



# HERE FOR OUR COMMUNITY

LAKELAND FAMILY YMCA  
AUGUST-SEPTEMBER 2020

## MEMBERSHIP CATEGORIES & PRICING

CATEGORY	JOINER FEE	MONTHLY DRAFT FEE	SIX MONTH FEE	ANNUAL FEE
TEEN (13-17)	None	\$21 Par 3 add on \$17	\$126	\$252
YOUNG ADULT (ages 18-27)	\$25	\$36 Par 3 add on \$17	\$216	\$432
ADULT (ages 28-64)	\$25	\$48 Par 3 add on \$17	\$288	\$576
<b>TWO PERSON FAMILY</b> Two adults up to the age of 64 living in the same household or one adult and one dependent	\$50	\$62 Par 3 add on \$25	\$372	\$744
<b>FAMILY PLUS</b> Two adults up to the age of 64 living in the same household plus any legal dependents up to age 24	\$50	\$70 Par 3 add on \$25	\$420	\$840
SENIOR (age 65 and up)	\$25	\$43 Par 3 add on \$17	\$258	\$516
<b>TWO SENIOR FAMILY</b> Two adults over the age of 65 living in the same household	\$50	\$58 Par 3 add on \$25	\$348	\$696

### When you join the Y you belong to a place where:

- ▶ Parents find a safe environment for children to learn good values, social skills and behaviors.
- ▶ Families come together to have fun and spend quality time with each other.
- ▶ Children and teens play and learn who they are and what they can achieve.
- ▶ Adults connect with friends, pursue interests and learn how to live healthier.
- ▶ Communities thrive because neighbors support each other and give back.
- ▶ We all build relationships that further our sense of belonging and purpose.

### Branch Hours:

Monday-Friday: 5am-8pm  
Saturday: 7am-4pm  
Sunday: 12pm-6pm  
Closed on July 4

### Child Watch Hours:

M-F: 8-12pm, 4-7:45pm  
Sat: 8-12pm

3620 Cleveland Heights Blvd.  
863-267-9622

[www.ymcawcf.org](http://www.ymcawcf.org)

# MEMBERSHIP BENEFITS AND PROGRAMMING

## INCLUDED IN YOUR MEMBERSHIP:

- 4 sessions of Coach Connect with a Wellness Coach
  - Child Watch while you exercise\*
  - Unlimited group exercise classes with two group exercise rooms
  - 2 indoor swimming pools, 4 racquetball courts, and an indoor basketball gym
  - Member social events, teen and youth activities
  - Use of the Fontaine Gills Family YMCA and the Lake Wales Family YMCA
- \*with a Family Membership or Two-Person Family Membership (Limit 2 hours per day)

## GROUP EXERCISE CLASSES:

Classes include Zumba, Tai Chi, BODYPUMP, CXWORX, BODYFLOW, BODYCOMBAT, RPM, GRIT, Silver Sneakers Classic, and MORE!  
Monthly schedule is available at the front desk.

## AQUATICS:

### YOUTH SWIM LESSONS (Session: Aug. 24-Oct. 17 / Oct. 19-Dec. 19)

**Ages:** 3-12 (Beginner-Advanced Class Levels)  
**Day/Time:** Vary. See brochure for class schedule.  
**Cost:** \$60 Members / \$120 Non-Members

## SUCCESS AFTER SCHOOL CHILDCARE

The safety and well-being of your child is at the forefront of all that we do at the YMCA. When planning our program, we take into account recommendations, resources, and expertise of our local health care professionals including the CDC and Health Department, as well as the YMCA of the USA. **Transportation is available but limited from the following schools to the Lakeland Family YMCA:** Cleveland Court Elementary, Dixieland Elementary, Highlands Grove Elementary, Lakeland Highlands Middle, Lincoln Avenue Academy, Phillip O'Brien Elementary, Magnolia Montessori, Medulla Elementary, R. Bruce Wagner Elementary, Rochelle School of Arts, Scott Lake Elementary, Sikes Elementary, South McKeel Elementary, and Southwest Elementary. Children are escorted over by YMCA staff from Carlton Palmore  
**Ages:** 4-12 / **Weekly:** \$65 / **Hours:** 7am-6pm

## YOUTH FALL SOCCER CLINIC

**Youth Fall Soccer Clinic: See flyer for more details!**

**Ages:** 3-12  
**Registration:** August 1-September 11 / **Season:** Saturdays, September 26-November 15  
**Cost:** Member \$45 / Non-Member \$85

## CONTACT:

Gerald Richardson, Executive Branch Director [gerald.richardson@ymcawcf.org](mailto:gerald.richardson@ymcawcf.org)  
Sandra Austin, Aquatics Director [sandra.austin@ymcawcf.org](mailto:sandra.austin@ymcawcf.org)  
Dorothy Cheshire, Community Initiatives Director [dorothy.cheshire@ymcawcf.org](mailto:dorothy.cheshire@ymcawcf.org)  
Jessica Miller, Membership Experience Director [jessica.miller@ymcawcf.org](mailto:jessica.miller@ymcawcf.org)  
Laura Feliciano, Wellness Director [laura.feliciano@ymcawcf.org](mailto:laura.feliciano@ymcawcf.org)  
Zack Ford, Sports Director [zack.ford@ymcawcf.org](mailto:zack.ford@ymcawcf.org)

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### LOOKING AHEAD:

For the safety and well-being of our members and guests, the YMCA is using a 3-phased plan when re-opening our facilities. The following programs will tentatively return the following dates:

- Active Older Adult Events: October 1
- Teen programming and swim team will begin in September