STANLY COUNTY FAMILY YMCA
2017 MEMBERSHIP AND PROGRAM GUIDE
For Community
Welcome to the Y. We are an inclusive organization of men, women, and children joined together by a shared commitment to nurture the potential of kids, promote healthy living, and foster a sense of social responsibility.

Our Cause Defines Us
When we all work together, we know lasting personal and social change comes about. At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to ensure, regardless of age, income or background, everyone has the opportunity to learn, grow, and thrive.

Our Focus is Community
The Y is a non-profit like no other. That is because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver, positive change.

- The Y is Community Centered.
- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow, and thrive.
- The Y has local presence and global reach. We mobilize local communities to effect lasting, meaningful change.

Our Impact is Felt Every Day
Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. Our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.

Why the Stanly County Family YMCA?
- The Y is OPEN TO ALL. We offer financial assistance through our OPEN DOORS SCHOLARSHIP PROGRAM for those who cannot afford Y memberships and/or programs.
- When you join the Stanly County Family YMCA, you become part of a healthy community.
- In addition to the variety of programs and services we offer, such as aquatics, child care, fitness and sports, you become active in your community by volunteering or participating in any number of outreach activities.
- The Stanly County Family YMCA is the largest AFTERSCHOOL provider in Stanly County.
- Both pools have certified and trained lifeguards on duty to ensure a safe, fun environment.
- Our wellness staff is certified, trained, and waiting to serve you.
- There are no contracts for membership.
- Members can receive a personalized exercise program.

For these reasons and many more - it all begins with becoming a member of the Stanly County Family YMCA!


MEMBERSHIP

Y MEMBERSHIP

The Stanly County Family YMCA is proud to be a smoke-free facility.

MEMBERSHIP RATES

The Joining Fee is $25.

YOUTH (Ages 3–10)
$15.75 monthly bank draft
$187 annually
• No Joining Fee

TEEN (Ages 11–17)
$22 monthly bank draft
$264 annually

YOUNG ADULT (Ages 18–24)
$39 monthly bank draft
$468 annually

ADULT
$48 monthly bank draft
$576 annually

FAMILY/HOUSEHOLD
(2 adults + dependent children)
$79 monthly bank draft
$948 annually

SENIOR ADULT (Ages 65+)
$45 monthly bank draft
$540 annually

SENIOR FAMILY/HOUSEHOLD
(Ages 65+)
$70 monthly bank draft
$840 annually

The Joining Fee is a one-time fee paid at the time you sign your membership application. These funds are used to keep equipment and facilities in good repair and updated for members’ enjoyment, safety, and comfort. Should a membership lapse for more than 30 days, one is subject to paying a joining fee upon returning as a member.

Membership rates are subject to change by the YMCA Board of Directors.

MEMBERSHIP PAYMENT

Bank Draft - An easy way to pay as you go! Your bank account is debited once per month. People wishing to start or stop their drafts can do so by completing forms at the membership desk. Bank draft memberships remain in effect until the Y has received a written request from the member to terminate the membership agreement. Notifications must be received five days prior to the scheduled draft.

Drafts returned to the Y as “Stop Payment” or “Account Closed” will result in immediate termination. Drafts returned for any other reason must be paid within two weeks of notification or membership will be terminated.

Bank draft memberships are perpetual with no expiration date. Members can choose to draft on the 1st or 15th of the month.

Annual Payment - Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check, MasterCard, Visa, Discover, and American Express.

Regardless of termination date, annual memberships are non-refundable.

SilverSneakers

The Stanly County Family YMCA proudly offers the Healthways SilverSneakers Fitness Program. This program enables people 65 and older, or Medicare eligible individuals, to take control of their health and well-being.

Eligible participants of the award-winning fitness program may qualify for a free Y membership through their insurance provider.

Individuals wishing to join SilverSneakers must first contact their health insurance provider to confirm their health plan qualifies for a free Y membership.

Silver & Fit

We are proud to also partner with American Specialty Health to offer the Silver & Fit program to those qualifying Medicare eligible participants. This program is designed to empower individuals to live healthier and longer lives.

Please contact the membership desk to see if your insurance plan is covered under the Silver & Fit program.

Open Doors Scholarships

The Stanly County Family YMCA believes all people should have the opportunity to participate in Y programs and services; therefore, financial assistance is available subsequent to appropriate review. Financial documentation is required. ODS reviews are normally processed within a two-week period and applicants are contacted by phone or letter.

Key Card Entry

Each member receives a barcoded key card. This card will allow the member access into the facility. All members must use their key card for entries into the Y.

AWAY Program

The AWAY (Always Welcome at YMCAs) program is based on the Y membership philosophy that says – When a person enrolls in the Y, he/she becomes a member of a nationwide association of people dedicated to youth development, healthy living, and social responsibility. Therefore, when away from home on business or vacation, each member will be warmly welcomed by all other participating Ys in the United States.

Any member, in good standing, that plans on visiting another Y within the United States, can present your key card, along with a photo ID when visiting another Y facility. Our phone number is located on the back of the card for easy contact to verify membership status.

Now Your Y is Every Y in NC

When you join the Stanly County Family YMCA, you have unlimited access to any Y in NC under the new reciprocity program.

Guest Policy

Each adult member and *teen (age 16+) will receive one guest pass each month. All guests must complete a guest waiver and present a picture ID. *Guests are allowed entry up to three times in a year. The guest must accompany the Y member at all times when in the facility. *Teen guests must be age 16+ with photo ID.

Mobile App

Download the FREE mobile app onto your Smartphone to view updated schedules, programs, facility updates and check-in.
**Age Restrictions**

All children under the age of 11 (5th grade and under) must be accompanied by a parent or responsible adult 18 years of age or older or be in a Y supervised program. An adult must stay with children at all times. Adults may be asked to provide proof of age (driver’s license).

**Member Code of Conduct**

We expect everyone using the Y to behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct does not permit language or actions that can hurt or frighten another person or that fall below a generally accepted standard of conduct. Members should report any infraction to a Y director immediately.

The Y reserves the right to suspend or revoke a membership for good cause as determined by the executive director or the board of directors. The length of suspension will be determined by the same authority.

The actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facility or program:

- Using or possession alcohol or illegal chemicals on Y property, in Y vehicles, or at Y sponsored programs.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment or intimidation by words, gestures, body language, swearing, name calling or shouting.
- Inappropriate, immodest, or sexually revealing attire.
- Theft or behavior that results in destruction or loss of property.
- Loitering within or on the grounds of the Y.
- Touching others inappropriately.

**Dress Code Policy**

- No midriff tops.
- No underwear/excessive skin showing.
- No shirts with vulgar, violent, drug or gang-related language or pictures.
- No bandanas covering face or gang related,
- Shirts and shoes must be worn while you’re in the building except when you’re in the pool areas.

**Changing Information**

Please keep the front desk advised of your current home address, telephone numbers, and email address. Email newsletters are sent out weekly to our members to communicate Y activities for the week.

**Lockers**

All items should be locked securely in a locker; however the Y cannot be responsible for valuables even if they are locked in a locker.

Full lockers and half lockers are available for rent in the Men’s and Women’s Fitness Locker Rooms.

**Cost: Full – $8/month; Half – $4/month**

Day lockers are available in all locker rooms. Members should bring a lock from home and remove it upon leaving the facility. Any locks left on the lockers overnight will be removed without notice. The Y is not responsible for items lost during lock removal.

**Merchandise for Sale**

The Membership Desk carries a variety of fitness equipment to enhance your exercise program. You can purchase swim goggles, swim caps, water belts, track lap counters, and water bottles. In addition, the Membership Desk sells t-shirts, sweatshirts, and other Y apparel. Prices vary – please see Membership Desk for details.

Merchandise is first come, first serve. Additional supplies will be added as needed.

**Program Registration**

No class or program registration will be taken over the phone. All fees are due at time of registration. Members may register in advance for programs, classes, or sessions.

**Refund Policy**

The Y does not provide makeups, credits, or refunds for missed classes. The Y reserves the right to cancel any program. Refunds and/or credit will be issued for enrollment in a substitute class in the event a program is cancelled. Otherwise, it is Y policy not to refund programs or memberships.

**Valuables/Personal Property**

The Stanly County Family YMCA is NOT responsible for lost or stolen valuables. We recommend you do not bring valuables with you to the Y.

Lock boxes are available at the Membership Desk to use free of charge.

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**FACILITY**

- Cardio Fitness Center (ages 11 and older)*
- Strength Center (ages 11 and older)*
  - *Teen members 11-15 must attend equipment orientation with a parent.
- TRX Training Zone (ages 16+)
- Helms Fitness Center
- Gym with two courts
- Six-Lane Cool Water Pool
- Warm Water Pool
- Childwatch Programs: Minnie’s Place High 5
- Chapel
- Three Conference Rooms
- Group Ex Studio
- Cycling Studio
- Yogo Studio
- Indoor Walking Track
- Two Racquetball Courts
- Male and Female Saunas
- Male and Female Steam rooms
- Locker Rooms for Youth, Families, and Special Needs Members
- 2 Adult Only Locker Rooms
- Y Pavilion for Afterschool and Summer Camp

**FACILITY EMERGENCY DRILLS**

Emergency drills may be conducted during operational hours. During fire drills, everyone will be asked to evacuate the building. For other drills, members may be asked to exit the area where the emergency drill is occurring if that is part of the actual emergency plan. Your participation during these drills helps us evaluate and improve our emergency plans. Preparation for emergencies is key to providing a safe environment for our members and staff. Thank you for your cooperation and understanding.
STANLY COUNTY FAMILY YMCA

Events
Campaign, grants, and special interest areas. Communities Annual Giving campaigns provide generous support from donors to the Y and are made possible through the generous support of members and non-members. The Open Doors Scholarship is supported by the Y Strong Communities Fund, United Way of Stanly County, and various donors.

To apply for a scholarship, complete the Open Doors Scholarship application, gather requested documentation, write a short letter explaining your circumstances, and return to the Membership Desk at the Y.

A sliding scale is used to determine scholarship amount.

The Open Doors Scholarship Program is made possible through the generous support of members and donors to the Strong Communities Annual Giving Campaign, grants, and special events.

Y AFTERSCHOOL

Register your child for our Afterschool Enrichment Program, operated by the Y in partnership with the Stanly County School System. This program provides quality care for your K-8th grader each afternoon until 6:00pm. The program is offered at Aquadale, Badin, Endy, Locust, Richfield and Stanfield. Students from Central, East and Millingport are transported to the Y Pavilion for afterschool.

The Afterschool Program offers snacks, homework time, tutoring, arts and crafts, group games, fitness activities, character development, devotions, special events, individual activities, service opportunities for the school and Y, and so much more.

2016-2017 School Year Fees

Afterschool Fees for School Sites:

| Full-Time | $225/month |
| Part-Time | $150/month |

Afterschool Fees for Pavilion Site:

| YMCA Members | Full-Time | $225/month |
| Part-Time | $150/month |
| Non-Members | Full-Time | $250/month |
| Part-Time | $170/month |

Families with two or more children attending Y Afterschool full-time will receive a $23 sibling discount on the monthly fee for each additional child.

Transportation Fees From East Elem:

| Full-Time | $40 |
| Part-Time | $27 |

(Pavilion Site ONLY)

Millingport and NSMS

*Price varies depending on participants

Full-Time: Any student attending four to five days of Afterschool each week. CREDITS FOR ABSENCES CANNOT BE GIVEN. Full days (vacation days, professional days, and holidays) are included in your monthly fees.

Part-Time: Any student attending afterschool 1-3 days each week. In order to staff appropriately, families must commit to certain days of the week. If a full day falls on one of your specified days, there is an additional $10 fee. If not on your specified day, there is an additional $20.

School’s Out: Let the kids stay at the Y on those days out of school. We are open at the Y Pavilion and Locust on most teacher work days, vacation days and holidays. School’s Out opens at 6:45am until 6:00pm. Please register at least three days before attending. Cost per day is $20 for Y members and $30 for non-members. Those currently attending afterschool full-time do not need to register.

Y SUMMER DAY CAMP

The Y Summer Day Camp has been voted the #1 Day Camp in Stanly County for the past five years. Camp is a great way for your child to stay active this summer. Register your child for a summer they won’t forget!

Each week is filled with themed activities, camp songs, archery, gardening, arts & crafts, swimming, sports, team building, outdoors, character development, choice activities, devotions, surprise guests, field trips, crazy competitions, and chill time...to name just a few. In order to help campers keep their skills sharp and develop a love of reading, a literacy program is included in as part of the day also. Day camp exposes children to outdoor activities while developing social skills, good sportsmanship, confidence, self-reliance and strong Christian character. There are also plenty of opportunities for families to become involved in camp through programs, meals and at-home activities. A nutritious breakfast and afternoon snack is provided FREE to all campers.

Parents must provide a copy of their child’s immunization records before the child can attend camp; these records must be turned in with the registration form.

Date: Camp begins Monday, June 6 and run weekly until school opens in the fall. Part-time and Full-Time options available.

Time: 6:45am – 6:00pm

Place: Y Pavilion in Albemarle and Locust Elementary School


Cost: TBD

Registration opens February

Y SUMMER SPORTS CLINICS AND SPECIALTY CAMPS

The Y offers sports clinics and specialty camps for youth during the summer months.

Date: Summer Months

*Price varies depending on participants

Full-Time: Any student attending four to five days of Afterschool each week. CREDITS FOR ABSENCES CANNOT BE GIVEN. Full days (vacation days, professional days, and holidays) are included in your monthly fees.
Y CHILD WATCH

We have two different child care areas:
- Minnie’s Place - 6 weeks to preschool.
- High 5 - K – 5th grade.

As a special service to members, the Y provides quality care for your child while you participate in a Y class, activity, or meeting. Members receive TWO free hours of child care daily while in the Y facility. Child Care is not available for those wishing to leave the facility unless it is exercise related. Advanced reservations must be made in order to be sure that Child Watch Areas are adequately staffed. We ask you to sign-in your child(ren) upon arrival and let staff know where you will be in the facility. Parents must provide their own diapers and wipes. Also, please send snacks labeled with your child’s name.

To best serve your children, the Y asks you to make a reservation in advance of your use of the Child Watch Areas. For morning and early afternoon hours, advanced reservations must be made by 7:00pm the evening before. Afternoon and early evening hours, reservations must be made by 3:00pm that afternoon. If no reservations are made for a day, Child Watch Areas will not open.

Minnie’s Place Hours:
Monday – Friday
8:30am – 1:00pm
Reopen at 4:00pm – 7:30pm
Saturday
8:15am – 11:30am
Sunday
2:30pm – 4:30pm

High 5 Hours:
Monday – Friday
8:30am – 1:00pm (only open during these hours when Stanly County Schools are closed)
4:00pm – 7:30pm
Saturday
8:15am – 11:30am
Sunday
2:30pm – 4:30pm

Y FAMILY TIME

Birthday Parties
Let us host your child’s next birthday party at the Y. We have six different parties from which to choose. All parties are led by experienced staff who love to host events. We can plan the entire party and provide food, or you can bring your own food if desired. Contact Kelley Bigger at least a month before to schedule yours.

Father/Daughter Dance
An evening for fathers, grandfathers, uncles, or any significant male figure to bring their princess to the ball! This traditional night of dancing, refreshments, pictures and fun always make Valentine’s Day extra special for the little girl in your life.
**Date:** February 3rd, 7:00pm – 8:30pm
**Cost:** $18

Y Day in the Park/Healthy Kids Day
Get the kids and the whole family involved in this Y day that teaches the whole family to be healthy in a fun way. Inflatables, face painting, community service for children, special guests, and much more. A fun day for the entire family!
**Date:** April 29th
**Cost:** Free

Annual Children’s Christmas Shop
**Date:** Sat. December 2, 9:30am – 12:30pm
Bring the kids (and yourself) to the Y for a morning of shopping. There is always a great variety of vendors selling handmade items and other wonderful gifts. Santa and Mrs. Claus come to be sure that everyone’s Christmas list is correct. Free gift wrapping is included! Everything is sold for $5 or less!

Y VOLUNTEERS

At the Y, your time and talent go a long way. Every hour you spend as a Y volunteer translates into caring attention a child needs to develop values like sportsmanship, compassion and respect for self and others. Volunteerism promotes and provides the following:
- Positive behavior in children of all ages.
- Support for families.
- Healthier lives.
- Safer, more viable communities.
- A caring community dedicated to meeting the needs of those in need.

As a Y volunteer, you can coach a team of young athletes, serve as a role model for children, help out in the office or at a special event, raise money or be part of a group or committee working on a special Y project. No matter how you help, you’ll make a difference as you work with others to create a feeling of connection throughout our community.

To solve the problems closest to home - or better yet, prevent them - the Y needs more people like you.

Volunteer Opportunities
- Board Members
- Committee Members
- Fund-Raisers
- Interns
- Youth Sport Coaches
- Family Service Volunteers
- Sunday Lunch Volunteers
- Afterschool Tutors
- Arts and Humanities Volunteers
- Healthy Kids Day Volunteers
- Strong Communities 8K Volunteers
- TogetherHood

Let us know if you would like to volunteer your time and talent.
The Y offers swim lessons to ensure every child/adult has the opportunity to learn to swim. Living in an area with so many water sources, it is imperative that children be comfortable in the water, as well as, have the ability to save themselves in a water emergency. We work hard to teach valuable skills in a fun and safe environment.

Members can register one week prior to potential members. No registrations by phone and payment is due upon registration. The Y reserves the right to cancel any class with insufficient enrollment.

Session Dates:
- Jan 9–March 2
  Registration: Dec 14, 2016
- March 20–May 18
  Registration: March 1, 2017
- June 5–July 27
  Registration: May 17, 2017
- June 19–June 30
  Registration: May 17, 2017
- July 3–July 14
  Registration: May 17, 2017
- July 17–July 28
  Registration: May 17, 2017
- July 31–August 11
  Registration: May 17, 2017
- August 14–October 2
  Registration: July 26, 2017
- October 16–December 14
  Registration: September 27, 2017

Cost: $12 Y Family Members
$35 Youth Members
$70 Non-Members

PRIVATE SWIM LESSONS
Private lessons are available by appointment. Sessions are 30 minutes in length.

AQUATICS

Pool Hours:
Mon–Thurs: 5:30am – 8:30pm
Friday: 5:30am – 8:00pm
Saturday: 8:00am – 11:00am;
1:00pm – 3:30pm
Sunday: 2:00pm – 4:30pm *
  * (September– May)

For the safety of our members and classes, pools are closed during thunderstorms and/or lightening.

Pool Schedules
Schedules are available at the Membership Desk, the mobile app and on the website.

POOL #1 (82–83 degrees)
This pool is 25 yards and is kept at 82–83 degrees year-round. Pool is closed during swim meets and one lane will be open during Second Grade Learn to Swim.

POOL #2 (warm pool 87–89 degrees)
This pool is 25 yards and is kept at 87-89 degrees year-round. Pool #2 is NOT recommended as a lap pool. NO diving of any kind is permitted in this pool.

Swimsuit Policy
Only swimmers wearing appropriate swim attire may swim in pools. Denims, cutoffs, or any other type of shorts are not permitted. No bikinis allowed for girls 10 years and up.

Policies Regarding Children Using Pools
Infants and small children who are not potty-trained must wear a swim diaper.
Children under the age of 7 must have a parent in the water with them at all times.
Children ages 7–10 must have a parent in the pool area with them unless they are in a Y program.

Water Movement:
- Ages: 6 months to 18 month
  Increases comfort with pressure & movement in water.
  Recommended skills for all to have around water.

Water Acclimation:
- Ages: 3–5 years
  Introduces infants to pool environment

Swim Starters/Swim Basics
The Stanly County Family YMCA is proud to offer swim classes for all ages.

**SWIM STARTERS:** (Parent & Child)
Water Discovery:
- Ages: 6 months – 18 month
  Introduces infants and toddlers to the aquatic environment

Water Exploration:
- Ages: 18 months–3 year
  Focuses on exploring body positions, blowing bubbles, and fundamental safety & aquatic skills

**SWIM BASICS:**
Recommended skills for all to have around water.
- Ages: 3–5 years, 6–12 years, and Adults

Water Stamina:
- Ages: 7 years
  Introduces children to swimming as a part of a healthy lifestyle.

**SWIM STROKES:**
Skills to support a healthy lifestyle.

Stroke Introduction:
- Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading and elementary backstroke.

Stroke Introduction:
- Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Stroke Mechanics:
- Refines stroke technique and all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Adult Learn-to-Swim:
Beginning lessons designed to teach the basics of swimming.

SWIMMING 101:
Teen/Adult Intermediate Smaller can swim the length of the pool comfortably. Class focuses on stroke development, stroke variation and endurance.

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Y SWIM TEAM
If your child wants to participate in swimming during more than weekly swim lessons, and your family wants to share an activity that is rewarding for all, the Stanly County Swim Club is the place for you! Children can join the swim team, provided they can swim the length of the pool on their front and back. Swimmers are grouped by ability so the beginning and advanced swimmers can see improved fitness and technique suitable for their needs.

Given the frequency of training and the year-long team schedule, swimmers develop strong friendships with their teammates. Parent participation through sharing time and talents makes this a fun family activity that fosters friendships between swim families. Parents can be seen chatting in the hallway or on the bleachers by the pool as they wait for practice to end. We all enjoy swim meets where we cheer for not only our children, but also other swimmers we have grown to care for as they achieve their personal goals in swimming.

We strive to develop positive character traits such as perseverance, responsibility, and sportsmanship. The level of commitment required in this activity often translates into improved time management and positive school performance from these student athletes.

If you are interested in joining the team, contact Diane Billings.

American Red Cross Lifeguard Training and YMCA Lifeguard
Participants must be at least 16 years of age and pass a preliminary swim test to participate in class. Course includes CPR-AED and first aid training. Certification is granted after successful completion of all practical and written skills. Attendance and participation in all classes is required for certification. Course fee is due upon registration.

Date: Spring and Winter Classes TBD  
Cost: $200

Contact Diane Billings for more information.

Y WATER FITNESS
Studies show water helps prevent injury by cushioning and protecting bones and muscles during exercise. Your body weighs only 10 percent of its actual weight in water which makes pool exercise a stress free workout. The water’s resistance forces muscles to work harder, making a workout more efficient in less time. Water exercise strengthens and improves body tone, keeps the cardiovascular and respiratory systems in good shape, and improves flexibility and coordination. Water Fitness classes are included in your membership.

Class Descriptions

JOINTS IN MOTION: Instructors will guide participants through a low impact warm water workout. Exercises are aimed at improving joint range of motion, reduce joint stiffness and pain. Great class for beginners, participants with back pain, arthritis or recovering from surgery.

ABC (AQUATIC BODY CONDITIONING) 45 minute cardiovascular workout performed in the shallow end of the pool. Designed for all levels.

AquaFIT: A shallow water workout in the warm pool. Class will incorporate a variety of equipment designed to increase your heart rate and tone muscles.

WATER WAKE UP: 45 minutes of intense aerobic exercise in the deep water using flotation belts.

AQUA FLEX AND TONE: A warm water class involving broad movements of the arms, legs, and torso.

Y SPORTS
Y Youth Sports focuses on providing a safe, fun, and educational experience for young athletes, ages 3-5, as well as the coaches and parents. We invite parents to participate in the league by fulfilling constructive roles, making our leagues a family affair. Not only do we teach athletic skills, we also teach good sportsmanship that leads to good life skills.

Practices are held during the week, with most games on Saturdays. Each season ends with a celebration including pictures and medals.

SOCCER
Little Squirts (ages 3-5)  
Youth Soccer (ages 6-8)  
Registration: February 12–March 6  
Season: March 20 – May 20  
Cost: $20 Family Members, $35 Youth Members, $60 Non-members

T-BALL (ages 3-5)  
Registration: July 24–August 7  
Season: September 4–October 28  
Cost: $25 Family Members, $40 Youth Members, $65 Non-members

INDOOR SOCCER (ages 3-5)  
Registration: September 24–Oct 8  
Season: October 30–December 4  
Cost: $20 Family Members, $35 Youth Members, $60 Non-members

BASKETBALL
Little Dribblers (ages 3-5)  
Youth Basketball (ages 6-8)  
Registration: June 29  
Season: October 30  
Cost: $20 Family Members, $35 Youth Members, $60 Non-members

PICKLEBALL LEAGUES
Open to ages 13 and older.  
Cost per Season: $20 Family/Adult member, $35 Youth/Teen Member, $60 Non-member

Season #1: January 22–March 18  
Season #2: Reg opens March 26–April 9; Season runs April 23–June 7  
Season #3: Reg opens July 24–Aug 7; Season runs Aug 21–Oct 14  
Season #4: Reg opens Oct 1–15; Season runs Oct 30–Dec 22
Y SPECIALTY PROGRAMS

DARKNESS TO LIGHT
The Y will hold trainings quarterly on the first Monday of the following months at 6pm: February, May, August and November.
Cost: $10
Please register by the Thursday before each training.
Additional trainings can be scheduled for your company, organization, church, etc.

BADIN LAKE TRIATHLON
750 Yard open water swim in Badin Lake, 14 mile bike ride and 3.1 mile run
Date: Saturday, June 3, at Alcoa Boat Landing, Badin NC
Cost: Rolling. Register online at runsignupc.com, Vac & Dash, or at the Y. Registration opens January 1.

STRONG COMMUNITIES 5K/8K
Date: Saturday, August 19
Cost: Rolling. Register online at runsignupc.com, Vac & Dash, or at the Y. Registration opens January 1.

KIDS MARATHON
Kids 5-12 years of age are invited to complete a marathon this summer. All participants will log at least 26.2 miles. The kick off event will be at the Badin Lake Tri Fun Run on June 3. The final run will be at the Strong Communities Fun Run on August 19. Weekly group run opportunities will be available.
Date: June - August
Cost: $26.20. Register online at runsignup.com, Vac & Dash, or at the Y. Registration opens January 1.

MARK YOUR CALENDAR
YMCA Day of Giving
March 7, 2017

GROUP FITNESS

Y GROUP FITNESS
Group exercise classes are free to members. Adequate hydration is highly recommended for all classes. If you forget your water bottle, you can purchase one for $4.00 from Membership Services or use the water fountains located throughout the building. For bike classes, seat pads or bike shorts are highly recommended. Bike seats are available in class. We encourage all participants to be on time to their favorite class. This ensures you are properly warmed for the class as well as respectful towards the instructor and other members.
We have morning, afternoon, and evening classes offered Monday - Friday and Saturday classes. Please pick up a copy of the Group Exercise Schedule at the Membership Desk or download our Mobile App. The Y staff reserves the right to make changes to the Group Exercise Schedule. Any schedule changes will be announced in advance. If you like a class, make sure you participate and bring friends. If numbers are low in a class you might lose your favorite class.
We have the following classes available:
N= No Impact
L= Low Impact
H= High Impact
M= Moderate

BODY SCULPTING: Participants will use hand weights and resistance tubing to engage all major muscle groups. Class N

BUNNS-N-GUNNS: 30 minutes of strength training for arms and glutes. N

CARDIO COMBO: Traditional aerobics combined with strength training using hand weights, resistance tubing and/or weighted bars. HI

CYCLE-X: Join a group instructor for a virtual cycling experience using stationary bikes. Class will also incorporate the use of hand weights to engage all major muscle groups. N

CYCLE/ABS: Combination of 45 minutes of cardio activity on stationary bikes and 15 minutes of abdominal training on the exercise mats. N

EXTREME PERSONAL TRAINING (XPT): Personal training in a group exercise format. A group exercise instructor will take participants through a 30 minute strength training program with a cardiovascular twist. XPT is a great workout for those with limited time to exercise. This class is NOT recommended to anybody new to strength training. HI

FLEX-N-STRETCH: 30 minute class devoted entirely to a total body stretch. Participants are encouraged to warm up prior to attending the class. Designed for all levels. N

LINE DANCING: A 1 hour fun-filled workout. Various line dances will be highlighted during the class. Participants will benefit from a low impact format designed to be easy on the joints. L

LITE-N-EASY: Low impact aerobics class designed for the beginner exerciser or members interested in a complete but less intense exercise experience. L

CIRCUIT TONING: 45 minutes of supervised strength workout. Participants complete sets of 1-1.5 minutes on different weight training machines.

POWER SCULPT: Group strength training class designed to challenge all major muscle groups in one hour. Choreographed to music, participants use barbells, hand weights, and resistance tubing to help create muscle overload. L

RESTORATIVE YOGA: A quiet practice that will guide you through postures that will help improve joint flexibility and range of motion. N

STEP BASIC: Cardio step class with intensity. This step class is great for the beginner to advanced participant. Hand weights, tubing, and resistance bands may be used at the end of class. HI

TRX: Total Body Resistance eXercise is bodyweight suspension strength training that also builds endurance, flexibility, and core stability. Designed for all levels of exercisers. L

VINAYASA YOGA: 60 minute class that incorporates a dynamic Vinyasa yoga flow. Gain strength, improve flexibility and decompress with this yoga. N

YOGA: YOGA means union of spirit, mind, and body. Yoga utilizes breathing techniques to calm the mind, and poses to build strength, flexibility, balance, and concentration. N

ZUMBA: A dance based aerobics class utilizing Latin international music and moves to motivate participants in a dance party type class environment. Fun for all! M
Y HEALTH & FITNESS
FITNESS FACILITY
(Strength & Cardio Center)
The fitness center (located on the 1st floor) is available to all members 11 years of age and older. Exercise equipment consists of an assortment of free weights, Hammer strength plate loaded equipment, Cybex & LifeFitness selectorized strength machines, Precor treadmills, Octane recumbent cross trainers, Cybex & LifeFitness upright bikes and Matrix steppers. Trained staff are available to offer assistance in the fitness center by appointment. New member orientation appointments can be made at the fitness desk.
Youth Orientations are available by appointment at the Fitness Desk. All youth, 11-15 must complete an orientation with parent supervision before being allowed to use the equipment.

HELMS FITNESS CENTER
The HFC is located on the 3rd floor of the YMCA. This facility is used for Medical Fitness as well as other YMCA programs.
Cardiac/Pulmonary Rehab
MWF: 7:00-8:00a
MWF: 12:00-1:00p
Circuit Toning Class
W: 9:00-10:00a
LIVESTRONG at the Y
TR: 11:30-1:00p
Check at the front desk to get a schedule for available hours to members.

MEDICAL FITNESS PROGRAM
The Y offers a one month Medical Fitness Program as a bridge/transition from other hospital based programs. Whether you are coming from outpatient rehab, cardiac/ pulmonary rehab, diabetes education, or a general referral from your physician, we can help you.
Participants receive a one-on-one evaluation and consultation and an individualized exercise program. Assistance is available as needed and is scheduled with workouts.
Cost: $30/month.
Requirements: Physician referral.
Contact Kristen Underwood for more information.

PERSONAL TRAINING
Whether your goal is to lose weight, get strong, or improve your health, we have personal trainers that can help.
Certified personal trainers will meet one on one with you, perform a fitness assessment, help with developing goals and establish a workout regimen suitable for your needs.
Cost: $30 per hour. Initial evaluation is FREE.
For more information, contact:
Derrick Almond or Kristen Underwood.

LIVESTRONG® AT THE YMCA
Cancer survivors know the tremendous toll the disease and treatment has on one’s spirit, mind, and body. Many search for ways to reclaim their health.
This FREE 12-week program focuses on the survivor as an individual – not the disease!
Participants focus on exercises to build muscle strength, increase flexibility, endurance and self-esteem while reducing stress.
Cost: FREE
Requirements: Physician Referral
Class Time: Tuesday and Thursdays, 11:30am – 1:00pm.
Contact Kristen Underwood for session times.

PICKLEBALL
Pickleball is a combination of tennis, badminton, ping pong and racquetball, and also one the fastest growing sports in America. It may be a silly name, but it’s a serious sport! Good for all ages...come see what the excitement is all about! Nets, paddles and balls are provided during the designated program time. Schedules available at the Membership Desk and on the mobile app. Seasonal leagues available. Check the Membership Desk for further information.
*There will be seasonal and pop-up leagues throughout the year.

GYM
Courts A and B
Schedules available at the Membership Desk, online and on the mobile app.

WALKING TRACK
The indoor walking track is open to all members. It is located on the 3rd floor, above the Youth Gym. Track rules and directional traffic signs are posted for participants.

RACQUETBALL COURTS
• All racquetball players must wear protective eyewear at all times.
• Players are required to reserve a court NO MORE THAN 24 HOURS/ONE DAY in advance of the game to be played. Reservations may be made in person or by calling the Y at 704-982-1916.
• If the court is occupied by walk-in players, those who have a reservation have top priority for use. If any Y program is using the court, the program has top priority.
• Youth are allowed to use the racquetball courts with parental supervision Monday-Friday from 3pm-5pm and 7pm-9pm, and on the weekends. Parents are required to remain with the youth during use of the courts.
• Equipment (racquetball or wallyball) must be checked out at the Membership Desk and returned immediately following the game.
• Any damage to equipment, courts, or violation of rules will result in immediate suspension of racquetball court privileges.

STANLY COUNTY FAMILY YMCA
HEALTH & WELLNESS

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COMMUNITY

2017 Strong Communities Annual Support Campaign
Give for a Better Us.
We have an extraordinary opportunity to ensure a brighter future for our community. Your gift to the Stanly County Family YMCA will have a lasting impact in the community by helping us to reach more people through life-changing programs and services.

For a better you.
For a better community.
For a better country.

YOUTH DEVELOPMENT
1 in 4 children in North Carolina lives in poverty without access to opportunities to reach their full potential.

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential.

HEALTHY LIVING
23% of NC adults are not physically active and even more are obese and at risk for chronic disease.

We help people and families build and maintain healthy habits for spirit, mind, and body in their everyday lives. From diabetes prevention to active older adult programs, the Y helps individuals live healthier.

SOCIAL RESPONSIBILITY
1 in 5 individuals in North Carolina struggles to make ends meet.

With our doors open to all, we bring people from all backgrounds together and support those who need us most. Our members, volunteers, supporters, and staff demonstrate the power of what we can achieve by giving back together.

The Y - For a better us.

Y COMMUNITY DEVELOPMENT
The Y is about making people better regardless of ability to pay or physical limitations. Through the generous support of donors to the Strong Communities Annual Support Campaign, the Y gives back on average $310,000 in scholarships and services each year to meet the needs of the community.

THE BACKPACK PROGRAM
The Backpack Program supplies deserving children with backpacks filled with healthy food each Friday. Children benefiting from this program leave school with food options throughout the weekend.

DARKNESS TO LIGHT
Through a partnership with United Way of Stanly County, the Butterfly House, Stanly County Health Department, Albemarle Police, and the Stanly County Schools the Y will raise awareness of the prevalence and consequences of child sexual abuse by educating adults about the steps they can take to prevent, recognize, and react responsibly to the reality of child sexual abuse.

LIVESTRONG® AT THE YMCA
LIVESTRONG at the YMCA provides support and guidance, free of charge, to cancer survivors as they build bridges and roads to a new destination of normalcy.

OPEN DOORS SCHOLARSHIP PROGRAM
Because we are community-based and believe everyone should have the opportunity to benefit from our programs and services, we offer the Open Doors Scholarship Program. This program offers a fee scale to fit the financial situation of individuals and families in our community. We want ALL people to be involved with the programs and services of the Y that nurture spirit, mind, and body - especially during difficult times when they are needed most.

SECOND GRADE LEARN TO SWIM
Second Grade Learn to Swim provides a 5-week Learn to Swim program to second graders across the county. The participating elementary schools come to the Y during their school day and learn to swim. Through this program, the Y hopes to reduce the risk of drowning in children across Stanly County.

SUNDAY LUNCH PROGRAM
The Y makes a difference with a simple plate of food through the Sunday Lunch Program. Throughout the year, the Y coordinates and serves hot meals on Sundays and holidays at the Community Table in Albemarle.

WAYS TO SUPPORT

Become a Friend of the Y
A simple addition of $10 per month to your bank draft can help provide food to a youth in need, educate 12 adults on child sexual abuse prevention, support a cancer survivor with three months of membership, help a neighbor in need, teach second graders to swim, or feed the hungry on Sunday. Contact Kassie Taylor to make a pledge to support the Y with a gift.

YMCA Day of Giving
Join in the FUN of Fundraising on our Day of Giving on March 7, 2017! On that day there will be a variety of opportunities for you to show your support of the Y.

YMCA Mileage Club
Join the Y Mileage Club to stay on track for the year and support the Y. We will provide you with an opportunity to meet your mileage goals for running, cycling, and swimming and you will support the Y at the same time.

Christmas Cradle
Help make Christmas extra special for families in need. Lists of needed items available at the Membership Desk.

Date: December

Mitten Tree
Donate warm items to be distributed to our friends at the Community Table. The Y distributes donated items on Christmas Eve.

Date: December
STANLY COUNTY FAMILY YMCA
427 North First Street • Albemarle NC  28001
704-982-1916 • stanlycountymca.org