



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER

Fall 1 & 2

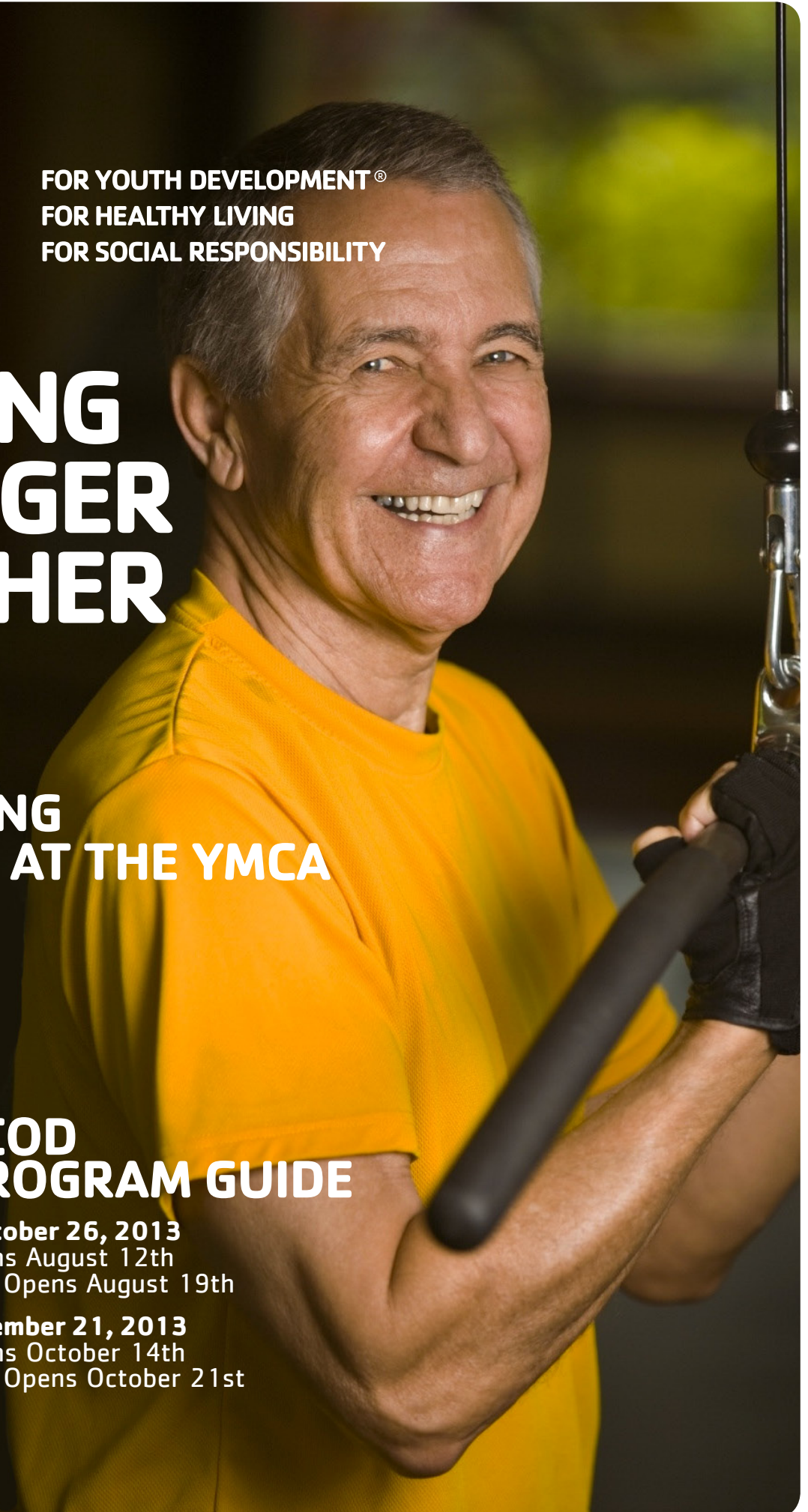
**NOW OFFERING  
LIVESTRONG AT THE YMCA**

See page 25 for details

## YMCA CAPE COD FALL 1 & 2 PROGRAM GUIDE

**Fall 1 - September 9 - October 26, 2013**  
Member Registration Opens August 12th  
Non-Member Registration Opens August 19th

**Fall 2 - October 28 - December 21, 2013**  
Member Registration Opens October 14th  
Non-Member Registration Opens October 21st





# ONLY AT THE Y

**There's a unique combination at the YMCA Cape Cod. It's a place where the community comes together to connect, play, and discover new things. The Y offers comprehensive healthy living and learning experiences for adults and kids, from fitness equipment and team sports, to creativity classes exploring music and art.**

**At the Y, your membership means more.**

## TABLE OF CONTENTS

Department	Page(s)
<b>MEMBERSHIP</b>	<b>3 - 4</b>
<b>SAFETY INFORMATION</b>	<b>5</b>
<b>AQUATICS SCHEDULES</b>	<b>6</b>
<b>YOUTH DEVELOPMENT</b>	<b>7 - 14</b>
Child Care	7 & 8
Preschool Programs	9 & 12
Youth Programs	9 - 14
Teen & Tween Programs	14 & 15
<b>HEALTHY LIVING</b>	<b>15- 23</b>
Adult Aquatics	15 & 16
Diabetes Resource Center	23
Group Fitness	17 - 18
Specialty Classes	19 & 22
<b>SOCIAL RESPONSIBILITY</b>	<b>24 - 26</b>

### Facility Hours

September 3rd - July 4th

Monday-Friday	5:30 am - 9:00 pm
Saturday	7:00 am - 6:30 pm
Sunday	12 Noon - 5:00 pm

Pool closes 15 minutes prior to closing.

### Holiday Hours

Labor Day	CLOSED	Christmas Day	CLOSED
Thanksgiving Day	CLOSED	New Year's Eve	5:30 - 3pm
Christmas Eve	5:30 - 3pm	New Year's Day	CLOSED

### Contact us

Phone	(508) 362-6500
Fax	(508) 362-5379
Email	info@ymcacapecod.org

### Transportation

The Y is on the B-Bus Transit Route.  
Call 508-362-8326 for information and times.

### Inclement Weather Policy

For your safety, when Barnstable Schools are closed or have a delay, all programming (including group fitness classes) will be cancelled until noon. By 2:00 pm a decision will be made regarding evening programming.

When there's thunder and lightening, the pool closes until 30 minutes after the last sign of lightning, at the discretion of our staff.

## OUR MISSION

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

## WHO WE ARE

The Y is the nation's leading non-profit committed to strengthening communities through youth development, healthy living and social responsibility.

## CEO'S CORNER

### STRENGTHENING COMMUNITY

The Y continues to strengthen community through youth development, healthy living and social responsibility. As we enter the fall of 2013, we are proud to serve you and your family in all of these areas of focus.



In youth development, we aim to nurture the potential of your child(ren). We appreciate the opportunity to provide this nurturing through various youth programs found in this session guide. There are so many to pick from, so ask us if we can help you find the right one to spark your child's curiosity. For our Family Members, please don't forget to use your Family Passport and cash in on the complimentary benefits we've made available to you. As a family, we hope to see you at the Halloween Hoopla events at Camp Lyndon where families bond, reconnect and have fun together! Free for the whole family with your passport!

In healthy living, we aim to improve the health and well-being of our Cape community. This fall we launch an incredibly special program for those recovering from cancer. More than 12 million cancer survivors live in the US today, and 3 out of 4 families will help care for a family member with cancer. Our collaborating partners at Cape Cod Health Care will be supporting each one of these special individuals as they move through this challenge in their life. Please join us and our LIVESTRONG team to welcome our courageous survivors to the Cape Cod Y family.

In social responsibility, we strive to give back and provide support to our neighbors. We provide opportunities for members to get involved in our volunteer opportunities. Did you know there are 20 different volunteer jobs at our Y? If you don't see something that tickles your interest but you have a skill or talent you would like to share with others, let our Volunteer Coordinator know and we will connect you to our one of our team leaders to get you started!

Thank you for your YMCA membership and please let any member of our team know if there is anything we can do to make your experience the best it can possibly be!

Best Regards,

*Stacie Peugh*

Stacie Peugh  
President & CEO

## OUR CAUSE

Strengthening the foundations of community.

## AREAS OF FOCUS

**Youth Development** - Nurturing the potential of every child and teen.  
**Healthy Living** - Improving the nation's health and well-being.  
**Social Responsibility** - Giving back and providing support to our neighbors.

# MEMBERSHIP

## JOIN US



### YOUR MEMBERSHIP BENEFITS

#### Wellness Center

Featuring state of the art cardio and strength training equipment and knowledgeable staff to assist you in your wellness goals. Members receive two orientation sessions with a staff member, summer memberships receive one orientation session.

#### Pools

Family, Lap and Recreational Swimming available in both pools, see current schedule for details.

#### Group Fitness

People who participate in a group are more likely to achieve their fitness goals and stay active. Join in more than 50 free classes offered on a weekly basis. Schedules are updated monthly, visit the Welcome Center for details.

#### Program Rewards

Members receive priority registration and special pricing on programs, child care and camp. Some restrictions may apply.

#### Special Events

Family members receive free admission to one family focused special event per year.

#### Child Watch

Family members have access to the Y's Child Watch facilities, see page 9 for details and schedules.

#### Look for the Diabetes Resource Center Initials

Look for the Diabetes Resource Center Initials **DRC** next to low impact classes that help to foster a healthier lifestyle.



## DO MORE SAVE MORE

Present your Family Membership Savings Passport at the Welcome Center and Save on the following programs.

### PRESCHOOL SPORTS MANIA CLASS

Value: \$46

### NUTRITION SESSION

Value: \$47

### DAY CAMP Registration Fee

Value: \$25

### TAI CHI CLASS

Value: \$69

### YOUTH SWIM LESSONS

Value: \$64

### ADULT AQUATIC EXERCISE CLASS

Value: \$58

### PERSONAL TRAINING 3 PACK

Value: \$127

### BIRTHDAY POOL PARTY

Value: \$75

### EGGCELLENT EASTER ADVENTURE

Value: \$20

### HALLOWEEN HOOPLA

Value: \$20

### BREAKFAST WITH SANTA

Value: \$20

### VACATION FUN CLUB

Value: \$38

# MEMBERSHIP

## 2013 MEMBERSHIP FEES

Choose your membership category, then choose between monthly, annual, or three month options. The Joiner's Fee does not apply to three month memberships.

MEMBERSHIP CATEGORY	AGES	MONTHLY FEE	ANNUAL FEE	JOINERS FEE	THREE MONTH
YOUTH	0-17 years	\$15	\$174	\$25	-
YOUNG ADULT	18-24 years	\$33	\$390	\$25	-
ADULT	25-59 years	\$50	\$576	\$75	\$260*
FAMILY I	see below	\$60	\$696	\$100	\$318*
FAMILY II	see below	\$80	\$936	\$100	\$370*
SENIOR	60+ years	\$40	\$456	\$75	\$207*
SENIOR COUPLE	60+ years	\$64	\$744	\$100	\$280*

### Family I & II

Adult(s) and children 17 and younger living in the same household.

### Methods of Payment

**Monthly Membership Fees:** debited directly from a checking or savings account. A \$25 Fee will be charged for insufficient funds.

**Annual and Three Month Memberships:** payable with Master Card, Visa, Discover, Cash and Checks. Please note there is a \$25 fee for all returned checks.

### Joiner's Fee

This is a fee for new Youth, Adult, Senior and Family members. Your membership must be current to use the YMCA, but if it does lapse, you have 60 days to renew without paying the joiner's fee. \*Joiner's Fee is included in the cost of the three month option.

### Monthly Membership

Upon joining your first payment is the first month's prorated dues and the joiner's fee. Membership may be canceled by giving written notice no later than the 25th of the month before your next draft. This is a continuous membership valid until canceled by the member. Billing occurs monthly on the 15th.

**Freeze Option:** you may freeze your membership for up to 90 days per calendar year. A \$10 fee will be withdrawn from your account for every month you freeze. \* Please note Preschool, Youth, Teen and Young Adult do not offer a freeze option.

### Military Memberships

The Armed Services, YMCA and Department of Defense Outreach Initiative offer free YMCA memberships to eligible military families and personnel who may not have access to a nearby military facility. Confirm eligibility by contacting Military One Source at [www.militaryonesource.com](http://www.militaryonesource.com) or by calling (800) 342-9647.

### My Y is every Y in New England

All Y members from Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont will be welcome free with their current Y ID card anywhere in New England. Restrictions may apply.

### A.W.A.Y. Program

Members of the Y are welcome at more than 1,000 Y's nationwide. Please contact the YMCA you are visiting to see if it participates.

### Financial Assistance

Since it is our intent that no one be denied membership or participation in programs because of an inability to pay, we offer financial assistance to those who qualify. Please complete a financial assistance form and attach proof of financial situation. Applications are available at the Welcome Center and at [ymca-capecod.org](http://ymca-capecod.org). All requests are kept confidential. Contact the Membership Director for more information, 508-362-6500 x129.

### Program Registration

Members receive priority registration for all programs and reduced class fees - up to 50%. Program guide registration reminders are sent automatically to members who have provided the Y with a valid email address. Program Registration can be conducted in person at the Welcome Center or on the web at [ymca-capecod.org](http://ymca-capecod.org). A processing fee of \$15 will be applied to any credits or refunds.

### Three Month Membership - College Students Only

\*\* Must present valid college ID at time of purchase.

### Member Guest Passes

Each YMCA Cape Cod Membership is granted two guest passes per calendar year. Guests using these passes must attend with the member and must show ID at the Welcome Center.

### Guest Fees

YMCA members are encouraged to bring their friends who are not familiar with the YMCA. Guests must show ID and pay the guest fee.

Guests who join the YMCA can receive a credit for guest fees paid within the past 30 days (up to \$60).

Adult	18+ years	\$10
Youth	0-17 years	\$5
Class Pass	14+ years	\$15

# SAFETY

## YMCA Child and Member Protection Practices

At the YMCA Cape Cod, our top priority always is the safety and well-being of our members, program participants and staff. We are committed to providing the safest possible environment for children and adults using Y facilities, programs and services. Our YMCA follows a rigorous ongoing process to protect those using our services. Our approach is four pronged:

1. **Screening and Hiring** – To do everything possible to ensure the right staff and volunteers are working with participants in our programs, we conduct intensive screening and hiring practices including detailed application forms, a comprehensive interview process conducted by multiple staff, multiple reference checks, and criminal and sexual offender background and record checks.
2. **Education and Training** – All staff sign an Employee Code of Conduct, which sets clear rules and expectations for behavior. The Y has Zero Tolerance for staff deviating from the Employee Code of Conduct. Employees working with children go through an extensive child abuse prevention program. Child care staff members are mandated to report any suspected abuse. All staff is trained to identify when a fellow employee or volunteer is stretching or breaking the rules and are trained in how to respond and report these violations.
3. **Supervision and Management** – Supervisors and managers complete additional training to further promote a child safe environment and conduct regular monitoring of spaces within our facility. All Y staff are mandated reporters.
4. **Practices and Systems** – Our Y strives to create an open environment and encourages feedback from; staff, parents, children and members. Protection practices exist to create a safe environment for all. Examples include a posted cell phone ban in all locker rooms and rest rooms, specific locker rooms separating adults and children, additional bus monitors for trips and camp transportation, prohibiting staff to work one-on-one with youth outside the YMCA (i.e. baby-sitting) and mandatory reporting requiring staff members to report any suspicious activity.

While we put a great deal of thought and effort into implementing a strong Child and Member Protection Plan, perhaps the most important thing we do is to communicate regularly with members. To ensure the safest environment possible, communication and vigilance on all our parts is essential.

Abusers can be parents, care takers, friends, neighbors, or other youth. It takes everyone's help to create a safe environment.

## Youth Facility Usage

All children 10 years and under must be under direct supervision of a parent or guardian when using the facility. Parent or guardian must be 18 years or older. Children 10 and under must have a parent/guardian on the premises while they are attending a supervised program activity.

## AQUATICS SAFETY

### Lap Swim

When two swimmers are sharing one lane they may split the lane in half, one swimmer staying to the right and the other to the left.

For three or more, swimmers will need to circle swim, going counter clockwise. Please check with a lifeguard so that they can choose compatible swimmers for you to share with.

Please be courteous and cautious of other swimmers.

### Open Swim

All swimmers under the age of 18 must be swim tested before entering either pool.

Children 10 and up that have passed swim test may swim without an adult, all others must have an adult (18+) in the water with them at all times.

Parents must stay within an arm's reach of children under the age of 5.

Only two children under the age of 6 allowed per adult, 4 children max per adult.

We do not allow water wings or blow up flotation devices. We have bubbles that may be used during open swim, please ask a lifeguard if you need assistance.

Children that wear bubbles do not need to take a swim test but they do need an adult in the pool with them.

### Shallow Water Swim Test

Swimmers under the age of 18 must be able to touch bottom with head above water OR be able to swim two full lengths of small pool or shallow water area. Children 10 and up that have passed the swim test may swim without an adult in the water, all others need an adult in the water with them at all times.

The swim test must be completed upon every visit to open swim at the YMCA.

### Deep Water Swim Test

Swimmers under the age of 18 must successfully swim 25yds (1 length of main pool) and tread water for 30 seconds. Children 10 and up that have passed swim test may swim without an adult in the water, all others must have an adult in the water with them at all times.

# AQUATICS SCHEDULES

## SMALL POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Exercise 5:30 - 8:00 am	Open Exercise 5:30 - 8:30 am	Open Exercise 5:30 - 8:00 am	Open Exercise 5:30 - 8:30 am	Open Exercise 5:30 - 8:00 am	Open Exercise 7:00 - 8:00 am	
	Parent/Tot Swim 9:00 - 10:00 am					
Open Exercise 12:30 - 1:30 pm	Open Exercise 12:30 - 1:30 pm	Open Rec. 12:30 - 2:30 pm	Open Rec. 11:30 - 2:30 pm	Open Rec. 12:30 - 2:30 pm	Open Rec. 1:00 - 3:00 pm	Open Ex. 12:00 - 1:00 pm
Parent/Tot Swim 3:15 - 4:00 pm	Open Rec. 2:00 - 3:45 pm		Open Rec. 3:00 - 4:00 pm		Family Swim 3:00 - 4:00 pm	Open Rec. 1:00 - 4:45 pm
	Open Rec. 6:30 - 7:45 pm			Open Rec. 5:45 - 8:45 pm	Family Rec Swim 4:00 - 6:15 pm	
Open Rec./Ex. 7:45 - 8:45 pm	Open Rec./Ex. 7:45 - 8:45 pm	Open Rec./Ex. 7:45 - 8:45 pm	Open Rec./Ex. 7:45 - 8:45 pm			

## MAIN POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30 - 9:00 am (6 lanes)	Lap Swim 5:30 - 9:00 am (6 lanes)	Lap Swim 5:30 - 9:00 am (6 lanes)	Lap Swim 5:30 - 9:00 am (6 lanes)	Lap Swim 5:30 - 9:00 am (6 lanes)	Lap Swim 7:00 - 9:00 am (6 lanes)	
Lap Swim 9:00 - 11:30 am (3 lanes)	Lap Swim 9:00 - 11:30 am (3 lanes)	Lap Swim 9:00 - 11:30 am (3 lanes)	Lap Swim 9:00 - 11:30 am (1 lane)	Lap Swim 9:00 - 11:30 am (3 lanes)	Lap Swim 9:00 - 11:15 am (1 lane)	
Lap Swim 11:30 - 1:00 pm (6 lanes)	Lap Swim 11:30 - 1:00 pm (6 lanes)	Lap Swim 11:30 - 1:00 pm (6 lanes)	Lap Swim 11:30 - 2:00 pm (6 lanes)	Lap Swim 11:30 - 1:00 pm (6 lanes)	Lap Swim 11:30 - 6:15 pm (4 lanes)	Lap Swim 12:00 - 1:00 pm (6 lanes)
Lap Swim 1:00 - 1:45 pm (3 lanes)	Lap Swim 1:00 - 2:45 pm (5 lanes)	Lap Swim 1:00 - 1:45 pm (3 lanes)	Lap Swim 2:00 - 3:00 pm (5 lanes)	Lap Swim 1:00 - 1:45 pm (3 lanes)	Family Rec. 11:30 - 6:15 pm (2 lanes)	Family Rec 1:00 - 4:45 pm (1 lane)
Lap Swim 1:45 - 4:00 pm (5 lanes)	Lap Swim 2:45 - 4:00 pm (5 lanes)	Lap Swim 2:00 - 2:45 pm (5 lanes)	Lap Swim 3:00 - 4:00 pm (5 lanes)	Lap Swim 1:45 - 4:00 pm (5 lanes)		
Lap Swim 4:00 - 5:45 pm (1 lane)	Lap Swim 4:00 - 5:45 pm (1 lane)	Lap Swim 4:00 - 5:45 pm (1 lane)	Lap Swim 4:00 - 5:45 pm (1 lane)	Lap Swim 4:00 - 5:45 pm (1 lane)		
Lap Swim 5:45 - 6:45 pm (3 lanes)	Lap Swim 5:45 - 6:45 pm (3 lanes)	Lap Swim 5:45 - 6:45 pm (3 lanes)	Lap Swim 5:45 - 6:45 pm (3 lanes)	Lap Swim 5:45 - 6:45 pm (3 lanes)		
Lap Swim 7:45 - 8:45 pm (1 lane)	Lap Swim 7:45 - 8:45 pm (1 lane)	Lap Swim 7:45 - 8:45 pm (1 lane)	Lap Swim 7:45 - 8:45 pm (1 lane)	Lap Swim 7:45 - 8:45 pm (2 lanes)		





FOR YOUTH DEVELOPMENT®  
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FOR SOCIAL RESPONSIBILITY

# ENSURING BRIGHTER FUTURES

Child care at the Y focuses on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

## YMCA CAPE COD CHILD CARE LOCATIONS:

- **Lorusso**  
Camp Lyndon, Sandwich
- **Stony Brook**  
Stony Brook Elementary, Brewster
- **Children's Crossing**  
YMCA Cape Cod, W. Barnstable

**508.362.6500 x135**  
**[ymcacapecod.org/programs/child-care](http://ymcacapecod.org/programs/child-care)**



# YOUTH DEVELOPMENT

## Child Care

### INFANT – PRESCHOOL

YMCA Cape Cod Child Care Centers nurture the healthy development of each child. Providing an environment that is safe, challenging, fun and structured. Swim instruction, adventure hikes, physical education, and field trips are some of the unique activities offered to foster personal growth, independence, and individuality. We offer child care that is accessible, affordable, and high quality. There is a 10% discount with a YMCA Family Membership.

#### STONY BROOK CHILD CARE CENTER

Jenn Marceline - Coordinator  
Stony Brook Elementary School  
384 Underpass Road, Brewster MA, 02631  
Ages 3 months - 5 years  
Monday - Friday 7:00 am - 5:30 pm  
774-323-3286

#### LORUSSO CHILD CARE CENTER

Jen Proc - Coordinator  
Camp Lyndon Center  
117 Stowe Road, Sandwich, MA 02563  
Ages 2.9 years - 5 years  
Monday - Friday 7:30 am - 5:30 pm  
Half Day Program Monday - Friday 8:30-12:30 pm  
508-428-9251 x209

#### CHILDREN'S CROSSING CHILD CARE & ENRICHMENT CENTER

Jane Heick - Senior Program Director  
YMCA Cape Cod  
2245 Iyannough Road, West Barnstable, MA 02668  
Ages 3 months - 5 years  
Monday - Friday 7:30 am - 5:30 pm  
508-362-6500 x108

### SCHOOL AGE

The Afterschool Enrichment Program, located at our West Barnstable facility welcomes school aged children from ages 5 to 12 years old. While participating in the Afterschool Enrichment Program the children will be able to participate in swim lessons in our pool, a healthy snack served daily, a fun filled physical activity daily, as well as a safe environment.

Transportation is provided from the local Barnstable Public Schools. The Afterschool Enrichment Program also provides care for all regularly scheduled half days and most of the regularly scheduled full days off in the Barnstable public school calendar to accommodate parent needs for extra child care. Be prepared early and sign your child up. Summer months fly by and before you are aware the school year is beginning.

#### AFTER SCHOOL ENRICHMENT PROGRAM CHILDREN'S CROSSING CHILD CARE & ENRICHMENT CENTER

Janet Vernon - Coordinator  
YMCA Cape Cod  
2245 Iyannough Road, West Barnstable, MA 02668  
Ages 5-12 Years  
Monday - Friday 3:00 pm - 6:00 pm  
508-362-6500 x108

### SUMMER CAMP

With a commitment to nurturing the potential of children and teens, promoting healthy living, and fostering a sense of social responsibility, the YMCA Cape Cod's Camp Lyndon ensures that every individual has access to the essentials needed to learn, grow and thrive.

The YMCA Cape Cod operates two day camps on Cape Cod; Camp Lyndon in Sandwich and West Barnstable Day Camp located at the Y. Both camps provide a safe, thriving environment for young people to explore personal interests, build self esteem, develop interpersonal skills, discover the creativity and health benefits of the outdoors, and make lasting friendships and memories.

#### CAMP LYNDON

Thom Busby - Director  
Camp Lyndon Center  
117 Stowe Road, Sandwich, MA 02563  
508-362-6500 x201  
[ymcacapecod.org/programs/camp](http://ymcacapecod.org/programs/camp)

#### WEST BARNSTABLE DAY CAMP

Robin Hayward - Director  
YMCA Cape Cod  
2245 Iyannough Road, West Barnstable, MA 02668  
508-362-6500 x125  
[ymcacapecod.org/programs/camp](http://ymcacapecod.org/programs/camp)



# YOUTH DEVELOPMENT

## Child Watch, Preschool Classes, Youth Sports

### CHILD WATCH

For ages 3 months to 9 years.

This service is offered free to Y Family Members, reservations are required and can be placed up to 24 hours in advance. Time limited to 1.5 hours per visit. Please call 508-362-6500 x131

Monday & Wednesday	8:00 - 12 Noon
Tuesday, Thursday, and Friday	9:00 - 12 Noon
Monday - Friday	4:00 - 7:30 pm
Saturday	9:00 - 12 Noon
Member Rate:	\$3 per child per visit
Nonmember Rate:	\$5 per child per visit

### PRESCHOOL CLASSES

#### PRE-BALLET

Ages 4-5 Years

Taught by the Atlantic Coast Academy of Dance, Pre-Ballet introduces students to the study of classical ballet. Age-appropriate ballet vocabulary, skill development, creative expression, and music appreciation is incorporated into the curriculum. Off-site performance opportunities are incorporated into the program twice a year (Fall and Spring II sessions) with a revised class schedule during these sessions to include the rehearsal and performance times. The ACAD Pre-Ballet suggested attire is a pale pink leotard, tights and ballet shoes, but this is not required to participate in class (required for performances).

Saturday	9:00 - 9:45 am
Member Fee	\$57
Non-Member Fee	\$103

#### SPORTS MANIA

Ages 3-5 Years

Introduce your child to sports and games while meeting new friends! Participants will be introduced to the basics of throwing, catching, running, dribbling, and organized games while developing socially with their peers in a fun and lively atmosphere

Tuesday	10:00 - 10:45 am
Friday	1:00 - 1:45 pm
Member Fee	\$48
Non-Member Fee	\$75

### WELLNESS

#### KARATE

Age 7 +

Kelley's School of Karate provides a creative approach to self-defense and self-discipline, taught by Daniel Kelley, a master instructor in the art of Tang Soo Do. Students follow a curriculum that is based off of the Eight Key Concepts of Tang Soo Do, as well as the Student Creed. They are encouraged to take the teachings of self-discipline that they learn throughout their classes and apply it to their everyday lives, at school and at home. The voluntary assistance from black belts of several other ranks provides the students with more accessibility to guidance throughout the classes.

Kids' Beginner meets twice a week:

Tuesday	6:15 - 7:00 pm
Saturday	10:00 - 10:45 am

Kids' Advanced meets twice a week

Tuesday	7:00 - 7:45 pm
Saturday	10:45 - 11:30 am

Member Fee	\$69
Non-Member Fee	\$135

#### FIT KIDS

Age 5 - 7 years

Build healthy habits early! Combination of aerobics, strength and flexibility for 45 minutes of fun.

Saturday	10:00 - 10:45 am
Free to Members	

#### YOUTH STRENGTH TRAINING

Ages 12 - 14 years

Free program for youth members ages twelve and up. Course includes eight classes that introduce proper machine usage, cardio programs, and strength training techniques. Members must be fourteen years old and have completed this course in order to use the fitness center without adult supervision. Twelve and thirteen year-olds who have completed this course may use the fitness center when accompanied by an adult.

Pre-Registration Required

Tuesday and Thursdays	4:00 - 5:00 pm
Free to Members	
Non-Member Fee	\$40

# YOUTH DEVELOPMENT

## Fall Youth Sports

### Youth Sports Fall Offerings at Marstons Mills & Camp Lyndon

#### T-BALL

Camp Lyndon  Marstons Mills

Age 4-5 years

Come learn the basics in this introduction to baseball. This skill based league aims to develop coordination in all areas of the game while keeping players moving.

#### MUNCHKIN SOCCER

Camp Lyndon  Marstons Mills

Age 4-5 years

This skill based league aims to develop dribbling, passing, and shooting skills in fun games and drills.

#### COACH PITCH BASEBALL

Camp Lyndon  Marstons Mills

Age 6-8 years

Apply your skills to game situations. Learn about the rules of America's favorite pastime while developing your technique!

#### YOUTH SOCCER

Camp Lyndon  Marstons Mills

Age 6-8 years

Strengthen your fundamentals while applying your skills in game situations. Learn about position responsibilities and techniques.

#### FLAG FOOTBALL

Camp Lyndon

Age 8-10 years

Whether this is your first time throwing the football or you've been running routes since last season, come and enjoy a non-contact football league full of skill drills and fun scrimmages.

### YMCA Youth Sports Important Information

All Registrations Include: YMCA Youth Sports Team Shirt, Six Games/Practice Sessions, Youth Sports Medal

Game Information: All games and practices are held on Saturdays from 9/14/13 - 10/19/13 at your selected location. Games occur between 9:00AM and 2:00PM. One "make up" game will be scheduled if needed on 10/26/13.

Registration Deadlines: 8/23/13 On Time Registration Deadline  
8/30/13 Late Registration Deadline (Late Fee of \$20 applies to all late registrations)

Fees: \$63 Member Fee \$75 Non-Member Fee \$20 Late Fee (all registrations after 8/30/13)

### Registration Information

Player's Information Last Name MI First Name Gender Birthday M/D/YR School Grade

Parent Information Last Name MI First Name Email Address

Address City State Zip Primary Phone Secondary Phone

Shirt Size: YS (6/8) YM (10/12) YL (14/16)

#### VOLUNTEER COACHES

All volunteer coaches must undergo a background check prior to coaching.

I would like to be: \_\_\_\_Head Coach \_\_\_\_Assistant Coach

Phone/E-mail if different than above

#### SPONSOR INFORMATION

Please contact me about becoming a sponsor

Name

Phone

# YOUTH DEVELOPMENT

## Special Events

### THE FAMOUS HALLOWEEN HOOPLA

OCTOBER 18, 2013

RAIN DATE OCTOBER 19TH

6:30 - 8:30 PM

\$5 PER PERSON

Come to Camp Lyndon in the dark of the night to experience the original "Wicked Scary" Halloween Hoopla! Tour the barn on our Haunted Barnyard Hike, take a horrific hayride through our hair-raising campsites and grab a tasty treat. This event is designed to stir up the older kids and adults with a little traditional Halloween Fun! Recommended for children 8+.

### HAPPY LITTLE HOOPLA

OCTOBER 19, 2013 RAIN OR SHINE

2:00 - 4:00 PM

\$5 PER CHILD, ADULTS FREE

This festive and friendly Halloween Party is perfect for ages 3-7. Come to Camp Lyndon with your little ghouls and enjoy games, snacks and a craft project. A friendly hayride through the campsites at dusk is the perfect ending to this delightful event. Costumes are encouraged!



## VOLUNTEERS NEEDED

Contact 508 362 6500 x201  
or email  
[tbusby@ymcacapecod.org](mailto:tbusby@ymcacapecod.org)

## DEVELOPING YOUTH WITH A SENSE OF RESPONSIBILITY

At the West Barnstable Day Camp we encourage social responsibility by offering our campers the opportunity to care for the YMCA grounds by weeding. Investing them in the ownership of the YMCA community.

Twice a week children meet in Miss Denise's office and gather the tools they need to weed. This experience fosters social skills, team work, and encourages outdoor exploration. This experience also teaches our young ones the gift of giving back!!!



# YOUTH DEVELOPMENT

## Aquatics, Preschool Lessons

### WATERBABIES

Age 6 to 18 months  
 Small Pool. An adjustment program designed to introduce young children to the water, basic safety and fun. A parent or other trusted adult must accompany their "waterbaby" in the pool.

Wednesday 9:00 - 9:30 am  
 Saturday 8:00 - 8:30 am  
 Member Fee \$41  
 Non-Member Fee \$77

### WATERBABIES II

Age 19 to 36 months  
 Small Pool. An adjustment program designed to introduce young children to the water, basic safety and fun. A parent or other trusted adult must accompany their "waterbaby" in the pool.

Monday 9:10-9:40 am  
 Tuesday 10:00 - 10:30 am  
 Tuesday 5:20 - 5:50 pm  
 Wednesday 9:35 - 10:05 am  
 Thursday 9:00 - 9:30 am  
 Friday 9:10 - 9:40 am  
 Saturday 8:35 - 9:05 am  
 Member Fee \$41  
 Non-Member Fee \$77

### PIKES WITH PARENTS

Age 3 to 5 years  
 Small Pool. This class is for the child who is not yet comfortable in the water.

Tuesday 8:30 - 9:00 am  
 Wednesday 2:45 - 3:15 pm  
 Saturday 9:10 - 9:40 am  
 Member Fee \$56  
 Non-Member Fee \$108

### PIKES

Age 3 to 5 years  
 Small Pool. For young swimmers who may be unfamiliar with or uncomfortable in the water.

Monday 10:25 - 10:55 am  
 Monday 1:30 - 2:00 pm  
 Tuesday 4:45 - 5:15 pm  
 Wednesday 10:10 - 10:40 am  
 Wednesday 5:40 - 6:10 pm  
 Thursday 4:35 - 5:05 pm  
 Thursday 6:20 - 6:50 pm  
 Friday 4:05 - 4:35 pm  
 Saturday 11:10 - 11:40 am  
 Member Fee \$56  
 Non-Member Fee \$108

### EELS

Age 3 to 5 years  
 Small Pool. This program builds on the development of the Pikes sessions.

Monday 9:50 - 10:20 am  
 Monday 2:05 - 2:35 pm  
 Monday 4:00 - 4:30 pm  
 Tuesday 11:00 - 11:30 am  
 Tuesday 4:00 - 4:30 pm  
 Wednesday 10:45 - 11:15 am  
 Wednesday 4:00 - 4:30 pm  
 Thursday 4:00 - 4:30 pm  
 Thursday 5:10 - 5:40 pm  
 Friday 3:30 - 4:00 pm  
 Saturday 10:35 - 11:05 am  
 Saturday 11:45 - 12:15 pm  
 Member Fee \$56  
 Non-Member Fee \$108

### EELS PLUS

Age 3 to 5 years  
 Small & Main Pool. 30 minute class designed to ease the transition from the small to the main pool. Participants should be high end "eels" with minimal to no flotation.

Monday 4:15 - 4:45 pm  
 Tuesday 4:15 - 4:45 pm  
 Wednesday 4:15 - 4:45 pm  
 Wednesday 10:45 - 11:15 am  
 Friday 4:00 - 4:30 pm  
 Saturday 10:30 - 11:00 am  
 Member Fee \$56  
 Non-Member Fee \$108

### RAYS

Age 3 to 5 years  
 Main Pool. Conducted in the Main Pool with minimal or no flotation and features continued development of swimming skills and endurance.

Monday 10:45 - 11:30 am  
 Monday 4:45 - 5:30 pm  
 Tuesday 1:00 - 1:45 pm  
 Tuesday 4:45 - 5:30 pm  
 Wednesday 2:00 - 2:45 pm  
 Wednesday 4:00 - 4:45 pm  
 Thursday 4:45 - 5:30 pm  
 Friday 4:00 - 4:45 pm  
 Member Fee \$64  
 Non-Member Fee \$123

### STARFISH

Age 3 to 5 years  
 Main Pool. Starfish continue to develop aquatic skills while learning survival floating, surface dives, somersaults, jumping from a height, boating and personal safety.

Tuesday 2:00 - 2:45 pm  
 Tuesday 4:00 - 4:45 pm  
 Wednesday 4:45 - 5:30 pm  
 Thursday 4:00 - 4:45 pm  
 Saturday 10:30 - 11:15 am  
 Member Fee \$64  
 Non-Member Fee \$123

# YOUTH DEVELOPMENT

## Aquatics, School Age Lessons

### YSL POLLIWOG

Age 6 years (must be in 1st grade) and up  
Main or Small Pool. For beginners without experience or with limited skills.

Monday	4:00 - 4:45 pm
Monday	4:45 - 5:30 pm
Tuesday	4:45 - 5:30 pm
Wednesday	4:45 - 5:30 pm
Thursday	4:00 - 4:45 pm
Saturday	9:45 - 10:30 am
Member Fee	\$64
Non-Member Fee	\$123

### YSL GUPPY

Age 6 years (must be in 1st grade) and up  
Main Pool. For advanced beginners who are comfortable in the Main Pool.

Monday	4:00 - 4:45 pm
Monday	4:45 - 5:30 pm
Tuesday	4:00 - 4:45 pm
Wednesday	4:00 - 4:45 pm
Thursday	4:00 - 4:45 pm
Saturday	9:00 - 9:45 am
Saturday	9:45 - 10:30 am
Saturday	10:30 - 11:15 am
Member Fee	\$64
Non-Member Fee	\$123

### YSL MINNOW

Age 6 years (must be in 1st grade) and up  
Main Pool. For advanced beginners to develop a rudimentary front crawl with rotary breathing, a rudimentary breaststroke, elementary backstroke, back crawl and sidestroke.

Monday	4:00 - 4:45 pm
Monday	4:45 - 5:30 pm
Tuesday	4:00 - 4:45 pm
Tuesday	4:45 - 5:30 pm
Wednesday	4:00 - 4:45 pm
Wednesday	4:45 - 5:30 pm
Thursday	4:45 - 5:30 pm
Saturday	9:00 - 9:45 am
Saturday	9:45 - 10:30 am
Member Fee	\$64
Non-Member Fee	\$123

### YSL FISH

Age 6 years (must be in 1st grade) and up  
Main Pool. Intermediate work on refining a front crawl, back crawl, breaststroke, elementary backstroke and sidestroke.

Monday	4:00 - 4:45 pm
Monday	4:45 - 5:30 pm
Tuesday	4:00 - 4:45 pm
Tuesday	4:45 - 5:30 pm
Wednesday	4:00 - 4:45 pm
Thursday	4:00 - 4:45 pm
Thursday	4:45 - 5:30 pm
Saturday	9:00 - 9:45 am
Saturday	9:45 - 10:30 am
Member Fee	\$64
Non-Member Fee	\$123

### YSL FLYINGFISH

Age 6 years (must be in 1st grade) and up  
Main Pool. For the advanced swimmer, class builds increased efficiency and endurance in the six basic strokes with an introduction to flip turns, starts and pullouts.

Monday	4:45 - 5:30 pm
Tuesday	4:00 - 4:45 pm
Wednesday	4:45 - 5:30 pm
Saturday	9:00 - 9:45 am
Member Fee	\$64
Non-Member Fee	\$123

### YSL SHARK

Age 6 years (must be in 1st grade) and up  
Main Pool. The advanced swimmer refines his/her strokes and learns the concepts of competitive swimming while building endurance.

Wednesday	4:45 - 5:30 pm
Thursday	4:45 - 5:30 pm
Saturday	9:45 - 10:30 am
Member Fee	\$64
Non-Member Fee	\$123

# YOUTH DEVELOPMENT

## Aquatics, School Age Lessons

### YSL HAMMER HEADS I & II

Age 11-14 years

Main Pool. Participants will be able to enhance their limited skills and experience in an age friendly, sensitive class environment.

Thursday	4:00 - 4:45 pm	HH I
Thursday	4:45 - 5:30 pm	HH II
Member Fee	\$64	
Non-Member Fee	\$123	

### YSL PORPOISE CLUB

Age 10 years and up

Main Pool. After successfully completing Youth Swim Lessons, we offer a chance for swimmers to stay active and engaged with the water, without having to continue a traditional swim lesson or making a commitment to the swim team. This program will work with accomplished swimmers at developing their leadership skills and practicing the Y's Core Values. These swimmers will assist instructors in setting up and breaking down their classes, learn how to instruct other swimmers in a lesson, and work on skills not found in other lessons.

Thursday	4:45 - 5:30 pm	
Member Fee	\$70	
Non-Member Fee	\$123	

### SWIM LESSONS FOR CHALLENGED YOUTH

Age 6 years and up

Small & Main Pool. This instructional and recreational program is customized to the special needs of your swimmer.

Friday	5:00 - 5:45 pm	
Member Fee	\$64	
Non-Member Fee	\$123	

### PRIVATE SWIMMING LESSONS

Age 3 years and up

Small Pool or Main Pool. Private swim lessons are the optimal way to learn how to swim. Details and pricing information are available at the Welcome Center or call Julia at (508) 362-6500 x300.

### MAKO SWIM TEAM

Age 6 to 18 years

Main Pool. Competitive Age Group Swimming. The Mako Swim Team offers five different team levels; Novice, Age Group, Junior, Senior and National. The Y's Mako Swim Team competes in both YMCA and USA Swimming to develop swimmers to their fullest potential through use of proper technique, challenging workouts, and a strong team atmosphere. The program incorporates discipline, character development, skills, training, and endurance swimming. Advance through the progressive level program.

Swimmers interested in our Novice program must be able to swim freestyle and backstroke. In order to be a part of the Age Group Team, swimmers must be at least 6 years old and able to exhibit good swimming skills and a variety of competitive techniques. Maturity, conditioning and ability will help determine a swimmers level.

For more information visit [ymcacapecod.org](http://ymcacapecod.org) or contact the coaching staff at 508-362-6500 x109.



# HEALTHY LIVING

## American Red Cross Safety Training

### CPR, AED & FIRST AID CERTIFICATION

Learn how to recognize and handle emergency situations, help someone in breathing and cardiac emergencies, and perform CPR on adults, children, and infants. Course also covers basic populations for preventing disease transmission.

Member Fee	\$125
Non-Member Fee	\$150

Tuesday & Thursday Nights 5:00pm - 9:00pm

September 10 & 12, 24 & 26  
October 8 & 10

### CPR, AED & FIRST AID RECERTIFICATION

Refresh your skills in how to recognize and handle emergency situations, help someone in breathing and cardiac emergencies, and perform CPR on adults, children, and infants. Course also covers basic precautions for preventing disease transmission. Must possess current (not yet expired) certifications.

Member Fee	\$75
Non-Member Fee	\$100

Monday Nights 5:00pm - 9:00pm

September 16, 30  
October 7, 21

### LIFEGUARDING COURSE

Train to be a lifeguard, learn lifesaving skills, to help people stay safe in, on and around the water. Course covers rescues, spinal management, CPR & AED, First Aid, Oxygen Administration and Bloodborne Pathogens and characteristics of a professional lifeguard. Participant must be 15 years of age.

Member Fee	\$350
Non-Member Fee	\$425

5 Saturdays: September 14 - October 12  
1st Saturday: Pretest: 8:00 - 10:00 am  
Class 11:00 - 6:00pm

### LIFEGUARDING RECERTIFICATION

Are all your certifications up to date? Take our recertification course to stay up to date on all current changes and keep your skills fresh. Course will recertify participants in Lifeguarding, CPR & AED, and First Aid.

Member Fee	\$175
Non-Member Fee	\$225

2 Sundays: 12:00 - 5:00pm  
September 15 & 22  
October 3 & 20

### WATER SAFETY INSTRUCTOR

Learn how to properly teach a fun, safe and enthusiastic swim lesson. Please contact the Aquatics Office for information on WSI. 508 362 6500 x103



# HEALTHY LIVING

## Aquatics, Adult Classes

### YMCA AQUATICS ARTHRITIS FOUNDATION DRC

Small Pool. A recreational class in our heated pool for adults with any type of arthritis. Participants may attend 3 classes.

Monday, Wednesday & Friday	8:00 - 9:00 am
Monday, Tuesday, Wednesday & Friday	11:30 - 12:30 pm
Member Fee	\$58
Non-Member Fee	\$115

### AQUACIZE DRC

Small Pool. Aquacize stretches and tones your muscles with a low-impact, movement-based workout. Participants need not be accomplished "swimmers" to aquacize.

Monday and Wednesday	7:00 - 7:45 pm
Member Fee	\$58
Non-Member Fee	\$115

### FIT & SWIM DRC

Main Pool. Exercise in the pool to stretch and tone your muscles followed by 15 minutes of lap swimming or water walking. (You need not be a "swimmer" for this class.)

Monday, Wednesday & Friday	9:00 - 9:45 am
Member Fee	\$58
Non-Member Fee	\$115

### ADULT SWIM LESSONS DRC BEGINNERS

Small Pool. This program is designed to teach adults how to swim. Participants should be "beginners" with little or no swimming ability or experience.

Thursday	7:00 - 7:45 pm
Member Fee	\$64
Non-Member Fee	\$123

### ISEP

Small Pool. Our Individualized Swimming Exercise Program is an adapted exercise and swim program for adults with special needs. Programs are custom designed to increase the individual's fitness and independence. An aide may be necessary and welcomed to assist some class members.

Monday	5:45 - 6:45 pm
Member Fee	\$40
Non-Member Fee	\$85

### NO SWEAT! DRC

Main Pool. Work on your aerobic conditioning and muscle endurance by using the water's natural resistance.

Monday, Wednesday & Friday	9:45 - 10:30 am
Member Fee	\$58
Non-Member Fee	\$115

### SWIM STROKE CLINIC

Main Pool. Looking to improve your workout? Triathlete? Master Swimmer? Refine your strokes under the guidance of the Y's Head Swim Coach, Ben VanDyk. Class will focus on improving stroke technique.

Thursday	7:00 - 8:00 am
Member Fee	\$85
Non-Member Fee	\$130

### WATER EXPRESS DRC

Main Pool. The fitness benefits of water exercise are many. This faster paced workout is designed to strengthen your heart and lungs as well as your muscles. You don't need to be a swimmer to enjoy the power of the water in conditioning your body to be strong.

Monday and Wednesday	7:45 - 8:30 PM
Member Fee	\$20
Non-Member Fee	\$80

## NOTE FROM A Y MEMBER

Hi there - I have had a 30 day membership this summer while my family has been on the cape. I have attended classes (in the pool) taught by Susan and Jessica for the month and wanted to provide my feedback on their teaching.

Both Susan and Jessica are spectacular teachers. They exude enthusiasm, warmth, encouragement and engagement. Both are very knowledgeable about their fields and share their knowledge in an approachable and appropriate manner. By offering variations on the exercises, they make the classes accessible to a range of fitness levels, and never imply that one variation/level is "better", rather celebrating everyone's participation and attendance.

I live in San Francisco, a health conscious city to say the least, and will tell you that Susan and Jessica are two of the best teachers I've had for gym classes. I look forward to participating in their classes next summer when we are back on the cape.

Thanks for a great month.  
-Aimee.

# HEALTHY LIVING

## Member Group Fitness Classes Current schedule available in Welcome Center

### AIKIDO

All Fitness Levels Welcome

Beginner Aikido is a Japanese martial art that helps you discover your power and control within. Aikido increases strength and flexibility and gives you confidence. It does not rely on power and strength, just self-control.

### BODY SCULPT

All Fitness Levels Welcome

Join a group exercise instructor on 60 minute body sculpt. This is a total body workout with light weight resistance. Join the instructor for a fun toning workout using your arms, legs, back, and abs.

### BOOTCAMP

All Fitness Levels Welcome

"Non-Aerobic" class integrates the latest technology utilizing gliding disks and flex body bars. Build core strength and improve overall muscle tone. Classes provide lots of variety and are adapted to the needs and abilities of participants.

### CARDIO KICKBOXING

All Fitness Levels Welcome

Cardio portion includes punches, kicks, and jabs to create a dynamic fat burning workout with circuit training for all over body toning.

### CORE YOGA DRC

All Fitness Levels Welcome

The yoga class lead by Sheri Boyle will emphasize core (belly & back). Explore traditional yoga postures and breath work using a variety of props. This class fosters a sense of freedom and a deeper connection to one's self.

### ENERGIZE STEP

All Fitness Levels Welcome

A low impact cardiovascular workout with the benefit of a step to increase body strength and burn more calories.

### GENTLE YOGA FLOW DRC

All Fitness Levels Welcome

A gentle flow class that incorporates a series of classic yoga poses with breath work and mindfulness. Focus on building strength and flexibility through proper alignment and your own body weight.

### HARDCORE

All Fitness Levels Welcome

This class is designed to improve strength and stability to your core with a hardcore class revolving around abs and back exercises. This class will improve overall balance and stability for your everyday health and well-being.

### KILLER ABS

All Fitness Levels Welcome

This class uses standing exercises as well as mat work to engage all aspects of the core. Weights will accompany some exercises and there will be stretching at the end of class. This is a perfect class for anyone looking to strengthen their core.

### LIVE FOR LIFE: EXERCISE PROGRAM DRC

All Fitness Levels Welcome

A class for seniors emphasizing balance/fall prevention, stretching, and strengthening exercises to increase muscle mass and deter osteoporosis. Meets in the Xergames Room.

### LIVE FOR LIFE: CHAIR YOGA DRC

All Fitness Levels Welcome

This class is specially designed to help with such ailments as arthritis, back pain, headaches and sleep problems common in the over 50 crowd. Gentle yoga postures, stress-reducing breathing techniques and meditation practices produce an overall feeling of well-being. Meets in the Xergames Room.

### LOW IMPACT AEROBICS DRC

All Fitness Levels Welcome

This low impact, calorie-burning workout will have your toes tapping and your heart pounding. This class combines classic aerobic moves with creative circuit training for all over body toning.

### NIA INTERVAL DANCE DRC

All Fitness Levels Welcome

A dynamic cardiovascular workout combining dance, martial arts and yoga mixed with intervals of strength. Improve mobility, flexibility and balance while having fun to soul-stirring music.

### PARKINSON'S DANCE & EXERCISE CLASS DRC

This entertaining exercise and dance class specifically benefits people with Parkinson's disease. The class focuses on balance, coordination, flexibility, and gait through easy to follow simple movements that are fun and in a relaxed environment. This class involves chairs and every day attire is welcomed, so leave your workout attire and put on your comfy shoes for a great class that will connect you with others while listening to a variety of music from the '30s to the '90s.

### PILATES DRC

All Fitness Levels Welcome

This hour-long class focuses on breathing, technique and postures created by Joe Pilates. Beginner and advanced times available.

# HEALTHY LIVING

## Member Group Fitness Classes Current schedule available in Welcome Center

### POWER HOUR/POWERSCLUPT

All Fitness Levels Welcome

This is an overall body-toning program with concentration on the large muscle groups.

### THERAPEUTIC CHAIR DRC

All fitness levels welcomed. This class will build strength, improve range of motion, improve balance, and flexibility. The class will utilize dyna-bands, resistance tubes, and weighted balls in a variety of exercises to improve overall health and well-being.

### S.P.I.N.

**(Sweat, Plyometrics, Intervals, Ninety Minutes)**

Advanced Level

Join a cycle instructor and a personal trainer for this cardio and resistance training all in one! Fifteen minutes cycles of spin in rotation with a bootcamp style workout for a 90 minute duration, the ultimate interval training.

### Y CYCLING

All Fitness Levels Welcome

Cycle through a self paced workout modified to your own speed and resistance level. Great music creates a ride filled with sprinting, jumping, uphill climbs and straightaways. Please arrive 10 minutes before class for bike set-up. Bring water and a towel.

### Y CYCLING - 90 Min. Ride

Advanced Level

More of what you love. Instructors will guide you on this extended ride, endurance is a must! Please arrive 10 minutes before class for bike set-up. Bring water and a towel.

### Y CYCLING INTRO DRC

Beginner Fitness Levels Welcome

Tailored to the beginner, featuring fewer jumps, short standing climbs, and lower RPMs. Y Cycling offers a great calorie burning workout without the high impact on the back, hips and knees. Bring water and a towel.

### YOGA BASICS DRC

All Fitness Levels Welcome

A complete introduction to the building blocks of yoga practice. Learn enhanced self-awareness through breathing techniques, yoga postures, meditation and relaxation skills. Perfect for those new to yoga and ongoing students.

### YOGA FLOW DRC

All Fitness Levels Welcome

This more challenging style of yoga blends continuous movement with longer holding of traditional postures.

### ZUMBA® DRC

All Fitness Levels Welcome

The goal is simple: We want you to want to work out, to love working out, to get hooked. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

### ZUMBA GOLD® DRC

All Fitness Levels Welcome

This class takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those who are just starting their journey to a fit and healthier lifestyle.

### ZUMBA TONING® DRC

All Fitness Levels Welcome

When it comes to body sculpting, ZUMBA TONING® raises the bar! It combines targeted body sculpting exercises and a high energy cardio workout with Latin infused Zumba moves to create a calorie-torching, strength-training dance fitness party.



# HEALTHY LIVING

## Specialty Classes

### CARDIAC TRANSITION PROGRAM DRC

This program is for individuals transitioning from cardiac rehabilitation. A Certified Personal Trainer will provide structured workouts based on individual needs. The program will begin with an hour long orientation. Each participant will then meet one-on-one with the instructor to design an exercise plan. Bring your latest reports as well as a medical release form from your doctor.

Friday	10:00 - 11:00 am
Members Fee	\$82
Non-Members	\$122

### CYCLE & INTERVAL TRAINING

Join us for fall fun; this class is an indoor cycle in combination with outdoor interval high intensity exercise. Forty-five minutes of cycling then 45 minutes of interval training.

Fridays	9:30 - 10:45 am
Members Fee	FREE
Non-Members	\$82



### HEALTHY START BARIATRIC EXERCISE PROGRAM DRC

For people who have had or will have gastric bypass or lap band surgery and everyone who needs to lose at least 50 pounds for health reasons. For more information call Pam 508-362-6500 x 106.

Tuesday & Thursday	5:30 - 6:30 pm
Members Fee	\$35
Non-Members	\$60

### OUTDOOR BOOT CAMP

Looking for the next step with your personal wellness goals? Join a Certified Personal Trainer for a fun and powerful class that you won't see in the Wellness Center. This class brings your OUTSIDE and uses tires, ropes, sandbags, kettle bells and medicine balls. All you need to bring is water!

Saturday	10:00 - 11:00 am
Members Fee	FREE
Non-Members	\$82

### PARKINSON'S DANCE & EXERCISE CLASS DRC

This entertaining exercise and dance class specifically benefits people with Parkinson's disease. The class focuses on balance, coordination, flexibility, and gait through easy to follow simple movements that are fun and in a relaxed environment. This class involves chairs and every day attire is welcomed, so leave your workout attire and put on your comfy shoes for a great class that will connect you with others while listening to a variety of music from the '30s to the '90s.

Wednesdays	1:30 - 2:30 am
Members Fee	FREE
Non-Members	\$40

### SENIOR STRENGTH DRC

Designed to coach active older adults through a range of efficient workouts with a certified personal trainer. Improve the quality of daily living and physical and mental activities by utilizing resistance training, balance, range of motion, and flexibility exercises. Classes limited to 7 for maximum attention.

Intermediate	Tue. & Thur.	9:30 - 10:30 am
Beginner	Tue. & Thur.	10:30 - 11:30 am
Members Fee		\$53
Non-Member Fee		\$82

Look for the Diabetes Resource Center Initials **DRC** next to low impact classes that help to foster a healthier lifestyle.

# INSANITY

## NOW AT THE YMCA CAPE COD

### INSANITY

INSANITY™ is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape—levels of each exercise are provided. Time to dig deep!

Wednesday	4:30 - 5:00 pm
Members Fee	FREE
Non-Members	\$82

**QUESTIONS** about this class?

### WHY SHOULD I TRY IT?

High intensity interval training is proven to be a beneficial training method. Make the most of the time that you have to spend in a workout.

### SOUNDS JUMPY & FAST...

WRONG! High Intensity doesn't have to mean high impact. Every person's high intensity is different from everyone else in class. With timed segments, you don't have to follow the beat of the music, you get in as many repetitions as it right for you!

### WHY DOES THAT NAME SOUND FAMILIAR?

This workout comes to you formatted for a group setting from Shawn T and Beachbody. They have a popular at home workout that is the same name and similar format. Late night TV junkie? Maybe you have seen the popular infomercial!

### EXPERIENCED INSANITY AT HOME?

Now come get the experience in a group setting! Added energy, enthusiasm, and push from an instructor will help you continue to reach your goals.



# HEALTHY LIVING

## Wellness Classes

### BOCCIE

Want to play Bocce? Whether you are new to the game or an experienced player, join us for some fun!

Saturday	8:30 - 10:30 am
Sunday	12:00 - 2:00 pm
Member Fee	Free
Non-Member Fee	\$37

### AIKIDO

See description on page 19.

Thursday	7:30-8:30 pm
Member Fee	Free
Non-Member Fee	\$82

### HATHA YOGA DRC

Join Paul Howard to practice the gentle art of stretching and relaxation. Explore this ancient method of stress and pressure relief. Increase flexibility and improve overall muscle tone.

Monday	7:30 - 8:30 pm
Member Fee	\$69
Non-Member fee	\$135

### KARATE

Kelley's School of Karate provides a creative approach to self-defense and self-discipline. Taught by Daniel Kelley, a master instructor in the art of Tang Soo Do. Students follow a curriculum that is based off of the Eight Key Concepts of Tang Soo Do, as well as the Student Creed. They are encouraged to take the teachings of self-discipline that they learn throughout their classes and apply it to their everyday lives, at work, school and home. Class meets twice per week.

Tuesday	7:30 - 8:30 PM
Saturday	12:00 - 1:00 PM
Member Fee	\$69
Non-Member Fee	\$135

### NUTRITION SESSION DRC

Interested in healthy eating? Sign-up today for an appointment with our registered diet technician to discuss healthy eating habits, meal plans, caloric intake, and a fitness assessment. Prices are per hour.

Members Fee	\$46
Non-Members	\$72

### TAI CHI DRC

Tai Chi will increase your vitality, improve your overall balance and encourage relaxation. This ancient Chinese martial art - like a moving meditation- enhances overall health and wellness. Instructors: Roberts Walcutt D.C., Mark Walcutt D.C.

Tuesday	6:15 - 7:15 pm
Members Fee	\$69
Non-Members	\$135

### TECHNOLOGY CLASS

Interested in how to use the computer and internet effectively? Join us and learn how to use Google, Facebook, Gmail, YouTube, Skype, hobby websites, internet etiquette, and much more!

Wednesdays	3:30 - 4:30pm
Members Fee	Free
Non-Members	\$135



# GROWING STRONGER TOGETHER

Achieving your goals with personal training.

## Personal Training

### PERSONAL TRAINING DRC

Whether you are a beginner or an accomplished athlete you can increase your fitness performance and learn techniques that will help to prevent injuries and improve your overall fitness level. Our personal trainers will help you set-up an individual, realistic and reasonable program designed with fun and effectiveness in mind. You may choose to book your training in half hour sessions. Call 508-362-6500 X117.

	1 hr.	3 hrs.	10 hrs.
Member Fee	\$46	\$127	\$401
Non-Member Fee	\$72	\$205	\$651

### FITNESS ASSESSMENT DRC

Not sure where to begin? A fitness assessment will give you the information necessary to determine the best and most effective exercise program to achieve the results you are looking for. This assessment will test your current:

1. Body Composition (fat/lean ratio)
2. Cardiovascular Endurance
3. Flexibility Level
4. Muscular Strength and Endurance

This service is available only by appointment; call 508-362-6500 x117 for more information.

Member Fee	\$30
Non-Member Fee	\$60



# HEALTHY LIVING

Diabetes Resource Center

## YOU CAN TAKE CONTROL OF YOUR DIABETES

The YMCA Cape Cod is here to help you as you seek healthier options and support you as you take control of your diabetes.

### LOOK FOR THE DIABETES RESOURCE CENTER INITIALS

Look for the Diabetes Resource Center Initials **DRC** next to low impact classes that help to foster a healthier lifestyle.

### ALL ABOUT YOU!!!

Need to talk to someone about managing your diabetes? Not sure where to go to get the help you need? Schedule a one-on-one appointment to discuss your diabetes with our diet technician and get the help you need.

### CONTACT INFORMATION

For more information or to set up an appointment with our Diet Technician, please call (508)362-6500 x107, email [mwatterson@ymcacapecod.org](mailto:mwatterson@ymcacapecod.org).



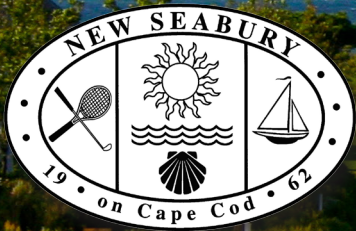
Healthy Enlightened Lifestyle Programs

### HELP DRC

HELP is a collaboration of Cape Cod institutions working to provide healthy, enlightened lifestyle programs which encourage positive and balanced life choices.



**The Diabetes Resource Center (DRC) is a free service to the community made possible by the generous support of the Weny Charitable Trust.**



"My kids love the YMCA, but when my husband lost his job, we were in financial crisis and it was an extra expense. The Y said 'We're going to take care of you.' They explained financial assistance. The Y offered an opportunity to stay normal during the chaotic time. It was our safety net and made a HUGE difference. Not just financially. Physically. Emotionally. Now, we're back to full membership and I was happy to be able to pay again! I know first-hand what the money did."

- Shannon B.

Y Member since 2009

## YMCA CAPE COD JOHN J. HOLLAND MEMORIAL GOLF TOURNAMENT JOIN US, SEPTEMBER 30<sup>TH</sup> TO HELP US CHANGE LIVES.

### NEW PRICING

\$800 Per Foursome or \$199 Per Person includes golf, cart, continental breakfast, barbecue lunch on the course and social cocktail hour with hearty hors d'oeuvres following the tournament.

### RAFFLE, SILENT AND LIVE AUCTIONS

Travel packages, sports memorabilia, theatre tickets, golf packages, and much more!

### CHANGING LIVES

Every dollar raised at the John J. Holland Memorial Golf Tournament provides the financial assistance that keeps the YMCA Cape Cod available for the kids and families that need us most. No one is ever turned away because they cannot pay for Y services. We count on the generosity of our members and community to help people of all ages be more healthy, confident, connected and secure.

### WIN AN INN SEASON RESORT VACATION

Register by July 1 to be entered in the drawing.

REGISTER BY PHONE 774-251-5141  
VISIT US ONLINE [YMCACAPECOD.ORG](http://YMCACAPECOD.ORG)

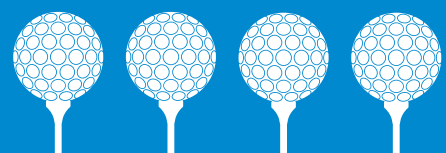
### EVENT DETAILS

9 AM  
CHECK-IN

10 AM  
SHOTGUN START  
BRAMBLE FORMAT  
OCEAN COURSE AVAILABLE ON FIRST  
COME BASIS

NOON  
BARBECUE LUNCH ON THE COURSE

4 PM  
COCKTAIL RECEPTION & AUCTION





**LIVESTRONG®**

**FOUNDATION**

# **PARTNERS IN HEALING THE WHOLE PERSON**

**LIVESTRONG at the YMCA Cape Cod is a free 12-week program for cancer survivors. This specially designed program delivered by trained staff in a small group setting will help survivors regain strength, overcome fatigue, and increase flexibility. Our Y is committed to serving individuals and their families living with, through and beyond cancer. The Y creates a safe environment where survivors can participate in physical and social activities that address the special wants, needs and interests.**

**CONTACT US**  
**[livestrong@ymcacapecod.org](mailto:livestrong@ymcacapecod.org)**  
**508 362 6500 x106**



# COMMUNIT\_

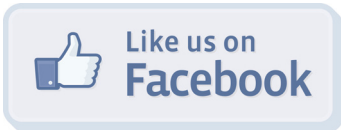
## we all need the Y

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. The Y provides over \$300,000 in scholarship assistance annually. Give today at [YMCAcapecod.org/give](https://YMCAcapecod.org/give).



**YMCA CAPE COD**  
2245 Iyannough Road  
West Barnstable, MA 02668

[www.ymccapecod.org](http://www.ymccapecod.org)



# COMMUNITY ART SHOW

October 7-13, 2013

Join in the fun. Submit your own works of art or just enjoy the talents of your peers.

For more information contact  
508 362 6500.

