



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU CURRENT

**SOUTH TAMPA FAMILY YMCA
PROGRAM GUIDE**

September – December 2012



**TAMPA
METROPOLITAN
AREA YMCA**

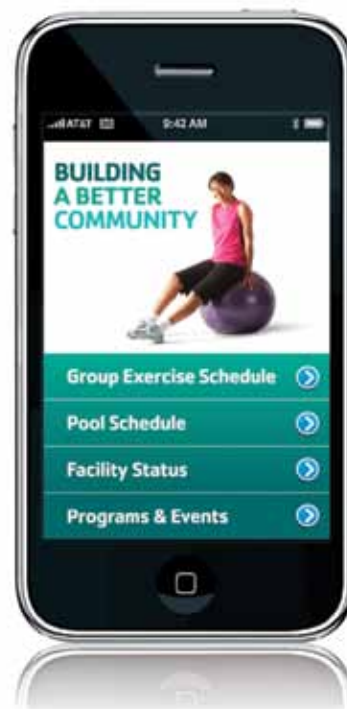
WE'RE MOBILE!

We're always trying to find new ways to communicate and better connect with our members. **Now you can download our new YMCA mobile app on your smart phone!** Our mobile app is available for both iPhone and Droid smart phones. Once you download the app, make sure to allow push notifications so we can let you know about urgent facility updates.

You'll have access to all these great features at your fingertips:

- » Search YMCA Locations
- » Group Exercise/Water Aerobics Schedules
- » View programs and events
- » Receive notifications about pool conditions and program information
- » Turn your phone into your Y membership card with the barcode scanner function

The Welcome Center can provide you with your barcode number or tell you how to access it online.



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



INVESTING IN OUR COMMUNITY

As a leading nonprofit partner throughout the country, the Y has the track record and on-the-ground presence to move communities forward, just as we do here in South Tampa. As a charity, we work every day to address community needs. At the Y, strengthening community is our cause. Strong communities don't just happen, they're the result of steady leadership and stewardship of strong values. That's the Y. **We make a difference by focusing on three key areas: youth development, healthy living and social responsibility.** By investing in our kids, our health and our neighbors, the South Tampa Family YMCA ensures that everyone, regardless of age, income or background, has the opportunity to thrive. Below are some of the programs happening at our South Tampa Family YMCA in the Fall. Thank you for the continued support of our volunteers, staff and community who help make these programs possible.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

July ▶ **Free Swim Lesson Voucher Program** distributed to children most in need throughout the South Tampa area

School year ▶ **Youth In Government**, increasing civil knowledge and participation in high school students

School year ▶ **Teen Leader's Club** aimed at instilling leadership qualities in high school students throughout the community

School year ▶ **Robinson High School IB Freshman Program** offers life skill techniques and tools for incoming 9th grade students

September ▶ **Pages and Pasta**, a West Shore Elementary event encouraging youth literacy and parent involvement

HEALTHY LIVING

Improving the nation's health and well-being

All year ▶ **LIVESTRONG** cancer survivor wellness program open to members and non-members alike

All year ▶ **Y Diabetes Prevention Program** aimed at decreasing the risk of diabetes in adults throughout the South Tampa community

September ▶ **Health and Wellness Expo**, free event open to the entire community

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

August ▶ **School Supply Drive**, an initiative supported by new and existing Y members to benefit local elementary schools

November ▶ **Holiday Canned Food Drive** supporting Metropolitan Ministries

October ▶ **Fall Festival**, a free event uniting the South Tampa community

December ▶ **Breakfast with Santa**, a free holiday event of togetherness for the entire community

December ▶ **Holiday Toy Drive** fully supported through member donations benefiting the children of Chiaramonte Elementary



Monica Mirza

Operations Executive
South Tampa Family 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 1 - March 11)

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

POOL HOURS (Jan 1 - March 11)

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

POOL HOURS (March 12-May 31)

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

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
Friday: 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

Kyle Keith, President	Sam Hestorff
Brian Anthony	Scott Hewitt
John Bencivenga	Bob Hyde
Bryce Berquist	Tricia Ketchey
Margit Besseney Williams	Cindi Klein
Paul Carastro	Joseph Marshburn
Michael Carey	Joe O'Keeffe
Robert Clarke	Eric Palacio
Fitz Conner	Paul Parsons
Ron Corin	Vince Pennino
Brian DeCosmo	Rene Rodriguez
Gilly Dominguez	Shannon Rodriguez
Colette Duke	Cynthia Sanders-Heatley
Travis Elrod	Tony Schuster
Claire Enick	Adam Schwartz
Denise Fairbanks	Mark Stokes
Mary Jane Harrington	Leon Williamson
Harry Hedges	Christy Winson
Heather Hepp	Stacy Yates
Lizette Hernandez	

South Tampa Family YMCA Leadership Team

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

Jaclyn Grinnell, jaclyn.grinnell@tampaymca.org
District Administrative Director

Julie Hughes, julie.hughes@tampaymca.org
Aquatics Director

Heather Solomon, heather.solomon@tampaymca.org
Senior 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

Megan Looby, megan.looby@tampaymca.org
Senior Program Director

Zeca de Pinho, zeca.dePinho@tampaymca.org
Youth Sports Program Director

Jodi Ostergren, jodi.ostergren@tampaymca.org
Associate 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 Fit First 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. Weekly summer camp sessions are also 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.

TOGETHER WE ARE STRENGTHENING OUR COMMUNITY

We are changing lives! **Thank you for helping us raise over \$170,000 for our community.** Whether supporting cancer survivors, teaching kids and families how to live healthier lives or mentoring at-risk teens, the Tampa Y identifies needs within the local community then creates programs and initiatives that address those needs in real, meaningful ways.

Thank you for helping to ensure lasting change in our community.

Do you know someone that could benefit from assistance for a YMCA membership and program? Contact the Welcome Center for details on our scholarship program at 813.839.0210



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.

Fit First

Whether you're new or returning to exercise, our Fit First Exercise Program will help you make the most of your workout. Your personal wellness coach will assess your current fitness level and work with you to develop a routine that's right for you. To register for Fit First, 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 available time 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, BODYPUMP™, BODYFLOW™, BODYCOMBAT™, CXWORX™, Boot Camp, Pilates, SilverSneakers™ and more... the South Tampa Family YMCA has classes for every interest and ability level.

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.

New to Spinning? Learn all you need to know at **Begin to Spin**. Ask the Welcome Center for details.

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.

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

Racquetball

Whether you're a beginner or professional player, we have court space for you! Reservations can be made three days in advance and equipment rental is free for Y 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.

Cinch an Inch Weight Loss Challenge

Want to lose inches, gain energy, and improve your health? If so, this is the challenge for you. This fall, join a team of members just like you to challenge each other and make a real change. Your team will meet twice a week for 6 weeks to train together and motivate each other. Each team is led by one of the YMCA's nationally certified Personal Trainers. At the end of the challenge, the team that loses the largest percentage of weight will be designated the winners!

Cost: \$25 per person

Contest starts September 17. For more information contact Josh Brown at 839.0210 or josh.brown@tampaymca.org.

REAL MEMBER STORY**Harry**

For more than 22 years, cancer has been a part of Harry's life. Diagnosed 22 years ago with non-Hodgkins lymphoma, he was given just a 28-percent chance of survival.

He beat the odds, but currently has chronic lymphocytic leukemia (CLL).

Cancer has changed Harry. He wonders about every bump and worries every time something doesn't feel right. The thought of cancer never leaves him. But staying positive helps him refocus on the good things in life and the positive steps he's made.

He gets that positive energy from the LIVESTRONG at the YMCA program. Working with personal trainers who know how cancer affects a body, he feels confident his body is getting what it needs. But the LIVESTRONG program also provides him with the spiritual and emotional support he needs for his battle.

Harry truly believes the LIVESTRONG program makes his life better each day.

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 (Ages 18 and up)

Session: Sept 11 - Nov 15

Days/Time: Tues, Thurs / 8-10pm

Cost: **FREE** for Facility / \$60 Program / \$100 Non-Member

Registration Dates: July 16 - Sept 1

*Each team will be charged a \$50 fee if failing to show up for a game without informing the Sports Director

30+ Adult Basketball League (Ages 30 and up)

NEW!

Session: Sept 10 - Nov 14

Days/Times: Mon/Wed, 8-10pm

Cost: **FREE** for Facility / \$60 Program / \$100 Non-Member

Registration Dates: July 16 - Sept 1

*Each team will be charged a \$50 fee if failing to show up for a game without informing the Sports Director

Adult Gymnastics (Ages 18 and up)

NEW!

It's finally here, a drop-in class for adults (ages 18 and over) who want to work on their gymnastics skills or learn gymnastics skills. This pay-as-you-go class will fit into your busy schedule. Just register at the front desk prior to the class. Please wear workout gear, no jeans.

Days/Time: Monday 6:15-6:45pm

Cost: Facility \$5/class Program Members \$10/class

TRAININGS & CERTIFICATIONS

CPR PRO (Ages 15 and up)

Dates: Sept 8, Oct 6, Nov 10, Dec 8

Time: Saturday 8:30am-1:30pm

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

Oxygen (ages 15 & up)

Dates: Sept 8, Oct 6, Nov 10, Dec 8

Time: Saturday, 8-9:30am

Cost: Facility Members \$30/ Program Members \$40

First Aid (Ages 15 and up)

Dates: Sept 22, Oct 20, Dec 1, Dec 15

Time: Saturday 8:30am-1pm

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

Lifeguarding (ages 16 and up)

Cost: Facility Members \$175, Program Members \$250

Dates: Oct 8 - Oct 21

Please email Julie at Julie.Hughes@tampaymca.org for program details.

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.

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.

Corn Toss on the Pool Deck

Enjoy a relaxing game or have a friendly competition of corn toss every Tuesday from 10-10:30am out by the pool.

ADULT AQUATICS

Fall I: 1 day a week

Session Dates: September 10 – November 3

Fall I: 2 days a week

Session Dates: September 10 – October 6

Facility Member Registration: August 6 – September 2

Program Member Registration: August 13 – September 2

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

Fall II: 2 days a week

Session Dates: October 8–November 3

Facility Member Registration: August 6 – September 30

Program Member Registration: August 13 – September 30

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

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

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: Tuesday 7:00–7:40pm (Intermediate),

Thursday 7:00–7:40pm (Advanced)

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!

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, online at www.tampaymca.org or on the mobile app.

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 any child who does not pass the swim test.
- 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, when lightning breaches an 8-mile perimeter of the YMCA we will close the pool and reopen 30 minutes after the last lightning strike is reported through the Impact Weather Service.

Questions? Contact our Aquatic Director, Julie Hughes at julie.hughes@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 and 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, air hockey, 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: Sept 21, Dec 7

Cost: Members only, \$40 per child/
\$80 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, 1:30–3:30pm or 4–6pm

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

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: 6pm–midnight

Dates: Aug 17, Oct 19, Nov 16

Cost: \$20 per child / \$40 per family of 3 or more

Open Volleyball

Sunday Open Gym

Days: Sundays ONLY. Meet on the back court of the basketball gym.

Times: Ages 8–12 from 3–4pm

Ages 13 and up from 4pm–5pm

Holiday Camps (Ages 5–12)

School may be out but Y Day Camp is in session! Extended care of 7a–9a and 4p–6p is available at no extra charge for full day camps

Cost (Full Day Camps): \$25/day facility, \$50/day program

Cost (Half Day Camps): \$15/day facility, \$30/day program

Dates:

Aug 20, 9am–4pm, Full Day Camp (Ages 5–12)

9am–4pm, Full Day Gymnastics Camp (Ages 5–12)

9am–12pm, Half Day Gymnastics Camp (Ages 5–12)

Nov 19–21, 9am–4pm, Full Day Camp (Ages 5–12)

9am–4pm, Full Day Gymnastics Camp (Ages 5–12)

9am–12pm, Half Day Gymnastics Camp (Ages 5–12)

Dec 26–28, 9am–4pm, Full Day Camp (Ages 5–12)

9am–4pm, Full Day Gymnastics Camp (Ages 5–12)

9am–12pm, Half Day Gymnastics Camp (Ages 5–12)

9am–12pm, Half Day Teen Dance Camp (Ages 12–17)

Jan 2–4, 9am–4pm, Full Day Camp (Ages 5–12)

9am–4pm, Full Day Gymnastics Camp (Ages 5–12)

9am–12pm, Half Day Gymnastics Camp (Ages 5–12)

9am–12pm, Half Day Teen Dance Camp (Ages 12–17)

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.

TACKLE FOOTBALL

(Ages 7-15)

Fall Session Dates: Sept 10 - Nov 15

Facility Member Registration: July 16 - Aug 20

Program Member Registration: July 23 - Aug 20

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 (Fall): Thursday, Aug 30, 7pm

YOUTH BASKETBALL & SOCCER

Ages 3-6

Fall I Session Dates: Sept 10 - Oct 27

Facility Member Registration: July 16 - Aug 15

Program Member Registration: July 23 - Aug 15

Basketball Coaches Meeting: Aug 27, 6:30pm or Aug 28, 6:30pm

Soccer Coaches Meeting: Aug 29, 7:00pm

Fall II Session Dates: Oct 29 - Dec 15

Facility Member Registration: Sept 24 - Oct 14

Program Member Registration: Oct 1 - Oct 14

Basketball Coaches Meeting: Oct 29, 6:30pm

Soccer Coaches Meeting: Oct 30, 7:00pm

Ages 7-17

Fall Session Dates: Sept 10 - Nov 17

Facility Member Registration: July 16 - Aug 15

Program Member Registration: July 23 - August 15

Basketball Coaches Meeting: Aug 27, 6:30pm or Aug 28, 6:30pm

Soccer Coaches Meeting: Aug 29, 7pm

Basketball (Ages 3-6)

Ages 3-4: 30 minute practice session before playing a mini game on Saturdays, 8:30-9:30am

Cost (Ages 3-4): \$50 Facility / \$100 Program

Ages 5-6: 30 minute practice session before playing a mini game on Saturdays at 9:30-10:30am

Cost (Ages 5-6): \$60 Facility / \$120 Program

Basketball (Ages 7-14)

Teams will practice once a week and play one game per week.

Practice Days: Mon, Tues, Wed, or Thurs

Practice Times: 5:30pm, 6:30pm, or 7:30pm

* Boys 13-14 and Girls 12-14 will play games on Friday nights. All other age groups play games on Saturdays.

Cost (Ages 7-8 & 9-10): \$70 Facility / \$140 Program

Cost (Ages 11-17): \$75 Facility / \$145 Program

Mandatory Player Evaluations:

7-8 Coed, August 29, 6:00pm

9-10 Boys, August 29, 7:00pm

11-12 Boys, August 29, 8:00pm

9-11 Girls, August 30, 6:00pm

12-14 Girls, August 30, 7:00pm

13-14 Boys, August 30, 8:00pm

Competitive Basketball

Interested in a higher level of play? Come tryout for our competitive basketball league!

Ages: Rising 5th/6th grade and 7th/8th grade boys

Cost: \$30 in addition to the developmental league price

Tryouts: 5th/6th grade - Monday, August 27 at 6pm

7th/8th grade - Monday, August 27 at 7:15pm

*Register for both the developmental league and the tryout. Those who make the competitive team will have an additional fee of \$30. Anyone who does not make the competitive team will be placed on a developmental team.

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 at 8:30am at Ballast Point Elementary School fields.

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

Soccer (Ages 5-6, 7-8, 9-10, 11-13, 14-17)

Teams will practice once a week on a weekday. Games will be held on Saturdays at Ballast Point Elementary School between 8:30am-12:30pm.

Cost (Ages 5-6): \$80 Facility/ \$120 Program

Cost (Ages 7-17): \$90 Facility/ \$130 Program

Competitive Soccer Team (Ages 7-8, 9-11)

Interested to be part of the South Tampa YMCA Traveling Soccer Team? Want the chance to play other outside teams? Looking for a competitive, athletic atmosphere? If you answered yes, then perhaps you should consider our brand new Competitive Soccer Fall League at the YMCA.

Practice: Twice a week, Tues & Thurs 5:30pm at Ballast Point Elementary School

Games to be determined.

Cost: \$100 (in addition to Youth Soccer fees) All competitive players must be registered in the youth soccer program.

Tryouts: August 25 at Ballast Point Elementary School
Ages 7-8 from 9-11am, Ages 9-11 from 11am-1pm



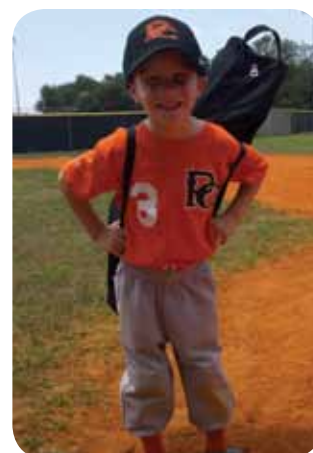
TEAM COMMUNITY

Palma Ceia and the South Tampa Y partner to PLAY BALL!

Palma Ceia runs its Little League program at its fields located at 4501 S Himes Ave, Tampa Florida 33611. Over 1,000 children, boys and girls, participate in Palma Ceia's baseball and softball programs annually. Additionally, in 2010 Palma Ceia chartered a Challenger Division of Little League, baseball for boys and girls with special needs. Boys and girls participate in all age groups of competitive baseball and softball every fall and spring from coach pitch to Senior League. Palma Ceia has had tremendous success over the years, winning multiple district, sectional and state championships. Palma Ceia has sent teams to the World Championships and in 2004 and 2011, combined Junior boys teams from Palma Ceia and Bayshore won the United States and World Championships.

Baseball and Softball: Registration for Fall Baseball and Softball seasons for boys and girls ages 4-16 opens August 1 and closes September 15. YMCA Members qualify for \$20 discount per child when registering to participate in PCLL's T-Ball program, which serves boys and girls ages 4-7. PCLL strives to provide a warm and friendly environment in which our volunteers teach life lessons while developing the children's skills, abilities and understanding of the great games of baseball and softball. Participation is contingent on residency within PCLL's boundaries (except for the Challenger Division) and be found on the following web site: http://www.fld6.org/articles/league_palmaceia/Boundary_Map_of_Palma_Ceia_Little_League.php.

Challenger Little League: Registration for Fall Challenger Baseball is for boys and girls of all ages. Registration opens August 1 and closes September 15. YMCA Members qualify for \$20 discount per child when registering to participate in PCLL's Challenger Program. PCLL Challenger Baseball is designed for children with physical or mental disabilities. Players learn and grow while having lots of fun! Challenger baseball provides an essential opportunity for kids to develop stronger emotional and social skills. Some of our players require a little extra help. Kids and parents from Palma Ceia Little League volunteer as "buddys". They receive lifetime lessons in understanding and compassion from their new friends. Participation is open to anyone regardless of your little league boundaries. For more information: pcll.org



YOUTH FITNESS

Youth Sports Boot Camp (Ages 10-16)

Specifically designed for the young athlete who wants to perform at a higher level. This class 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: Sept 4-27,
Oct 1-25 (no class Oct 8),
Oct 29 - Nov 22 (no class Oct 31, Nov 12, Nov 22)
Nov 26-Dec 20

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

Days/ Times:

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

Open-All Ranks: M/W 4:30-5:05pm

**Junior Beginner & Junior Intermediate Ranks
(Green-Blue Belt)** M/W 5:15-6:15pm

Adult, JR Advanced, & Black Belt Ranks
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 Intermediate and Advanced Ranks
(Brown Belt-Red/Black Belt)**
T/TH 6:30-7:30pm

Little Dragons: All Ranks (Ages 4-6)
M/W 4:30-5:05, T/TH 4:30-5:05pm

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

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

Judo (Ages 5 & 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.

Fall Session I

Session Dates: September 10–October 27

Facility Member Registration: August 6–September 2

Program Member Registration: August 13–September 2

Fall Session II

Session Dates: October 29–December 15

Facility Member Registration: September 24–October 21

Program Member Registration: October 1–October 21

Tiny Tots I (Ages 6 months–11 months)

This is a class for parents and children. Parents will take part with their children as they work on their gross motor skills and coordination through crawling, rolling and climbing.

FREE PROGRAM! Facility Members only.

Days	Times
Monday	9:00am–9:25am

Tumble Tots Cost: \$35 Facility/ \$70 Program

Tumble Tots I (Ages 12 months–18 months)

This is a class for parents and children. Parents will take part with their children as they work on their gross motor skills and coordination through basic stretching, rolling, and climbing.

Days	Times
Tuesday	4:00pm–4:25pm
Wednesday	9:00am–9:25am
Wednesday	4:30pm–4:55pm
Saturday	9:00am–9:25am

Tumble Tots II (Ages 19 months–23 months)

This is a class for parents and children. Parents will take part with their children as they work on their gross motor skills and coordination through basic stretching, balancing, rolling, and climbing.

Days	Times
Tuesday	4:30pm–4:55pm
Wednesday	9:30am–9:55am
Thursday	4:00pm–4:25pm
Saturday	9:00am–9:25am

Tumble Tots III (Ages 24 months–41 months)

This is a class for parents and children. Parents will take part with their children as they work on their gross motor skills and coordination through basic stretching, balancing, rolling, jumping and climbing.

Days	Times
Wednesday	4:00pm–4:25pm
Thursday	4:30pm–4:55pm
Saturday	9:30am–9:55pm

Preschool Cost: \$56 Facility/ \$106 Program

Tiny Tumblers (Ages 3½–4)

This class is designed to introduce the child to basic tumbling, rolling, and jumping movements. Children work on gross motor skills and coordination.

Days	Times
Monday	4:00pm–4:40pm
Tuesday	4:45pm–5:25pm
Wednesday	4:00pm–4:40pm
Saturday	9:30am–10:10am

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
Monday	4:45pm–5:25pm
Tuesday	4:00pm–4:40pm
Thursday	4:00pm–4:40pm
Saturday	10:15am–10:55am

Youth Cost: \$65 Facility/ \$130 Program

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
Tuesday	4:45pm–5:40pm
Thursday	5:00pm–5:55pm
Saturday	9:30am–10:25am

Twisters Level 2 (Ages 8–11)

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
Tuesday	5:00pm–5:55pm
Thursday	4:45pm– 5:40pm

Flippers Level 3 (Ages 8-11)

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: Wednesday, 4:45pm-5:40pm

Tumble (Ages 8-12)

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!

Days/Times: Wednesday, 4:45pm-5:25pm

Cost: Facility Member \$56/Program Member \$106

Teen Tumble (Ages 13-17)

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!

Days/Times: Wednesday, 5:30pm-6:10pm

Cost: Facility Member \$56/Program Member \$106

Little Rough and Tumble (Ages 4-5)

BOYS ONLY! This class focuses on floor and tumbling skills. Great for those little guys who want to learn the basics of tumble and how to stand on their heads.

Days/Times: Monday, 4:00pm-4:40pm

Cost: Facility Member \$56/Program Member \$106

Rough and Tumble (Ages 6-8)

BOYS ONLY! This class focuses on beginner floor and tumbling skills alone.

Beginners and advanced tumblers welcome!

Days/Times: Monday, 4:45pm-5:25pm

Cost: Facility Member \$56/Program Member \$106

Boys Tumble (Ages 9-12)

This class focuses on floor and tumbling skills alone. Great for those who want to learn the basics; cartwheel, handstand and jumps. Beginners and advanced tumblers welcome!

Days/Times: Monday, 5:30pm-6:10pm

Cost: Facility Member \$56/Program Member \$106

Dance Combo

Dance your way into fun at the YMCA. A creative movement class with choreography to songs along with basic ballet positions all wrapped into one fun-tastic class.

Days/Times: Monday (Ages 3-4) 4:00pm-4:40pm,

Saturday (Ages 3-4) 9:30am-10:10am,

Saturday (Ages 5-10) 10:10-10:50am

Cost: Facility Member \$56/Program Member \$106

Progressive Cheer Class

Children will learn basic arm positions, tumbling, jumps and cheers.

Days/Times: Tuesday (Ages 4-5) 5:30pm-6:10pm,

Thursday (Ages 6-8) 5:30pm-6:10pm

Cost: Facility Member \$56/Program Member \$106

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 0-5. Ages 0-3, parents must be within arms reach of child. Ages 4-5, parents must participate or observe.

Days/Times: Monday (Ages 0-5) 3:15pm-3:45pm

Wednesday (Ages 0-5) 10:15am-10:45am

Friday (Ages 0-5) 4:00pm-4:30pm

Friday (Ages 6-12) 4:30pm-5:00pm

Cost: FREE for Facility Members

Adult Tumble (Ages 18 & up)

It's finally here, a drop in class for adults (ages 18 and over) who want to work on or learn basic tumble skills. A pay as you go for your busy schedule, just register at the desk before class and you're ready to go. Please wear workout gear, no jeans.

Days/Times: Monday 6:15pm-6:45pm

Cost: Facility \$5/class Program Members \$10/class

Synchro Dance and Swim (Ages 6-12)

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

Days/Times: Wednesday 5:30pm-6:30pm

Cost: Facility \$65/Program \$130

Private Gymnastics Lessons

Looking for extra special attention? Private lessons are available.

Cost ½ hour: \$35 Facility / \$70 Program

Cost (4) ½ hour sessions: \$126 Facility / \$252 Program

Cost (6) ½ hour sessions: \$178 Facility / \$357 Program

For more information, contact Becky Price at Rebecca.Price@tampaymca.org

AQUATICS

Fall I

Session Dates - 1 day a week: Sept 10 - Nov 3
 Session Dates - 2 days a week: Sept 10 - Oct 6
 Facility Member Registration: Aug 6 - Sept 2
 Program Member Registration: Aug 13 - Sept 2
 Cost: Facility Member \$50/ Program Member \$100

Fall II:

Session Dates - 2 days a week: Oct 8-Nov 3
 Facility Member Registration: Aug 6 - Sept 30
 Program Member Registration: Aug 6 - Sept 30
 Cost: Facility Member \$50/ Program Member \$100

Make Up Policy: If the YMCA cancels a class, we will hold a make up class on the Friday of that week at the same time as your scheduled class.

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

The parent/child classes are taught as a combined class for ages 6 to 23 months with the parent accompanying the child in the water. Skills are introduced at the child's development level and build on each other as the child progresses. Basic water skills are taught through fun songs and games.

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

1 day a week: Sept 10 - Nov 3

Days	Times
Tue	10:30am-10:55am
Thur	4:00pm-4:25pm
Sat	8:00am-8:25am

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 children will learn to swim on their own.

Cost: Facility Member \$40/ Program Member \$100

1 day a week: Sept 10 - Nov 3

Days	Times
Tue	4:00pm-4:25pm
Thur	10:30am-10:55am
Sat	8:30am-8:55am

Preschool Progressive Lessons (Ages 3-5)

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

Pike: Children adjust to the water and develop independent movement. Teaches basic stroke and kicking skills, floating and pool safety.

1 day a week (8-week) Session Dates: Sept 10 - Nov 3

Day	Times
Tue	3:15-3:55pm
Sat	9:00-9:40am
Sat	9:45-10:25am
Sat	10:30-11:10am

2 days a week (4-week) Session Dates:

Sept 10 - Oct 6, Oct 8 - Nov 3

Day	Times
Mon/Wed	3:15-3:55pm
Mon/Wed	4:00-4:40pm
Mon/Wed	4:45-5:25pm
Mon/Wed	5:30-6:10pm
Mon/Wed	6:15-6:55pm
Tue/Thur	9:00-9:40am
Tue/Thur	9:45-10:25am

Eel: For children who are comfortable in the water and able to swim five feet with faces in the water and no floatation device. Children are taught to float, kick and perform progressive arm movements across the pool.

1 day a week (8-week) Session Dates: Sept 10 - Nov 3

Day	Times
Thur	10:30am-11:10am
Thur	3:15pm-3:55pm
Sat	9:00am-9:40am
Sat	9:45am-10:25am
Sat	10:30am-11:10am

2 days a week (4-week) Session Dates:

Sept 10 - Oct 6, Oct 8 - Nov 3

Day	Times
Mon	3:15pm-3:55pm
Mon	4:45pm-5:25pm
Mon	5:30pm-6:10pm
Tue	9:00am-9:40am

Private Swim Lessons

Looking for extra special attention? Private lessons are available.

Cost 1/2 hour: \$35 Facility / \$70 Program

Cost (4) 1/2 hour sessions: \$126 Facility / \$252 Program

Cost (6) 1/2 hour sessions: \$178 Facility / \$357 Program

For more information, contact Julie Hughes at Julie.Hughes@tampaymca.org



Ray: For children who can swim 15 feet with faces in the water and no floatation device. Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water skills.

1 day a week (8-week) Session Dates: Sept 10 - Nov 3

Day	Times
Thur	4:00pm-4:40pm
Sat	9:00am-9:40am

2 days a week (4-week) Session Dates:

Sept 10 - Oct 6, Oct 8 - Nov 3

Day	Times
Mon/Wed	4:00pm-4:40pm
Mon/Wed	4:45pm-5:25pm
Tue /Thur	9:45am-10:25am

Starfish: For children who can swim 20 feet with faces in the water and no floatation device. Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water skills.

1 day a week (8-week) Session Dates: Sept 10 - Nov 3

Day	Times
Tue	10:30am-11:10am
Tue	4:00pm-4:40pm
Sat	9:45am-10:25am

2 days a week (4-week) Session Dates:

Sept 10 - Oct 6, Oct 8 - Nov 3

Day	Times
Mon/Wed	6:15pm-6:55pm

Youth Progressive Lessons (Ages 6 and up)

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

Poliwog: Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking.

1 day a week (8-week) Session Dates: Sept 10 - Nov 3

Day	Times
Sat	9:45am-10:25am

2 days a week (4-week) Session Dates:

Sept 10 - Oct 6, Oct 8 - Nov 3

Day	Times
Mon/Wed	4:00pm-4:40pm
Mon/Wed	6:15pm-6:55pm

Guppy: For children able to swim 20 feet without a floatation device. Teaches swimming on front, back and side and taking a breath while swimming.

1 day a week (8-week) Session Dates: Sept 10 - Nov 3

Day	Times
Sat	10:30am-11:10am

2 days a week (4-week) Session Dates:

Sept 10 - Oct 6, Oct 8 - Nov 3

Day	Times
Mon/Wed	4:45pm-5:25pm
Mon/Wed	5:30pm-6:10pm

Minnow: For children who can swim 25 yards with their face in the water and no floatation device. Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water skills.

1 day a week (8-week) Session Dates: Sept 10 - Nov 3

Day	Times
Sat	9:00am-9:40am

2 days a week (4-week) Session Dates:

Sept 10 - Oct 6, Oct 8 - Nov 3

Day	Times
Mon/Wed	4:00pm-4:40pm
Mon/Wed	5:30pm-6:10pm

Fish: For children able to swim 25 yards front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Refines breast stroke, teaches butterfly, open turns and improves other strokes.

1 day a week (8-week) Session Dates: Sept 10 - Nov 3

Day	Times
Sat	10:30am-11:10am

2 days a week (4-week) Session Dates:

Sept 10 - Oct 6, Oct 8 - Nov 3

Day	Times
Mon/Wed	6:15pm-6:55pm

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.

Day	Times
Mon	6:15pm-6:55pm

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.

Yellow group (Novice) practices on Tuesdays & Thursdays from 5:30-6:15pm. Blue group (Intermediate) practices on Tuesdays & Thursdays from 6:30-7:45pm.

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, 5:30pm-6:30pm

Cost: Facility \$65/Program \$130

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 any child who does not pass the swim test.
- 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, when lightning breaches an 8-mile perimeter of the YMCA we will close the pool and reopen 30 minutes after the last lightning strike is reported through the Impact Weather Service.

Questions? Contact our Aquatic Director, Julie Hughes at julie.hughes@tampaymca.org

ISR's Self-Rescue™

This survival swimming program is a 6 week course, scheduled 5 days per week, Monday through Friday, for 10 minutes each day. Children from 6 months – 4 years of age are welcome to enroll. With a focus on safe, customized, one-on-one lessons by certified Instructors, ISR's survival swimming lessons emphasize health, ongoing program evaluations and parent education to deliver the most effective and safest results in the industry.

Cost: \$360 Facility / \$450 Non-member
(Plus additional \$105 registration fee)

If you would like to reserve a space for your child or children, please visit <http://www.isrcrossfit.com/tampaymca/> and complete and submit the interest form.

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.

Dates/Times: Every Tues at 6pm beginning Sept 25
Cost: \$30/month for Facility Members

Fit First Exercise Program

New to exercise? Our FREE Fit First 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 Fit First appointment, just stop by the Welcome Center.

Group Exercise

BODYPUMP™, Yoga, ZUMBA, BODYCOMBAT™, 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. Apply online at tampaymca.org.

Basketball (Ages 15-17)

Teams will practice once a week and play one game per week.

Practice Times: 5:30pm, 6:30pm, or 7:30pm

Game days: Friday nights

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

Coaches Meeting: Aug 28 or Aug 29, 6:30pm

Mandatory Player Evaluations: Aug 30, 9pm

UPCOMING DATES

Winter Basketball and Soccer

Session Dates: Jan 7 - March 16

Facility Member Registration: Oct 22 - Dec 3

Program Member Registration: Oct 29 - Dec 3

Soccer Coaches Meeting: Dec 12, 7pm

Basketball Coaches Meeting: Dec 17 or Dec 18, 6:30pm

Mandatory Basketball Tryouts:

Ages 7-8 (Coed): Dec 18, 6pm

Ages 9-10 (Boys): Dec 19, 7pm

Ages 11-12 (Boys): Dec 19, 8pm

Ages 9-11 (Girls): Dec 20, 6pm

Ages 12-14 (Girls): Dec 20, 7pm

Ages 13-14 (Boys): Dec 20, 8pm





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:
Nov 12	5-7pm

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 0-5)	3:15-3:45pm
Wed (ages 0-5)	10:15am-10:45am
Fri (ages 0-5)	4-4:30pm
Fri (ages 6-12)	4:30-5pm

SPECIAL EVENTS

Health & Wellness Expo

Date/Times: Sept 8, 10am-2pm

Fall Festival

Date/Times: Oct 27, 6:30-8pm

Breakfast With Santa

Date/Times: Dec 15, 9:30-11am

Downtown Y Corporate Cup 5K

Date/Times: Oct 25, 7pm

Location: Curtis Hixon Waterfront Park

Contact Nickita Barker for more details at nickita.barker@tampaymca.org or visit www.ymca5k.com

South Tampa Y Charity Golf Tournament

Date/Times: Oct 12, 1pm shotgun start

Location: MacDill AFB

Contact Nickita Barker for more details at nickita.barker@tampaymca.org

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 the first Tuesday of the month, 9:30–11am. 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.



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!

Chaplain Services

Due to a positive response and identified need the Chaplain for South Tampa YMCA will offer her services quarterly to those members, staff and friends who maybe in need of prayer, counseling, comfort or just a listening ear. Please feel free to call Rev. Suzanne Daniele-George if you feel a need, (727)709-3909

Days/Time: Sept 13, 8:30–11am and Nov 15, 8:30–11am

Bible Study

Spend some time working out your spiritual well being

Day/Time (Women): Tuesdays at 9:30am, Conference Room

Day/Time (Coed): Wednesdays at 7:30am, Conference Room

Have an idea for a new small group? Let the Welcome Center know.



TAMPA METROPOLITAN AREA YMCA

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www.tampaymca.org

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