BECOME A PART OF OUR COMMUNITY

Lakeland Family YMCA

Programs and Events
January–June 2016
MESSAGE FROM OUR C.E.O.

Welcome to the YMCA of West Central Florida! We are a mission-driven, Christian-based, nonprofit organization committed to providing quality programs and services to the community.

The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. YMCA policies are set by the Corporate Board of Directors, a group of local volunteers legally charged with the responsibility of managing the affairs of the YMCA. The YMCA of West Central Florida operates four branches (Lakeland Family YMCA, Fontaine Gills Family YMCA, the YMCA Par 3, Home of The First Tee of Lakeland, and Childcare Services). Each branch is led by a local Branch Advisory Council (volunteers) and a Branch Executive Director (staff). The board and staff work closely as partners to ensure the success of the YMCA.

Throughout our nearly 50year history, we have been proud to serve Polk County with more than just health and fitness classes. We offer affordable programs and services designed to benefit all people. Along with program fees, we rely on contributions and volunteerism to ensure that those unable to pay full fees may receive scholarship assistance.

The YMCA offers services such as child care for children ages 3 through 13 years, swim lessons/swim team and recreational swimming, youth and adult sports, health and fitness programs, day camping, gymnastics, family events, and many other special interest programs. In 2013 more than 10,000 children and adults participated in YMCA programs and services. The YMCA offers something for everyone! We invite you to learn more about and participate in our programs, explore opportunities for volunteerism, and experience the caring spirit of our organization.

God Bless,
Kirk L. Eich
CEO/Executive Director
MEMBERSHIP
BENEFITS & GUIDELINES

Membership at the Y is a special thing. You are a part of a leading nonprofit organization for youth development, healthy living and social responsibility.

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

► Parents find a safe, positive 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.

MEMBERSHIP FOR ALL
We believe everyone deserves a Y, so the YMCA of West Central Florida offers financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Ask a staff member about financial assistance. It is easy to apply and the Y does everything it can to make the Y a place for all.

VOLUNTEER, DONATE, ADVOCATE
As a nonprofit, the Y is able to strengthen our community because of the dedicated youth, families and individuals who share our passion and make the Y a part of their lives. They give their time, resources and talents—every day and in hundreds of ways—because they know they can improve the lives of others while enhancing their own through the Y. Well-being for many of our neighbors is all too frequently limited by income or social isolation. In low-income communities, the Y offers opportunities for every child, teen or adult to achieve his or her potential regardless of economic status. With your help, the Y can continue to expand programming and outreach where it is needed most. Please consider volunteering your time, making a contribution, or sharing your story of the Y’s impact.

OUR AREAS OF FOCUS...

FOR YOUTH DEVELOPMENT
The Y nurtures the potential of every child and teen. You can be assured that whatever activity your child participates in - from afterschool to sports to camp - they’ll have a safe, positive environment to play, learn and grow.

FOR HEALTHY LIVING
The Y is improving the nation’s health and well-being one member at a time. Our goal is to help you achieve a balance of spirit, mind and body. We do that by encouraging good health and fostering connections with new and old friends through wellness programs, sports, and shared interest groups.

FOR SOCIAL RESPONSIBILITY
The Y gives back and provides support to our neighbors. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has access to the Y’s life-enhancing programs.
# Membership Categories & Pricing

<table>
<thead>
<tr>
<th>Category</th>
<th>Joiner Fee</th>
<th>Monthly Draft Fee</th>
<th>Six Month Fee</th>
<th>Annual Fee</th>
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<tbody>
<tr>
<td>Youth/Teen (up to age 18)</td>
<td>None</td>
<td>$21</td>
<td>$126</td>
<td>$252</td>
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<td>Young Adult (ages 19-27)</td>
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<tr>
<td>Two Senior Family</td>
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<td>$50</td>
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<td>$696</td>
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**Included in Your Membership:**

- 4 sessions of the Personal Exercise Program (PEP)
- Childwatch while you exercise*
- Unlimited group exercise classes
- 2 Indoor heated swimming pools (Located at Lakeland Family YMCA)
- 1 Outdoor pool with fountain play area (Located at Fontaine Gills YMCA)
- Member social events, teen and youth activities
- 9-Hole Golf Course with lighted driving range**
- Use of the Fontaine Gills Family YMCA

*with a Family Membership. Limit 2 hours per day.  
**with YMCA Par 3 Membership or add on

**We Promise Ethical Operating Practices**

- To act with caring, honesty, respect, and responsibility
- To guarantee your satisfaction
- To never require you to sign a contract
- To never pressure you to join
- To apply the same pricing standards to all members

Use our Mobile App to see pool schedules, exercise schedules, programs and facility statuses and more. Available for iPhone, iPad, and Android devices.
**YOUTH DEVELOPMENT**
Nurturing the potential of every child and teen

**CHILDCARE**
VPK and YMCA Early Enrichment Program
Monday–Friday 8:00am–12:00pm / Afterschool Care
12:00pm–6:00pm
Cost: VPK is free / Afterschool childcare: $55
Limited enrollment. VPK registration begins in February.

**Afterschool Childcare**
Ages: 4–12
Monday–Friday 3:00–6:00pm / $55 weekly fee, second child discount $5 off
Vehicle transportation is provided for select school locations. See Front Desk for details.

**Holiday Camp / Teacher Work Days**
Time: 7:00am – 6:00pm
Holiday Camp / Cost: $18 per day

**YOUTH SPORTS**
Honoring the core Y values of Caring, Honesty, Respect, and Responsibility; the YMCA Youth Sports programs strives to provide a quality experience for players, coaches, and families that promotes the development of each athlete to reach their highest potential through skill refinement, teamwork, and sportsmanship.

**Flag Football (Ages 3–12)**
Registration: December 21–February 15
Extended Registration: After February 15 (Additional $10)
Practices begin the week February 29
Season runs March 12–May 14
$65 Members/$95 Non-Members

**Indoor Soccer (Ages 3–10)**
Registration: December 21–February 15
Extended Registration: After February 15 (Additional $10)
Practices begin the week February 29
Season runs March 12–May 14
$65 Members/$95 Non-Members

**Summer Basketball (Ages 3–15)**
Registration: March 1–May 23
Extended Registration: After May 23 (Additional $10)
Practices begin the week of June 13–16
Season runs June 24–August 20
Holiday: June 28–July 4
$65 Members/$95 Non-Members

**Tae Kwon Do (Ages 5 & up)**
Monthly Sessions
Tuesday: 6:15pm–7:45pm
Friday: 6:15pm–7:45pm
$48 Members/$78 Non-Members

**GYMNASTICS**

**Tots – Parent/Child (Ages 1–2)**
This class is designed to build gross motor skills and balance through exploration. Child must be walking independently.
Tuesday: 9:00am–9:45am / $30 Members/$50 Non-Members

**Tiny Tumblers (Ages 3–5)**
Floor, Beam, Bar and Vault are all used to introduce body mechanics and refine gross motor skills in this beginners class.
Mon: 6:15pm–7:00pm, Tues: 10:00am–10:45am OR 5:00pm–5:45pm, Wed: 1pm–1:45pm OR 5pm–5:45pm, Thurs: 4:00pm–4:45pm, Saturday: 9:00am–9:45am / $30 Members/$50 Non-Members

**Gymnastics Just For Boys (Ages 6–12)**
Learn basic to advanced skills through the Y progressive gymnastics program.
Tuesday: 5:00pm–6:00pm / $35 Members/$62 Non-Members

**Tumbling/Cheer (Ages 6–15) (Floor Gymnastics only)**
Learn rolls, cartwheels, round offs, back walkovers, back handsprings and build strength and flexibility. Also learn stunts, cheers, and jumps. For beginning and intermediate levels.
Tuesday: 7:00pm–8:00pm, Saturday:10:00am–11:00am
$35 Members/$62 Non-Members

**Rollers (Beginners), Swingers (Intermediate), Kippers (Advanced) Ages 6–14**
This is a great way to introduce your child to gymnastics, starting with Rollers all the way to Kippers.
Tuesday: 5:00pm–6:00pm / $35 Members/$62 Non-Members

**Baton/Flags (Ages 6–12) 8 week sessions**
Your child will enjoy this new & exciting class while learning basic to advanced skills in baton and flag.
Monday 4:45pm–5:30pm / $54 Members/$80 Non-Members

**Hip-Hop (Ages 7–12) 8 week sessions**
Hip-Hop is a broad collection of urban street dance styles.
Mon: 4:00pm–4:45pm, Sat: 12:00pm–12:45pm
$54 Members/$80 Non-Members

**Ballet (Ages 3–12) 8 week sessions**
This class is designed for boys and girls and teaches the basics of ballet. Parent Showcase presented during the 8th class.
**Ages 3–5**: Thursday: 4:45pm–5:30pm, Saturday: 11:15–12pm
**Ages 6–12**: Thursday: 4:00pm–4:45pm
$54 Members/$80 Non-Members
AQUATICS

Parent & Child and Perch Classes (Ages 6 months – 3 years)
The Parent & Child class emphasizes water adjustment, skills related to water safety and becoming comfortable with your child in the water.
Tues/Thurs: 9:00am-9:30am, 6:00pm-6:30pm,
T/Th: $45 Members/$65 Non-Members
Sat: 8:30am-9:00am $28 Members/$45 Non-Members

Preschool Swim Lessons (Ages 3–5) Children will be under the direct supervision of qualified instructors to learn basic swimming skills and water safety.
Mon: 5:30pm-6:15pm, 6:15pm-7:15pm
Mon/Wed: 5:30pm-6:15pm, 6:15pm-7:00pm
Tues/Thurs: 10:00am-10:45am, 4:30pm-5:15pm, 5:30pm-6:15pm,
6:15-7:00pm Sat: 9:45am-10:30am
M/W & T/Th: $50 Members/$70 Non-Members
Mon or Sat: $30 Members/$50 Non-Members

Youth Swim Lessons (Ages 6–12) The program incorporates personal safety, personal growth, stroke development, water games, knowledge of pool rules and basic water rescue.
Mon: 5:30pm-6:15pm, 6:15pm-7:00pm
Mon/Wed: 5:30pm-6:15pm, 6:15pm-7:00pm
Tues/Thurs: 5:30pm-6:15pm, 6:15pm-7:00pm
Sat: 10:30am-11:15am
M/W & T/Th: $50 Members/$70 Non-Members
Mon or Sat: $30 Members/$50 Non-Members

Aqua Tots (Ages 3–6) A class designed for the advanced swimmer that focuses on beginning competitive swimming skills needed to advance to the Barracuda or Flamingo swim teams.
Mon: 5:30pm-6:15pm, 6:15–7:00pm, Tues/Thurs: 5:30pm – 6:15pm, 6:15pm – 7:00pm
$50 Members/$70 Non-Members

Flamingo Synchronized Swim Team (Ages 8–18) A competitive synchronized swim team for girls that competes locally, regionally and nationally.
Mon/Tues/Thurs: 4:30pm – 6:30pm
$60 Y Members only

AquaChicks (Youth and Adult) A beginner synchronized swimming class designed for youth/teens interested in the sport or simply for recreation.
Monday: 6:30pm–7:15pm (Youth ages 6–18)
Tuesday: 6:30pm–7:15pm (Adult)
$30 Members/$50 Non-Members

SilverSneakers Splash Fun, shallow water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning.
M/W/F: 10:00 am / Free to Y Members

Arthritis Water Exercise Program Program developed through a partnership between the YMCA and the Arthritis Foundation, designed for those who suffer from arthritis to increase range of motion and strength.
Mon/Wed/Fri: 9:00am–10:00am, 10:00am–11:00am
M/W/F: $25 Members/$40 Non-Members

Healthy Back Aquatic Program Y members only. Water exercise program designed for individuals with lower back pain. M/W/F: 8:00am–9:00am / Free to Y Members

Adult Swim Lessons (Ages 13 and up) This class includes basic swimming skills, water safety and deep water experience taught in an encouraging environment.
Tues/Thurs: 7:00pm–7:45pm / $50 Members/$70 Non-Members

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

COMMUNITY HEALTH

LIVESTRONG™ at the YMCA

Cancer Survivor Program Partnership between the YMCA and the LIVESTRONG™ Foundation. A free 12-week program for cancer survivors designed to build strength, flexibility and endurance.
For more information contact: Dorothy Cheshire 863-644-3528 ext.278

TEEN PROGRAMS

Leaders Club and Junior Leaders Club Leaders Club is a volunteer program for teens ages 13–18. It is an exciting and productive organization that focuses on community service, social development, leadership training and physical development. Participants gain valuable teamwork and volunteer experience and build a healthy spirit, mind and body. In addition to our Fitness and Nutrition activities, the Leaders will take part in Strength Tests, Teen Leader Mentoring and Community Service Projects.
Junior Leaders: Ages 10-12, Leaders: Ages 13-18
Year Dues: $50, Program Runs from September-June
Contact: Zack Ford, zack.ford@ymcawcf.org

Youth in Government A youth leadership program during the academic school year which allows students in grades 6–12 to experience the workings of state government by researching issues of state impact, developing legislation, and moving bills through the appropriate processes to become laws. Contact Meredith Hall for more info, meredith.hall@ymcawcf.org
**Healthy Living**
Improving the nation’s health and well-being

**Personal Training (1-to-1) (Ages 15 and up)**
Day/Time: By appointment, Y Members only
$50 per person for 1 hour session
$30 per person for 1/2 hour session

**Partner Training (2-to-1) (Ages 15 and up)**
55 minute, one month package
$340 per person, 2 days a week
$460 per person, 3 days a week

**Group Training (4/6-to-1) (Ages 15 and up)**
55 minute, one month package
$240 per person, 2 days a week
$360 per person, 3 days a week

**GROUP CLASSES**

**Group Exercises (Age 13 & up, RPM 16 & up)**
Classes include Zumba, Pilates, Tai Chi, Abs, BODYATTACK, BODYPUMP, CXWORX, BODYFLOW, BODYPUMP, BODYCOMBAT, RPM, Silver Sneakers Classic, and MORE! Monthly schedules for all group fitness classes are available at the front desk.

**Youth Wellness Certification (Ages 10-15)**
Prerequisite for using the Wellness Center and exercise equipment.
Certifications are held the 1st and 3rd Saturday of the month. Classes are one hour and begin at 11:00am.
Parents should be in attendance with their child. Please register at the front desk.

**Youth Wellness Guidelines**
- Children under 10 are not allowed on the wellness floor.
- Age 10-12 may use the Cardio equipment, but must have supervision of a parent.
- Age 13-14 may use the cardio and circuit equipment, but are encouraged to workout with a parent, older sibling or friend.
- Age 15 and up can work out with free weights, Cardio and Circuit
- All members ages 10-15 must complete the Kids Fitness Certification PRIOR to using the Wellness Center.

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**GUESS WHAT...**

**SUMMER CAMP IS COMING!**

Registration packets and information will be available in March. Sign-ups will begin the week of Spring Break.
JOIN US FOR SOMETHING BIG

The Y is a cause for strengthening community. That is why we are here working with you every day, making sure that you, your family and community have the resources and support you need to learn, grow and thrive.

With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your membership and participation in our programs will bring about meaningful change not just within yourself, but in your community too.

Lakeland Family YMCA

3620 Cleveland Heights Blvd  
Lakeland, FL 33803

Phone: 863-644-3528  
Fax: 863-644-2517

Hours:  
Monday-Thursday: 5am-9:30pm  
Friday: 5am-9pm  
Saturday: 7am-6pm  
Sunday: 12pm-6pm

Holiday Hours:  
Closed New Year’s Day and Easter  
Memorial Day: 5am-1pm

Branch Staff:  
Brian Hernandez, Director of Branch Operations brian.hernandez@ymcawcf.org  
Sandra Austin, Program Director (Aquatics and Gymnastics) sandra.austin@ymcawcf.org  
Renee Camper, Executive Childcare Director renee.camper@ymcawcf.org  
Dorothy Cheshire, Community Initiatives Director dorothy.cheshire@ymcawcf.org  
Laura Feliciano, Wellness Director laura.feliciano@ymcawcf.org  
Melissa Ford, Membership Director melissa.ford@ymcawcf.org  
Jake Putnam, Sports Coordinator jake.putnam@ymcawcf.org  
Jamie Retzloff, Associate Director of Childcare Services jamie.retzloff@ymcawcf.org

Association Staff:  
Kirk Eich, CEO/Executive Director kirk.eich@ymcawcf.org  
Sharon Andrews, Administrative Assistant sharon.andrews@ymcawcf.org  
Cherie Kercher, Director of Human Resources cherie.kercher@ymcawcf.org  
Piper Mislovic, Financial Assistance Coordinator piper.mislovic@ymcawcf.org  
Beverly More, Membership Services Director beverly.more@ymcawcf.org  
Joy Poteet, Association Chaplain joy.poteet@ymcawcf.org  
Stacy Walsh, Director of Development and Marketing stacy.walsh@ymcawcf.org

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