

BRANDON FAMILY YMCA

JANUARY - MARCH 2012 PROGRAMS & ACTIVITIES

HOLIDAY HOURS

Sunday, Jan. 1 New Year's Day, 1pm-6pm

IMPORTANT DATES

Parent's Night Out: Jan. 7, 21, Feb. 4, 18, Mar. 3, 17

Senior Luncheons: Jan. 19, Feb. 16, Mar. 15

March Madness Celebration: Mar. 17

YOUTH DEVELOPMENT PROGRAMS

Youth programs at the Y give children the opportunity to explore their unique talents and interests and help them realize their potential. This makes for confident kids today and contributing and engaged adults tomorrow.

Dance (ages 2 +)

Sessions: Monthly

45 Minute Class Cost: \$32 Facility/ \$48 Program

60 Minute Class Cost: \$36 Facility/ \$54 Program

Tae Kwon Do (ages 5-12)

Sessions: Monthly

Cost: \$55 Facility/ \$80 Program

Gymnastics Programs

Sessions: Monthly

Register for upcoming sessions online or at the Welcome Center.

Ages:

Tumble Tots (15-36 months)

Tiny Tumblers (3-4)

Kindergym 1&2 (3-5)

Toddler Play Day (5 and under)

Level 1 A (5-7)

Level 1 B (8-12)

Level 1 C (13 +)

Level 2 (6-12)

Level 3 (6-12)

Boys Classes (5-12)

Tumbling (5-12)

Cheerleading (5-9)

Open Gym (5-18)

Home School (5-12)

Adaptive (4-12)

Sports

Basketball (ages 5-12)

Season: Jan. 21-Mar. 10

Registration Ends: Jan. 7

Cost: \$55 Facility/ \$85 Program

Soccer (ages 3-4)

Season: Jan. 12-Feb. 16

Registration Ends: Jan. 4

Cost: \$55 Facility/ \$70 Program

Both daytime and evening soccer is available.

Tee-Ball (ages 3-4)

Season: Jan. 14-Feb. 18

Registration Ends: Jan. 4

Cost: \$55 Facility/ \$85 Program

Tri-Sports (ages 3-4)

Season: Mar. 5-Apr. 30

Registration Ends: Jan. 1-Feb. 23

Cost: \$50 Facility/ \$75 Program

Teen Basketball (ages 13-17)

Season: Jan. 20-Mar. 9

Registration Ends: Jan. 7

Cost: \$45 Facility/ \$65 Program

Swim Club (Ages 6+)

USA Registered Swim Team and Developmental Swim League are available year round. Please contact Alex Hollandsworth at Alex.Hollandsworth@tampaymca.org or visit the welcome center for more information.

Summer Camp

Summer wouldn't be summer without the YMCA! Camp provides the opportunity for young people to build self-esteem, develop interpersonal skills and make lasting friendships and memories. Our classic day camp offers youth and teens a wide range of activities to keep them happy and active all summer long. To keep camp new and exciting, we also offer a variety of specialty camps like: sports camp (ages 9-12), adaptive camp (5 & up), gymnastics camp (5-12), teen camp (13-15) cheerleading camp (5-12), and more!

Pick up a summer camp brochure at the Welcome Center in February.

ADULT HEALTHY LIVING PROGRAMS

At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier.

Personal Exercise Program

Whether you're new or returning to exercise, our FREE 6-session Personal Exercise Program (PEP) will help you make the most of your workout. A trained wellness coach will work with you to develop a routine that's right for you. Ask about PEP today!

Personal Training

Your time in the Wellness Center is valuable - maximize your results with a personal trainer. Ask about our new client special!

LIVESTRONG® at the YMCA

is a free 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. Participants work with Y staff trained in supportive cancer care to achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people move beyond cancer in spirit, mind and body. Contact Jessica for more information at jessica.rickenbach@tampaymca.org or 813-685-5402.

YMCA Diabetes Prevention Program

Are you at risk for developing pre-diabetes? Our Diabetes Prevention Program can help you reduce your risk for type 2 diabetes and gain tools for healthy living.

Contact Shera for more information at shera.goode@tampaymca.org or 813-316-6834.

Basketball (ages 18 & up)

Season: Jan. 19-Mar. 8

Registration Ends: Jan. 7

Cost: \$50 Facility/ \$75 Program

Tae Kwon Do (ages 12 & up)

Cost: \$55 Facility/ \$80 Program

Gasparilla Distance Classic 5K Training Group

Prepare to run a 5K with other Y members.

Days/Times: Wed. 8:30am; Sat. 8am

Cost: FREE!

Group Exercise

We offer a wide variety of group exercise classes at no cost to Facility Members. Whether you're starting exercise for the first time or just want to get out of a workout rut, group classes are a great way to challenge yourself, learn something new, and even make new friends. New schedules are posted at the beginning of each month on our website and at the Welcome Center.

ACTIVE OLDER ADULTS

Active Adult Latin Dance

Classes are offered for active older adults and will get you motivated and moving to the music.

Day/Time: Mon. 10:45am

SilverSneakers® (MSROM) Muscular Strength & Range of Movement

Classes are offered several times a week for active older adults. You'll have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Low Impact Water Aerobics

Water aerobics is a great lower intensity workout that helps build muscle strength, improve balance and range of motion, and relieve tension and stress. Check out our Group Exercise schedule for times.

