



SPRING/SUMMER

YMCA PROGRAMS

- SUMMER DAY CAMP
- SUMMER BASKETBALL
- SWIM CLINIC
- SWIM LESSONS
- MARTIAL ARTS
JUDO & KARATE
- CORNHOLE

- LIFEGUARDING
CERTIFICATION

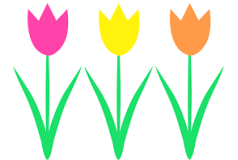


SPRING FLING

Vendor/Craft/Flea Market

SATURDAY, APRIL 23RD

9:00am-3:00pm



Mark your calendars for the first Annual JV YMCA Spring Fling vendor/craft/flea market.

Event will be held in the YMCA gymnasium.

Cost is \$20 per spot (12x12 spot)

Vendor must provide their own table & chair

Vendor's may set-up Saturday starting at 8:00am, and then the event will open to the public at 9:00a.m.

***The YMCA will be accepting donations during the week of April 18-22. All proceeds will go towards the new roof for our blue gym!**

YMCA CHICKEN BBQ

SATURDAY, APRIL 23RD

\$7.00 per half

Pick up @ YMCA between 12:00pm-2:00pm

Bake Sale & sides available for purchase the day you pick up your chicken.

Pre-purchase your tickets at the front desk



YMCA EVENTS:

- . **SPRING FLING**
- . **Chicken BBQ**
- . **TEA PARTY**



TEA PARTY

SATURDAY, MAY 7th

11:00am-3:00pm



Please join us for tea, hors d'oeuvres, dessert, and music.

\$25.00 per person

Ladies are asked to wear a hat of their choice.

SPONSOR A TEA PARTY TABLE

To sponsor a table means you will be the hostess of your 8 person table. You will be responsible for your tables decorations, and providing an 8 piece place setting for the table. You can choose to sell your 7 tickets or the YMCA can sell the tickets.

DECORATING & PLACE SETTING

As the sponsor of your table, you can decorate your table in any theme you desire.

Please provide an 8 piece place setting including:

Plates-Dinner & Dessert

Teacup & Saucer

Tea Pot

Cream & Sugar Bowl

Silverware

Napkins

Tablecloth and/or Placemats

Chair Covers



An hors d'oeuvre or dessert to share



What we will provide:

Tables, Chairs, Water Pitchers, Tea Sandwiches and Pineapple fluff



WEEKLY CORNHOLE TOURNAMENTS

Starting Wednesday, April 13th

This will be a blind draw tournament. We will utilize 3-4 games of Scorehollo to set partners for a double elimination tournament. The number of rounds of Scorehollo will be determined by the number of players.

Registration/Warmups begin at 5:45pm with play starting at 6:30pm.

Entry fee will be \$15.00 for NON-YMCA members and \$10.00 for YMCA members.

Grab your bags, and a friend, and come out for some good competition



All skill levels welcome



Martial Arts at the YMCA

JUDO / JUJITSU

This class meets Mondays & is instructed by sensei Dave

Ages 6-9 7:00-8:00pm

Ages 10+ 7:00-8:30pm

KARATE

This class is instructed by sensei Joe

Ages 6-12 6:00-7:00p.m.

Ages 13 + 7:00-8:45p.m.



CLASSES ARE ONGOING-YOU CAN SIGN UP AND START AT ANY TIME

YMCA SUMMER DAY CAMP

On the surface, summer day camp is a fun getaway for kids to help fill the time during summer break, but on a deeper level, it's so much more. Summer camp is a supportive, creative, nurturing environment where kids will grow physically, emotionally, and improve self-esteem. Kids will also make new friends. Campers will bond through fun activities and challenges, helping them make memories that will last a lifetime. The YMCA offers a summer experience packed with games, craft, activities, swimming, field trips, and more.



**Any child who completed Kindergarten-6th grade
Camp runs Monday-Friday from 8:30am-5:30pm
YMCA MEMBERS-\$160 NON-MEMBERS- \$190**

**CAMP RUNS EVERY WEEK STARTING JUNE 10TH AND THE LAST DAY OF CAMP WILL BE
AUGUST 26TH**

LIFEGUARD CERTIFICATION

This is an American Red Cross course. You must attend all 3 days, complete the online blended learning portion, and pass the prereq tests to be fully certified.

FULL CERTIFICATION CLASS

CLASS #1 APRIL 29, 30, & MAY 1

CLASS #2 MAY 16, 18, 19, 23

YMCA MEMBERS-\$150 NON-MEMBERS \$200

RECERT CLASS

SATURDAY, MAY 7th

YMCA MEMBERS-\$80 NON-MEMBERS \$120



SUMMER BASKETBALL LEAGUES

6 GAMES \$300 PER TEAM
 3RD & 4TH GRADE
 5TH & 6TH GRADE
 7TH & 8TH GRADE
 JV

DEADLINE TO REGISTER:
 MAY 20TH



8 GAMES \$400 PER TEAM
 VARSITY
 MEN & WOMEN ALUMNI

MALE TEAMS PLAY TUESDAY/THURSDAYS
 FEMALE TEAMS PLAY MONDAY/WEDNESDAY

GROUP SWIMMING LESSONS

3 WEEK PROGRAM

AGES 6+

12:15-1:00pm

Members: \$24.00

Non-Members: \$36.00

AGES 3-5

1:00-1:30pm

Members: \$22.00

Non-Members: \$34.00



PARENT-CHILD SWIM CLASSES

This is a parent-child water introduction program to help the parent and the child get used to the water and see the pool as fun.

The parent-child classes are offered for children ages
 6 months – 36 months

A parent/family member must accompany the child in the water.

Babies and toddlers who are not toilet trained must wear a swim diaper.

APRIL 12, 14, 19, 21 7:00-7:30pm

MEMBERS \$16.00

NON-MEMBERS- \$29.00

GROUP FITNESS CLASSES

Our Group Exercise classes are a dynamic, fun filled way to get fit!
Every class is geared towards ALL fitness levels!

MONDAY	8:30am CARDIO SCULPT 6:00pm KETTLEBELL AMP
TUESDAY	5:15am INTERVALS 6:00pm BODY BLAST
WEDNESDAY	5:15am INSTRUCTORS CHOICE 8:30am INSTRUCTORS CHOICE 6:00pm STEP
THURSDAY	5:15am TABATA 6:00pm INTERVALS/PIYO (ALTERNATE WEEKS STARTING JUNE)
FRIDAY	8:30am INTERVALS
SATURDAY	8:30am INSTRUCTORS CHOICE

ALL CLASSES ARE FREE WITH MEMBERSHIP OR \$5 PER CLASS FOR A NON-MEMBER
FREE CHILDCARE WITH MEMBERSHIP IS FROM JANUARY-APRIL & SEPTEMBER-DECEMBER

AQUA FITNESS CLASSES



MONDAY/WEDNESDAY/FRIDAY

8:15am-9:15am JACKIE'S CLASS

MONDAY/WEDNESDAY/THURSDAY/FRIDAY

11:00am-12:00pm SPLISH SPLASH

TUESDAY/THURSDAY

9:00AM-10:00AM ZUMBA

1:15PM-3:00PM ACTIVE OLDER ADULTS

(Water Volleyball & Aqua Fitness Class)



SENIORS GROUP FITNESS CLASSES

MONDAY	10:00am CLASSIC SILVER SNEAKERS
TUESDAY	10:00am CIRCUIT OR YOGA (ALTERNATES WEEKS)
WEDNESDAY	10:00am CLASSIC SILVER SNEAKERS
THURSDAY	10:00am CIRCUIT
FRIDAY	10:00am YOGA

*****Over 65? Check and see if your insurance pays for your YMCA membership!**