THE Y: A PLACE WHERE YOU BELONG

YMCA of West Central Florida
3620 Cleveland Heights Blvd.
Lakeland, FL 33803

863-644-3528

www.ymcawcf.org
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 50+ year 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 2016 more than 13,000 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>
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<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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<td>YOUTH/TEEN (up to age 18)</td>
<td>None</td>
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</table>

INCLUDED IN YOUR MEMBERSHIP:
- 4 sessions with a wellness coach
- Childwatch while you exercise*
- Unlimited group exercise classes
- 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

*with a Family Membership or Two Person Family Membership Limit 2 hours per day

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 and never pressure you to join
- To welcome your suggestions for improvement

Refund Policy
**Full Refund:** A full refund will be given if the participant fills out a request form (available at the YMCA front desk) at least 2 weeks prior to the start of the class or program. **Program Credit:** A full program credit (in-house account credit for a future program) will be given if the participant fills out a request form prior to the start of the first class. Program credits are valid for one year after they are issued (after one year a refund request will need to be submitted again)

**No Refund:** Refunds or Program Credits will not be given after the first class date.

**Membership Refund Policy:** Refunds for membership will not be given/issued for any membership: monthly, 3 month, 6 month, or annual.
GYMNASTICS: STAGES OF LEARNING

GYMNASTICS STARTERS (ages 6 months–5 years)
Stage A / Discovery
Parent Child Classes
Tuesday: 9am–9:45am

Stage B / Exploration
Preschool Ages 3–5
Wednesday: 5pm–5:45pm
Thur: 9:45am–10:30am or
4pm–4:45pm
Saturday 9am–9:45am

$60 Members / $120 Non-Members

GYMNASTICS BASICS (6–14)

Stage 1 / Confidence
Monday: 4:30pm–5:30pm
Tuesday: 5:30pm–6:30pm
Wednesday: 6pm–7pm
Thursday: 5pm–6:00pm
Saturday 10am–11am

Stage 3 / Conditioning:
Monday: 4:30pm–5:30pm
Tuesday: 5:30pm–6:30pm
Wednesday: 6pm–7:00pm
Thursday: 5pm–6pm
Saturday: 10am–11:00am

All Gymnastics Basics Classes:
$65 Members / $125 Non-Members

COMPETITIVE GYMNASICS (ages 3–12)

Stage 4 / Pre-Team Skills
Registration: Until February 11
Season runs: February 25–April 27
No practice/games: March 25–30
$65 Members / $120 Non-Members

Indoor Soccer (Ages 3–12)
Registration: Until February 11
Season runs: February 25–April 27
No practice/games: March 25–30
$65 Members / $120 Non-Members

Spring Basketball (Ages 3–15)
Registration: February 12–April 15
Season runs: April 30–June 22
No practice: May 27
$70 Members / $125 Non-Members

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

Session Schedule:
January 2–February 23
February 25–April 27 (No Classes March 25–30)
April 29–June 22
# Progressive Swimming Stages

## Swim Starters (ages 6 months–3 years)

### Stage A / Water Discovery
- Tuesday: 6:30pm-6:30pm
- Thursday: 9:30am-9:30am
- Saturday: 8:30am-9:00am

$55 Members / $115 Non-Members

### Stage B / Water Exploration
- Tuesday: 6:30pm-6:30pm
- Thursday: 9:30am-9:30am
- Saturday: 8:30am-9:00am

$55 Members / $115 Non-Members

## Swim Basics (ages 3–12)

### Stage 1 / Water Acclimation
- Preschool (Ages 3–5)
  - Monday: 5:15pm-6:00pm
  - Tuesday: 5:15pm-6:00pm
  - Thursday: 6:30pm-7:15pm
  - Saturday: 9:00am-9:45am

$60 Members / $120 Non-Members

### Stage 2 / Water Movement:
- Preschool (3–5)
  - Monday: 5:30-6:15pm
  - Tuesday: 6:30-7:15pm
  - Wednesday: 5:30-6:15pm
  - Saturday: 9:45-10:15am

$60 Members / $120 Non-Members

- School Age (5–12)
  - Monday: 5:30-6:15pm
  - Thursday: 5:30-6:15pm
  - Saturday: 9:00-9:45am

$60 Members / $120 Non-Members

### Stage 3 / Water Stamina
- Preschool (3–5)
  - Wednesday: 6:30-7:15pm
  - Saturday: 9:45am-10:30am

School Age (5–12)
- Monday: 6:30-7:15pm
- Thursday: 5:30-6:15pm
- Saturday: 9:00am-9:45am

$60 Members / $120 Non-Members

## Swimming Stages

### 8-Week Session Dates

- January 2–February 23
- February 25–April 27 (No Classes March 25–30)
- April 29–June 22

## Swim Strokes (ages 3–12)

### Stage 4 / Stroke Introduction
- Preschool and School Age (3–12)
  - Tuesday: 5:30-6:15pm
  - Thursday: 6:30-7:15pm
  - Saturday: 10:45-11:30am

$60 Members / $120 Non-Members

### Stage 5 / Stroke Development
- School Age (5–12)
  - Tuesday: 5:30-6:15pm
  - Thursday: 6:30-7:15pm
  - Saturday: 9:45-10:30am

$60 Members / $120 Non-Members

### Stage 6 / Stroke Mechanics
- Ages 12 and up
  - Thursday: 7:15–8pm

School Age (5–12)
- Tuesday: 5:30-6:15pm
- Saturday: 10:45-11:30am

$60 Members / $120 Non-Members

## Competitive Teams

### Synchronized Swimming: Aqua Chicks (ages 6 and up)
- Level: Advanced Beginner
- Monday Youth, Tuesday Adult: 6:30-7:15PM
  - 2 Days: $50 / 3 Days: $55
  - 4:00-5:15pm / Y Members Only

### Flamingo Synchro Swim Team (ages 6–18 years)
- Level: Intermediate/Advanced
- Monday/Tuesday/Thursday: 4:30–6:30 PM
  - $60 Y Members Only

### Barracuda Swim Team (ages 5–18 years)
- Monday, Tuesday, Thursday, Friday
- 2 Days: $50 / 3 Days: $55
- 4:00-5:15pm / Y Members Only

### Barracuda Gold/USA Swimming (ages 10–18 years)
- Monday/Wednesday/Friday: 5:30-7:30 PM
  - $60 Y Members Only

## Additional Aquatic Programs

### Unique Actions: Lessons for children with special needs
- Contact Sandra Austin for more details: 863–644–3528
  - sandra.austin@ymcawcf.org

### Teen and Adult Swim Lessons (ages 13 and up)
- Tuesday: 7:15–8:00pm, Saturday: 8:15–9:00am
  - $60 Members / $120 Non-Members
COMMUNITY OUTREACH

LIVESTRONG at the YMCA Exercise & Wellness Program

This program was developed through a collaborative between the LIVESTRONG Foundation and the YMCA. This is a free 12-week program for cancer survivors designed to build strength, flexibility and endurance. LIVESTRONG at the YMCA offers several unique opportunities designed to guide cancer survivors toward regaining control of their health and well-being after treatment.

Contact: Dorothy Cheshire, dorothy.cheshire@ymcawcf.org

Active Adult Luncheons
Monthly luncheon with Guest Speaker
Day: Third Wednesday of each month (January–May)
Time: 12:00pm / FREE to Y Members

Soup, Salad and Scrabble
Day: 4th Monday of each month / Time: 10:00am
FREE to YMCA Members

Bible Study
Learn and grow in the Word of God as you get your Biblical questions answered at our morning non-denominational adult Bible study. Check with the front desk for days and times beginning in January

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. Contact: walter.huffstutler@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: walter.huffstutler@ymcawcf.org

eSports League
eSports Leagues is a place where teens can come together as a community with a common enjoyment of video games. These leagues operate every seven weeks and culminate with a league championship. We are currently offering leagues for Fortnite, Rocket League, and NBA 2K19. These games are offered on console platforms (PS4 or XBOX One), but PC gaming may be available soon.

Sessions:
March 5 – April 19 (Registration ends March 2)
April 30 – June 14 (Registration ends April 27)

HEALTH AND WELLNESS

Improving the nation’s health and well-being

Youth Wellness Certification (Ages 10–15)
Prerequisite for using the Wellness Center and exercise equipment. Certifications are held the 1st Saturday of the month at 11am or the 3rd Wednesday of the month at 4:30pm. 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 Youth Fitness Certification PRIOR to using the Wellness Center.

PERSONAL TRAINING
By appointment, Members only

1-to-1 (Ages 15 and up)
25-MINUTE SESSIONS
4 sessions: $30 per session / $120 total cost
8 sessions: $28 per session / $224 total cost
12 sessions: $25 per session / $300 total cost

55-MINUTE SESSIONS
4 sessions: $55 per session / $220 total cost
8 sessions: $50 per session / $400 total cost
12 sessions: $45 per session / $540 total cost

Partner Training: 55-Minute Sessions
(2-to-1) (Ages 15 and up)
4 sessions: $45 per session / $180 total cost
8 sessions: $40 per session / $320 total cost
12 sessions: $35 per session / $420 total cost

Group Training: 55-Minute Sessions
(4/6-to-1) (Ages 15 and up)
8 sessions: $25 per session / $200
12 sessions: $20 per session / $240

GROUP CLASSES

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

New Studio X is open!

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. Preregistration is required.
Mon/Wed/Fri: 9:00am–10:00am, 10:00am–11:00am
M/W/F: $25 Member/Non-Member rate
COACH CONNECT: HEALTHY LIVING STARTS HERE

Coach Connect is a FREE 90-day health and wellness program that helps keep you motivated and focused on your goals. Whether you want to build strength, take one of our group exercise classes or train for an event, we want to help you get started and stick to it. You’ll work with one of our wellness coaches to create a custom wellness program that gives you the tools you need to succeed. Make an appointment at the front desk.

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 Easter Sunday
Memorial Day: 7am-2pm

Branch Staff:
Brian Hernandez, Executive Branch Director brian.hernandez@ymcawcf.org
Sandra Austin, Aquatics Director sandra.austin@ymcawcf.org
Dorothy Cheshire, Community Initiatives Director dorothy.cheshire@ymcawcf.org
Jessica Miller, Membership Experience Director jessica.miller@ymcawcf.org
Laura Feliciano, Wellness Director laura.feliciano@ymcawcf.org
Walter Huffstutler, Teen Director walter.huffstutler@ymcawcf.org
Mitch Devore, Sports Director mitch.devore@ymcawcf.org

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

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