



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ALWAYS HERE FOR OUR COMMUNITY



2011-2012 PROGRAM GUIDE

Danvers Community YMCA
34 Pickering Street
Danvers, MA 01923

www.danversymca.org
978-774-2055

Our Mission

The mission of the Danvers Community YMCA is to provide innovative programs that positively influence the quality of life for our members, our families and our communities.

Membership Information

Hours of Operation

Monday through Friday
 5:30 AM - 10:00 PM
 Beginning Saturday, September 10th
 Saturdays 7:00 AM - 8:00 PM
 Sundays 9:00 AM - 4:00 PM
 The Y is closed on Legal Holidays

Membership Rates

Effective August 2011	Annual	Monthly	**Joiner's
Pre School 6 mth-5 yrs	\$60	N/A	N/A
Youth ages 6-13	\$100	N/A	N/A
Teen 14-17		\$15.50	\$15.00
Young Adult 18-22		\$28.50	\$30.00
Adult 22-64		\$33.50	\$60.00
Adult 65 and up		\$28.50	\$60.00
2 Adult Couple		\$56.00	\$60.00
2 Adult Couple 65 and up		\$46.00	\$60.00
Family 1 Adult		\$50.00	\$60.00
Family 2 Adult		\$63.00	\$60.00

See page 3 for membership descriptions

Fall Registration Dates

Y Members Registration begins
 Wednesday September 7th
 Public Registration begins
 Thursday September 8th

Session 1 --- begins September 19th

Y Senior Staff

Executive Director / CEO
 Leonard J. Mercier
 lmercier@danversymca.org

President, Board of Directors
 Thomas Elliott
 telliott@danversymca.org

Membership & Program Director
 Meredith D. Anderson
 manderson@danversymca.org

Health & Fitness Director
 Debra J. Barrowclough
 dbarrowclough@danversymca.org

Aquatic Coordinator
 Kathy Cushing
 kcushing@danversymca.org

Youth & Family Director
 Joe Pauline
 jpauline@danversymca.org

Pre-School Coordinator
 Sandra Cleary

After School Coordinator
 Kristin Byrne

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Please note: dates and times in this brochure are subject to change

From the Director

As a member of our YMCA family, you have access to an endless number of Y facilities throughout New England, increasing the value of your membership reaches far beyond our service area. Speaking of value, membership rates for 2011-2012 have not increased from the 2010-2011 rates.

I am proud of our family of members, staff and volunteers. With our areas of focus being For Youth Development, For Healthy Living and For Social Responsibility, I know we are making a difference within the community.

Our staff and volunteers are eager to help each and every member. We thank you for giving us a chance to serve you and we are always open to suggestions.

Sincerely,
Len Mercier
Executive Director/CEO



Membership Descriptions

Preschool:

6 mo. – 5 years

Preschool Memberships allow for discounts on programs, swimming during family and recreational swims when accompanied by an adult and family open gym.

Youth Membership

Youth Memberships include recreational swimming, open gym times, by schedule, and discounts of program activities.

Teen Membership

Teen Memberships are for students ages 14 to 17. Membership includes use of the Cardio & Strength Training Center during regular hours. Teens will be working out with Adults and are expected to act accordingly. Teen members may take part in Adult Lap swimming, fitness classes and high school open Gym times.

Young Adult, Adult & Seniors

Follow lap swim schedule, unlimited Cardio and Weight Center, take part in many included fitness programs, Open Gym Schedule and receive discounts on many specialty programs.

Family Memberships

Family memberships now include full time college students through age

22, with continued proof of full time enrollment. Family Time is for the 13 year old to * workout with a Parent in the cardio center. Parents MUST be working out side by side with the child on any of the equipment that is being used.

**Joiners Fee (non-refundable)

* A joiners fee must be paid when Y memberships are started. Memberships that are kept current will renew at the annual rate. Joiners fees are placed in a fund for capital expenses such as new equipment and major building repairs.

Membership Payment Plans

Membership fees can be paid for in a number of ways.

- Monthly drafts from checking or savings accounts as well as drafts from debit or credit cards is the most recommended membership payment plan. Membership is continuous without renewals. A written thirty day notice is required to stop membership.
- Annual payment in full with cash, check or credit card.

**You decide the payment plan.
Costs are the same.**

Day Guest Memberships

6 Month-Age 5	\$3.00 per visit
Youth ages 6-13	\$5.00 per visit
High School	\$10.00 per visit
College	\$10.00 per visit
Adult	\$10.00 per visit
Family	\$15.00 per visit

(limited to 2 visits annually)

My Y is Every Y

Your Danvers Y membership may be used at any YMCA in New England. Now every Y is your Y with your Danvers Y card. Details are on our web site danversymca.org

Register for Membership or Programs online

Go to www.danversymca.org

Programs and Facilities for the entire family.



GENERAL INFORMATION

GENERAL YMCA RULES

1. Membership Cards must be scanned at front desk when entering the Y facility.
2. Soap showers must be taken before and after use of pool.
3. No glass is allowed in the locker room or pool area at any time.
4. Bathing suits are required for swimming pool.
- 5. Shirts & sneakers must be worn in work-out areas.**
6. White-soled sneakers are required in the gymnasium.
- 7. Personal locks can be used on lockers while members are using the facility only. No personal locks should be left on any locker overnight.**
8. Food and drinks are not allowed in gym & pool areas.
9. The Danvers YMCA is not responsible for lost or stolen personal items.
Wallets and valuables may be stored at the front desk.
10. Cellular phones are not allowed in locker rooms.

Refund Policy

A full refund will be given if a class is cancelled by the YMCA or a person cannot meet the course prerequisites. If it becomes necessary for a person to cancel prior to the first class, a refund, less \$5.00, will be given. If a participant cancels prior to the second class, a refund of 60% will be given. There will be no refunds after the second class has been held.

Late Registrations

Those who register late for a program activity, any time during the first two (2) classes of the session shall pay the stated program fee. Registrations received after the second class will be prorated according to the remaining classes.

Return Check Fee and Draft Fee

A \$15.00 fee will be charged for all checks and draft returns.

Make the Y your second home.

Enjoy the pool, exercise areas and fitness classes, children learn to swim at the YMCA.

PROGRAM REGISTRATION INFORMATION

Early enrollment is encouraged, as classes fill fast. Only those programs in which there is sufficient interest will be sponsored. All programs are payable in full before the first class of each session. New programs are added from time to time. Advertisements for these activities will be in the local newspaper and posted in the Y building. Many programs can be registered for over the telephone. Call the Y at (978) 774-2055 for details.

MEDICAL CONSIDERATIONS POLICY

The Danvers YMCA is proud to provide quality exercise equipment and classes for adult fitness. However, before initiating any exercise program, the Danvers Y recommends that the member should obtain a complete physical examination from a medical doctor, and enlist the aid of the doctor in developing an exercise program for the member's current health status. The Danvers YMCA does not provide health and accident coverage. It is the responsibility of all participants to obtain health and accident coverage for themselves.

BABYSITTING

As a service to our members, the Y offers babysitting weekday mornings. Members may leave their children with the sitter while exercising in the building.

Parents must not leave the Y property while the child is with the sitter.

Mon. - Fri. 8:15-11:15 A.M.

This schedule is subject to change to meet program needs.

Fee: \$3 per visit or 16 one hour visits \$35.00 punch card

RACQUETBALL & WALLEYBALL RESERVATIONS & RULES

The Danvers Y offers an air-conditioned court for Y Members to enjoy racquet sports or Walleyball. Court time can be reserved for Members free.

Non members will pay \$25/hour for court time and 2 non members.

Reservations

1. Court may be reserved up to three days in advance.
2. Reservations must be paid for if court is cancelled.
3. Walleyball equipment is available for \$4.00 per reservation.
4. Under 14 must play racquetball with an adult.

HOLIDAYS, VACATIONS, MAKE-UPS & CANCELATIONS

The Danvers YMCA will hold lessons each day that the Y is open, with the exceptions of the school vacation weeks. During the vacation weeks, the Y usually holds recreational swims each weekday afternoon. Check front desk for upcoming vacation schedules.

Thanksgiving schedule for youth classes and swim lessons

No classes Wednesday 11/23, Thursday, 11/24, Friday, 11/25, and Saturday 11/26.

These classes will be made up on January 4, January 5, January 6 and January 7.

Christmas Schedule:

**No classes Dec. 24-Jan. 3.
(makeups 1/4, 1/5, 1/6, 1/7)**

Weather Cancellations are days when there is no school in Danvers due to inclement weather. When school is cancelled, all A.M. classes are cancelled. Afternoon and evening classes are decided one hour before the class. Call the Y at 774-2055 one hour prior to the scheduled class to see if it will be on or off. The Y will only make up classes that are cancelled by the Y, not for sickness or weather cancellations.

**On most legal holidays,
the Y will be closed.**

FOR YOUTH DEVELOPMENT

Preschool

The Danvers Community YMCA Preschool is state certified and is licensed through the Massachusetts Department of Early Education and Care (EEC). The program offers children a stimulating environment, caring and experienced teachers who will aid in their development, and plenty of space to explore and play with their peers. This program includes an emphasis on the positive aspects of the child's performance to aid in the growth of the child's confidence and self-esteem.

The school offers a "learning can and should be fun" program that encourages all students to explore, and to learn in a fun filled and stimulating atmosphere. Our teachers will encourage your child during free play, arts, dramatic play, singing, creative movement, math, science, gym games and other activities. Children will have the opportunity to explore and learn individually, as well as in a group. **The school is open on Danvers Public School half-days.**

Two Day – Tuesday & Thursday

9:00am-12:00pm

Age 3 may sign up for this two day program.

For a child to be eligible for the two day program the child must be three years of age by September 1, 2011.

\$50 at time of registration

\$180 each month

(9 payments beginning Sept.)

Three Day – Mon, Weds, & Fri

9:00am-12:00pm

Ages 4&5 may sign up for this program. For a child to be eligible for the three day program the child must be four years of age by September 1, 2011.

\$50 at time of registration

\$230 each month

(9 payments beginning Sept.)



Lunch Bunch & Munch Fun

8 Week Program 12 noon-2 pm

M, W & F 4&5 Year olds

T & Th 3 Year olds

Costs: Registered Pre-School Student \$64

Members: \$85 Non-Members: \$105

A fun program for children ages 3 thru 5. Lunch Bunch offers a great place to have lunch with a different activity every week. Story time, Movie and Popcorn, Arts and Crafts, Outside Games, and Classroom Games are some of the activities your child will be able to participate in. Great for parents that want to work out, run an errand, take a swim, or have lunch with some friends.

Swimming is offered to the Friday program only.

Middle School Youth Center

2:00 - 6:00 PM

At school dismissal, students are transported to the YMCA building on Pickering Street for an afternoon filled with fun recreation and youth development. This program focuses on middle school aged activities, including homework help, working out in the fitness center, indoor and outdoor sports, computers, video games and free gym time. A separate brochure is available at the Y for this program!!

School's Out Kid's Club

At school dismissal, children are transported to the YMCA building on Pickering Street for an afternoon filled with friends, fun and many activities. The program will close promptly at 6:00pm. Enrollment is strictly limited by our license.

Activities May Include:

Homework Help, Cooking, Music, Crafts, Games Room (air hockey, table soccer, pingpong, board games etc...), Outdoor Play, large open field, Recreational Swim – every day, Auditorium, Basketball Gym – adjustable hoops, Board Games, Club Activities, Computers, Homework Station. Fees are paid monthly. Fees include transportation costs, & early release days. Fees do not include an extra fee for holidays, school closing days, and vacation days.

5 days/wk \$335/month

4 days/wk \$299/month

3 days/wk \$242/month

2 days/wk \$183/month

1 day/wk \$129/month

School's Out Kids Club Vacation Weeks

Daily Fees:

Members \$60.00 Non-Members \$85.00

(These Rates are for NON – SOKC Members) Join our after school and save big. The Danvers YMCA Childcare Program is open during the school vacation days. Activities include sports, swimming, field trips, arts and crafts, computers, homework help and games room activities. We are also open during most Danvers Public School closings and half days.

December Vacation 2011

12/26 Monday - Opposite Day

12/27 Tuesday- Cedarland

12/28 Wednesday- Animal Day

12/29 Thursday - Strike One

12/30 Friday- New Year's Celebration

01/02 Monday - Bowling

February Vacation 2012

2/20 Monday- Pajama Pizza Day

2/21 Tuesday- Chunky's Cinema

2/22 Wednesday- Crazy Dress Up Day

2/23 Thursday - Laser Quest/ Fun 2 Paint

2/24 Friday- Country Western

April Vacation 2012

4/16 Monday- Fiesta Day

4/17 Tuesday- Roller Palace

4/18 Wednesday- Birthday Day

4/19 Thursday- Salem Willows

4/20 Friday- Carnival Day

FOR YOUTH DEVELOPMENT

SPECIAL EVENTS

Healthy Kid's Day

Saturday, April 2012

1:00-3:00 Fitness and Games 3:00- 5:00 Rec Swim, Fitness, Gym Games, Healthy Snacks, Rec. Swim, Prizes and Smoothies. Come on down and have a great healthy time. This is a YMCA National Event. All Ages.

Safety Day

7th Annual Event

Saturday, October 2011

Entertaining Community Event. The Danvers Police, Fire Dept., DEEP, Shrine Burns Institute, United Martial Arts Center, Red Cross, Lyons Ambulance, CHIPS, Electric Co., Officer Dave's Safety Club, Kelly's Roast Beef, Danvers Bi-Peds and more – help with this safety awareness day.

Kids Night Out

This program will run Friday nights twice a month (dates TBA) 6:00-8:30pm. Kids can choose from activities like arts & crafts, sports, computers, karaoke, and recreational swim. Open to grades 1-5. Look out for this great event.

Fees: Members: \$10.00

Non-Members: \$15.00



FUNDRAISERS

Learning Center

Fundraiser:

The Danvers Community YMCA is raising money to upgrade our Learning Center for the Childcare and Summer Camp programs. A "Change Jug", is located at the front desk. It's a great way to involve your children in a great cause. Please use this opportunity to donate your spare change towards our learning center. Our Learning Center is a great place for our kids to learn about technology, work on their homework and to play some fun and educational computer games. We are looking to raise \$1000 which will be matched by an outside source.

Ink Cartridges for Kids:

For the past 7 years our childcare programs have been involved in a recycling fundraising program. We are recycling all types of ink jets and cartridges. If you or your company would like to donate their used cartridges towards our childcare program – please feel free to drop them off at the Y. To date we have raised close to \$6000. Money raised goes towards our childcare and summer camp supplies.

Cell Phone Drive:

If you are looking to dispose of your old cell phone – donate it to the YMCA. These phones are refurbished and sent out to women's shelters through a fundraising organization. We also raise money towards our programs. What a great cause. Don't throw out your phone – donate it.

GREAT GIFT IDEA

DANVERS COMMUNITY YMCA GIFT CERTIFICATE



PRESENTED TO: Richie G.

FROM: Michelle and Bryan

FOR THE GIFT OF: One Year Youth Membership

YMCA

December 25, 2011

Date of issue

Danvers YMCA • 34 Pickering St,
Danvers, MA 01923 • (978) 774-2055

This Certificate is Valid One Year From Date of Issue

FOR YOUTH DEVELOPMENT

YOUTH SPORTS CLASSES

Fees for all classes are:

Members: \$55 Non-Members: \$95 unless otherwise noted.

Basketball

Includes warm up, lesson and half court basketball games. This is a great class for both beginners and advanced.

Mon. 3:30-4:15pm Grades K-2

Mon. 5:00-5:45pm Grades 3-5

Sessions 1, 4 & 5

Basketball Clinic

Confidence building w/structure on team play for all levels. Each week the players will learn a new skill & review previous taught skills. Instructional games are played each week.

Level 1 Beginner

Sat 8:30-9:15am Grades K-2

Session 1-4

Level 2 Advanced

Sat 9:15-10:00am Grades K-2

Session 1-4

All Levels

Sat 10:00-10:45am Grades 3-5

Session 1-4

Wacky Games

Play a new wacky game each week! Includes new games, and wacky variations on standard games. Examples include pirate kickball, and animal tag.

Mon. 3:30-4:15pm Grades K-2

Mon. 5:00-5:45pm Grades 3-5

(Gym) Sessions 2 & 3

Archery

Great class for beginners to advanced archers. Instructional class that focuses on safety, balance and coordination.

Tues. 3:30-4:15pm Grades 3-5

(Outside, Gym) Sessions 1,4,5

Golf

This class focuses on the basic skills and rules of golf. The class is taught here at the YMCA.

Tues. 5:00-5:45pm Grades 3-5

(Outside, Gym) Sessions 1,4,5

Soccer

Skills will include: game play, passing, positioning, shooting and having fun!

Tues. 3:30-4:15pm Grades K-2

Tues. 5:00-5:45pm Grades 3-5

(Gym) Sessions 2, 3

Whiffleball

Competitive team game that includes 10-15 minute practices before each game. Fun class for those that like baseball and the concepts of team play.

Wed. 3:30-4:15pm Grades K-2

Wed. 5:00-5:45pm Grades 3-5

(Outside, Gym) Sessions 1, 4, 5

Kickball

The basic skills and rules of kickball will be taught, as well as different variations like Alaskan kickball and add-it-up kickball.

Wed. 3:30-4:15pm Grades K-2

Wed. 5:00-5:45pm Grades 3-5

(Gym) Sessions 2, 3

Dodgeball

Fun and exciting sport that involves coordination, teamwork and exercise. We use safe soft dodgeballs. Each week learn a new version of Dodgeball. Examples include – German Dodgeball, Monkeyball, Traditional Dodgeball, CrackerBarrel, more.

Thur. 3:30-4:15pm Grades K-2

Thur. 5:00-5:45pm Grades 3-5

(Gym) Sessions 1-5

Dancing for Fun

Dancing is a great way to have fun and exercise at the same time! Kids will have the opportunity to express themselves through dance, as well as play some fun dance related games!

Fri. 3:30-4:15pm Grades K-2

Fri 5:00-5:45pm Grades 3-5

(Auditorium) Sessions 1, 4, 5

Floor Hockey

Each class has 15 minutes of instruction and 30 minutes of game play. Safety and proper team play is reiterated before each & every class. Floor hockey is a great workout as kids are always active!

Fri 3:30-4:15pm Grades K-2

Fri 5:00-5:45pm Grades 3-5

(Auditorium) Sessions 2 & 3

Dodgeball League

Fees: Members: \$120

Non-members: \$210

Fridays from Nov. 18th to March 23rd 6:00-7:00pm (Grades 5-8)

Both sides of the gym are used for games. This includes team shirts, referees, playoffs, trophies and themed weeks. Will not be playing on vacation weeks or holidays. Numerous games each night!

Transportation

Fees: \$24 for an 8 week session.

Save time and gas by letting us take your child to the Y. We pick up every day at the Danvers public schools for our childcare programs. Members and Non- Members that are interested in taking YMCA programs or classes can sign up for transportation from their Danvers Public School to the YMCA. Your child must be registered for a 3:30 program. Space is limited to bus capacity. Call early to register.

If you have any questions about our programs or classes and would like to be the first to receive our flyers – please email Joe at:

jpauline@Danversymca.org

Class sessions will run as follows unless otherwise noted.

**Session 1
Week of September 19th**

**Session 2
Week of November 14th**

**Session 3
Week of January 23rd**

**Session 4
Week of March 26th**

**Session 5 (mini session)
Week of May 29th**

**Summer
Week of June 25th**

FOR YOUTH DEVELOPMENT

PRESCHOOL CLASSES

Fees: Members \$55 Non-Members \$95

Moon Bounce Mania

Let the Kids bounce out their energy on our moon bounce! Bouncing is great exercise for your little ones! Wednesday 12:00-12:45 Ages 3-5 Sessions 1 - 5

Craft Corner

A different themed craft will be completed each week, which the children will be able to take home and proudly display! Thursday 12:00-12:45pm Ages 3-5 Sessions 1-5

Gym Play

A fun filled class that helps children understand the concept of play and teamwork. Games include tag, parachute, scooters and cooperation games. All games are age appropriate and assist with movement and coordination. Thursday 12:45-1:30pm Ages 3-5 Sessions 1-5

Music and Action

This class will encourage children to express themselves with dance. Dance is a wonderful way for kids to stay active, and it encourages coordination. Friday 12:00-12:45pm Ages 2-3 Sessions 1-5

Soccer

Skills will include game play, passing, shooting and having fun! Friday 12:45-1:30pm Ages 3-5 Sessions 1-5



NO CLASSES WILL BE HELD DURING SCHOOL VACATION WEEKS.

WATCH FOR SPECIAL PROGRAMS.

FOR HEALTHY LIVING

Punch Card for Water Fitness/ General Fitness Classes

16 Classes for \$95 (one time only)
After punch card is completed you
must take out a YMCA membership
and we will waive joiners fee.
The other option is to pay \$10 per
class.

Yoga 9 Classes Members \$72
Non Members \$95
Zumba: Non member 9 classes \$95

Cardio Combo Classes

Work out in the Cardio Center or take
a cardio class and then add this muscle
and core class into your routine. This
class will include bands, weights, and
your own body weight to strengthen
your entire body.

Instructor: Deb McDermott

Step Aerobics

Monday 9:00-9:45 am

This is a step aerobics class with basic
and intermediate choreography. A
great class for all levels.

Step Aerobics

Wednesday 9:00-9:45am

This is a step aerobics class with basic
and intermediate choreography. A
great class for all levels.

Cardio Mix Up

Friday 9:00-9:30am

30 Minutes of continuous movement,
a mixture of kickboxing, floor aerobics
and other cardio moves.

Muscle Conditioning and Core

Monday 9:45-10:15am

Wednesday 9:45-10:15am

Friday 9:30-10am

Co-Ed Step Aerobics

This Co-Ed class features basic step.
Great class for all levels.

Instructor: Deb Barrowclough

Thursday 6:30-7:30pm

**Fitness classes will begin the week
of September 19, 2011 and continue
through June 25. Some classes may
not meet during school vacations.**

Be sure to register for classes.

Saturday Step Aerobics

Instructor: Deb Barrowclough
8:30-9:15am

Adult Fitness

Adult Fitness is designed with the active
older adult in mind. Gentle stretching,
muscle toning, and strengthening exer-
cises are included in this very popular
class. A great place to meet friends as
well as stay in shape.

Instructor: Deb McDermott

Thur. 9:00-10:00am

Pilates on the Ball

This class uses pilates moves that are
done on a dyna-ball. Hand weights will
be included.

Instructor: Val Lockhart

Tuesday & Thursday

8:15-9:00am

Pilates

Mat based class using methods taught
by Joseph Pilates. This class is designed
to increase core strength and stability.
Hand held weights and the dyna-ball will
be used. Sign up for one, two or three
classes.

Instructor: Deb Barrowclough

Tuesday, Thursday 5:45-6:30pm

Saturday (Advanced) 9:15-10:00am

Cardio Kickboxing

Aerobic boxing, jumping jacks, squats,
these are just a few of the moves in this
fast paced class. This class is designed
to improve muscular strength and car-
dio vascular endurance.

Instructor: Caren Holmes

Mon. & Wed 6:00-7:00pm

Zumba *Free To Members*

What is ZUMBA? ZUMBA is a fun and
effective cardio workout with sculpting
exercises designed to tone the entire
body from top to bottom. Depending on
how you exert yourself, you could burn
between 600 or more calories per class!
Latin music and a combination of fast
and slow Latin moves are used. This
high/low impact class has something
to offer all fitness levels. 60 minutes of
fitness fun. Come move your body with
Carmen Vega, to infectious Latin beats.

Tuesday 6:30-7:30pm

ML Athletics Fat Blast Boot Camp

1 Week Free Trial with Registration!

Build Muscle and Burn Fat with my Fat
Burning Blasting. Muscle Toning, Fit-
ness Boot Camp. Sculpt your body with
exercises ranging from Pushups, Squats,
Lunges and everything in between. Burn
the fat with high intensity cardio interval
training. Mix and Match your days!

To register Email:

michael@mlathletics.com

2 Day or 3 Day program Mornings and
Evening. Check separate flyer for days
and times.

www.mlathletics.com

Personal Training

Just getting started? Training for an
event? Need to get over a plateau?
Maybe you just need a new program?
Don't give up, pick up some free weights
get stronger, improve your cardiovascu-
lar conditioning in a program designed
specifically for you. The program will in-
clude but is not limited to the use of free
weights, Nautilus, and cardio equipment.
Stop by the desk for more information.

Gliding

Gliding exercises work muscles while
engaging core stabilization through-
out the range of motion. Simplicity of
movement makes this unique exercise
system easy to follow. Using specifi-
cally designed sliding discs transform
exercise movements into smooth,
graceful lines of flowing motion for a
great cardio, balance, and core class.
Discs are provided.

Instructor: AnnMarie Bedard

Sunday's 9:15-10:00am

***Most
Fitness Classes
Included with
Membership!***

FOR HEALTHY LIVING

Cardio Spin

A 45 minute challenging cardiovascular workout using a stationary Spinning Cycle. Through music and various techniques, the instructor will take participants through a motivational bicycling experience that simulates an outdoor ride. Class schedules will be available on a separate brochure at the front desk.

Non-members punch card, 5 classes, \$40

Basketball Leagues

Men's and Women's Basketball Leagues, if you're interested please contact Deb Barrowclough at the Y.

Co-Ed Volleyball

Like to play volleyball? This program will be offered on Monday evenings 8:00-10:00pm Please contact Deb Barrowclough if you're interested in playing and/or helping.

Ballroom I

Members \$85.00/couple

Non-Members \$110.00/couple

Basic steps, Fox Trot, Waltz, Cha-Cha, Rumba and Swing are some of the dances that will be introduced.

Tuesday 6:30-7:30pm for 8 weeks

Instructor: Laurie Gienapp

Ballroom II

Members \$85.00/couple

Non-Members \$110.00/couple

Same as Ballroom I with additional steps and Introduction to Tango.

Tuesday 7:30-8:30pm 8 weeks

Instructor: Laurie Gienapp

ABS Yoga

Purchase a punch card

Target and tone your tummy with yoga. Sculpt sleeker, leaner abs with a workout that's more efficient, satisfying, and inspiring than sit-ups or other ab workout techniques. In ABS Yoga you will learn how mind-body workouts and using the weight of your body reshape your torso and leave you feeling centered and revitalized.

Class includes: Conscious breathing, relaxation meditation Bring mat (if you have your own) and a blanket.

Instructor: Charlie Harrington
Wednesday 8-week session 7:00-8:15pm

Extreme Fitness Boxing

Members \$72 Non-Members \$90

This six week course will teach participants how to train like a boxer safely and effectively while having fun. The students will use a variety of different boxing equipment at different stations. There won't be physical contact but participants will punch the heavy bags, focus mitts and coach Eric as hard as they want. Students will be given free pair of hand wraps to keep and a pair of boxing gloves to use for each class. Participants 16 years old and up should pre-register. Space is limited to 10 students to enhance the quality of training.
Instructor: Eric Knight
Sunday's 10:30-11:30 6-weeks

*Please Note:
All Schedules Subject
To Change.*

**Watch for updated group
fitness schedules.**



**New Value!!!
"My Y is Every Y!"**

Your Y card can be used at any Y in
New England.



Financial Assistance

The Danvers Community YMCA believes that everyone should be able to participate regardless of their ability to pay. Each year the Y's Annual Fund Program assists members with membership fees, camperships and more. Applications for financial aid are available for those living in Danvers, Boxford, Topsfield and Middleton.



SPECIAL EVENTS & DONATION OPPORTUNITIES

11th Melissa S. Barrowclough Memorial Golf Tournament



Held the first Saturday after Labor Day each year, at the Apple Hill Golf Club in East Kingston, NH. The tournament features 18 holes of golf, a BBQ dinner, prizes for winning teams, raffles, and various golf skills contests.

The tournament is named in honor of Melissa Barrowclough, daughter of YMCA Fitness Director Deb, her husband Bruce and brother Keith. Melissa died in a tragic car accident in July 2001. At her family's request, proceeds from the tournament benefit youth & teen scholarships here at the YMCA. If you are unable to attend the tournament or are not a golfer, you can still be a part of this special event by becoming a Business and/or Memorial Hole Sponsor or by donating to our raffles. All levels of tournament support are welcome and needed including help the day of the event.

A separate brochure with further details is available in July of every year. For more information, contact Meredith or Deb at 978-774-2055.



Holiday Giving Tree Program December

Many of us look for a way to give the holidays more meaning. Feed your holiday spirit and help out some great causes at the same time. Our holiday tree located in the lobby of our facility, is dedicated to helping children and families throughout the world. By taking an ornament from our tree, your generosity will benefit the Danvers People to People Food Pantry, the YMCA Annual Fund. With your spirit of giving, the holidays will be brighter for those in need!



Annual Snow Ball Dance and Auction: February 4th, 2012

A great way to Celebrate Valentine's Day – This fundraiser is held in our Gymnasium. Music is provided by local band Roundabout, and features a live and silent auction along with appetizers, wine & beer, and raffles. 7:00pm – Midnight. Tickets will go on sale January 1st. Come and celebrate while supporting YMCA's Mission.

Annual Fund Campaign: Year-Round

This is the most important fund raising effort the YMCA undertakes. It is our annual effort to:

- Provide camperships to children who really want to attend camp but are unable to afford it.
- Provide financial assistance for tuition fees for childcare, membership and/or class fees, as well as program charges.
- Provide funding for major repairs and facility improvements here and at the camp property in Boxford.

The fees the YMCA charges for programs and memberships equal the total expenses of running those activities. We need to raise annual support dollars to enable the Y to provide a financial assistance program and to pay for capital improvements that our annual operating budget cannot cover. Every dollar donated goes directly to individuals, children and families who would not otherwise be able to participate here or toward a major repair of our facilities, so that we may continue to function at the highest level of efficiency.

Tax-deductible contributions to this fund help to keep costs down for everyone while benefiting the entire community.

Donations may be designated for the following: memberships, camperships, or program fees for both youth and adults.

With your support, we can meet our fund raising goal of \$40,000. Please consider becoming a Leadership Level Donor:

- \$250 and up Heritage Club
- \$100 - \$249.99 Century Club
- Up to \$99.99 YMCA Supporter

Brochure with Donation Form is available at the YMCA.

William & Steven Bekel Memorial Basketball Tournament



Fourth Annual to be held during the Summer of 2012.

This 3 on 3 tournament is held in the Danvers Y Anderson Gymnasium, on a Saturday, combined with a raffle to raise funds for teen financial assistance. Over 20 teams participated in 2010. The tournament is named in honor of both Steven and William Bekel, who both died in an automobile accident in 2009. Steven's passion for basketball and the YMCA inspired his friends and their parents to begin this memorial event to honor them and to provide assistance for teens at the Y. Watch for details late spring, 2012.

FOR YOUTH DEVELOPMENT

YMCA Swimming Lessons Volunteers

The YMCA has been a volunteer organization since it began in 1844. The Danvers YMCA has many opportunities in the aquatics department for volunteer service, including class assistants, swim lessons instructors, program aides and helpers for special programs/events. If you are interested in helping us, yourself and others, please contact the aquatics department for more information 978-774-2055.



Pool Birthday Parties

Fees: Members \$140 Non-Members \$170

For up to 25 swimmers. A \$5 per person fee will be charged for parties over 25 swimmers. Fee includes 1 hr. pool rental, 1 hr. party room rental and lifeguard(s).

At our pool, birthday parties have use of all 5 lanes as well as the diving board, basketball hoop and other various activities to make your birthday experience great.

All children under 6 must have an adult in the water with them at all times.

Pool rental times :
Saturday: 12:00-1:00pm, 1:00-2:00pm
2:00-3:00pm, 5:00-6:00pm
Sunday: 1:00-2:00pm

My Y is Every Y

Your Danvers YMCA membership may be used at all YMCAs in New England. This exciting free benefit gives your Y membership more value than ever before. Details and limitations are listed at www.danversymca.org
Now, every Y in New England is your Y!

Observation Policy: It is the policy of the Danvers YMCA to limit parents from observing swim lessons from the pool deck while class is in session. We have an open house week the seventh week of each session for children to show parents and friends their progress. It is our belief that children are less distracted and will achieve more if parents are not on deck. Please be aware that there is a certified lifeguard in the pool area at all times.

PARENTS OF CHILDREN WHO ARE UNDER 6 YEARS OF AGE MUST REMAIN IN THE BUILDING IN CASE THEIR CHILD NEEDS TO USE THE BATHROOM. OUR STAFF IS RESTRICTED FROM ESCORTING THEM TO THE BATHROOM.

Gym Birthday Parties

Fees: Members \$175 Non Members \$225

For 20 children. A \$5 per child fee will be charged for parties with over 20 children. Fee includes 1hr gym Rental, 1 hr party room w/coordinator. Activity options include the following: Soccer, gym games, tag, parachute games, Pillow polo, dodgeball, moon bounce, Floor hockey, basketball, whiffleball, T-ball and more.

Gym rental times:

Saturdays 11-1pm, 1-3pm

PRIVATE SWIM LESSONS

Fees: Private (1 person)

Members \$180 Non-Members \$240

Semi-Private (2 person Maximum)

Members \$120/person

Non-Members \$160/person

Private Lessons are now being offered at the Danvers YMCA. Lessons are available for both children and adults of all skill levels. Ideal for persons with special concerns, adults looking to improve their skills for tri-athletes, and older teens who want to learn to swim. The benefits of private lessons are personal attention, progress at own pace, flexibility to fit your busy schedule. Semi Private & Private Lessons Available as 8-1/2 hour lessons.

See Aquatics Department for available times and scheduling.

Other Special Events and Activities

From time to time and during vacation the Aquatics Department tries to host events that the entire family can enjoy and participate in.

WWW.DANVERSYMCA.ORG

ONLINE REGISTRATIONS NOW AVAILABLE

For any information regarding the Aquatics Department please telephone: 978-774-2055.

- Registrations can be done online if you are a current member of the Danvers YMCA Swim lesson program. For all other registrations you must come into the YMCA and sign up.
- **IF YOU ARE NEW TO OUR SWIM LESSONS** you must come into the YMCA **to be tested** to ensure you are placed in the correct level, please call for an appointment.
- Swim lesson times are "in the water times". You should arrive and be ready 5 minutes before your class is to begin. Lessons are 30 minutes.
- It is the Danvers YMCA Aquatics Department policy that no parents or observers are allowed to stay on deck during lessons, except during designated classes (usually week 7) when we encourage parents to stay and observe their child's progress.

Watch for Information on Guard Start

Please note: All Schedules Subject to Change.

FOR YOUTH DEVELOPMENT

2011-12 Sessions For All Aquatics Programs

Class sessions will run as follows unless otherwise noted.

Session 1
Week of September 19th

Session 2
Week of November 14th

Session 3
Week of January 23rd

Session 4
Week of March 26th

Session 5 (mini session)
Week of May 29th

Summer
Week of June 25th

Session 1 Classes begin Monday, September 19, 2011. Open House and re-registration will be the week of October 31, 2011. New registration will be the week of November 7, 2011.

Session 2 Classes begin Monday, November 14, 2011. Open House and re-registration will be the week of January 9, 2012. New registration will be the week of January 16, 2012.

Session 3 Classes begin Monday, January 23, 2012. Open House and re-registration will be the week of March 12, 2012. New registration will be the week of March 19, 2012.

Session 4 Classes begin Monday, March 26, 2012. Open House and registration will be the week of May 14, 2012. Session 4 will end the week of May 21, 2012.

Y Members may sign up over the telephone with payment due within 24 hours of the registration. A YMCA membership is recommended when taking School Age Progressive Lessons. Classes are registered on a first come, first serve basis. In most cases, swimmers get into their first choice. To keep registration running smoothly please know your child's swimming level, and have their membership card.

Important: Please notify us if you must cancel a registration prior to the start of class so we can notify the next child on the waiting list.

Please Note: Children are grouped according to ability in the preschool program. If you are unsure of the level, have your preschooler tested. Call the Aquatic Office for more information.

Parent and Child Swim Program Ages 6 months-3 years

Fees: Members \$57 Non-Members \$105

The tiny tot program is designed for children 6 months to 3 years. Its primary objective is to get both the parent and child comfortable in the water. Parent/Child Swim Lessons run in 8-week sessions.

Important Note: Any child who is not yet toilet trained must wear a swim diaper with a suit over it.

Tiny Tot I: Ages 6-18 months.

In the tiny tot I class, parent and child will be focusing on water adjustment with an emphasis on fun. Parents will be working with their infants with the guidance of the instructor to promote their child's self confidence through positive reinforcement and praise.

Wednesday: 10:00am

Saturday: 9:30am

Tiny Tot II: Ages 19-36 months.

Toddlers in the Tiny Tot II class are taught swimming skills with or without a flotation device. The emphasis continues to be placed on water adjustment and water safety as the child develops trust in the relationship with the instructor while still under the guidance of the parent.

Tuesday: 10:00am

Friday: 10:00am

Saturday: 10:00am, 10:30am

Preschool Swim Lesson Program Ages 3-5

Fees: Members \$57 Non-Members \$105

Preschool swim lessons are designed for children 3 years old through age 5.

Preschool swim lessons run in 8-week sessions.

Preschool Bathroom Policy- Parents of preschoolers must remain in the building while their child is in lessons. Aquatic Staff are not authorized to bring children to the rest rooms. If a child is under 6 years old, the guard on deck will have the parent paged to take care of the child's needs.

Pike: Ages 3-5

This level is designed for new swimmers who have little to no swimming experience. Children will learn introductory swimming fundamentals such as kicking, blowing bubbles, being comfortable in the water, and getting their face wet.

Monday: 10:00am, 3:30pm, 4:30pm

Tuesday: 10:00am, 3:30pm

Wednesday: 4:00pm

Thursday: 10:30am, 4:00pm

Friday: 10:30am, 4:00pm

Sat.: 8:00am, 9:00am, 10:00am, 10:30am

Eel: Preschool I- ages 3-5.

This level is for children who can swim independently for up to 15 feet and are already comfortable in the pool. Children will learn paddling/kicking, and swimming with their face in the water.

Monday: 10:00am, 3:30pm

Tuesday: 10:30am, 4:00pm

Wednesday: 10:00am, 3:30pm

Thursday: 10:30am, 3:30pm, 4:30pm

Friday: 10:30am, 3:30pm

Saturday: 8:00am, 9:00am

Ray: Preschool II- ages 3-5

Children at this level enjoy swimming with little assistance from a flotation device. Children are taught advanced paddling, kicking, treading, and will build endurance.

Monday: 4:00pm

Tuesday: 10:30am, 3:30pm

Wednesday: 4:00pm

Thursday: 3:30pm

Friday: 10:00am, 3:30pm

Saturday: 8:30am, 10:30am

Starfish: Advanced Preschool- ages 3-5

Swimmers come to class already at ease in the water. They will learn over-arm swimming, rhythmic breathing, treading, and develop underwater swimming skills.

Tuesday: 3:30pm

Wednesday: 10:30am, 4:30pm

Thursday: 4:00am

Saturday: 9:30am

FOR YOUTH DEVELOPMENT

Y School Age Progressive Swim Lesson Program

Ages 6-13

Progressive swim classes are run in 8-week sessions

\$47 per session (with Y membership)

\$95 per session (without Y membership)

It is recommended that children in Progressive Swim Lessons register as members of the YMCA.

This is a nationally recognized program for Children 6 years old and in grades 1 and above. Children participating in these swim programs must have a youth membership to participate. There are 7 levels with 5 main components to each level: Personal Growth, Stroke Development, Water Sports and Games, and finally, Rescue Skills and Personal Safety. Each level builds on the preceding level.

Polliwog- Beginner or Advanced

This level is designed for those children with little to no swimming experience, or who are fearful of the water. Instructors will encourage water acclimation, confidence, and basic swimming fundamentals.

Monday: 4:00-4:30pm Advanced

Tuesday: 4:00-4:30pm

Wednesday: 3:30-4:00pm

Thursday 3:30pm-4:00pm

Thursday: 4:00-4:30pm Advanced

Friday: 3:30-4:00pm

Saturday: 8:30am-9:00am

Saturday: 9:30am Advanced

Guppy- At this level, children continue to build upon basic skills. They will be performing more skills without a flotation device. Introductions to breaststroke and elementary backstroke will begin at this level. To move to the next level, children will be able to swim 25 yards each of front crawl with face in the water and back crawl without assistance or a flotation device.

Monday: 4:30-5:00pm

Tuesday: 4:00-4:30pm

Wednesday: 4:00-4:30pm

Thursday: 4:30-5:00pm

Friday: 4:00-4:30pm

Saturday: 8:30-9:00am

Minnow- Children will learn to set goals and refine strokes. They will be performing basic sidestroke, breaststroke, crawl stroke with rotary breathing and backstroke. They will experience more synchronized swimming, diving, boat and personal safety. To pass this level children must master these strokes by performing 25 yards of each.

Monday: 3:30-4:00pm

Tuesday: 4:30-5:00pm

Wednesday: 3:30-4:00pm

Thursday: 4:30-5:00pm

Friday: 4:30-5:00pm

Saturday: 9:00-9:30am

Fish- Children will be building on their endurance in this level. They will be introduced to the butterfly stroke and stroke turns. They will be refining their strokes and will be able to swim 50 yards each of crawl stroke with rotary breathing, backstroke, breaststroke, elementary backstroke and sidestroke.

Tuesday: 4:30-5:00pm

Friday: 4:00-4:30pm

Saturday: 10:00-10:30am

Flying Fish- At this level, swimmers will further refine strokes and increase their endurance. They will learn boating safety and rescue skills. The focus to pass this level is a continuous 200-yard swim using the 4 major strokes.

Wednesday: 4:30-5:00pm

Friday: 4:30-5:00pm

Shark- This is an advanced level for those who have mastered the 4 major strokes of butterfly, backstroke, breaststroke and crawl stroke. They will become refined swimmers and be introduced to lifesaving skills.

Tuesday: 4:30-5:00pm

Friday 4:30-5:00pm

Porpoise Club- This is the final level of the youth swim program. It is set up in club format. Swimmers will be exposed to a wide variety of aquatic experiences. The emphasis at this level will be on leadership and volunteerism.

Monday: 4:30pm - 5:00pm

Pre-Team

Fee: Members \$60 Non-Members \$125

This program is for those children 8 and older wishing to develop their skills and prepare for the competitive swim team environment. Children will learn the language and skills of the swim team as well as be introduced to using the time clock. Must be able to swim 25 yds. continuously of front crawl, backstroke and breaststroke. All participants must be tested first.

8-Week Sessions

Monday 4:30-5:00pm

Wednesday 4:30-5:00pm

Danvers YMCA Dolphins Swim Team

The Danvers YMCA Swim Team is a 90 member Division II YMCA Program. The team sends swimmers to compete at the DISTRICTS, the New England's, as well as competing in the USA Swimming Program and Paralympics. The program will be under the direction of Janice Van Tornhout and Ron Dienstmann. For more information contact the YMCA.

danversdolphins@gmail.com

Masters Swimming

Members: Free

This program is aimed at 19 and older swimmers who are looking for an organized swim workout. Join other enthusiastic swimmers in our pool getting into shape, toning and meeting new friends! Each one hour workout will lead by a qualified swim coach. The coach will set a workout for the evening. Each workout will include swim sets, drills, and endurance work. Masters is perfect for adult swimmers with past competitive and tri-athletic experience.

Monday & Wednesday 7:00-8:00 PM

Punch cards may be purchased at the front desk for non-members.



FOR HEALTHY LIVING

Class sessions will run as follows unless otherwise noted.

Session 1
Week of September 19th
Session 2
Week of November 14th
Session 3
Week of January 23rd
Session 4
Week of March 26th
Session 5 (mini session)
Week of May 29th
Summer
Week of June 25th

Adult Beginner Swim Lessons

Fees: Members \$57 Non-Members \$105

This course is designed for those adults who are fearful of the water, do not know how to swim and want to feel more comfortable in the water. (8 weeks)

Wednesday 10:30-11:00am
Thursday 7:30-8pm

Adult Swim Stroke Improvement

Fees: Members \$57 Non-Members \$105

This course is designed for those adults who know how to swim and would like to get the kinks out of their strokes and swim more efficiently.

Thursday 8:00-8:30pm (8 weeks)

Co-Ed Deep Water Walking

Fees: Members FREE
Non-Members see punch card information

This is a fun way to exercise in the water environment. Men and women will enjoy this aquatic program that improves your cardiovascular fitness while utilizing the deep end of the pool, wearing a flotation waist belt for buoyancy. Class meets twice a week for 8 weeks.

Tuesday & Thursday 7:00-7:30pm thru Nov.
Tuesday & Thursday 9:30-10:00am

Co-Ed Aquatic Fitness

Fees: Members FREE
Non-Members see punch card information

This Aquatic Fitness program is a recreational exercise program designed especially for participants with arthritis. Its purpose is to reduce pain and stiffness. It may also help increase range of motion. It is not necessary to know how to swim to participate and float belts are provided if necessary. This is taught in the shallow end of the pool.

8- week session.
Monday, Wednesday and Fridays
9:30-10:00am

Co-Ed Water Aerobics

Fees: Members FREE
Non-Members see punch card information

This is a high intensity workout in a safe non-weight bearing environment. This class combines an aerobic workout with strengthening exercises. It is not necessary to know how to swim to participate in this class.

Mon. through Fri. 8:45-9:30am
Tues. & Thurs. 8:00-8:45am
Tues. & Thurs. 7:30-8:15pm

Preschool Rec Swim

Fees: Members FREE
Preschooler with Adult Member Free
Preschooler with Non-Member Adult \$5
\$15 to Non-Members/Family per swim

This recreational swim is for children 6 and under. This is a great opportunity to practice swimming skills learned in swimming lessons or just have a great time playing in the water! An awesome way to spend a winter morning! Any child under 6 must be accompanied by an adult in the water at all times.

Monday thru Friday 11:00am-12:00pm

Important Notice

Please obey all the pool rules and policies. The lifeguard is there to prevent accidents. The lifeguard will adjust the rules as they see fit to ensure the safety of all patrons.

Recreational Swim

Free to Y member,
\$5 Non-member 6 yrs - 13 yrs
\$15 to non-member/family unit

This is for anyone who would like to come and splash around in the pool for awhile. Any child under the age of 6 must be accompanied by an adult at all times and when in the pool the adult must be in the water with that child the whole time.

Check Schedule for Times.

HEALTH AND SAFETY COURSES

Red Cross Lifeguard

Fees: To Be Announced
Lifeguard Training American

Red Cross

February 2012

Monday's and Wednesday 6-9pm

Must pass pre-requisite swim test of a 500 yard swim

PARTICIPANTS MUST ATTEND ALL CLASSES

Please check website for more dates and times for all Health & Safety Classes

WWW.DANVERSYMCA.ORG

PLEASE REMEMBER THAT IF YOU HAVE ANY QUESTIONS OR SUGGESTIONS REGARDING ANY OF OUR AQUATICS PROGRAMS CONTACT THE AQUATICS COORDINATOR

Punch Card for Water Fitness/ General Fitness Classes

16 Classes for \$95 (one time only)
After punch card is completed you must take out a YMCA membership and we will waive joiners fee. The other option is to pay \$10 per class.



Danvers Community YMCA
34 PICKERING ST. • DANVERS, MA 01923
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www.danversymca.org

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2011 – 2012 DANVERS COMMUNITY YMCA

CAMP INFORMATION

CAMPS FOR 2012

The Danvers Y offers a variety of summer camps to meet the needs of the area youth, allowing for flexibility for families.

STILES POND DAY CAMP - located in Boxford

This camp owned and operated by the Danvers YMCA for 65 years underwent a complete makeover prior to the 2009 camp season. New buildings, two new basketball courts, renovated activity areas, new parking lots, trails and equipment will improve on the Y's 65 years of traditional camp program. Children ages six to 14 are transported from Boxford, Topsfield, Middleton and Danvers for full days of boating, fishing, project adventure, challenge courses, sports, nature, arts & crafts, special theme days, C.I.T. program and much more. Before and After Camp Care is available to provide supervision before and after each camp day. This camp is an outdoor adventure for every child. Watch for additional programming for the 2012 summer.

ADVENTURE CAMP (Located at the Danvers Y)

This camp offers programs for ages 4 to 12. Swimming, arts and crafts, special events, field trips, nature, athletics, group time, field games and computers are all part of the Adventure Camp experience. Caring counselors keep the children busy and entertained throughout the day. The Adventure Camp offers a complete program that fits a family's summer schedule by offering 2, 3 or 5 full day programs each week. Children ages 4 and 5 have the option of a half or full day program. Before and After Camp Care is available to extend the camper's day.

SPORTS CAMPS

Sports Camps fill in the end of the summer, giving a more focused program of each interest. *Camp brochures will be available the beginning of April with registrations beginning at that same time.*

STILES POND CAMP RENTAL OPPORTUNITIES

The Danvers Y's Stiles Pond Camp is a cozy, rustic lakeside camp located on 15 wooded acres of land on Stiles Pond in West Boxford. The camp offers a beautiful outdoor setting for any corporate, family, or group function. The pond allows for boating and recreational swimming. The Field can be used for all types of sports. Two spacious lodges easily accommodate large groups for presentations, dining, and activities.

Email stilesrental@danversymca.org or call 978-774-2055 for More information about booking for your next event.

**New Value!!!
"My Y is Every Y!"**

Your Y card can be used at any Y in
New England

GIVE A DANVERS Y.M.C.A. GIFT CERTIFICATE • THE GIFT THAT LASTS YEAR 'ROUND.

YMCA PROGRAM SCHEDULE UPDATES WITH NEW PROGRAMS ARE AVAILABLE AT THE Y'S FRONT DESK AND IN MONTHLY NEWSLETTERS