:00-8:30 A.M.  
10:40-11:10 A.M.

Monthly Fee:

\$69 / \$49 Prattville Y Members

### ● GYMINEE CRICKETS

LOCATION: Gym Center (348 Hwy 82 W)

Ages: 3-5 1/2 years old

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.

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:

\$89 / \$59 Prattville Y Members

\$10 more for transportation

### ● SUPER CRICKETS

LOCATION: DMS Branch (600 E Main St.)  
(Invitation Required)

Days & Time: Sat 8:00-9:30 A.M.

Monthly Fee:

\$117 / \$87 Prattville Y Members

### ● YOUTH GYMNASTICS

LOCATION: Gym Center (348 Hwy 82 W)

Ages: 5 1/2 - 11 years old

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
Friday	4:00-4:45 P.M.	Girls
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: \$89 / \$59 Prattville Y Members

2 DAYS A WEEK: \$117 / \$87 Prattville Y Members

### ● INTERMEDIATE GYMNASTICS

LOCATION: Gym Center (348 Hwy 82 W)

Ages: 5 1/2 - 11 years old (Invitation Required)

Days & Times (pick 1 or 2 days a week):

Monday	4:35-5:55 P.M.
Tuesday	5:25-6:45 P.M.
Thursday	5:25-6:45 P.M.
Saturday	9:35-10:55 A.M.

Monthly Fee:

1 DAY A WEEK: \$106 / \$76 Prattville Y Members

2 DAYS A WEEK: \$154 / \$124 Prattville Y Members

### ● ADVANCED GYMNASTICS

LOCATION: DMS Branch (600 East Main St.)

Ages: 5 1/2 - 11 years old (Invitation Required)

Days & Time:

Tues or Thurs 5:30-7:00 P.M.

Monthly Fee:

1 DAY A WEEK:

\$117 / \$87 Prattville Y Members

2 DAYS A WEEK:

\$176 / \$146 Prattville Y Members

### ● TEEN GYMNASTICS

LOCATION: DMS Branch (600 East Main St.)

Ages: 5 1/2 - 11 years old

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

Monthly Fee: \$117 / \$87 Prattville Y Members

and  
NINJA

### ● NINJA CLASSES

LOCATION: Gym Center (348 Hwy 82 W)

Ages: 5 1/2-11

Days & Times: Mon: 5:00-5:45 P.M.

6:00-6:45 P.M.

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

6:00-6:45 P.M.

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

9:00-9:45 A.M.

10:00-10:45 A.M.

Monthly Fee:

1 DAY A WEEK: \$89 / \$59 Pville Y Members

2 DAYS A WEEK: \$117 / \$87 Pville Y Members

### ● HOMESCHOOL NINJA/GYM

LOCATION: Gym Center (348 Hwy 82 W)

Ages: 5 1/2-11

Days & Times: Thurs 10:45-11:45 A.M.

Monthly Fee: \$98 / \$68 Pville Y Members

### ● PRESCHOOL NINJA TIME

LOCATION: Gym Center (348 Hwy 82 W)

Ages: 3-5 1/2 years old

Dates: 2 Thursdays per month:

Jan 8 & 22 • Feb 5 & 19

Mar 5 & 19 • Apr 2 & 16

Class Times: 3:45-4:15 P.M.

4:25-4:55 P.M.

Monthly Fee: \$47 / \$32 Pville Y Members



For all gymnastics, tumble & Ninja classes, there is a one time registration fee of \$20 per child. Visit our website for enrollment information.



# NEW YEAR, NEW PROGRAMS!

Beginning the week of Jan 5!

## ★ NEW! ACROBATICS

Acrobatics is a class that introduces athletes to the exciting world of acrobatic gymnastics. Participants will learn partner skills, balances, lifts and teamwork. This class builds strength, flexibility, confidence, and trust as athletes work together to create impressive acrobatic skills. Perfect for kids who love movement, creativity, and a challenge!

**LOCATION:** Gym Center (348 Hwy 82 W)  
**Ages:** 5 1/2 - 11  
**Days:** Mondays  
**Time:** 4:25-4:55 P.M.  
**Monthly Fee:** \$72 / \$52 Prattville Y Members

## ★ NEW! PRESCHOOL TUMBLE TIME

**LOCATION:** Gym Center (348 Hwy 82 W)  
**Ages:** 3-5 1/2 years old  
**Dates:** Jan 28 • Feb 25 • Mar 18 • Apr 29 • May 13  
**Time:** 12:00 -12:30 P.M.  
**Fee per class:** \$25 / \$15 Prattville Y Members

## ● YOUTH TUMBLING

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 5 1/2 - 11  
**Days & Times:** Tues 5:30-7:00 P.M.  
Thurs 5:30-7:00 P.M.  
**Monthly Fee:** \$117 / \$87 Prattville Y Members

## ● TEEN TUMBLING

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 11 - 18  
**Day:** Thursdays  
**Time:** 7:00-7:55 P.M.  
**Monthly Fee:** \$89 / \$59 Prattville Y Members

## ● EXTRA TUMBLE TIME

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 5 1/2 - 18  
**Dates:** Jan 31 • Feb 21 • Mar 14 • Apr 18  
**Time:** 12:00 P.M. - 1:00 P.M.  
**Fee per day:** \$40 / \$25 Prattville Y Members

## ★ NEW! TUMMY TIME

Tummy Time is a gentle, movement-based class designed for mothers and their newborns. This class helps support early motor development, bonding, and sensory exploration through simple, guided activities in a calm and encouraging environment.

**LOCATION:** Gym Center (348 Hwy 82 W)  
**Ages:** Birth - Walking  
**Days & Time:** Thursdays 10:45-11:15 A.M.  
**Monthly Fee:** \$69 / \$49 Prattville Y Members

## ★ NEW! CHEER PREP CLASS

Get ready to shine! This two-month class (January & February) is designed to help girls prepare for cheer tryouts with essential skills and confidence-building techniques. Sign up for Cheer Prep and add a Tumble class and get a special 2-class discount!

**LOCATION:** DMS Branch (600 East Main St.)  
**Ages:** 11-18  
**Days:** Tuesdays in Jan & Feb  
**Time:** 7:00-7:55 P.M.  
**Monthly Fee:**  
**CHEER PREP:** \$89 / \$59 Prattville Y Members  
**CHEER PREP + TUMBLE:** \$117 / \$87 Pville Y Members

# TUMBLING

## CLINICS & LOCK-INS!

### ● BACKHANDSPRING CLINICS

**LOCATION:** DMS Branch (600 East Main St.)  
**Dates:** Jan 24 • Feb 7 • Mar 7 • Apr 11  
**Time:** 11:00 - 11:55 A.M.  
**Fee per day:** \$40 / \$25 Prattville Y Members

### ● BAR CLINICS

**LOCATION:** DMS Branch (600 East Main St.)  
**Dates:** Jan 24 • Feb 7 • Mar 7 • Apr 11  
**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.)

<b>Dates:</b>	Jan 30	Floor is Lava
	Feb 27	Glow Party
	Mar 13	Ninja Warrior
	Apr 23	Luau Party

**Fee per Lock-In:** \$45 / \$35 Prattville Y Members

# SWIM LESSONS and TEAM



## PRESCHOOL & YOUTH SEMI-PRIVATE 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., 5:00 P.M., 5:30 P.M.

**Session Dates:**

- Feb 3-26 (no 5:00 P.M. or 5:30 P.M.)
- March 3-April 2 (no classes March 24-26)
- April 7-30

**Fee per 4 week Session:** \$120 / \$78 Prattville Y Members

## 1-ON-1 SWIM LESSONS

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

**Ages:** 3-12

**Days:** Tuesdays & Thursdays

**Times:** 6:00 P.M. OR 6:30 P.M.

**Session Dates:**

- March 3-Apr 2 (No classes Mar 24-26)
- April 7-30

**Fee per 4 week Session:** \$130 / \$100 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.)

### 2 day a week sessions:

**Days:** Tues & Thurs 4:00-4:30 P.M. OR 4:30-5:00 P.M.

**Dates:** Feb 3-26

March 3-April 2 (no classes March 24-26)

**Fee:** \$97 / \$52 Prattville Y Members

### 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:** April 6-May 1

**Fee:** \$119 / \$77 Prattville Y Members

**PREP TEAM CLINIC:** May 4-15 (M, W & F, 5:00-6:00 P.M.)

**Clinic Fee:** \$150 / \$95 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 365-8852.



# ADULT SWIM & SPORTS

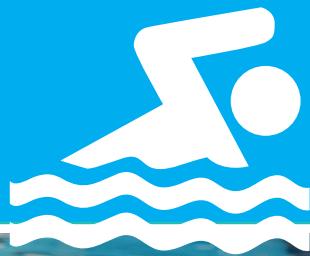
STAY ACTIVE. STAY SOCIAL. STAY STRONG.



Scan Here!

## POOL HOURS

To find our latest pool schedules for all Open Swim, 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.



### ADULT SWIM LESSONS

**Ages:** 13 & Up  
**Days:** Tues/Thurs  
**Time:** 7:00-7:40 P.M.  
**Session Dates:** • Feb 3-26 (no 5:00 P.M. or 5:30 P.M.)  
• March 3-April 2 (no classes March 24-26)  
• April 7-30  
**Fee Per Session:** \$105 / \$75 Prattville Y Members



### PRE-MASTERS TRAINING PROGRAM

**Days & Times:** Mon, Wed, Fri 1:00-2:00 P.M.  
**Dates:** Now-April 30  
**Fee Per Month:** \$100 / \$50 Prattville Y Members  
Monthly bank draft



### MASTERS SWIM TEAM

**Days & Times:** Mon, Wed, Fri 5:00-6:00 A.M.

Continuous Monthly Enrollment:

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

For more information and registration, contact Martie Brown at (334) 365-8852 or [mbrown@prattvilleymca.org](mailto:mbrown@prattvilleymca.org)



### ADULT AQUATICS CLASSES AQUA CHALLENGE

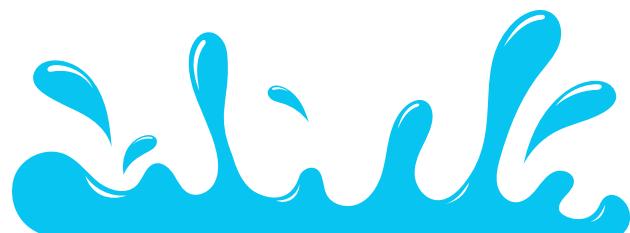
A moderate to intense water aerobics class that includes toning, stretching, and cardiovascular conditioning. The added buoyancy of exercise in the water takes the JOLT out of your joints!

### 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.



# PRESCHOOL



Preschool programs are for children ages 2 ½ – 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

# CHILD CARE



Register Here!



## 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.

**Before School Hours:** Begins at 6:00 A.M.

**Registration Begins:** June 23

**Registration Fee:** \$12

**Weekly Fee:** \$49 / \$34 Prattville Y Members

\$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.

## Register Today!



## 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.

**Sites:** Main Site (pick ups from Primary, Elementary & Intermediate)

Daniel Pratt, Pine Level, Kindergarten, and Primary

**Afterschool Hours:** 2:30-6:00 P.M.

**Registration Fee:** \$35

**Weekly Fee:** \$88 / \$73 Prattville Y Members

Discounts for siblings apply

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

**NEW in Jan: ABLE AFTER SCHOOL CARE. See pg 12 for details!**

# ABILITY PROGRAMS

## 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@prattvilletymca.org](mailto:jdorough@prattvilletymca.org).

### BASKETBALL & CHEERLEADING

Register: Now - January 2  
 Season: January 17 - February 28  
 Fee: \$30

Players will only play 1 day a week on either Tues, Thurs or Sat.

### BASEBALL

Register: Now - March 4  
 Season: March 21 - May 9 (Opening Day is March 21!)  
 Days: Tues & Thurs nights, Sat mornings  
 Fee: \$40

## NEW PROGRAM!



### 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).



### VALENTINE DANCE!

Feb 14 • 5:00-7:00 P.M.

Cost: \$10 participants, \$5 chaperones

Location: Sunset Ridge Barn



### RESOURCES IN THE OUTFIELD!

Mar 21 • 9:00 A.M.-12:00 P.M.

Join us for a FREE community event at the Field of Dreams! Dozens of organizations and service providers will be on-site to share helpful information, support, and opportunities for individuals and families in our special needs community.



### GYM & SWIM

#### ABILITY SWIM LESSONS

LOCATION: Don M. Smith Branch (334) 365-8852  
 Days & Times: Sat 1:00-1:30 P.M. or 1:30-2:00 P.M.  
 Session Dates: • Feb 7-28  
 • Mar 7-April 4 (no classes Mar 28)  
 • April 11-May 2

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

#### ABILITY GYMNASTICS LESSONS

LOCATION: Gym Center, 348 Hwy 82 W, (334) 491-9622  
 Days & Times: Sat 8:00-8:30 A.M. or 8:30-9:00 A.M.  
 Fee Per Month: \$50 Members/\$80 Non-members



Be sure to like us on Facebook!



Grades:

Hours: Kindergarten – 6th Grade

Begins: After school until 6:00 PM

Weekly Fee: January 7

\$100

Financial assistance is available for those who qualify.

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

Able Afterschool follows the Autauga County School Calendar.

### CAMP ABLE!

Camp Able is a special needs summer camp.

Registration Begins: March 2

Ages: 5-21 years old

Days: Mon-Fri

Dates: June 8 – July 31

# LET'S PARTY!

## YMCA BIRTHDAY PARTIES



### PLAY CENTER PARTIES

- LOCATION: Bradford Branch (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 \$25 if cake is ordered  
50% non-refundable deposit due when booking

## PNO! (PARENTS' NIGHT OUT)

- LOCATION: Bradford Branch (358-9622)
- Time: 6:00-9:00 P.M.
- Ages: Boys & girls 3 yrs old-6th grade (must be potty-trained)
- DATES: February 13  
April 10  
June 12
- Fee: \$38 / \$28 Prattville Y Members  
(\$8 off for siblings)



Register Here!

### GYMNASICS & 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 GYMNASICS PARTY FOR \$50.

### IN THE GYM PARTIES

- LOCATION: Bradford Branch (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 \$25 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.



### PLAY CENTER TIMES

- LOCATION: Bradford Branch (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!

14

## 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	
8:00-8:45 A.M.	Pacers	Kickboxing	Pacers	Kickboxing	Pacers	
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*	
4:00-5:00 P.M.		Youth Fit*		Youth Fit*		
4:00-4:55 P.M.		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	
6:00-6:45 A.M.	Virtual Spin		Virtual Spin		Virtual Spin
8:30-9:30 A.M.	PiYO	Spin	PiYO	Spin	
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!

**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 (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: 4:00-5:00 P.M.

Sessions start every month. No classes in Dec or Aug.

Call Fitness Center to register.

Monthly Fee:

\$43 / \$25 Prattville Y Members



## SAVE THE DATES!

Throughout the year, the Y hosts several special events that bring our community together and help support the mission of the Y. Every fundraiser plays a part in strengthening programs, supporting families, and expanding what we can offer. Mark your calendars—we'd love to have you join us for our 2026 events!

**MAY 11**

Kevin Turner Golf Tournament

**AUG 15**

Sink-A-Palooza

**OCT 17**

Grits Cookoff

# 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
1	\$43
5	\$102
5	\$205
10	\$205
10	\$345

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





# KEITH CANTRELL

## Celebrating a True Difference-Maker

For nearly 40 years, Keith Cantrell has poured his heart into our YMCA and the Prattville community. His leadership has sparked programs that continue to thrive today, and his influence has reached countless individuals across multiple generations.

His legacy will undoubtedly continue to shape our Y for years to come. We are deeply grateful for the impact Keith has made. His dedication, his service, and his unwavering commitment has helped our Y become what it is today. He has spent a lifetime investing in people and developing the leaders and future leaders of Prattville.

Please join us in congratulating Keith on his well-deserved retirement.

# FOR OUR COMMUNITY

THE Y IS FOR SOCIAL RESPONSIBILITY.

## » MILITARY DEPLOYMENT PROGRAM

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 365-8852 to find out more information regarding this program.

## » 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.

## » 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 Kathy at 365-8852 for more information.

## » LIFEGUARD TRAINING CLASSES

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

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

1. Contact Alan Respicio at [arespicio@prattvilleymca.org](mailto:arespicio@prattvilleymca.org) or David Creamer at [dcreamer@prattvilleymca.org](mailto:dcreamer@prattvilleymca.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 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:

- Mar 24-28 from 9 am - 4 pm
- May 27-30 from 9 am - 4 pm

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: \$300 / \$250 Prattville Y 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.



Durbin Auto Parts  
334-365-5210

STIHL  
Power Tools & Accessories



Morgan Stanley  
BRETT CRAWFORD

Perfect Shine  
Car Wash



**Spirit Society**  
Steve & Cheryl Phillips

**Mind Society**  
Ken & Susan Daniel  
Jason & Thea Langley

**Body Society**  
Robby & Katrina Anderson  
Matt & Kristen Burns  
Bryan & Cindy Clark  
Linda Colson  
David & Stacey Lewis  
Aric, Emily, Savannah &  
Thomas Lobenstein  
Roy & Elaine McAuley

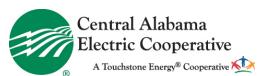
**Ed & Ann Mullins**  
Paul & Cindy Oliver  
David & Donna Smith  
Andy & Dawn Wendland

**Individual**  
Prattville Millbrook Sunrise  
Rotary Club  
Will & Jennifer Barrett

**Brett Birchmeier**  
Keith & Angela Cantrell  
Ken & Annette Funderburk  
Steve & Carol Golsan  
Jon & Leigh Ann Grooms  
Donald & Ginger Henry  
Mark, Kristi & Isabella Johnson  
Joe & Tricia Mathis  
Clay & Gayla McConnell

**David & Louise Jennings-McCullers**  
David & Cindy McDowell  
Tom & Linda Miller  
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 June Dorough at (334) 358-9622.



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