



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOING FAMILY GOD'S WAY



**YMCA OF GEORGIA'S PIEDMONT
2011 PROGRAM GUIDE**



PROUD PARTNER OF BARROW
HEALTH CONNECTIONS

WELCOME TO THE YMCA

The YMCA of Georgia's Piedmont has been serving the community since 1996. Today, we serve over 15,000 individuals through membership, outreach, and program services throughout Northeast Georgia. As a not-for-profit organization, we strive to reach people of every age, race, faith and socio-economic status, and we do not turn anyone away due to inability to pay.

When you join the YMCA, you join a movement of nearly 100,000 people making positive changes in our community through ministries like:

- >Teen enrichment and leadership programs
- >Wellness and life coaching sessions
- >Christ focused childcare and sports

The VALUE of the YMCA membership goes beyond a treadmill and deeper than a pool. You are part of an organization that is dedicated to changing lives and teaching people about Jesus Christ.

OUR MISSION

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



MEMBERSHIP

Membership Types	Monthly Draft	Joiner's Fee
Youth/Teen Under 19 year of age	\$32.00	\$50.00
Adult Ages 19-64 and out of high school	\$49.00	\$80.00
Family Husband, wife and dependant children	\$65.00	\$115.00
Single Parent Family Non-married adult and dependant children	\$52.00	\$85.00
AOA (Active Older Adult) 65+ years of age	\$35.00	\$60.00
AOA Family (Husband and wife with at least one age 65+)	\$49.00	\$80.00

Prices include full access to both Brad Akins and Riverwalk Branches.

Monthly fees are deducted automatically from a checking account or a credit card. If chosen, membership can be paid upfront in 6 month or 12 month increments.

The joiner's fee is a one time fee paid at the time of joining and is not paid again unless the membership is cancelled.

Membership cancellation requires a 30 day written notice.

Financial assistance is available for membership and programs based on need. Applications can be obtained at the Welcome Center and are processed within 4 weeks of receipt with all required paperwork. Please allow ample time for application to be processed when applying for assistance for a YMCA program.

GROW TOGETHER Family/Social Events



Polar Bear Plunge

Jump in the outdoor pool and then warm up on the inside with chili and hot cocoa.

Place Brad Akins Y
Cost Members Free
Non-members \$10.00
Days January 8
Times 10:00am

Family Valentine's Dance

A DJ will be here spinning family friendly tunes!

Place Brad Akins and Riverwalk Y
Cost Members Free
Non-members \$10.00
Days February 11
Times 7:00pm - 9:00pm

Community Yard Sale

Set up a table and make a little extra money or bring the family and shop for some great finds!

Place Brad Akins Y
Cost \$20/space
Days March 26
Times 8:00am - 2:00pm

AARP Tax Aide

Bring your tax information from previous and current year. Appointment required.

Place Brad Akins Y
Cost Free
Days March 10
Times 9:00am - 12:00pm

Family Bingo

Place Riverwalk Y
Cost Members Free
Non-members \$10.00
Days March 18
Times 7:00pm - 8:30pm

Family Field Day

Place Brad Akins Y
Cost Members Free
Non-members \$10.00
Days March 19
Times 10:00am - 1:00pm

Betty Jo Maddox Easter Egg Hunt and Healthy Kids Day

Place Brad Akins Y
Cost Free to Community
Days April 16
Times HKDay 10:00am - 1:00pm
Egg Hunt 2:00pm

Sandcastle Building

Place Riverwalk Y
Cost Members Free
Non-members \$10.00
Days May 21
Times 11:00am - 1:00pm

Hotdogs by the Pool

Place Brad Akins Y
Cost Members Free
Non-members \$10.00
Days May 31 (Memorial Day)
Times 12noon

Tube the HOOCH!

Transportation and lunch provided. Leave the Y at 8:30am.

Place Brad Akins Y
Cost Members \$5.00
Non-members \$10.00
Days June 18
Times 8:30am-3:00pm

Sand Volleyball

Place Riverwalk Y
Cost Members Free
Non-members \$10.00
Days June 18
Times 10:00am

Family Pool PARTY!

Pool games, watermelon eating, and free BBQ!

Place Brad Akins and Riverwalk Y
Cost Members Free
Non-members \$10.00
Days July 4
Times 10:00am - 2:00pm

Health Fairs

Come out for screenings, free information, shopping and more!

Place Brad Akins Y
Cost Free
Days May 21 Senior Health Fair
June 11 Men's Health Fair
July 23 Women's Expo
Times 10:00am-1:00pm

Summer's End 5K/ 10K and Fun Run

Place Downtown Winder
Cost 5K With Shirt \$25.00/person
10K With Shirt \$35.00/person
Without Shirt \$15.00/person
Days August 13
Times Fun Run 7:00am
5k walk/run 7:30am
10k run 8:30am

LUAU!

Place Riverwalk Y
Cost Members Free
Non-members \$10.00
Days August 20
Times 6:00pm

Pool Side Date Night

Place Riverwalk Y
Cost Members Free
Non-members \$10.00
Days September 17
Times 7:00pm

Family Pumpkin Carving

Place Riverwalk Y
Cost Members Free
Non-members \$10.00
Days October 28
Times 7:00pm

Halloween at the Y

Hay rides, carnival games, free trick-or-treating and more!

Place Brad Akins Y
Cost Open to the Community
Small cost for carnival games
Days October 31
Times 6:30pm - 8:30pm

Family Potluck Dinner

Y provides the turkey, bring a side dish to share.

Place Brad Akins and Riverwalk Y
Cost Members Free
Guest \$5.00/person
Days November 18
Times 6:30pm

Parent Drop-n-Shop

Place Riverwalk Y *RSVP required*
Cost Members Free
Days December 11
Times 9:00am - 12:00noon

Cookies with Santa

Place Brad Akins Y, Dec 21, 10:00am
Riverwalk Y, Dec 16, 5:00pm
Cost Members Free
Non-members \$10.00/person

Family Camp Out

Bring your tent and get ready for camp fire songs and smores! Camp out by the YMCA pond

Place Brad Akins Y
Cost Family Members Free
Non-members \$10/family
Days May 13-14
October 14-15
Times 6:30pm - 9:00am

Movie Nights

Bring lawn chairs, blankets and dinner and watch a movie under the stars!

Cost Free to Community
Days Jan 21, 6:30p at Riverwalk Y
April 8, 6:30p at Riverwalk Y
June 10 July 15
August 12 September 9
Times movie begins at dusk

Dive-In Movie

Bring your float and your towel and watch a movie in the Jean Roberts Natatorium!

Place Brad Akins Y
Cost Members Free
Non-members \$10.00/person
Days February 18
March 18 April 8
May 13 October 14
November 11 December 9
Times 7:00pm

EXPLORE THE POSSIBILITIES

Daytrippers

Open to all Y members 55 and up. Register at the welcome center! All trips leave from the Brad Akins YMCA.

Salvador Dali at the High

Bring additional money for lunch
Cost Members \$25.00
Days January 5
Times Bus leaves at 9:30am

Dearly Departed at the Winder Community Theatre

Meet at the theatre in downtown Winder.
Cost Members \$10.00
Days February 27
Times 3:00pm

Atlanta Botanical Gardens

Bring additional money for lunch
Cost Members \$25.00
Days March 30
Times Bus leaves the Y at 9:30am

Callaway Plantation and Robert Thomas Home Washington, GA

Bring additional money for lunch
Cost Members \$25.00
Days April 27
Times Bus leaves the Y at 8:30am

The Color Purple at the Classic Center

Dinner in Athens before the show included
Cost Members \$55.00
Days May 5
Times Bus leaves the Y at 5:00pm

Caribbean Cruise

Cruise the Caribbean in high style aboard the Norwegian Sky from Miami with ports of call in Grand Bahaman, Stirrup Cay and Nassau. Full details at the welcome center
Cost \$630/person
Days June 6-10

DeKalb Farmer's Market

Bring additional money for lunch
Cost Members FREE
Days July 27
Times Bus leaves at 9:00am

Smoke on the Mountain at the Georgia Mountain Players

Cost Members \$15.00
Days August - TBA
Times Bus leaves the Y at 1:00pm

Caesar Head State Park and Pumpkintown Community

Head to the Blue Ridge Mtns. In Pickens, SC for a beautiful view of the changing leaves. Stop for a mountain lunch and shopping in Pumpkintown Community
Cost Members \$20.00
Days September 28
Times Bus leaves the Y at 8:30am

Georgia Apple Festival

Travel to Ellijay to enjoy the annual festival with arts, crafts, and shows. Transportation provided
Cost Members \$20.00
Days October 8
Times Bus leaves the Y at 8:00am

Thanksgiving Pot Luck Dinner

The Y provides the turkey, bring a side to share.
Cost Members FREE
Days November 17
Times 6:30pm

Christmas in Savannah

Christmas in Savannah and Tybee Island. Complete information posted at the YMCA August 1, 2011.
Cost TBA
Days December 7-9

ENRICHING LIVES Childcare



Free childcare includes activities: Bible Stories, Arts and Crafts, and outdoor play time. Parents must remain on-site.

Ages 3 mos - 6 years
Cost Family Members Only
Free up to 2 hours/day or 8 hours/week

Days/Times Monday - Friday 8:00am - 1:00pm (BAY)
8:00am - 12:00noon (RWY)
4:00pm - 8:30pm (BAY)
4:00pm - 8:00pm (RWY)
Saturday 8:00am - 2:00pm (BAY)
8:00am - 1:00pm (RWY)
Sunday CLOSED

YOUTH ACTIVITY CENTER at Brad Akins Y

Free childcare includes activities include Bible Stories, Arts and Crafts, game and homework time. Parents must remain on-site.

Ages 7 - 12 years
Cost Family and Youth Members Only
Free up to 2 hours/day or 8 hours/week

Days/Times Monday - Friday 4:00pm - 8:30pm*
Saturday 8:00am - 2:00pm
Sunday CLOSED
*During Barrow County School Breaks
8:00am - 1:00pm, 4:00pm - 8:30pm

PRESCHOOL at Brad Akins Y

Children will be introduced to language skills while strengthening fine and gross motor skills. Socialization is a big part of their day! (1 to 6 ratio)

Ages 2-4 years
Cost Members
\$35.00 per week
Non-members
\$45 per week
\$20 one time
registration fee

Days/Times
Mon, Wed, Fri
9:00am-1:00pm



BEFORE THE BELL—BEFORE SCHOOL CARE

Brad Akins YMCA

Program provides parents with a place to drop their children off before school begins.

Ages K - grade 8
Limitations apply based on school
Cost \$25/week
Days/Times Monday - Friday
6:00am - 6:50am
Breakfast snack provided

PRYME TYME—AFTER SCHOOL CARE

Brad Akins YMCA

After school program offered to all Barrow County school attendees. Leave your child in a quality Christian-based program that is safe, convenient, and active. We have responsible, energetic staff members, who are dedicated to helping your children develop the YMCA's five key character traits of Caring, Honesty, Respect, Responsibility, and Faith.

Our traditional after school program features:

Homework, Sports and Games, Arts and Crafts, Daily Devotions, Daily Snacks, Free play and outdoor time, Songs and Skits, and Daily Fitness Programming.

Ages K - grade 8
Cost \$45/week
\$30 non-refundable registration fee
Days/Times Monday - Friday
Close of school-6:30pm
Afternoon snack provided

Special pricing for both Before the Bell and PrYme TYme

Cost \$60/week

We encourage all participants to enroll in our bank draft program. Payments are deducted from your bank account or credit card weekly. Draft plans will help you avoid costly late fees! See the registration form for more details.

**Payments are due Wednesday of the week before attending. Late payment of \$10 is due if paying on Friday the week before and \$15 is due if paying on Monday the week of. Children will be unable to return unless payment is made by Monday evening pickup.

PARENT'S NIGHT OUT

Brad Akins YMCA

Parents always look forward to these fabulous Friday nights! We now offer PNO two times each month. Kids will have a great time at the YMCA, while parents enjoy a night out on the town.

* a special themed event that includes dinner, games, crafts and a movie....or

* a pool party with swimming, pool games, dinner and a movie.

Ages 4-12
Cost \$15 members
\$20 non-members (\$5 fee added to late registrations)
Days/Time 1st and 3rd Friday of each month, 6:30-10:30pm
(Drop off and pick up at the Pryme Tyme entrance.)
Registration forms must be received by the Thursday before.

DAZZLE DAYS

Brad Akins YMCA

Full-day child care is offered on the days that school is closed. Dazzle Days include swimming, snacks, daily devotions, games, and various other activities. Pre-registration is required for Dazzle Days

Ages	K - grade 8	
Cost	Member	\$25/day
	Non-member	\$30/day
Days/Times	7:30am - 6:30pm	
	Early drop off 6:00am (\$5 additional)	
	January 3	Christmas break
	January 4	Christmas Break
	January 17	MLK Holiday
	February 18	Teacher Furlough Day
	February 21	Presidents Day
	March 11	Teacher Planning
	April 18-22	Spring Break
	Dates TBA	Fall Break
	Dates TBA	Thanksgiving Break
	Dates TBA	Christmas Break

SUMMER CAMP

Brad Akins YMCA

The YMCA Summer Day Camp Program is a perfect solution for parents looking for safe, fun, and affordable summer experience for their child. The YMCA staff works hard to provide an exciting and high-quality program in a Christian-oriented environment. Campers are grouped together by age and their days are filled with fun, age-appropriate Activities that include: arts and crafts, physical activities and games, character development and devotions, guest speakers, and daily swim time.



Ages	K - grade 8	
Cost	Registration fee	\$30/child
	Member	\$100/week
	Non-member	\$120/week
Days/Times	May 23 - July 29, 2011	
	Monday - Friday	
	7:30am - 6:30pm	
	Early drop off 6:00am	
	(\$15/week)	
Registration	April 1 - July 31, 2010	
Additional Information		
	11-12 years	Yakimas
	9-10 years	Mohicans
	7-8 years	Cherokees
	5-6 years	Apaches

Payments are due Wednesday before the week of participation. Children are not accepted without payment. Fees include 1:20 ratio, daily snacks, crafts and swim time. Lunch not provided unless otherwise stated.

BUILD CONFIDENCE Youth Sports and Arts



Soccer at Brad Akins Y

Ages 4 - 12
Cost Member \$45
 Non-member \$80
Days/Times Practice Monday,
 Tuesday or Thursday
 Games Friday or
 Saturday

Season Dates

Spring: March - May
Fall: August - November

Registration

Spring: January 10 - 30
Fall: July 11 - 31

Additional Information

Fees include uniforms, referees, and trophies. Games and practices held at the YMCA. Volunteer coaches, assistant coaches and team mom's needed.

CHEERLEADING at Brad Akins Y (for Basketball)

Ages 5 - 14
Cost Member \$50
 Non-member \$85
Days/Times Practice Monday,
 Tuesday or Thursday
 Games Friday or
 Saturday

Season Dates November - February

Registration October 3 - 30

Additional Information

Fees include uniform and trophy. Practice and games for ages 9+ are at offsite locations in Barrow County.

NFC VOLLEYBALL at Brad Akins Y

Ages 15+
Cost Member \$50
 Non-member \$85

Days/Times

Summer Camp June - July
 Sunday Clinics June - July
 Tryout Training October

Additional Information

All registrations are taken through NFC Volleyball at 770-862-7891

FLAG FOOTBALL at Brad Akins Y

Ages 5 - 14
Cost Member \$35
 Non-member \$60
Days/Times Practices Monday or
 Tuesday. Games
 Thursday

Season Dates December - February

Registration October 3 - 30

Additional Information

Fees include jersey and trophy. Practice and games held at YMCA.

BASKETBALL and Brad Akins Y

Ages 5 - 14
Cost Member \$35
 Non-member \$70
Days/Times Practice Monday,
 Tuesday or Thursday
 Games Friday or
 Saturday

Season Dates December - February

Registration October 3 - 30

Additional Information

Fees include jersey and trophy. Practice and games for ages 10+ are at offsite locations in Barrow County.

ITTY BITTY SPORTS at Brad Akins Y

Ages 3 - 6
Cost Member \$35
 Non-member \$70

Days/Times 1 day per week for
 9 weeks

Season Dates March - May

Registration February 1 - 28

Additional Information

Fees include jersey and medal. 3 weeks of basketball, soccer and flag football or cheerleading dependent upon gender.

TENNIS at Riverwalk Y

Ages 5 - Adult
Cost Member \$20
 Non-member \$40

Days/Times Monday and Thursday
 Ages 5-8 5:00-6:00pm
 Ages 9-12 6:00-7:00pm
 Ages 13+ 7:00-9:00pm

Registration Monthly

**BALLET/TAP/HIP HOP LESSONS
at Brad Akins Y**

Ages 3-15
Cost Member \$55/mo
 Non-member \$65/mo
Days/Times Practices Monday or
 Tuesday. Games
 Thursday
Season Dates ongoing
Registration ongoing
Additional Information

Registration forms available at the Welcome Center. Classes are ongoing and registrations are taken year round. Spring recital held for all participants. Classes instructed by Creative Movement and Dance®



KARATE/JUJITSU CLASSES

We teach the specific art of Jujitsu, the most ancient and all-encompassing of the martial arts. Jujitsu is the ultimate self-defense art and incorporates elements of karate, aikido, judo, boxing, kickboxing, and wrestling. Students develop skills in power and strength, balance, speed and precision. Studying the martial arts helps to build physical fitness, self-confidence, and physical grace. Children and adults learn the YMCA values of honesty, respect, responsibility, caring, and faith while participation in YMCA karate classes. Progress is measured in each class by a series of colored belts. Each level has a specific set of requirements and each student progresses at his or her own rate. All participants are encouraged to cheer each other along during the testing and promotion phase. Each sensei is highly trained, holding high ranking black belt degrees, and certified in the martial arts field of which they teach. Registration forms can be obtained at the Welcome Center

Brad Akins Y
Days Tuesdays and Wednesday

Times	Age	Cost
*white to green belts (beginner)		
4:30-5:30p	7-13	Member \$40 Non-member \$60
*blue belts and up (advanced)		
5:30-6:30p	7-13	Member \$40 Non-member \$60
6:30-8:30p	14+	Member \$40 Non-member \$60

Session Dates
 Registration begins 2 weeks prior to session

Session I	January 3 - February 25
Session II	February 28 - April 29 (no classes Spring Break)
Session III	May 2 - June 24
Session IV	June 27 - August 26 (no classes July 4 week)
Session V	August 29 - October 28 (no classes Fall break week)
Session VI	October 31 - December 16 (no classes Thanksgiving week)

Riverwalk Y
Days Tuesdays and Thursday

Times	Age	Cost
4:30-5:30p	7-12	Member \$25 Non-member \$40
7:30-8:30p	13+	

Session Dates Monthly

REACH YOUR GOALS

Wellness



WELLNESS COACHING

Exercise support process designed to teach new and returning exercisers how to start and stick to their exercise program. You will be paired with your own Coach to provide you with behavior modification strategies to keep you motivated.

Place Brad Akins Y
Ages 18 and up
Cost Members Only Free
Registration Appointments made at the Welcome Center

FITNESS and FITLINXX ORIENTATION

- Learn how to properly use cardio and weight equipment
- Meet the fitness staff and ask questions
- Learn about classes and services offered to members

Place Brad Akins and Riverwalk Y
Ages 15 and up
Cost Members Only Free
Registration Appointments made at the Welcome Center

FITNESS EVALUATIONS

Include the testing of your cardiovascular and muscular endurance, body fat, flexibility, height, weight, resting blood pressure and heart rate.

Place Brad Akins Y
Ages 15 and up
Cost Members Only Free
Registration Appointments made with Sheila in Wellness

GROUP EXERCISE

Classes range from Active Older Adult Exercise to yoga and spin. Schedules available at the Welcome Center or online at www.gapiedmontymca.org.

Place Brad Akins and Riverwalk Y
Ages 12 and up
Cost Members Free

CIRCUIT WEIGHT CLASSES

Held daily in the wellness center. Schedules available at the Welcome Center.

Place Brad Akins Y
Ages 15 and up
Cost Members Free

PERSONAL TRAINING

- Personal attention and a personalized program
- Motivation and support
- Expert knowledge from a certified staff member
- Increase self-confidence

Place Brad Akins and Riverwalk Y
Ages 15 and up
Cost

	Single	AOA	Couple
1 1-hr session	\$40	\$35	\$65
3 1-hr sessions	\$100	\$85	\$130
6 1-hr sessions	\$180	\$160	\$250
12 1-hr sessions	\$320	\$295	\$490

Registration Payment taken at the Welcome Center. A trainer will contact you within 48 hours of payment for appointment.

"12 WEEKS TO A BETTER YOU"

Program for beginning exercisers. 12 week program includes:

- 12 weeks of personal attention and motivation from a personal trainer
- 4 1-hour sessions with a personal trainer
- Gradual, baby steps into your fitness program
- A better chance that exercise will become a habit

Place Brad Akins and Riverwalk Y
Ages 15 and up
Cost Members Only \$100
Registration Payment taken at the Welcome Center. A trainer will contact you within 48 hours of payment for appointment.

NUTRITION COUNSELING

Meet with an ARNP to learn how to modify your daily eating habits for optimized energy levels, enhance your workouts, and loose or gain weight. Also available for diabetic or disease specific conditions

- 3-day computerized nutritional evaluation
- Detailed nutrition plan based on what you like to eat
- Continued support for up to 6 months following your evaluation

Place Brad Akins and Riverwalk Y

Ages all ages welcome

Cost	Members	\$20
	Non-members	\$35

Registration Food log must be filled out before appointment can be made. Paperwork available at the Welcome Center.

MASSAGE THERAPY

Enjoy the benefits of massage. Our staff of licensed massage therapist will take care of you aches and pains, leaving you feeling refreshed and invigorated. Gift certificates available.

Place Brad Akins Y

Ages 15 and up

Cost	Member	Non-member
90 minutes	\$70	\$85
60 minutes	\$50	\$65
30 minutes	\$30	\$45

Registration

Appointments available at the Welcome Center

WELLNESS EDUCATION

The YMCA along with BRMC host a monthly educational program designed to introduce a range of wellness and nutritional topics to the community enabling you to make information choices regarding your wellness. All courses are FREE to the community.

Check the welcome center for the monthly Calendar.

FITNESS CHALLENGES

Get signed up for our monthly wellness challenges, designed to give you a little extra push and some spice to your workout.

Fight the Couch Jan 10 - Feb 4

Partner up to help fight the call of the couch!

Spin® Across the US March 1-20

Spin® from Winder to Seattle by taking 12 spin classes in 3 weeks. Register at the wellness desk during the month of April

Lazy Man’s Triathlon June 1-30

Never say never—finish your triathlon during the month of June for a prize!

Walktoberfest October 1-31

Sign up and walk your way to fitness. Prizes for most steps per week and month and for getting !0,000steps in a day.

Keep it Off Nov 16 - Dec 31

Holidays are the hardest time to workout and keep the weight off. Maintain your weight through the holidays and get a reward for your efforts!



CPR CERTIFICATION

Child, infant, adult CPR, first aide and AED training provided by the American Red Cross.

Place Brad Akins Y

Ages 15 and up

Cost Members \$35
Non-member \$50

Days/Times 9:00am - 2:00pm
January 15 February 19
March 27 April 16
May 21 June 18
July 16 August 20
September 17 October 15
November 19 Dec 17

Registration

Register up to 2 days before course date. Non-refundable payment due at time of registration.

TEEN FIT

Learn about the history of the YMCA, muscle anatomy, proper equipment set up and fitness center etiquette. After passing a fitness test, participants may work out on the weight equipment at anytime without supervision.

Place Brad Akins Y

Ages 12-16 (optional ages 15 - 16)

Cost Members only \$30

Days/Times
3rd Saturday
9:00am - 11:00am

Registration

Available at the Welcome Center. Please register at least 24 hours before course date.

TEEN CARDIO ORIENTATION

Orientation designed to teach teens the proper use of the cardiovascular equipment in the wellness center. Upon completion, teens are allowed to use the cardio machines without parental supervision. Teens are given a member card which indicates completion of the class

Place Brad Akins Y

Ages 12-16 (optional ages 15 - 16)

Cost Members only FREE

Days/Times
By Appointment

Registration

Make your appointment at the Welcome Center

TWEEN CIRCUIT

Supervised weight circuit class for youth in the wellness center.

Place Brad Akins Y

Ages 10 - 12

Cost Members only Free

Days/Times
check monthly group exercise calendar

FIT KIDS

Not just fun and games. Jumping jacks, sprints, push-ups, sit-ups, and more.

Place Brad Akins Y

Ages 5 - 9

Cost Members only Free

Days/Times
check monthly group exercise calendar

FAMILY FITNESS

Children can utilize the wellness center with their parent during times when the wellness center is open. Parents must assume all responsibility for their child. The child can not be left alone at any time while in the wellness center and must remain beside the parent while using the cardio and weight machines. No free weights are allowed.

Place Brad Akins and Riverwalk Y

Ages 10 - 14

Cost Members only Free

Days/Times every day open-close





BARROW HEALTH PARTNERS

A partnership made possible by Barrow Regional Medical Center for your better health and wellness

A Registered Nurse Practitioner is on staff at the YMCA to serve your needs! Make your appointment at the welcome center for any of the following services:

- > Wellness Screenings
- > Cholesterol Screenings
- > BMI/Weight Management
- > Nutrition Counseling
- > Physical Therapy referrals

DIABETES SUPPORT GROUP

DAY 3rd Monday of every month
LOCATION 3rd floor of BRMC
CONTACT Theresa Schultz
770-307-5350

DIABETES SELF-MANAGEMENT CLASS

Learn to create a lifestyle plan that includes diet and exercise

DAY 2nd and 3rd Tuesday of every month
LOCATION BRMC Cafeteria
CONTACT Theresa Schultz
770-307-5350



MAKE A SPLASH Aquatics



GENERAL POOL INFORMATION

>Inclement weather, including lightening and thunder, may cause all pools to close.

> All children under age 4 must wear a swim diaper AND rubber swim pants when in the pool. Regular diapers are not allowed. Please use the family restrooms for changing and dressing children under age 12. Swim diapers are available at the Welcome Center for \$5 each to purchase.

> If someone becomes ill or has an "accident" in the pool, the YMCA is required by state code to close the pool for a set amount of time. In order to help prevent accidents from occurring, lifeguards will ask all children and teens under the age of 15 to clear the pool for a 10 minute restroom break every hour.

> For the safety of your child and to lower the risk of drowning, children that can not float will be asked to wear a life jacket. Jackets are available from a YMCA Lifeguard. Those children unable to swim must have a parent/guardian within arms distance of the child at all times.

SWIM TEAM at Brad Akins Y

The Brad Akins YMCA is the home of the YMCA Barracuda Swim Team. With a long-standing history of excellence and character building, the swim team is a great way to move from lessons to a more specialized swimming program.

Ages	5 - 17	
Cost	USA swimming \$65 yearly fee	
	Year Round Team	\$50/month members ages 7-12 \$65/month members ages 13+ \$100/month non-members
	Summer League	\$150 per season
Days/Times	Year Round Team	
	Monday, Tuesday, Thursday, Friday	4:30pm - 7:30pm
	Summer League	
	Monday - Friday	7:00am - 10:00am
Registration	Year Round Team	August 8 - ongoing
	Summer League	March 7 - May 31

Additional Information

Swim suits and meet fees are additional cost. Monthly bank draft is optional for year round team.

GROUP SWIM LESSONS at Brad Akins Y

Traditional Group Swim Lessons taught with 5 children per instructor for ages 6mo and up.

WINTER Session Dates (held in the Jean Roberts Natatorium)

2 days/week

January 3 - January 27	January 31 - February 24
February 28 - March 24	March 28 - April 21
April 25 - May 19	August 15 - September 8
September 12 - October 6	October 10 - November 10
November 28 - December 22	

Day	Time	Ages
Mon/Thurs	7:30pm - 8:15pm	7-12 (Barracudas)
Mon/Thurs	6:30pm - 7:15pm	5-6 (Minnows)
Mon/Thurs	5:30pm - 6:15pm	3-4 (Guppies)
Tues/Thurs	11:00am - 11:45am	3-4 (Guppies)
Tues/Thurs	12:00pm - 12:30pm	6mo-2yrs (Parent Assist)

Cost	Member	\$25/session
	Non-member	\$65/session

Registration ends the Friday before session begins

Additional Information

ITEMS NEEDED: Bring a towel and suit. Children under the age of 4 or not potty trained must wear a swim diaper. No Diapers Please.



PRIVATE SWIM LESSONS at Brad Akins and Riverwalk Y

Is your child ready for one-on-one instruction? Our swim instructors are trained and ready to spend quality time with your child, from beginner to advanced.

Cost	Member	\$15.00/30 minutes
	Non-member	\$25.00/30 minutes
	Each additional child	\$5.00 per 30 minutes

Additional Information

No more than 3 children per private session allowed. Siblings only please. Register at the Welcome Center. An instructor will contact you within 48 hours of payment to schedule your first lesson.

GROUP SWIM LESSONS at Brad Akins and Riverwalk Y

Traditional Group Swim Lessons taught with 5 children per instructor for ages 6mos and up.

SUMMER Session Dates (held in the outdoor pool)

May 30 - June 10

*Memorial day lessons held June 4

June 13 - June 24

June 27 - July 8

*July 4 lessons held July 9

July 11 - July 22

July 25 - August 5 (evening classes only)

MORNING CLASSES

Monday - Friday

10 classes, 8 guaranteed

Time

Ages

8:00am - 8:45am 7-12 (Barracudas)

9:00am - 9:45am 5-6 (Minnows)

10:00am - 10:45am 3-4 (Guppies)

Cost

Member \$25/session

Non-member \$65/session

EVENING CLASSES

Monday, Tuesday, Thursday, Friday

8 classes, 6 guaranteed

Time

Ages

4:30pm - 5:15pm Parent Assist

5:30pm - 6:15pm Parent Assist

5:30pm - 6:15pm Ages 3-4 (Guppies)

6:30pm - 7:15pm Ages 5-6 (Minnows)

6:30pm - 7:15pm Ages 7-12 (Barracudas)

7:30pm - 8:15pm Adult

Cost

Member \$20/session

Non-Member \$55/session

Registration May 1 - July 10

Additional Information

ITEMS NEEDED: Bring a towel and suit. Children under the age of 4 or not potty trained must wear a swim diaper. No Diapers Please.

JEAN ROBERTS NATATORIUM SCHEDULE at Brad Akins Y

Due to the amount of space and the number of people wishing to use the pool, the Natatorium schedule is posted monthly at the Welcome Center.

Please adhere to this schedule to allow adequate space and time for lap swimming, family swim, and programmed activities and events.



GROUP AQUATIC CLASSES

at Brad Akins and Riverwalk Y

Ages 12+ (under 15 must be with a parent)

Cost Member Free
Non-member Purchase a guest pass

Days/Times check monthly group exercise calendar

CLASS DESCRIPTIONS

Silver Splash ®

Geared for Active Older Adults ages 55+. Great for arthritis and joint ailments. Work on strength, endurance and range of motion.

Cardio Splash

Generalized water aerobics class. Great for all ages and conditions. Cater the class to your needs. Use noodles and water weights for cardio and strength work.

Deep Water

Using the noodle to keep you afloat, work on your cardiovascular endurance in the deep end of the pool

Water Sculpt

Focuses on water weight sculpting movements for a strong body.



YMCA OF GEORGIA'S PIEDMONT

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WINDER, GA 30680
770-868-2917

RIVERWALK BRANCH
1947 WATERSIDE CIRCLE
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