



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN US IN STRENGTHENING OUR COMMUNITY



JAMES FAMILY PRESCOTT YMCA

January-April 2020



JOIN US

In strengthening the foundations of our community.

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. You need to be recognized as individuals in a place where every member is made to feel special. All of the staff are committed to make your satisfaction Priority Number ONE!

CHILD WATCH

This YMCA Family Members benefit is designed to provide a safe place for children ages 1-9 years old to play. Parents must remain on site.

Monday-Thursday	8 am-12 pm	4 pm-7 pm
Friday	8 am-12 pm	
Saturday	9 am- 12:30pm	

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

Registration fees are not prorated and is valid January 1, 2020 through December 31, 2020

HOURS OF OPERATION

	Building	Pool
Mon-Fri	5:00 am-11:00 pm	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- 5:45 pm

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	\$30.00
Teen (14-17)	\$15	\$30.00
Young Adult (18-22)	\$36.00	\$36.00
Adult (23+)	\$44.00	\$44.00
2 Adults	\$60.00	\$60.00
1 Adult w/ children	\$56.00	\$56.00
2 Adults w/ children	\$71.00	\$71.00

- Children under the age of 13 may have to be directly supervised by a parent or legal guardian at all times (Please refer to Facility use guidelines on the next page).
- Children younger than 18 years of age must complete a swim test to use the aquatic facility.

DAILY FEES

Day passes are available for non-members with the presentation of a valid I.D and completion of visitor waiver.

Adult (18+yrs)	\$15
Youth (17 & Under)	\$5

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 (EFT) from a checking or savings account, or from a credit card or debit card.



Where and Who	Facility Access	Child Watch	Gymnastics	Gym	Pool	Cardio Room	Weight Room	Group Fitness Studios
Ages 0-5	Yes with constant parent supervision	Child Must Be 1 Year Old	Yes with parent	Yes must be part of camp or with adult supervision	Yes with guardian in the pool	No	No	No
Ages 6-9	Yes with constant parent supervision	Yes	Yes must be enrolled in program	Yes must be part of camp or with adult supervision	Yes with guardian on deck	No	No	No
Ages 10-12	Yes with parent in facility or enrolled in student program	Yes	Yes must be enrolled in program	Yes must be part of camp or with adult supervision	Yes with parent in facility	No	No	Yes with adult supervision
Ages 13	Yes	No	Yes must be enrolled in program	Yes	Yes without guardian	Yes with completed orientation & I.D.	Yes with completed orientation & I.D.	Yes with adult supervision
Ages 14-17	Yes	No	Yes must be enrolled in program	Yes	Yes without guardian	Yes	Yes	Yes

* All members 17 years old and younger MUST have their I.D. with them at all times.



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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. Rather, we hope that people will choose to do the right thing because they believe that it is the right thing to do. 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 members, 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 on the website at prescottymca.org.

BE THE CHANGE

As the leading nonprofit for youth development, healthy living and social responsibility, the Y works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. 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 your 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.

Volunteers needed for Easter Egg Hunt!

Contact:

Lacey Stone—

lacey.stone@prescottymca.org

Volunteers needed for Whiskey Row Marathon!

Contact:

Rachelle Skvarek

Rachelle.skvarek@prescottymca.org

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!

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, Latin Dance Aerobics and Y-Fit

....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 on our new January 2020 rates or visit our website at 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!



HEALTHY LIVING

Adult Silks - Aerial Strength:

This class is designed for the adult beginner. Participants learn skills using suspended fabric. Known as silks, it may be hung as two pieces or a single piece or folded to make a loop or hammock. Participants learn to use the fabric to wrap, suspend, drop, swing and spiral their bodies into and out of various positions. Since this class is specifically designed for someone just learning how to use silks, it is very safe. Increase your strength and grace! There is an extra fee for this class.

Parkinson's Classes:

This new class is taught by instructors that have been trained in the Parkinson's Wellness Recovery Program called, "PWR!Moves". This training is recognized by the Muhammad Ali Center and the Barros Clinic as a standard in Parkinson's Disease programming. In our PWR!Moves class, you will learn how to move bigger and faster in everyday life and counteract PD symptoms. You will be challenged both physically and cognitively to do more than you think you can in a fun and supportive environment.

Total Lifestyle Change Program (TLC) :

Take control of your health today! This is a 12-month "lifestyle change" program that addresses healthier eating, safe increases in physical activity and making other changes that will improve your overall health, happiness and well being. No menus here, this is about learning to make the right choices-for you and helping you prevent and avoid health related diseases. This program is led by a trained Lifestyle Coach in a classroom setting. Contact Mary for more information.

Triathlon Challenge:

This challenge is fun, it is for everyone and what better way to start the new year in 2020! Participants will have one month to complete a full Triathlon. All participants will receive a cool T-shirt and Certificate of Completion! Sign up with a friend and compete to see who will finish first or sign up just to challenge yourself!

Please contact our Health & Wellness Director Mary Byrne for more information on any classes or programs!

Phone: 928-445-7221 ext. 219 Email: mary.byrne@prescottymca.org

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.

AFTERSCHOOL PROGRAMS (AGES 5-12)

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, 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 the afterschool building where staff meet them upon arrival.

Fees

Mon-Fri: 3:00pm-6:00pm
Members: \$11/day
Community: \$15/day

Early Release Days
Members: \$13/day
Community: \$17/day

Full Day: 6:30am-6:00pm
Members: \$28/day
Community: \$34/day

Scholarships are available for eligible families based on income levels and need. Applications are available at the membership desk of the James Family Prescott YMCA.



We follow
PUSD's School
Calendar

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	\$90
	T/Th	\$60
	ALL 5 Days	\$150
Community:	M/W/F	\$105
	T/Th	\$70
	ALL 5 Days	\$175

**Summer Day Camp
Sign-Up beginning
April 15th for NEW participants
and April 1st for currently
enrolled participants.**

*New participants must sign up at least 2 business days before their first day of attendance.



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 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 weeknights.

(Either Mon/ Tue/ Wed/ or Thur)

Registration Opens: January 1st

Division A:	Member	\$80.00
	Community	\$100.00
Division B:	Member	\$70.00
	Community	\$90.00



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.

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.

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.

YOUTH FLAG FOOTBALL

Youth Flag Football is for boys and girls ages 6-15 years of age. Age Groups: 6-8; 9-11; 12-15 (Tryouts required for 9-11 & 12-15 age groups). Registration begins April 1st, 2020. Season runs June through July. Games will be played on Thursday, Friday and/ or an occasional Saturday for 6 weeks. Practices will be held Mon/ Tue/ or Wed.

Members: \$80 **Community:** \$100

ITTY BITTY SPORTS

For Ages 3-5

Sessions are 8 weeks long. Sports will be T-ball and Soccer.

Registration Begins February 1

Session A: Mondays 3:30pm-4:30pm Begins March 23rd

Session B: Wednesdays 3:30pm-4:30pm Begins March 25th

Session C: Fridays 10:00am- 11:00am Begins March 27th

Members: \$50

Community: \$70

ADULT PICK-UP BASKETBALL

Full or half court pick-up games offered daily. Check the gymnasium schedule to find a time that meets your needs!

Members: Free

Community: Daily Fee

SUMMER SPORTS CAMP

Every summer the James Family Prescott YMCA provides week long sports camps for your child. We offer Basketball, Fencing, Volleyball, Soccer, and much more! Check back in our summer brochure for more information. Brochure will be published and available beginning May 11th



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. And 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, 2020 to January 31, 2021. 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.

- An official registration form and waiver must be completed and turned into the YMCA Gymnastics front desk.
- 45 minute class fees: \$15/month
- 60 minute class fees: \$18/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: \$15/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: \$18/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: \$18/month

BOYS OR GIRLS HOT SHOTS (BEGINNER THROUGH ADVANCED)

(Coach Invite Only)

One Hour Class : \$18/month

PARENTS NIGHT OUT

Looking for a safe place to drop your child(ren) off at and enjoy a night out? Look no further, let our YMCA gymnastics staff help you and your family out! Your child(ren) will play games, practice gymnastics, eat some pizza, and have fun! All children ages 3 and up are welcome to join us for these events! Register with the Gymnastics Department today!

SATURDAY: February 8th, March 7th, April 4th, May 2nd
TIME: 6:00PM–9:00PM

COST:

MEMBER: \$15

COMMUNITY: \$20

\$5 Discount for siblings



YOUTH DEVELOPMENT

GYMNASTICS/ DANCE

COMPETITIVE YMCA PRESCOTT LIGHTING AND PRESCOTT THUNDER TEAM

(Coach Invitation Only)

Monthly Pricing:

Prep 2 (Girls)	\$48
Prep 3 (Girls 2x week)	\$50
Prep 3 (Girls 3x week)	\$71
Pre-Team (Boys)	\$50

Competitive (Coach Invitation Only) Monthly Pricing:

Level 2	\$81
Competing Xcel	\$103
Competing (Boys) 4-5	\$103
Level 3	\$108
Level 4	\$128
Level 5	\$128
Optional Level 6-10	\$148

OPEN GYM

Saturdays: 11:00-12:30p

Gymnastics coaches will supervise the gym. Children under 10 years of age must be accompanied by an adult.

Members: \$6

Community: \$8

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 \$18/month

BIRTHDAY PARTIES

Saturdays 1:00pm-3:00pm, 3:30pm-5:30pm, or 6:00pm-8:00pm. Waivers must be completed by all participants and returned to the YMCA on the party day.

Members:

Groups 1-10	\$110
Groups 11-20	\$130
Groups 21-30	\$150

Community:

Groups 1-10	\$140
Groups 11-20	\$160
Groups 21-30	\$180



YOUTH DEVELOPMENT DANCE

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

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 1

Ages 5-6

An introduction to ballet with beginning development of ballet concepts: turn out, coordination, spatial awareness, and class etiquette.

Members: \$45

Community: \$60

PRE-BALLET 2

Ages 7-8

A continuation of the introduction to ballet started in Pre-Ballet 1, training students for the discipline and structure of ballet classes.

Members: \$45

Community: \$60

BEGINNING BALLET

Ages 8+

This class is for the beginner with no previous training or a graduate of the Pre-Ballet classes. The goal is to impart the fundamentals of classical ballet.

Members: \$80

Community: \$95

INTERMEDIATE BALLET

Ages 8+

A more advanced class where the French vocabulary is emphasized with rhythm, music, and tempo. These classes will focus on Ballet Technique, strength and conditioning and the History of Ballet.

Members: \$110

Community: \$125

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.

Members: \$165

Community: \$180

ADULT BALLET

Ages 18+

Beginning ballet class for adults on Friday morning.

Members: \$45

Community: \$55

Pre-Professional Ballet \$200

By Audition

Barre, Center, Pas de Deux, to prepare for a professional career as a ballet dancer.

Members or Community: \$200

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.

Members: \$45

Community: \$60

JAZZ I/II

Ages 6+

These classes offered in two levels teach the foundations of jazz technique in a fun and encouraging atmosphere. Students will learn exercises designed to build strength, flexibility, and body awareness. Turns, leaps, extensions, and traveling steps will be introduced and developed while students learn dance vocabulary.

Members: \$45

Community: \$60

CONTEMPORARY I/II

Ages 6+

Students will learn movements and techniques that blend modern, jazz, and lyrical styles. Available in two levels for beginners and intermediate dancers. Students will build strength and stamina while exploring a wide range of movement and possibility while developing personal expression.

Members: \$45

Community: \$60

JUNIOR BALLROOM DANCE

Ages 6+

Ballroom dance for kids will introduce all styles of ballroom dance including Foxtrot, Waltz, Rumba, Cha Cha and Swing.

Members: \$45

Community: \$60

BEGINNING TAP

Ages 5-8

A proper foundation for Tap technique is established through barre exercised, creative movement, and learning simple rhythm combinations. This class will focus on some history and terminology of tap.

Members: \$45

Community: \$60



YOUTH DEVELOPMENT AQUATICS

Every year we impact more than 2,000 adults and children in our Aquatics 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 stage more than once so please check with your child's instructor before registering for the next session. Please sign your child up for the stage that best corresponds with their swimming ability. We reserve the right to move them into a different stage 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+ (except stage 4 allows 3 & 4 year olds)

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 Session Dates:

Stages 1-5 offered at either 5:10pm or 6:00pm on Tu/Th evenings, Stage 6 offered at 5p-6p or 6p-7p.

Session1: January 7- Jan 30th

Session2: February 4-27th

Swim Session Dates:

Stages 1-5 offered at either 5:10pm, 5:50pm, or 6:30pm on Tu/Th evenings,
Stage 6 offered at 5p-6p or 6p-7p.

Session3: March 3- 26 (No class Mar 10 & 12 -Spring Break)

Session4: March 31-April 23rd

Session5: April 28-May 21st

Member: \$40(Stage6-\$45) Community: \$80(Stage6-\$85)

FREE!

Swim Skill Assessment Dates:

EVERY Saturday from
10:00a-10:15am
except March 28
(Underwater Easter Egg Hunt)
through April 3rd.

Beginning April 4th assessments will
be at 11am-11:15am.

*No Lessons or Assessments
April 11, 2020

YOUTH DEVELOPMENT

AQUATICS



WATER FITNESS CLASSES

We offer a variety of water fitness classes, including Water Fit (aerobics), Deep Water Aerobics, Arthritis, 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 understand 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)

Jan 4-Jan 25th 9:00-9:45am
Feb 1-Feb 22nd 9:00-9:45am
Feb 29-Mar 21st 9:00-9:45am
Apr 4-Apr 25 9:00-9:45am

*NO CLASS APRIL 11th

COST:

Member: \$25
Community: \$50

SWIM STARTERS: Ages 6 months-3yrs

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 Starters Stage A (Saturdays) - (6mo-3yr) 9:00am-9:30am

Jan 4-25th
Feb 1-22
Feb 29- Mar 21st

9:00am-9:30am (or) 9:30am-10:00am

April 4-25(No class April 11)
May 2-23

Swim Starters Stage B (Saturdays) 9:30-10:00am

Jan 4-25th
Feb 1-22
Feb 29- Mar 21st

10:00am-10:30am (or) 10:30am-11:00am

April 4-25(No class April 11)
May 2-23

Member: \$30

Community: \$60

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. Rentals are to be pre-paid.

OPEN RENTAL HOURS

Saturdays and Sundays: 1:00pm-3:00pm OR
3:30pm-5:30pm.

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. NO EXCEPTIONS. If caught with more than 30 people we reserve the right to charge you for 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 101-200	\$400
Groups 200+	\$450

Community:

Groups 1-100	\$400
Groups 101-200	\$450
Groups 200+	\$500

Price includes patio/meeting room rental and exclusive pool use.



CAMPS AND EVENTS

AQUATICS

JUNIOR LIFEGUARD CAMP

AGES: 11-14

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.

Monday March 9– Friday March 13
9:00am–4:00pm

Cost:

Members: \$130

Community: \$180



MERMAID CAMP

AGES: 5-12

(Must be "Greenband" swimmer-No exceptions)

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.

March 9-13: 9:00am-12:00pm

Cost:

Members: \$100/ participant

Community: \$140/participant



SAFETY AROUND WATER

**The world is 71% water,
Children are 100% curious.**

5th ANNUAL UNDERWATER EASTER EGG HUNT

Join the James Family Prescott YMCA in our annual underwater Easter egg hunt! The Easter Bunny will be coming to the Y and hiding eggs in the water and on the deck. So come and search for the eggs and enjoy some quality family time.

0-12 years of age are welcome to join us, non-swimmers need to have an adult in the water with them during the event. Younger children may come at an older age bracket but older children are not allowed in the water during younger age brackets.

Saturday March 28th: 9:00am-12pm

9:00-9:30a Check In

9:30-9:50am (0-5 years)

10:00-10:20 (6-8 years)

10:30-10:50 (9+)

11:00a-12:00p (free swim and games)

Cost Early Registration: Members: \$3

Community: \$6

Cost Day of Registration: Members: \$5

Community: \$10



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. Call Front Desk for more information.

Basic Life Support: Must contact Aquatics Director to schedule this! Will be done through Red Cross and therefore there is a link that must be completed prior to attending a skill check off.

Class Dates & Times:

Saturdays

CPR- 9:00am-11:30am

First Aid-11:30-1:00pm

Jan -4th

Feb -1st

Mar-7th

Apr -4th

June -6th

July -11th

-Aug 1st

-Sept 5th

-Oct 3rd

-Nov 7th

-Dec 5th

CPR: Member: \$30
First Aid: Member: \$20

Community: \$45
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.

Class Dates & Times:

Lifeguard Class #1

Pre-Req Test out date is January 15 @4p

January 18-20 (9am-6pm)

Lifeguard Class #2

Pre-Req Test out date is February 11 @4p

February 15-17 (9am-6pm)

Lifeguard Class #3

Pre-Req Test out date is March 5 @4p

March 11-13 (9am-6pm)

Lifeguard Class #4

Pre-Req Test out date is April 22 @4p

April 25-27 (9am-6pm)

Lifeguard Class #5

Pre-Req Test out date is May 19 @4p

May 21 (1pm-8pm)

May 22-23 (9am-6pm)

Lifeguard Class #6

Pre-Req Test out date is May 26 @8am

May 26-29 (9am-6pm)

Fri Oct 11: 9a-6p

*Must have internet access to complete the online portion of the class.

Cost: Member: \$185 Community: \$230

Lifeguard Review Class:

(must be currently certified)

1) February 16: 9a-6p

2) March 12: 9a-6p

3) April 26: 9a-6p

4) May 23: 9a-6p

Review Cost:

Member: \$85

Community: \$120

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 19 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: TBA

Saturday September 26th: 1:00pm-7:00pm

Cost: \$15

SHARE YOUR TIME & TALENTS



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

Contact Us at:

928-445-7221

TO SEE HOW YOU CAN MAKE A DIFFERENCE!!

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, 10k, 5k and a .3 mile dash!

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
5k	7:15am
.3 mile Dash	7:30am

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





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

Annual Campaign:

Every year the James Family Prescott YMCA asks members, staff, and community members to donate towards our annual campaign fund. This year we have a goal of raising \$135,000 to help with the cost of membership dues, program fees, child care, diabetes prevention and more! Did you know in 2019, we impacted: 27,056 lives; 3,524 teens; 8,346 youth program participants; 2,088 swim lessons given; 1,632 Whiskey Row Marathon participants, and we gave 4,826 scholarships!

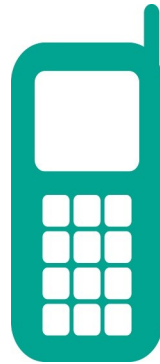
Everything you donate to the YMCA goes into supporting & strengthening our community!

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, or Prescott YMCA Sports Department.



**GET OUR MOBILE
APP TODAY!**

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

ANDROID



APPLE



SAVE THE DATE

UNDERWATER EASTER EGG HUNT

DATE: Saturday March 28
TIME: 9:00am

SPRING DANCE RECITAL

DATE: Saturday June 1
TIME: 12:00pm OR 4:00pm
WHERE: PHS Ruth Street Theatre

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

JAMES FAMILY PRESCOTT YMCA
750 Whipple St, Prescott, AZ 86301
928-445-7221
www.prescottymca.org