

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COMMITTED TO A HEALTHIER YOU



Winter / Spring 2012  
YMCA of Grays Harbor

## Table of Contents

Hours of Operation	2
Who We Are	3
Membership Information	4
<b>Healthy Living</b>	
Individual Wellness Programs	5
Group Wellness Programs	6
Aquatic Wellness Programs	7
Adult Sports	7
Family Events	8
Group Exercise Classes	8-9
Group Exercise Schedule	10
<b>Youth Development</b>	
Childcare	11
Summer Childcare	11
Preschool	12
Swim Lessons	13-15
Swim Team	15
Camp Bishop	16
Field Trips	17
Taekwon-Do	18
Youth Educational Programs	19
Gymnastics, Dance & Cheer	20
Youth Sports	21-22
Teen Programming	22
Supervised Activity Areas	23
Birthday Parties	23
<b>Social Responsibility</b>	
Volunteering / Employment	24
Senior Companion Program	24
Red Cross Programs	25
December Programs	26

## Your YMCA of Grays Harbor

2500 Simpson Avenue  
Hoquiam, WA 98550  
Phone: (360) 537-9622  
Fax: (360) 533-2471  
www.ghymca.net

## Hours of Operation

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

## Pool Hours

Monday – Friday	5:45am – 8:30pm
Saturday	8:00am – 6:30pm
Sunday	12:00pm – 4:30pm

Pick up a full pool schedule at the Member Service Center

## Holidays

Christmas Eve (Dec. 24 <sup>th</sup> )	Close at 3pm
Christmas (Dec. 25 <sup>th</sup> )	Closed
New Years Eve (Dec. 31 <sup>st</sup> )	Close at 6pm
New Years (Jan. 1 <sup>st</sup> )	Closed
Easter (Apr. 2 <sup>nd</sup> )	Closed
Memorial Day (May 28 <sup>th</sup> )	Closed

## Camp Bishop

1476 W. Lost Lake Rd.  
Shelton, WA 98584  
Phone: (360) 482-5930  
Fax: (360) 482-5930 (please call ahead)  
www.campbishop.org

## Senior Companion Program

508 8<sup>th</sup> Street  
Hoquiam, WA 98550  
Phone: (360) 532-9542



## Our Mission

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

## Our Four Core Values

Caring – Honesty – Respect – Responsibility

## Areas of Focus

Youth Development  
Healthy Living  
Social Responsibility

The Y offers more than programs and services, we ensure that every individual has access to the essentials needed to learn, grow and thrive.

Our fitness classes not only improve someone’s physical health; they help unleash a new outlook on life.

Our family activities not only bring families together, they help families stay together.

Our youth programs not only teach children to dribble or how to swim, they provide kids lifelong skills like confidence and teamwork.

**The Y, always here for you.**

## YMCA of Grays Harbor Staff

Executive Director / CEO	Kurtis Dawson	x111	kdawson@ghymca.net
Associate Exec. / Aquatics Director	Dotty Colwell	x126	dcolwell@ghymca.net
Membership & Marketing Director	Dan Brown	x109	dbrown@ghymca.net
Health & Wellness Director	Lisa Kless	x105	lkless@ghymca.net
Facility & Maintenance Director	Keith Lile	x141	klile@ghymca.net
Finance & HR Director	Franzine Potts	x108	fpotts@ghymca.net
Youth & Teen Director	April Heikkila	x106	aheikkila@ghymca.net
Childcare Director	Esther Marie Garza-Maloney	x133	emgarza@ghymca.net
Assistant Childcare Director	Kelly Painter	x134	kpainter@ghymca.net
Administrative Services Director	Melissa Dahlstrom	x101	mdahlstrom@ghymca.net
Assistant Aquatics Director	Nicole Evanson	x124	nevanson@ghymca.net
Camp Director & Maintenance Director	Jan & Doug Simons	x102	jsimons@ghymca.net
Senior Companion Program Director	Karen Keogh	532-9542	scp@drizzle.net

YMCA of Grays Harbor (360) 537-9622 [www.ghymca.net](http://www.ghymca.net)

## YMCA of Grays Harbor Board of Directors

Mike Curry	Board President	Kris Liedtke	Board Member
Sean Mason	Treasurer / Vice President	Karl Harris	Board Member
Natalie Karnas	2nd Vice President	Erin Worth	Board Member
John Miller	Secretary / Fitness Chair	Jeff Snell	Board Member
Bruce MacNaughton	Past Board President	Katie Snodgrass	Board Member
Jill Berney	Youth & Teen Chair	Dean Brydon	Board Member
Paula Reisman	Membership Chair	Travis Hoppe	Board Member
Kristine Finazzo	Youth & Teen Aquatic Chair	Tom Thompson	Facilities Chair

## New Member Rates

	Monthly Bank Draft
Youth	\$13.00
Young Adult (19-23)	\$26.00
Adult	\$47.00
Senior (62+)	\$35.00
Single Parent Family	\$51.00
Family	\$62.00

## Renewal Member Rates

	Monthly Bank Draft
Youth	\$11.00
Young Adult (19-23)	\$22.00
Adult	\$41.00
Senior (62+)	\$30.00
Single Parent Family	\$44.00
Family	\$53.00

\*Renewal member rates go into effect on the anniversary date

## Membership

The YMCA of Grays Harbor requires every participant to be a member of the YMCA. Membership categories include Facility, Day Pass and Program.

## Financial Assistance

The YMCA of Grays Harbor is for everyone. If you need financial assistance to participate in the YMCA, please contact the front desk and ask about our For All Program. The YMCA of Grays Harbor strives to provide services for any youth, adult or senior who desires to participate in membership or programs. The YMCA of Grays Harbor believes a strong sense of ownership and pride is developed if recipients contribute to the cost of YMCA involvement. Those not able to pay the membership or program fee may be awarded a scholarship based on the YMCA's ability to fund the membership or program through the Annual Campaign, Endowment Support and other funding sources secured by the YMCA. This is done by a sliding fee system and special circumstance requests.

## Day Passes

Become a member of the Y for a day!

Youth	\$5	Young Adult	\$7	Adult	\$8
Senior	\$5	SP Family	\$13	Family	\$15

## Annual Program Membership

Become a program member and participate in YMCA Programs for the year.

Youth	\$5	Adult	\$10
-------	-----	-------	------

**“The facilities are unmatched anywhere in our area”**

*Chris a YMCA Member*

**“I have met some great people and have gained strength”**

*Robert a YMCA Member*

**“I come to the Y for health, happiness and friendly people”**

*Daniel a YMCA Member*

**“I come to beat Multiple Sclerosis”**

*Jeff a YMCA Member*

## Code of Conduct

The Board of Directors of the YMCA of Grays Harbor recognizes the right for all YMCA members to enjoy participation in programs and facilities without fear for personal safety or verbal abuse. The YMCA Staff is empowered to suspend membership privileges for anyone who acts in a manner which negatively affects other members.

## Accidents

The YMCA does not carry public health or accident insurance. All individuals participate at their own risk.

## Supervision of Children

For everyone's safety, no child under the age of 9 should be left unattended in any area of the YMCA. Children 2<sup>nd</sup> grade or under must be in a supervised area (Busytown, Y Clubhouse, Goldberg Family Discover Center, or Rec. Swim) or have direct supervision of a parent/guardian or responsible member 13 years or older. This does not pertain to youth participating in a supervised specific program.

It is the YMCA's policy to notify police when any minor (17 and under) is left unattended at closing.

## Individual Wellness Programs

### Commit to be Fit

This program is designed to help you commit to your fitness program. You will meet one-on-one with a fitness professional and they will help you eliminate any barriers you may have that keep you from living a healthier lifestyle. The program consists of goal setting, motivation, health assessment and will hold you accountable with follow-ups. Commit to be Fit is FREE to members and sign ups can be done at the Member Service Center.

Cost: Free with a membership

### Fitness Orientation

Learn about the Fitness Center. Get started on a fitness program taught by one of our trained staff. A Fitness Orientation consists of goal setting, strength & cardiovascular training, charting, and a body analysis. Fitness Orientations are FREE to members and sign ups can be done at the Member Service Center.

Cost: Free with a membership



*I don't know where to start!  
Stop by the Member Service Center and  
sign-up for Commit to be Fit*

### Personal Training

Enroll in our eight or twelve session program. Personal Training is great for individuals desiring private instruction and guidance during their workouts. As you and your trainer set your goals and begin to make exercise a healthy habit, your personal trainer will offer you weekly feedback, encouragement and education materials.

Cost: Eight-Session Program \$240

Cost: Twelve-Session Program \$300

### Team Training

This extremely successful program consists of a team with two to three members who meet with a personal trainer each week. In this program you will be held accountable and supported by your team. Your team and trainer will set your goals and begin to make exercise a healthy habit. Your personal trainer will offer you weekly feedback, encouragement and education materials.

Cost: Twelve-Session Program with two team members: \$400

Cost: Twelve-Session Program with three team members: \$450

## Fitness and Fun: The Y is the ultimate place for Healthy Living!

**Fitness Center:** Learn how to improve your health the Y way while enjoying a complete workout. Cardio machines, Nautilus circuit, Hammer Strength, and free weights.

**Aerobic Room:** Enjoy a workout in one of the best fitness classes around, while meeting new friends in a group environment. Check out a full schedule of classes on pages 9 and 10.

**Aquatic Center:** Enjoy a workout in the water while building strength, endurance and self confidence. 25 yard 8 lane lap pool, zero depth entry rec pool, lazy river, steam room, sauna, Jacuzzi, and water slide.

**Gymnasium / Racquetball Courts:** Enjoy a competitive workout while learning sportsmanship and the importance of teamwork. 2 racquetball courts and a full size basketball court.

## Group Wellness Programs

### Dance Lessons

Our dance classes are taught by Arlene Hoiland, former West Coast Grand Champion Ballroom Dancer. If you have always wanted to learn how to dance but never have, here is your chance to learn in a fun and encouraging environment. Learn the most popular ballroom dances. Classes will be on Fridays in the aerobics room. For more information contact Arlene Hoiland at 533-1412.

Session 1: January 27<sup>th</sup> – February 24<sup>th</sup>  
Beginning Nightclub 6:30 – 7:30pm  
Beginning / Intermediate West Coast Swing 7:45 – 8:45pm

Session 2: March 2<sup>nd</sup> – March 30<sup>th</sup>  
Beginning Nightclub 6:30 – 7:30pm  
Beginning / Intermediate West Coast Swing 7:45 – 8:45pm  
Cost: \$25 for a single, \$45 for a couple for members  
\$35 for a single, \$65 a couple for non-members

### Get Real

This program (formally known as the Biggest Loser program) is a great way to teach you how to make lifestyle changes. There are no gimmicks and no diets to follow just the tools you will need to make the necessary changes in your lifestyle to reach your weight loss goals. This class discusses how important exercise and nutrition are while also discussing motivation, obstacles, and pitfalls. You will learn how self image plays such a large part in how we perceive ourselves and what is the ideal weight. The ultimate fitness program packed with nutritional education on healthy weight management, group support and personal training.

Fridays  
5:30 – 7:00pm  
January 20<sup>th</sup> – May 18<sup>th</sup>  
Cost: \$90 members only

### Triathlon Training

Try a triathlon. Get in shape, have fun, learn new things, make new friends and much more. Program requirements: be able to swim 25 yards (one length of the lap pool), and run 400 meters (one lap around the track).

Session 1: January 18<sup>th</sup> – March 28<sup>th</sup>  
Monday & Wednesday  
5:30 – 7:00pm  
Cost: \$75 members, \$125 program members

Session 2: April 9<sup>th</sup> – June 20<sup>th</sup>  
Monday & Wednesday  
5:30 – 7:00pm  
Cost: \$75 members, \$125 program members

## MY Y Story



The YMCA is whatever I want it to be. It's a place to workout with friends and a place for my kids to build skills and relationships. Most of all, the Y has given me the opportunity to become a better, stronger, healthier person and to give back to my community. How awesome is that?

Shannon Patterson, Y Member

## Aquatic Group Wellness Programs

### Grays Harbor College Water Exercise

Water Exercise is a full body workout in the water through low impact exercise. Participants register through Grays Harbor Community College. Forms for registration are available at the Member Service Center.

Monday, Wednesday, Friday

8:50-9:40am (class held in Rec Pool)

9:40-10:30am (class held in Rec Pool)

Winter Quarter: January 3<sup>rd</sup> – March 30<sup>th</sup>

Spring Quarter: April 9<sup>th</sup> – June 22<sup>nd</sup>

(No class Jan. 16<sup>th</sup>, Feb. 20<sup>th</sup>, May 28<sup>th</sup>)



### Adult Swim Lessons

It is never too late to build confidence in the water or to refine a specific stroke technique. The YMCA of Grays Harbor offers beginning & intermediate lessons.

Fridays

12:30 – 1:15pm

Session 2: April 13<sup>th</sup> – June 8<sup>th</sup>

Cost: \$36 members, \$63 program members

### Difficulty with Movement

An adult water exercise class for individuals with mobility issues such as walking, balance and range of motion. Taught by a physical therapist, the Difficulty with Movement class emphasizes exercises that target muscle groups that strengthen and increase the range of motion necessary for more efficient movement.

Monday & Wednesday

12:30 – 1:00pm

Cost: Free

## Adult Sports

### Adult Indoor Fútbol

Fútbol is a five-on-five version of soccer played indoors on the basketball court with a specialized ball. This is an intense adult pickup game that is free to all members. Come try it out whether you are familiar with the game or not. This is a great way to meet other adults that are interested in physical play. Day passes are available for purchase for non-members to participate.

8:00 – 9:00pm

Fridays

Cost: Free to members

### Open Adult Volleyball

Spike it up! The YMCA pick up volleyball program continues to be one of the most popular adult sports programs the YMCA offers. YMCA adult members gather for lively and friendly pick-up games. Drop in to get active, hang out and play some ball!

Mondays 7:00 – 9:00pm

Wednesdays 8:00 – 11:30am

Cost: Free to members

### Taekwon-Do

This program provides a wonderful experience and benefit for all individuals and strengthens families. The five tenets of Taekwon Do are Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.

More details on page 18



### Noon Hoops & Sunrise Hoops

Join your friends and co-workers over the noon hour or in the morning for a fun and stimulating game of basketball. If you are 18 or older, join us for a great run on one of the Harbor's finest courts.

Monday – Friday 5:30 – 6:30am

Monday – Friday 12:00 – 1:15pm

Cost: Free to members

## FAMILY EVENTS

### Family Bingo

Enjoy some good ole' Family Bingo at the Y! A fun filled event, packed with loads of prizes. Family Bingo provides a safe and enjoyable get-together for kids and families.

February 24<sup>th</sup>

Cost: \$1 for 3 bingo cards

### Dive In Movie

Come join us and other families for some fun while watching a movie in the pool.

March 16<sup>th</sup>

Cost: FREE

### Healthy Kids Day

Spend the day with your family exercising, having fun, and learning about healthier food choices. Join us and other families for some good ole' family fun!

FREE

April



### Family Exercise Night

Spend the evening with your family exercising and having fun!

FREE

May

## Group Exercise Classes

### Why Participate In Group Exercise Classes?

Research has indicated that individuals who participate in group exercise classes are more likely to achieve their health and wellness goals due to increased motivation, new friendships, and accountability.

### How To Get Started?

Just show up and wear comfortable clothing. All equipment is provided. No Pre-registration required!

### What Class Should You Take?

#### Beginners

Swimnastics, Spinning, Target Training, Walking, SAIL, Pilates, Yoga, Cardio Sculpt

### Need Improved Flexibility, Balance, And/Or Relaxation:

Yoga, Pilates, Swimnastics, Target Training, SAIL

### Want Strength, Power, And Definition:

Hydro-Fit, Cardio Sculpt, Spinning, Target Training, Fast & Fit Lunch, Zumba, Cardio Kickboxing

### Cardiovascular Endurance:

Hydro-Fit, Swimnastics, Cardio Sculpt, Spinning, Target Training, Fast & Fit Lunch, Zumba, Cardio Kickboxing

## Group Exercise Classes

Group Exercise Classes are a great way to meet new friends and have fun while working out! Group Exercise Classes are free with your membership.

### Target Training

This class is a reliable, well-rounded workout; focused on safe and effective movement in a caring, positive atmosphere! Men and women from high school and college age to seniors will be able to adapt this workout to meet their needs.

### Cardio Kickboxing

A total body workout that shapes your body with jabs, punches, kicks, and squats.

### Swimnastics

A full body workout in the water through low impact exercise in the rec pool.

### Hydro-Fit

An aerobic class in the deep end of the lap pool that utilizes special gear to achieve a full body workout.



The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.



It's the original and most popular group spinning class. You'll torch an average of 500 calories per 40-min. ride. You'll enjoy a heart pounding yet low impact workout, while maintaining the ability to go at your own pace.

### Cardio Sculpt

Get in shape by getting the best strength training and cardio burst with this one of a kind class that works the entire body.

### SAIL (Staying Active and Independent for Life)

A strength and balance class for active adults. Exercises are designed to increase strength, range of movement and skills for daily living.



### Yoga

In Yoga, relaxation and stress reduction are key benefits. You will also see gains in physical and mental strength and flexibility.

### Pilates

Strengthens the core muscles by developing pelvic stability and abdominal control. Exercises improve flexibility and strength.

### Walking

Walking is a fun and safe workout for those of you looking to improve your cardio strength.

### Fast & Fit Lunch

This energizing upbeat class is the perfect lunch time workout. Enjoy a 30 minute Body Bar and circuit training workout.

### P90Y

This class alternates between many different movements causing muscle confusion. This class is also a high intensity, easy to follow approach to bust you out of your plateau.

### Spin Circuit

A complete workout in one class. This unique format alternates between interval of strength training and cardio spin segments.

### Kick Spin

30 minutes of Kickboxing, 30 minutes of Spinning do both or one or the other. Enjoy a workout for all fitness levels.

## Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio Sculpt</b>	5:30-6:30am		5:30-6:30am		5:30-6:30am	
<b>Spinning</b>		5:30-6:30am		5:30-6:30am		7:30-8:30am
<b>P90Y</b>	8:30-9:30am		8:30-9:30am		8:30-9:30am	8:30-9:30am
<b>Swimnastics</b> Held in Rec Pool	10:30-11:15am	9:00-9:45am	10:30-11:15am	9:00-9:45am	10:30-11:15am	
<b>Swimnastics</b> Held in Rec Pool	11:20-12:05pm	9:45-10:30am	11:20-12:05pm	9:45-10:30am	11:20-12:05pm	
<b>Target Training</b>		9:30-10:30am		9:30-10:30am		
<b>Spinning</b>	9:30-10:30am		9:30-10:30am		9:30-10:30am	
<b>Walking</b> Held outside or in gym		9:30-10:30am		9:30-10:30am		
<b>SAIL</b>		10:45-11:45am		10:45-11:45am		
<b>Fast &amp; Fit Lunch</b>	12:10-12:40pm		12:10-12:40pm		12:10-12:40pm	
<b>Abs &amp; Spinning</b>	4:30-5:30pm		4:30-5:30pm		4:30-5:30pm	
<b>Difficulty with Movement</b>	12:30-1:00pm		12:30-1:00pm			
<b>Family Spinning</b>		4:30-5:15pm		4:30-5:15pm		
<b>Zumba</b>	5:30-6:30pm		5:30-6:30pm			
<b>Cardio Kickboxing</b>		5:30-6:30pm		5:30-6:30pm		
<b>Pilates</b> Held in Childcare on Wed.	6:30-7:30pm		6:30-7:30pm			
<b>Yoga</b> Held in Childcare	6:30-7:30pm			6:30-7:30pm		
<b>Hydro – Fit</b> Held in Lap Pool	7:00-8:00pm	5:15-6:15pm	7:00-8:00pm	5:15-6:15pm		
<b>Kick Spin</b>		6:30-7:30pm		6:30-7:30pm		
<b>Spin Circuit</b>	7:30-8:30pm		7:30-8:30pm			9:30-10:30am
<b>Aqua Zumba</b> Held in Lap Pool		7:30-8:15pm		7:30-8:15pm		
<b>Spinning</b>		7:30-8:30pm		7:30-8:30pm		
<b>Swimnastics</b> Held in Rec Pool		7:30-8:15pm		7:30-8:15pm		

## Childcare

### Before and After School Childcare

The YMCA provides the best before and after school childcare program in Grays Harbor! Our experienced and STARS certified staff is dedicated to the development of each child's spirit, mind, and body. We provide a safe, caring, and positive environment. We offer a variety of activities that allows your child to be entertained and engaged while here at the YMCA, for example: home work club, crafts, clubhouse, swimming, gym activities, field trips, cooking, science, workshops, and special guests.

We have two sites to better serve you. Our Simpson Site is located at the YMCA of Grays Harbor. This site is licensed for 70 children, ages 4-12.

Our Cosmopolis Site is located at the Cosmopolis Grade School. This site is licensed for 20 children, ages 4-12.

#### Hours:

AM Hours: 7:00am - 9:00am

PM Hours: 11:30am - 6:00pm

Monthly Rate:	Member	Prog. Member
	Less 13 / 13+ days	Less 13 / 13+ days
AM Care	\$72 / \$105	\$83 / \$121
PM Care	\$130 / \$175	\$150 / \$201
AM & PM Care	\$180 / \$225	\$207 / \$259
Pre-K / Kind. PM	\$192 / \$264	\$221 / \$304
Pre-K / Kind. AM/PM	\$216 / \$330	\$248 / \$380
Full Days	\$228 / \$396	\$262 / \$455
Single Full Day Rate	\$30	\$35
Early Release	\$15	\$20

Pick up a childcare book at the Member Service Center for more information and 1 to 5 day rates.

#### Annual Registration Fee:

Member: \$10 (each additional child \$5)

Program Member: \$45, \$5 program membership

25% discount for each additional child from the same family.

Spring Break Field Trips	Date	Cost
Children's Hands on Museum	Apr. 3 <sup>rd</sup>	\$13
Harborena-Skating	Apr. 4 <sup>th</sup>	\$7
Charlie's Safari	Apr. 5 <sup>th</sup>	\$16

(Must be registered for YMCA Childcare)



### Summer Childcare

We combat the Summer Achievement Gap and Build Character through fun learning activities that encourage literacy, math, science, and social skills! Summer Childcare takes daily local field trips to local parks, reserves, beaches, and weekly field trip to Timberland Libraries-Summer Reading Program. Daily activities include: Science Projects, Cooking Class, Arts/Crafts, swimming, Game & Computer Rooms, and Gym Games. Summer Childcare registration packets may be picked up at the Member Service Center or from the Childcare office. If you have any questions feel free to contact the Childcare office at 537-9622 x133

Qualified Staff: Lead Staff members are STARS Certified.

Licensed Child Care Facility: 1:10 staff ratio.

Monday - Friday

7:00am - 6:00pm

Half Days available

7:00am - 12:00pm or 12:00pm - 6:00pm

#### Summer Registration Cost

Full Member \$10

Program Member \$20

(No fee for children already registered of the 2010-2011 Before And After School Program)

Summer Rates:	Member	Prog. Member
	1-5 days	1-5 days
Single Day	\$30	\$35
	Less 13 / 13+ days	Less 13 / 13+ days
Full Days	\$228 / \$396	\$262 / \$455
Half Days	\$15 per day	\$20 per day

## Preschool

### Preschool (Ages 4-5)

We offer a high quality licensed preschool during the traditional calendar school year. Our preschool curriculum follows Washington State Benchmarks for kindergarten readiness. Lesson plans are created by a certified teacher with a Masters Degree in Education. In addition, our staff members are STARS certified.

**Preschool 2011-2012 Registration is now in progress. The registration packet, preschool registration calendar, and registration fee must be turned in to officially reserve your child's spot.**

Your child must be 4 years old by December 31st, or 4 years old at time of class in order to attend. You can pick up a Y-Preschool Parent Booklet from the front desk or the Childcare Department to learn more about our program.

Ages 4-5

Preschool Day Options:

- Monday - Friday
- Monday, Wednesday, Friday
- Tuesday & Thursday

Hours:

- AM Preschool: 9:00am - 12:00pm
- PM Preschool: 12:00pm - 3:00pm

Children may participate in the all day program.

Per Month	Full Member	Program Member
Preschool AM or PM	M-F: \$180 MWF: \$108 Tue & Thur: \$72	M-F: \$240 MWF: \$144 Tue & Thur: \$96
Preschool AM & PM	M-F: \$300 MWF: \$180 Tue & Thur: \$120	M-F: \$360 MWF: \$216 Tue & Thur: \$144
Preschool Registration Fee	\$10 (\$5 each additional child)	\$45 (\$25 each additional child)
Program Membership Fee	None	\$5

25% discount for each additional child from the same family.

Preschool Field Trips	Date	Cost
Tacoma Children's Museum	Mar. 30 <sup>th</sup>	\$13
Build a Bear	Apr. 20 <sup>th</sup>	\$16
Pt. Defiance Zoo	May 11 <sup>th</sup>	\$16
Charlie's Safari	June 1 <sup>st</sup>	\$16

(Must be registered for YMCA Preschool)



## Swim Lessons

### Beginning Skills

**Water Babies** – Age 6 months to 3 years with parent.  
Skippers: Parent child intro to water familiarization.

**Preschool** – Age 5 & under. 7 students per class.

**Pike:** Beginning water familiarization for children 3 years old and older.

**Eels:** Front glide kick, back glide kick, swim 10 yards.

**Progressive** – Age 6 & older. 7 students per class.

**Polliwog:** water adjustment, self-confidence, front glide kick, back glide kick, swim 10 yards.



### Intermediate & Advanced Skills

**Preschool** – Age 5 & under. 8 students per class.

**Rays:** Deep water introduction with crawlstroke and back swimming, endurance to 25 yards.

**Starfish:** Crawlstroke, elementary back, breast kick, 8 lengths.

**Progressive** – Age 6 & older. 8 students per class.

**Guppy:** Deep water introduction, crawl & back swimming 25 yards.

**Minnow:** Crawl, back crawl, elementary back, endurance 50 yards, introduction to diving.

**Fish:** Elementary back, breaststroke, endurance to 200 yards.

**Flying Fish / Shark:** Sidestroke & butterfly, individual medley, 200 yards endurance.



## Session Dates

### Tuesday & Thursday Lessons

Session 1: January 3<sup>rd</sup> – February 9<sup>th</sup>

Cost: \$48 member, \$84 program member

Session 2: February 14<sup>th</sup> – March 29<sup>th</sup>

Cost: \$56 member, \$98 program member

Session 3: April 10<sup>th</sup> – May 10<sup>th</sup>

Cost: \$40 member, \$70 program member

Session 4: May 15<sup>th</sup> – June 7<sup>th</sup>

Cost: \$32 member, \$56 program member

### Saturday Lessons

Session 1: January 7<sup>th</sup> – March 24<sup>th</sup>

Cost: \$44 member, \$77 program member  
(no class Feb. 18<sup>th</sup>)

Session 2: April 14<sup>th</sup> – June 9<sup>th</sup>

Cost: \$32 member, \$56 program member  
(no class May 26<sup>th</sup>)



### Sunday Lessons

Session 1: January 8<sup>th</sup> – March 25<sup>th</sup>

Cost: \$44 member, \$77 program member  
(no classes Feb. 19<sup>th</sup>)

Session 2: April 15<sup>th</sup> – June 10<sup>th</sup>

Cost: \$32 member, \$56 program member  
(no class May 27<sup>th</sup>)

## Swim Lessons

### What swim lesson class should my child be in?

#### Preschool (6 months – 5 year olds)

How old is your child?



6 months to 3

**Skippers**

3 years or older

#### Grade School (6 – 12 year olds)

Can your child swim front glide w/ kick and back w/ kick 10yds unassisted?



**Polliwog**

Can your child float unassisted on back and swim front glide w/ kick at least 15 feet unassisted?



**Pike**

Can your child swim 25yds front crawl and 25yds back crawl?



**Guppy**

Can your child swim 10yds front glide w/ kick incorporating a productive "breath of air" and 10yds. back flutter kick?



**Eels**

Can your child swim 25yds crawl stroke, backstroke and elementary backstroke?



**Minnow**

Can your child swim 20yds front crawl stroke w/ breathing and 25yds back flutter kick?



**Rays**

Can your child swim 50yds front crawl, back crawl, elementary backstroke and breaststroke in good form?



**Fish**

Can your child swim 25yds crawlstroke, backstroke and elementary backstroke?



**Fish**

**Starfish**

**Flying Fish / Shark**

**If you are a Fish you are ready for the Sea Otter Swim Team.**

**Check out page 15.**

## Swim Lessons

### Tuesday & Thursday Lessons

Beginning Skills

Skippers 10:45 - 11:15am, 5:00 - 5:30pm

Pike 11:20 - 12:00pm, 5:30 - 6:05pm, 6:10 - 6:45pm

Eels 12:00 - 12:35pm, 5:30 - 6:05pm, 6:10 - 6:45pm

Polliwogs 6:50 - 7:25pm

Intermediate / Advanced

Rays 5:30 - 6:05pm

Minnow 5:30 - 6:05pm

Fish 6:10 - 6:45pm

Guppy 6:50 - 7:25pm

Starfish 6:10 - 6:45pm

Flying Fish / Shark 6:50 - 7:25pm

### Saturday Lessons

Beginning Skills

Skippers 9:30 - 10:00am

Pike 10:00 - 10:40am

Eels 10:40 - 11:20am

Intermediate / Advanced

Rays 11:20 - 12:00pm

### Sunday Lessons

Beginning Skills

Pike 12:05 - 12:40pm

Eels 12:35 - 1:05pm

## Swim Team

### Skills & Drills

For the current Swim Team members, who wish to continue working on skills before Summer Swim Team.

Ages:

Mondays & Wednesdays

5:00 - 6:00pm

Session 1 Breaststroke: March 12<sup>th</sup> - March 21<sup>st</sup>

Cost: \$30 members only

Session 2 Freestyle: March 26<sup>th</sup> - April 2<sup>nd</sup>

Cost: \$23 members only

Session 3 Backstroke: April 4<sup>th</sup> - April 11<sup>th</sup>

Cost: \$23 members only

Session 4 Butterfly & IM: April 16<sup>th</sup> - April 25<sup>th</sup>

Cost: \$30 members only

## Swim Team

### Sea Otter Swim Team

Children participate in a competitive swim program designed to teach the finer technique of swimming fast, and to encourage training for competition, self development, leadership and sportsmanship. Swimmers train on Monday, Wednesday, and Friday evenings.

Age 5 - 21. Fish skill level & above.

May 14<sup>th</sup> - July 27<sup>th</sup>

Remaining School Year Turnout

Group I (Novice) 5:15 - 6:00pm

Group II 6:00 - 7:15pm

Group III 6:00 - 7:30pm

Summer Swim Team Practice Schedule

Group I (Novice) 9:35 - 10:20am

Group II 8:20 - 9:35am

Group III 8:00 - 9:35am

Cost: \$130 first child

Cost: \$117 additional children

### Swim Team Meets

Spring Splash YMCA of Grays Harbor May 26<sup>th</sup>

Yakima Naches June 30<sup>th</sup>

Summer Sizzler YMCA of Grays Harbor July 21<sup>st</sup>



### Super Stokers (Pre Swim Team Class)

Students refine skills and learn swim team drills.

Ages:

Mondays & Wednesdays

4:00 - 5:00pm

Session 1: March 12<sup>th</sup> - March 28<sup>th</sup>

Cost: \$48 member, \$75 program member

Session 2: April 2<sup>nd</sup> - April 25<sup>th</sup>

Cost: \$64 member, \$103 program member

## Camp Bishop

### Camp Bishop Overnights

Experience the magic of Camp. Spend the entire day plus an overnight at camp enjoying a mini version of all the great things camp has to offer; kayaking, games, hiking, crazy skits, plus an awesome campfire. Don't worry if the weather is cold and rainy - we have great indoor program areas and everyone will be warm and cozy in the lodge. Join us for a super charged fun filled weekend. Transportation Provided.

Grades: K - 6th

Bus leaves 10am Saturday

Bus returns 11am Sunday

### Winter Retreat Overnighter

Saturday & Sunday, January 21<sup>st</sup> & 22<sup>nd</sup>

Cost: \$40 members, \$50 program members

*(Register before January 15th and save \$10)*

### Spring Spectacular Overnighter

Saturday & Sunday, March 24<sup>th</sup> & 25<sup>th</sup>

Cost: \$40 members, \$50 program members

*(Register before March 18th and save \$10)*



### Camp Bishop Winter Retreat Facility

Consider bringing your family reunion, church group or team building group to Camp Bishop for a weekend or weekday winter retreat. Our beautiful winterized lodge offers a wonderful setting for any group gathering. Pick up a brochure at the YMCA or check out our website for our great group rates. [www.campbishop.org](http://www.campbishop.org)

## Summer Camp

### Pioneer Mini Camp (grades K-2)

A great introduction to resident camp! Pioneers enjoy all the magic of camp participating in traditional camp activities: canoeing, swimming, woodcraft, games, and fun in the outdoors.

### Resident Camp & Jr. High Camp

The YMCA Resident Camping Program encourages cooperation, tolerance and teamwork with a group living environment. Campers are assigned cabins according to their age and gender. The values of honesty, caring, respect and responsibility are at the core of every activity. Camp chores and camp activities are decided and undertaken as a cabin group; however, campers also have the option of signing up for activities independent of their cabin. Sign up today and get ready for the adventure of a lifetime at Camp Bishop this summer!

### Earn Your Way to Camp

March 13<sup>th</sup> is the kick-off day to check out peanuts and earn your way to camp. Although camp registrations are open prior to this date, mark your calendar and get a head start on earning your way to a fun filled week of a magical summer camp experience!

### Summer Camp 2012 Dates

Pioneer Mini Camp 1 July 15 - 17

Pioneer Mini Camp 2 July 17 - 19

Grade K-2

Cost: \$125 members, \$145 program members

Resident Camp 1 July 8 - 13

Resident Camp 2 July 15 - 20

Resident Camp 3 July 22 - 27

Resident Camp 4 August 5 - 10

Grade 2-6

Cost: \$240 members, \$275 program members

JR High Camp July 29 - August 3

Grade 7-9

Cost: \$240 members, \$275 program members



## Field Trips

Y Field Trips are a fun way to stay active and meet new people. You do not need to be enrolled in childcare to sign-up for a field trip. Registration ends three days prior to the trip and cancellation are only allowed prior to the last week of registration. No credits or refunds will be issued for no-shows to the trip.

### Woodland Park Zoo (Special Valentines Zoo Extravaganza)

February 11<sup>th</sup>

Ages 7+ (or accompanied by an adult)

Cost: \$18.00

### Thunderbirds Hockey Game

March 10<sup>th</sup>

Ages 7+ (or accompanied by an adult)

Cost: \$20.00

\*\*This is a late evening trip\*\*

### Charlie's Safari

March 31<sup>st</sup>

Ages 7+

Cost: \$15.00

(Price does not include laser tag. Unlimited Laser tag may be purchased for an additional \$10.00 on site. Price also includes lunch)

### Experience Music Project

April 14<sup>th</sup>

Ages 7+ (or accompanied by an adult)

Cost: \$18.00

### Warehouse Rock Gym

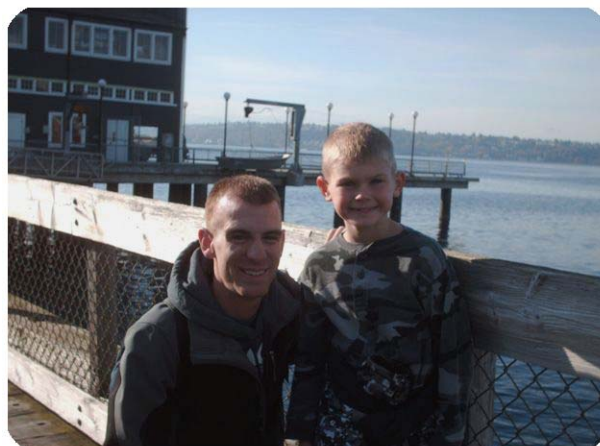
Learn how to climb boulders, belay, and have an experience of a lifetime.

April 28<sup>th</sup>

Ages 7+ (or accompanied by an adult)

Cost: \$18.00

(Price includes all rental gear and hours of climbing fun.)



### Family Fun Center in Tukwila

May 12<sup>th</sup>

Ages 7+

Cost: \$26.00

(Price includes unlimited go-karts, laser tag, bumper boats, 10 arcade tokens, and mini golf.)

### Rainers Baseball Game

May 27<sup>th</sup>

Ages 7+ (or accompanied by an adult)

Cost: \$20.00

(Price includes reserved game seating, dinner, and the opportunity to run the bases.)

\*\*Sunday Trip\*\*

### Ski Bus

Jump on board the ski bus to White Pass! This is an opportunity to spend the day on the mountain without the hassle of driving! Trip includes transportation to the mountain from the Y and a day lift ticket. Sign up early as space is extremely limited! Trips are weather dependent!

Saturdays

7:00am – 7:00pm

Session 1: January 28<sup>th</sup>

Session 2: February 25<sup>th</sup>

Cost: \$75 members, \$100 program members

## Taekwon-Do

### Taekwon-Do

This program provides a wonderful experience and benefit for all individuals and strengthens families.

The five tenets of Taekwon Do are Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. All of these tenets are woven into every class. These life skills help ensure that our students are successful throughout their lives when at home, school or at work.



**Winter Spring Session:** January - May

**Class Days:** Thursdays and Sundays

**Sparring Days:** Tuesdays

1 class per week

Cost: \$80 members, \$125 program members

2 or 3 classes per week

Cost: \$160 members, \$250 program members

Registration fee (uniform)    Testing Fee

Cost: \$20

Cost: \$15

### Lil Dragons

Ages 4-7

Sunday 12:15 - 12:45pm (aerobics room)

Thursday 3:30 - 4:00pm (aerobics room)

### Youth Martial Arts

Ages 8-12

Sunday 12:45 - 1:30pm Beginner (aerobics room)

Sunday 1:45 - 2:30pm Advanced (aerobics room)

Thursday 4:30 - 5:15pm (gym)

Thursday 5:30 - 6:15pm (gym)



### Teen / Adult

Ages 13 to adult

Sunday 2:45 - 3:45pm Beginning (aerobics room)

Sunday 3:45 - 4:45pm Advanced (aerobics room)

Thursday 5:30 - 6:30pm (gym)

Thursday 6:45 - 7:45pm (gym)

### Martial Arts Sparring

Must be an additional class

Youths must be yellow belt or higher

Teen and Adults can be any USTF TKD rank

Tuesday 6:30 - 7:30pm (gym) 2<sup>nd</sup> or 3<sup>rd</sup> class only

### Black Belt Candidate Class

Must be an additional class

Tuesday 7:30 - 8:30pm (gym)

## MY Y STORY

The Y for our family is about staying active and healthy. The Y has taught our family how to stay active through programs—swim team, Taekwon-Do, swim lessons, and health and well being classes. Making connections with other members and staff has really made a positive impact in our life.

Genny Boyle, Y Member

## Youth Educational Programs

### Kids in the Kitchen

Kids learn the basics of cooking! Each session will include learning to cook an appetizer, salad, main entrée, and dessert! Look forward to trying great treats that your child creates! Sign-up early, space is limited to 12 per session.

Ages 6+

Mondays

6:15-7:15 pm

Session 1: January 9<sup>th</sup> – January 30<sup>th</sup>

Session 2: February 6<sup>th</sup> – February 27<sup>th</sup>

Session 3: March 5<sup>th</sup> – March 26<sup>th</sup>

Session 4: April 9<sup>th</sup> – April 30<sup>th</sup>

Session 5: May 7<sup>th</sup> – May 28<sup>th</sup>

Cost: \$27 members, \$35 program members



### Little Bakers

If you LOVE Kids in the Kitchen, you will feel right at home in Little Bakers! We will bake the most delicious cookies, muffins, cupcakes, brownies, and bread that you have ever tasted. Make sure to bring your apron and smile!

Ages 5+

Thursdays

6:15-7:15pm

Session 1: January 5<sup>th</sup> – January 26<sup>th</sup>

Session 2: February 2<sup>nd</sup> – February 23<sup>rd</sup>

Session 3: March 1<sup>st</sup> – March 22<sup>nd</sup>

Session 4: April 12<sup>th</sup> – May 3<sup>rd</sup>

Session 5: May 10<sup>th</sup> – May 31<sup>st</sup>

Cost: \$27 members, \$35 program members

### Beginning Guitar Lessons

Learn the basics of guitar in this fun group lesson setting. Students will learn basic strumming techniques, beginner chords, and beginner songs! Students are encouraged to bring their own guitars; however, guitars are available on a loaner basis.

Ages 7-14

Tuesdays

4:45-5:45pm

Session 1: January 3<sup>rd</sup> – February 7<sup>th</sup>

Cost: \$35 members, \$43 program members

### Fun Factory

A fun filled preschool program that includes arts and crafts, music, story time, motor development, and movement!

Ages 3-5

Monday & Wednesday

10:45-11:30am

Session 1: January 9<sup>th</sup> – February 1<sup>st</sup>

Session 2: February 6<sup>th</sup> – February 29<sup>th</sup>

Session 3: March 5<sup>th</sup> – March 28<sup>th</sup>

Session 4: April 9<sup>th</sup> – May 2<sup>nd</sup>

Session 5: May 7<sup>th</sup> – May 30<sup>th</sup>

Cost: \$24 members, \$33 program members



### Craft Corner

Did you know you can create art from the most amazing things. How about Milk? That's right, art is amazing! It can be created from all different types of materials and even sometimes by mistake. These art classes will take you on an art adventure using oil pastels, paints, crayons, pencils, and even milk. Join in and learn something new! Class is instructed by a certified teacher.

Ages 6+

Tuesdays

5:15-6:00pm

Session 1: January 3<sup>rd</sup> – January 24<sup>th</sup>

Session 2: January 31<sup>st</sup> – February 21<sup>st</sup>

Session 3: February 28<sup>th</sup> – March 20<sup>th</sup>

Session 4: April 10<sup>th</sup> – May 1<sup>st</sup>

Session 5: May 8<sup>th</sup> – May 29<sup>th</sup>

Cost: \$24 members, \$33 program members

## Gymnastics, Dance, & Cheer

### Gymnastics

This program is based on the National YMCA Progressive Gymnastics Program and the USA Junior Olympic Gymnastics Program. This program is designed for children to have fun while learning gymnastics skills and lifetime skills such as goal setting, safety, self-discipline, and self-confidence. We also try to instill the YMCA values of caring, honesty, respect, and responsibility.

Wednesdays

Session 1: January 25<sup>th</sup> February 22<sup>nd</sup>

Session 2: February 29<sup>th</sup> – March 28<sup>th</sup>

Session 3: April 11<sup>th</sup> – May 9<sup>th</sup>

**Movement** (Ages 3 – 5)

4:30–4:55pm

Cost: \$25 members, \$33 program members

**Level 1**

A: 5:00–5:45pm

B: 5:00–5:45pm

Cost: \$45 members, \$69 program members

**Level 2/3**

5:50–6:45pm

Cost: \$45 members, \$69 program members

**Level 3 and up**

6:50–7:45pm

Cost: \$45 members, \$69 program members

### Y Dance: Kids' Dance Aerobics

Get ready to get your groove on and sweat! Children will be introduced to basic aerobics, both floor and step, that will incorporate fun dance moves and music they love!

Ages 7–12

Saturdays

11:00 – 11:30am

Session 1: January 7<sup>th</sup> – January 28<sup>th</sup>

Session 2: February 4<sup>th</sup> – February 25<sup>th</sup>

Session 3: March 3<sup>rd</sup> – March 24<sup>th</sup>

Session 4: March 31<sup>st</sup> – April 21<sup>st</sup>

Session 5: April 28<sup>th</sup> – May 19<sup>th</sup>

Cost: \$24 members, \$33 program members

### Cheer

Learn some basic cheer fundamentals in a fun and encouraging environment. Led by Grays Harbor Bearcat Cheerleader, Meghan Anderson.

Grades: K–3<sup>rd</sup> 5:30–6:15pm

Grades: 4<sup>th</sup>–6<sup>th</sup> 6:15–7:00pm

Mondays

Session 1: January 9<sup>th</sup> – January 30<sup>th</sup>

Session 2: February 6<sup>th</sup> – February 27<sup>th</sup>

Session 3: March 5<sup>th</sup> – March 26<sup>th</sup>

Session 4: April 9<sup>th</sup> – April 30<sup>th</sup>

Session 5: May 7<sup>th</sup> – May 28<sup>th</sup>

Cost: \$27 members, \$35 program members

### Tumbling Tots

This movement education class emphasizes activities that will help develop motor and spatial skills. Activities include: following instructions, beginning tumbling, balance skills, and fun! Parent participation required.

Ages 2–4

Tuesdays

10:00–10:30am

Session 1: January 3<sup>rd</sup> – January 24<sup>th</sup>

Session 2: January 31<sup>st</sup> – February 21<sup>st</sup>

Session 3: February 28<sup>th</sup> – March 20<sup>th</sup>

Session 4: April 10<sup>th</sup> – May 1<sup>st</sup>

Session 5: May 8<sup>th</sup> – May 29<sup>th</sup>

Cost: \$24 members, \$33 program members

### Y Dance: Tiny Dancers

They twirl, spin and jump, yet you're the one left breathless. Our nurturing, non-competitive and creative environment allows students to express themselves with new skills and techniques. Your child will learn the basic steps and positions while building flexibility, strength and coordination. Wear your ballet shoes!

Ages 2–4

Saturdays

10:30 – 11:00am

Session 1: January 7<sup>th</sup> – January 28<sup>th</sup>

Session 2: February 4<sup>th</sup> – February 25<sup>th</sup>

Session 3: March 3<sup>rd</sup> – March 24<sup>th</sup>

Session 4: March 31<sup>st</sup> – April 21<sup>st</sup>

Session 5: April 28<sup>th</sup> – May 19<sup>th</sup>

Cost: \$24 members, \$33 program members



### Bitty Cheer

Learn some basic cheer fundamentals in a fun and encouraging environment. Led by Grays Harbor Bearcat Cheerleader, Meghan Anderson.

Ages 2–4

Thursdays

12:30–1:00pm

Session 1: January 5<sup>th</sup> – January 26<sup>th</sup>

Session 2: February 2<sup>nd</sup> – February 23<sup>rd</sup>

Session 3: March 1<sup>st</sup> – March 22<sup>nd</sup>

Session 4: April 12<sup>th</sup> – May 3<sup>rd</sup>

Session 5: May 10<sup>th</sup> – May 31<sup>st</sup>

Cost: \$24 members, \$33 program members

## Youth Sports

### Bitty Sports

Children will be introduced to the basics of t-ball, basketball, Frisbee, bowling & soccer. Modifications are made to be developmentally appropriate for this age group and to maximize fun and success. Parent participation required.

Ages 2-4

Wednesdays

Mornings 10:00-10:30am

Evenings 5:00-5:30pm

Session 1: January 4<sup>th</sup> – January 25<sup>th</sup>

Session 2: February 1<sup>st</sup> – February 22<sup>nd</sup>

Session 3: February 29<sup>th</sup> – March 21<sup>st</sup>

Session 4: April 11<sup>th</sup> – May 2<sup>nd</sup>

Session 5: May 9<sup>th</sup> – May 30<sup>th</sup>

Cost: \$24 members, \$33 program members

### Rookie Short Sports

This program is designed to help children learn the basic skills of sports and sportsmanship. They can learn at their own pace and develop confidence. Children will begin to build a lifetime of healthy living through physical activity. Children will be introduced to the basics of t-ball, basketball, Frisbee, bowling & soccer. Parents are encouraged to participate in each class.

Ages 5-7

Wednesdays

5:45-6:30pm

Session 1: January 4<sup>th</sup> – January 25<sup>th</sup>

Session 2: February 1<sup>st</sup> – February 22<sup>nd</sup>

Session 3: February 29<sup>th</sup> – March 21<sup>st</sup>

Session 4: April 11<sup>th</sup> – May 2<sup>nd</sup>

Session 5: May 9<sup>th</sup> – May 30<sup>th</sup>

Cost: \$27 members, \$35 program members

### Family Tot Time

A variety of fun activities will leave your child wanting more! We have fun mazes, sports balls, building blocks, trampolines, tunnels, and much more all set to fun music. Come and be active with your child in your very own open gym! This is also a great time to get to know other family members and a chance for your youngster to have active socialization with other kids.

All Ages

Tuesdays

10:30-11:30am

January 3<sup>rd</sup> – May 29<sup>th</sup>

Cost: Free to all members

### Home School Sports

Kids will learn new sports' skills and improve those they know including basketball, baseball, football, soccer, gymnastics and more. This is a great opportunity to have active socialization in a group format.

Ages 5+

Thursdays

1:30 – 2:30pm.

Session 1: January 5<sup>th</sup> – February 9<sup>th</sup>

Session 2: February 16<sup>th</sup> – March 22<sup>nd</sup>

Session 3: March 29<sup>th</sup> – May 3<sup>rd</sup>

\$24 members, \$33 program members

### Spring Break Camp

This week long camp has a variety of activities to keep your child moving. Participants will spend each day doing different sporting events: swimming, roller skating, basketball, volleyball, football, Frisbee, speed stacking, bowling, soccer, racquetball, and many other gym games.

Ages 6-12

Monday – Friday

9:00 – 4:00pm

April 2<sup>nd</sup> – April 6<sup>th</sup>

Cost: \$140 members, \$165 program members

## Youth Fitness Programs

### Youth Fitness

This six session program provides information and instructions on cardiovascular exercise, muscular strength and endurance, flexibility and healthy eating. Successful completion of the course enables you to work out in the fitness center. If you are interested in taking private one on one sessions contact Lisa at x105.

Ages 11 – 13 year olds

Tuesday and Thursday

Session 1: January 10<sup>th</sup> – January 26<sup>th</sup>

Session 2: February 7<sup>th</sup> – February 23<sup>rd</sup>

Session 3: March 6<sup>th</sup> – March 22<sup>nd</sup>

Session 4: April 10<sup>th</sup> – April 26<sup>th</sup>

Session 5: May 8<sup>th</sup> – May 24<sup>th</sup>

6:30 – 7:30pm

Cost: \$25 members only

# Skill Building For Life

## Team Sports

### K – 3<sup>rd</sup> Grade Coed Basketball League

This basketball program will help develop that drive for success as well as instilling the YMCA Four Core Values. Participations will be learning the skills and rules of basketball with of course FUN! Parents are needed to volunteer their time and help with coaching. Saturday morning games. Practice times to be announced after coaches meeting. We try to honor team/coach requests, and will do so to the best of our ability on a first come first serve basis. Request are not guaranteed.

Season Dates: January 30<sup>th</sup> – March 3<sup>rd</sup>

Coaches Meeting: Wednesday, January 25<sup>th</sup>, 5:30pm

Cost before January 17<sup>th</sup>:

\$30 members, \$44 program members

Cost on or after January 17<sup>th</sup>:

\$40 members, \$54 program members

### Indoor Youth Fūtsol League

Sign-up for one of the fastest growing sports! This program will help your child develop soccer fundamentals while teaching them the YMCA Four Core Values. Fūtsol is a five-on-five version of soccer played indoors on a basketball court (no walls). Fūtsol has experienced tremendous growth and is the only indoor version of soccer with a sanctioned world championship. Practice one day a week and games on Sundays.

January 16<sup>th</sup> – February 26<sup>th</sup>

Ages: 9-12

Cost before January 10<sup>th</sup>:

\$30 members, \$44 program members

Cost on or after January 10<sup>th</sup>:

\$40 members, \$54 program members

## WE'RE HERE FOR YOU

The Y is a powerful association of men, women, and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundation of community. With a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow, and thrive.



## Teen Programming

### Teen Dances

Our dances create a fun and safe environment for 7-9<sup>th</sup> graders to come and hang out. Come try out your new moves and get to know other young teens across the Harbor. 8-11pm.

St. Patty's Dance

March 17<sup>th</sup>

Wear green and receive a discount

Spring Harvest

May 19<sup>th</sup>

Bring a can of food to donate and receive a discount

Proof of grade level required.

Cost: \$5 w/ASB and \$7 without ASB

### Late Night

A program is open for 6-8<sup>th</sup> graders in Grays Harbor County. Late Night is FREE to all participants and includes swimming, racquetball, basketball, and pizza for a late night snack. Come enjoy the fun on January 7<sup>th</sup>, February 4<sup>th</sup>, March 3<sup>rd</sup>, and May 5<sup>th</sup> from 8-11 pm. Cost: FREE!

### Harbor After School

This is a free program located in the McCleary school, Elma elementary and Elma middle schools, Miller Junior High, and Hoquiam Middle School. The program provides academic assistance, enrichment programming, and physical play activities daily during the peak times of juvenile crime and delinquency. All activities stress the Y four core values. Registration paperwork is available on site at the designated schools or for additional information, please contact April at x106.

## Supervised Activity Areas

### Bishop Busy Town

This interactive and fun room is designed especially for your children while you are in the facility working out. This service is limited to 1.5 hours and is a free service for those with a family membership. A \$3.00 fee per visit applies for non family memberships. Children must wear socks. Pick up a Busy Town registration form today.  
Ages: Newborn to 2nd grade

Hours:

Monday - Friday: 8:30am - 12:00pm

Monday - Thursday: 4:20pm - 8:30pm

Friday: 4:20pm - 7:00pm

Saturday: 8:30am - 11:30am

### Y-Clubhouse

The Clubhouse is a great place to hang out with old friends and make new ones... and have FUN at the same time! Come play a game of foosball, cards, or enjoy the latest in gaming technology - Wii, PS2, Xbox360, just to name a few. You can even try out your dancing skills on the Wii.  
Ages: 1<sup>st</sup> grade to 12<sup>th</sup> grade

Hours:

Monday - Friday 3:00pm - 8:00pm

Saturday 12:00pm - 4:00pm

*Extended hours on non school days*



### Goldberg Family Discovery Center

What are you doing after school? The Goldberg Family Discovery Center is a place where kids in Grades K - 12 can come to wrap up their day. We offer FREE homework help every school day. We are also fortunate enough to now have 30 Apple laptop computers for the Goldberg Family Discovery Center. School age kids can use these computers for homework, projects, or internet games.

Hours:

Monday - Friday

Open Computer Lab 3:00 - 8:00pm

## Birthday Parties

### Sports Party

Choose two of your child's favorite sports including basketball, soccer, dodge ball, floor hockey, kickball, baseball, or Frisbee. Ages 2 and up.

### Pool Party

Come use the waves, water slide, and lazy river. For every child 6 years old and younger, there needs to be an adult in the pool with a ratio of 3 children to 1 adult. Open to all ages.

### Clubhouse Party

This is an interactive game room equipped with all the video games and activities a kid could want to have a great birthday! Highlights include - a Dance Dance Revolution machine, Wii, Xbox 360, PlayStation 2, GameCube game systems, and a foosball table. Ages 8 and up.

### Busy Town Party

This is an interactive and fun room designed especially for this age group. Hands on activities, baby corral, and the ultimate climbing structure. Ages 2 to 8.



Package A = Up to 12 kids, 3 Large one topping pizzas  
Cost: \$145 members, \$170 program members

Package B = Up to 20 kids, 5 Large one topping pizzas  
Cost: \$185 members, \$210 program members

Package C = Up to 12 kids, Small Cupcake Cake  
Cost: \$110 members, \$145 program members

Package D = Up to 20 kids, Large Cupcake Cake  
Cost: \$135 members, \$170 program members

Package E = Up to 12 kids, 3 Large one topping pizzas, Small Cupcake Cake  
Cost: \$170 members, \$195 program members

Package F = Up to 20 kids, 5 Large one topping pizzas, Large Cupcake Cake  
Cost: \$210 members, \$235 program members

*A pool only party is \$20 off your package price.*

## Volunteer at the YMCA

### Would you like to volunteer at the Y?

The YMCA of Grays Harbor is always looking for volunteers. We have opportunities in afterschool programming, youth sports, swim team, strong kids campaign, facility projects, Camp Bishop projects, Board of Directors, special events, and many more...

**Everyone can be great because anyone can serve. You don't have to have a college degree to serve. You don't even have to make your subject and your verb agree to serve... You only need a heart full of grace. A soul generated by love...**  
*Dr. Martin Luther King, Jr.*

If you are interested in volunteering stop by the YMCA Member Service Center for more information.

## Senior Companion Program

### Companion Services

Reading to the visually impaired  
Friendly visits and conversation  
Playing games such as cribbage  
Assist members in participating in YMCA programs  
Escort and assist with grocery shopping

### Volunteer Opportunities

Seniors 55 and older  
Sharing their interests, skills, and talents  
Orientation and training provided  
Financial and program benefits available  
Being a vital partner in your community

### Companion Program

Serving adults ages 18 and over  
No charge for services  
No income guidelines to qualify for services  
Support to family and other caregivers  
Respite care for family members

Call today to receive these services or to be a volunteer!  
(360) 532-9542

## Summer Camp Staff

**Wanted:** Dynamic kid experts to be summer superheroes for youths.

Are you enthusiastic, energetic and a superb role model for young children?

Camp Applications are available	Feb. 1 <sup>st</sup>
Completed applications are due	Mar. 1 <sup>st</sup>
Interview will be conducted	Mar. 11 <sup>th</sup> -30 <sup>th</sup>
Staff will be notified by	Apr. 15 <sup>th</sup>

Applications will also be available online at our camp website: [www.campbishop.org](http://www.campbishop.org) or at the YMCA.

Current First Aid, CPR Certificates and Lifeguard training certifications must be obtained by June 30<sup>th</sup> if hired. Kitchen staff must also submit food handler's card.

### Available Positions:

Counselor (age 18 & older),  
Cabin Leader CIT (HS Soph & older)  
Kitchen Staff (9th grade & older)  
Unit Director (age 21 & older)

### We are looking for staff that will:

Model our values of Caring, Honesty, Respect, and Responsibility. Also staff that will demonstrate maturity, understanding, patience, enthusiasm, and a commitment to serving youth, while dedicating themselves to the safety and growth of campers.

### Skills and experience you'll gain

You'll make a difference.  
You'll be part of a program that builds kids confidence. Helps kids develop strong values, have fun, and make great magical memories.

### "Get Rich"

There is an indescribable richness of experience that comes from working hard to give campers the best summer of their lives. At YMCA Camp Bishop Summer Camp, you'll live in a beautiful environment and truly make a difference in the lives of others.

# Strong Kids Campaign

YOU ARE CHANGING LIVES

April 2012

## Red Cross Programs

### Adult / Child / Infant CPR & First Aid

This course covers first aid, rescue breathing, CPR for adults/children/infant, as well as how to use an automated external defibrillator (AED). To receive this certification, participants must successfully complete both the written and skills exams. Participants should bring a non-refrigerated sack lunch.

Saturdays

8:00am - 1:30pm

Session 1: January 7<sup>th</sup>

Session 2: February 4<sup>th</sup>

Session 3: March 24<sup>th</sup>

Session 4: April 7<sup>th</sup>

Session 5: May 12<sup>th</sup>

Cost: \$65 for CPR/ First Aid members or program members

Cost: \$55 for CPR members or program members

### Lifeguard Training Class

This class is the required certification for those interested in becoming a lifeguard. Preskills Test: 300 yard swim, dive to a depth of 7-10 feet and retrieve a 10 pound object. Must be 15 years old by April 6<sup>th</sup>.

Monday - Friday

8:00 - 2:00pm

April 2<sup>nd</sup> - April 6<sup>th</sup>

Cost: \$110 members, \$165 program members

(Price includes Lifeguard Training Book)

### Babysitter's Training

This program provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and first aid.

Age 11- 15

Saturday

March 10<sup>th</sup>

9:00 - 3:30pm

Cost: \$43.50 members or program members



### Red Cross Water Safety Instructor Course

This course is NOT designed to teach basic-level swimming skills. It is dedicated to developing the skills and knowledge instructors need to plan and teach courses in the American Red Cross Swimming and Water Safety Program. Fundamentals of Instructor Training (FIT) is a course pre-requisite for the WSI class.

Pre-Requisite, FIT: Monday May 7<sup>th</sup> 5:00 - 9:00pm

FIT is held at the YMCA. Registration and pick up of course material must be done in advance at the YMCA. Text Book \$7

Pre-Skills: Tuesday May 8<sup>th</sup>, 4:30 - 5:00pm

WSI Course Dates: Monday, Tuesday, & Thursday

May 14<sup>th</sup> - 31<sup>st</sup>

5:00 - 9:00pm

Final Test: May 31<sup>st</sup>

Cost: \$80 members, \$140 program members

text books \$50

Register Online and SAVE \$5.00

For Aquatic Programs use the  
Promo Code: Swim Lessons

For Youth Programs use the  
Promo Code: Youth Sports

## **YMCA of Grays Harbor**

2500 Simpson Avenue  
Hoquiam, WA 98550  
Phone: (360) 537-9622  
Fax: (360) 533-2471  
[www.ghymca.net](http://www.ghymca.net)