



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY HAPPENS HERE

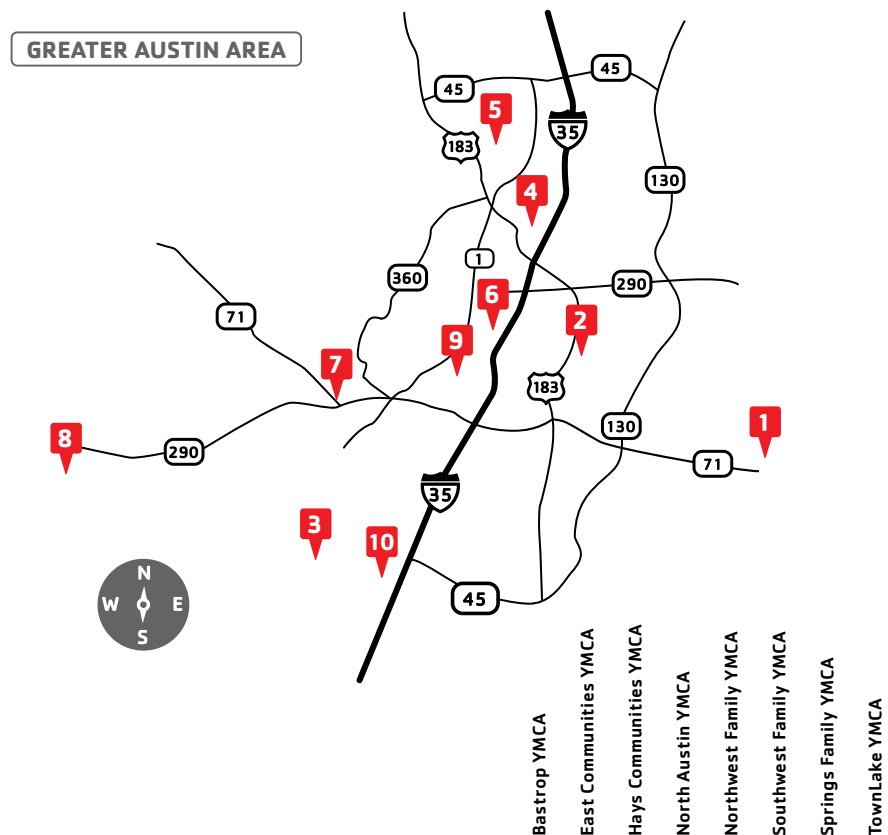
YMCA OF AUSTIN  
2019 Fall Program Guide



[AustinYMCA.org](http://AustinYMCA.org)

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## OUR FACILITIES

- 1 BASTROP YMCA**  
1112 Main Street  
Bastrop, TX 78602  
512.321.9622
- 2 EAST COMMUNITIES YMCA**  
5315 Ed Bluestein Blvd.  
Austin, TX 78723  
512.933.9622
- 3 HAYS COMMUNITIES YMCA**  
465 Buda Sportsplex Dr.  
Buda, TX 78610  
512.523.0099
- 4 NORTH AUSTIN YMCA**  
1000 W. Rundberg Ln.  
Austin, TX 78758  
512.973.9622
- 5 NORTHWEST FAMILY YMCA**  
5807 McNeil Drive  
Austin, TX 78729  
512.335.9622
- 6 PROGRAM SERVICES**  
3208 Red River St, Ste. 100  
Austin, TX 78705  
512.236.9622
- 7 SOUTHWEST FAMILY YMCA**  
6219 Oakclaire Dr.  
Austin, TX 78735  
512.891.9622
- 8 SPRINGS FAMILY YMCA**  
27216 Ranch Road 12  
Dripping Springs, TX 78620  
512.894.3309
- 9 TOWNLAKE YMCA**  
1100 W. Cesar Chavez  
Austin, TX 78703  
512.542.9622
- 10 YMCA CAMP MOODY**  
1220 Old San Antonio Rd.  
Buda, TX 78610  
512.523.0099

Adult Sports Leagues	•	•	•	•	•	•	•	•	•
Arts & Humanities	•	•	•	•	•	•	•	•	•
Community Garden	•	•	•	•	•	•	•	•	•
ChildWatch	•	•	•	•	•	•	•	•	•
Computer Center	•	•	•	•	•	•	•	•	•
Dance / Gymnastics	•	•	•	•	•	•	•	•	•
Day Camp	•	•	•	•	•	•	•	•	•
Family Programs	•	•	•	•	•	•	•	•	•
Financial Assistance	•	•	•	•	•	•	•	•	•
Group Exercise Class	•	•	•	•	•	•	•	•	•
Gymnasium	•	•	•	•	•	•	•	•	•
Indoor Pool	•	•	•	•	•	•	•	•	•
Locker Rooms	•	•	•	•	•	•	•	•	•
Outdoor Playing Fields	•	•	•	•	•	•	•	•	•
Personal Fitness Program	•	•	•	•	•	•	•	•	•
Outdoor Pool	•	•	•	•	•	•	•	•	•
Playground	•	•	•	•	•	•	•	•	•
Active Older Adult Programs	•	•	•	•	•	•	•	•	•
Strength & Cardio Equipment	•	•	•	•	•	•	•	•	•
Teen Programs	•	•	•	•	•	•	•	•	•
Tennis	•	•	•	•	•	•	•	•	•
Track / Trail	•	•	•	•	•	•	•	•	•
Volunteer Opportunities	•	•	•	•	•	•	•	•	•
Youth Fitness Programs	•	•	•	•	•	•	•	•	•
Youth Sports	•	•	•	•	•	•	•	•	•
Adaptive Programs	•	•	•	•	•	•	•	•	•
Outdoor Fitness Unit	•	•	•	•	•	•	•	•	•

**OUR MISSION** is to put Christian Principles into practice through programs that build healthy spirit, mind and body for all.

LEARN MORE ONLINE » [AUSTINYMCA.ORG](http://AUSTINYMCA.ORG)



## ABOUT Y MEMBERSHIP

The YMCA of Austin is a nonprofit organization committed to helping everyone thrive at each stage of life. Our community brings together people of all abilities, ages, ethnicities, financial circumstances, genders, races, religions and sexual orientations. See below for rates, benefits, financial assistance info and more.

At the Y, we are:

**WELCOMING:** We are open to all. We are a place where you can be, belong and become.

**GENUINE:** We value you and embrace your individuality.

**HOPEFUL:** We believe in you and your potential to become a catalyst for good in the world.

**NURTURING:** We support you in your journey to develop your full potential.

**DETERMINED:** Above all else, we are on a relentless quest to make our community stronger, beginning with you.

### NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating Y in the United States through membership at your local Y. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel.

### FINANCIAL ASSISTANCE

Thanks to the generous donors to our Annual Giving Campaign, we are able to make the Y accessible through our Financial Assistance Program. These gifts provide scholarships for individuals and families who want and need Y programs, but cannot afford them.

### UNLIMITED MEMBER REFERRAL

When we get together, we create positive change in each other and in our community. When you refer a friend to join the Y, we'll waive their join fee and you'll get a free month of membership after the third full month of your friend's active membership. What's even better – there is no limit on how many friends you can refer or how many free months you can earn.

### MEMBER BENEFITS

Membership includes the following:

- Use of 8 facilities in Travis, Hays & Bastrop counties
- Free ChildWatch while you exercise\*
- Free group exercise classes
- Reduced program fees
- Family events

- Year-round swimming
- State-of-the-art equipment
- Professional, nationally certified fitness staff
- Three free sessions of our wellness orientation program
- Use of more than 2,500 Ys across the U.S.

### MEMBERSHIP RATES

Individual Membership includes one person 27 years of age or older. \$58/month

Young Adult Membership includes one person 16-26 years of age. \$38/month

One-Adult Family Membership includes one adult and all children under 23 years in the same household. \$72/month

Couple Membership includes two adults of the same household. \$76/month

Family Membership includes two adults and all children under 23 years of age in the same household. \$82/month

**Note:** Bastrop YMCA membership rates vary from listings here. Visit [AustinYMCA.org](http://AustinYMCA.org) for more information.

Joining Fee: A one-time join fee is applied to all memberships. The join fee for Individual, Couple, One-Adult Family and Family Memberships is \$49, The join fee for Young Adult Memberships is \$15.

Senior Promotion: A one-time join fee is waived for members 65 years and older.

\* For Family and One-Adult Family members only

LEARN MORE ONLINE » [AUSTINYMCA.ORG](http://AUSTINYMCA.ORG)

# FITNESS PROGRAMS

**At the Y, we focus on all aspects of wellness. We always use a holistic lens when viewing a healthy lifestyle, and we believe that begins with an intentional focus on strengthening your mind, body and spirit.**

Our wellness orientation program – Y Active – supports your health by offering a menu of options to help you become comfortable with your Y branch, and to map out an achievable path towards your goals. We seek to give you the tools you need to build a healthy, happy and active lifestyle, and we are always right beside you on the journey – cheering and celebrating your accomplishments.

Y Active is composed of a customizable menu of options that our wellness staff will tailor to your needs. Take a look at some of the options below and get started building your Y Active program.

## PERSONAL TRAINING CONSULTATION ★

Your body deserves a unique fitness plan, tailored just for you. Meet one-on-one with a Certified Personal Trainer for a free consultation. During this consultation, you will learn more about the personal training program options available to you based on your goals and needs.

## FITNESS EQUIPMENT ORIENTATIONS ★

We understand that walking into a fitness center, with its many types of equipment, can be intimidating. Let us help you! During an orientation, you will learn how to use the cardiovascular and/or strength equipment in our wellness centers to increase your health and well-being. Orientations will be one-on-one or in small groups, depending on the branch.

## FITNESS ASSESSMENT ★

How would you know where to go if you are not sure where to begin? Get your baseline measurements done as part of a fitness assessment. Knowing where you are can give you a better idea of what steps you should take to meet your goals.

## F.A.S.T. (FIT ADOLESCENTS SAFELY TRAINING) ★

F.A.S.T. teaches youth and teens (ages 12-15) how to work out safely and effectively within the Y Fitness Center. It introduces basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices.

Once youth have successfully completed F.A.S.T., they will be able to work out in our Fitness Centers without parental supervision. The program includes a home study with video, an online written exam and in-person practical exam.

★ Indicates FREE Program with Membership

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
<b>LOCATIONS</b>																
Bastrop YMCA	●		●			●	●		●	●	●	●	●	●	●	
East Communities YMCA			●	●	●	●	●	●	●	●	●	●		●	●	●
Hays Communities YMCA	●		●	●	●	●	●	●	●	●	●	●	●	●	●	
North Austin YMCA	●		●	●	●	●	●		●	●	●	●	●	●	●	●
Northwest Family YMCA	●		●	●	●	●	●	●	●	●	●	●	●	●	●	
Southwest Family YMCA	●		●	●		●	●		●	●	●	●			●	
Springs Family YMCA	●		●	●	●	●	●	●	●	●	●	●		●	●	●
TownLake YMCA	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

## A FITNESS BOOTCAMPS

A fun, non-traditional way to get in shape and feel great! Open to all fitness levels from beginner through advanced. Utilizing resistance training with strength equipment and body weight – along with cardiovascular training – you can get the lean, toned body that you’ve always wanted.

## B BOXING

Boxing at the Y is designed to prepare adults and youth to play positive roles in their community through self-discipline and character development.

## C CORE & ABS ★

Build core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Classes may include a variety of equipment.

## D MARTIAL ARTS

Learn how to use your strength effectively, maintain cardiovascular fitness and improve flexibility and coordination. Available for everyone from beginners to the competitive athlete. Programs for youth and adults.

## E SPECIALTY FITNESS

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y includes more than just working out. These programs include Ballet, Yoga Workshops, Barre Fit Conditioning and SynchroFitness.

## F ACTIVE OLDER ADULT FITNESS ★

We’ve made the health and fitness of our seniors a top priority by providing programs for the spirit, mind and body. Through group exercise classes and aquatic programs that concentrate on mobility and flexibility, dance classes, social events and volunteer activities, the YMCA is bringing Seniors/ Active Older Adults (AOA) together for camaraderie, fellowship and fun!

## G STRENGTH CLASSES ★

Strength classes aim to improve daily living skills through better balance, strength, flexibility and agility. These classes promote progressive resistance where your training load is increased as your muscles become stronger. Offerings include:

- BODYPUMP™ & BODYPUMP EXPRESS™
- Step & Strong
- Strong, Upper & Lower Body Strong
- R.I.P.P.E.D.®

## H TRIATHLON & RUN/WALK TRAINING

Your new best friends and training partners are waiting for you! Open to all ages and abilities. We have friendly, experienced and certified coaches to help you along the way.

## I WATER EXERCISE ★

Adults looking to challenge themselves without stress on their joints or members who simply enjoy the water can take advantage of our different water exercise classes. Instructors lead small groups through water aerobics, core strengthening and much more.

## J YOGA & PILATES ★

Blending mind and body fitness, participants develop strength and flexibility. Whether you are a beginner or veteran, we have the right class for you.

## K CARDIO ★

The heart is the most important muscle in your body, so treat it that way! In addition to burning calories and lowering your body fat, these classes will strengthen your heart and lungs. These classes include Zumba, Cardio Funk, Cardio Kickbox and more.

## L INDOOR CYCLING ★

Our inspiring instructors will lead the class on a journey through mixed terrains (hills, flats, mountain peaks, time trials and interval training) to the rhythm of powerful music. Suitable for both new and experienced riders.

## M TRX SUSPENSION TRAINING

Try out a unique training tool that allows you to use your own body weight and gravity as resistance. TRX Suspension Training is great for those who want to develop lean muscle, build muscle or lose weight. Adjustments can be made to each exercise to accommodate individual fitness levels.

## N ADULT SPORTS

Game on! YMCA Adult Sports programs offer fun ways for adults to stay active, get fit and explore new hobbies. Whether you are a seasoned athlete or just looking to have a fun, we have something for you! Offerings include basketball, pickleball, volleyball, soccer and more.

## O PERSONAL TRAINING

Our professionally trained staff is here to help you reach your goals, large and small. And you don’t have to go at it alone. Partner and small group training options available.

## P WOMEN’S FITNESS

Develop the knowledge for strength training with other women motivated to get stronger, increase endurance and build friendships. This female-focused class will introduce you to the weight room and weight lifting-techniques that build confidence and help keep you accountable.

★ Indicates FREE Program with Membership



# SWIMMING PROGRAMS



**At the Y, we believe swimming saves lives, builds confidence and strengthens the body.**

The Y has a long-standing history of teaching individuals about safety around water, and is the largest provider of swim lessons in the country. All YMCA of Austin swim instructors are nationally certified and trained in CPR, AED, First Aid and Oxygen Administration. In addition to providing life-saving skills, the Y's swim programs provide outlets for physical activity, avenues for competition and opportunities for employment.

## SWIM LEAGUE

YMCA of Austin Swim Leagues are competitive programs that focus on the development of all ages and abilities. Our trained coaches work to improve swimmers' skill levels, endurance and to promote a healthy lifestyle. Our program embraces the YMCA Core Values and promotes progression at an individual level. Individual teams are organized by ability levels and are designed to help team members improve and refine the four competitive strokes, sets, starts and finishes. Our swim teams compete with other Ys and swim clubs at area meets.

Workouts include endurance, speed and drill techniques, with a healthy dose of teamwork and sportsmanship.

## ADULT SWIM: BASIC

This class introduces swimmers, ages 13 and up, to the pool and helps them develop safe water habits. Participants are taught body position and control, forward movement and rotary breathing

## ADULT SWIM: STROKES

In this class, students will work on the front crawl, back crawl and breast stroke form and technique. Must be able to swim 25 yards with basic rotary breathing

## ADULT SWIM: MASTERS

Masters Swim workouts are coached 60 to 90-minute sessions that provide a structured workout for adult swimmers. Participants will be able to improve their fitness and stroke technique in a positive group environment.

## LIFEGUARD TRAINING AND CERTIFICATION

Take A Stand. Be a Leader. Be a Lifeguard. Successfully complete one of our lifeguard courses and we'll have a job for you!

Learn the skills everyone needs to succeed: leadership, teamwork and self-confidence. When you choose to become a lifeguard you are taking a stand to be a lifesaver, to protect others and to serve your community.

Whether you are looking for a great summer job or career as a professional lifeguard, the YMCA of Austin Lifeguard program is the place to begin! Through classroom activities, group discussion and hands-on practice, you'll learn the key skills you need to work as a lifeguard.

## YOUTH SWIM LESSONS (AGES 6 MONTHS TO 12 YEARS)

### WATER DISCOVERY (PARENT & CHILD)

Parents will be taught to work with their child and keep them safe in and around the water. Children play games that help them become more comfortable in the water. Basic survival skills such as floating and exiting the water are mildly introduced. This class serves as preparation for the next stage, Water Exploration.

### WATER EXPLORATION (PARENT & CHILD)

Parents will be taught to work with their child and keep them safe in and around the water. Children play games that use basic movements in the water such as kicking, arm strokes and breath control. Basic survival skills including submersion, flotation and exiting the water are mildly introduced. This class serves as preparation for instructor-taught classes beginning at age 3.

### WATER ACCLIMATION

This class introduces swimmers to the pool and helps them develop safe water habits. Children develop comfort with underwater exploration and learn to exit safely in the event of falling into a body of water. This stage lays the foundation for the child's future progress in swimming. The goals of

the program are: (1) to encourage children to explore their aquatic environment and their skills with instructor's help; (2) to teach aquatic and boating safety and allow children to accept responsibility for safe practices.

### WATER MOVEMENT

In this class, children are taught the skills that focus on body position and control, forward movement and directional change. This stage also reinforces how to safely exit the water in the event of falling into a body of water. The general goals of the class are: (1) to encourage children to propel themselves and glide through the water; (2) to develop basic water safety skills in the form of jump, push, turn and grab and swim-float-swim.

### WATER STAMINA

In this class, children focus on swimming longer distances and are introduced to rotary breathing, integrated rotary breathing and integrated arm and leg action. In the event of falling into a body of water children learn how to swim to safety. The goals of the program include: (1) to develop rotary movement with breathing in the form of side glide to recovery position;

(2) to encourage forward movement on the front and back; (3) to practice safety techniques in deep water.

### STROKE INTRODUCTION

In this class, swimmers focus on developing basic swimming strokes and personal water safety. The goals of this program include: (1) to develop the front crawl, back crawl and breast stroke and butterfly strokes; (2) to practice safety techniques in deep water.

### STROKE DEVELOPMENT

In this class, students continue to work on their stroke technique and all major competitive strokes are introduced. The goals of the program include: (1) to develop stamina in the front crawl and back crawl strokes; (2) to develop the breaststroke and butterfly strokes; (3) to build endurance techniques for deep water safety.

### STROKE MECHANICS

Students will refine their stroke techniques on all of the major competitive strokes and learn about competitive swimming. Goals of the program include: (1) to develop endurance in the competitive strokes; (2) to enhance skills and build endurance in deep water.

## SWIMATX

SwimATX launched with a pilot program of 88 teens at Reagan HS and LBJ HS in January 2014. This innovative program is in partnership with Austin Independent School District and the City of Austin.

Swim instruction takes place during school hours at YMCA and City of Austin pools, and provides Austin ISD P.E. credit for participating teens in the first phase of the program.

Upon completion of the SwimATX program, teens receive scholarships for free participation in Lifeguard Certification classes and are guaranteed employment as Lifeguards with the YMCA of Austin and City of Austin.

## PROJECT SAFE

This program, offered in collaboration with fellow nonprofit, Colin's Hope, is working toward the goal of providing all area Pre-K and first graders with education on safety, aquatics and fitness activity.

Participating school districts include:

- Austin ISD
- Hays CISD
- Manor ISD
- Pflugerville ISD
- Wimberly ISD

## SYNCHRONIZED SWIMMING

Synchronized swimming is a hybrid form of swimming, dance and gymnastics, consisting of swimmers performing a synchronized routine of moves in the water, accompanied by music. Youth and adult classes available.

## JUNIOR LIFEGUARD PILOT PROGRAM

This program teaches youth the skills to assist in water safety and prepares them for becoming a lifeguard in the future. This is also a great introductory course for those looking to build skills before enrolling in the YMCA Lifeguard Certification course.

## WATER DEVELOPMENT COURSE

This drop-in course is designed to give participants the necessary swimming skills to meet the pre-requirements of the YMCA Lifeguard Course.

## SPASHBALL™

Splashball is designed to introduce the sport of water polo to children 5-12 years old. The intent is to provide basic skills and understanding of the sport in a recreational format. Splashball harnesses all the fun, dynamic aspects of the game in a safe, easy-to-learn aquatic experience that will motivate kids to swim and stay fit.

# ACTIVE OLDER ADULT PROGRAMS

**\$0 JOIN FEE**  
**SAVE \$49**

AGES 65 & UP



**At the Y we've made the health and fitness of Active Older Adults (AOA) a top priority by providing programs for the spirit, mind and body.**

AOA members at the Y experience a strong sense of belonging and create a network of friends who provide support for sustained health and well-being.

Through ongoing fun, safe and engaging programs, AOA members build relationships and increase their self-confidence while celebrating the successes of each adult within their community.

## A AOA FITNESS CLASSES ★

The Y is bringing seniors together for camaraderie, fellowship and fun through group exercise classes and aquatic programs that concentrate on mobility and flexibility, dance, social events and volunteer activities. Most senior programs are free for Y members. Offerings include:

- Zumba Gold®
- Senior Stretch
- Senior Strong
- Senior Fitness
- Active-EASE Back Care
- Senior Strength & Flexibility
- Gentle Senior Fitness
- Qi Gong
- Tai Chi
- Gentle Yoga
- SilverSneakers®

★ Indicates FREE Program with Membership

## B SENIOR RETREAT

Open to persons with early to mid-stage Alzheimer's and dementia, this once-a-week respite program is currently offered by the TownLake Y. Geared toward relatively active individuals, this program enables participants to enjoy aquatic fitness, dancing, crafts, restorative yoga, strengthening, stretching and more. Music is also incorporated into every retreat, be it a musical guest or an informal sing-along.

## C POWERFUL TOOLS FOR CAREGIVERS Ⓟ

This series of classes is designed to empower caregivers of older adults to take time for self-care. The skills learned help develop a wealth of self-care strategies to better handle the unique challenges faced by caregivers. These free classes are offered by the Y through

a collaboration with AGE of Central Texas and Caregiver U, generously funded by the St. David's Foundation.

## D A MATTER OF BALANCE Ⓟ

This fun and dynamic fall-prevention course emphasizes practical strategies to manage falls and maintain an active, healthy lifestyle. These free classes are offered by the Y through a collaboration with AGE of Central Texas and Caregiver U, generously funded by the St. David's Foundation.

## E AGE OF CENTRAL TEXAS MEMORY CONNECTIONS Ⓟ

This is an evidence-informed program for people experiencing early memory loss, such as mild cognitive impairment or early stage Alzheimer's disease. Participants enjoy various cognitive and physical

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
<b>LOCATIONS</b>															
Bastrop YMCA	•		•	•		•	•	•	•						•
East Communities YMCA	•			•			•	•	•			•	•	•	•
Hays Communities YMCA	•		•	•		•	•	•	•		•	•	•	•	•
North Austin YMCA	•				•	•	•	•		•		•	•	•	•
Northwest Family YMCA	•		•	•			•		•			•	•	•	•
Southwest Family YMCA	•						•					•	•	•	•
Springs Family YMCA	•						•		•				•	•	•
TownLake YMCA	•	•	•	•	•	•	•	•	•			•	•	•	•

activities to exercise their brains as well as a professionally facilitated support group. Most importantly, the program provides a safe place where older adults experiencing early memory loss can share their challenges and emotions with others in similar situations.

## F SAVVY CAREGIVER ★

Caring for a person with dementia is a role like no other, and one that requires training. These classes are led by a pair of trained facilitators to provide proven professional-level training for non-professional, family caregivers. The small group discussions address the impact of the illness and skills needed to manage daily responsibilities. The six sessions will help develop strong care management skills through group discussions, skill building, problem solving, assertiveness training and brainstorming. These free classes are offered by the Y through a collaboration with AGE of Central Texas and Caregiver U, and generously funded by the St. David's Foundation.

## G WATER EXERCISE ★

Adults looking to challenge themselves without stress on their joints can take to the water. Instructors lead small groups through our various offerings. Gain muscle conditioning and cardio endurance through aerobic choreography and water resistance. Ideal for all fitness levels and non-swimmers. Offerings include:

- Water Walking
- Aqua Strong
- Aqua Cardio Mix
- Aqua Interval
- Aqua Zumba®
- Aqua Yoga
- Arthritis Aqua Exercise
- Senior Aqua Range of Motion
- Aqua Core
- Aqua Dance
- Aqua Stretch
- Water Tai Chi
- Aqua Pilates
- Flotation Fitness

## H GARDENING

Many members of the Y's AOA community enjoy the physical aspects of working in our community gardens as an alternative to traditional gym workouts. Also, they gain opportunities to connect with others through gardening.

## I PICKLEBALL

Pickleball is an indoor paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced competitive game for experienced players.

## J ENHANCE® FITNESS ★

This evidence-based group exercise program for seniors uses simple movements that motivate individuals (particularly those with arthritis) to stay active. Each class session includes cardio, strength training, balance and flexibility exercises and the fostering of strong relationships between participants. Enhance® Fitness is geared toward older adults with chronic conditions and limited mobility. Participants can use chairs for support and modify weights for strength training as needed.

## K AOA ART CLASS

Tap into your creative side and enjoy learning new art skills, socializing with friends and creating your own masterpieces.

## L SENIOR SOCIALS ★

Join your friends at the Y for fellowship and fun. Activities include: movies, outings, potlucks and more.

## M SILVERSNEAKERS® ♥

One of the largest senior-focused exercise programs in the United States,

this partnership allows Medicare-eligible members of these health plans to become a Y member at no additional cost.

## N SILVER & FIT® ♥

This program provides those with certain health care plans an opportunity to become Y members at no additional cost. Silver & Fit® is designed to help seniors achieve better health through regular exercise and health education.

## O RENEW ACTIVE™ ♥

This program is an easy way to keep your fitness routine fresh and fun. Get access to a variety of exercise classes, equipment and social activities. Renew Active is available at the Y for no additional cost to you as part of your healthcare plan.

Ask our branch staff about additional senior-focused program availability.

★ Indicates FREE Program with Membership

♥ Indicates healthcare provider sponsored programs (Check with your branch for details)

Ⓟ Indicates FREE Program open to the public



# HEALTHY LIVING PROGRAMS

**Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body.**

The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering connections with friends through our lifelong learning programs or bringing your loved ones closer together through our many family-centered activities. At the Y, it's not about the activity you choose but more so about the benefits of living healthier on the inside as well as the outside.

## **THE QUICK COOK – NUTRITION AND COOKING EDUCATION**

It has been said that we are what we eat. Inspired by that undeniable truth, the YMCA of Austin has created 'The Quick Cook'. This nutrition and cooking education class teaches individuals and families how to eat healthy while focusing on saving time in the process.

## **NUTRITION SERVICES**

At the Y, we care about your holistic health, and what you eat is just as important as your physical fitness. We want to help instill healthy eating habits in all ages through fun and engaging activities centered on nutrition and maintaining a healthy lifestyle.

## **YMCA CANCER SURVIVOR PROGRAM**

**LIVESTRONG** at the YMCA is a 12-week, YMCA-funded and YMCA-managed program for adult cancer survivors. Our program is about saying 'goodbye' to being a patient and saying 'hello' to being a healthy, whole person again. This program is available free of charge to qualifying members and non-members of the Y.

## **COMMUNITY GARDENS**

The mission of building gardens into our branches is to educate and involve the community in learning about growth in nature, and to promote healthy and active lifestyles through reconnecting individuals to the food they eat and grow.

## **MOVING STRONGER**

A 12-week, research-based physical activity and support program for those with Multiple Sclerosis. Program aims to improve your mobility and energy levels through yoga, strength and balance training, water exercises, stretching and friendship. Program in partnership with the University of Texas Health Sciences Center at Houston®, National Multiple Sclerosis Society® and Biogen®.

# COMMUNITY PROGRAMS

**The Y exists to strengthen the foundations of our community through Youth Development, Healthy Living and Social Responsibility.**

We do this work by teaching kids new skills that build self-confidence, character values and leadership. We do this work by helping adults and families lead healthy lifestyles. We do this work by connecting older adults to an active support network. We do this work by providing outlets to give back to those in need and volunteer your time. People typically engage with the Y on one level, but they soon find a deeper meaning to their activities and a connection to those around them. Through these connections made, they feel compelled to volunteer, to give back and to help others strengthen the entire community.

Here are just a few Y programs helping to strengthen the greater Austin area:

## **VOLUNTEERING**

It is through the support of our volunteers that the YMCA of Austin is able to give back to the community. Those involved with the Y have the opportunity to bring lasting personal and social change to others. Volunteer opportunities range from ongoing commitments to one-time special event support positions.

## **ADVOCACY**

The Y is a community-based association of people committed to nurturing the potential of youth, promoting healthy lifestyles and fostering social responsibility to ensure that every individual has access to the essential resources needed to learn, grow and thrive. Anchored in more than 10,000 neighborhoods around the country, the Y has the long-standing relationships and geographic presence to not just promise, but to deliver lasting personal and social change.

# YOUTH PROGRAMS



**The Y nurtures the potential of all young people by supporting their unique youth development journey through holistic programming.**

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating in programs at the Y is about building the whole child, from the inside out.

## A FAMILY CAMPOUTS

More fun to camp out with the family when you camp with us! We offer a variety of overnight camp programs across Austin, like family campouts at Camp Moody, backyard campouts at the Y and a partnership with Texas Outdoor Family and Texas Parks and Wildlife for camping trips across our state parks.

## B ARTS AND CRAFTS

Youth Art programs empower, educate and maximize the potential of emerging youth artists. Our classes are led by experienced instructors who create a stimulating atmosphere with lively activities, discussion and insightful feedback.

## C HOMESCHOOL PROGRAMS

These programs are a great way to work physical activity, healthy living, socialization and play into your home-school curriculum. Students rotate through a variety of activities with a focus on fundamental skills and team building.

Parents enjoy utilizing the wholesome Y environment to provide value-based and age-appropriate activities.

## D LANGUAGE PROGRAMS

Learning a second language at a young age can reap many benefits as an adult. Our language classes offer a fun learning environment with age-appropriate skill building. Offerings include:

- American Sign Language (Youth and Adult)
- Youth Beginner Spanish Classes
- Mi Mundo (pre-school Spanish)

## E DANCE

The Y offers a variety of youth and adult dance classes taught by highly trained instructors including ballet, tap, jazz, hip hop and flamenco. Students will learn fundamentals, how to control their body movements and have a greater awareness of rhythms and music in a fun, encouraging environment.

## F YOUTH BOXING

Our heart-pumping boxing classes will introduce the foundation of boxing skills while building strength, endurance and confidence. Gloves and 106-inch wraps will be provided, but students are welcome to bring their own equipment.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
<b>LOCATIONS</b>																			
Bastrop YMCA		•	•	•	•		•		•		•	•				•		•	
East Communities YMCA				•	•		•	•			•	•	•		•	•		•	•
Hays Communities YMCA	•	•			•		•	•	•		•	•	•	•	•	•	•	•	
North Austin YMCA		•			•		•	•	•				•		•			•	•
Northwest Family YMCA		•	•		•		•	•	•		•		•		•			•	
Southwest Family YMCA				•	•		•	•			•		•	•	•			•	
Springs Family YMCA	•	•			•		•	•		•	•		•	•	•		•	•	
TownLake YMCA		•	•	•	•	•		•			•		•		•			•	

## G GYMNASTICS AND CHEER

We teach kids to tumble, run, jump and twist in our interactive programs. Kids learn movement skills, fine motor skills, tumbling skills and advanced gymnastics elements.

## H MARTIAL ARTS

Youth will learn basic forms, punches, kicks, blocks and, more importantly, discipline and self-control, while building confidence. Various disciplines offer participants the opportunity to rank up in belt, as their practice and skills progress.

## I YOUTH NUTRITION AND COOKING

At the Y, we care about the holistic health of children and what they eat is just as important as your physical fitness. We want to help instill healthy eating habits in all ages through fun and engaging activities centered on nutrition and maintaining a healthy lifestyle.

## J THEATER ARTS

Students work collaboratively to explore vocal technique, plot development, stage acting skills, character-based song interpretation, blocking and choreography as they rehearse and perform an original production.

## K YOUTH SPORTS

At the Y, kids develop all of their skills, from catching and dribbling to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of an active lifestyle. Offerings include:

- Soccer
- Basketball
- Volleyball
- Track
- Futsal
- Baseball/T-Ball
- Flag Football
- Tennis
- Archery

## L YOUTH/TEEN FITNESS

Our Youth and Teen Fitness programs are designed to improve your child's overall coordination, endurance and strength while having fun and making friends in a safe, welcoming environment. We offer a variety of activities, such as boxing, aerobics, plyometrics, weight training and yoga, especially for kids and teens. Offerings include:

- Parent/Child Bootcamp
- Youth Yoga
- Family Dance

## M PARENT'S NIGHT OUT

Bring your children to the Y during Parent's Night Out sessions and enjoy a few hours of free time. Kids will have a blast participating in age-appropriate themed activities under the watchful eye of our trained staff.

## N PARENT'S DAY OUT

Younger children will learn basic classroom skills such as: numbers, colors, the alphabet and related themes, focusing on fun games, group crafts and activities. Children will also participate in weekly swim lessons at no additional cost. Class operates from September through May.

## O MINI CAMPS

Mini Camps offer opportunities to get active, learn new skills and make new friends during out of school time over summer and holiday breaks. Activities and themes range from arts and crafts to sports, swimming, nature, cooking and more.

## P YOUTH ENRICHMENT

Youth Enrichment programs empower young people by opening doors to education and career opportunities and raise their self-esteem to become comfortable pursuing new paths. Offerings include: Youth Life Skills, Wild About Nature and Science Explorers.

## Q BIRTHDAY PARTIES

Celebrate with us! Spaces are available for large groups and small. As your party host, we will make the event convenient, affordable and memorable.

## R CHILDWATCH ★

ChildWatch is offered as a free service for members with Family or One-Adult Family Memberships. ChildWatch is more than just a safe place to look after your children while at the Y. This program offers children and infants the chance to get the most out of their own visit to the Y through playing, learning and staying physically active. Age requirements, time limits and hours vary by branch.

## S MUSIC

These classes are suited for students of various ages and experience levels. Participants can expect to have fun while learning coordination, rhythm, technical skills, music reading and improvisation.

For a full listing of FREE Youth Programs, be sure to download the YMCA of Austin Mobile App.



★ Indicates FREE Program with Membership



# GIVE for a better us.

## GIVE THE GIFT OF THE Y EXPERIENCE.

The Y experience is full of small moments that lead to big transformations: Grass stains on your child's jersey after her first goal, morning coffee and laughs in the lobby, the feeling of sweat as you push past the finish line, the fresh smell of dirt from the community garden, the sound of children splashing as summer begins.

Every person deserves to have these moments in life.

Your generosity makes it possible by giving life-changing opportunities to the people in your community who need them most. Donations to the Annual Giving Campaign support financial assistance and provide access to all.

[AustinYMCA.org/Donate](https://AustinYMCA.org/Donate)

YMCA OF AUSTIN | ANNUAL GIVING CAMPAIGN  
The Y.™ For a better us.™

# ADAPTIVE PROGRAMS



**At the Y, we strive to be inclusive and to provide programs for all.**

Our Adaptive Programs provide opportunities for fun and physical activity for youth and teens with special needs. Whether you're a beginner, a seasoned athlete or just want to have fun, we encourage you to explore our adaptive sports programs.

### CAMP IN MOTION

Camp in Motion is designed for kids and young adults ages 5-21 with mild to moderate cerebral palsy, or other similar neurological diagnoses. The experience includes sports, friends and fun in an inclusive environment. Campers participate in individual and group activities with Dell Children's pediatric physical and occupational therapists and Y staff.

Campers will participate in sports, music, dance, martial arts, daily pool and water activities and more! (SW Family Y Only)

### PARALYMPIC EXPERIENCE ★

The Paralympic Experience teaches young kids the basics of different sports in wheelchairs. Kids get an interactive, adaptive experience, reinforcing the message that you can accomplish anything you put your mind to.

### ADAPTIVE AQUATICS

Adaptive Aquatics are water-based lessons that incorporate swimming and water safety skills. Classes focus on fun, fitness and independence in a supportive, non-competitive environment. Private and group lessons are available.

### ADAPTIVE FITNESS

Adaptive Fitness provides a variety of group exercise classes such as Circuit Training, Indoor Cycling and Yoga - all designed to meet any fitness level or ability. Offerings include:  
Adaptive Circuit  
Adaptive Cycle  
Adaptive Walk & Stretch  
Adaptive Yoga

### ADAPTIVE DANCE

Adaptive Dance is the perfect class for the child who loves to express themselves through dance and movement. Participants will experience many different types of movement and will develop social and motor skills.

### ADAPTIVE GYMNASTICS

Parents will be involved in assisting their child in a fun and exciting gymnastics class. Several of the obstacle courses help stimulate problem solving and critical thinking. We will be working on strength and gross motor skills as well as providing a great social environment for both parent and child.

★ Indicates FREE Program with Membership



# TEEN PROGRAMS

**The YMCA of Austin is dedicated to investing in our leaders of tomorrow, and teens are our future.**

The Y provides a safe place where teens can find a sense of belonging, cultivate their interests, develop leadership skills and nurture their creative and athletic passions.

## **YMCA TEXAS YOUTH AND GOVERNMENT**

Democracy must be learned by each generation. YMCA Youth and Government is a statewide civic education and leadership program in which schools, civic organizations and Ys involve kids in hands-on learning experiences. This program allows middle and high school students to experience the excitement of our state government in action.

Students meet regularly as a club during the fall semester. Each club consists of participating students and an adult sponsor (usually a teacher) and is guided by YMCA staff and volunteers. Students choose to participate in one of four areas: legislative, judicial, media or state affairs forum.

Clubs convene in November, when students compete at District Conference. The top individuals and teams advance to the State Conference in January.

## **F.A.S.T. (FIT ADOLESCENTS SAFELY TRAINING)**

This program teaches youth and teens (ages 12-15) how to work out safely and effectively within the Y Fitness Center. It introduces basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices.

## **BABYSITTING SAFETY COURSES**

The ASHI Child and Babysitting Safety training program is designed to focus on supervising, caring for and keeping children and infants safe in babysitting settings. The program provides fundamental information in the business of babysitting, proper supervision, care giving skills and proper response to ill or injured children or infants.

## **LIFEGUARD TRAINING AND CERTIFICATION**

A lifeguard develops the skills everyone needs to be successful; leadership, teamwork and self-confidence. When you choose to become a lifeguard, you are taking a stand to be a lifesaver, to protect others and to serve your community. This is a great first job opportunity for those who successfully complete the course.

## **TEEN SPORTS**

YMCA Teen Sports offer a great balance of competition, skill development and sportsmanship. When participants work together in a team atmosphere, they learn how to make decisions, communicate, work on team building, trust and build character. We teach the fundamentals of each sport, and just as important, we focus on the YMCA's character development traits of Caring, Honesty, Respect, Responsibility and Faith.

## **PERSONAL TRAINING FOR TEENS**

We offer individual one-on-one personal training for teen members, ages 12-17 years old. A trainer can help improve endurance and stamina, overall physical fitness and/or help you cross train to improve in whatever sport you play.

## **PADDLE BOARDING AND KAYAKING**

This program hosted at the Texas Rowing Center on Lady Bird Lake allows teens to be active outside and enjoy nature. It's the perfect opportunity to develop spirit, mind and body all at the same time.

## **TEEN NIGHTS**

Teen Nights provide a safe and engaging atmosphere for teens to socialize and most importantly have fun. Led by YMCA staff, Teen Nights will be packed full of games, movies and snacks.

# EDUCATIONAL ENRICHMENT PROGRAMS

**At the Y, we are committed to building a strong foundation for all children in our community.**

Whether you're a new parent looking to learn how to best prepare your young one for school, or looking for a fun, enriching place for your older child to spend time after school, our programs are here to help set your child up for the brightest future possible.

## **PARENT'S DAY OUT**

Parent's Day Out is a program designed for care providers who want to introduce their children ages 3-5 to socialization benefiting both child and guardian. Children will learn basic classroom skills such as the alphabet, numbers, colors, and related themes. They will be focusing on fun games, group crafts and activities.

## **AFTERSCHOOL CARE**

The Y offers afterschool care for children in grades K-5 at 27 area sites. This program provides on-site care for your child, beginning when school is dismissed and continuing until 6:30 p.m., at most locations.

## **HOLIDAY, SPRING BREAK, SUMMER AND MINI CAMPS**

The Y's camps help youth make the most out of their out of school time. All camp activities are based on the Y's character development values and the Search Institute's 40 Developmental Assets. Parents can enjoy peace of mind knowing that your camper is enjoying enrichment activities under the watchful eyes of trained YMCA counselors. Your camper will make new friends, gain confidence and expand their horizons.

## **ACC-YMCA OF AUSTIN CHILD WATCH DROP-IN CENTER**

Austin Community College and the YMCA of Austin have teamed up to help parents reach for the stars by providing quality, affordable, and accessible child watch to parents who are attending classes, programs, or taking a test at the ACC Highland Campus.

## **EARLY LEARNING READINESS**

The Y's Early Learning Readiness Program provides a stimulating environment for children, ages 2-4, to play and learn while developing the physical, verbal and social skills they'll need to start school successfully.

Free to the public, this program focuses on increasing the school readiness of children in low-income families. In an informal setting, adults will learn more about how children develop and how they can encourage learning and skill-building at home.

## **MI MUNDO**

This immersion-style Spanish enrichment program is a great opportunity for children to learn, maintain or improve their Spanish. Through instructional and interactive activities, games, songs, stories and crafts, students will learn vocabulary and communication skills while they find out how much fun learning a second language can be! Our classes and activities are conducted in Spanish; children will easily be able to acquire an understanding of the language. Our mission is to provide children with a quality Spanish immersion education in natural surroundings.

## **YEAR-ROUND MEAL PROGRAM**

The YMCA of Austin offers an Afterschool Meal Program to help children stay healthy and succeed in school. Through a national partnership between YMCA of the USA and the Walmart Foundation, the program combines learning enrichment activities with physical activity to keep minds and bodies active, while also serving a healthy meal to kids who may otherwise be at risk of hunger when the school day ends.

Y members  
**SAVE**  
up to **\$55**  
per season in  
youth sports



## UNLOCK THEIR POTENTIAL.

The YMCA of Austin is here to help your child get  
the skills they need to grow on and off the field.

Enroll them in Youth Sports and unlock their potential.

SKILL DEVELOPMENT | SELF-CONFIDENCE | TEAMWORK | HEALTHY COMPETITION

LEARN MORE ABOUT UPCOMING YOUTH SPORTS OFFERINGS  
AND REGISTRATION AT [AUSTINYMCA.ORG](http://AUSTINYMCA.ORG)



# YMCA CAMP MOODY



YMCA Camp Moody is an 85-acre multi-use site, nestled along Onion Creek and scenic limestone bluffs. Construction began in 2019 and once completed, YMCA Camp Moody will host overnight camps, group events, retreats and outdoor education, offering adventure and access to all, right in Austin's backyard.

**Join us in building YMCA Camp Moody by donating today at [AustinYMCA.org/YMCACampMoody](http://AustinYMCA.org/YMCACampMoody)**

### Ways to Get Involved:

#### **PAVE THE WAY TO DISCOVERY**

Invest in our next generation of adventurers, naturalists and leaders at YMCA Camp Moody. Leave a legacy and help us build the newest and most accessible YMCA camp in the world, right in Austin's backyard. Sponsor a customized brick for only \$500 (one-time or payable over 5 years).

You can honor your children or grandchildren, commemorate a loved one, remember a special friend or pet, promote your business or mark a special event in your life. These bricks will help build the beautiful entry pathway through main camp ground right in front of the dining hall and leading to the activity pavilions, fire ring and tree house village.

#### **YMCA CAMP MOODY SPECIAL EVENTS AND VOLUNTEER OPPORTUNITIES**

YMCA Camp Moody offers many opportunities for you, your family, or groups to come and experience a piece of the wild close to home. The topography, ecosystem and history support YMCA Camp Moody being one of the most unique places in Central Texas. Visit the YMCA Camp Moody website for upcoming events and volunteer opportunities.

#### **FOLLOW US ON SOCIAL MEDIA**

Facebook: [@AustinYMCA.CampMoody](https://www.facebook.com/AustinYMCA.CampMoody)

Instagram: [@YMCACampMoody](https://www.instagram.com/YMCACampMoody)

**In the end, YMCA Camp Moody is about much more than just camp. We're instilling lifelong YMCA character values of respect, caring, honesty, responsibility and faith.**

**Please consider joining us in creating a lasting legacy.**





**YMCA OF AUSTIN**  
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Austin, TX 78705

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# HEALTHY HAPPENS HERE

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**2019 Fall Program Guide**