



Jan-May 2025
Program Guide
Prattville YMCA

2025



Stronger Community
Help Others Belong
Healthier You

**DISCOVER THE POWER
OF MEMBERSHIP**



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
Keith Cantrell.....Assistant General Director/Development

ADMINISTRATIVE BRANCH

Jennifer P. Barrett.....HR Director
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
Brittany Gardner.....Gymnastics Director
Martie Brown.....Senior Swim Team Coordinator
Kara Bruce.....Gymnastics Team Coordinator
Charlie Irwin.....Aquatics Coordinator
Sandy Jackson.....Member Services Supervisor

FITNESS BRANCH

Jon Grooms.....Fitness Branch Director
Leela Bert.....Assistant Fitness Branch Director
Tiffany Thomas.....Member Services Supervisor
James Gaymon.....YMCA Chaplain

WILLIS BRADFORD BRANCH

June Dorough.....Assistant Branch Director
Justin Chappell.....Sports Coordinator
Bailey Fulford.....Member Services Supervisor

CHILD CARE BRANCH

Sarah Thornton.....Childcare Director
Kerry Jones.....Assistant Child Care Director of Admin.
Kathy Melton.....Assistant Child Care Director of Programs

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 Frank Lamar, Trustee Emeritus

BOARD OF MANAGERS

OFFICERS

Karla Boles.....Chairman
Clay McConnell.....Vice Chairman
Kristi Johnson.....Secretary/Treasurer

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

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	Frank Lamar	David Smith
Janice Clark	Joe Mathis	Robert Stacy
Edward Clinton	Roy McAuley	Alfred Wadsworth
Louis Colley	David McDowell	Richard Williams
Brett Crawford	Tom Miller	

In Memory: Albert Sriplin, YMCA Board Member (1987-2024)
Ted Taylor, YMCA Board Member (1969-2024)



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

*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 & Fri
8:00 A.M. – 7:00 P.M.

Saturday
8:00 A.M. – 3:00 P.M.

Sunday 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.

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.

MEMBERSHIP BENEFITS

★ Facilities

Enjoy 2 basketball gyms, a play center, 3 outdoor pools, 1 indoor pool, 2 tennis courts, 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



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.





» 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):
 1st child: \$78 / [\\$48 Prattville Y Members](#)
 2nd child: \$62 / [\\$32 Prattville Y Members](#)

TAEKWONDO

Days & Times: Tuesdays & Thursdays, 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](#)

» GIRLS' VOLLEYBALL

Registration: Now through Feb 22

Ages: 3rd – 12th grade

Days: Tuesdays & Thursdays

Player Evaluation:

Feb 24	3 rd & 4 th grade	5:30 P.M.
Feb 25	5 th & 6 th grade	5:30 P.M.
Feb 27	7 th – 12 th grade	5:30 P.M.

First Practice: The week of March 6

Equipment:
 Knee pads recommended but not required.

Fee: \$125 / [\\$75 Prattville Y Members](#)

» HOME SCHOOL P.E. & LEGO CLUB



Ages: 5 & up
When: January–April
P.E. Days & Time:
 M & Th 1:00–2:30 P.M.

Lego Club: Will meet once a month. The 1st Tuesday of the month 5–8 year olds & 2nd 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:
[\\$30 / \\$20 Prattville Y Members](#)

Combo P.E. & Lego Club Monthly Fee:
 (2 day a week P.E. & 1 time a month Lego Club)

[\\$65 / \\$42 Prattville Y Members](#)
 Additional child:
[\\$60 / \\$30 Prattville Y Members](#)



» BASKETBALL

» CHAMPIONS OF CHARACTER BASKETBALL CLINIC

» SOCCER

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
- First Practice:** The week of May 12
- Fee:** \$65 / \$35 Prattville Y Members

Registration:
Now through March 31

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

Dates:
April 7, 14, 21, 28

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

Fees:
\$70 /
\$35 Prattville Y Members

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 March 1
- Practice Days:** Mondays
- First Practice:** The week of March 10
- Fee:** \$65 / \$35 Prattville Y Members

Equipment Needed: Shin guards

LITTLE DUNKERS

- Registration:** Now through May 17
- 2 Leagues:** 4 & 5, 6 & 7 yrs old (age as of June 1)
- First Practice:** May 26
- Days:** Tuesdays & Thursdays
- Fee:** \$130 /
\$65 Prattville Y Members

YOUTH SOCCER

- Ages:** K4 - 6th grade
- Registration:** Now through March 1
- Practice Days:** Tuesdays & Thursdays
- First Practice:** The week of March 10
- Fee:** \$130 / \$65 Prattville Y Members

Equipment Needed: Shin guards

Gymnastics Center Location: 348 Hwy 82 W | (334) 491-9622

»» LIL' CRICKETS

Ages: Walking to 3 years old
(Your child is accompanied by you or another responsible adult of your choice during the class and will assist the child with the activities.)

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. 10:45-11:15 A.M.
Sat:	8:00-8:30 A.M. 10:40-11:10 A.M.



»» GYMINEE CRICKETS

Ages: 3 - 5 1/2
(children not potty-trained must have an adult present during the entire class)

Days & Times:

Mon:	12:00-12:45 P.M. 4:00-4:45 P.M. 5:00-5:45 P.M.
Tues:	*10:00-10:45 A.M. 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.
Sat:	8:45-9:30 A.M. 9:45-10:30 A.M.

*Our Tuesday 10:00 class is for the Bradford Branch Preschool.

Transportation: We provide transportation to "Cricketland" for 3, 4 & 5 year olds for a \$10 fee per month. We pick up at First Presbyterian (Mon 12:00), First Baptist & First Methodist (Thurs 12:00).

»» OPEN GYM

PRESCHOOL OPEN GYM

Ages: Boys & Girls ages walking-5 years old
(ages walking-3 must have a parent with them)

Dates: Wednesdays: Jan 22 • Feb 26 • Mar 12 • Apr 16

Time: 11:00 A.M. - 12:00 P.M. or 12:00 - 1:00 P.M.

Fee per day: \$35 / \$20 Prattville Y Members

»» YOUTH GYMNASTICS CLASSES

Ages: 5 1/2 - 11

2 day a week classes:

Days & Times:	Tues & Thurs:	4:00-4:45 P.M.	Girls
		5:00-5:45 P.M.	Girls
		6:00-6:45 P.M.	Girls

1 day a week classes:

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
	Saturday	9:00-9:45 A.M.	Girls
		10:00-10:45 A.M.	Girls

CLASS REGISTRATION INFORMATION

You can register at the Don M. Smith Branch or the Gymnastics Center on Hwy 82.

For all gymnastics, cheer & Ninja classes, there is a one time registration fee of \$20 per child. Classes are continuous reenrollment for August-May and will draft on the 2nd of the month. August & December are half price months. You must fill out a withdrawal form by the 25th of the month to withdraw from classes for the following month.

Month Fee:

- Lil-Crickets: \$69 / \$49 Prattville Y Members
- Class, Crickets, Ninja: 1 day a week: \$89 / \$59 Prattville Y Members
- 2 days a week: \$117 / \$87 Prattville Y Members
- Advanced, Teen Gym, Tumbling, Super Crickets: \$117 / \$87 Prattville Y Members

January 6-May 14 (No classes Mar 24-29)
May 16-17: Cricket Olympics & Spring Carnival week



Register Online!

Don M. Smith Location: 600 E Main St | (334) 365-8852

» SUPER CRICKETS

Ages: 4 & 5 year olds & by invitation only
Days & Time: Saturdays 8:00-9:30 A.M.
See class registration info on page 6.

» ADVANCED GYMNASTICS

Must be evaluated by our Gymnastics staff to enroll in the Advanced class.

Days & Time: Tues or Thurs 5:30-7:00 P.M.
See class registration info on page 6.

» TEEN GYMNASTICS

Ages: 12-15
Days & Time: Tuesdays 5:30-7:00 P.M.
See class registration info on page 6.

» NINJA CLASSES

Train strength, agility, balance & tumbling skills in this class designed to improve your Ninja skills!

Ages: Boys & Girls ages 5 1/2 - 11 years old
Days & Times: Saturdays 9:00-9:45 A.M.
10:00-10:45 A.M.
See class registration info on page 6.

» YOUTH TUMBLING

Ages: Boys & Girls 1st-5th grades
Days & Times: Tues 5:30-7:00 P.M.

» CLINICS & LOCK-INS

BACKHANDSPRING CLINICS

Dates: Feb 1 • Feb 15 • Mar 1 • Mar 15
Time: 11:30 A.M. - 12:30 P.M.
Fee per day: \$40 / [\\$25 Prattville Y Members](#)

BAR CLINICS

Who: For Youth Gymnastics, Prep Team & Level 1s.
Dates: Apr 26 • May 3 • May 10
Time: 11:30 A.M. - 12:30 P.M.
Fee: \$40 / [\\$25 Prattville Y Members](#)

GYMNASTICS LOCK-INS

Dates: Jan 24 • Feb 28 • Mar 14 • Apr 11
Fee: \$45 / [\\$35 Prattville Y Members](#)



» OPEN GYMS

Come in and get extra work on your gymnastics skills or tumbling with our professional staff and fully-equipped gym.

TEEN TUMBLE OPEN GYM

Ages: Boys and girls 6th-12th grades
Dates: Jan 18, 25 Mar 8, 22
Feb 8, 22 Apr 5, 12
Time: 11:00 A.M. - 1:00 P.M.
Fee per day: \$45 / [\\$30 Prattville Y Members](#)

ADULT GYMNASTICS OPEN GYM

Ages: 18 and up
Dates: Jan 6 • Feb 3 • Mar 3 • Apr 7 • May 5
Time: 7:00 P.M. - 8:00 P.M.
Fee per day: \$35 / [\\$20 Prattville Y Members](#)

GYM TEAM OPEN GYM (Level 1-4)

Who: Gymnasts that are currently on our competitive team in levels 1-4.
Dates: Jan 18, 25 Mar 8, 22
Feb 8, 22 Apr 5, 12
Time: 11:00 A.M. - 1:00 P.M.
Fee per day: \$45 / [\\$30 Prattville Y Members](#)

PRE-SCHOOL & YOUTH SEMI-PRIVATE LESSONS

2 participants per instructor means more instruction time!

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:

- January 7-30 (no 5:00 P.M. or 5:30 P.M.)
- Feb 4-27 (no 5:00 P.M. or 5:30 P.M.)
- March 4-April 3 (no classes March 24-28)
- April 8-May 1

Fee per 4 week Session: \$104 / \$74 Prattville Y Members

1-ON-1 SWIM LESSONS

Ages: 3 and up
Days: Tuesdays & Thursdays
Times: 6:00 P.M. or 6:30 P.M.

Session Dates:

- March 4-Apr 3 (No classes Mar 24-28)
- April 8-May 1

Fee per 4 week Session:
\$125 / \$95 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!

2 day a week sessions:

Days: Tues & Thurs
Times: 4:00-4:30 P.M. or 4:30-5:00 P.M.
Dates: Jan 7-30 • Feb 4-27
March 4-April 3 (no classes March 24-28)
Fee: \$94 / \$50 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 7-May 2
Fee: \$116 / \$72 Prattville Y Members

PREP-TEAM CLINIC

Days: May 5-16 (Mon, Wed & Fri)
Times: 5:00-6:00 P.M.
Clinic Fee: \$140 / \$90 Prattville Y Members

PRATTVILLE SWIM LEAGUE

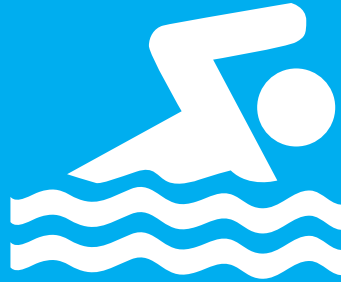
Short Course Swim Team: Our PSL short course swim team is a YMCA and USA swimming team. Registration for the short course swim season begins in August. For more information, contact the Don M. Smith Member Services' Desk at 365-8852.



Swim lessons provide a foundation of confidence and safety in and around the water.

POOL HOURS

To find our latest pool schedules for all Free 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

Days & Times: Tues & Thurs 7:00-7:40 P.M.
Fee Per Month: \$102 / \$72 Prattville Y Members
Session Dates:
 • January 7-30
 • Feb 4-27
 • March 4-April 3 (no classes March 24-28)
 • April 8-May 1

ADULT AQUATICS CLASSES

The Y offers a variety of adult aquatics classes to keep you moving in a low-impact environment. Classes range from Aqua Challenges to Arthritic Exercise & Senior Adult Aquacize. Visit our website for detailed class descriptions.

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 TRAINING PROGRAM

For more information regarding the program and registration, call 365-8852.

Fee Per Month: \$70 / \$28 Prattville Y Members
 Continuous Monthly Enrollment.

E-SPORTS (ages 8-17)



**LEVEL UP
YOUR GAME**
 Sign up and start gaming!

Players will play their E-Sports games remotely from their own device in a controlled and moderated gaming lobby. Players will be divided into age appropriate gaming lobbies and will have access to an E-Sports Coordinator that will provide support and coaching during each gaming session.

You may register to participate in one, two, or three games per monthly session. Register at the Prattville YMCA Fitness Center. Contact Jon Grooms at jgrooms@prattvilleymca.org for more information.

Ages: 8-17
Games: Smash Brothers (Tuesdays 5:00-5:45 P.M.)
 Rocket League (Thursdays 5:00-5:45 P.M.)
 Fortnite (Thursdays 6:00-6:45 P.M.)

Session Dates: Jan 7-30 Feb 4-27 Mar 11-Apr 10 (no classes March 24-28) April 15-May 8

Fee per 4 Weeks: 1 Game: \$30 / \$20 Prattville Y Members
 2 Games: \$45 / \$35 Prattville Y Members
 3 Games: \$50 / \$40 Prattville Y Members



PRESCHOOL PROGRAMS

ages 2-5 (must be potty trained)



1



TINY TOT TIME

6:00 A.M. – 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: \$13 / [\\$11 Prattville Y Members](#)

Weekly Fee: \$41 / [\\$36 Prattville Y Members](#)

2



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: \$57 / [\\$52 Prattville Y Members](#)

3



PRESCHOOL ENRICHMENT

2:00 P.M. – 6:00 P.M.

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

Daily Fee: \$16 / [\\$13 Prattville Y Members](#)

Weekly Fee: \$46 / [\\$41 Prattville Y Members](#)

One-time registration fee of \$75. Sign up today at the Bradford Branch: (334) 358-1446.



CHILD CARE

NURTURING THE POTENTIAL OF EVERY CHILD



» BEFORE SCHOOL CARE

When you have to work and your hours start early, the Y is here to help! Drop off begins at 6:00 A.M. and then we will load the busses at 7:00 A.M.

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

Weekly Fee: \$45 / \$30 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. Please contact Sarah Thornton at (334) 358-1446 for more information.



» 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, contact Sarah Thornton or Kerry Jones at (334) 358-1446.

Sites: Main Site (pick ups from Kindergarten, Primary, Elementary & Intermediate)
Daniel Pratt, Pine Level, Kindergarten, and Primary

Afterschool Hours: 2:30-6:00 P.M.
Registration Fee: \$30
Weekly Fee: \$83 / \$68 Prattville Y Members
Discounts for siblings apply

Financial assistance available for those who qualify. Please contact Sarah Thornton at (334) 358-1446 for more information.



»» 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) 558-1367 or jdorough@prattvilleymca.org.

BASEBALL

Register: Jan 6-Feb 24

Spring Season: March 15-May 10

Fee: \$30

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

COMING UP THIS SEASON:

VALENTINE DANCE:

Feb 15 • 4:00-6:00 P.M. • Fee: \$10 at Sunset Ridge Barn



Be sure to like us on Facebook!

CAMP ABLE SUMMER CAMP

Special needs summer day camp

Register: Beginning Feb 24

Ages: 5-21 years old

Dates: June 9-Aug 1

»» GYM & SWIM

ABILITY SWIM LESSONS

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

Days & Times: Mon 7:00-7:30 P.M.

Sat 1:00-1:30 P.M. or 1:30-2:00 P.M.

Session Dates:

- Jan 11-Feb 1
- Feb 8-Mar 1
- Mar 8-April 5 (no classes Mar 29)
- April 12-May 3

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

ABILITY GYMNASTICS LESSONS

LOCATION: Gymnastics Center (348 Hwy 82 W, 491-9622)

Days & Times: Sat 8:00-8:30 A.M. or 10:45-11:15 A.M.

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

Ability Programs are for children ages 3-16 who have a special physical or medical need that would benefit from one-on-one instruction (must provide a doctor's note). Children cannot qualify to participate in Ability and Group lessons at the same time.

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

▶▶ 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

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

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

▶▶ 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

▶▶ PARENTS' NIGHT OUT

LOCATION: Bradford Branch (358-9622)
Time: 6:00-9:00 P.M.
Ages: Boys & girls ages 3 yrs old-6th grade
 (must be potty-trained)
Dates: Jan 10 • Feb 14 • Mar 14 • Apr 11
Fee: \$38 / \$28 Prattville Y Members
 (\$8 off for siblings)



GROUP EXERCISE SCHEDULE

EXERCISE IS MORE FUN TOGETHER

FITNESS BRANCH CLASSES

600 East Main Street

	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
10:00–10:45 A.M.			Line Dancing			
10:00–11:00 A.M.		Group Power		Group Power		
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*		
4:00–5:00 P.M.		Yoga		Yoga		
5:00–6:00 P.M.	Step & Strength	Body Sculpt	Step & Strength			
5:00–6:00 P.M.	Group Power			Group Power		
6:00–7:00 P.M.	ZUMBA	ZUMBA	ZUMBA	ZUMBA		
6:15–7:15 P.M.	Yoga		Yoga			

BRADFORD BRANCH CLASSES

972 McQueen Smith Road South

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



» CLASS DESCRIPTIONS

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

BODY SCULPTING– A challenging total body workout that incorporates HIIT, circuit training, plyometrics, and weights to improve cardiovascular and muscular strength.

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.

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.

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 & STRENGTH– Dynamic workout that uses step and strength training exercises designed to improve endurance, build muscle and boost overall fitness.

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.



» MASSAGES

MASSAGE RATES:

30 min:	\$50 / \$35 Prattville Y Members
60 min:	\$70 / \$55 Prattville Y Members
90 min:	\$100 / \$85 Prattville Y Members

ADD-ON OPTIONS:

An additional fee will be added on to the price of any of the above massages for the following services: Aromatherapy (\$5), Stone (\$15), and Cupping (\$15)

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



PRATTVILLE PROMENADERS

"Square dancing is friendship set to music"

Come join the Prattville Promenaders for a time of exercising, socializing, and having fun through square dancing. The Prattville Promenaders meet every Thursday from 7:00-9:00 p.m. at the Prattville YMCA Main Childcare site. The cost is \$10.50/class. For questions or more information, please contact Wayne Nicholson at (334) 313-0843.



YOUTH FIT

Class is designed to offer participants 20 min of strength, 23 minutes of cardio & core training, 2 days per week. Classes will also include work on balance, agility, mobility & flexibility in a group training format.

Ages: 8-13
Days: Tues & Thurs
Time: 4:00-5:00 P.M.

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

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



» 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

Learn to play

PICKLEBALL!



Join us for our FREE Clinics for Y Members!

» FREE PICKLEBALL CLINICS

Location: Fitness Center
Dates: Jan 19 • Feb 16 • Mar 16 • Apr 13
Times: 1:30–3:00 P.M.
What to Bring: Pickleball paddle & water/Gatorade
What to Wear: Closed toe shoes & athletic-type clothes
Fee: Free for Prattville Y Members

Space is limited in each clinic so please call (334) 361-0268 or email jgrooms@prattvillemca.org to reserve your spot.

» PERSONAL TRAINING PACKAGES

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:

TEAMMATE RATES:

Sessions	Time per session	Rate	Rate per person
1	30 minute	\$22	
1	60 minute	\$43	\$39
5	30 minute	\$100	\$92
5	60 minute	\$190	\$185
10	30 minute	\$190	\$185
10	60 minute	\$325	\$305
12	60 minute	\$378	
15	30 minute	\$270	



FOR OUR COMMUNITY

THE Y IS FOR SOCIAL RESPONSIBILITY

18



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 Charlie Irwin at cirwin@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.



Robbie & Katrina Anderson
Will & Jennifer Barrett
Brett Birchmeier
Matt & Kristin Burns
Keith & Angela Cantrell
Bryan & Cindy Clark
Linda Colson
Casey & Julie Cooley

Ken & Susan Daniel
Juice Family Foundation
Ken & Annette Funderburk
Keith & Paula Gamble
Independent Glass
Eric & Heather Jacks
Mark & Kristi Johnson
Jason & Thea Langley

Joe & Tricia Mathis
Roy & Elaine McAuley
David & Louise Jennings-McCullars
David & Cindy McDowell
Tom & Linda Miller
Ed & Ann Mullins
Steve & Cheryl Phillips
Tom & Carol Risher

Kyle & Stephanie Shirley
David & Donna Smith
Bob & Teresa Stacy
Karl Stegall
Kim Stewart
Kyle & Sara Stewart
Vernon & Lisa Taylor

For more information on how you or your business can become members of the John 17:21 Society, contact Keith Cantrell at 358-9622.



Jurassic Jungle

SUMMER

C • A • M • P



Join us this summer at the Prattville YMCA for a Jurassic Jungle Summer Camp! Campers have lots of fun indoors & outdoors, playing games, making crafts, swimming, going on adventures & taking super fun field trips! Financial assistance available for those who qualify.

Week Selection – Pick the weeks you want your child to come. \$15 deposit per week.

Fun Field Trips – TBA

Optional Lunch Program – We provide lunch if you want us to! \$25 per week per child.

Online Registration – Summer camp and field trip registrations can be done 100% online.

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

Early Bird Registration – \$35 registration fee until Mar 1, \$85 after Mar 1 (per child).

Weekly Fee – \$175 / \$130 Prattville Y Members. We offer discounts for siblings.

More Camps – We also offer Camp Able for kids with special needs.

Regis-
tration
begins
Feb 3!



Register at the Bradford Branch beginning Feb 3 or scan the QR code to register online.
Call for more information: (334) 358-1446

Make a positive impact this summer by working at Summer Camp! We are always in search of great Summer Counselors. Fill out an application today.

