

For Youth Development

Youth Swim Lesson Schedule

Register Online and save \$5.00

REGISTRATION DEADLINE FEBRUARY 21ST!!!

February 28, 2012 through April 7, 2012

\$40.00 members, \$60.00 non-members

Tuesday

5:30—6:00 pm Ages 6 months-3 years

5:30—6:00 pm Ages 3-5 years

6:15—7:00 pm Ages 6-13 years

Saturday

9:00—9:30 am Ages 6 months-3 years

9:00—9:30 am Ages 3-5 years

9:45—10:30 am Ages 6-13 years



For Healthy Living

	Men's Basketball	Co-ed Volleyball
Register:	Now through March 30th	Now through March 2nd
Format:	5 versus 5 (min 5/max 10)	4 versus 4 (min 4/max 6)
Start Date:	April 12th	March 13th
Games:	Seven	Seven
Game Times:	Starts at 6:00 pm	Starts at 6:00 pm
Cost:	\$290.00 per team	\$85 per team

Facility Age Requirements

Children under the age of eight years must be supervised by a parent. The Y staff is not responsible for supervision of unaccompanied children. Youths under the age of (16) sixteen are not permitted in the Wellness Center. An exception, would be if the youth has completed the Youth Certification Program.

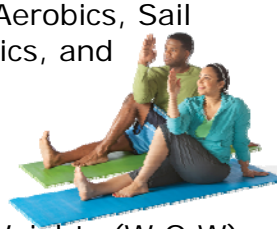
Child Watch

Free to all members with children ages (3) three months to (7) seven years old. Child watch is available for (2) two hours per visit. This service is included with a family membership. A late fee of \$1.00 per minute per child will be applied if the (2) two hour limit is exceeded. Parents will need to give a (24) twenty-four hour notice to schedule their infants.

For Healthy Living

Water Aerobic Classes

Cruise Liner Aerobics, Row Boat Aerobics, Sail Boat Aerobics, Speed Boat Aerobics, and SilverSpash®.



Group Fitness Classes

Group Cycle, Step It Up, Pilates, Pilates Plus, Women on Weights (W.O.W), Toning, Yoga, Cardio Sculpt, Core Conditioning, Zumba®, and Kick N' Fit.

SilverSneakers® Classes

SilverSneakers® One, SilverSneakers® Two, SilverSplash®, and SilverSneakers® Yoga Stretch.



Cost:

Members: Free

Non-Members: \$25.00 for five classes

For more information about any of our Water Aerobic Classes, Group Fitness Classes, or SilverSneakers Classes please ask the Front Desk Staff or refer to the brochure specified.

Personal Training:

Certified Y Personal trainers will assess your fitness level and design effective programs based on your needs. They also work one-on-one with you to accomplish your goals. There are many benefits to having a personal trainer including: Motivation from a fitness professional, who will design and monitor a personal exercise program that will help you reach your fitness goals. Benefit from an individual and comprehensive approach toward weight loss, increased muscular strength, flexibility, and cardiovascular endurance.

	Basketball	Dance	Karate
Register:	Now through Feb. 20th	On going monthly	On going monthly
Ages:	4-9	3-12	5+
Start Date:	March 3rd	On going	On going
Length:	Six Games	Monthly	Monthly
Times:	Starts at 10:00 am	Various times per age group	Various times per age group
Cost:	\$30 member \$35 non	\$30 member \$35 non	\$40 member \$45 non

Upcoming Events

Active Older Adults

We schedule monthly events to provide fun and fellowship for all of our senior members. E-mail Cathy Hall at Cathy@ymcasteuben.org or phone 668-3607 for more information or questions.

**GROWING
STRONGER
TOGETHER**

THE Y STORE

Order at the Front Desk!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



The YMCA of Steuben County

Memberships

Monthly Membership Rates Are Year Commitments

Family		\$49.23
Enrollment Fee	\$75.00	
Single Family		\$43.60
Enrollment Fee	\$50.00	
Senior Husband/Wife		\$42.47
Enrollment Fee	\$75.00	
Senior (62 and older)		\$31.27
Enrollment Fee	\$50.00	
Adult		\$35.56
Enrollment Fee	\$50.00	
Youth (up to age 18)		\$18.35
Enrollment Fee	\$35.00	

Family– Married couple and dependent children ages eighteen and under, (still in high school) or full-time college students up to age twenty-five (enrolled in twelve credit hours or more).

Single Family– One parent and dependent children ages eighteen and under, (still in high school) or full-time college students up to age twenty-five (enrolled in twelve credit hours or more).

Senior Husband/Wife– At least one spouse is age sixty-two or older

Senior– Age sixty-two and older

Adult– Eighteen years and older

Youth– Seventeen years and younger

For information on the Membership Assistance Program, please ask Front Desk Staff

Program Guide

SPRING 2012



Facility Hours

Monday-Thursday	5am - 9pm
Friday	5am - 7pm
Saturday	6am - 5pm
Sunday	1pm - 6pm



Register Online
www.ymcasteuben.org
YMCA of Steuben County

(260) 668-3607 500 E. Harcourt Rd, Angola, IN 46703