



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



## **Summer 2017 Program Guide**

**TRI-LAKES FAMILY YMCA**  
17250 Jackson Creek Parkway  
P 719 481 8728  
[ppymca.org](http://ppymca.org)

# ABOUT THE TRI-LAKES FAMILY CENTER YMCA

## Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## Donate

Each year the YMCA of the Pikes Peak Region raises money to help those less fortunate. All funds raised through the Annual Support Campaign stay in our community and help to provide opportunities for lower income families to participate in programs and activities focusing on youth development, healthy living and social responsibility.

Putting your gift to work:

- \$100 will help provide 4 children of our community the chance to learn to swim and be safe around water.
- \$250 for six of our future friends to learn sportsmanship and skills with Y sports.
- \$500 for six youth to be safe and actively engaged after school 5 days a week.
- \$1000 will provide 4 teens the tools to reach their full potential by touring colleges and having an experience of a lifetime.
- \$2,500 will provide a week at Camp Shady Brook for six kids who otherwise couldn't afford to have the best week of their summer.
- \$5,000 will help give 12 cancer survivors the chance to regain hope and strength through the LIVESTRONG® at the YMCA program.

## Volunteer

"Volunteers are not paid, because they are priceless." —Unknown

The YMCA was founded by volunteers, and still today we are a volunteer-led and volunteer-driven organization. Volunteering with the YMCA can not only greatly improve the lives of others and strengthen our community, but it can greatly impact your life.

# HOURS

## Facility Hours

Monday–Friday	5:00 am – 9:30 pm
Saturday	7:00 am – 7:00 pm
Sunday	12:00pm – 6:00 pm

## Child Watch Hours (Ages 6 weeks–6 years)

Mon–Fri	8:00 am –1:00 pm
Mon/Wed	2:00 pm –8:30 pm
Tues/Thurs	2:00 pm –8:00 pm
Fri	2:00 pm –7:00 pm
Sat	8:00 am –1:00 pm
Sun	12:20 pm –4:00 pm

## Kids Zone Hours (Ages 7–12 years)

**There will be additional hours for Kid Zone during the summer and school out days**

Mon/Wed	4:30 pm –8:30 pm
Tues/Thurs	4:30 pm –8:00 pm
Sat	8:30 am –1:00 pm

Structured activities during these hours.

No Kid Zone activities on Friday and Sunday

# CONTENTS

MEMBERSHIP INFORMATION.....	3
YOUTH	
Ages 3 & under.....	4
Ages 4-6.....	4-5
Ages 7-12.....	5-7
Ages 13+.....	7-8
BIRTHDAY PARTIES.....	8
PERSONAL TRAINING.....	8
ADULTS.....	8-9
FAMILY EVENTS.....	9
AQUATIC INFORMATION.....	10-11

**WELCOME TO TRI-LAKES FAMILY CENTER YMCA Membership**

Y membership is month to month. We do not have lengthy contracts or outrageous joining fees. In fact, we offer a 30 day money back guarantee—we want you to be happy here! Take one of our hassle free Y facility tours and experience the Y difference.

**Y Memberships include:**

- Free Fit Path Appointment with a personal trainer
- Friendly, caring staff to help you at anytime
- Family friendly environment
- Use of all 6 local facilities and 2 City Owned Recreation Centers
- Members may bring in guests to try out the Y
- Free group exercise classes—Aerobics, Mat Pilates, Yoga, Indoor Cycling and more
- Great variety of exercise equipment
- Child Watch (all children must have membership)
- Swim Lessons
- Open Gym, Open Swim
- Free adult & family activities
- Reduced program fees & early registration
- Opportunities to build a better community
- Guest privileges at many YMCAs nationwide and much more!

**The Y has an Income-Based Rate Scale!**

Financial assistance is available. We’ve created a new income-based rate scale with a simple one-step application. Please see the front desk for more details.

**Member Fee & Automatic Payment**

Monthly payments can be made by credit card or bank account, and funds will be withdrawn from the account of your choice on either the 1st or 15th of each month. To cancel or hold, simply notify us in writing 5 days prior to your scheduled draft date.

**Family Program Package**

Monthly Dues \$15

An option to provide greater access to YMCA programs for the entire family at a reduced rate. By adding this program onto your monthly membership, your family will receive youth and adult programs\* at 50% off the member program rate (25% off qualifying camps).

\*Please check with Y staff for qualifying programs.

**AWAY (Always Welcome at YMCA’s)**

As a member of the YMCA of the Pikes Peak Region you may visit participating Y’s when you are outside of the YMCA of the Pikes Peak Region service area. Present your membership card at participating Y’s and receive access to the facility.

**Guest Privileges**

Members may bring a guest with them to experience the facility free of charge. All guests that are interested in membership will receive a one day pass, tour and membership information. All non-members age 14 and older must provide photo ID to gain access to the facility. The maximum number of free visits per guest is 1 per year. After a guest visits 1 times for free we will ask that they purchase a membership or pay the day rate when they come in. For out of state guests we can offer a one time (up to) two week pass when they are visiting with a member.

**2017 Rates!  
YMCA Membership Rates**

	Monthly Dues	Joining Fee	Active Duty (\$0 join fee)
Youth (Ages 6 weeks-17)	\$30	\$0	\$22.50
Young Adult (Ages 18-28)	\$46	\$69	\$34.50
Adult (Ages 29-64)	\$57	\$69	\$42.75
Senior Citizen (ages 65+)	\$46	\$69	\$34.50
Two Senior Citizen Household (no children)	\$85	\$99	\$63.75
One Adult Household	\$77	\$99	\$57.75
(Any one adult and any children age 21 and younger or a full-time student age 24 and younger living in the same household)			
Two Adult Household	\$97	\$99	\$72.75
(Any two adults and any children age 21 and younger or a full-time student age 24 and younger living in the same household)			
Two Adult Household (no children)	\$90	\$99	\$67.50

# YOUTH

## Ages 3 & Under

### Swim Lessons

Ages: 6-36 months, Swim Starters  
3-5 years old, Preschool

Please see pages 10-11 for group and private swim lesson information.

### Parents Night Out

Ages: 3-10 years old  
Children must be potty trained

Day/Time: Saturdays, 4:30-9:30pm

Sessions: May 13

June 10

July 8

August 12

Cost: \$30 Members/\$40 Non-Members

Parents: Dinner is provided. Emergency information must be on file. Children 7+ and 48" will be able to swim. If children age 7 + do not want to swim they can come at 6:00pm for dinner.

### Intro to Gymnastics

Ages: 3-5 years old

Day/Time: Thursday, 10:45-11:30am

Sessions: June 6-27

July 11-August 1

August 8-29

Cost: \$45 Members/\$60 Non-Members

### T-ball Clinic

Ages: 3-4 years old

Day/Time: Practice & Games on Saturday

Registration: March 27-May 16

Session: June 17-July 29

Early Bird: \$50 Members/\$65 Non-Members

Cost: \$60 Members/\$75 Non-Members

### British Soccer Camp

Ages: 3-16 years old

Day/Time: Monday-Friday, Varies by age

Session: June 5-9

Location: Tri-Lakes YMCA Turf Field

Cost: Varies by age group

Please register at [www.challengersports.com](http://www.challengersports.com)

## Ages 4-6

### Swim Lessons

Ages: 3-5 years old, Preschool  
6-12 years old, School Aged

Please see pages 10-11 for group and private swim lesson information.

### Bounce House

Ages: 4-6 years old

Day/Time: Monday, 9:00am-12:00pm

Cost: Free program for YMCA Members

Kids need to be signed into child watch to participate.

Schedule may be change based on gym availability.

### Parents Night Out

Ages: 3-10 years old

Children must be potty trained

Day/Time: Saturdays, 4:30-9:30pm

Sessions: May 13

June 10

July 8

August 12

Cost: \$30 Members/\$40 Non-Members

Parents: Dinner is provided. Emergency information must be on file. Children 7+ and 48" will be able to swim. If children age 7+ do not want to swim they can come at 6:00 pm for dinner.

### Gymnastics 1

Ages: 4-6 years old

Day/Time: Tuesday, 4:00-4:45pm

Sessions: June 8-29

July 13-August 3

August 10-31

Cost: \$45 Members/\$60 Non-Members

### Preschool Ballet

Ages: 3-5 years old

Day/Time: Friday, 9:30-10:15

Sessions: May 12-June 30

Cost: \$70 Members/\$85 Non-Members

### Ballet I

Ages: 5-7 years old

Day/Time: Thursday, 6:30-7:30pm

Sessions: May 12-June 30

Cost: \$70 Members/\$85 Non-Members

### T-ball Clinic

Ages: 3-4 years old

Day/Time: Practice & Games on Saturday

Registration: March 27-May 16

Session: June 17-July 29

Early Bird: \$50 Members/\$65 Non-Members

Cost: \$60 Members/\$75 Non-Members

**Combo Baseball (T-ball/Coach Pitch)**

Ages: 5-6 years old  
 Day/Time: Practice one day a week, games on Saturday  
 Registration: March 27-May 16  
 Session: June 5-July 29  
 Early Bird: \$69 Members/\$94 Non-Members  
 Cost: \$79 Members/\$104 Non-Members  
 Jersey \$8

**Swim Camp**

Ages: 6-12 years old  
 Session: May 29-June 1, Sports  
 June 5-8, Outer Space  
 June 12-15, Pirates  
 June 19-22, Explorer  
 June 26-29, Star Spangled Banner  
 July 10-13, Dinosaurs  
 July 17-20, Mad Scientist  
 July 24-27, Superheroes  
 July 31-August 3, Ocean Life  
 Day/Time: Monday-Thursday, 11:30am-2:00pm  
 Cost: \$95 Members/\$120 Non-Member

**Baseball Camp**

Ages: 5-12 years old  
 Session: May 22-26  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**British Soccer Camp**

Ages: 3-16 years old  
 Day/Time: Monday-Friday, Varies by age  
 Session: June 5-9  
 Location: Tri-Lakes YMCA Turf Field  
 Cost: Varies by age group  
 Please register at [www.challengersports.com](http://www.challengersports.com)

**Flag Football Camp**

Ages: 5-12 years old  
 Session: June 12-16  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Cheerleading Camp**

Ages: 5-12 years old  
 Session: June 12-16  
 Day/Time: Monday-Friday, 9:00-11:30am  
 Cost: \$75 Members/\$99 Non-Member

**Lacrosse Camp**

Ages: 5-12 years old  
 Session: June 19-23  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Soccer Camp**

Ages: 5-12 years old  
 Session: June 26-30  
 \$75 Members/\$99 Non-Members  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Basketball Camp**

Ages: 5-12 years old  
 Session: July 10-14  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Volleyball Camp**

Ages: 5-12 years old  
 Session: July 17-21  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Gymnastics Camp**

Ages: 5-12 years old  
 Session: June 24-28  
 Day/Time: Monday-Friday, 9:00-11:30am  
 Cost: \$75 Members/\$99 Non-Member

# Ages 7-12

## Swim Lessons

Ages: 6-12 years old, School Age  
Please see pages 10-11 for group and private swim lesson information.

## Swim Team

Ages: 7+  
Please see page 10-11 for swim team information.

## Little Da Vinci's Art

Ages: 7-12  
Day/Time: Tuesday, 5:30-6:30pm  
Sessions: May 2-23  
June 6-27  
July 11-25  
August 1-22  
Cost: \$30 Members/\$45 Non-Members

## Parents Night Out

Ages: 3-10 years old  
Children must be potty trained  
Day/Time: Saturdays, 4:30-9:30pm  
Sessions: May 13  
June 10  
July 8  
August 12  
Cost: \$30 Members/\$40 Non-Members  
Parents: Dinner is provided. Emergency information must be on file. Children 7+ and 48" will be able to swim. If children age 7 + do not want to swim they can come at 6:00pm for dinner.

## Tween Night

Ages: 8-12 years old  
Day/Time: Saturdays, 5:00-10:00pm  
Sessions: May 27  
June 24  
July 22  
August 26  
Early Bird Cost: \$14 Members/\$18 Non-Members  
Day of Cost: \$19 Members/\$23 Non-Members  
Kids will enjoy swimming, games, nerf wars, and themed activities like fear factor. Pizza, snack and drinks are available to purchase.

## ASHI Babysitting Class

Ages: 11+ years old  
Day/Time: Saturday 9:00am-3:30pm  
Saturday 9:00-3:30  
Sessions: May 27  
June 17  
July 15  
August 19  
Cost: \$75 Members/\$85 Non-Members  
No FPP

## Ballet I

Ages: 5-7 years old  
Day/Time: Thursday, 6:30-7:30pm  
Sessions: May 12-June 30  
Cost: \$70 Members/\$85 Non-Members

## Gymnastics 1

Ages: 4-6 years old  
Day/Time: Tuesday, 4:00-4:45pm  
Sessions: June 8-29  
July 13-August 3  
August 10-31  
Cost: \$45 Members/\$60 Non-Members

## Gymnastics 2

Ages: 7-12 years old  
Day/Time: Tuesday, 5:00-6:00  
Sessions: June 8-29  
July 13-August 3  
August 10-31  
Cost: \$45 Members/\$60 Non-Members

## Coach Pitch Baseball

Ages: 7-8 years old & 9-10 years old  
Day/Time: Practice one day a week, games on Saturday  
Registration: March 27-May 16  
Session: June 5-July 29  
Early Bird: \$69 Members/\$94 Non-Members  
Cost: \$79 Members/\$104 Non-Members  
Jersey \$8

## Machine Pitch Baseball

Ages: 11-13 years old  
Day/Time: Practice one day a week, games on Saturday  
Registration: March 27-May 16  
Session: June 5-July 29  
Early Bird: \$69 Members/\$94 Non-Members  
Cost: \$79 Members/\$104 Non-Members  
Jersey \$8

## Summer Softball

Ages: 7-13 years old  
Day/Time: Practice one day a week, games on Thursday/Friday at Portal Park  
Registration: March 27-May 16  
Session: June 5-July 29  
Early Bird: \$69 Members/\$94 Non-Members  
Cost: \$79 Members/\$104 Non-Members  
Jersey \$8

**Swim Camp**

Ages: 6-12 years old  
 Session: May 29-June 1, Sports  
 June 5-8, Outer Space  
 June 12-15, Pirates  
 June 19-22, Explorer  
 June 26-29, Star Spangled Banner  
 July 10-13, Dinosaurs  
 July 17-20, Mad Scientist  
 July 24-27, Superheroes  
 July 31-August 3, Ocean Life  
 Day/Time: Monday-Thursday, 11:30am-2:00pm  
 Cost: \$95 Members/\$120 Non-Member

**Baseball Camp**

Ages: 5-12 years old  
 Session: May 22-26  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**British Soccer Camp**

Ages: 3-16 years old  
 Day/Time: Monday-Friday, Varies by age  
 Session: June 5-9  
 Location: Tri-Lakes YMCA Turf Field  
 Cost: Varies by age group  
 Please register at [www.challengersports.com](http://www.challengersports.com)

**Flag Football Camp**

Ages: 5-12 years old  
 Session: June 12-16  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Cheerleading Camp**

Ages: 5-12 years old  
 Session: June 12-16  
 Day/Time: Monday-Friday, 9:00-11:30am  
 Cost: \$75 Members/\$99 Non-Member

**Lacrosse Camp**

Ages: 5-12 years old  
 Session: June 19-23  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Soccer Camp**

Ages: 5-12 years old  
 Session: June 26-30  
 \$75 Members/\$99 Non-Members  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Basketball Camp**

Ages: 5-12 years old  
 Session: July 10-14  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Volleyball Camp**

Ages: 5-12 years old  
 Session: July 17-21  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Gymnastics Camp**

Ages: 5-12 years old  
 Session: July 24-28  
 Day/Time: Monday-Friday, 9:00-11:30am  
 Cost: \$75 Members/\$99 Non-Member

**Volleyball Skills Camp**

Ages: 8-14 years old  
 Session: July 31-August 4  
 Day/Time: Monday-Friday, 9:00am-2:00pm  
 Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
 \$75 Members/\$99 Non-Members

**Brazilian Soccer Camp**

Ages: 8-16 years old  
 Day/Time: Monday-Friday, 9:00am-3:00pm  
 Session: August 7-11  
 Location: Tri-Lakes YMCA Turf Field  
 Cost: \$224

1/2 Day: Monday-Friday, 9:00am-12:00pm  
 Cost: \$180  
 Please register at [www.challengersports.com](http://www.challengersports.com)

# Teens 13-18

\*Please see the Adult section for additional specialty classes.

## Swim Lessons

\*Please see page 10 for private swim lesson information.

## Swim Team

Ages: 7+

\*Please see page 10 for swim team information

## Group Exercise Schedule

Please see the front desk for the group exercise schedule

## RAD (Real Alternatives to Drugs & Drinking)

Ages: 9-12th grade

Day/Time: Fridays, 8:30-11:30pm

Cost: No Charge, must have school ID and waiver signed

## ASHI Babysitting Class

Ages: 11+ years old

Day/Time: Saturday 9:00am-3:30pm

Saturday 9:00-3:30

Sessions: May 27

June 17

July 15

August 19

Cost: \$75 Members/\$85 Non-Members  
No FPP

## Machine Pitch Baseball

Ages: 11-13 years old

Day/Time: Practice one day a week, games on Saturday

Registration: March 27-May 16

Session: June 5-July 29

Early Bird: \$69 Members/\$94 Non-Members

Cost: \$79 Members/\$104 Non-Members  
Jersey \$8

## Summer Softball

Ages: 7-13 years old

Day/Time: Practice one day a week, games on Thursday/Friday at Portal Park

Registration: March 27-May 16

Session: June 5-July 29

Early Bird: \$69 Members/\$94 Non-Members

Cost: \$79 Members/\$104 Non-Members  
Jersey \$8

## British Soccer Camp

Ages: 3-16 years old

Day/Time: Monday-Friday, Varies by age

Session: June 5-9

Location: Tri-Lakes YMCA Turf Field

Cost: Varies by age group

Please register at [www.challengersports.com](http://www.challengersports.com)

## Volleyball Skills Camp

Ages: 8-14 years old

Session: July 31-August 4

Day/Time: Monday-Friday, 9:00am-2:00pm

Cost: \$150 Members/\$182 Non-Member

1/2 Day: Monday-Friday 9:00-11:30 am  
\$75 Members/\$99 Non-Members

## Brazilian Soccer Camp

Ages: 8-16 years old

Day/Time: Monday-Friday, 9:00am-3:00pm

Session: August 7-11

Location: Tri-Lakes YMCA Turf Field

Cost: \$224

1/2 Day: Monday-Friday, 9:00am-12:00pm  
\$180

Please register at [www.challengersports.com](http://www.challengersports.com)

# Birthday Parties

## Standard Party

Includes: Two hour party

- Activity: pool or bounce house
- Hostess to greet the guests and help with the party
- Plates, cups, napkins, utensils and tablecloths
- Set up and Clean up of party
- **Bounce House Parties on Sunday only**

For additional information about dates and times please inquire at the front desk or call 719-630-2609

YMCA Member

Up to 20 participants: \$250

Additional participants: \$10 each

Non-Member

Up to 20 participants: \$325

Additional participants: \$10 each

## 50% discount for Family Program Package on STANDARD PARTY only

## Also Available

Add on, prices listed:

- Theme: \$75
- Three pizzas \$30
- Goody bags \$30
- Drinks \$10
- Invitations \$10

Themes:

Pick from a Princess, Sports, Pirate, Mermaid, Lego or Superhero. Each theme will include a Craft, room décor, and games to make the experience extra special for the birthday child!



## PERSONAL TRAINING

Please stop by the front desk to learn about our trainers and pricing.

### Nutrition Counseling

Meet with a Registered Dietician as a Personal Training session to measure your resting metabolic rate, receive a diet analysis, dietary recommendations, meal planning, shopping, cooking, label reading tips, and recipe modification.

## ADULTS/SENIORS

### Group Exercise Schedule

Please see the front desk for the group exercise schedule

### Pickle ball

Day/Time: Every Tuesday & Friday  
6:00-8:00pm  
Sunday: 12:00pm-2:00pm  
Session: May 30-August 20  
Location: North side of gym  
Cost: No Charge for YMCA members  
Open gym Pickle ball, come and try it out!

### Trifecta Training

Ages: 14+ years old  
Day/Time: Mon/Wed/Fri, 9:30-10:30  
Sessions: May 1-26  
June 5-30  
July 10-August 4  
August 7-September 1  
Cost: \$150 Members/\$165 Non-Members  
A full body workout that incorporates a progressive method of training that is guaranteed to elevate your workout and evolve your body. You get 3 trainers, 3 days a week, 3 methods of training and 3 times the challenge, encouragement and excitement!

### Synergy 360

Ages: 14+ years old  
Day/Time: Mon/Wed/Fri, 6:00-6:30am  
Cost: \$100 Members/\$130 Non-Members  
Day/Time: Monday/Wednesday, 6:45-7:45am  
Monday/Thursday 5:15-6:15pm  
Sessions: Monthly  
Cost: \$130 Members/\$145 Non-Members  
Synergy 360 is about more than just working out. This revolutionary concept provides limitless opportunities to train smarter, better, and more effectively. This class will be taught in a circuit format with a certified personal trainer.

### Burn Zone

Ages: 14+  
Day/Time: Tuesday/Thursday, 9:30-10:30am  
Sessions: May 2-25  
June 6-29  
July 11-August 3  
August 8-31  
Cost: \$130 Members/\$145 Non-Members  
Ready to change up your workout? By using a heart monitor and getting to your "Y" Red Zone, your body has to work harder - burning more calories and fat - and boost metabolism for up to 36 hours!! Great for people looking to lose weight, increase endurance and strength!  
All participants must have a heart rate monitor with chest strap and wrist monitor.

### Incline Fit

Ages: 14+ years old  
Day/Time: Wednesday/Fridays, 11:30-12:30  
Session: May 3-26  
June 7-30  
July 12-August 4  
August 9-September 1  
Location: Healthy Living Area  
Cost: \$130 Members/\$145 Non-Members  
Burn more calories plus increase cardio respiratory efficiency while maintaining lower impact on joints. Combines cardio intervals with strength training. Appropriate for all levels, beginners to the advanced athlete .

### Senior Coffee

Seniors, come socialize and have coffee and snacks before or after class in the front lobby.  
Day/Time: Every Tuesday, 9:30am-11:30am  
Cost: No Charge

## FAMILY EVENTS

### Member Appreciation BBQ

Ages: Families, all ages  
Day/Time: Friday 6:00-8:00pm  
Sessions: June 9  
Cost: No charge

### Back to School Movie Night

Ages: Families, all ages  
Day/Time: Friday, time TBD  
Sessions: August 18  
Cost: No charge

## HEALTH TALKS

### Values & Time Management

By Becky Cleveland, Certified Wellness Coach  
Day/Time: Thursday, 11:15am-12:15pm  
Sessions: June 22  
Cost: No charge

## **PARENT / CHILD Lessons - 6-36mths - 30 minutes**

Designed to introduce children to the water with the assistance of their parent or trusted adult. This is a water orientation course that will utilize songs and games while placing focus on basic floating, arm and leg movements in the water, safe exits from the pool, jumping in and use of instructional floatation devices. The instructor to Parent/Child ratio is **1:10**

## **PRE-SCHOOL Lessons - 3-5yrs - 30 minutes**

These classes will focus on building an understanding of safety around the water and increasing swimming ability for three to five year old swimmers of all ability levels. With a **1:4** ratio of instructor to student, each child will be able to receive specialized time and training. Classes will be separated by ability level at the start of each session.

## **SCHOOL AGED Lessons - 6-12yrs - 40 minutes**

Similar to the Pre-school classes, Youth classes are designed for swimmers of all ability levels. The focus of these classes will be to increase understanding of water safety and stroke mechanics. Classes will be separated by ability level at the start of each session. The instructor to child ratio is **1:6**

## **SWIM TEAM PREP - 60 minutes**

Swim Team Prep is designed for swimmers in the advanced stages of Swim Lessons in preparation for Swim Team. The focus of these classes will be to increase stamina and improve stroke mechanics. To newly join the class they will need to set up an evaluation via 719-630-2605 or have completed Stage 5 in Swim Lessons. The instructor to child ratio is **1:10**

Practice: Wednesday 6:30-7:30 pm

Friday 5:30-6:30 pm

Price: \$30/month for Members      \$60/month for Non-Members

## **SWIM TEAM**

Swim Team provides young swimmers with an opportunity to train in a group. The main emphasis is on fun and enjoyment of the sport while developing technique and introducing an aerobic training program. In order to give more options and opportunity to the swim team participants, they can now choose which days per week they will sign up for to practice. To newly join the team they will need to schedule an evaluation through the Aquatics Director to be assessed based on their ability. They will be split into beginner, intermediate, and advanced in practice. Please call 719-630-2605 to schedule an assessment. All swim team participants must be a YMCA member.

Summer Season runs June 5th-August 3rd with no practice the week of July 4th.

Available Practices:

Mon, Tues, Thur, Fri 6:30-7:30pm

Please see Swim Team flyer for more information.

## **SWIM CAMP**

Swim Camp will consist of a 40 minute swim lesson and free play in the water before lunch, a craft and games based around a weekly theme. The focus of Swim Camp is to increase understanding of water safety and stroke mechanics in the water along with having fun and making new friends. Participants ages six to twelve are required to bring a lunch, swimming suit, towel and change of clothes to camp. The instructor to child ration is **1:10**.

Sessions run Monday through Thursday 11:30am-2pm

Price: \$95 for Members      \$125 for Non-Members

Sessions and Themes:

5/29-6/1: Sports

6/5-6/8: Outer Space

6/12-6/15: Pirates

6/19-6/22: Explorer

6/26-6/29: Star Spangled Banner

7/10-7/13: Dinosaurs

7/17-7/20: Mad Scientist

7/24-7/27: Superheroes

7/31-8/3: Ocean Life

## GROUP LESSON SCHEDULE

	Time	Class	Sessions	Cost	
				Members:	Non-Members:
<b>Monday - Thursday</b>	9:00-9:30am	Preschool			
	9:00-9:40am	School Aged	<b>6/5-6/15</b>	<b>\$45</b>	<b>\$90</b>
	9:45-10:15am	Preschool	<b>6/19-6/29</b>	<b>\$45</b>	<b>\$90</b>
	9:45-10:25am	School Aged	<b>7/10-7/20</b>	<b>\$45</b>	<b>\$90</b>
	10:30-11:00am	Preschool	<b>7/24-8/3</b>	<b>\$45</b>	<b>\$90</b>
	10:30-11:10am	School Aged	<b>8/7-8/10</b>	<b>\$22.50</b>	<b>\$45</b>
<b>Monday &amp; Wednesday</b>	3:45-4:15pm	Preschool			
	3:45-4:25pm	School Aged			
	4:30-5:00pm	Preschool	<b>5/1-5/24</b>	<b>\$45</b>	<b>\$90</b>
	4:30-5:10pm	School Aged	<b>6/5-6/28</b>	<b>\$45</b>	<b>\$90</b>
	5:15-5:45pm	Preschool	<b>7/10-8/2</b>	<b>\$45</b>	<b>\$90</b>
	5:15-5:55pm	School Aged	<b>8/7-8/16</b>	<b>\$22.50</b>	<b>\$45</b>
	6:00--6:30pm	Preschool			
	6:00-6:40pm	School Aged			
<b>Tuesday &amp; Thursday</b>	8:30-9:00am	Swim Starters (P/C)			
	3:45-4:15pm	Preschool			
	3:45-4:25pm	School Aged	<b>5/2-5/25</b>	<b>\$45</b>	<b>\$90</b>
	4:30-5:00pm	Preschool	<b>6/6-6/29</b>	<b>\$45</b>	<b>\$90</b>
	4:30-5:10pm	School Aged	<b>7/11-8/3</b>	<b>\$45</b>	<b>\$90</b>
	5:15-5:45pm	Preschool	<b>8/7-8/16</b>	<b>\$22.50</b>	<b>\$45</b>
	5:15-5:55pm	School Aged			
	6:00--6:30pm	Preschool			
	6:00-6:40pm	School Aged			
<b>Saturday</b>	8:30-9:00am	Swim Starters (P/C)			
	9:00-9:30am	Preschool			
	9:00-9:40am	School Aged	<b>6/10-8/5</b>	<b>\$45</b>	<b>\$90</b>
	9:45-10:15am	Preschool	<b>No Class 7/1</b>		
	9:45-10:25am	School Aged			
	10:30-11:00am	Preschool			
	10:30-11:10am	School Aged			
	11:15-11:45am	Preschool			
	11:15-11:55am	School Aged			
				<b>* Sessions are prorated according to the number of classes</b>	

## PRIVATE AND SEMI-PRIVATE LESSONS

Private Lessons	
<b>1 Session</b>	<b>Members: \$25</b>
	<b>Non: \$35</b>
<b>4 Sessions</b>	<b>Members: \$85</b>
	<b>Non: \$130</b>
<b>8 Sessions</b>	<b>Members: \$160</b>
	<b>Non: \$235</b>

Individualized lessons can be arranged with any of our instructors. Simply fill out the aquatic registration form at the front desk and an instructor will contact you within 3 days!

Semi-Private Lessons	
<b>1 Session</b>	<b>Members: \$20</b>
	<b>Non: \$30</b>
<b>4 Sessions</b>	<b>Members: \$70</b>
	<b>Non: \$115</b>
<b>8 Sessions</b>	<b>Members: \$130</b>
	<b>Non: \$210</b>



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TOGETHER WE CAN  
DO SO MUCH



## ANNUAL SUPPORT CAMPAIGN PAY IT FORWARD

**IN 2016 THE TRI-LAKES YMCA  
PROVIDED \$185,000 IN  
FINANCIAL SUPPORT TO FAMILIES  
IN NEED RIGHT HERE ON OUR COMMUNITY.**

**GIVE YOUR GIFT TODAY  
AND ENSURE THAT NO ONE IS TURNED AWAY  
DUE TO THE INABILITY TO PAY.**

**PLEASE STOP BY THE FRONT DESK TO  
ASK HOW YOU CAN HELP TODAY!**

[www.ppymca.org](http://www.ppymca.org)