

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



SINK-A-PALOOZA

Sponsored by:



Come SINK a ship to help
FLOAT our children's dreams!



→ BRADFORD BRANCH POOL
→ AUG 20 • 11:00 A.M.-2:00 P.M.



October 15, 2022

**Prattville YMCA
Willis Bradford Branch
9:00 A.M. - 12:00 P.M.**

Festivities Include:

**Grits Cookoff •
Door Prizes • Giveaways •
Bounce Houses • Contests
Arts & Crafts • Balloons •
Food Vendors • Live Music •**

**& the
Nitty Gritty 5K**

Sponsored by:



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
Kathy Asbury.....Membership Coordinator
Wendy Majors.....Accounts Payable/Payroll

DON M. SMITH BRANCH

Jessica Sedgwick.....Gymnastics Director/Branding Advocate
David Creamer.....Aquatics Director
Miles Powell.....Aquatics Coordinator
Anna Stockman.....Senior Gymnastics Coordinator
Martie Brown.....Swim Team Coordinator
Melody Colvert.....Member Services Supervisor

FITNESS BRANCH

Jon Grooms.....Fitness Branch Director
Laurinda Hammer-Krohmer...Wellness Coordinator
James Gaymon.....YMCA Chaplain
Leela Bert.....Member Services Supervisor

WILLIS BRADFORD BRANCH

Justin Chappell.....Sports Coordinator
June Dorough.....Senior Ability Coordinator
Bailey Fulford.....Member Services Supervisor

CHILD CARE BRANCH

Sandra Hanna.....Preschool Director
Patrick Wunschel.....Childcare Director
Kerry Jones.....Senior Child Care Administrator

BOARD OF TRUSTEES

OFFICERS

Harvey Clark.....President
Roscoe Williams.....Vice President
Frank Lamar.....Treasurer
Ted Taylor.....Secretary

Robby Anderson Joe Mathis
Mike Lamar David McDowell
David Lewis



The Prattville YMCA is a United Way Agency.

Ed Mullins
David Smith

Milton Wendland, Trustee Emeritus
Willis Bradford, In Memory

BOARD OF MANAGERS

OFFICERS

Wade Seamon.....Chairman
Karla Boles.....Vice Chairman
Clay McConnell.....Secretary/Treasurer

Eric Alford	Randy Grissett	Tony McCullough
Anthony Brock	Kasey Hope	Eric Morgan
Matt Burns	Donna Jackson	Onya Myhand
Jim Byard Jr.	Marcus Jackson	Danna Patterson
Janice Clark	Louise Jennings-McCullar	Gray Penton
Brett Crawford	Kristi Johnson	Trey Rogers
Annette Funderburk	Spencer Knight	Jerry Starnes
Josh Gamble	Mike Lamar	Patty VanderWal
Bill Gillespie, Jr.	Emily Lobenstein	Duwan Walker
Bob Gipson		

LIFE BOARD MEMBERS

Robby Anderson	Steve Golsan	Cindy Oliver
Dean Argo	Frank Lamar	Horace Powell
Johnny Brownell	Joe Mathis	David Smith
J.N. "Buddy" Buckner	Roy McAuley	Robert Stacy
Harvey Clark	David McDowell	Albert Striplin
Edward Clinton	Tom Miller	Ted Taylor
Louis Colley	Algie Morgan	Alfred Wadsworth
Barbara Dennis	Ed Mullins	Richard Williams
Martha Ellis	Tom Newton	Roscoe Williams

MEMBERSHIP RATES

	Monthly Draft	Joining Fee
Household	\$53	\$75
Household + 1	\$69	\$91
Household + 2	\$85	\$107
*Nationwide Household	\$63	\$100
Adult (Age 19 and over)	\$32	\$50
*Nationwide Adult	\$49	\$50
Youth (Age 10-18)	\$28	\$25
Youth (Age 9 & Under)	\$25	\$25

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

A Household includes two 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.



1

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

2

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.

3

FITNESS BRANCH

(334) 361-0268

600 East Main St.
Prattville, AL 36067

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

Friday
5:00 A.M. – 7:00 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.

4

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.

Child Watch Room Hours for Bradford:

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

STAY CONNECTED

www.prattvilleymca.org

Now, more than ever, it is important to stay connected through social media and online resources. Like us on Facebook, follow us on Instagram and watch us on Youtube & TikTok! The Y is here to keep you connected for a healthy spirit, mind and body.



More than 300 on-demand exercise classes and programs are accessible 24/7 to provide another way to engage with the Y from home or when a location isn't nearby. Visit YMCA360.org today and continue to thrive with the Y!

HOLIDAY SCHEDULE

	Sept. 5	Nov. 23	Nov. 24	Nov. 25	Nov. 26	Dec. 24	Dec. 25	Dec. 26	Dec. 31	Jan. 1
Administrative	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Bradford	Closed	8 AM-6 PM	Closed	8 AM-6 PM	9 AM-6 PM	Closed	Closed	Closed	8 AM-3 PM	Closed
Child Care	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Don M. Smith	Closed	7:30 AM-1 PM	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Fitness	Closed	5 AM-6 PM	Closed	6 AM-6 PM	8 AM-5 PM	5 AM-12 PM	Closed	9 AM-1 PM	8 AM-3 PM	1 PM-5 PM

» 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 27

Ages: Boys K4-6th grade

4 Leagues: K4 & K5 • 1st & 2nd grade • 3rd & 4th • 5th & 6th

Days: Tuesdays & Thursdays

First Practice: Sept 6

Fee: \$45 Members/\$85 Non-members

Equipment:

Equipment needed: cleats. Game jersey provided by YMCA.



» MARTIAL ARTS & SELF DEFENSE

LITTLE DRAGONS

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

Ages: 4-6 years old

Instructor: Pam Smith

Monthly Fee (bank draft):

1st child: \$48 Members/\$78 Non-members

2nd child: \$32 Members/ \$62 Non-members

TAEKWONDO

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

Instructor: Pam Smith

Monthly Fee (bank draft):

1st family member: \$64 Members/ \$94 Non-members

Additional family members: \$32 Members/ \$62 Non-members



» GIRLS' VOLLEYBALL



Registration: Now through Aug 20

Ages: 3rd - 12th grade

Days: Tuesdays & Thursdays

Player Evaluation:

All participants need to be present Aug 30 at the Bradford Branch

3rd & 4th grade 5:15 P.M.

5th & 6th grade 6:15 P.M.

7th - 12th grade 7:15 P.M.

First Practice:

Coaches will contact prior to first practice.

Equipment: Knee pads recommended but not required.

Fee: \$65 Members/\$105 Non-members



» HOME SCHOOL P.E. & LEGO CLUB

Ages: 5 & up

P.E. Days & Time: Mon & Thurs 1:00-2:30 P.M.

When: September-November & January-April

Lego Club: Will meet twice a month on the 1st & 3rd Tuesday of every month and is from 1:00-3:00 P.M.

Monthly Fee:

Just P.E. 2 days a week:

\$30 Members/\$40 Non-Members

Just Lego Club: \$20 Members/\$30 Non-Members

Combo P.E. & Lego Club

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

\$40 Members/\$60 Non-Member

Additional child- \$30 Members/\$60 Non-Members



& for the adults...

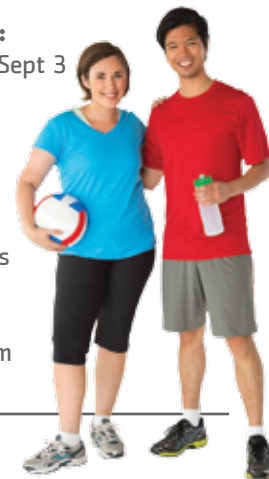
CO-ED ADULT VOLLEYBALL

Registration:
Now through Sept 3

First Game:
Sept 12

When:
Monday nights

Fee:
\$325 per team



LITTLE DRIBBLERS (1st-2nd grade)

Registration: Now through November 12
Ages: Boys & Girls 1st & 2nd grade
First Practice: The week of Nov 28
Fee: \$62 Members/\$115 Non-members

The purpose of Little Dribblers is to teach the basic skills of basketball in a positive learning environment. Teams will shoot on 8 ft goals and use a smaller ball. Practice will be held once a week at *Daniel Pratt Elementary School and games will be at the Bradford Branch YMCA. Parents interested in coaching, please contact Justin Chappell at 358-9622.

*Note: Practices may be at Daniel Pratt Elementary or at the Bradford Branch depending on space availability.

GIRLS' BASKETBALL (3rd-6th grade)

Registration: Now through November 12
2 Leagues: 3rd & 4th grade, 5th & 6th grade
Player's Evaluation: November 17 3rd & 4th grade at 5:30 P.M.
 5th & 6th grade at 6:15 P.M.
First Practice: Week of November 28
Fee: \$80 Members/\$145 Non-members
 (fee includes jersey)

BOYS' BASKETBALL (3rd-6th grade)

Registration: Now through November 12
2 Leagues: 3rd & 4th, 5th & 6th
Player's Evaluation: November 14 3rd grade at 5:30 P.M.
 4th grade at 6:15 P.M.
 November 15 5th grade at 5:30 P.M.
 6th grade at 6:15 P.M.
First Practice: Week of November 28
Fee: \$80 Members/\$145 Non-members
 (fee includes jersey)

BOYS' BASKETBALL (7th-12th grade)

Registration: Now through December 17
2 Leagues: 7th & 8th, 9th-12th grade
Player's Evaluation: January 3 7th grade at 5:00 P.M.
 8th grade at 5:30 P.M.
 9th-12th grade at 6:00 P.M.
First Practice: Week of January 9
Fee: \$80 Members/\$145 Non-members
 (fee includes jersey)

Gymnastics Center Location: 348 Hwy 82 W

» LIL' CRICKETS

Ages: Walking to 3 years old

WALKING-18 MO.- 2 classes to choose from

Wed: 11:00-11:30 A.M.
Sat: 8:00-8:30 A.M.

18 MO.-3 YEARS OLD- 4 classes to choose from

Mon: 11:00-11:30 A.M.
Thurs: 11:00-11:30 A.M.
5:05-5:35 P.M.
Sat: 8:45-9:15 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.
6:00-6:45 P.M.
*Tues: 10:00-10:45 A.M.
Wed: 12:00-12:45 P.M.
Thurs: 12:00-12:45 P.M.
5:45-6:30 P.M.
Sat: 9:30-10:15 A.M.

*Our Tuesday class is for the Bradford Branch Preschool only.

Transportation: We provide transportation to "Cricketland" for 3, 4 & 5 year olds from First Baptist, First United Methodist & First Presbyterian Preschools for a \$5 fee per month.

SUPER CRICKETS

Ages: 4 & 5 year olds & by invitation only
Days & Times: Tus & Thurs: 4:15-5:00 P.M.



» 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. Boys & 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
Friday 4:00-4:45 P.M. Girls
Saturday 9:00-9:45 A.M. Girls
10:00-10:45 A.M. Girls

» BACK PULLOVER CLINIC

Location: Gymnastics Center on Hwy 82
Days: Every Saturday in Sept (3, 10, 17, 24)
Time: 11:00-11:30 A.M.

Sign up for the whole month and save!
Fee for month: \$32 Members/\$62 Non-members
Fee per day: \$13 Members/\$21 Non-members

CLASS REGISTRATION INFORMATION

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

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

Month Fee: Lil-Crickets: \$45 Members/ \$65 Non-members
Class, Cricket & Cheer: 1 day a week: \$55 Members/\$85 Non-members
2 days a week: \$80 Members/\$110 Non-members

August 22-December 14 (No classes Labor Day & Thanksgiving week)
December 8-14: Christmas Showcase Week

January 9-May 13 (No classes Mar 20-25)
May 12-13: Cricket Olympics & Spring Carnival week



» BACKHANDSPRING CLINICS

Location: Don M. Smith Branch
Days: Every Saturday in Sept (3, 10, 17, 24)
Time: 8:00-9:00 A.M.

Sign up for the whole month and save!
Fee for month: \$58 Members/\$88 Non-members
Fee per day: \$18 Members/\$26 Non-members

» CHRISTMAS CLINIC

2 day clinic full of tumbling, gymnastics, cheer & Ninja!

Location: Don M. Smith Branch
Days: Dec 19 & 20
Time: Dec 19 9:00 A.M. - 4:00 P.M.
(Lunch will be provided on Dec 19)
Dec 20 9:00 A.M. - 12:00 P.M.
Fee: \$65 Members/\$95 Non-members

» GYMNASTICS LOCK-INS

Location: Don M. Smith Branch
Dates: Aug 26 • Sept 23 • Oct 28 • Dec 9
Jan 27 • Feb 24 • Mar 31 • Apr 28
Fee: \$34 Members/\$44 Non-members

» YOUTH GYMNASTICS CLASS (ages 12-15)

Days & Time: Tues & Thurs 7:05-8:00 P.M. Boys & Girls
See class registration info on page 6.

» ADVANCED GYMNASTICS

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

2 Class options to choose from:
Days & Time: Mon & Wed 6:00-6:55 P.M. Girls
Tues & Thurs 7:05-8:00 P.M. Boys & Girls
See class registration info on page 6.

» YOUTH TUMBLING

Ages: Boys & Girls 1st-5th grades
Days & Times: Wed & Fri 4:00-4:45 P.M.
See class registration info on page 6.

» TEEN TUMBLING

Ages: Boys & Girls in 6th-12th grades
2 class options to choose from:
Days & Times: Tues & Thurs 7:05-8:00 P.M.
Saturdays 11:05 A.M.-12:00 P.M.
See class registration info on page 6.

» DANCE ACRO CLASS

This tumbling class is specifically designed for competition dancers who need extra work on their tumbling skills.

Ages: 5 1/2 - 11
Day & Time: Mon 5:00-5:45 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: Wed
Times: 4:00-4:45 P.M.
5:00-5:45 P.M.
See class registration info on page 6.

»» PRESCHOOL & 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:
 Aug 30-Sept 22 January 3-26 (no 5:00 P.M. or 5:30 P.M.)
 Sept 27-Oct 20 Jan 31-Feb 23 (no 5:00 P.M. or 5:30 P.M.)
 Oct 25-Nov 17 Feb 28-Mar 30 (no classes Mar 20-24)
 April 4-27

Fee per 4 week Session: \$68 Members/\$98 Non-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: Aug 30-Sept 22 Oct 25-Nov 17
 Sept 27-Oct 20 March 7-Apr 6
 (No classes Mar 20-24 for Spring Break)

Fee per 4 week Session: \$88 Members/\$118 Non-members

»» INFANT SURVIVAL SWIMMING

Ages: 6 months-6 years

Infant Aquatics has developed a proven technique that teaches infants as young as 6 months old to float and breathe, regardless of the water's depth, for an indefinite amount of time. This is more than your average swim lessons; these techniques are lifesaving. Not only will the child be more confident in the water, it gives parents and caretakers peace of mind knowing that if an accident does occur, their child has the skills to save themselves. For more information or to register, contact Jeffrey Nichols at 375-2023, rebecca@swimprepllc.com or jeffrey@swimprepllc.com

»» 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!

Ages: 6 and up (must be able to swim 25 yards)
Days: Mon, Wed & Fri 5:30-6:00 P.M.
Dates: Sept 26-Oct 21 • April 3-28
Fee: \$67 Members/\$109 Non-members
Days: Tues & Thurs 4:30-5:00 P.M.
Dates: Oct 25-Nov 17 • Jan 3-26 • Jan 31-Feb 23
 Feb 28-Mar 30 (No classes Mar 20-24)
Fee: \$46 Members/\$88 Non-members

Prep-Team Clinic: May 1-12 (Mon, Wed & Fri, 5:00-6:00 P.M.)

»» 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.



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: Aug 29-Sep 24, Sept 26-Oct 22, Oct 24-Nov 19
Jan 2-28, Jan 30-Feb 25, Feb 27-Apr 1, Apr 3-9
(no classes March 20-24 during Spring Break)

Fee Per Session: \$48 Members/\$78 Non-members

ABILITY GYMNASTICS LESSONS

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

Days & Times: Sat 8:00 A.M.-8:30 A.M.

Fee Per Month: \$48 Members/\$78 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.



FIELD OF DREAMS & ABILITY SPORTS

LOCATION: Bradford Branch (358-9622)

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 that play on the field, play on a customized designed 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 5-65 and older are welcome to participate.

FIELD OF DREAMS BASEBALL

Fall Season: Sept 3-Oct 22

Fee: \$20

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

FLAG FOOTBALL & CHEERLEADING

Fall Season: Nov 1-Dec 1

Fee: \$25

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



CHILD CARE

NURTURING THE POTENTIAL OF EVERY CHILD



BEFORE SCHOOL CARE:

Weekly fee:
Afterschool member
\$22 Member/
\$35 Non-Member

Non-Afterschool Member
\$27 Member/
\$40 Non-Member

AFTERSCHOOL REGISTRATION GOING ON NOW!

»» AFTERSCHOOL 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 Patrick Wunschel 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:	\$25		
Weekly Fee:	Members	Non-members	
	1st child	\$62	\$75
	Discounts for siblings apply		

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

»» PRESCHOOL CHILD DEVELOPMENT CENTER

The Y offers a State of Alabama licensed preschool for children between the ages of 2 ½ - 5 years old. Children must be fully potty-trained. The mission of our Preschool Child Development Center is to provide child care in a structured learning environment that also teaches Christian values. We use the Houghton Mifflin Curriculum that has been approved for the K4 Programs by the State of Alabama. Children are offered electives throughout the year such as Gyminee Crickets, swim lessons, and tailored activities. We provide a hot lunch and two snacks daily. Contact Sandi Hanna at 358-1446 for more information.

LOCATION: Child Care Branch (358-1446)

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

Weekly Fee: \$110 Members/\$135 Non-members
\$50 Registration Fee
\$60 Annual Supply Fee



» PLAY CENTER TIME

CHILD'S PLAY CENTER FAMILY TIME

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: Sept 9 • Oct 14 • Nov 11 • Dec 2, 9 & 16

Fee:	Members	Non-members
1st child	\$25	\$35
Additional children	\$16	\$27

» BIRTHDAY PARTIES

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: \$130 Members/\$180 Non-members
(15 party guests max)
50% non-refundable deposit due when booking

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: \$130 Members/\$180 Non-members
-15 party guests, \$2 each additional guest
-Add \$20 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: \$130 Members/\$180 Non-members
-15 party guests, \$2 each additional guest
-Add \$20 if cake is ordered
50% non-refundable deposit due when booking

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





GROUP EXERCISE SCHEDULE

EXERCISE IS MORE FUN TOGETHER



CLASSES AT FITNESS BRANCH

Monday, Wednesday, Friday

5:15 –6:15 A.M.	Rise & Grind
7:00–7:30 A.M.	Morning Movers
8:00–8:45 A.M.	Pacers
8:30–9:30 A.M.	Group Power
9:00–10:00 A.M.	Yoga Sculpt (Wed Only)
9:45–10:45 A.M.	Restorative Yoga (Mon & Fri)
10:15–11:15 A.M.	Barre
11:00–11:45 A.M.	Cardiac Class
11:30 A.M.–12:30 P.M.	Rock Steady Boxing (Parkinson’s Class)
4:00–5:00 P.M.	Teen Cross (Registration Required)
5:00–6:00 P.M.	Step Aerobics (Mon & Wed)
5:00–6:00 P.M.	Group Power
6:00–7:00 P.M.	Zumba
6:15–7:15 P.M.	Yoga (Mon & Wed)

Tuesday & Thursday

5:15–6:15 A.M.	Early Yoga
8:00–8:45 A.M.	Kick Boxing
8:45–9:30 A.M.	Butts & Guts
4:00–5:00 P.M.	Kid Fit (Registration Required)
4:00–5:00 P.M.	Yoga
5:00–6:00 P.M.	Body Sculpting
5:30–6:15 P.M.	Kick Boxing
6:15–7:15 P.M.	Zumba (Thurs Only)

CLASSES AT BRADFORD BRANCH

Monday, Wednesday, Friday

5:15am–6:00 A.M.	Spin
8:30am–9:30 A.M.	PiYo (Monday and Wednesday)
8:30am–9:30 A.M.	Group Power
10:00am–11:00 A.M.	Zumba
5:00pm–6:00 P.M.	Pound (Monday and Wednesday)

Tuesday & Thursday

5:15–6:15 A.M.	Group Power
8:30–9:30 A.M.	Zumba
8:30–9:15 A.M.	Spin
9:30–10:00 A.M.	Stretch & Roll (Foam Rolling)

» GROUP POWER

Formally known as Strength Train Together
LOCATION: Fitness & Bradford Branch

This is a total body strength training program utilizing a routine based on high repetition, barbells, plates and body weight. This class will get your heart pumping, make you sweat and help you reach your fitness goals. A wide variety of membership can enjoy the Group Power class since it caters to all generations, young to old and all types of fitness levels from beginner to experienced athlete. This program is designed to build strength, not bulk and is an effective training option for both men and women.



» SENIOR FITNESS GROUP EXERCISE CLASSES

LOCATION: Fitness center

Morning Movers

Mon, Wed, Fri 7:00-7:30 A.M.
Morning Movers is a 30 minute class to get your day going on the right foot. This class is designed to improve balance, coordination and strength.

Pacers

Mon, Wed, Fri 8:00am-9:00 A.M.
This class features a format of gentle Yoga. It helps increase joint flexibility and range of motion while maintaining muscle strength. It is one of two classes that are free to the community.

Cardiac Class

Mon, Wed, Fri 11:00 am-11:45 A.M.
A class created for seniors to help maintain a healthy active lifestyle. This class includes movement exercises to keep your mobility & strength. It is also a very social class that will engage in activities from time to time. Free to the Community.



» YOGA

The Prattville YMCA has multiple classes of Yoga per week over several platforms:

Early Yoga with Sheila

Tues & Thurs 5:15-6:15 A.M. Fitness Center

Piyo with Tracy

Mon & Wed 8:30-9:30 A.M. Bradford Branch

Restorative Yoga (YIN) with Carolyn

Mon & Fri 9:45-10:45 A.M. Fitness Center

Yoga Sculpt with Rebecca

Wednesdays 9:00-10:00 A.M. Fitness Center

Yoga Flow with Tracy

Tues & Thurs 4:00-5:00 P.M. Fitness Center

Yoga (Vinyasa) with Rebecca

Mondays 6:15-7:15 P.M. Fitness Center

Yoga flow/Pilates with Robin

Wednesdays 6:15-7:15 P.M. Fitness Center



» GET STARTED & STAY ON TRACK

BODY FAT EVALUATION

Fee: \$16 Members/\$27 Non-members

FITNESS EVALUATIONS

Fee: \$32 Members/\$64 Non-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!

FITNESS ORIENTATIONS

Fee: FREE FOR MEMBERS!

Call for more info or to set up an appointment.

MATRIX TRAINING SESSIONS

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.

RACQUETBALL & TENNIS COURTS

Reservations: Make 2 days in advance

Time limit: 1 hour

Fee: Free to Members

LOCKER RENTALS

Fee: \$50 per year (Available for members only)

*Free daily use lockers are available.



PRATTVILLE YMCA PERSONAL TRAINERS

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	TEAMMATE TRAINING: Rate per person
1	30 minute	\$19	
1	60 minute	\$37	\$32
5	30 minute	\$85	\$74
5	60 minute	\$160	\$143
10	30 minute	\$160	\$150
10	60 minute	\$265	\$250
12	60 minute	\$305	
15	30 minute	\$223	

THERAPEUTIC SPECIALIST TRAINING RATES:

With our trainer Sybilla. Sybilla focuses on functional movement training.

Sessions	Time per session	Rate per person
1	30 minute	\$21
1	60 minute	\$43
5	30 minute	\$96
5	60 minute	\$175
10	30 minute	\$170
10	60 minute	\$297
15	30 minute	\$239

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 that includes a pair of gloves, wrap & a bag

Days & Time: Mon, Wed & Fri at 11:30 A.M.

Fee: \$127 for 12 sessions / \$21 for a single class

» REWARD YOURSELF WITH A MASSAGE

LOCATION: Fitness Center (361-0268)

MASSAGE RATES:

30 min: \$32 Members/\$44 Non-members
60 min: \$53 Members/\$65 Non-members
90 min: \$80 Members/\$95 Non-members

ADD-ON OPTIONS:

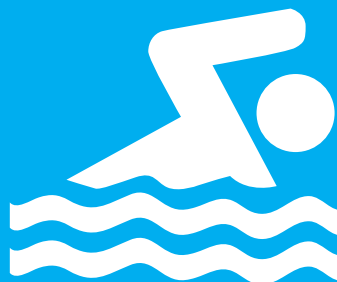
An additional fee will be added on to the price of any of the above massages for the following services: Aromatherapy (\$5), Stone (\$15), and Cupping (\$15)



Therapeutic Massage with Stefanie



» POOL HOURS



Don M. Smith Branch Indoor Pool

All Adult Aquatics classes and Lap Swim are free to Prattville YMCA Members & \$10 per visit for Non-Prattville YMCA Members.

M/W/F

5:00-6:00 A.M.	Masters
6:00-7:55 A.M.	Lap Swim
8:00-8:55 A.M.	Aqua Challenge
9:00-9:55 A.M.	Arthritic Exercise
10:00-10:55 A.M.	Sr. Adult Aquacize
11:00-11:55 A.M.	Arthritic Exercise
12:00-12:55 P.M.	Lap Swim
1:00-2:00 P.M.	Masters
5:30-6:00 P.M.	Prep Team
6:00-6:55 P.M.	Lap Swim
7:00-7:55 P.M. (Mon)	Free Swim

T/Th

7:00-8:55 A.M.	Lap Swim
9:00-9:55 A.M.	Arthritic Exercise
10:00-10:55 A.M.	Sr. Adult Aquacize
11:00 A.M.-12:55 P.M.	Family Free Swim
6:00-7:55 P.M.	Lap Swim

Sat

9:30-10:55 A.M.	Masters
11:00-11:55 A.M.	Lap Swim
12:00-2:45 P.M.	Free Swim

Bradford Branch Pool

(Aug 10-28 only)

Sat

11:00 A.M.-8:00 P.M.
Free Swim

Sun

1:30-4:30 P.M.
Free Swim

» ADULT SWIM LESSONS

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Days & Times: Tues & Thurs 7:00-7:40 P.M.
Fee Per Month: \$60 Members/\$80 Non-members

» PRE-MASTERS TRAINING PROGRAM

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Days & Times: Mon, Wed, Fri 1:00-2:00 P.M.
Dates: September 1-April 30
Fee Per Month: \$50 Members/\$100 Non-members
Monthly bank draft

» MASTERS TRAINING PROGRAM

LOCATION: Don M. Smith Branch Indoor Pool (365-8852)
Days & Times: Mon, Wed & Fri 5:00-6:00 A.M. (workout provided)
Tues & Thurs 11:00-11:55 A.M. (open practice)
Saturday 9:30-10:30 A.M. (open practice)

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

Continuous Monthly Enrollment:

Fee Per Month: \$28 Members/\$70 Non-members



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@prattvilleymca.org for more information.

» MILITARY DEPLOYMENT PROGRAM

LOCATION: Administrative Branch (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 365-8852 to find out more information regarding this program.

» PACERS

LOCATION: Fitness Branch (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 (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. Please call Kathy at 365-8852 for more information.

» SECOND GRADE WATER SAFETY

LOCATION: Bradford Branch (358-9622)

The Y, the State of Alabama Marine Police, 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 (365-8852)

The YMCA offers American Red Cross Blended Learning trainings which consist of 35-40 hours of hands on training in the classroom and pool. These offerings consist of 8 hours of online training and 20 hours of intensive in-classroom and water training. There is a minimum number of 6 participants required to offer a Red Cross training. Please provide your email address to Member Services for all blended learning offerings.

Classes: Oct 17-21 from 5:00-9:00 P.M.
Jan 16-20 from 5:00-9:00 P.M.
Feb 20-24 from 5:00-9:00 P.M.
Mar 20-24 from 10:00 A.M.-4:00 P.M.

Fee: *\$240 Members/\$280 Non-members
*If you are a YMCA employee, we will pay for your training fees.

Prerequisite: Must pass Prerequisite Test prior to signing up for a session.

Testing Dates: Sept 19, 26, Oct 3, Dec 5, 12, Jan 2, 30, Feb 6, 27 at 7:00 P.M. Mar 6 at 6:00 P.M.

MAKING A DIFFERENCE

THE Y, SO MUCH MORE THAN A GYM



MEET HARVEY CLARK

ONE OF THE FOUNDERS OF THE PRATTVILLE YMCA

Harvey Clark has been associated with the Prattville YMCA for its entire existence. Originally from Tampa, Florida, he came to Prattville in 1959 on a temporary assignment as a consultant to Continental Gin Company with a large national accounting firm. This assignment became permanent when he was hired by Continental, in 1961, as their Controller and Executive Vice President of Finance. During this time, he became involved in civic life in Prattville and was part of a group of community leaders who established the YMCA in Prattville in 1963. He served as the first Vice Chairman and a charter member of the Board of Management and was on the search committee that hired Willis Bradford to be our first CEO. Since that time, Mr. Clark has continued to serve our YMCA as a board member and currently serves as the President of the Board of Trustees. He led each of the five building campaigns our Y has held over the past 60 years and his continued service even stretches over a period that he lived out of state. While his work with the YMCA is significant, he has also been integrally involved in work with the Red Cross, the Smith Center, the United Way and many other efforts. He has been very active in his church, Prattville Church of Christ, as well. Recently, Mr. Clark was recognized by the Montgomery Area Council on Aging (MACOA) as a 2022 Senior of Achievement for his contributions to the betterment of our community. In September, Mr. Clark will turn 90 years old and there is no doubt he will remain focused on doing his part to help our community be a better place to live just like he always has. Thank you, Mr. Harvey, for serving our YMCA and Prattville over these many years and into the future!



MELODY MAKES A DIFFERENCE

Melody Colvert, Y Champion Award Winner June 2022

Help us congratulate our Y Champion for Quarter 2 of 2022. Melody Colvert serves as the Sr. Member Services Coordinator at the DMS Branch. Melody displays such a caring, encouraging, and positive attitude in everything that she does at the YMCA. Melody does so many things for our members and participants behind the scenes that most people never even see. Help us thank Melody for all that she does to make our community and YMCA great!





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.



FIRST COMMUNITY BANK OF CENTRAL ALABAMA



Robbie & Katrina Anderson
Bryan & Cindy Clark
Linda Colson
Ken & Susan Daniel
David & Stacey Lewis
Aric & Emily Lobenstein
Roy & Elaine McAuley

Louise Jennings-McCullar & David McCullar
Jymz Floorz-Jim Mullins
Steve & Cheryl Phillips
Kyle & Stephanie Shirley
David & Donna Smith
Joe & Cindy Turner



Individual Level

Will & Jennifer Barrett
Matt & Kristin Burns
Keith & Angela Cantrell
Dave & Carla Dageforde

Ken & Annette Funderburk
Jon & Leigh Ann Grooms
Donald & Ginger Henry
Mark, Kristi & Isabella Johnson

Joe & Tricia Mathis
David & Cindy McDowell
Tom & Linda Miller
Bob & Teresa Stacy

Linda Thompson
Diane Wendland Estate
Roscoe & Jackie Williams
Sunrise Cattle Company