



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FIND YOUR



FIT



Washington County Family YMCA
January-June Program Guide
2020

1709 North Shelby St.
Salem, Indiana 47167
812-883-9622



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

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Washington County Family YMCA

FACILITY HOURS

Monday - Thursday	5AM - 9PM
Friday	5AM - 7PM
Saturday	7AM - 5PM
Sunday	1PM - 5PM

*Fitness Center Accessible after Staffed Hours.
Closed some holidays. See Y for closings.

KIDS CLUB HOURS*

Monday - Thursday	4PM - 7:30PM
Friday	4PM - 7PM
Saturday	9AM - 12PM

*Children must be checked in an hour before facility closes
*Kids Club is a FREE service offered to Y Members
*Guests may use the service for \$5/visit

1709 North Shelby Street, Salem IN 47167
Phone: (812) 883-9622
Website: wcfymca.org

Leadership Team



CHIEF EXECUTIVE OFFICER
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**ADMINISTRATIVE
MANAGER**

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HAILEY MARLMAN - hailey@wcfymca.org



Welcome | You Are More Than A Member

Membership Information

When joining the Y, you are joining a family that strives to strengthen community. Lasting personal and social change comes about when everyone works together. That's why at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive.

Financial Assistance

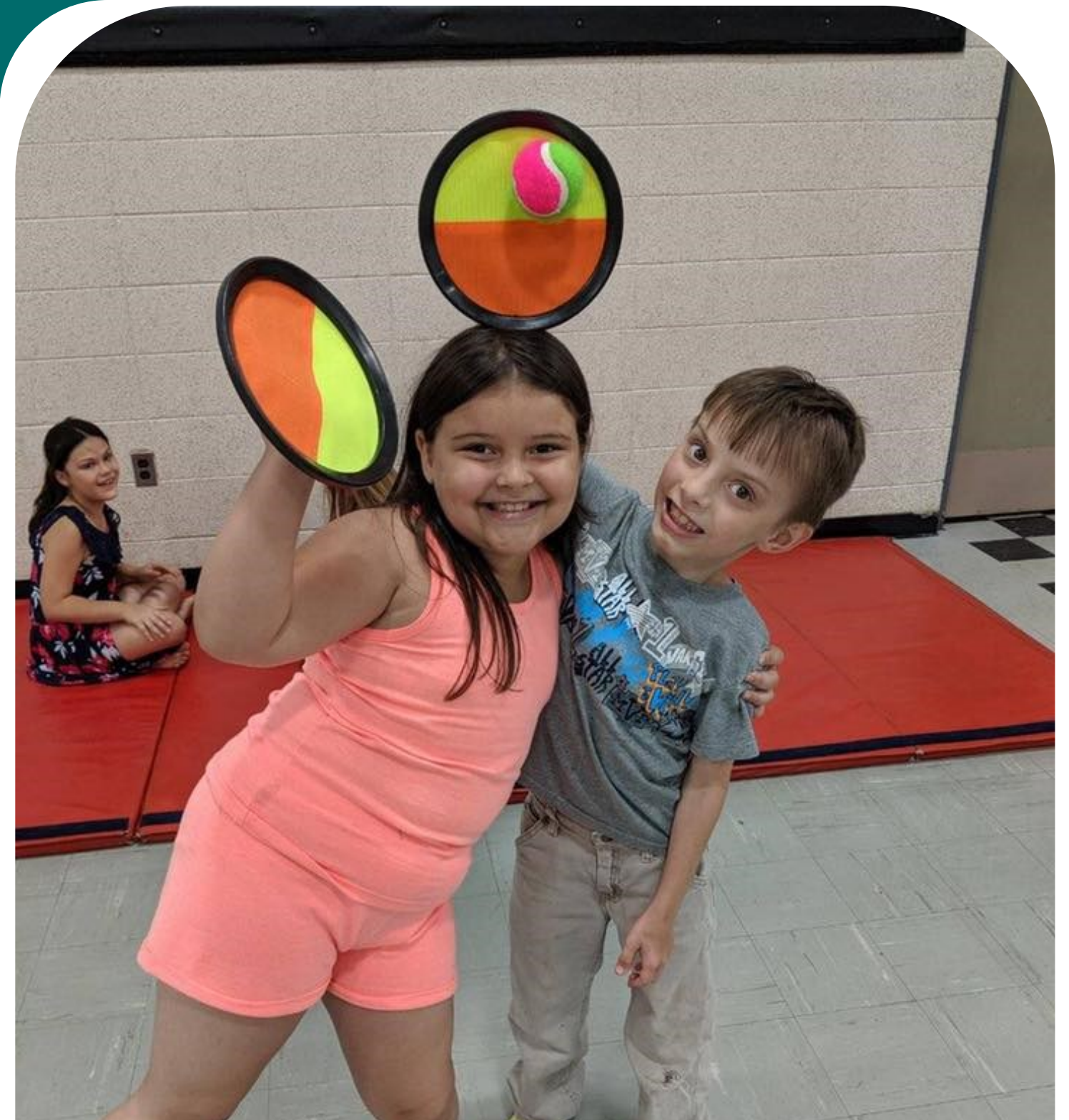
Everyone is welcome at the Y. We are committed to breaking down barriers to help our community participate in our programs. Assistance provided is handled by the YMCA in a fair and consistent manner. Contact the YMCA front desk to receive your application.

Membership Benefits

- 24/7 Access to Fitness Center*
*Members MUST BE 18 & older
- Complimentary Group Exercise Classes
- Special member-only rates on programs
- Safe and nurturing child watch program
- Youth, Adult and Family programs
- Nationwide access to all participating Y's
- Complimentary Wellness Consultations
- Personal and Small Group Training
- Active Older Adult classes and social activities
- No Contracts
- The Opportunity to Strengthen Our Community through VOLUNTEERISM

Washington Co Family YMCA Membership Fees

MEMBERSHIP TYPE	MONTHLY	JOINING FEE
Family Two adults* and dependent children up to 18-years of age *Adults must live in the same household and provide proof of address	\$43	\$35
Adult 18 to 61-years old	\$35	\$25
Senior Family 62-years and older plus dependents as defined in Family	\$39	\$35
Senior Adult 62-years and older	\$30	\$25
Student 13 to 25-years of age and proof of continuing education	\$26	\$25
Program Youth 5 to 12-years old, for program participation discounts Min. of 3 months required at registration	\$10	\$25
Day Pass \$7, Limit 6 per Year		



YOUTH DEVELOPMENT

Camps

Camps feature daily physical activities, use of technology and Wii fitness games, a nutritious lunch and afternoon snack, literacy, STEM, character development and a whole lot of FUN!

*Dates subject to change according to County School Calendars.

Pop Up Camps

When school is planned to be out.

Possible days include: MLK Day, President's Day, and Good Friday

7 am - 6 pm

Pop Up Camps happen when school is planned to be out, generally for 1 or 2 days. Each student receives a nutritious lunch and snack, hands-on activities that help develop positive character traits, and physical activity. If an E-learning day is called, we will work with the students to complete their assignments.

*Camps are contingent upon school schedules and minimum enrollment #'s met by registration deadline

Summer Break Day Camp

Begins June 1st

7 am - 6 pm

Summer Break Day Camp includes water play, a nutritious lunch and afternoon snack through the Y Feeds Kids Program, exercise classes, weekly field trips to various locations, enrollment in Summer Reading Program, and daily physical and educational activities.

Registration will open May 1st

Day campers 3-14 years old will participate in fun, interactive, and hands on activities to challenge their mind, bodies and spirit. Enthusiastic staff are trained in CPR/First Aid and Child Abuse Prevention while caring for our students in a fun environment. The YMCA's values of caring, honest, respect and responsibility will be modeled and encouraged through the day while focusing on new friendships, personal growth and fun!

For more information on Camps contact Chelsey Miller at chelsey@wcfymca.org



Spring Break Camp

March 23rd—March 27th

7am - 6pm

Registration: February 24th—March 16th

During Spring Break Camp, we participate in hands-on activities that include character development, exciting games that get the students up and moving, nutrition education and so much more!

Each day a nutritious lunch & snack is provided through the Y Feeds Kids Program.

Y Preschool

Preschool is more than a place where kids learn their numbers and ABC's. Our teachers work closely with all Washington County School Corporations to ensure that lesson plans meet the requirements for the Kindergarten School Readiness Checklists! Let our experienced, caring and nurturing teachers help make a difference in your child's life.

Preschool Registration for 2020-2021:

April 2020

Our Preschool classes focus upon hands-on, play-based activities that help get our children ready for Kindergarten, all while being housed in an enriching learning environment.

Our school-based programs are Unlicensed Registered Ministries and each classroom features a Smart Board and 10 different learning-centers which assist in engaging students in discussion, turn-taking, and prompt inquisitive finds.

All of our teachers are trained in CPR, Child Abuse Prevention, Social-Emotional Development, Developmentally-Appropriate Practices, as well as Health and Safety Practices. Our teachers work with each family and keep them informed of what is happening with their child in our program through developmental assessments and communication.



There are open spots in Bradie Shrum's Full-day program for the Spring 2019-2020 class.

Sign-up today to reserve your spot!

LOCATIONS:

Bradie Shrum Elementary: 4-5 yrs old:

Cost: \$100/wk (full day), \$87/month (half day)
(Full-day, 5 day/wk & Half-day, MWF classes, morning & afternoon)

West Washington Elementary: 4-5 yrs old:

Cost: \$100/wk (Full-day, 5 day/wk class)

YMCA: 2 1/2-4 yrs old:

Cost: \$57/month (1/2 day, morning and afternoon, T/R classes with extended-day option for morning students)

For more information about Preschool contact Robin Deaton at robin@wcfymca.org

Youth Programs

Thrive Mentoring Program

Salem Community Schools

2019-2020 school year
(school year commitment)



SEEKING volunteers willing to participate and create one-on-one meaningful, reliable relationships with Middle School students in our community schools. Commit to lunch once a week for the school year. Reliability is the most important part of creating a strong mentor/mentee relationship. Mentoring is one of the most attainable productive ways to make a difference in the lives of youth in the community. Please consider donating 1 hour/week during lunch schedule ranging from 10:45 am and 1 pm.

Contact Chelsey Miller for more information at Chelsey@wcfymca.org

After School Program

Students K - 6th grade | Monday - Friday, 3:30 - 6 pm

Bus transportation is available for Salem and WW students.

Homework help, character development, enrichment activities and community partnerships are just some of what our program focuses on. Super Snack provided each day through the Y Feeds Kids Program

Cost Per Week

	PT (1-3 days)	FT (4-5 days)
Member	\$25	\$40
Non-member	\$35	\$50

Contact Chelsey Miller for more information at Chelsey@wcfymca.org



THE Y FEEDS KIDS

What Do We Serve?

FREE Super Snack when school is in session

FREE Lunch & Afternoon Snack during Pop Up Camps, Spring Break Camp & Summer Break Day Camp

Where Do We Serve?

Locations vary across the county at different times of the year.

Contact Hailey Marلمان at Hailey@wcfymca.org for questions & more information on locations and times of service.

Anyone age 18 (enrolled in 12th grade) or younger may come and eat free of charge.



Youth Sports

Spring Soccer

Youth ages 3 - 9 years old

Begins April 11th

Registration Feb 24th-March 24th

This 6 week program focuses on clinic style fundamentals, encourages physical activity and fun with character building in our youth. Watch your child build skills beyond the field as they participate in Y soccer. All divisions will practice during the week with games on Saturdays. Registration includes a team jersey and matching socks. Equipment needed to play: shin guards (required), soccer cleats (recommended).

*Volunteer Coach Applications being accepted.



Winter Rookie Basketball

Youth ages 3 - 9 years old

Begins February 2nd

Registration December 20th-January 24th

Our 6 week program focuses on fair play and fun through clinic style fundamentals and team games each week. The Y gives everyone the opportunity to participate in physical activity regardless of their ability to play or pay. In doing so we encourage teamwork, the value of participation, skill building, positive self-image, and a sense of sportsmanship.

Teams meet Sunday afternoons starting in February and March for 1 hour of skills & drills and game time.



*Volunteer Coach Applications being accepted.

For more information on youth sports contact Chelsey Miller at Chelsey@wcfymca.org

Programs are a fun and engaging way to practice our core values of caring, honesty, respect and responsibility. Develop important life lessons, including positive competition, fair play, the value of participation over winning, team-building, positive self-image and mutual respect for others in a fun and engaging environment.

Youth Martial Arts

Youth ages 7 & up, located in the Multi-purpose room

Thursdays and Saturdays

Thursday - 5:30-6:30pm (Instructor: Josh Tullis)

Saturday - 10:30-11:30am (Instructor: Evan Motsinger)

SESSION 1: Jan 9-Feb 15

SESSION 2: Feb 27-April 11
(no class 3/22-3/28)

SESSION 3: April 23-May 30

SESSION 4: June 11-July 25
(no class 6/28-7/4)

For more information contact Chelsey Miller at
Chelsey@wcfymca.org or call 812.883.9622



Youth Wellness Challenge

This wellness challenge is for the whole family. Pick up a BINGO Card at the front desk to participate. Try a new program, join a fitness class, focus on healthy meals and creating time for yourself.

Contact Kim Beard at kim@wcfymca.org, for more information about this exciting new challenge!

January 20th-March 20th
Register: January 13th-17th

Sign up for just one session or register ahead for the year.

We'll schedule your payments for each session!



ADULT & FAMILY PROGRAMS

Family Programs

There's a Y in Every Family

Family Nights

2nd Tuesday of every month
6-7:30 pm
Locations vary

Each family is unique, but one thing is the same, time together creates a stronger bond. Join us each month for a FREE MEAL and ACTIVITIES.



Contact Hailey Marlman at Hailey@wcfymca.org for information on this month's location.



SPONSORED BY A GRANT FROM Y-USA

Pickleball

All ages welcome! | Free to members
Group fitness room

Sign-up to reserve your spot at the front desk.

Equipment available at Front Desk, just ask for it at check-in.



Visit our Facebook page for upcoming events or stop by the front desk. Contact Krista Martin at krista@wcfymca.org for ways to engage your family.

Art Gives Back

Monthly

Rosanne Quatroke gives her time as leader for the instructional painting class. 100% of the proceeds benefit the Y's annual campaign, making financial assistance available to all in need.

Check out our social media pages and front desk for the monthly painting. Register at the front desk or contact Krista Martin at Krista@wcfymca.org



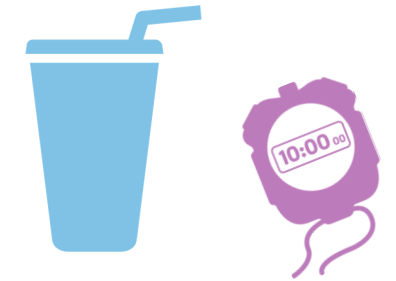
Adult Programs

Adult Martial Arts

MONDAYS and/or WEDNESDAYS: 6-7pm
Instructor: Evan Motsinger
One or Two day(s) per week class offerings

SESSION 1: Jan 6-Feb 12
SESSION 2: Feb 24-April 8
(no class 3/22-3/28)
SESSION 3: April 20-May 27
SESSION 4: June 8-July 22
(no class 6/28-7/4)

Contact Chelsey Miller at Chelsey@wcfymca.org or 812.883.9622 for more information



Wellness Challenge 2020

Help keep your goals in check with this year's NEW Wellness Challenge!

This year features a challenge for the WHOLE family! Grab your BINGO card at the front desk.



January 20th-March 20th
Register: January 13th-17th

Yin Yoga

6 week program | Session 1: Jan 15-Feb 19

Yin Yoga is a wonderful compliment to the dynamic and muscular styles of yoga and offers deeper stimulation to target connective tissues. This practice is suited for all levels. Instructor Lekisha Robbins has over 500 hours of Yoga Practice and provides a variety of yoga experience to her practice. Sessions offered frequently during the year.



Active Older Adults

Independence, Mobility, Relationships, Mental Clarity



SilverSneakers Fitness Program

Free fitness program for seniors that's helping millions of people on Medicare defy the odds, shatter stereo types and answer every challenge with "I can do this!" SilverSneakers includes unlimited access to every participating gym and fitness center in the network. Weights, treadmills and other amenities are included. We also offer fitness classes for all abilities led by our certified instructors.

Our YMCA kindly accepts the following insurance fitness programs:

SilverSneakers
Silver & Fit
Renew Active
At Your Best-formally AARP

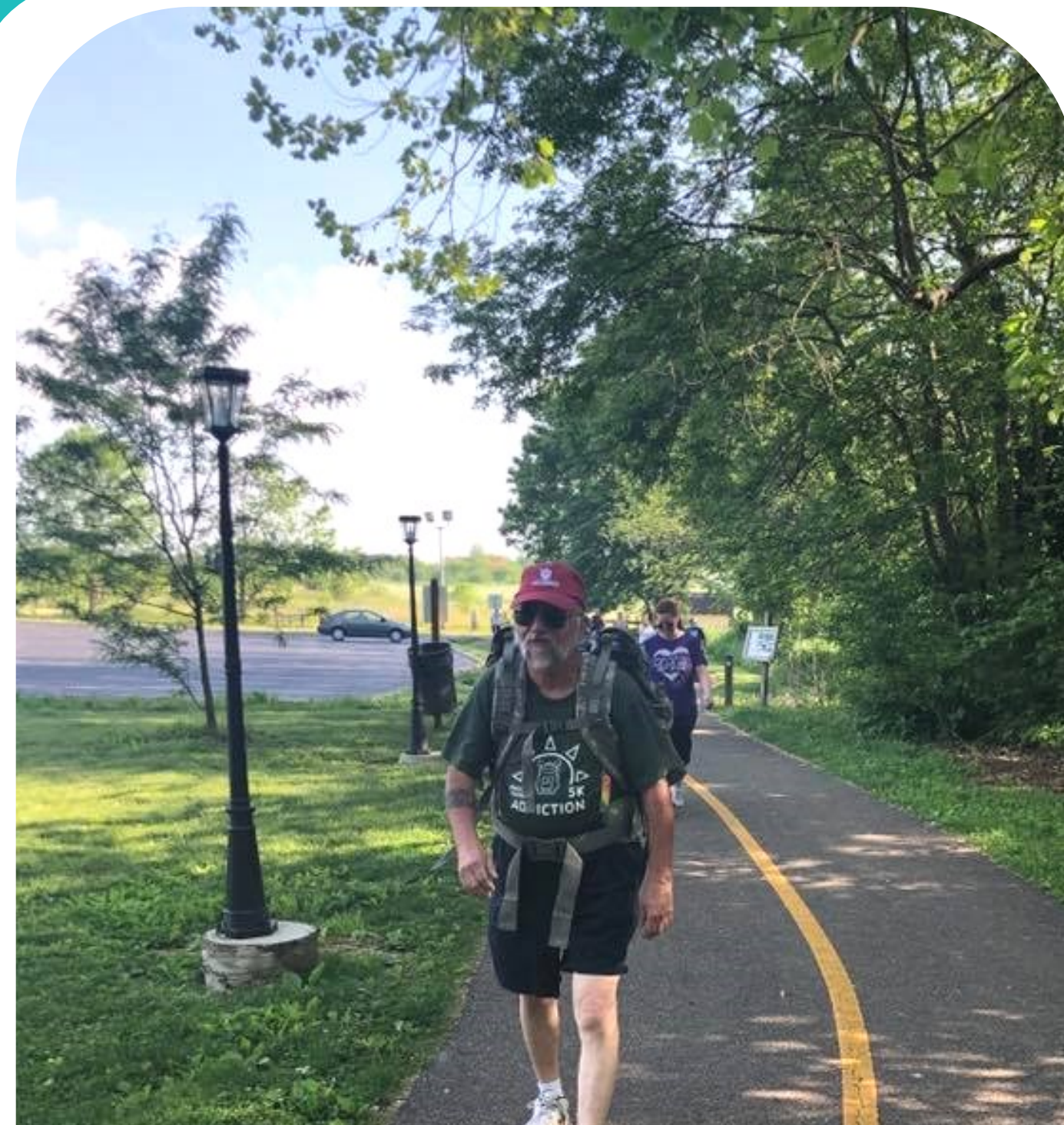
*Unsure what program you have?
Check eligibility at the front desk.



Volunteer

Lead your group in relationship and bonding activities through AOA field trips. To volunteer contact Krista Martin at krista@wcfymca.org

Find a place to belong and network with friends to gain a supportive community for sustained health and wellbeing. There are many fun, safe and engaging activities and events to help our older adults celebrate success and milestones.



HEALTHY LIVING

Health & Wellness

Begin Your Lifestyle Change at the Y

Personal and Group Training

Let one of our certified personal trainers create a workout specifically to help you reach your goals! By appointment only.

Contact Kim Beard to schedule your session with a trainer today at kim@wcfymca.org.

FREE Wellness Consultations

Want to know how to use the equipment?
Need help establishing a fitness routine?
Set up a wellness consultation with one of our trainers! This is a complimentary service for members new and old. Schedule a consultation today. Check the front desk for Wellness Hours (subject to change monthly).

*By appointment at front desk



Rally For the Y

February 2020

Our Y receives 10 cents for every mile tracked on our Espresso bikes during this month!

Rally for the Y is a competition between Y's across the United States. The goal is to have the most miles tracked between February 1st-29th.

For information on setting up your Espresso account or how to designate our Y as the Y for which you are riding, contact Kim Beard at Kim@wcfymca.org.

Wellness Extravaganza

March 13, 2020

Come join us for a day filled with extra classes, guest instructors and special class formats like Dog Yoga!

All proceeds go to the YMCA's Annual Campaign



Group X Fitness Classes

Group Fitness Classes are FREE with your YMCA Membership. There are some paid programs offered throughout the year.

NEW CLASS! SILVER SNEAKERS CIRCUIT

The SilverSneakers Circuit workout offers standing, low-impact choreography along with standing upper-body strength work and hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

Silver Sneakers Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation for reduced stress & mental clarity.

Boot Camp

Total body workout! Use resistance and cardio training techniques to improve endurance and help build strength.

Spinning

Group Cycle class that climb hills, races down flat roads and no worry about the weather! A great class for all levels. Bikes are on a first come, first serve basis.

Total Body

Total body, heart pumping, aerobic, strength, and conditioning workout. Interval-based class combines full-body strength training with high intensity cardio bursts designed to tone the body, improve endurance and clear the mind.

R.I.P.P.E.D.™

Resistance, Interval, Power, Plyometrics, Endurance and Diet. High intensity style program designed to utilize free weights, band resistance and body weight exercises.

Toned and Fab

Cardio and Strength class fused in a fun, energetic dance format. Offers a variety of low impact, high intensity exercises.

Body Rehab

Heart pumping, soul-searching, energy producing fitness class for the ultimate full body workout. We use resistance bands, weights, and kettle bells. You will sweat, shake, and melt fat away as you strengthen and tone your body.

Functional Fitness Cross training

Modern style boxing/kickboxing and aerobics class that incorporates various martial arts techniques and cross training style exercises. Basic boxing and self defense techniques will be taught, but will not be the main focus of the class.

Zumba

This is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training-alternating fast and slow rhythms-and resistance training.

Weight Lifting

Learn how to create a proper warm-up, basic lifting technique, proper form, and how to create your own weightlifting/strength-training workout. This is class is in the fitness center.

Yoga

Our yoga classes improve your strength, flexibility and posture. We will teach you to focus on your mind, body and spirit. Personal mats are encouraged.

*Exercise schedule changes quarterly, check our front desk for up to date classes.

24/7 Facility Access

Your Health On Your Time

24/7 Access Guidelines

As a Y member with 24 hour access, you may use the Washington County Family YMCA Fitness Center at any time. Other areas of the Y will be staffed during advertised hours of operation, but once the Y closes, there will be no Y staff on hand to assist members. After staffed hours of operation, ONLY Washington County Family YMCA members over the age of 18 who have signed the 24/7 Facility Access Policy & Waivers will have access to the Fitness Center.

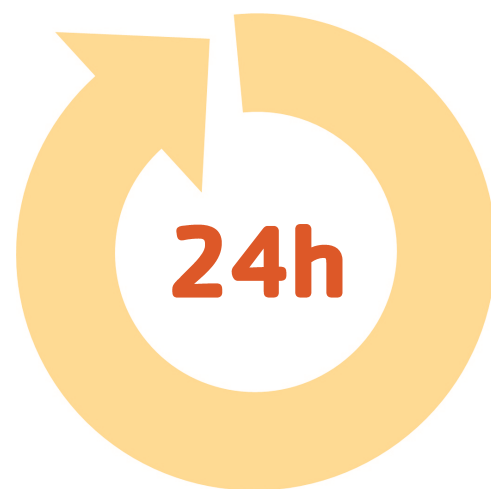
The Y has a strict honor code and zero tolerance policy. Guests and Nationwide Reciprocity Members DO NOT have access to the Fitness Center 24/7. If a member with 24/7 access allows a guest or Nationwide member into the facility after hours, said member will lose 24/7 access with a potential to have their membership terminated.

Interested in 24/7 Facility Access?

As a benefit to all members 18 & over, 24/7 access is just a brief orientation away! To get facility access visit the front desk at the Washington County Family YMCA. Thoroughly read and sign the 24/7 Policy and Waivers, walk through how to access the after hours doors with a Membership Representative then you'll receive facility access on your current membership scan card.

24/7 Facility Access Eligibility Requirements:

- Must be a member of the Washington County Family YMCA
- Must be 18 years or older



Social Responsibility

Blood Drives

1 pint of blood saves 3 lives. Every 2 seconds someone needs blood in the U.S.

Blood Drive Dates

- Feb 21
- April 24
- June 19

For more information on how to sign up contact Kim Beard at Kim@wcfymca.org



CPR, AED & First Aid Training

Prepare yourself to save lives. By becoming certified, you may help your mother, child, spouse, neighbor or stranger—or even save their life! Join us at the Y to become CPR, AED and First Aid certified.

Help us make the community more safety conscious.

Upcoming sessions in 2020:

January 12th @ 9am - 1pm
March 8th @ 1pm - 5pm
May 16th @ 9am - 1pm
Pick up a registration form at the front desk or register online today at wcfymca.org!

For more information contact Kim Beard at kim@wcfymca.org or call 812.883.YMCA

Recycle Caps

Donate plastic caps at the Y and support local school initiatives in creating eco-friendly benches for the community to enjoy.

*They do not accept caps or lids with recycle numbers (1) (3) (6) or (7)

Working Together For A Better Tomorrow

We are always looking for economical and sustainable options to help better our planet. In the last year here at the Y we have switched to paper cups and wooden stir sticks, as well as installing motion-sensor light switches in our fitness facility to help save energy.

Have suggestions for us to help our environment? Contact Krista at Krista@wcfyma.org

YOU'RE NOT JUST A MEMBER...

YOU ARE PART OF A CAUSE

With a focus on youth development, healthy living and social responsibility, Y volunteers give to all. Men, women and children of all ages and from all walks of life, receive the resources and support they need to be healthy, confident, connected and secure.

VOLUNTEER OPPORTUNITIES

- LEAD
- FUNDRAISE
- COACH
- MOTIVATE
- SUPPORT
- ADVOCATE
- TEACH
- MENTOR
- CREATE
- REPAIR
- CLEAN UP
- GIVE
- ANYTHING YOU CAN DREAM



GIVE to our Annual Campaign

Your donation to the YMCA is one of the best investments you can make in our community's future. Our annual campaign connects children, families, adults and seniors to the programs they need through financial assistance. This helps to break down the barriers of participation so the Y is available to all. In 2019, our volunteers were successful in raising more than \$70,000 in donations from local businesses, friends, family and others involved with our YMCA. This allowed us to provide families in our community with financial assistance. To make a contribution stop by the front desk or donate online at www.wcfymca.org.

Change a life, make an impact, connect with your community

Find Your Fit

"I recently saw 2 different neurosurgeons for some issues I was having with my back. My issue was inoperable. When I told them I taught a Yoga class, they were both delighted and said to keep doing it! I have met so many students who have told me the class makes such a difference in their lives, they can often feel it when they miss a day of class."

-Karen Gay (Silver Sneakers Chair Yoga instructor)



Silver Sneakers Yoga Class, Dec. 2019

We want to hear from you!

Email Krista Martin at krista@wcfymca.org to share your "Y" story or how we can improve your experience.