



**3500 First Avenue
Urbancrest, OH 43123
614-539-1770**

Branch Hours

M-F 7:00 am-9:00 pm
Sat 8:00 am-2:00 pm
Sun CLOSED

Holiday Hours

Thanksgiving CLOSED
Christmas Eve 7:00 am-4:00 pm
Christmas Day CLOSED
New Years Eve 7:00 am-6:00 pm
New Years Day CLOSED
Martin Luther King Jr. Day CLOSED

Branch Staff

Kim Jordan Associate Vice President
Karen Brokaw Active Older Adults Director
Kathy Cook Aquatics Coordinator
Pam Dropco Branch Manager/
Program Director-Cultural Arts
Adrienne Fightmaster Program Director-Aquatics
Anthony Floyd Program Director-Youth & Family
Jimmy Lewis Sports Coordinator
Greyland Williams Program Director

Branch Consulting Board

Sue Zason Metropolitan General Board Chair
John E. Bickley President & Chief Executive Officer
Johanna Carey Chair
Scott Baker Associate Chair
Nancy Jones **David Cepek**
Kelly Lewis **Corey Crognale**
Jeffery Powell **Terry Emery**
Dave Ramsey **Dwight Flax**
Jack Schmidt **Raymont Harris**
Deborah Stokes **Dr. James Hutta**
Casey Cannon

General Policies

- Members must present their membership card at the Member Service Desk each time they visit the YMCA.
- Inappropriate language and fighting are prohibited.
- Children under 9 years of age* must be actively supervised by a parent or guardian, or must be enrolled in a supervised program. When children are participating in a program, a parent or guardian must remain on the property (excludes child care and camp programs).
- Child Watch is available for children ages 6 weeks to kindergarten.
- Children between the ages of 9 and 15 are permitted to be at the YMCA up to 3 hours without parent/guardian supervision.
- Specific policies are posted in each area of the YMCA.
- Schedules are subject to change.
- *Under 14 years of age at the Downtown YMCA.

Guest Policies

- Members of the YMCA may bring in guests at their convenience.
- Guests are limited to 3 visits per calendar year and must be accompanied by the member.
- A maximum of 1 guest may be brought in at any time.
- Guest passes are valid for one day only.
- Guests over the age of 16 are required to present a current photo ID. Guests under the age of 18 must be accompanied by an adult member.
- Advance notice is not required.
- Ask about guest restrictions.

Locker Room Policies

- Clothing and other personal belongings not in use shall be stored in the lockers provided by the YMCA.
- The YMCA is not responsible for personal items brought into the building. We recommend that you bring a lock for your locker, but locks must be removed by the end of the day.

Metro Membership

As a YMCA Metropolitan Member, you may enjoy full access to all YMCA facilities and programs:

- 11 full-facility YMCA branches
- Free Fitness Center orientation.
- FitStart program for beginning exercisers.
- Priority registration for classes and programs.
- Unlimited land aerobic classes.
- Y-Tribes Program for parents and children.
- Membership in the YMCA AWAY program. Your membership will be honored at most YMCAs across the country.
- Substantial discounts on facility rentals at Hoover Y-Park.

In addition, you can take advantage of these special value added privileges available exclusive to Metropolitan Members:

- Y-Cycling classes at the Downtown, Gahanna, Jerry L. Garver, Liberty Township/Powell, North, and Pickaway branches.
- Unlimited access to racquetball facilities at the North, Downtown and Pickaway County branches.
- \$100 off the total cost of one week of overnight camp for one child at YMCA Camp Willson (Metropolitan Family Members only).

Facility Membership

Valid at this location only. A Facility Membership entitles you to full use of this facility only, including the fitness center, weight room, indoor pool and gymnasium, and a free fitness evaluation.

Program Membership

A Program Membership is a limited membership allowing participation in YMCA classes and programs only; full use of facilities is restricted. An active Program Membership may be upgraded to a Metropolitan Membership at any time, with the cost of the Program Membership credited to the cost of the Metropolitan Membership. Program Memberships may only be purchased on an annual basis--no monthly bank draft arrangements are available for Program Memberships.

People Helping People Scholarship Program

The financial policies of the YMCA of Central Ohio are consistent with the Association's Mission. It is the goal of the YMCA of Central Ohio to provide educational, social and physical development services to people regardless of their ability to pay. Within its financial capability, the YMCA of Central Ohio will provide sponsorship assistance for YMCA memberships and program participation based on financial need.

- Children over the age of 5 must use gender-appropriate locker rooms. The YMCA offers family changing rooms for those with disabilities as well as children who are old enough to use the gender-appropriate locker rooms, but still need assistance.

Class Policies

- Any class without a minimum number of participants may be subject to cancellation. Classes cancelled by the YMCA will be made up or credits will be issued.
- Credits must be submitted to and approved by the director of the program.
- Refunds will only be given with a doctor's written notice and approval of a program director.
- Any other class missed by a participant cannot be made up. Schedules are subject to change.

Fitness Center Policies

- Please sign up for cardiovascular equipment before use.
- Time is limited to 30 minutes per machine; your scheduled time slot will be forfeited if you are more than 5 minutes late.
- Youth ages 9 and 10 may utilize the Fitness Center with adult supervision after completing the YMCA Youth Conditioning Class. Youth ages 11-15 may utilize the Fitness Center with adult supervision. After completing the Iron Teens class, youth ages 11-15 may utilize the Fitness Center and free weight rooms without adult supervision.
- The branch supervisors reserve the right to determine any time and equipment limitations to ensure the safety of participants and member service.
- Please return all weights and dumbbells to the storage racks when finished.

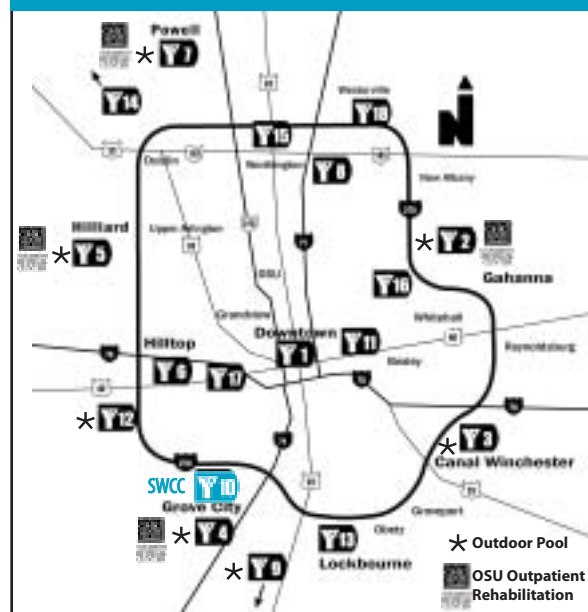
Pool Policies

Please see Pool Policies on Aquatics page.



Our mission: To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind and body. Financial assistance is available.

YMCA of Central Ohio Branch Locations



- Downtown YMCA** (614) 224-1131
40 West Long Street, Columbus, OH 43215
- Gahanna YMCA** (614) 416-9622
555 YMCA Place, Gahanna, OH 43230
- Jerry L. Garver YMCA** (614) 834-9622
6767 Refugee Road, Canal Winchester, OH 43110
- Grove City YMCA** (614) 871-9622
3600 Discovery Drive, Grove City, OH 43123
- Hilliard/Ray Patch Family YMCA** (614) 334-9622
4515 Cosgray Road, Hilliard, OH 43026
- Hilltop YMCA** (614) 276-8224
2879 Valleyview Drive, Columbus, OH 43204
- Liberty Township/Powell YMCA** (614) 839-9622
7798 North Liberty Road, Powell, OH 43065
- North YMCA** (614) 885-4252
1640 Sandalwood Place, Columbus, OH 43229
- Pickaway County YMCA** (740) 477-1661
440 Nicholas Drive, Circleville, OH 43113
- YMCA Southwest Community Center** (614) 539-1770
3500 First Avenue, Urbancrest, OH 43123
- Eldon & Elsie Ward Family YMCA** (614) 252-3166
130 Woodland Avenue, Columbus, OH 43203
- Hilltop/Cherry Creek** (614) 878-7260
600 Fox Ridge Street, Columbus, OH 43228
- Hoover Y-Park** (614) 491-0980
1570 Rohr Road, Lockbourne, OH 43137
- YMCA Camp Willson** (800) 423-0427
2732 County Road 11, Bellefontaine, OH 43311
- Early Childhood Resource Network+ (ECRN+)** (614) 543-9000
6877 N. High St., Worthington, OH 43085
- YMCA Early Learning Center** (614) 342-5836
2879 Johnstown Road, Columbus, OH 43219
- Hilltop/ODOT Educare Center** (614) 752-8877
1952 West Broad Street, Columbus, OH 43223
- St. Ann's Educare Center** (614) 898-8687
495 Cooper Road, Ste. 115, Westerville, OH 43081

Southwest Community Center

Winter 2009

register online: ymcacolumbus.org/swcc



Check out the Arts section for creative fun!

Winter I	Jan 5-Feb 22
REGISTRATION begins:	
Metro members	Dec. 6
Program members	Dec. 13
Winter II	Feb 23-Apr 12
REGISTRATION begins:	
Metro members	Feb. 7
Program members	Feb. 14

Winter Session Highlights

AQUATICS

Youth Swim Club

KIDS & FAMILY

Iron Teens

HEALTH & FITNESS

Personal Training

SPORTS & LEISURE

Tai Chi

3500 First Avenue
Urbancrest, OH 43123
614-539-1770

AQUATICS

Aquatics Contact: Adrienne Fightmaster
 Aquatics Director, afightmaster@ymcacolumbus.org

AOA Swim

Ages Adult
 Spend your weekday mornings with other AOA's swimming laps, exercising as a group or just mingling. This is a great way to exercise and spend time with friends at the YMCA.

Aqua Aerobics

Ages Adult
 Participants use the water for resistance for a surprisingly intense cardiovascular and muscular workout. Perfect for any fitness level. Participants can control their own intensity. Water fitness classes offer a non-impact environment.

Full-Facility \$25.00
 \$3.00*
Program \$65.00
 \$3.00*

Arthritis Aquatics

Ages Adult
 Arthritis Aquatics allows you to exercise without putting excess strain on your joints and muscles. Class is held in a heated pool and follows curriculum approved by the Arthritis Foundation.
Contact: Karen Brokaw.

Full-Facility \$28.00
Program \$68.00

Youth Swim Club

Ages 7-14
 Learn about water sports, competitive swimming, and swimming pool and boating safety. Have fun while learning at the same time with experienced YMCA aquatic staff in the swimming pool.

Full-Facility \$5.00
Program \$10.00

SWIM LESSONS

Adult/Teen Instruction

Ages 16-Adult
 Adults and teens learn basic swim and safety skills. Techniques for overcoming fear of water are also covered. Please specify current skill level upon registration.

Full-Facility \$28.00
Program \$68.00

Parent Child Swim Lessons

Ages 6 mon-3 yrs
 Parent and child perform activities based on the developmental abilities of the child. Parent helps child become comfortable in the water.

Full-Facility \$28.00
Program \$68.00

Preschool Swim Lessons

Ages 3-5
 Preschool swim lessons focus on basic swim skills and pool safety. Children move through progressive levels as they increase swimming distance, endurance, and ability with each level.

Pike
 Children develop safe pool behavior and practice independent movement in the water. Recommended for beginning swimmers.

Eel
 Reinforces Pike skills. Children are taught to kick, dive, float and perform the progressive paddle stroke.

Ray
 Children review and improve stroke skills, as well as expand on stroke technique and dive skills.

Starfish
 Children review previously learned skills and refine their strokes as well as their personal safety, rescue and floating skills.

Facility \$28.00
Program \$68.00

Youth Swim Lessons

Ages 6-12
 Swim lessons build on stroke development, rescue, personal growth, personal safety, water sports, and games. Child moves through progressive levels as they increase swimming distance, endurance and ability with each level.

Polliwog
 Beginner level for school age children to become acquainted with the water using a flotation device.

Guppy
 Children continue to practice and build upon basic skills, without the use of a flotation device.

Minnnow
 Children refine the strokes learned in previous lessons as their skills become more like those used in regular swimming.

Fish
 Students work to perform the crawl, elementary backstroke, back crawl and sidestroke, with turns. Introduction to Butterfly stroke is included.

Flying Fish
 Students work on refining their strokes and increasing their endurance.

Shark
 Students continue to improve their strokes, with starts and turns, and are introduced to a variety of strokes.

Porpoise
 Students are exposed to a wide range of aquatic experiences through a class.

Full-Facility \$28.00
Program \$68.00



* Monday Classes will be prorated for Martin Luther King, Jr. Day. Please contact member services for more information.

Aquatics	Code	Su	M	Tu	W	Th	F	Sa
AOA Swim	-	-	7:00a-11:00a	7:00a-11:00a	7:00a-11:00a	7:00a-11:00a	-	-
Aqua Aerobics	230A	-	7:00p-8:00p	-	7:00p-8:00p	-	-	-
Arthritis Aquatics	230B	-	-	7:00p-8:00p	-	7:00p-8:00p	-	-
Youth Swim Club	210B	-	6:00p-7:00p	-	-	-	-	-

Swim Lessons	Code	Su	M	Tu	W	Th	F	Sa
Adult/Teen Instruction	-	-	-	-	-	12:30a-1:00p	-	-
Adult/Teen Instruction	210	-	-	-	-	-	-	11:30a-12:00p
Parent Child Swim Lessons	201A	-	-	-	-	-	-	9:30a-10:00a
Preschool Swim Lessons	202A	-	-	-	-	-	-	10:00a-10:40a
Preschool Swim Lessons	202B	-	-	-	-	5:30p-6:10p	-	-

Youth Swim Lessons	Code	Su	M	Tu	W	Th	F	Sa
Youth Swim Lessons	203A	-	-	-	-	6:15p-6:55p	-	-
Youth Swim Lessons	203B	-	-	-	-	-	-	10:45a-11:25a

Schedule	Code	Su	M	Tu	W	Th	F	Sa
Open Swim Indoor Pool Schedule	-	-	3:30p-7:00p	3:30p-7:00p	3:30p-7:00p	-	-	-
Open Swim Indoor Pool Schedule	-	-	-	-	-	3:30p-5:30p	-	-
Open Swim Indoor Pool Schedule	-	-	-	-	-	-	3:30p-8:30p	-
Open Swim Indoor Pool Schedule	-	-	-	-	-	-	-	8:30a-10:00a
Open Swim Indoor Pool Schedule	-	-	-	-	-	-	-	11:30p-1:30p

Pool Policies

- Please enter and exit through the locker rooms only.
- Children ages 5 and under must be accompanied by an adult/guardian (age 18 or older) in the water within arms reach.
- Children ages 6, 7, and 8 must have an adult actively supervising them in the pool area.
- Children who need assistance or a flotation device must have an adult in the water with them and will not be permitted in the deep end.
- Non-swimmers of any age are not permitted in the deep end.
- Lifeguards reserve the right to test swimming competency of any participant at any time.
- Street shoes are not permitted on the pool deck.
- Any class without a minimum of 4 participants may be subject to cancellation.
- Pool schedule is subject to change.
- Please see additional rules in pool and hot tub area prior to using the aquatic areas of the facility.

Thunderstorms

The pool will be closed during all thunderstorms, and will reopen 30 minutes after the last trace of thunder and/or lightning.

Questions? Call the YMCA Southwest Community Center at 614-539-1770.

HEALTH & FITNESS

Health & Fitness contact: Anthony Floyd
Program Director, afloyd@ymcacolumbus.org

HEALTH & FITNESS Fitness Orientation

Each Metropolitan Member may receive one free Fitness Orientation to become acquainted with equipment, programs, and services. A fitness staff member will help identify wellness goals and assist in designing a fitness plan to achieve those goals.

FitStart

This is a free program designed for Metropolitan Members new to fitness or in need of help staying with a program. A FitStart Counselor works with you to design a wellness plan and exercise program, and meets with you for an hour each week for motivation and direction. Register at the Member Services Desk.
Contact: Karen Brokaw.

Low-Impact Aerobics

This Low-Impact activity program is designed to strengthen the heart and build cardiovascular endurance. Great for beginners!

P.A.C.E. People with Arthritis Can Exercise

Chair exercises geared for persons seeking a structured beginning level resistance workout. A combination of exercises using resistance bands and free weights to help strengthen, tone and stretch.

Personal Training

Certified YMCA Personal Trainers prepare, motivate and coach you through a safe and appropriate program to help you meet your health and fitness goals. Call the branch to schedule an appointment.

GROUP EXERCISE Land Aerobics

Ages Adult
This class uses basic step routines to provide a cardiovascular workout, followed by strengthening exercises for the abdominals and lower and upper body.

Y Walkers

Walk towards a healthy lifestyle in the comfort of a YMCA environment.

Full-Facility \$15.00
Program \$15.00



Health & Fitness	Code	Su	M	Tu	W	Th	F	Sa
Low-Impact Aerobics	SW110	-	-	9:00a-10:00a	-	9:00a-10:00a	-	-
P.A.C.E. People with Arthritis Can Exercise	SW110	-	-	11:00a-11:30a	-	11:00a-11:30a	-	-

Group Exercise	Code	Su	M	Tu	W	Th	F	Sa
Land Aerobics	311	-	6:00p-7:00p	-	6:00p-7:00p	-	-	-
Y Walkers	SW110	-	-	8:00a-9:00a	-	8:00a-9:00a	-	-

* Monday Classes will be prorated for Martin Luther King, Jr. Day. Please contact member services for more information.

ARTS

Arts contact: Pam Dropco
Program Director, pdropco@ymcacolumbus.org



Adult Ceramics and Pottery

Ages Adult
Express your creativity with clay while making new friends at the YMCA. Participants create at their own skill level.

Metro \$50.00 individual
Program \$100.00 individual
Resident \$10.00 individual

Kids Clay Creators

Ages 6-17
Participants learn the basics of working with clay using hand building and potters wheel techniques.

Metro \$50.00 individual
Program \$100.00 individual
Resident \$10.00 individual

Arts	Code	Su	M	Tu	W	Th	F	Sa
Adult Ceramics and Pottery	-	-	-	-	-	-	6:30p-8:30p	-
Kids Clay Creators	500	-	-	-	-	-	-	12:30p-2:00p
Kids Clay Creators	500	-	-	-	-	6:00p-7:30p	-	-

SPORTS & LEISURE

Sports & Leisure contact: Jimmy Lewis
Sports Coordinator, jlewis@ymcacolumbus.org



YOUTH SPORTS Flag Football

Ages 8-13
Learn the basics of football in a safe, organized setting. Participants will learn the basics of football, offensive and defensive positioning, rules of the game and sportsmanship. This is not a league, but games will be played to reinforce skill development. **This program is offered Winter II session only.**

Full-Facility \$10.00
Program \$20.00

Teen Basketball League

Grades 7-12
This co-ed league focuses on basic basketball skills and enforces the Four Core Values of the YMCA. Some travel throughout Central Ohio required.

Full-Facility \$30.00
Program \$50.00

Teen Pick-up Basketball I

Ages 11-17
Come and enjoy a friendly game of pick-up basketball. Non-YMCA Members must purchase a guest pass to participate.

ADULT SPORTS Adult Pick-up Basketball I

Ages Adult
Adults are invited to come and enjoy a friendly game of pick-up basketball. Non-YMCA Members must purchase a guest pass to participate.

Non-member \$5.00

MARTIAL ARTS Tai Chi

Tai Chi enhances muscular strength, flexibility, and stamina while promoting relaxation. With regular practice Tai Chi will aid in improving health and fitness.

* Monday Classes will be prorated for Martin Luther King, Jr. Day. Please contact member services for more information.

Youth Sports	Code	Su	M	Tu	W	Th	F	Sa
Flag Football	-	-	-	-	-	6:15p-7:00p	-	-
Teen Basketball League	-	-	7:00p-8:00p	-	-	-	-	-

Martial Arts	Code	Su	M	Tu	W	Th	F	Sa
Tai Chi	112	-	-	-	9:00a-10:00a	-	-	-

OLDER ADULTS

KIDS & FAMILY

Older adults contact: Karen Brokaw
Active Older Adults Director

Kids & Family contact: Anthony Floyd
Program Director, pdropco@ymcacolumbus.org



Members of participating Medicare health plans...Enjoy all the benefits of Silver Sneakers at the Southwest Community Center! Visit the Member Service desk for registration and information.

Silver Sneakers®

Muscular Strength & Range of Motion

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

A.O.A.

A fully integrated health program. Participants learn to build and maintain balance, enjoying a healthy social setting.

Full-Facility Program	\$15.00
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Line Dance

Learn the latest, most popular line dances and perform with the YMCA Rockettes. You don't want to miss this!

Full-Facility Program	\$15.00
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Senior Out-to-Lunch

Shopping trips and other outings foster friendships and fellowship. See the AOA Board for updates.

Senior Strength Training

This class is for active older adults looking to increase strength, flexibility, and endurance. Participants will learn safe and effective ways to elevate fitness levels and increase energy for daily activities.

Senior Trips

This is an excellent way to meet new friends or just enjoy your time visiting someplace new. See the AOA Board for more information.

Tai Chi

Enhances muscular strength, flexibility, and stamina while promoting relaxation. With regular practice Tai Chi will aid in improving health and fitness.

Full-Facility Program	\$15.00
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AOA Potlucks

Bring a dish and join us for exciting games, activities and a variety of food. The YMCA encourages members to bring their friends and join in on the fun. Please see the AOA bulletin board for dates and times.

AOA Social Time

Grab a cup of coffee and some sweets and join our AOA's in the senior lounge for stories and friendship.

Arthritis Aquatics

Arthritis Aquatics allows you to exercise without putting excess strain on your joints and muscles. Class is held in a heated pool and follows curriculum approved by the Arthritis Foundation.

Full-Facility Program	\$15.00
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Low-Impact Aerobics

This low impact activity program is designed to strengthen the heart and build cardiovascular endurance. Great for beginners!

Full-Facility Program	\$15.00
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P.A.C.E.

People with Arthritis Can Exercise

Chair exercises geared for persons seeking a structured beginning level resistance workout. A combination of exercises using resistance bands and free weights to help strengthen, tone and stretch.

Full-Facility Program	\$15.00
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Senior friendly Yoga

Learn to relax with gentle stretches designed for seniors. Stretches can be done in chairs or standing

Full-Facility Program	\$15.00
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* Monday Classes will be prorated for Martin Luther King, Jr. Day. Please contact member services for more information.

Active Older Adults	Code	Su	M	Tu	W	Th	F	Sa
AOA Social Time	-	-	9:00a-12:00p	9:00a-12:00p	9:00a-12:00p	9:00a-12:00p	9:00a-12:00p	-
Arthritis Aquatics	SW110	-	-	11:30a-12:30p	-	11:30a-12:30p	-	-
Line Dance	SW110	-	-	10:00a-11:00a	-	10:00a-11:00a	-	-
Low-Impact Aerobics	SW110	-	-	9:00a-10:00a	-	9:00a-10:00a	-	-
P.A.C.E. People with Arthritis Can Exercise	SW110	-	-	11:00a-11:30a	-	11:00a-11:30a	-	-
Senior friendly Yoga	-	-	-	-	8:00a-9:00a	-	-	-
Senior Strength Training	-	-	7:00a-11:00a	7:00a-11:00a	7:00a-11:00a	7:00a-11:00a	7:00a-11:00a	-
Tai Chi	112	-	-	-	10:00a-11:00a	-	-	-



FAMILY

Homeschool Swim, Gym And Art

Ages 3-16

Children learn new skills and techniques in these fun classes. All skill levels welcome. Classes are divided by age.

Art

Create fascinating and unique art using various media, including clay, painting, drawing, sculpture, music, and acting. Students also learn about famous artists and their work.

Gym

Students focus on fundamental sports skills, components of health and fitness, exercise and games.

Swim

Skills in aquatic personal safety, stroke development, water sports and games are the focus of this program. Students perform at an individual pace. Please register early as class space is limited.

Pre-K Art & Fun

Participants use a variety of art mediums to create fun and colorful projects. Some parent participation is required.

Swim Lessons

Lessons are conducted during the first portion of the homeschool swim class. Participants must be registered for Home School Swim in order to register for swim lessons.

Contact: Pamela Dropco.

Program	\$30.00	per class
	\$75.00	for all three

Teen Homeschool Program

Ages 11-17

Try out this new program just for teens! Explore the world of art, dive deep with our swim program and get fit in our gym class. This is an updated, more advanced version of our swim, gym and art program.

Contact: Pamela Dropco.

Member	\$30.00	\$75 for all three
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TEENS

G.I.R.L.S.

Girls In Real Life Situations

Grades 5-8

This program focuses on the self esteem and wellness of teen girls. Participants will work with YMCA staff, listen to guest speakers and discuss the realities of being a teen in today's society with their fellow G.I.R.L.S. participants.

Non-Member	\$10.00
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Iron Teens

Ages 11-17

Youth will learn how to use the cardiovascular and strength machines safely, structure a workout, and safe stretching techniques. Class completion is a requirement prior to using the fitness center without a parent. 100% attendance is mandatory to successfully complete this program. Youth must be 11 years at the beginning of class session.

Member	\$20.00
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Leaders Club

Grades 7-12

This prestigious club provides teens with the opportunity to develop leadership skills and promotes the community involvement of club members. Leaders Club members hold office, participate in ceremonies, attend rallies and community events, facilitate volunteer projects and hold weekly meetings.

Teen Nights

Ages 11-17

Teens fill up the YMCA for an evening of basketball, swimming, games, music and more! The YMCA provides a safe alternative for teens.

Fee	\$3.00
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YOUTH

Boys Club

Ages 6-12

This program focuses on self-esteem issues, sportsmanship, leadership and wellness for boys. Participants will work with YMCA staff, listen to guest speakers, attend field trips and discuss with other boys the reality of being an adolescent in today's society.

Metro Program	Free
	\$10.00

G.I.R.L.S. Club

Ages 5-11

Come join the fun as girls ages 5-11 meet each week to do crafts, play games and more! This club teaches the core values as well as volunteerism, life experience and friendship. We will take field trips, do fundraisers and have a great time!

Contact: Elizabeth Cordell.

Metro Program	Free
	\$10.00

Junior Leaders Club

Grades 4-6

Members of the Junior Leaders Club participate in regular meetings, volunteer, participate in community service activities, host and attend special events. Join junior Leaders Club and meet other youth interested in serving the YMCA and community.

Youth After School Program

Ages 5-13

Youth participate in art, gym, tutoring, swimming, and special events. Dinner is provided. Financial Assistance available.

* Monday Classes will be prorated for Martin Luther King, Jr. Day. Please contact member services for more information.

Family	Code	Su	M	Tu	W	Th	F	Sa
Homeschool Swim Gym And Art	-	-	-	-	11:00a-2:20p	-	-	-
Teen Homeschool Program	-	-	-	11:00a-12:20p	-	-	-	-
Teens	Code	Su	M	Tu	W	Th	F	Sa
G.I.R.L.S.	-	-	-	6:15p-7:00p	-	-	-	-
Iron Teens	-	-	6:00p-8:00p	-	-	-	-	-
Leaders Club	-	-	-	-	6:30p-7:15p	-	-	-
Youth	Code	Su	M	Tu	W	Th	F	Sa
Boys Club	-	-	-	6:15p-7:00p	-	-	-	-
G.I.R.L.S. Club	-	-	-	6:15p-7:00p	-	-	-	-
Junior Leaders Club	-	-	-	6:30p-7:15p	-	-	-	-
Youth After School Program	-	-	3:00p-6:15p	3:00p-6:15p	3:00p-6:15p	3:00p-6:15p	3:00p-6:15p	-