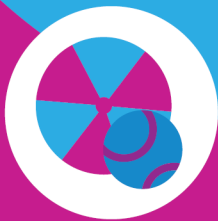




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER™



James Family Prescott YMCA
Summer Brochure 2018





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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. You need to be recognized as individuals and a place in which 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 Member's 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**

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, 2018- December 31, 2018. 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



US

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.

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 right 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.



CHILD CARE PROGRAMS

YMCA Day Camp

Coed, Grades 1-8 (Ages 5-14): **Space is LIMITED**

*Must have completed Kindergarten

May 29- August 1

Attend Day Camp this summer and make it the best summer ever!

Summer Day Camp is a fast-paced, structured *Full Day* program, designed to promote the social, emotional, physical, intellectual and recreational needs of school-age students. Each week introduces a new "Theme." Weekly activities include Crafts, Outdoor Group Games, a Sport of the Week, Wacky Relay Races, Board Games, Swimming, Indoor Group Work, Field Trip, Camp Songs, Skits and more. There will be a lot of indoor and outdoor activities.

Make new friends and create memories that will last a lifetime! Don't delay, as group size is limited. Camp Circle begins promptly at 9:00am.

Day Camp: 9:00am-4:00pm

Extended Care: 6:30-9:00am and 4:00-6:00pm (No Additional Fee)

Themes:

Week 1: May 29-June 1	Welcome to Camp!
Week 2: June 4-8	Mission Impossible
Week 3: June 11-15	Space Station Vacation
Week 4: June 18-22 (Water Week)	Hero Week
Week 5: June 25-29	Wild, Wild West
Week 6: July 2-6*	Around the World in 4 days!
Week 7: July 9-13 (Water Week)	Aaarrggghh Matey!
Week 8: July 16-20	Wild Planet
Week 9: July 23-27	Fairy Tale Adventures
Week 10: July 30-Aug 1	Alice in Wonderland
* Closed July 4th	

Cost:

Members:

M/W/F: \$69

T/Th: \$46

ALL 5 Days: \$115

Community:

M/W/F: \$84

T/Th: \$56

ALL 5 Days: \$140

AZ
Licensed &
DES
Approved!

An annual non-refundable \$30 registration fee per camper is required for enrollment. Registration fee is valid June 1, 2018 to May 31, 2019. All campers must have a completed registration Blue Card with current immunizations on file prior to attending camp. Parents will receive a Summer Parent Packet upon registration. Please review this important Camp Packet with your camper, before their first day of attendance. Camp activity weekly calendars will be available online.



FIELD TRIPS FOR SCHOOL AGE:

Wednesdays June 6-July 18: Movies

Tuesday June 12: Planetarium

Friday June 29: Kiddie Parade & Sharlot Hall (arrive no later than 7:15am)

Friday July 13: Bowling

*Participants must be dropped off prior to 8am. The busses will be leaving promptly at 8am. Permission slip signed in person at drop off ONLY

*If you want a snack pack at the movies it is \$5. CASH ONLY

We will be
participating
in the
Prescott
Library
Summer
Reading
Program!



Children are like sponges – they watch and absorb knowledge, skills and values from everything and everyone around them. At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success.



PRESCHOOL (AGES 2 non diapered–5)

Space is LIMITED

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. Based on availability.

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

Cost:

Members:	M/W/F	\$69
	T/Th	\$46
	ALL 5 Days	\$115
Community:	M/W/F	\$84
	T/Th	\$56
	ALL 5 Days	\$140

**Free Swim Lessons to
all non-swimmers
enrolled in summer
day camp and
preschool programs.**

Free Lunch Program:

**For ALL children enrolled in summer
camp**

AGES: Preschool-14

WHEN: June 5-July 13

**During this time continue to pack, 2
snacks and a water bottle.**

**From May 29-June 5 and July 14-Aug
1, please provide a healthy lunch, 2
snacks and a water bottle. We cannot
refrigerate or warm up any food.**



SPORTS: YOUTH & ADULT

ARIZONA CARDINALS NFL YOUTH FLAG FOOTBALL LEAGUE

Coed, Ages: 6-8,9-11,12-15

June & July

This flag football league reinforces football skills through active participation, with an appreciation for competition and sportsmanship.

Practices will be held Monday-Wednesday (between 4pm and 8pm) at either Lindquist Park or the Prescott High School Freshman Field. Games will be on Tuesday and/or Fridays at the same facility.

Cost:

Members: \$70

Community: \$90

Registration opens April 1st.



BASKETBALL CAMP

Coed, Ages 9-14

Whether you want to fine tune your dribbling, passing and shooting, or get conditioned for fall tryouts, our coed basketball camp is for you! Get expert coaching and training during this intensive week of basketball camp.

Dates: Contact the YMCA 9:00am-11:00am at the YMCA Gymnasium

Cost:

Members: \$65

Community: \$85



GIRLS BASKETBALL CAMP

Ages 8-14

Whether you want to fine tune your dribbling, passing and shooting, or get conditioned for fall tryouts, our coed basketball camp is for you! Get expert coaching and training during this intensive week of basketball camp.

Dates: July 9-13

9:00am-11:00am at the YMCA Gymnasium

Cost:

Members: \$65

Community: \$85



ITTY BITTY SPORTS CLINICS

Ages: 3-5

This is a parent/ child program designed just for your little ones. Itty-Bitty Sports will teach confidence and skills to your child in a non-competitive and positive environment. Parents, with the help of the YMCA staff will actively work with your children to introduce them to a variety of sports such as basketball, football, soccer, and baseball.

Track and Field: Meets at Lindquist Park

Dates: June 11-15 10:00-11:00am

Flag Football: Meets at Lindquist Park

Dates: June 25-29 10:00-11:00am

Basketball: Meets in YMCA Gym

Dates: July 23-27 10:00-11:00am

Members: \$35

Community: \$55

SOCCER CAMP

Coed, Ages 9-16

Learn the fundamentals of soccer while playing fun games and practicing drills with new friends. Scrimmages will add to a safe and friendly competitive dynamic. Meets at Lindquist park.

Dates: June 18-22 8:00-10:00a

Cost:

Members: \$65

Community: \$85



VOLLEYBALL CAMP

Coed, Ages 8-14

If your child loves playing volleyball or wants to get more experience on the court, our volleyball camp is a fun place to be. Get expert coaching and work on improving the basics of hitting, setting, spiking, and teamwork.

Dates: June 11-June 15

9:00am-11:00am at the YMCA Gymnasium

Cost:

Members: \$65

Community: \$85



At the Y, sports and recreational activities are something special. Friendly competition (even with yourself), lots of variety and a supportive environment means team sports and recreation is fun again, and it makes for a healthier lifestyle and a good story or two. Soccer, volleyball, flag football, basketball, pickleball, gymnastics—check out the sports offerings at your Y and get in the game. Improve your skills, make new friends, be active with other kids and learn to love a sport at the Y.

FENCING CAMP

Coed, Ages 8-17

Fencing is an energetic and technical sport that requires tactical planning and alertness throughout the match. The aim is to touch your opponent with the tip of a sword whilst avoiding being prodded yourself, and whoever scores the most hits before the time runs out is declared the winner. You will be introduced to the basics of the sport while learning fencing techniques that emphasize and hone the skills of eye-hand coordination, balance, and patience.

Dates:

Session 1: June 18th-June 22

Session 2: July 16-July 20

9:00am-11:00am at the YMCA Gymnasium

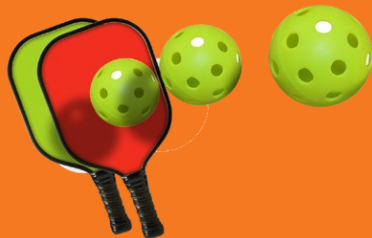
Cost:

Members:

\$75

Community:

\$95



PICKLEBALL

Coed, Ages 12+

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. Refer to the monthly Gymnasium schedule.

Monday -Thursday

7:30am-9:00am

17TH ANNUAL GIRLS & SPORTS DAY

Saturday, September 29

This program is a collaboration between the North Star Youth Partnership and the YMCA. This event give girls an opportunity to try a variety of sports and make new friends. Registration information will be available in July.



LACROSSE SKILLS CAMP

Coed, Ages: 8-17

Come check out the "fastest game on two feet"! Sports Illustrated has recently called Lacrosse the "fastest growing sport in the U.S." Our lacrosse camp offers the beginner a great opportunity to make friends, have fun and learn a new sport! Basic skills and drills will be emphasized throughout the camp.

DATE: TBD 9:00a-11:00a

Cost:

Members: \$65

Community: \$85



ADULT PICK-UP BASKETBALL

Ages: 18+

Full or half court pick-up games.

Monday- Friday 5:00am-7:30am

Friday: 12:00pm-2:00pm

ADULT FLAG FOOTBALL LEAGUE

Ages: 16+

Join the YMCA in bringing fun on the field back for the adults in town! Our adult league will have weekly games at Lindquist Family Park and PHS Lower Field. Friendly competition will prevail, with a little physical activity serving as a bonus!

Season run September through November.

Registration begins July 1st!

OPEN RECREATION BASKETBALL

All Ages

Come in and practice your basketball skills or scrimmage with a group of friends or family. Sharpen those skills for the upcoming YBL season. Refer to monthly Gymnasium schedule.

GYMNASTICS

REGISTRATION

Gymnastics is 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. There are no refunds, transfers, or credits. Credit is not given for absences, holidays or snow days. Tuition is based on four weeks. Fifth week classes are complimentary and in lieu of credit. Membership and program payments must be current with no balance due owed before gaining facility access or signing up for another program.

- To participate you must be a James Family Prescott YMCA Member
- Monthly classes
- An annual non-refundable \$30 registration fee per participant is required for enrollment. The registration fee is valid February 1, 2018 to January 31, 2019. Fee is not prorated.
- An official registration card and waiver must be completed and turned into the YMCA.

45 minute classes: \$10/month

60 minute classes: \$12/month

TINY TOTS AND TUMBLE TOT 1,2,3

Tiny Tots: Ages 6 months– 18 months; Parent Participation Required

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

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.



NOVICE (BOYS AND GIRLS)

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

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.

BOYS OR GIRLS HOT SHOTS (BEGINNER THROUGH ADVANCED)

(Coach Invite Only)

Beginning: 1 Hour Class

Intermediate: 1 Hour Class

Advanced: 1 Hour Class



The James Family YMCA provides a full service Gymnastics program, ranging from Tots (starting at 6 months) through Competitive Girls and Boys Teams. Special Needs (DMI), Teen, and Adult Tumbling classes emphasize proper skill technique, safety and having FUN. The goal of the Y is to expose both boys and girls of all ages to the wonderful world of gymnastics.

COMPETITIVE YMCA PRESCOTT LIGHTING AND PRESCOTT THUNDER TEAM

(Coach Invitation Only)

Monthly Pricing:

GIRLS:

Prep 2	\$45
Prep 3 (2 Days)	\$45
Prep 3 (3 Days)	\$65
Level 2	\$75
Level 3	\$100
Level 4	\$110
Level Excel	\$95
Level 5	\$120
Level 6-10	\$140

BOYS:

Pre-Team	\$45
Level 4-10	\$95



OPEN GYM

Saturdays: 11:00-12:30p

Gymnastics coaches will supervise the gym. Children under 8 years of age must be accompanied by an adult.

Members: \$4 Community: \$6

GYMNASTICS SUMMER CAMPS

COED, Ages 6-13/ Levels Beginners—Advanced, Hot-shots and Pre-Team

Campers will enjoy 3 hours of games, as well as detailed gymnastic skills training on all apparatus. Campers will enjoy fun teambuilding games and challenges. Camps include 2 hours of gymnastics and 1 hour of swimming each day.

Maximum 30 participants per session:

Monday Through Friday: 9am-12pm

June 4-June 8	Girls Camp
June 11-June 15	Coed Camp
July 9-July 13	Girls Camp
July 16-July 20	Coed Camp

Members: \$70

Community: \$90



DYNAMIC MOVEMENT & INTEGRATION (DMI)

The mission of dynamic movement is to enhance and enrich the lives of special needs athletes in a fun way. To increase everyday function awareness, motor sensory, self-confidence, and self-mastery in an individualized program.

TUMBLING CLASSES (TEENS, ADULTS AND DANCERS)

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

BIRTHDAY PARTIES

Have a party in our gymnastics gym.

Saturdays 1:00pm-3:00pm or
4:00pm-6:00pm

Members:

Groups 1-10	\$100
Groups 11-15	\$120
Groups 16-20	\$140

Community:

Groups 1-10	\$130
Groups 11-15	\$150
Groups 16-20	\$170



PARENT'S NIGHT OUT

Coed, Ages 3+

Come drop off your children with the YMCA for a night filled with gymnastics, play, pizza, and a movie. Let us take care of your kids while you enjoy a night to yourselves!

Saturday May 5th	6:00-9:00pm
Saturday June 2nd	6:00-9:00pm
Saturday August 4th	6:00-9:00pm

Members: \$15

Community: \$20

AQUATICS

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.

Cost:	Members	Community
1 Lesson	\$20	\$30
4 Lessons	\$75	\$110
8 Lessons	\$140	\$170

SEMI-PRIVATE SWIM LESSONS

Same as Private Lessons, but there are two students per instructor. Sign-ups are in pairs only. More than 2 students is accepted but pricing is per student.

Cost:	Members	Community
1 Lesson	\$16	\$22
4 Lessons	\$58	\$73
8 Lessons	\$110	\$135

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 class/ level 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+5)

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/ Times

May 1-24: Tu/Th: 5:10pm, 5:50pm, or 6:30pm

June 4-14: Mon thru Thur: 9:00am, 9:45am

June 5-28: Tu/Th: 5:10pm, 5:50pm, or 6:30pm

June 18-28: Mon thru Thur: 9:00am, 9:45am

July 9-19: Mon thru Thur: 9:00am, 9:45am

July 10-Aug 2: Tu/Th: 5:10pm, 5:50pm, or 6:30pm

July 23-Aug 2: Mon thru Thur: 9:00am, 9:45am

August 7-30: Tu/Th: 5:10pm, 5:50pm, or 6:30pm

Stage 6

Morning Classes: 9:00-10:00am

Evening Classes: 5:00p-6:00 OR 6:00 p-7:00p

Member: \$35 Community: \$70

Registration Begins the 10th of the month (members) or 15th of the month (community) prior to the lesson start month. Example: May 10th or 15th begins June lesson enrollment depending on membership status.

YOUTH SWIM TEAM

This seasonal team is designed for ages 7 and older that have surpassed the requirements of our pre-team. All participants must be able to swim 100 yards freestyle 100 yards backstroke, and 100 yards breaststroke. This is a recreational league only and will not compete in the USA Swimming league.

All swimmers must "try out" by simply showing up to a practice and informing the coach you would like to try the team for a day.

Monday/ Wednesday/ Friday 5:00pm-6:30pm

Members Only: \$50 (monthly)



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.

WATER FITNESS CLASSES

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

SWIM STARTERS: (Ages 6 months-3 years)

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.

Parent Tot 1 Sessions (Saturdays)

6months- 18months

May 5-19	9:00-9:30am & 9:30-10:00am
June 2-23	9:00-9:30am & 9:30-10:00am
July 7-28	9:00-9:30am & 9:30-10:00am
Aug 4-25	9:00-9:30am & 9:30-10:00am

Parent Tot 2 Sessions (Saturdays)

19months-3 years

May 5-19	10:00-10:30am & 10:30-11:00am
June 2-23	10:00-10:30am & 10:30-11:00am
July 7-28	10:00-10:30am & 10:30-11:00am
Aug 4-25	10:00-10:30am & 10:30-11:00am

Member: \$20

Community: \$40

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)

May 6-20	9:00-9:30am & 9:30-10:00am
June 3-24	9:00-9:30am & 9:30-10:00am
July 8-29:	9:00-9:30am & 9:30-10:00am

Member: \$20

Community: \$40

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

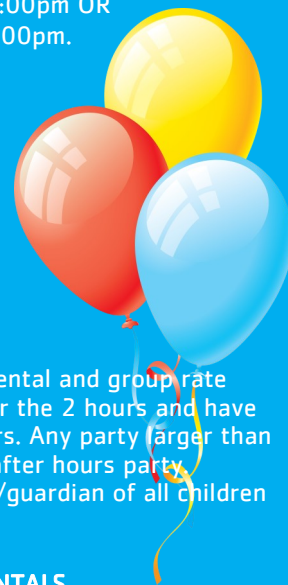
Price includes patio/meeting room rental and exclusive pool use.

WATER SAFETY DAY

Join us for our first Water Safety Day. This is a family event where the YMCA will be hosting different organizations to discuss summer safety, pool/ water safety, and more. We will (if no accidents or unforeseen circumstances arise) have a helicopter land and transport a "victim". Join us for our SUMMER kickoff event and bring the whole family! Open Rec Swim will begin at 11:00am

Saturday May 19: 9:00a-12:00p

Check Out our Family Events this summer!!



Aquatics Special Events/ Camps

JUNIOR LIFEGUARD

Ages: 11-14

The James Family Prescott YMCA is offering a Junior Lifeguarding class for youth wanting to volunteer some hours at the YMCA. Junior Lifeguards will act as slide attendants, assist with swim lessons, assist with lifeguard cleaning tasks, and aide in overall safety of the aquatic area. Everyone passing the Junior Lifeguard class will be American Red Cross Junior Lifeguard certified, CPR/AED and First Aide certified. This is an excellent opportunity to learn about aquatics and have fun with peers!

Class Dates:

May 29-June 1

Tuesday through Friday

Member: \$120

Community: \$170

Must attend all class sessions to receive certification.



MERMAID CAMP

Have you been wanting to learn how to swim like a mermaid? How about learn a fun routine, do crafts, and learn about mermaids. Join us for our Summer Mermaid Camp. This camp will teach participants to swim like a mermaid, some basic synchronized swimming skills, craft projects, learn about mermaids and their history, and more importantly have fun making friends while playing in the pool.

AGES: 5-14 (must be green band)

Fridays:

June 8-29 &/OR July 6-27

9:00a-4:00pm

Cost:

Members: \$90

Community: \$120



Class limited to 15 participants.

Dolphin Day Camp

Every Wednesday our day camp goes on a field trip to the movies. Are you a parent who can't get your child to the bus by 8:00am on Wednesdays or is your child looking for something fun to do once a week? Come join our Dolphin Day Camp! In this camp, children will do arts and crafts, science projects, play games outside, and swim!

When the bus returns from the field trips and your child is registered in Day Camp we will drop them off with their respective groups.

Wednesdays June 6-July 25:

8:30am-12:30pm

Cost:

Members: \$30/month

Community: \$50/month



Family Fun Nights

These family events will be fun for the entire family. Our flyers will give more details on what to expect at each of these events. Slide will be open, diving board will be open (after the main portion of the event). Come and enjoy some fun at the James Family Prescott YMCA this summer!

Family Olympics: Friday June 8

Water Rodeo: Friday June 22

Floating Watermelon Patch: Friday July 13

Christmas in July: Friday July 27

Back to School Float Night: Friday August 10

Members: FREE

Community: Day Fee

Times: 5:30pm-8:45pm

*Pool will be cleared at 5:00pm on event dates and closed while set up is in process.

Food and drinks will be available for purchase on pool patio.



TRAININGS & CERTIFICATIONS

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.

Class Dates & Times:

Saturday May 12:	9:00am-1:00pm
Saturday June 2:	9:00am-1:00pm
Saturday July 14:	9:00am-1:00pm
Saturday August 4:	9:00am-1:00pm
Saturday September 8:	9:00am-1:00pm

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

YMCA Swim Lesson Instructor

Become a certified swim instructor today! This training will provide instructor candidates with the resources and tools need to be a quality YMCA swim instructor. Participants must be at least 16 years of age to take the class. Registration is completed at the YMCA as well as online.

- Must take and pass 3 pre-requisite trainings online as well as the online portion of this class.
- Must be able to swim 4 out of the 6 strokes at a level 4 competence.
- Must possess the following certifications: Basic Life Support, Administering Emergency Oxygen, and First Aid.

When:

1. Friday June 1-Saturday June 2: 9:00a-6:00p
2. Friday June 8 and Friday June 15: 9:00a-6:00p
3. Friday July 6 and Friday July 13: 9:00a-6:00p
4. Friday July 20 and Friday July 27: 9:00a-6:00p

COST:

Members: \$75

Community: \$125

**Additional fees paid online for online courses.

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:

May 21-June 1

Pre-Req Test out date is Mon May 21 @ 4p

Tue May 29: 9a-6p

Wed May 30: 9a-6p

Thur May 31: 9a-6p

Fri June 1: 9a-6p

June 27-July 11

Pre-Req Test out date is Wed June 27 @ 12p

Mon July 9: 9a-6p

Tue July 10: 9a-6p

Wed July 11: 9a-6p

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

May 5: 8:30am-7:00pm

July 28: 8:30am-7:00pm

Cost:	Member: \$80	Community: \$110
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**Blended Learning classes therefore online link must be completed prior to the first full day of class.

DANCE

June Ballet Intensives:

Monday through Friday

Week 1—June 4-8
Week 2 - June 11-15
Week 3 - June 18-22
Week 4 - June 25-29



PRE-BALLET

12:30-1:30pm

Members: \$50

Community: \$65

No experience necessary: AGE: 5 or older

This class is for the student that has little to no experience with ballet but would love to learn. This will be an introduction to ballet with beginning ballet concepts such as turn out, coordination, spatial awareness and class etiquette. French vocabulary, rhythm, music, tempo and working with partners will be introduced as the class progresses. The goal of the class is to impart the fundamentals of classical ballet.

BEGINNING BALLET

1:30-2:30pm

Members: \$50

Community: \$65

Minimum 1 year experience

This class is for students that already have at least 1 year of experience. We will focus on Ballet Technique, Pre-Pointe, and the History of Ballet. We will also focus on positions of the arms, proper preparations for barre and center work, directions of the body, increased movements and vocabulary are areas of focus for this level. Pre-Pointe exercises and basic pirouettes are introduced.

INTERMEDIATE BALLET

2:30-4:00pm

Members: \$85

Community: \$100

Minimum 3 years experience

As with each level, students are invited to the next level after they have demonstrated full understanding of the previous level. In this class, we will focus on Ballet Technique, Pointe, and strength and conditioning.

ADVANCED BALLET

4:00-6:00pm

Members: \$100

Community: \$115

Minimum 5 years experience and on Pointe

During these classes students continue to develop extension of the legs and strength of the feet as well as more advanced barre and center work. Pointe work and classical ballet variations will be included. We will focus on Ballet Technique, Pointe, Anatomy for the Dancer, and Variations from the professional repertoire.



June Dance Camps:

Monday through Friday

8:00am-12:00pm

Ages 5+

Week 1—June 4-8
Week 2 - June 11-15
Week 3 - June 18-22
Week 4 - June 25-29



Week 1 - Beach Week

Can't get to the tropics? No problem! We will bring the luau to you! Join us for a week of Hula, Jazz, and Rhythmic Gymnastics. No beach necessary just you and your smiles!



Week 2 - Country Week

Grab your cowboy/girl boots and saddle on up for a week of Country Music! We will learn line dancing, Jazz, Hip Hop, and Rhythmic Gymnastics. Come join the fun, YeeHaw!!!



Week 3 - International Music Week

Around the world in 5 days, music has a way of bringing people together! Join us for a week of Bollywood, Festejo—from Peru, Contemporary, and Jazz. Let your feet take you on a wonderful adventure this summer!



Week 4 - Disney Week

"Bippity, Boppity Boo," a Disney princess week awaits you. Princes are welcome too! (No frogs necessary). We will do Musical Theater, Ballet, Jazz, Contemporary, and Rhythmic Gymnastics. Join us for a week of fun, fairy tale adventures!



Cost:

Members: \$110

Community: \$140

HEALTHY LIVING



PERSONAL TRAINING

Our personal trainers provide motivation, variety, safety and efficiency for your workout routine. If you are brand new to learning about fitness, rehabbing a full knee replacement or you want to prepare for a marathon, we have a trainer with the skills and knowledge to assist you in reaching your fitness goals by building programs tailored for your success. The expertise of this professional staff is strengthened by their commitment to clients and members, some with over 15 years experience right here at our YMCA. The James Family Prescott YMCA employs certified personal trainers from nationally-recognized associations along with YMCA certifications.

We offer a variety of Personal Training packages, including 55 minute and 30 minute sessions. Please call Mary @ 445-7221 for more information or visit our website where you will find a list of our Trainers along with their personal biography.

GROUP EXERCISE CLASSES

We offer over 100 hours per week of group fitness classes and 3 Studios. Please see our monthly schedules to find when and where your favorite classes are held!

Cardio/Strength classes: Aqua Aerobics, Insanity, Boot Camp and Mommy Boot Camp (for new moms and their children), Booty Barre, Bosu, Group Cycle, Hip Hop, POUND, Pump Iron, Step, Sunday Slam, Tabata, Women on Weights (WOW) and Tribal Yoga

Flexibility and Meditation classes: Stretch, Move & Balance, Power Abs, Pilates, PiYo, Roll & Restore, Stretch n Flex and various styles of yoga.

Active Older Adult classes: Silver Sneakers, Y-Fit

31 DAY FITNESS JOURNALS:

Available at the Membership Desk for only \$5 each. They include a 9-page exercise section, eating tips, exercise tips, healthy living tips and inspirational quotes.

FITNESS ASSESSMENTS

Whether you work with a trainer, take group fitness classes, participate in sports or aquatics or choose to exercise on your own, this comprehensive assessment will provide recommendations based on your individual needs. Let us set you on the right path to reach your long and short term goals.

The Fitness Assessment may be purchased alone for \$48 or may be included in your Personal Training package of 10+ sessions. Inquire in the Fitness Center or at the Membership Desk today!

FITNESS ORIENTATION

The YMCA offers a free orientation with your membership. Your orientation will last approximately 45-60 minutes and will be provided by one of our qualified Personal Trainers. The purpose of the orientation is to familiarize you with our facility and equipment. We want you to feel comfortable in our Fitness Center! Your trainer will discuss with you what your goals and expectations are. This way they will be better able to set you up on an appropriate exercise program that will help you get started toward your fitness goals and keep you safe along the way. You will also be provided an information packet with YMCA programming, classes, personal trainers, facebook and other valuable information.

ONE ON ONE PERSONAL STRETCHING SESSIONS

Do you have 'tight' areas that need special attention? The YMCA now offers half-hour sessions that focus specifically on stretching. Your trainer will help you loosen up those tight areas with assisted, static and/or dynamic stretches that will leave you feeling more limber and able to move easier.

Benefits of stretching include:

- * Increased range of motion in your joints
- * Improved circulation
- * Better posture
- * Stress relief
- * Enhanced coordination and balance – making us less prone to injury and falls, especially as we age.

Talk to one of our qualified trainers today for more information!!

Half-hour sessions are priced as follows:

- 1-5 sessions \$31/session
- 6-9 sessions \$28/session
- 10+ sessions \$25/session

Visit www.prescottymca.org for more information



**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

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 at facebook.com

- Prescott YMCA of Yavapai County
- Whiskey Row Marathon
- Sports Department
- Health and Fitness
- Dance

SAVE THE DATE:

YMCA Spring Dance Recital
Saturday June 2, 12:00pm & 4:00pm
PHS Ruth St. Theatre

17th Annual Girls and Sports Day:
Saturday September 29, 2017
1:30pm-7:30pm
For Girls ages 7-14



FORGOT YOUR CARD?

Download our Mobile App and scan in! Use this QR code to get the

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

app or search for
Prescott YMCA in
your app store.

ANDROID



APPLE



Thank you to all our
Donors and Volunteers
for helping with our
2018 Annual
Campaign! We
appreciate all you do
for our community
and YMCA!