



the

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL INTO FUN AT THE YMCA

JAMES FAMILY  
PRESCOTT YMCA

*September–December 2019*

**QUALITY FIRST**  
EL FIRST THINGS FIRST



First Things First recognizes  
Prescott YMCA Early Childhood Center

Prescott YMCA of Yavapai County, Incorporated

for achieving the Quality First Star Rating:



Exceeds quality standards



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# JOIN

## THE Y, FOR A BETTER US

### MEMBERSHIP

#### We're a lot more than a gym!

The Y is a community. Surrounded by friends and caring, knowledgeable staff, you can transform your spirit, mind and body in ways you never imagined.

### Welcome!

Welcome to the James Family Prescott YMCA! The foundation of our YMCA is our members. Here at our YMCA we are for: Youth Development, Healthy Living, and Social Responsibility. We continually strive to add value into your membership through programs and services that exceed your expectations. In today's fast paced and virtual society, everyone needs to experience a sense of community and friendship. We strive to create an atmosphere where everybody is safe, appreciated and celebrated for their individuality and special gifts. All of the staff are committed to creating the kind of experience you desire at your James Family Prescott YMCA. Your satisfaction is our number one Priority!

### CHILD WATCH

This YMCA Family Member's benefit is designed to provide a safe place for children ages 1-9 years old to play while parents exercise (Parents must remain on site).

**Monday-Thursday** 8 am-12 pm 4 pm-7 pm  
**Friday** 8 am-12 pm

#### COST:

1st Child: \$30.00  
2nd Child: \$20.00  
3rd and 4th Child: \$10.00  
5th Child+: \$0.00

**Annual non-refundable registration fee per family.**

**Valid January 1, 2019- December 31, 2019. Fee is not pro-rated.**

### HOURS OF OPERATION

	<u>Building</u>	<u>Pool</u>
Mon-Fri	5:00 am-11:00pm	5:00 am-8:45 pm
Saturday	6:00 am-8:00 pm	6:00 am-7:45 pm
Sunday	9:00 am-6:00 pm	9:00 am-5:45pm

### YMCA HOLIDAY CLOSURES

New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas.

### OPPORTUNITIES TO JOIN

	Activation Fee	Monthly EFT
Youth (13 & under)	\$15.00	\$27.50
Teen (14-17)	\$15.00	\$27.50
Young Adult (18-22)	\$33.50	\$33.50
Adult (23+)	\$41.50	\$41.50
2 Adults	\$57.50	\$57.50
1 Adult w/ children	\$53.50	\$53.50
2 Adults w/ children	\$68.50	\$68.50

- Children under the age of 10 must be directly supervised by a parent or legal guardian at all times.
- Children younger than 10 years of age are not permitted to swim without a parent present. See swim testing guidelines for details.

#### DAILY FEES

Day passes are available for non-members with the presentation of a valid I.D., for the following fees:

Adult (18+yrs)	\$10
Youth (17 & Under)	\$5
Youth (14+, fitness center/ classes)	\$10

#### PAYMENT OPTIONS

Annual payment can be made at the time of sign up. All monthly membership payments will be conveniently set up on a electronic funds transfer from a checking or savings account or a debit/credit card.





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# WELCOME!

## YMCA'S Character Values

When the YMCA was founded in 1844, one of its primary goals was to help people develop their character. We challenge the people we serve to believe in positive values and to act on them in their daily lives. Our goal is not to force people to do what is right only when someone of authority is watching them. Our hope is that people will make the right choices guided by our core values regardless of who or who is not watching. These values include:

- Caring— To put the need of others above myself.
- Honesty— To have integrity by being truthful and trustworthy in every part of life.
- Respect— To value others, treating them as I want to be treated.
- Responsibility— To be accountable for my attitudes and actions.

## OUR MISSION

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

## OUR CAUSE

At the Y, our cause is strengthening community. 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

The YMCA wants to ensure that everyone has the opportunity to participate in our programs and enjoy our facilities and services. Scholarships are available for YMCA memberships, programs, childcare and summer camps for individuals and families with financial need. Funds are limited and are made available through our Annual Giving Campaign and special events/fundraisers. Applications may be picked up at the Membership Desk or downloaded online at [prescottymca.org](http://prescottymca.org).

## BE THE CHANGE

To do our important work, the Y relies on support from members, donors, volunteers and community leaders.

When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve you or your family's health and well-being, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.

**Join the Y:** Be a part of a cause for strengthening community that is committed every day to helping you and your kids learn, grow and thrive.

**Give to the Y:** Donate vital financial resources for nurturing the potential of kids, improving the nation's health and well-being, and giving back and supporting our neighbors.

**Volunteer at the Y:** Take an active role in bringing about meaningful, enduring change in your own neighborhood!

**Advocate with the Y:** Address the nation's most pressing social issues, with a nonprofit that has the long-standing track record and on-the-ground presence to not just promise, but deliver, lasting personal and social change.



# HEALTHY LIVING

## FIRST STEP INTO FITNESS

Your YMCA Membership includes a FREE session with one of our qualified Personal Trainers to get you started on your fitness program. This is a 45-60 minute session that will help you take your "first step" toward your fitness program. You and your trainer will discuss what your goals and expectations are, so they will be able to set you up on a safe, appropriate exercise program. Once you have continued with your program for a couple weeks, your trainer will follow up with you to ask how you are doing and if you are making progress. They may give you a call or stop and chat with you when they see you in the gym. We want you to feel comfortable in our Fitness Center! After your session, you will be provided with an information packet with YMCA programming, classes, personal trainers, Facebook, and other valuable information.

## GROUP EXERCISE CLASSES

We offer 120 hours of Group Exercise classes per week in three separate studios. Please see our monthly schedules to find when and where your favorite classes are held! There is a class suitable for everybody here at the Y!

**\*\*August & September ONLY!!** We are offering TRX classes in Lindquist Park (here at the YMCA) on Mondays and Wednesdays at 6am-class is limited to 6 participants\*\*

**Cardio/Strength classes:** Tabata, Boot Camp, Barre, Cycle, Total Body Conditioning, Step, POUND, Pump Iron, WOW, Y-Fit and Aqua Aerobics.

**Mind/Body/Meditation classes:** Yoga, QiGong, TaiChi, Pilates, Stretch n Flex and Sound Meditation

**Senior Fitness classes:** Stretch n Flex, Silver Sneakers, Aqua Aerobics, Stretch Move & Balance and Y-Fit

**Dance Fitness classes:** Zumba, Hip Hop, Latin Dance Aerobics and Y-Fit

**Parkinson's Classes:** We will be starting Parkinson's classes this Fall!! Please contact our Health & Wellness Director Mary Byrne for more info.

....To list a few! No signup necessary (with the exception of Pilates) to join in on our classes. New students ALWAYS welcome!

## PERSONAL TRAINING

At the Y, we believe if our members request a Personal Trainer, then that member should expect the utmost quality and care with the highest level of professionalism. Our goal is to take your personal decision to work with a trainer seriously and provide the highest quality and expert assistance possible. Our Personal Trainers provide motivation, variety, safety and efficiency for your workouts. If you are brand new to learning about fitness, rehabbing a full knee replacement, preparing for your first marathon, or simply would like to learn fall prevention, we have a trainer with the skills and knowledge to assist you in reaching your fitness goals by building programs tailored for your success.

**Parkinson's** We have several YMCA Trainers now certified to work one on one with Parkinson's patients. Exercise has been proven to slow this disease down considerably by keeping the brain and body actively "talking to each other". This is a relatively new addition to the services our trainers have to offer. We are here to help!

**Aqua Therapy** Our Expertise has expanded to include one on one Aqua Therapy for those in need of more therapeutic type training. If you suffer from severe Arthritis (rheumatoid and/or osteo), are recovering from trauma, have fibromyalgia or any degenerative bone or muscle condition, this training is for you.

The YMCA only employs certified Personal Trainers from nationally recognized associations along with YMCA certifications. We offer a variety of training packages including 55 minute and 30 minute sessions. Please call Mary @ 445-7221 ext. 219 for more information or visit our website at [prescottymca.org](http://prescottymca.org) where you will find a list of our Trainers along with their personal biography.

## FITNESS ASSESSMENTS

Fitness Assessments provided by the YMCA are a comprehensive approach to any fitness program. This assessment covers all aspects of one's health including eating habits, sleep habits, exercise (past and present) measurements, strength and flexibility, etc. Whether you work with a trainer, participate in group fitness classes, play sports, Aquacise (swim or take aqua fitness classes) or exercise on your own, this assessment will provide recommendations for your strength, cardio, and stretching program, based on your individual results, and will help get you on the best path to reach your long and short term fitness goals. Inquire at the Fitness counter or at our Membership desk TODAY!

# YOUTH DEVELOPMENT CHILD CARE PROGRAMS

With so many demands on today's families and the increased focus on early brain development, families need all the support they can get to nurture the potential of youth. That's why child care and early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

\*CHILDCARE PROGRAM REGISTRATION FEE: \$30 Valid June 1st 2019-May 31st 2020 (Fee is not pro-rated)

## AFTERSCHOOL PROGRAMS (AGES 5-14)

With an excellent child/ leader ratio, students are divided into groups with a designated home base site. A monthly calendar of activities is provided. Weekly, the programs may offer arts, crafts, sports, playground time, curriculum, technology, physical fitness, teambuilding activities, swimming, gardening, science, music, cooking, park play, character values, homework time and occasional field trips. Snacks are provided soon after arriving off the bus so that children can enjoy the activities that follow.

**All PUSD schools are transported by bus to Y After School Building where staff will meet them upon arrival.**

### Fees

Mon, Tue, Thu, Fri: 3:00pm-6:00pm

Wed: 2:30pm-6:00pm

Cost:

Members: \$11/ day

Community: \$15/ day

Early Release: 12:30pm-6:00pm

Members: \$13/day

Community: \$17/day

Full Day: 6:30am-6:00pm

Members: \$27/day

Community: \$33/day

Financial Assistance is available for eligible families based on income levels and need. Applications are available at the front desk of the James Family Prescott YMCA. We also offer First Things First Scholarships for Pre-School!!

We follow  
PUSD's School  
Calendar

Camp available  
when PUSD is off.



First Things First recognizes  
**Prescott YMCA Early Childhood Center**  
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## PRESCHOOL (AGES 2 non diapered-5)

Our preschool offers year-round learning for 2 (potty trained) to 5 year olds; learning how to make friends and experiencing a wide-eyed delight at the textures, colors, and activities they encounter. The preschool provides a safe and fun environment to explore, play and imagine, which helps parents feel confident that their children are in the best of hands. Adult to child ratios are kept small to ensure maximum teacher/student interaction.

Monday-Friday 6:30am-6:00pm

Member:	M/W/F	\$81.00
	T/Th	\$54.00
	5 Days	\$135.00
Community:	M/W/F	\$99.00
	T/Th	\$66.00
	5 Days	\$165.00

AZ State Licensed!  
DES Approved!

**Winter Break Camp:**  
Dec 23-Jan 3

**Closed December 25 &  
January 1**

**Fall Break  
Camp:**  
October 7-11,  
2019



# YOUTH DEVELOPMENT GYMNASTICS

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. The benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning gymnastics or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

## REGISTRATION

An ANNUAL NON-REFUNDABLE \$30 registration fee per gymnast is required for enrollment. Registration fee is valid February 1, 2019 to January 31, 2020. Fee is not prorated. Gymnastic classes are a monthly, pre-paid program. Fees are due the first of each month. A \$10 late fee will be attached for payments received after the 5th of the month. To participate in these classes you must be a YMCA member.

- An official registration form and waiver must be completed and turned into the YMCA Gymnastics front desk.
- 45 minute class fees: \$12/month
- 60 minute class fees: \$15/month

### Open Registration

Open Registration is ongoing and new athletes or athletes wanting to change days/times may register at any time for a class with availability.

## TUMBLE TOT

Ages 6 months– 5 years

Monthly themes are used for movement activities that improve motor skills and coordination while having fun. These classes run for 45 minutes.

**Tiny Tot** (6 months–18 months)

Parent Participation Required.

**Tumble Tot 1** (18 months–3 years)

Parent Participation Required.

**Tumble Tot 2**

3 year olds that can stay with their class and follow instructions without parent participation.

4 year olds with no previous gymnastics experience.

**Tumble Tot 3**

4 year olds with previous gymnastics experience.

5 year olds with no previous gymnastics experience.

Cost: \$12/month



## NOVICE (BOYS AND GIRLS)

4–5 year olds that are ready for Girls or Boys Level 1, but have not yet reached the age of 6.

Cost: \$15/month

## BOYS OR GIRLS LEVEL BEGINNER, INTERMEDIATE AND ADVANCED

Open to kids ages 6 or older. It is a 1-hour, beginner through advanced class. Girls progressively learn skills on each of the women's Olympic events: vault, uneven bars, beam, and floor exercise.

Boys progressively learn skills on each of the men's Olympic events: pommel, still rings, vault, parallel bars, horizontal bar, and floor.

Dance, stretching, rope climbing, strength training and tumbling trampoline are utilized to further develop skills. 60 minute classes

Cost: \$15/month

## BOYS OR GIRLS HOT SHOTS (BEGINNER THROUGH ADVANCED)

(Coach Invite Only)

One hour class

Cost: \$15/month



# YOUTH DEVELOPMENT

## GYMNASTICS

### COMPETITIVE YMCA PRESCOTT LIGHTING AND PRESCOTT THUNDER TEAM

(Coach Invitation Only)

#### Monthly Pricing:

##### GIRLS:

Prep 2 (Girls)	\$45
Prep 3 (Girls 2x week)	\$47
Prep 3 (Girls 3x week)	\$68
Pre-Team (Boys)	\$47

#### Competitive (Coach Invitation Only) Monthly Pricing:

Level 2	\$78
Competing Xcel	\$100
Competing (Boys) 4-5	\$100
Level 3	\$105
Level 4	\$125
Level 5	\$125
Optional Level 6-10	\$145

### OPEN GYM

Saturdays: 11:00-12:30p

Gymnastics coaches will supervise the gym. Children under 6 years of age must be accompanied by an adult.

**Members:** \$4

**Community:** \$6

### TUMBLING CLASSES (teens, adults, dancers, and cheerleaders)

Classes designed for teenagers and adults wanting to learn tumbling for the first time, keeping up, improving or going beyond current skills.

Tumbling: 1 Hour Class

**COST:** \$15/month

### BIRTHDAY PARTIES

Saturdays 1p-3p, 3:30p-5:30p, 6p-8p. Waivers must be completed by all participants and returned to the YMCA on the day of the party.

#### Members:

Groups 1-10	\$100
Groups 11-20	\$120
Groups 21-30	\$140

#### Community:

Groups 1-10	\$130
Groups 11-20	\$150
Groups 21-30	\$170

### PARENT'S NIGHT OUT

Coed, Ages 3+

Looking for a safe place to drop your child(ren) off and enjoy a night out for yourself? Look no further, let our YMCA gymnastics staff help you and your family out! Your child will play games, practice gymnastics, eat pizza, and have fun! Register with the Gymnastics Department today!

Saturday Sept 7th	6:00-9:00pm
Saturday Oct 5th	6:00-9:00pm
Saturday Nov 2nd	6:00-9:00pm

**Members:** \$15 \*

**Community:** \$20\*

\*\$5.00 Sibling Discount



# YOUTH DEVELOPMENT

## SPORTS: YOUTH & ADULT

Kids become physically stronger, have more endurance, and experience a sense of joy and fun through play by participating in YMCA sports programs. Youth establish meaningful relationships and a supportive community of friends, which encourages a sustained commitment to health and fosters a sense of achievement and heightened self-confidence.

### YOUTH BASKETBALL LEAGUE

**Ages: 4-17, Coed**

The program is split into two divisions: Division A (competitive, tryout required) and Division B (recreational fun, introducing and reinforcing skills). Games are played on Saturdays for 8 weeks, plus an end of season tournament for Division A. Offered in both Prescott and Prescott Valley (Division B Only). Practices are Mon/Tue/ Wed/Thur/ or Fri weeknights between 4:00-8:00pm.

**Early Registration Now Open**

<b>Division A:</b>	Member	\$85
	Community	\$105
<b>Division B:</b>	Member	\$65
	Community	\$85

**Regular Registration Begins November 30, 2019**

<b>Division A:</b>	Member	\$105
	Community	\$125
<b>Division B:</b>	Member	\$85
	Community	\$105

### PICKLEBALL

Monday & Wednesday 7:00am-10:00am and Tuesday & Thursday mornings 7:30am-10:00am. Pick-up games for this sport with an unusual name, are fun for all ages. Participants use paddles in a game that combines tennis and ping pong. Singles or doubles can play.

**Members:** Free

**Community:** Daily Fee



### PICKLEBALL LESSONS

Now offering Pickleball lessons for beginners every third Wednesday of the month. Come and try it out! Register at the front desk. Pre-Registration is required for lessons. Pickleball clinics for advanced players every 4th Wednesday of the month.

### 18TH ANNUAL GIRLS & SPORTS DAY

**Saturday, September 28**

This program is a collaboration between the North Star Youth Partnership and the YMCA. This event gives girls an opportunity to try a variety of sports and make new friends. Registration information is available at the front desk.

**Cost: \$15**



### ITTY BITTY SPORTS

**For Ages 3-5**

Sessions are 8 wks long. First 4 wks they will learn Track & Field -Last 4 wks they will learn and play Basketball.

**Registration Begins August 1st, 2019.**

Session A: Wednesdays 3:30pm-4:30pm Begins Sept 25th

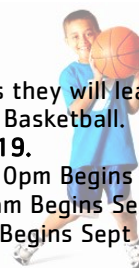
Session B: Fridays 10:00am-11:00am Begins Sept 27th

Session C: Fridays 3:30pm-4:30pm Begins Sept 27th

**Members:** \$45

**Community:** \$65

(Price includes a Itty-Bitty program T-Shirt)



### LASER TAG FACILITY RENTAL

Host your next party at the YMCA. Rentals are available after hours on Saturday or Sunday. Prices depend on the size of your group. Rentals are to be pre-paid.

**Members:**

Groups 1-10	\$200
Groups 11-15	\$250
Groups 16-20	\$300

**Community Members:**

Groups 1-10	\$250
Groups 11-15	\$300
Groups 16-20	\$350



Prices include 2 hours of laser tag and patio/meeting room space for food/ beverages. Waivers must be signed by a parent/ guardian of all children participating in the event. Reservations made with the Sports Department ONLY.

### YOUTH VOLLEYBALL LEAGUE

Youth Volleyball is for girls and boys ages 9 through 17 years of age. The program is split into two divisions: Division A (competitive, tryout required) and Division B (recreational fun, introducing and reinforcing skills). Games are played on Friday and/or Saturday for six weeks. Practices are held Mon/ Tue/ Wed/ or Thur weeknights.

**Registration Opens:** January 1st

<b>Division A:</b>	Member	\$75
	Community	\$95
<b>Division B:</b>	Member	\$65
	Community	\$85

# YOUTH DEVELOPMENT

## DANCE

"Dancing with the feet is one thing, dancing with the heart is another."

### PRE-BALLET

An ANNUAL NON-REFUNDABLE \$30 registration fee per dancer is required for enrollment. Registration fee is valid August 1, 2019 to July 31, 2020. Fee is not prorated. Dance classes are a monthly, pre-paid program. Fees are due the first of each month. A \$10 late fee will be attached for payments received after the 5th of the month.

### PRE-BALLET

Ages 5-7

This class includes an introduction to ballet class with ballet stories and age appropriate videos.

### BEGINNING/INTERMEDIATE BALLET

Ages 8+

These classes will focus on Ballet Technique, strength and conditioning and the History of Ballet.

### ADVANCED BALLET

Ages 11+ (Min. 3 years experience)

In these classes, students continue to develop extension of the legs and strength of the feet as well as more advanced barre and center work. Other styles of dance, Contemporary and Character dance classes are introduced.

### ADULT BALLET

Beginning ballet class for adults on Friday morning.

### RHYTHMIC GYMNASTICS

Ages 6+

Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance and use of apparatus such as hoop, ball, ribbon, rope, and clubs.

### CREATIVE DANCE

Ages 3-4

Assists the very young dancer in identifying basic forms of movement through imaginative games, songs, music and rhythmical patterns as well as encourages taking turns and direction.

### WINTER DANCE RECITAL

#### "Nutcracker Ballet"

Watch our dance students in our annual winter dance recital! Fun for everyone!

**DATE:** Friday Dec 20 & Saturday Dec 21, 2019

**TIME:** TBA

#### **COST:**

3-9 yrs of age:

#### **Prepaid:**

\$5

#### **At the Door:**

\$10

10+

\$10

\$15

Children 2 and under are free

**WHERE:** PHS Ruth Street Theater



# YOUTH DEVELOPMENT AQUATICS

Every year we impact more than 2,000 adults and children in our swim lesson program. That is 2,000 people who have gained a life skill of being safe in, on, and around water.

## PRIVATE SWIM LESSONS

One-on-one lessons help students reach personal goals at their own pace. Students will be matched with an instructor based on their skill level and days/times requested.

Check our website for pricing information

## SWIM LESSONS

The James Family Prescott YMCA offers group swim lessons for kids throughout the year. You must register for each session separately. It is not uncommon for children to participate in a specific level more than once so please check with your child's instructor before registering for the next session. Please sign your child up for the class/ level that best corresponds with their swimming ability. We reserve the right to move them into a different class/ level on the first day of lessons.

### SWIM BASICS (Ages 3+):

**Stage 1 (Water Acclimation):** Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**Stage 2 (Water Movement):** Encourages forward movement in water and basic self-rescue skills performed independently.

**Stage 3 (Water Stamina):** Develops intermediate self-rescue skills performed at longer distances than in previous stages.

### SWIM STROKES (Ages 5+):

**Stage 4 (Stroke Introduction):** Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

**Stage 5 (Stroke Development):** Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

**Stage 6 (Stroke Mechanics):** Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

### SWIM STARTERS (Ages 6-36 months):

**Stage A (Water Discovery):** Introduces infants and toddlers to the aquatic environment.

**Stage B (Water Exploration):** Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.



## Swim Session Dates:

-September (Sept 3-24th) (Tuesdays Only)\*  
-October (Oct 1-22nd) (Tuesdays Only)\*  
-November (Oct. 29-Nov 21st) (Tues & Thursdays)  
Stages 1-4 Times (5:10pm, 5:50pm or 6:30pm)  
Stage 5 Times (5:10pm or 6pm)  
Stage 6 Times (5pm or 6pm)

\*December (Dec 3-19th) (Tues & Thursdays)\*  
Stages 1-4 Times (5:15pm or 6:30pm)  
Stage 5 Times (5:10pm or 6pm)  
Stage 6 Times (5pm or 6pm)

\*Please Note Sept., Oct., & Dec. classes are pro-rated from our traditional pricing listed due to shorter sessions. Please call for exact information.

Member: \$35 (Stage 6- \$40) Community: \$70 (Stage 6-\$75)

### Swim Starters A (Saturdays)

6months-36months

Sept 7-28:	9:00-9:30am
Oct 5-26:	9:00-9:30am
Nov 2-23:	9:00-9:30am
Dec 7-28:	9:00-9:30am

### Swim Starters B (Saturdays)

Must have passed or completed Parent Tot 1

Sept 7-28:	9:30-10:00am
Oct 5-26:	9:30-10:00am
Nov 2-23:	9:30-10:00am
Dec. 7-28:	9:30-10:00am

Member: \$20

Community: \$40

# YOUTH DEVELOPMENT

## AQUATICS

### WATER FITNESS CLASSES

We offer a variety of water fitness classes, including Water Fit (aerobics), Deep Water Aerobics, and Warm Water Exercise. Classes are offered daily. Check Pool schedule for more information on times.

### ADULT SWIM LESSONS

Are you afraid of the water? Looking for a patient and kind instructor who understands your fear? This class is designed for adults of all ability levels. Whether you are afraid or need some stroke refinement, this class is for you.

#### ADULT LESSONS: (Saturdays)

Sept 7-28: 9:00-9:45am  
Oct 5-26: 9:00-9:45am  
Nov 2-23: 9:00-9:45am  
Dec 7-21: 9:00-9:45am

#### COST:

Member: \$25  
Community: \$50

### JUNIOR LIFEGUARD CAMP

Interested in learning new skills? Maybe spending a few hours a week volunteering your time? Our Junior Lifeguard Camp will certify students in CPR and First Aid after passing the test. Students will have fun in the water and in the classroom. This training has a lot of swimming so participants should be ready to swim long distances.

**AGES:** 11-14

**October 7-11**

9:00am-4:00pm

**Cost:**

**Members:** \$120

**Community:** \$170

**Jr Lifeguard T-Shirt:** \$15 (Optional)



### MERMAID CAMP

Have you been wanting to learn how to swim like a mermaid? How about learn a fun routine for your parents to watch? Join us for our Mermaid Camp. This camp will teach participants to swim like a mermaid, some basic synchronized swimming skills, and more importantly have fun making friends while playing in the pool. Please purchase a light or white t-shirt in your child's size as we will decorate their "mermaid top".

**AGES:** 5-12 (Green Bands ONLY)

**October 7-11:** 9:00am-12:00pm

**Cost:**

**Members:** \$90/ participant

**Community:** \$130/participant

### AQUATIC FACILITY RENTAL

Host your next party at the YMCA. Rentals are available both during and after hours. Prices depend on the size of your group.

#### OPEN RENTAL HOURS

Saturdays and Sundays: 12:00pm-2:00pm OR  
3:00pm-5:00pm.

#### Members:

Groups 1-10	\$100
Groups 11-20	\$120
Groups 21-30	\$140

#### Community Members:

Groups 1-10	\$130
Groups 11-20	\$150
Groups 21-30	\$170

Prices include patio/meeting room rental and group rate swimmers. Parties may only swim for the 2 hours and have the room/ patio for the same 2 hours. Any party larger than 30 people swimming must have an after hours party. Waivers must be signed by a parent/guardian of all children participating in the event.

#### AFTER HOURS RENTALS

Monday-Friday: beginning at 9:00pm

Saturday: beginning at 8:00pm

Sunday: beginning at 6:00pm

\*Minimum 2-hour rental\*

#### Members:

Groups 1-100	\$350
Groups 101-150	\$400
Groups 151-200	\$450

#### Community:

Groups 1-100	\$400
Groups 101-150	\$450
Groups 151-200	\$500



# SOCIAL RESPONSIBILITY

To bring about meaningful change, individuals need ongoing encouragement and tools.

## CPR & FIRST AID TRAINING

The purpose of the CPR/AED and First Aid course program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This program offers a choice of first aid, CPR and AED courses to meet the various training needs of a diverse audience. There are review and challenge courses available for this class. Call Front Desk for more information.

**Basic Life Support** Classes offered the same days and times as CPR classes. Must inform the instructor that you need this certification prior to the start of class.

### Class Dates & Times:

#### Saturday:

Sept 7th: 9:00a-11:30 (CPR), 11:30-1:00p(First Aid)  
Oct 5th: 9:00a-11:30 (CPR), 11:30-1:00p(First Aid)  
Nov 2nd: 9:00a-11:30 (CPR), 11:30-1:00p(First Aid)  
Dec 7th: 9:00a-11:30 (CPR), 11:30-1:00p(First Aid)

CPR:	Member: \$30	Community: \$45
First Aid:	Member: \$20	Community: \$35

## LIFEGUARDING

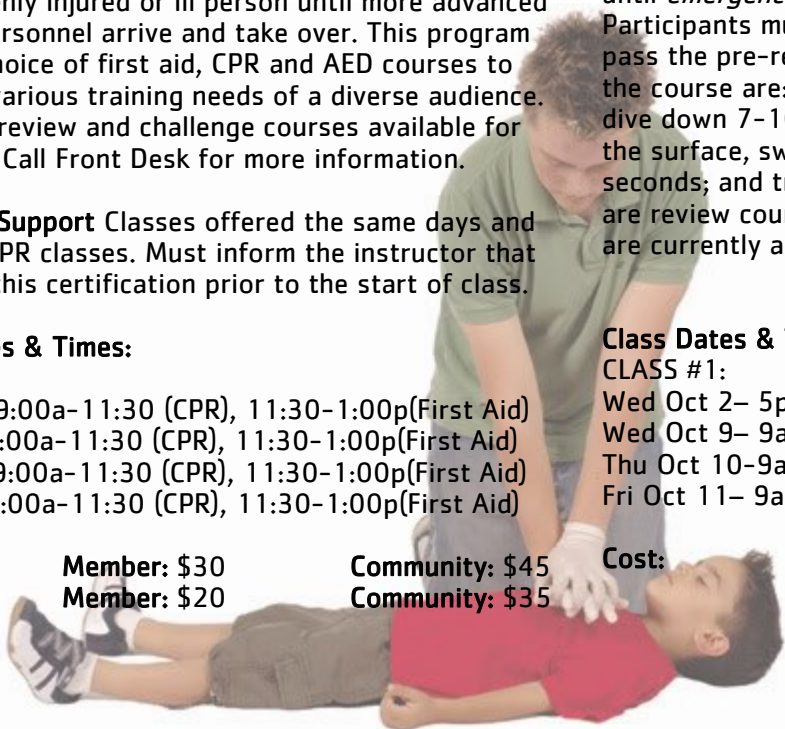
The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illness until *emergency medical services* (EMS) personnel take over. Participants must be at least 15 years of age and be able to pass the pre-requisites for the course. The pre-requisites for the course are: swim 300 yards continuously; swim 20 yards dive down 7-10 feet and retrieve a 10 pound brick, return to the surface, swim 20 yards on your back in 1 minute 40 seconds; and tread water with no hands for 2 minutes. There are review course options available for this certification if you are currently an American Red Cross Certified Lifeguard.

### Class Dates & Times:

#### CLASS #1:

Wed Oct 2- 5pm-5:45pm  
Wed Oct 9- 9am-6pm  
Thu Oct 10-9am-6pm  
Fri Oct 11- 9am-6pm

Cost: Member: \$175 Community: \$220



# HEALTHY LIVING

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community.

## GIRLS & SPORTS DAY

**Ages 7-14**

**"Learn, Lead ,Shine"**

Celebrating 18 years of empowering girls to make positive choices and live healthy lives.

Join the James Family Prescott YMCA and North Star Youth Partnership for our annual Girls & Sports Day event! This event educates girls about good health, leadership and encourages them to participate in sports. It is part of North Star's WINGS (Women Involving Neighbourhood Girls in Sports) program.

This event includes a fun-filled day of sports, friends, and a backpack filled with goodies.

**Special Guest Speaker:** Kasey Shaver

**Saturday September 28th:** 1:00pm-7:30pm

**Cost:** \$15



**Volunteers needed for Girls & Sports Day, Rev It Up Gymnastics Meet, and Whiskey Row Marathon!**

Contact:

Ryan Harlow

[Ryan.harlow@prescottymca.org](mailto:Ryan.harlow@prescottymca.org)

## WHISKEY ROW MARATHON

Are You Tough Enough? As an Arizona running tradition for over 40 years, the Whiskey Row Marathon is among the toughest races in the country. Featuring rugged terrain, an altitude in excess of one mile above sea level and, on occasion, severe weather, it's challenging, fun and offers a number of running routes for runners of all skill and fitness levels, including a marathon, half marathon, a 10k and a two-mile fun run.

Proceeds from this race will go directly into the scholarship fund at the James Family Prescott YMCA. This fund provides families in financial need to participate in childcare, swimming lessons, youth sports and gymnastics classes. Your participation in this race not only promotes your personal health, but also promotes the overall health of the Prescott Community.

Join runners from all over the country in this prestigious event – and show your friends and family that you are "Tough Enough".

**Saturday May 2, 2020**

**Race Times:**

Marathon	6:00am
Half Marathon	7:00am
10K	7:20am
2 Mile Fun Run/Walk	7:15am

Please check the event's official website for updates & fees: <http://www.whiskeyrowmarathon.com>





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

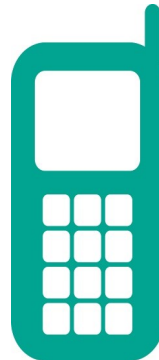
**JAMES FAMILY PRESCOTT YMCA**  
750 Whipple St, Prescott, AZ 86301  
928-445-7221  
[www.prescottymca.org](http://www.prescottymca.org)

# STAY CONNECTED



**LIKE US ON  
FACEBOOK**

You're already a member of the Y, now join our online community! Find out what the James Family Prescott YMCA is up to and participate in online contests, interact with other members and see photos of our programs and events. Connect with us on Facebook: Prescott YMCA of Yavapai County, Prescott YMCA Fitness and Wellness, Whiskey Row Marathon, Prescott YMCA Sports Department, or Prescott YMCA Dance Department.



**GET OUR MOBILE  
APP TODAY!**

**DOWNLOAD THE PRESCOTT  
YMCA APP FOR EVEN MORE  
INFORMATION!**

**ANDROID**



**APPLE**



## SAVE THE DATE

### **REV IT UP GYMNASTICS MEET**

**DATE:** Saturday Aug 24 & Sunday Aug 25  
**WHERE:** Prescott High School

### **GIRLS & SPORTS DAY**

**DATE:** Saturday, September 28th  
**TIME:** 1:00pm-7:30pm  
**WHERE:** James Family Prescott YMCA

### **NUTCRACKER BALLET**

**DATE:** Fri, Dec 20 & Sat, Dec 21, 2019  
**TIME:** TBA  
**WHERE:** PHS Ruth Street Theatre

**42nd ANNUAL  
WHISKEY ROW MARATHON**  
**DATE:** Saturday, May 2, 2020