



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU CURRENT

**SOUTH TAMPA
FAMILY YMCA
PROGRAM GUIDE**

January - May 2012

**TAMPA
METROPOLITAN
AREA YMCA**



Five-Two-One-Almost None

Nemours Health and Prevention Services is committed to helping people understand the causes and implications of being at an unhealthy weight. *5-2-1-Almost None* is our way to promote a healthier lifestyle for children and families. It's as simple as following these suggestions and tips for healthier eating and physical activity:



FRUITS AND VEGETABLES

Five stands for five or more servings of fruits and vegetables per day. Fruits and vegetables are packed with disease-fighting nutrients and give you energy, naturally.

- Serve at least one fruit or vegetable at every meal and snack. Try all the different colors.
- Dip veggies in low fat dressing. Tuck them in whole wheat pitas. Toss some on your pizza.
- Try and try again. It may take children several tastings (10 or more) before they begin to enjoy certain foods.



HOURS OF SCREEN TIME

Two stands for no more than two hours per day in front of a screen (TV, video games, and recreational computer time). A number of studies show a correlation between watching television and obesity.

- Be a role model — limit your own screen time. Play, take a walk, or cook with your kids instead.
- Keep the TV in a central location and out of your child's bedroom.
- Turn off the TV during dinner and take time to talk about your day.



HOURLY OF PHYSICAL ACTIVITY

One means at least one hour of physical activity per day. Physical activity, especially when it gets the heart pumping faster, is vital to maintaining a healthy weight and overall good health. Kids who are raised in active families tend to stay active as adults.

- Plan one physical activity for the family each weekend. Let each child take turns choosing the activity.
- There are lots of ways to be active — walking, dancing, gardening, and raking leaves can all get your heart pumping.
- 10 minutes here, 10 minutes there — and before you know it, you've been moving your body for an hour.



SUGARY DRINKS

Almost none refers to almost no sugary beverages — no more than two servings per week of soft drinks, sports drinks, and fruit drinks that are not 100% fruit juice. Over the last few decades, soda consumption has doubled for girls, tripled for boys.

- Choose water. Add a lemon or lime wedge or a splash of juice for flavor.
- Drink water, milk, and juice yourself. Your children learn by watching you.
- Avoid bringing sodas and sports drinks home. If it's there, the kids will drink it.

About NHPS

Nemours Health and Prevention Services (NHPS), a non-profit organization based in Newark, Delaware, works with families and community partners to help children grow up healthy. Our goal is to drive long-term changes in policies and practices that promote child health and to leverage community strengths and resources to have the greatest impact on the most children. One of our initial areas of emphasis is childhood obesity prevention through promotion of healthy lifestyles, the centerpiece of which is the *5-2-1-Almost None* campaign.

NHPS is the newest division of Nemours, one of the nation's largest pediatric health systems, operating the Alfred I. duPont Hospital for Children and outpatient facilities throughout the Delaware Valley and northern and central Florida. NHPS expands Nemours' reach beyond clinical care to consider the health of the whole child within his or her family and community.



SUSTAINING A HEALTHY FUTURE

For many, the New Year is a time to start working on your “new” self. At the South Tampa Y, we are here to provide support, one-on-one wellness training, fun family strengthening activities, child development programs and nationally recognized health programs that address chronic illnesses, such as diabetes and cancer. These intensive programs allow our members to make long-term lifestyle changes that result in improved health rather than broken New Year’s resolutions.

As an organization, our mission is to strengthen the foundations of our community one member at a time. Sustainability, the potential for long-term well-being, is woven into the very essence of what we do and how we do it. Developing a healthy future conveys our shared commitment to carry on our mission for years to come.

We welcome you and look forward to helping you reach your goals in 2012. Make the most of your Y membership this year, try one of our new adult wellness classes, set a goal and let us help you get there or join one of our small groups. Don’t hesitate to ask us for help – we’re here to serve you!

See you at the Y!

Sincerely,



Monica Mirza
Operations Executive
South Tampa Family YMCA

Hey kids! Be a part of our 5-2-1-Almost none club.
Stop by the Welcome Center for more information.

GET CONNECTED

There are more ways than ever to keep up with what’s going on at the South Tampa Y.

- Connect with us and other members on Facebook & Twitter, you’ll get the latest up to date info plus the chance to win special giveaways that are only available on Facebook and Twitter.
- **E-Newsflash:** If you’ve given us your email address, you’ll receive email newsletters delivered right to your inbox.
- **Member program guides** are mailed to your home 3 times per year.
- Find detailed information and register for programs online at www.tampaymca.org
- **Signs & flyers:** check flyers and bulletin boards around the branch for the latest information. We guarantee you will learn something new!

Fan us on Facebook and Follow us on Twitter -
South Tampa YMCA



SOUTH TAMPA FAMILY YMCA

4411 South Himes Avenue • Tampa, Florida 33611 • Phone: (813) 839-0210 • Fax: (813) 831-2354

HOLIDAY HOURS

New Year's Day – Open 12pm-6:30pm
Memorial Day, Independence Day, Labor Day,
New Year's Eve – Open 7am-6pm
Thanksgiving Day, Christmas Eve – Open 7am-1pm
Easter, Christmas Day – Closed

HOURS OF OPERATION

Monday-Thursday: 5am-10pm
Fridays: 5am-9pm
Saturdays: 7am-6:30pm
Sundays: 12pm-6:30pm

POOL HOURS* (Jan-March)

Monday-Friday: Open 5:30am-8pm
Saturdays: 7am-6pm
Sundays: 12pm-6pm

POOL HOURS* (April-May)

Monday-Friday: Open 5:30am-9pm
Saturdays: 7am-6pm
Sundays: 12pm-6pm

*Schedules are subject to change.

Schedules available in the Welcome Center

KID ZONE HOURS

Monday-Thursday: 8am-1pm and 3pm-8pm
Fridays: 8am-1pm and 3pm-7pm
Saturdays: 8am-1pm
Sundays: 12pm-6:30pm

YOUTH ZONE HOURS

Monday-Thursday: 3pm-8pm
Fridays: 3pm-7pm
Saturdays: 8am-1pm
Sundays: 12pm-6:30pm

ROCK WALL HOURS

Monday/Wednesday/Friday: 4pm-6pm
Saturdays: 10am-1pm

Special thanks to our Volunteer Board of Directors

Michelle Turman, President
Jay Kennedy, Immediate Past President
Danielle Dennis, 2012 Annual Campaign Chair
Brian Anthony
Bryce Berquist
Paul Carastro
Brian DeCosmo
Gilly Dominguez
Travis Elrod
Mary Jane Harrington
Cynthia Sanders-Heatley
Heather Hepp
Lizette Hernandez
Sam Hestorff
Paul Parsons
Rene Rodriguez
Shannon Rodriguez
Tony Schuster
Adam Schwartz

South Tampa Family YMCA Leadership Team

Adam Klutts, adam.klutts@tampaymca.org
Senior Group Vice President
Monica Mirza, monica.mirza@tampaymca.org
Operations Executive
Nickita Barker, nickita.barker@tampaymca.org
District Development Director
Ty Telhiard, ty.telhiard@tampaymca.org
District Facilities Director
Lisa Blanco, lisa.blanco@tampaymca.org
District Administrative Director
Amy Brennan, amy.brennan@tampaymca.org
Aquatics / Gymnastics Director
Heather Solomon, heather.solomon@tampaymca.org
Membership Director
Josh Brown, josh.brown@tampaymca.org
Wellness Director
Suzanne Daniele-George,
suzanne.daniele-george@tampaymca.org
Wellness Director-Tampa Yacht and Country Club
David Koons, david.koons@tampaymca.org
Youth and Adult Sports Program Director
Zeca de Pinho, zeca.dePinho@tampaymca.org
Youth Sports Program Director

MEMBERSHIP BENEFITS & GUIDELINES

At the South Tampa Y, you'll find caring staff members, new friends, and a warm and friendly environment that supports you and helps you reach your wellness goals. South Tampa YMCA members enjoy great benefits including...

- Open on all holidays except Christmas and Easter (hours may be limited)
- Free multi-session Personal Exercise Program with a YMCA Wellness Coach
- Free YMCA member social events, family activities, volunteer opportunities, and seminars

14 Tampa-Area Locations

Your membership is reciprocal throughout the Tampa Metropolitan Area YMCA Association. For full details on all of our locations, please visit our website at www.tampaymca.org or ask a Welcome Center representative.

Regional Locations

We also have a Regional Agreement, which allows you access to YMCAs in Lakeland, Sarasota, Bradenton, the Clearwater area, and St. Petersburg. In addition, we participate in the A.W.A.Y. (Always Welcome at the Y) program which provides free or reduced fee access at YMCAs across the country. You can find more information at www.ymca.net.

Full Facility Access

As a member, you have complete access to all of our facilities without any additional fees. Group exercise classes, including spinning where available, are included. Supervision for children 6 weeks to 11 years old, during specified hours, is also a benefit of family membership.

Early Registration & Savings on Program Fees

Members also receive discounts on our fee-based programs, such as youth sports, swimming lessons, and summer programs and the opportunity to be the first to register.

Membership Referral Program

At the Tampa YMCA, we reward members for referring their family and friends. For every member you refer, the YMCA will give you one free month. Stop by the Welcome Center to pick up your referral cards.

PROGRAMS & PERKS

The First Tee Golf Program

The First Tee Golf Program teaches children the game of golf by providing learning facilities and educational programs that promote character development and life-enhancing values. Programs are offered year-round at six golf courses plus weekly summer camp sessions are available. For more information visit www.thefirstteetampabay.org.

YMCA Camp Cristina

YMCA Camp Cristina, a 65-acre outdoor adventure facility, has unique features and programs you can't find anywhere else. Exciting features and programs include a complete high ropes course, outdoor pool, youth sports, teen activities, summer camp, licensed after school care, teambuilding for corporations and organizations and much more. Programs are offered year-round, plus weekly summer camp sessions are available. For more information visit us online at www.ymcacampcristina.org.

YMCA Water Parks

Our Bob Sierra YMCA Youth & Family Center water park in Carrollwood and Campo Family YMCA water park in Valrico are available for you to enjoy. Both facilities feature a zero-depth entry pool, 3-tiered water play structure, exciting tube slides, and splash park in addition to regular free swimming and lap swimming areas. For current hours of operation visit us online www.tampaymca.org.



Yes! I want to Change the Odds! I will contribute

\$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Email _____

Employer _____

Work Phone _____

My employer will match my gift.

The following options are available for donors of \$50 or more. (Donations are tax deductible within the limits of the law.)

My check is enclosed (Please make checks payable to Tampa YMCA.)

Please bill me in one, two, three, or four payments.

Deduct monthly from my bank account (\$5/month minimum)
Bank Draft authorization forms will be provided by your YMCA Branch.

Charge to my Visa Mastercard American Express
 Other _____

Credit Card # _____

V code _____ Exp. Date _____ / _____

Record my gift in the following name(s):

(please print) _____

Signature _____ Date ____ / ____ / ____

Branch _____

All pledge cards must be signed and dated.

I would like, without obligation, to receive information about designating the Tampa YMCA as a beneficiary of my will or trust.

The Tampa Metropolitan YMCA is a 501 (c)(3) charitable organization, ID # 59-1742909. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800) 435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. REGISTRATION # CH-1227

Worker _____

Member ID# _____

TAMPA METROPOLITAN AREA YMCA

110 E. Oak Ave., Tampa, FL 33602 • 813.224.9622 • www.tampaymca.org



THIS IS Y



Gigi and Richard

Two years ago, Gigi and Richard were struggling to stay in school. Both barely had 2.0 Grade Point Averages, were generally disinterested in school and had typical teen "attitudes." Gigi dreamed of becoming a nurse, and Richard a football player, but both had no knowledge of the steps they'd have to take – or the goals they'd have to meet – to achieve those dreams.

In walked the Tampa Y's Teen Achievers program.

As Teen Achievers, Gigi and Richard receive intensive academic support, are mentored by a number of local professionals and even participate in skill-building activities that will help them in their future careers. Both also hold steady jobs at the Bob Gilbertson Central City Family YMCA and are saving money for college.

Most importantly, though, both have nearly 3.0 GPAs, and are promising to have 4.0 GPAs before graduating from high school. Gigi still dreams of becoming a nurse, Richard would still like to play football, but also sees a future in giving back to the community. Perhaps even by working at the Y.

ADULT WELLNESS PROGRAMS

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y includes more than just working out. In addition to our physical fitness classes and facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

Personal Exercise Program (PEP)

Whether you're new or returning to exercise, our Personal Exercise Program will help you make the most of your workout. Your personal wellness coach will work with you to develop a routine that's right for you. To register for PEP, just stop by the Welcome Center.

South Tampa YMCA Express Workout Circuit

Your CYBEX selectorized equipment line provides you with 2 great express exercise options depending on your time available and your personal fitness level. There is a quick 15 minute workout that will work every major muscle group and a full 30 minute option that will give you a complete workout working all muscle groups. The Express Line of equipment is designed for single set use on each machine. For those wishing to do multiple sets, simply go through the circuit again or allow others to work in and continue on. See a Wellness Coach today for more information.

Personal Training

Your time in the Wellness Center is valuable – maximize your results with a personal trainer. For a very reasonable investment, you'll work one-on-one with a dedicated trainer to build strength, increase cardiovascular capacity, and improve flexibility.

ONE-ON-ONE RATES

1 – one hour session	\$60
4 – one hour sessions (\$57 per hour)	\$228
8 – one hour sessions (\$55 per hour)	\$440
12 – one hour sessions (\$53 per hour)	\$636
24 – one hour sessions (\$50 per hour)	\$1200

New to Personal Training? We offer an Introduction Package: 3 sessions for \$99 for all new clients.

Group Personal Training

Come to the Y and realize what many of our members already know: Group Personal Training is an affordable, fun and motivating way to meet your wellness goals. Work in groups of 2 or more with a certified personal trainer and feed off of the energy of the group.

ONE-HOUR SESSIONS

	2-ON-1	3-ON-1	4-ON-1
1	\$45 per person	\$40 per person	\$25 per person
4	\$160 per person (\$40/hr)	\$150 per person (\$37.50/hr)	\$90 per person
8	\$300 per person (\$37.50/hr)	\$280 per person (\$35/hr)	\$170 per person
12	\$420 per person (\$35/hr)	\$400 per person (\$33.35/hr)	\$250 per person

Personal training is available exclusively to facility members.

To ensure that our Y is a place everybody can enjoy, we ask that all members abide by the following rules.

- Towels are required while exercising.*
- Please wipe down equipment after each use.
- All weight plates and dumbbells should be re-racked when finished.
- All equipment must be used properly. For help using equipment, see a staff member.
- Dropping weights on the floor is not permitted.
- Only water in a closed container is permitted in the Wellness Center. No food or other drinks are allowed.
- There is a 30 minute time limit on all cardio equipment if members are waiting.
- Proper attire must be worn in the Wellness Center. Denim and open toe/heel shoes are not permitted.
- Please be courteous to other members at all times.
- Cell phone use is not permitted in the Wellness Center.

*workout towels can be purchased at the Welcome Center.

Youth ages 10-15 must abide by youth policy at all times:

- All youth must complete an orientation before utilizing the wellness center. Ages 10-11 must do the orientation with a guardian.
- Ages 10-11 must have guardian within arms reach at all times and may use FreeMotion and cardio equipment only.
- Use of free weights is not permitted until age 15.
- Inappropriate behavior may result in loss of privileges.

For more information, contact Josh Brown at josh.brown@tampaymca.org or (813) 839-0210.

Group Exercise

We offer a wide variety of group exercise and water aerobics classes at no cost to Facility Members. Whether you're starting exercise for the first time or just want to get out of a workout rut, group classes are a great way to challenge yourself, learn something new, and even make new friends. Yoga, ZUMBA, BODY PUMP™, Step, Boot Camp, Pilates, SilverSneakers™ and more... the South Tampa Family YMCA has classes for every interest and ability level. **COMING IN 2012... more Les Mills programs!**

Monthly Group Exercise schedules are available at the Welcome Center or online at www.tampaymca.org.

SPINNING®

SPINNING® is a non-impact indoor cycling class and a great alternative for aerobic conditioning. The ride is set to various types of music that will let your mind run free. The resistance knob gives you FULL CONTROL of your SPINNING® journey. You always have the option of tailoring any ride to your desired intensity. Classes are 45 minutes unless otherwise noted.

Monthly SPINNING® Class schedule is available at the Welcome Center or online at www.tampaymca.org.

LIVESTRONG® at the YMCA

The Y provides a place for cancer survivors and their families to heal. LIVESTRONG at the YMCA is a free 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. Participants work with Y staff trained in supportive cancer care to achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people move beyond cancer in spirit, mind and body. For more information, contact Josh Brown at 839.0210 or josh.brown@tampaymca.org.

REAL MEMBER STORY

Tampa Y Members "Livestrong" Each Day

When cancer-survivor Fred Ciampi entered the New Tampa YMCA last December, he was battling depression, trying to lose weight and preparing for back surgery.



Just four months later Ciampi visited his doctor a changed man. He'd lost more than 20 pounds, was no longer depressed and no longer needed surgery. He owes his accomplishments to the LIVESTRONG at the YMCA Program.

"Livestrong gave me my life back," said Ciampi.

YMCA Diabetes Prevention Program (YDPP)

Our partnership with the U.S. Centers for Disease Control has resulted in the Y Diabetes Prevention Program. Available for those at risk for developing pre-diabetes, this program can reduce the risk of developing diabetes by 58 percent (based on studies by the Indiana University School of Medicine). It provides participants with 16 weeks of exercising with friends, group meetings and the assistance of a lifestyle coach. New classes start every month. Stop by the Welcome Center for information about upcoming sessions.

Judo

Our judo classes help develop discipline, self control, and strength.

Days/Time: M/W/F, 12-1pm

Location: Gymnastics Center

Cost: FREE for Facility Members

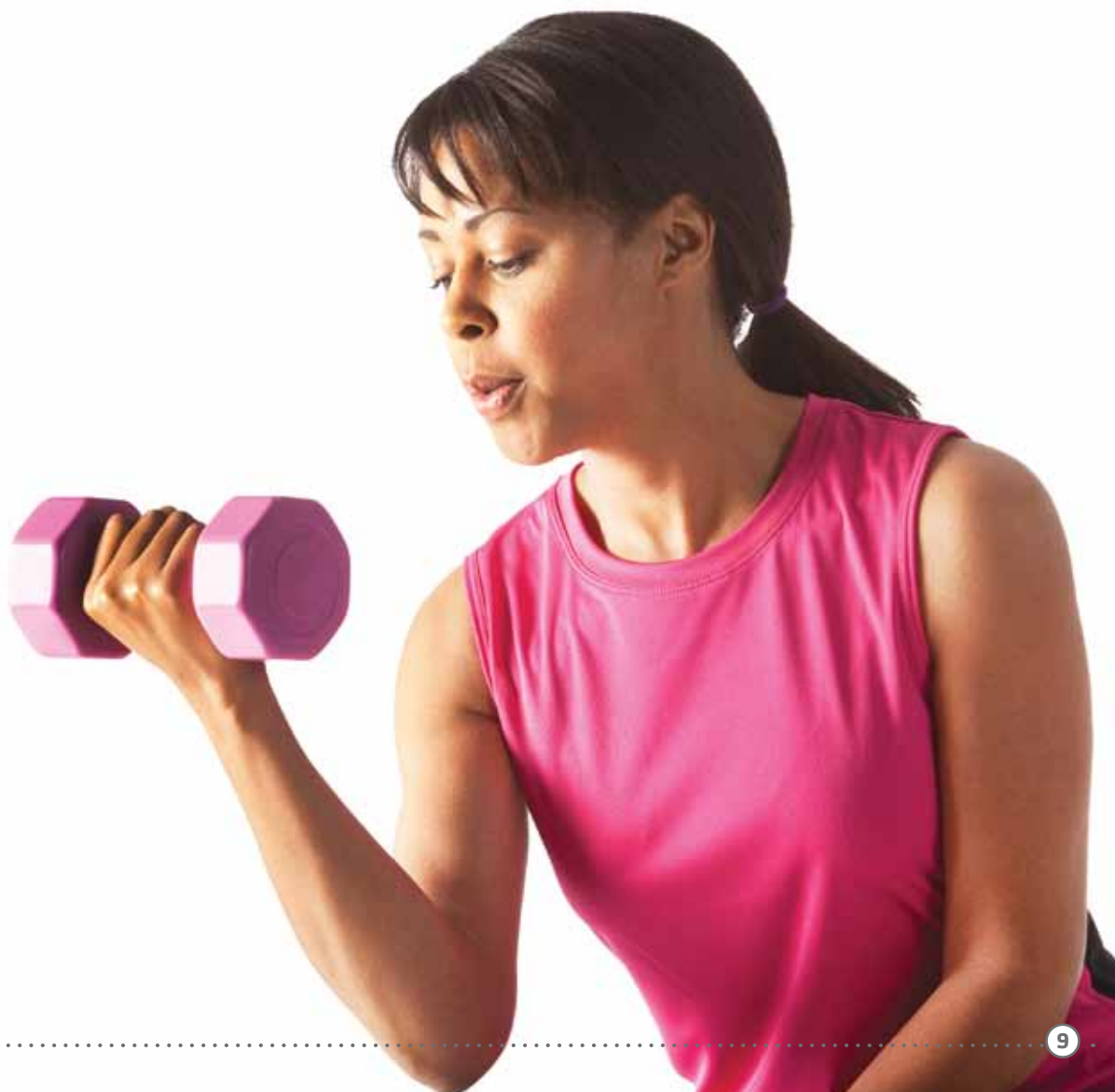
Six Steps to a Healthy Lifestyle:

Six Steps to a Healthy Lifestyle: YMCA lifetime volunteer and fitness instructor, Myrna Haag, shares her six step weight loss success formula. This workshop is highly recommended for anyone looking for cutting edge nutrition information, or just to drop a few extra pounds. Myrna shows you how to properly balance your diet, by eating your favorite foods as the pounds melt off. Visit the Welcome Center for upcoming seminars.

For more information, contact Josh Brown at 839.0210 or josh.brown@tampaymca.org.

Fitness Challenges

Add some fun to your exercise program! We offer several fitness challenges a year that will keep you motivated and tone and sculpt your body. Visit the Welcome Center for more information about our monthly challenge schedule.



ADULT SPORTS

Co-Ed Recreational Adult Soccer

Day/Time: Tues, Thurs, 5:30-7am

Meet on the back court of the basketball gym.

Co-Ed Recreational Adult Basketball

Day/Time: Mon, Wed, Fri, 5:30-7am;

Mon & Wed 8:30-10pm

**OPEN
PLAY!**

5-on-5 Adult Basketball League

Session: Jan 9-March 17

Days/Time: Tues, Thurs, 9-10pm

Cost: \$15 for Facility Members, Program Members \$60

Registration Dates: Facility Members Nov 14-Dec 23,
Program Members Dec 12-Dec 23

Adult Flag Football

Session: April 2-June 9

Days/Time: Mon, Wed 8-10pm

Cost: \$15 for Facility Members, Program Members \$60

Registration Dates: Facility Members Feb 27-Mar 18,
Program Members Mar 5-Mar 18

TRAININGS & CERTIFICATIONS

CPR PRO (Ages 15 and up)

Dates (First Saturday of every month): Jan 7,
Feb 4, March 3, April 7, May 5

Time: 8:30am-1:30pm

Cost: Facility Members \$40, Program Members \$60

First Aid (Ages 15 and up)

Dates (Third Saturday of every month): Jan 21,
Feb 18, March 17, April 21, May 19

Time: 9am-1pm

Cost: Facility Members \$40, Program Members \$60

Lifeguarding (ages 16 and up)

Dates: Classes start January 23 and April 9

Cost: Facility Members \$175, Program Members \$200

Please email Amy at amy.brennan@tampaymca.org for program details.

Baby Sitting Class (ages 11-15)

Certification from American Safety & Health Institute.

Dates: February 11

Time: 9:00am-4:30pm (please bring a bagged lunch)

Cost: Facility Members \$50,
Non Members/Program Members \$85

ACTIVE OLDER ADULT HEALTHY LIVING PROGRAMS

Rev up your social life with luncheons, day trips, activities and parties that will keep you hopping, or keep moving with water aerobics and SilverSneakers® exercise classes.

Active Older Adult Potluck

Potlucks are held on the second Tuesday of every month from 12-1:30pm. Bring your favorite dish to share and meet in The Zone.

Golden SPIN®

Pedal to show tunes, Motown, Sousa marches, Ray Charles and more with Active Older Adult focused group cycling. You'll improve function, stamina, wellness, feel good, have fun and make friends!

Days/Times: See SPINNING schedule

Silver Sneakers®

Get moving with the SilverSneakers® classes, designed to improve your strength, flexibility and balance. Check with your insurance provider for details. Sign up at the Welcome Center. For more information about Active Older Adult programs contact Josh at josh.brown@tampaymca.org or call 839-0210.



ADULT AQUATICS

Winter I Session Dates: January 9–February 25
Facility Member Registration: Nov 14–Dec 23
Program Member Registration: Dec 12–Dec 23

Winter II

Session Dates: February 27–April 14
Facility Member Registration: Jan 23– Feb 12
Program Member Registration: Jan 30–Feb 12

Spring

Session Dates: April 16–June 2
Facility Member Registration: March 12–April 1
Program Member Registration: March 19 – April 1

Adult Beginner Lessons

You are never too old to learn how to swim. Beginner lessons are perfect for those with little or no swimming experience.

Day/Time: Saturday, 11:15am–12pm

Cost: Facility Member \$50/ Program Member \$85

Adult Intermediate/Advanced Lessons

Advanced lessons are for those who can swim one length of the pool and want to refine their strokes.

Day/Time: Wednesday 6:15–7:00pm (Intermediate),

Thursday 6:15–7:00pm (Advanced)

Cost: Facility Member \$50/ Program Member \$85

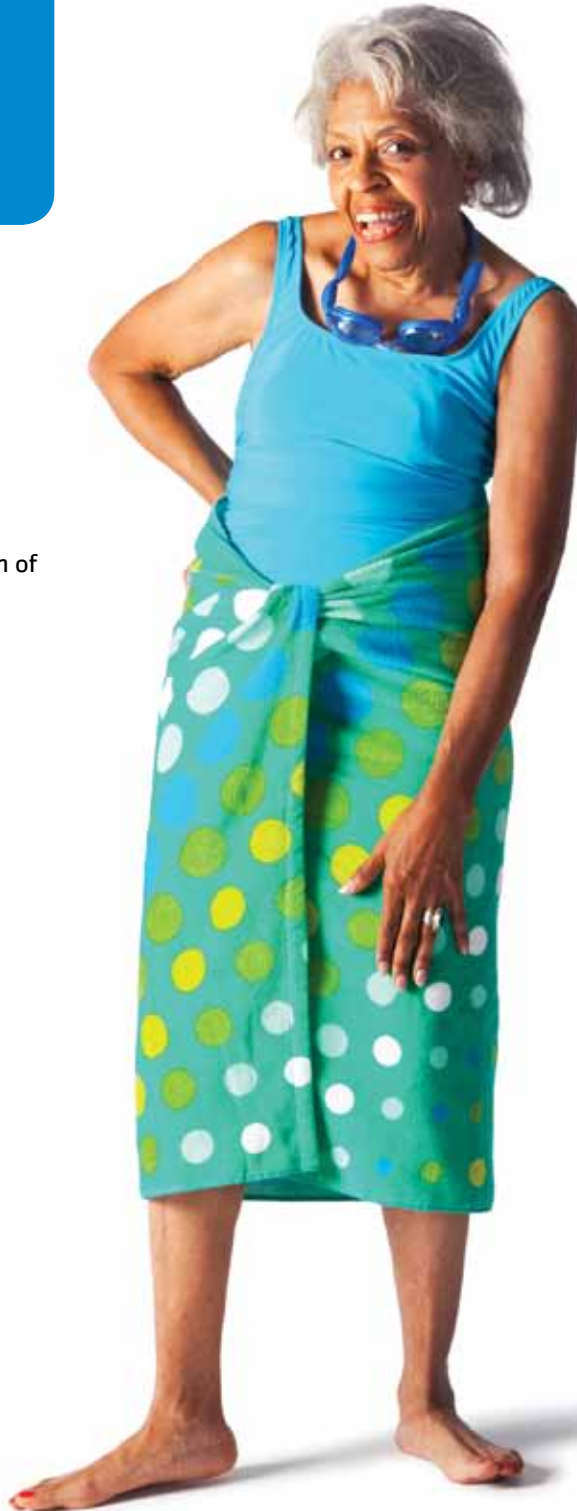
Masters Swim

Do you miss your days of competing on the swim team, or did you let those days slip by and you never got the experience? Now is your chance!

Email Amy Brennan to be put on the email list
amy.brennan@tampaymca.org

Cost: Facility Members \$25/month

Day/Time: Tues, Thurs 5:30AM–6:30am



ADULT WATER FITNESS

Looking for an exercise class that improves your strength, cardiovascular capacity, and endurance while taking it easy on your joints? If so, water exercise is for you. The best part? Our heated pool is a comfortable temperature year round.

Water Aerobics

This is a 45-minute low to medium intensity class, using a variety of equipment. This class offers shallow water moves to improve agility, flexibility and cardiovascular endurance.

Aqua Jogging

This is a deep water exercise class that uses a jogging belt. No need to be a swimmer for this workout. You set the intensity level for yourself!

SilverSplash®

Activate your aqua urge for variety! SilverSplash® offers lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Yoqua

Enjoy the experience of Yoga in the warmth of the water. No need for fancy equipment in this class, all movements take place in the shallow end of the pool.

Days and times for Adult Water Fitness classes can be found on the Monthly Group Exercise schedules available at the Welcome Center or online at www.tampaymca.org.

Pool Guidelines

For your safety and the safety of other members, we ask that you abide by our pool guidelines.

- One lap lane will be available at all times for lap swim. If more than 2 swimmers sharing a lane, then circle swim is mandatory.
- Swim suits are required – no cotton t-shirts, gym shorts, or cut-offs permitted.
- Children needing flotation devices must be accompanied by an adult in the water, regardless of age.
- An adult (age 18 or older) must accompany children age 7 and younger in the water.
- Ages 11 and younger must be accompanied by an adult at all times.
- All children age 17 and under must be swim tested, Swim Test is 25yrd swim and one minute tread.
- Longer hair must be tied back.
- No inflatable flotation devices allowed.
- Swim diapers must be worn, no changing on pool deck.
- Rough play, running, and throwing swimmers is prohibited.
- Don't forget! Facility Members can enjoy open swim at any of the Tampa YMCA aquatic centers.

Locker Room Policy

Children ages 6 and over are not permitted in the opposite sex locker rooms. Use family changing room. Please no changing your child, regardless of age, on the pool deck for safety and sanitation reasons.

Thunderstorm Policy

As a safety precaution to our members and staff, at the first sound of thunder we will close the pool and reopen 30 minutes after the last thunder heard or lightning seen.

Questions? Contact our Aquatic Director, Amy Brennan at amy.brennan@tampaymca.org

YOUTH DEVELOPMENT PROGRAMS

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits that they can carry with them throughout their lives. The benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, the Y is about building the whole child, from the inside out.

YOUTH PROGRAMS

Kid Zone (Ages 6 weeks - 7 years*)

Our Kid Zone offers high quality, caring supervision of children with a family membership. The Kid Zone has a separate activity schedule that may include arts and crafts, fitness, open gym, playground time, Wii, computer time, bounce house, language building, etc. Stop by the Kid Zone to pick up an activity schedule. Children may visit the Kid Zone for up to 2 hours in the morning and evening. The parent or guardian must remain in the facility while the child is in the Kid Zone.

Hours of Service

Monday-Thursday: 8am-1pm and 3pm-8pm
 Friday: 8am-1pm; 3pm-7pm
 Saturday: 8am-1pm
 Sunday: 12pm-6:30pm

Youth Zone (Ages 6-11 years*)

Our Youth Zone offers a variety of programs and activities, like fitness games, Wii, billiards, arts and crafts, reading/study center, and much more. Stop by the Welcome Center for the youth activities schedule.

Hours of Service

Monday-Thursday: 3pm-8pm
 Friday: 3pm-7pm
 Saturday: 8am-1pm
 Sunday: 12pm-6:30pm

*6 and 7 year olds are welcome to choose the Kid Zone or the Youth Zone. Tweens and Teens are also allowed in the Youth Zone.

All Night Madness (Ages 5-12)

Wonder what it's like to sleep over at the Y? Drop the kids off for a night of gymnastics, games, movie time, food and more. Deadline to register is the Wed. prior to the program.

Times: 8pm-7am
Dates: February 17
Cost: Members only, \$40 per child/
 \$80 per family of 3 or more

Midnight Madness (Ages 5-12)

Kids will enjoy gymnastics, swimming, Youth Zone activities and games, food and more. Midnight Madness will be offered in May and August from 6pm - midnight. Deadline to register is the Wed. prior to the program.

Times: 6pm-midnight
Dates: April 20
Cost: Members only, \$20 per child/
 \$40 per family of 3 or more

Parents Night Out (Ages 5-12)

Parents get to enjoy a night out while kids have a blast at the Y. Kids will enjoy gymnastics, Youth Zone activities and games, food and more. Parents must sign child into Parents Night Out in the Youth Zone.

Deadline to register is the Wed. prior to the program.
Times: 6:30-10pm
Dates: Jan 20, March 16, May 18
Cost: Members only, \$10 per child/
 \$20 per family of 3 or more

Birthday Parties (Ages 1-12)

Each child's birthday is a milestone. At the Y, parents can get caught up in the moment and leave the work to us. Parties include 1 hour and 15 minutes of activity time, followed by 45 minutes of cake and present opening time. Each birthday includes juice, goody bags, place mats, tablecloths and paper goods.

Day/Times: Saturdays only, 1pm-3pm or
 3:30pm-5:30pm

Party Options: Pool (ages 8 and up),
 Gymnastics (ages 1-12), Rock Wall or
 Youth Zone (ages 4-12)

Accommodations: includes up to 18 children,
 \$5 per additional child

Cost: Facility Member \$185/ Program Member \$230

SPRING BREAK DAY CAMP

Spring Break Day Camp (Ages 5-12)

Dates: March 12th-March 16th

Time: 9am-4pm*

Cost: Cost: Facility Member \$130 / Program Member \$185

*Early drop off at 7am and late pickup at 6pm available to full day camp participants at no additional charge.

Gymnastic Camp

Come join us for some stretching, strengthening, tumbling, cheering and dancing.

Dates: March 12th-March 16th

Time: 9am -12pm

Cost: Facility Members \$80 / Program Member \$100

Aquatic Camp

Tired of sitting in the classroom? Splash around with us in our outdoor pool. You will enjoy water sports, wet ball, baseball, synchronized swimming, volleyball, and more.

Dates: March 12th-March 16th

Time: 9am-12pm

Cost: Facility Members \$80 / Program Member \$100

SUMMER CAMP

Summer Camp

Summer wouldn't be summer without the YMCA! Camp provides the opportunity for young people to build self esteem, develop interpersonal skills and make lasting friendships and memories.

The South Tampa Y offers a wide variety of camp options to keep kids active all summer long. Summer camp brochures will be mailed to members in April 2012.

YOUTH SPORTS

The YMCA is your one-stop shop for high-quality youth sports programs. We invented basketball, volleyball and racquetball, and since 1889 we've been offering athletics for youth and adults. Our programs focus on building sports skills while simultaneously building character values and encouraging teamwork.

COMPETITIVE BASKETBALL AND SOCCER

Winter Session Dates: January 9-March 17

Facility Member Registration: Nov 14-Dec 23

Program Member Registration: Dec 12-Dec 23

Spring Season Dates: April 2-June 9

Facility Member Registration: Feb 27-March 18

Program Member Registration: Mar 5-March 18

Basketball (Ages 7-8 & 9-10)

Teams will practice once a week on one of the following days:

Ages 7-8: Mon/Tues

Ages 9-10: Tues/Thurs

Practice start times: 5:30pm, 6:30pm, or 7:30pm

Game days*: Games will either be played on Friday nights at or after 5:30pm or Saturdays at or after at 11:00am

Cost: Facility Member \$70/ \$140 Program Member

Coaches Meeting: Wednesday, January 4, 7pm

*During end of season tournament, games may be played any day of the week.

Basketball (Ages 11-17)

Teams will practice once a week on one of the following days:

Ages 11-12: Mon/Wed

Ages 13-14: Wed/Thurs

Practice start times: 5:30pm, 6:30pm, or 7:30pm

Game days*: Games will either be played on Friday nights at or after 5:30pm or Saturdays at or after at 11:00am

Cost: Facility Member \$75/ \$145 Program Member

Coaches Winter Meeting: Wednesday, January 4, 7pm

Coaches Spring Meeting: Wednesday, March 28, 7pm

*During end of season tournament, games may be played any day of the week.

Competitive Soccer (Ages 5-6, 7-8, 9-11, 12-14, 15-18)

Teams will practice once a week at 5:00pm on the following days:
Ages 5-6, 7-8, 9-11: Mon/Tues/Fri
Ages 12-14, 15-18: Tues/Thurs/Fri
 Games will be held on Saturdays at Ballast Point Elementary School between 8:30am-12:30pm.
Cost (ages 5-6): Facility Member \$80/
 \$120 Program Member
Cost (ages 7-18): Facility Member \$90/
 \$130 Program Member
Coaches Meeting (Winter): Thursday, January 5, 7pm
Coaches Meeting (Spring): Tuesday, March 27, 7pm

TACKLE FOOTBALL

Winter Session Dates: Jan 9- April 14
Facility Member Registration: Nov 14-Dec 23
Program Member Registration: Dec 12-Dec 23

(Ages 7-15)

Teams will practice once a week on a weekday, games will be played on Saturdays between 8:30am-12:30pm.
Cost: Facility Member \$140/ Program Member \$200
Coaches Meeting: Tuesday, January 3, 7pm

VOLLEYBALL

Winter I Session Dates: January 9-February 25
Facility Member Registration: Nov 14-Dec 23
Program Member Registration: Dec 12-Dec 23

Winter II Session Dates: Feb 27-April 14
Facility Member Registration: Jan 23-Feb 12
Program Member Registration: Jan 30-Feb 12

Spring Session Dates: April 16-June 2
Facility Member Registration: March 12-April 1
Program Member Registration: Mar 19-April 1

(Ages 8-12)

Held on Wednesdays only. Ages 8-9 will play between 3:30-4:30pm and ages 10-12 will play between 4:30-5:30pm.
Cost: Facility Member \$50/ Program Member \$100

FLAG FOOTBALL

Winter II Session Dates: Feb 27-Apr 14
Facility Member Registration: : Jan 23-Feb 12
Program Member Registration: Jan 30-Feb 12

Spring I Session Dates: Apr 16-June 2
Facility Member Registration: Mach 12-April 1
Program Member Registration: March 19-April 1

(Ages 6-12)

Held on Saturdays only at 8:30am at the Madison Middle School
Cost: Facility Member \$70/ Program Member \$100
Winter II Coaches Meeting: Tuesday, Feb 21, 7pm
Spring Coaches Meeting: Tuesday, April 10, 7pm

PRESCHOOL BASKETBALL AND SOCCER

Winter I Session Dates: January 9-February 25
Facility Member Registration: Nov 14-Dec 23
Program Member Registration: Dec 12-Dec 23

Winter II Session Dates: Feb 27-April 14
Facility Member Registration: Jan23-Feb 12
Program Member Registration: Jan 30-Feb 12

Spring Session Dates: April 16-June 2
Facility Member Registration: Mar 12-April 1
Program Member Registration: Mar 19-April 1

Basketball (Ages 3-4)

Basketball for boys & girls will include a 30-minute skill development session before playing a mini game on Saturdays between 8:30-9:30am.
Cost: Facility Member \$50/ Program Member \$100
Winter I Coaches Meeting: Wednesday, Jan 4, 6pm
Winter II Coaches Meeting: Wednesday, Feb 22, 6pm
Spring Coaches Meeting: Wednesday, April 11, 6pm

Basketball (Ages 5-6)

Basketball for boys & girls will include a 30 minute skill development session before playing a mini game on Saturdays between 9:30-10:30am.
Cost: Facility Member \$60/ Program Member \$120
Winter I Coaches Meeting: Wednesday, Jan 4, 6pm
Winter II Coaches Meeting: Wednesday, Feb 22, 6pm
Spring Coaches Meeting: Wednesday, April 11, 6pm

Soccer (Ages 3-4)

Teams will practice for two weeks and then play five weeks of games. Practices and games are held on Saturdays only between 8:30-10:45 at the YMCA front fields.
Cost: Facility Member \$50/ Program Member \$100
Winter I Coaches Meeting: Thursday, Jan 5, 7pm
Winter II Coaches Meeting: Thursday, Feb 23, 7pm
Spring Coaches Meeting: Thursday, April 12, 7pm

YOUTH FITNESS

Youth Sports Conditioning (ages 10–16)

Specifically designed for the young athlete who wants to perform at a higher level. YSC focuses on developing speed, strength, agility, power and quickness in athletes of all sports. Sign up today and see the results next season. Class meets twice per week for four weeks and starts the first Tuesday or Thursday of each month from 4:30–5:30pm.

Cost: Facility Member \$50/ Program Member \$100

Planet Kidz (ages 4–12)

Kids can learn about health and exercise in a group fitness class just for them. See Group Exercise schedule for days/times.

Cost: FREE for Facility Members

Kids Yoga (ages 5–10)

By using animated postures and interactive games, this class has the opportunity to stretch kids bodies, letting them use their imagination and learn about yoga in a fun way. This positive and non-judgmental environment allows the child to leave the class with a sense of well-being, and respect for others and themselves.

See Group Exercise schedule for Days/Times.

Cost: FREE for Facility Members

Tae Kwon Do

Students will gain confidence, self-discipline and respect for themselves and others – and they'll have a lot of fun!

Session Dates: Jan 4–31, Feb 1–28, March 5–29, April 2–26, April 30–May 24

Cost: Facility Member \$60/ Program Member \$85 (uniform is not included)

Days/ Times:

Open–All Ranks: M/W 4:30–5:05pm

Junior Intermediate Ranks (Green–Blue Belt)

M/W 5:15–6:15pm

Adult All Ranks (age 13+ or instructor discretion)

M/W 6:30–7:30pm

Junior Beginner Ranks and Transitional Students (White Belt–Orange Belt–Little Dragon)

T/TH 5:15–6:15pm

Junior Advanced Ranks (Brown Belt–Red/Black Belt)

T/TH 6:30–7:30pm

Little Dragons: All Ranks (Ages 4–6)

T/TH 4:30–5:05pm

Cost (Little Dragons only): Facility Member \$50/ Program Member \$65

Must register by the Wednesday prior to the session start date.

Judo (Ages 5 and up)

Our judo classes help develop discipline, self control, and strength for youth members

Days/Times: Tue, 7:30–9pm, Sat 11:30am–1pm

Cost: FREE for Facility Members



GYMNASTICS, DANCE, AND CHEERLEADING

Whether it's preschool tumbling, special needs programs or competitive gymnastics teams, the YMCA is the place for your child to develop gymnastics skills while building character and teamwork.

Winter I

Session Dates: January 9-February 25
Facility Member Registration: Nov 14- Dec 23
Program Member Registration: Dec 12- Dec 23
Cost: Facility Member \$56/ Program Member \$106

Winter II

Session Dates: February 27-April 14
Facility Member Registration: Jan 23-Feb 12
Program Member Registration: Jan 30-Feb 12
Cost: Facility Member \$56/ Program Member \$106

Spring

Session Dates: April 16-June 2
Facility Member Registration: March 12-April 1
Program Member Registration: March 19-April 1
Cost: Facility Member \$56/ Program Member \$106

Tumble Tots (Ages 12-36 months)

This is a class for parents and children. Parents will take part in the class and children will learn basic tumbling, rolling, and jumping movements.

Days	Times
Thur	4:00pm-4:40pm
Thur	4:45pm-5:25pm
Sat	9:00am-9:40am

Tiny Tumblers (Ages 3-5)

This class is designed to introduce the child to basic tumbling, rolling, and jumping movements. Children work on gross motor skills and coordination. Child must be able to follow directions.

Days	Times
Mon	4:45pm-5:25pm
Tues	4:00pm-4:40pm
Wed	4:00pm-4:40pm
Sat	9:45am-10:25am

Kindergym (Ages 4-5)

This class is designed to introduce children to basic gymnastics skills; cartwheels, bar skills, beam skills, rolling and jumping movements.

Days	Times
Mon	5:30pm-6:10pm
Tue	4:00pm-4:40pm
Tue	4:45pm-5:25pm
Thur	4:00pm-4:40pm
Sat	10:30am-11:10am

Lil' Kips Level 1A (Ages 6-8)

This is an introduction class for children. Children will learn basic gymnastic skills on vault, bars, beam and floor. Skills will include cartwheels, splits techniques, forward and backward rolls and bridges.

Days	Times
Tue	5:30pm-6:10pm
Wed	5:30pm-6:10pm
Thur	4:45pm-5:25pm
Sat	9:45am-10:25am

Big Kips Level 1B (Ages 9-12)

This is an introduction class for children. Children will learn basic gymnastic skills on vault, bars, beam and floor. Skills will include cartwheels, splits techniques, forward and backward rolls and bridges.

Days	Times
Wed	4:45pm-5:25pm
Sat	10:30am-11:10am

Twisters Level 2 (Ages 6-12)

Children will refine their beginner skills and develop new skills. Participants must have prior gymnastic experience. Skills will include back bends, bridge kick-overs and pullovers on bars.

Days	Times
Wed	5:30pm-6:10pm
Thur	5:30pm- 6:10pm
Sat	9:00am-9:40am

Flippers Level 3 (Ages 6-12)

Emphasis on proper form and technique of basic skills and progression toward new skills. New skills include back walkovers, front and back handsprings, mill circles on bars and progression to connect new skills.

Days	Times
Wed	4:45pm-5:25pm

Flyers Level 4 (Ages 6-12)

Progression of new skills will include back tucks, round-off back handspring back tucks, and aerials. Bar work includes front hip circles and glide kips.

Days	Times
Wed	4:45pm-5:25pm

Tumble (ages 8-13)

This class focuses on floor and tumbling skills alone. Great for those who want to learn how to tumble without the other gymnastics events. Beginners and advanced tumblers welcome! Ideal for cheerleaders and dancers who want to advance their skills.

Days	Times
Wed	4:00pm-4:40pm

Rough and Tumble (Ages 8-12)

BOYS ONLY! This class focuses on floor and tumbling skills alone. Great for those who want to learn how to tumble, stand on their heads, and walk on their hands. Beginners and advanced tumblers welcome!

Days	Times
Mon	5:30pm-6:10pm

Circle of Friends (Ages 3-5)

An adaptive class for children who have special needs. We work on building gross motor skills while building friendships.

Days	Times
Mon	10:45am-11:15am

Dance Combo

Dance your way into fun at the YMCA. Learn a little ballet, jazz, and hip-hop all wrapped into one fun-tastic class.

Days	Times
Mon (Ages 3-5)	4:45pm-5:25pm
Sat (Ages 3-5)	9:00am-9:40am
Sat (Ages 6-12)	9:45am-10:25am

Progressive Cheer Class

Children will learn cheer, chants, and jumps. Children will learn how to write their own cheers too!

Days	Times
Tue (Ages 4-6)	5:30pm-6:15pm
Thur (Ages 7-11)	5:30pm-6:15pm

Land and Sea (Ages 3-5 yrs)

Come bounce around in the gymnastics area and then splash around in the pool. Children will learn basic tumbling and jumping, focusing on gross motor skills and coordination. In the water, children will learn how to swim independently and play games. Please have children wear their suits under their clothing for a quick transition.

Day/Time: Mon 9:30-10:30am
Cost: Facility \$50/Program \$85

Parent Child Stretch (Ages 3-5)

Parents and children come together in gentle stretching poses which will strengthen both mind and body in a fun comfortable atmosphere.

Day/Time: Tue 10:30-11am
Cost: Facility Members \$25/pair
 Program Member \$45/pair
 Meet in gymnastics room.

Melody Hounds® (Ages 2.5-6)

A fun class for children and parents! class is designed to help children learn the foundation for: pitch and vocal development, beat and rhythm development, and expression in music.

Day/Time: Thur 10:30am-11am
Cost: Facility Members \$30/pair
 Program Member \$45/pair

Family Gym (Open Gym)

Come together as a family at the Y. Siblings can enjoy family time with mom and dad. Pick up a ticket to play when you come into the Y, only one ticket per child. Parents are encouraged to join in on our activities for ages 0-7. Ages 0-3, parents must be within arms reach of child. Ages 4-7, parents must participate or observe.

Cost: FREE for Facility Members

Days	Times
Mon (ages 3-7)	3:45pm-4:35pm
Tue (ages 0-5)	11:15am-11:45am
Thur (ages 0-5)	11:15am-11:45am
Fri (ages 3-7)	3:45pm-4:15pm
Fri (ages 8 & up)	4:30pm-5pm

Synchro Dance and Swim (Ages 6-12)

Try your dancing skills out on the land and in the water.

Day/Time: Wed, 5-6pm
Cost: Facility \$56/Program \$106

AQUATICS

Winter II

Session Dates: February 27-April 14
Facility Member Registration: Jan 23- Feb 12
Program Member Registration: Jan 30-Feb 12
Cost: Facility Member \$50/ Program Member \$85

Spring

Session Dates: April 16-June 2
Facility Member Registration: March 12-April 1
Program Member Registration: March 19 - April 1
Cost: Facility Member \$50/ Program Member \$85

Private lessons and small groups may be available in January and February based on need. Contact Amy Brennan at amy.brennan@tampaymca.org.

FREE! Parent/Child Swim Lesson (Ages 6 months - 23 months)

This is a water enrichment and adjustment class that children participate in with their parent. Basic fundamental skills will be taught in an enjoyable atmosphere of songs and play to develop trust and confidence in the water.

Cost: Facility Member FREE!/ Program Member \$85

Days	Times
Wed	4:45pm-5:15pm
Sat	9:45am-10:15am

Parent/Child II (Ages 24 months - 36 months)

This class is designed for children who are almost ready for the Pike level. Parents will be in the water with children and will learn to swim on their own.

Cost: Facility Member \$38/ Program Member \$64

Days	Times
Wed	5:30pm-6pm
Sat	10:30am-11am

Preschool Progressive Lessons (Ages 3-5)

Children learn to develop lifelong swim skills using the latest methods of aquatic instruction.

Please utilize the waitlist, if the class is full we will try and open up another class for those on the waitlist. More classes will be added based on the needs of our members.

Pike: Lessons focus on breath control, arm and leg movements, floating, independent swim (2 yards), swimming with floatation device (10 yards)

Days	Times
Mon	4:00pm-4:40pm
Mon	5:30pm-6:10pm
Wed	4:00pm-4:40pm
Wed	4:45pm-5:25pm
Wed	6:15pm-6:55pm
Sat	9:00am-9:40am
Sat	10:30am-11am

Eel: Lessons focus on breath control, arm and leg movements, independent swim (5 yards), swimming with floatation device (15 yards)

Days	Times
Mon	4:00pm-4:40pm
Mon	5:30pm-6:10pm
Wed	4:45pm-5:25pm
Wed	6:15pm-6:55pm
Sat	9:00am-9:40am

Ray: Lessons focus on refinement of front and back crawl, introduction of backstroke, breaststroke and sidestroke, independent swim (7 yards), swimming with floatation device (20 yards)

Days	Times
Mon	4:00-4:40pm
Wed	4:45-5:25pm
Sat	10:30-11:10am
Sat	11:15am-11:55am

Starfish: For kids who can swim full freestyle, backstroke and breaststroke, refinement of breaststroke and butterfly, refine bilateral breathing

Days	Times
Mon	4:00-4:40pm
Wed	4:45-5:25pm
Sat	10:30-11:10am
Sat	11:15am-11:55am

Land and Sea (Ages 3-5 yrs)

Come bounce around in the gymnastics area and then splash around in the pool. Children will learn basic tumbling and jumping, focusing on gross motor skills and coordination. In the water, children will learn how to swim independently and play games. Please have children wear their suits under their clothing for a quick transition.

Day/Time: Mon 9:30-10:30am

Cost: Facility Member \$50/Program Member \$85

Youth Progressive Lessons (Ages 6 and up)

Classes focus on personal safety, stroke development, water sports and games, personal growth, and rescue.

Polliwog: Lessons focus on breath control, floating, independent swim (10 yards), swimming with a floatation device (20 yards)

Days	Times
Mon	4:45pm–5:25pm
Mon	5:30pm–6:10pm
Wed	5:30pm–6:10pm
Wed	6:15pm–6:55pm
Sat	9:00am–9:40am

Guppy: Lessons focus on refinement of front and back crawl, introduction of bilateral breathing, introduction of breaststroke, backstroke, sidestroke, independent swim on front and back (15 yards)

Days	Times
Mon	4:45pm–5:25pm
Mon	5:30pm–6:10pm
Wed	6:15pm–6:55pm
Sat	9:00am–9:40am

Minnow: Lessons focus on refinement of front and back crawl, breaststroke, elementary backstroke, and sidestroke (25 yards), introduction of butterfly

Days	Times
Mon	4:45pm–5:25pm
Wed	4:00pm–4:40pm
Sat	9:45am–10:25am
Sat	11:15am–11:55am

Fish: Lessons focus on independent swim front and back crawl, breaststroke, elementary backstroke, and sidestroke, refinement of butterfly (25 yards), introduction of flipturns

Days	Times
Mon	4:45pm–5:25pm
Wed	4:00pm–4:40pm
Sat	9:45am–10:25am
Sat	11:15am–11:55am

Porpoise – Tween Swim Lessons (Ages 12 & up)

Tweens who want to learn to swim. Very beginner class for those who have little or no swimming experience and who don't want to be left out of the water.

Days	Times
Wed	5:30pm–6:10pm

Swim Team (Ages 6–18)

For those who love to swim, want to build friendships and be part of a team, the Y's swim team is the place for you.

Days/Times: Tues, Thurs, 6:15–7:30pm
 Yellow group (Novice) practices on Tuesdays & Thursdays from 5:30–6:15pm. Blue group (Intermediate) practices on Tuesdays & Thursdays from 6:15–7:30pm.
Cost: Facility Members \$50/ month

Synchro Dance and Swim (Ages 6–12)

Try your dancing skills out on the land and in the water. We meet in the gymnastics center, wear your suit under your clothes for an easy transition.

Day/Time: Wed, 5:00–6:00pm
Cost: Facility \$56/Program \$106

Pool Guidelines

For your safety and the safety of other members, we ask that you abide by our pool guidelines.

- One lap lane will be available at all times for lap swim. If more than 2 swimmers sharing a lane, then circle swim is mandatory.
- Swim suits are required – no cotton t-shirts, gym shorts, or cut-offs permitted.
- Children needing flotation devices must be accompanied by an adult in the water, regardless of age.
- An adult (age 18 or older) must accompany children age 7 and younger in the water.
- Ages 11 and younger must be accompanied by an adult at all times.
- All children age 17 and under must be swim tested, Swim Test is 25yrd swim and one minute tread.
- Longer hair must be tied back.
- No inflatable flotation devices allowed.
- Swim diapers must be worn, no changing on pool deck.
- Rough play, running, and throwing swimmers is prohibited.
- Don't forget! Facility Members can enjoy open swim at any of the Tampa YMCA aquatic centers.

Locker Room Policy

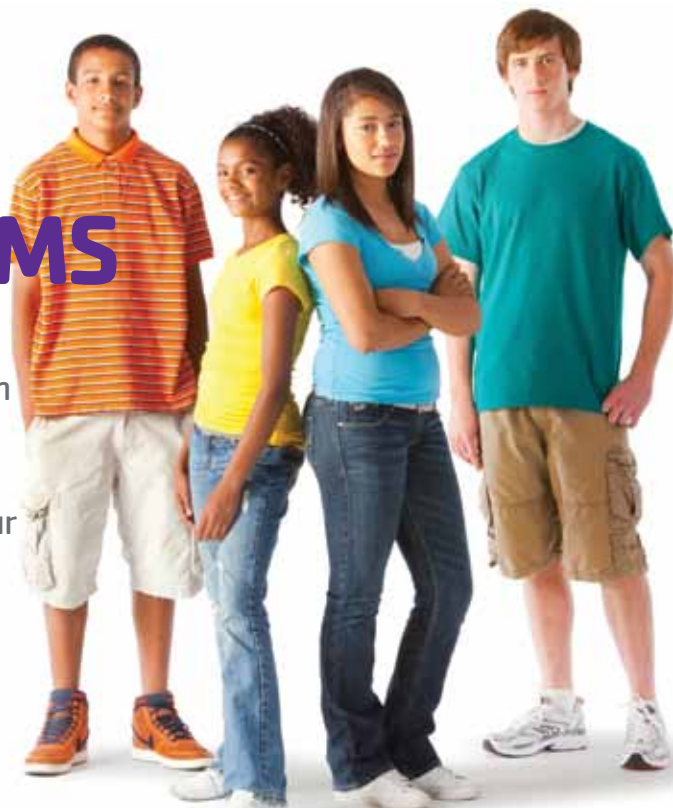
Children ages 6 and over are not permitted in the opposite sex locker rooms. Use family changing room. Please no changing your child, regardless of age, on the pool deck for safety and sanitation reasons.

Thunderstorm Policy

As a safety precaution to our members and staff, at the first sound of thunder we will close the pool and reopen 30 minutes after the last thunder heard or lightning seen.

Questions? Contact our Aquatic Director, Amy Brennan at amy.brennan@tampaymca.org

TWEEN & TEEN PROGRAMS



Hanging out at the YMCA is cooler than ever! The Y offers fun teen activities, teen sports leagues and fitness classes so you can make new friends, play games, and have fun. Ready to get more involved? Our Leaders' Club helps develop leadership skills, physical fitness and volunteer experience.

Teen SPIN® (Ages 10-19)

Teens can get active, have fun with their friends and ride to their own music. Best of all, no grown ups allowed! Minimum height requirement is 4'11" due to safety requirements.

Monthly SPINNING® Class schedule is available at the Welcome Center or online at www.tampaymca.org.

Cost: FREE for Facility Members

Leaders' Club (Ages 11-18)

The Leaders' Club helps develop leadership skills, physical fitness and character through social events and service projects. See Welcome Center for meeting times.

Cost: FREE for Facility Members

Personal Exercise Program

New to exercise? Our FREE Personal Exercise Program will help you make the most of your workout. Your personal wellness coach will work with you to develop a routine that's right for you during your developmental years. To sign up for our Youth PEP, just stop by the Welcome Center.

Group Exercise

BODYPUMP™, Yoga, Step, ZUMBA, Boot Camp, Water Aerobics, Pilates, and more... the South Tampa Family YMCA classes are for teens too! See the group exercise schedule for classes that will get you moving and shaking.

Volunteer at the Y

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own community. Pick up a volunteer application at the Welcome Center and get started making a difference today.

COMPETITIVE BASKETBALL AND SOCCER

Winter Session Dates: January 9-March 17

Facility Member Registration: Nov 14-Dec 23

Program Member Registration: Dec 12-Dec 23

Spring Season Dates: April 2-June 9

Facility Member Registration: Feb 27-March 18

Program Member Registration: Mar 5-March 18

Basketball (Ages 11-17)

Teams will practice once a week on one of the following days:

Ages 11-12: Mon/Wed

Ages 13-14: Wed/Thurs

Practice start times: 5:30pm, 6:30pm, or 7:30pm

Game days*: Games will either be played on Friday nights at or after 5:30pm or Saturdays at or after at 11:00am

Cost: Facility Member \$75/ \$145 Program Member

Coaches Winter Meeting: Wednesday, January 4, 7pm

Coaches Spring Meeting: Wednesday, March 28, 7pm

*During end of season tournament, games may be played any day of the week.

Competitive Soccer (Ages 12-14, 15-18)

Teams will practice once a week at 5:00pm on the following days:

Ages 12-14, 15-18: Tues/Thurs/Fri

Games will be held on Saturdays at Ballast Point Elementary School between 8:30am-12:30pm.

Cost (ages 7-18): Facility Member \$90/
\$130 Program Member

Coaches Meeting (Winter): Thursday, January 5, 7pm

Coaches Meeting (Spring): Tuesday, March 27, 7pm

FAMILY ACTIVITIES

Rock Climbing Wall

The South Tampa YMCA's rock climbing wall is great fun for novice and experienced climbers alike. If you're new to rock climbing, our staff can show you the ropes.

Hours of Service: Mon/Wed/Fri, 4-6pm,
Sat 10am-1pm

Member Appreciation Days

We appreciate your membership! Our members will enjoy an array of activities on Member Appreciation Days.

Days	Times:
January 23	5-7pm
February 25	9-11am
March 19	5-7pm
May 12	9-11am

Family Gym (Open Gym)

Come together as a family at the Y. Siblings can enjoy family time with mom and dad. Pick up a ticket to play when you come into the Y, only one ticket per child. Parents are encouraged to join in on our activities for ages 0-7. Ages 0-3, parents must be within arms reach of child. Ages 4-7, parents must participate or observe.

Cost: FREE for Facility Members

Days	Times
Mon (ages 3-7)	3:45-4:35pm
Tue (ages 0-5)	11:15am-11:45am
Thur (ages 0-5)	11:15am -11:45am
Fri (ages 3-7)	3:45-4:15pm
Fri (ages 8 & up)	4:30-5pm

Fun Family Events

Save the Date for: Healthy Kids Day! Sat, April 28

COMING SOON IN 2012

- » Family Zumba
- » Family Wii Challenge
- » Parents vs. Kids Sports
- » Family Rock Wall Races
- » and much, much more!
- » **FAMILY TIME IS
MORE FUN A THE Y!**



SMALL GROUPS

Our members are a diverse bunch, so we have small groups for all kinds of interests. Whether it's an active older adult activity, a moms group or a running club, chances are we have something for you!

Y RUN Running Club

Meet new people and make new friends. Learn from and share your knowledge with others in the club! Whether you're a novice, intermediate or experienced runner, this club is for YOU!

Who: Open to Members and non-members

When: See the Welcome Center for schedule of club meetings

Where: Meet in front of the South Tampa YMCA

Day/Time: Visit Welcome Center for details

Cost: FREE

Registration: Must sign up at the Welcome Center prior to running with the group.

HOT DOCS (Helping Our Toddlers: Developing Our Children's Skills)

HOT DOCS is a 7-week behavioral training program for parents/caregivers/child service professionals that teaches adults how to understand, prevent, and address challenging behaviors in young children (ages birth to 5). Participants will learn techniques that are fun and creative to use at home, in the community and at school. Provided by USF Pediatrics, Division of Neurobehavioral Health, supported by grant funding from the Children's Board of Hillsborough County.

For more information or to register, please contact Dr. Jillian Childres, Project Director, 813-974-1189 or jwillia6@health.usf.edu



MOPS, Mothers of Preschoolers

MOPS is a group designed to nurture every mom with children ages birth-

kindergarten. This group meets in the Multipurpose room on the 1st and 3rd Wednesday of every month from 9:30-11am, from September - May. MOPS does not meet formally during the summer months of June, July, & Aug, but will still host MOPS activities outside of the Y, such as MOPPETS Meet-Ups at parks, Mom's Night Out, etc. Visit ymcamops.com for more information.



Alzheimer's Caregiver Support Group

This group meets the last Tuesday of every month in the conference room. For more information, contact yvette.wilmath@tampaymca.org or call 813-839-0210 x233.

Women's Bible Study

Meets every Tuesday from 10-11:30am in the conference room.



Logos Dei Church

We invite you to join us for worship on Sunday mornings at 10am in the group exercise room. Our worship is casual, with a seat for everyone. When worship begins, children are invited to the Logos Dei Kids Program or if you want to worship together as a family... we LOVE having kids in worship too!

We want your input. Interested in a small group not listed? Let the Welcome Center know.



TAMPA METROPOLITAN AREA YMCA

110 East Oak Avenue
Tampa, Florida 33602
www.tampaymca.org

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