



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER YOUR Y TODAY

YMCA CAPE COD

Fall I

9/8 - 10/26

Members 8/12

Non-Members 8/19



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OUR MISSION

Our Mission is to serve the Cape Cod community by providing programs rooted in our core values of caring, honesty, respect, and responsibility that build a healthy spirit, mind and body for all.

OUR CORE VALUES

Caring means to love others and to be sensitive to their well-being.

Honesty involves telling the truth and acting in such a way that you are worthy of trust. To be honest is to have integrity, to make sure your choices match your values.

Respect involves treating others as you would have them treat you. Respecting others means valuing the worth of every person, including yourself.

Responsibility involves doing what is right, doing what you ought to do. Being responsible means being accountable for your behavior and obligations.

It is our goal as an organization to make these core values the foundation of all we do—the programs we offer, the relationships we build, the children we teach.

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.

At YMCA Cape Cod, we work to keep our members as informed as possible. We are happy to offer text alerts to update our members for closures and cancellations. You can sign up for these alerts on the home page of our website ymcacapecod.org.

CONTACT US

Phone: 508-362-6500

Email: info@ymcacapecod.org

Fax: 508-362-5379

Website: www.ymcacapecod.org

Facebook: [@ymcacapecod](https://www.facebook.com/ymcacapecod)

Twitter: [@ymcacapecod](https://twitter.com/ymcacapecod)

Instagram: [@ymcacapecod](https://www.instagram.com/ymcacapecod)



FACILITY HOURS

Mon – Fri	Sat	Sun
5:30am–9:00pm	7:00am–6:30pm	12:00pm–5:00pm

Holidays: Closed Labor Day, Thanksgiving, & Christmas
Pool Closing: Small Pool 8/23–9/2 & Large Pool 8/24–9/2

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 2:00pm 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.

STAFF DIRECTORY 508–362–6500

ADMINISTRATIVE STAFF

Stacie Peugh **President & Chief Executive Officer**
speugh@ymcacapecod.org x101

Steve Telesmanick **Chief Operating Officer**
stelesmanick@ymcacapecod.org x110

Nancy Benben **Chief Financial Development Officer**
nbenben@ymcacapecod.org x140

Pete Dahl **Chief Financial Officer**
pdahl@ymcacapecod.org x126

Dorrie Grossmith **Finance Associate & Camp Administrator**
dgrossmith@ymcacapecod.org x113

Christine Ezersky **Chief Human Resource Officer**
cezersky@ymcacapecod.org x105

Mimi Fersen **Administrative Assistant**
mfersen@ymcacapecod.org x123

Claudia Twombly **Falmouth After School Finance Associate**
x148

FACILITIES

Sean Canty **Property & Facilities Director**
scanty@ymcacapecod.org x104

AQUATICS

Roderick Norman **Aquatics Director**
rnorman@ymcacapecod.org x103

Rich Branagan **Aquatics Coordinator**
rbranagan@ymcacapecod.org x109

MEMBERSHIP AND HEALTH & WELLNESS

Zachary Swierat
Associate Executive Director, Middle Cape Administration / Program Director of Membership & Healthy Living
zswierat@ymcacapecod.org x130

Tom Brognano **Healthy Living Coordinator**
tbrogano@ymcacapecod.org x106

PROGRAM

Joe Remillard **Associate Executive Director, Upper Cape Administration**
jremillard@ymcacapecod.org 774–534–2527

Rene King **Achievers Program Director**
rking@ymcacapecod.org x171

EARLY EDUCATION

Denise Graham-Reardon
Senior Director of Early Education
dgraham-reardon@ymcacapecod.org x135

Susan Harrison **Center Director Stony Brook Child Care Center**
sharrison@ymcacapecod.org x145

Kelley Loonan **Center Director North Falmouth Child Care Center**
kloonan@ymcacapecod.org 508–392–9587

Kelly Tillman **Center Director of Children's Crossing Child Care**
ktillman@ymcacapecod.org x108

Jennifer Watkins **Afterschool and Vacation Fun Club Coordinator**
jwatkins@ymcacapecod.org x125

Justine Whelan **Director Cape Cod Tech Early Learning Center**
jwhelan@ymcacapecod.org 774–251–5146 x146

CAMP LYNDON PROGRAM CENTER

Tom Brognano **Camp Director**
tbrogano@ymcacapecod.org x106

Joe Remillard **Associate Executive Director, Upper Cape Administration / Rental Coordinator**
jremillard@ymcacapecod.org 774–534–2527

MEMBERSHIP

AMENITIES, PROGRAMS, & CLASSES

A check mark represents included in membership

	Youth	Young Adult/ Adult/Senior	Family	Nationwide
State-of-the-Art Fitness Center	✓*	✓	✓	✓
Two Pools, Including Lap Swim and Open Swim	✓	✓	✓	✓
70 Weekly Group Exercise Classes: Including yoga, pilates, & zumba		✓	✓	✓
Advance Program Registration and Reduced Fees	✓	✓	✓	
Reduced Registration Fee for Summer Camps	✓		✓	
Reduced Rates on Private Training & Private Swim Packages	✓	✓	✓	
Reduced Rates on Aquatics Safety Courses: Including lifeguard	✓	✓	✓	
Free Child Watch		**	✓	**
Aquatic Exercise Classes: Including aquathritis, aqua zumba, deep water aerobics		✓	✓	
Reduced Rates on Meetings with our Nutritionist to discuss healthy eating habits, meal plans, and a fitness assessment		✓	✓	
Free Orientation to the Fitness Center		✓	✓	
Youth Enrichment Classes: Including Lego Mindstorms, Fit Kids, and Move for Life Kids	✓	✓	✓	
Teen Orientation for Wellness Center (ages 12 to 13)	✓		✓	

*Youth ages 12 and up can use facility after attending an orientation to the wellness center

**Individual members and nationwide visitors can use childwatch services for a \$15 drop-in fee

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.

Group Fitness

People who participate in a group are more likely to achieve their fitness goals and stay active. Join in more than 70 free classes offered on a weekly basis. Schedules are updated monthly.

Visit the Welcome Center for details.

Child Watch

Family members have FREE access to the Y's Child Watch facilities.

Monday - Saturday
9:00am-12:00pm

Monday - Friday
4:00pm-7:30pm

**Reservation
Required**

Pools

Family, Lap and Recreational Swimming available in both pools.

See current schedule for details.

Special Events

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

FAMILY MEMBERSHIP SAVINGS PASSPORT

One passport per family membership. Savings Passport is valid for 12 months after your join date. Savings passport cannot be used if membership is frozen, canceled, in default or terminated.

2 FREE
WELLNESS
ORIENTATIONS
\$100

SUMMER
DAY CAMP
REG. FEE
\$25

VACATION
FUN CLUB
REG.
\$75

SIX
GUEST
PASSES
\$80

LIFEGUARD
CERTIFICATION
\$50 OFF

BIRTHDAY
POOL
PARTY
\$75 OFF

GUEST CLASS
PASS
\$15

CAMPING
OVERNIGHT
\$20 OFF

NUTRITION
SESSION
\$48

YOUTH
SWIM
LESSONS
\$81

TWO FAMILY
FUN EVENTS
\$40

**\$609
VALUE!**

MEMBERSHIP

2019 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	\$25	\$300	\$25	\$94*
YOUNG ADULT	18-24 years	\$38	\$456	\$25	-
ADULT	25-59 years	\$59	\$708	\$75	\$295*
FAMILY I	see below	\$68	\$816	\$100	\$361*
FAMILY II	see below	\$88	\$1,056	\$100	\$412*
SENIOR	60+ years	\$47	\$564	\$75	\$241*
SENIOR COUPLE	60+ years	\$75	\$900	\$100	\$317*

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, American Express, 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 by giving written notice no later than the 25th of the month before your next draft. A \$10 fee will be withdrawn from your account for every month you freeze. * Please note Youth 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 or by calling 800-342-9647

Nationwide Membership

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your home YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

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 ymcacapecod.org. All requests are kept confidential.

Membership/Program Assistance	508-362-6500 x130
Child Care	508-362-6500 x135
Camp Assistance	508-362-6500 x113

Program Registration

Members receive priority registration for all programs and reduced class fees - up to 50%. Program Registration can be conducted in person at the Welcome Center or on the web at ymcacapecod.org.

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).

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

Family I & II

Family I is 1 Adult and child 17 and younger living in the same household. Family II is 2 adults & child under 17 living in the same household. Take advantage of our family passport. One passport per family membership. Valid for 12 months after join date.

CHILD CARE

NOW ENROLLING!



We believe the values and skills learned early on are vital building blocks for quality of life and future success. That's why our child care programs are staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things, and the caring and reinforcement parents and families need to help each other.

Register your child, take a tour of a center and get tuition & fee information!
Contact our Senior Director of Early Education at (508) 362-6500

ACHIEVERS PROGRAM

Our Mission is to help teens discover and pursue higher educational and career goals by equipping them with the skills and community role models they need to get there. **See page 8 for more details!**



CHILD CARE

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. **YMCA Family Memberships get a 10% discount!**

EARLY EDUCATION

Lyndon P. Lorusso Ymca

2245 Iyannough Road
West Barnstable, MA 02668
508-362-6500 x108
Kelly Tillman- Center Director
ktillman@ymcacapecod.org

Stonybrook Elementary School

384 Underpass Road
Brewster, MA 02 631
774-323-3286
Susan Harrison - Center Director
sharrison@ymcacapecod.org

Cape Cod Regional Technical High School

351 Pleasant Lake Avenue
Harwich, MA 02645
508-362-6500 x146
Justine Whelan - Center Director
jwhelan@ymcacapecod.org

North Falmouth Congregational Church

155 Old Main Road
N. Falmouth, MA 02556
508-392-9587
Kelley Loonan - Center Director
kloonan@ymcacapecod.org

Falmouth Hospital Campus

67 B Ter Heun Drive
Falmouth, MA 02540
774-612-3148
Patti Zilewicz - Center Director
pzilewicz@ymcacapecod.org

SCHOOL AGE

Lyndon P. Lorusso Ymca

2245 Iyannough Road
West Barnstable, MA 02668
508-362-6500 x108
Kelly Tillman- Center Director
ktillman@ymcacapecod.org

Mullen Hall Elementary

School Age Child Care
130 Katharine Lee Bates Road
Falmouth, MA 02540
508-362-6500
Joe Remillard - Associate Executive Director
jremillard@ymcacapecod.org

Teaticket Elementary

45 Maravista Avenue Extension
Teaticket, MA 02536
508-362-6500
Joe Remillard - Associate Executive Director
jremillard@ymcacapecod.org

East Falmouth Elementary

33 Davisville Road
East Falmouth, MA 02536
508-362-6500
Joe Remillard - Associate Executive Director
jremillard@ymcacapecod.org

North Falmouth Elementary

62 Old Main Road
North Falmouth, MA 02556
508-362-6500
Joe Remillard - Associate Executive Director
jremillard@ymcacapecod.org

Morse Pond School

323 Jones Road
Falmouth, MA 02540
508-362-6500
Joe Remillard - Associate Executive Director
jremillard@ymcacapecod.org

Learn to Swim or Master Your Strokes

- Group Swim Lessons
- Private Swim Lessons

Contact Rod Norman
rnorman@ymcacapecod.org
508-362-6500 x103



YOUTH DEVELOPMENT

ACHIEVERS PROGRAM

Our Mission is to help teens discover and pursue higher educational and career goals by equipping them with the skills and community role models they need to get there.



How Will They Achieve This?

Our vision is for every high school youth to have access to college and other career readiness resources through committed leaders and dedicated organizations in the community.

Through This Program, teens will have the opportunity to

- Learn about diverse career options and cultures
- Be guided by positive community role models
- Develop confidence and college readiness
- Prepare for college life or a sustainable career
- Earn scholarships and summer internships
- Network and bond with peers

Contact Rene King at rking@ymcacapecod.org or call x171



FACILITY RENTALS

CAMP LYNDON PROGRAM CENTER

79 beautiful acres on Lawrence Pond in Sandwich, MA to help you relax and connect with others

Facility Rentals

The YMCA Cape Cod's Camp Lyndon Program Center is a great space for your next graduation party, wedding, business meeting, reunion or family outing. Rent one of our beautiful spaces like our Gazebo or Boathouse for a few hours or the whole facility for the entire weekend! We also have cabins, tent and RV sites available to rent as well!

Team Building

Bring your team together for a day of personal growth, increased self-esteem, and a heightened sense of one's self. Our challenge course programs offer team-building initiatives and low and high ropes elements that encourage individuals to step out of their comfort zones through situation-based challenges that lead to positive group and self-discovery.

Group Retreats

Our facility is a great place to "get away" and have your group really interact while focusing on your objectives for your retreat. We offer multiple indoor and outdoor meeting spaces, a full-service kitchen and dedicated staff to make sure you have a great stay!



BIRTHDAY PARTIES

The Camp Lyndon Program Center is pleased to offer fun, safe, and hassle-free birthday parties!

All Parties Include The Following

- Party Host(s): we will help set-up, clean-up, coordinate and run activities.
- Party Area/Room: perfect for cake, pizza, presents, etc.
- Paper Goods: table-cloths, plates, cups, napkins, cutlery.
- Fun Activities: several sports, games, activities to choose from such as: soccer, dodge ball, flag football, kickball, whiffle ball, archery, crafts etc.
- Flexible Scheduling: based on availability we will work with you on the best day and time.

Cost

• 1.5 Hour Parties

The fee for each 1.5 hour party is \$250. This includes up to 20 children plus the complimentary birthday boy or girl. Each additional participant is only \$10 per child.

• 2 Hour Parties

The fee for each 2 hour party is \$275. This includes up to 20 children plus the complimentary birthday boy or girl. Each additional participant is only \$10 per child.

• A \$50 deposit is required at the time of booking.

FOR MORE INFORMATION OR TO BOOK A RENTAL, PLEASE CONTACT

Joe Remillard, Associate Executive Director, Upper Cape/ Rental Coordinator

jremillard@ymcacapecod.org 774-534-2527

**POOL PARTY
AT OUR WEST
BARNSTABLE CAMP!**



FOR MORE INFORMATION

Please Contact Roderick Norman
rnorman@ymcacapecod.org
508-362-6500 x103

AQUATICS



YOUTH SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



6 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily/wear a 3 or 4 bubble?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float in a 2 or less bubble on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back, no flotation?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

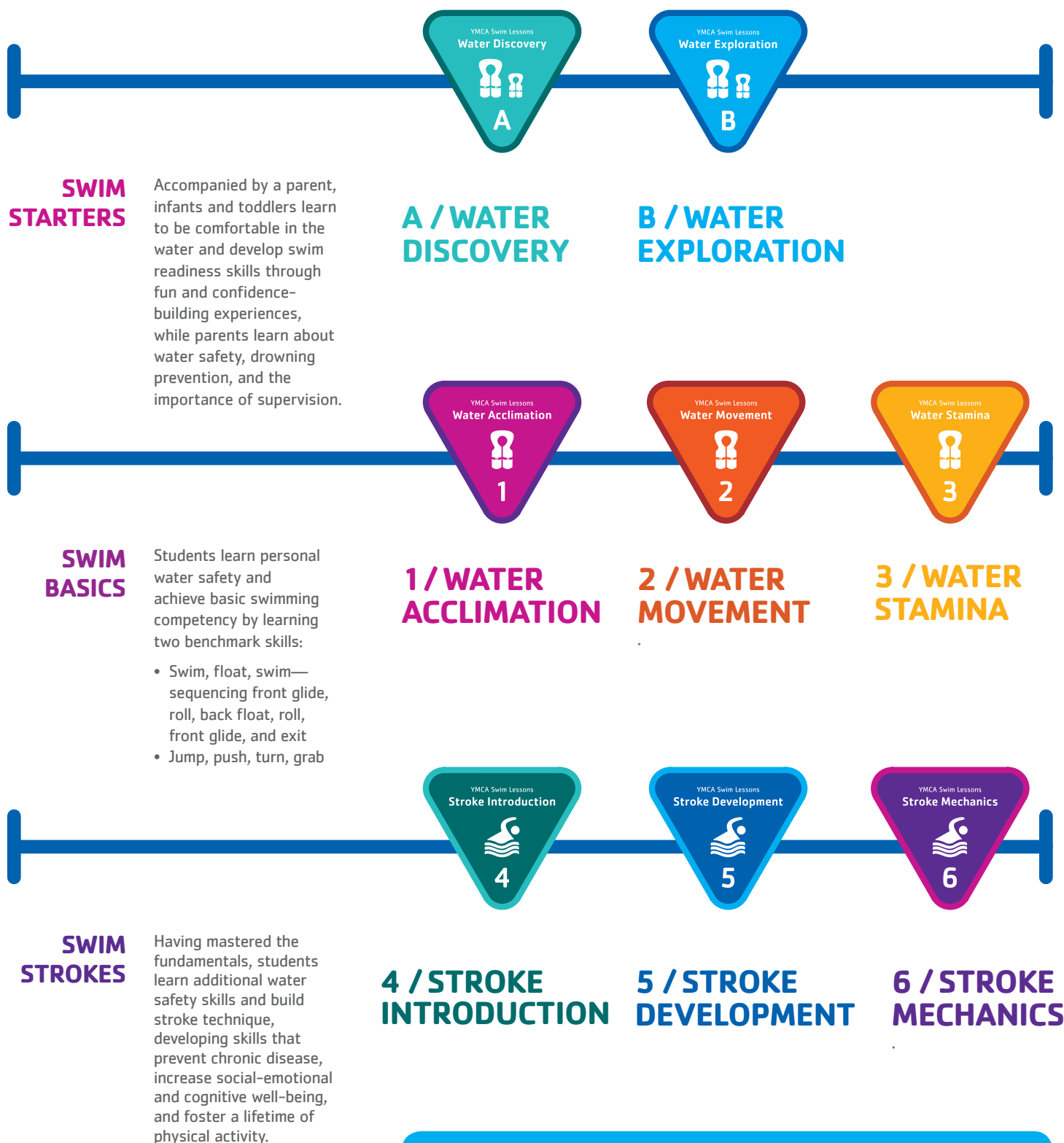
NOT YET

**6 / STROKE
MECHANICS**

PLEASE NOTE: NOT ALL CLASSES WILL USE BUBBLES

AQUATICS

STAGE DESCRIPTIONS



HAVE MORE QUESTIONS? Please Contact Rich Branagan
rbranagan@ymcacapecod.org 508-362-6500 x109

AQUATICS

STAGE DESCRIPTIONS

SWIM STARTERS



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. May use a 3 or 4 bubble.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. May use a 1 or 2 bubble.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Student must be able to swim without flotation.

SWIM STROKES



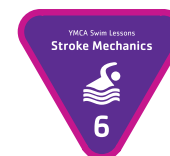
4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



AQUATICS

CLASS SCHEDULE

KEY: MP-Main Pool; SP-Small Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Child: Ages 6 months - 3 years (Member:\$55, Non-Member \$104)							
H2O Discovery (SP)	9:00-9:30	9:00-9:30	5:40-6:10		9:10-9:40	8:00-8:30	
		5:15-5:45					
H2O Exploration (SP)	9:35-10:05	9:00-9:30	9:00-9:30	8:55-9:25	9:10-9:40	8:35-9:05	
	5:20-5:50						
H2O Acclimation (SP)						9:10-9:40	
Preschool: Ages 3 years - 5 years (Member \$72, Non-Member \$139)							
H2O Acclimation (SP)	10:15-10:45	9:40-10:10	9:35-10:05	6:10-6:40	3:00-3:30	9:50-10:20	12:15-12:45
	4:00-4:30					11:10-11:40	
H2O Movement (SP)	10:50-11:20	11:05-11:35	10:15-10:45	4:00-4:30	3:40-4:10	10:30-11:00	12:55-1:25
	4:40-5:10	4:00-4:30				11:50-12:20	
H2O Stamina (MP)		11:05-11:35	10:50-11:20	4:00-4:30		10:40-11:10	
						9:00-9:30	
Stroke Intro (MP)				4:40-5:10			
School Age: Ages 6 years - 12 years (Member \$81, Non-Member \$154)							
H2O Acclimation (MP)		4:40-5:20				9:00-9:40	
H2O Movement (MP)	4:00-4:40		4:00-4:40	5:20-6:00		9:50-10:30	
H2O Stamina (MP)	4:50-5:30				4:15-4:55	9:50-10:30	
Stroke Intro (MP)	5:40-6:20		4:50-5:30	4:00-4:40		11:30-12:10	
						10:40-11:20	
Stroke Development (MP)		4:35-5:15			4:15-4:55	11:30-12:10	
Stroke Mechanics (MP)				4:35-5:15		10:40-11:20	
Teen and Adult: Ages 12+ years and older (Member \$81, Non-Member \$154)							
H2O Movement (MP)							
				6:05-6:45			
Stroke Development (MP)				6:50-7:30			
Adaptive: Ages 3+ years (Member \$81, Non-Member \$154)							
Adaptive Youth (MP)					5:00-5:45	12:30-1:15	
KEY: MP-Main Pool; SP-Small Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

HAVE MORE QUESTIONS? Please Contact Rich Branagan
 rbranagan@ymcacapecod.org 508-362-6500 x109

AQUATICS

SAFETY COURSES

Lifeguarding Course

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

Member Fee \$425

Non-Member Fee \$505

9/14 - 10/26

Each Saturday | 2:30pm - 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 re-certify participants in Lifeguarding, CPR & AED, First Aid, Oxygen Administration and Bloodborne Pathogens. Must have current certifications (not yet expired).

Member Fee \$215

Non-Member Fee \$275

10/19 & 10/26

Both Saturdays | 12:30pm - 6:00pm

CPR, AED & First Aid, and Emergency Oxygen Administration

The YMCA is committed to help our community be safe. A great way to help is to become certified in CPR, AED, First Aid and Emergency Oxygen Administration through the world renowned Health and Safety Institute. Learn or refresh how to recognize and handle medical emergency situations. This class will cover the latest and most up to date information regarding CPR/AED, First Aid, and Emergency Oxygen Administration.

Member Fee \$110

Non-Member Fee \$135

10/28, 10/30, & 11/1

Must attend all 3 days | 6:00pm - 9:00pm



AQUATICS

CLASS SCHEDULE

Age 3 Years and Up

Small Pool or Main Pool. Private swim lessons are the optimal way to learn how to swim.

Private Lesson 30 Minutes

Single	Member \$33	Non-Member \$44
4 Lessons	Member \$110	Non-Member \$154
8 Lessons	Member \$200	Non-Member \$297

Private Lesson 45 Minutes

Single	Member \$44	Non-Member \$55
4 Lessons	Member \$154	Non-Member \$198
8 Lessons	Member \$297	Non-Member \$394

Semi-Private 30 Minutes

Single	Member \$27	Non-Member \$38
4 Lessons	Member \$88	Non-Member \$136
8 Lessons	Member \$165	Non-Member \$259

Semi-Private 45 Minutes

Single	Member \$33	Non-Member \$44
4 Lessons	Member \$110	Non-Member \$154
8 Lessons	Member \$200	Non-Member \$297

For more information or to schedule private lesson contact Julia Arch at x300



PERSONAL TRAINING

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.

	1 hr.	3 hrs.	10 hrs.
Member Fee	\$50	\$139	\$430
Non-Member Fee	\$79	\$222	\$635

Contact Tom Brognano
508-362-6500 x106 or tbrognao@ymcacapecod.org



FITNESS



GROUP WELLNESS CLASSES

Aquatic Classes

Aquathritis

DRC

Small Pool. A recreational class in our heated pool for adults with any type of arthritis. Based on a program developed by Arthritis Foundation.

Sign up required!

Member Fee	Included with membership
Non-Member Fee	\$125

Aquacize

DRC

A low intensity water exercise class designed to stretch and strengthen your entire body through aerobic conditioning. This class takes place in the small pool.

Member Fee	Included with membership
Non-Member Fee	\$125

Aqua Zumba

DRC

Known as the Zumba® “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. This class takes place in our main pool. Splashing, stretching, twisting, and even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba shallow water class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Member Fee	Included with membership
Non-Member	\$15 per class drop in

Deep Water Aerobics

Challenge your body with this high intensity water exercise class that takes place in the deep end of the pool.

Member Fee	Included with membership
Non-Member Fee	\$15 per class drop in

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.)

Member Fee	Included with membership
Non-Member Fee	\$125

No Sweat Aqua Lite

DRC

A high intensity combo class that will work on your aerobic condition to improve muscled endurance, flexibility and range of motion. Class takes place in the main pool.

Member Fee	Included with membership
Non-Member Fee	\$125

Yoqua

DRC

Is practicing Yoga in warm water: the class benefits from the water’s buoyancy, resistance and soothing warmth while safely moving with ease and comfort. Yoqua addresses balance and stability, lengthens and strengthens muscles and improves overall stamina. No Yoga experience or knowing how to swim is necessary.

Member Fee	Included with membership
Non-Member Fee	\$15 per class drop in

FITNESS

GROUP WELLNESS CLASSES

MEMBER FEE – INCLUDED WITH MEMBERSHIP

NON-MEMBER FEE – \$15

DRC – Low impact classes that help to foster a healthier lifestyle.

Cardio Classes

Energize Step

All Fitness Levels Welcome / A total combo class of cardio interval using steps or kickbox moves or both! Mixed with sculpt intervals to strengthen and tone.

Zumba®

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.

Nia Sculpt

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.

Cardio Hip-Hop

DRC

A dance aerobics class that is designed to jump-start your heart rate, increase strength and flexibility, Tone arms, Abs, and Legs, and above all, express oneself through hip-hop dance and music.

Zumba Toning®

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.

Conditioning Classes

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.

Member Fee	Included with membership
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Non-Member Fee	\$82
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20/10

Tabata workout which is an intense 20 second workout, with 10 second rest. This class will increase heart rate, make you sweat and give you a super fun workout.

Half & Half

Half easy to follow but challenging cardio followed by half muscle conditioning using a variety of fitness equipment.

Hardcore

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.

Nutrition Session

Interested in healthy eating? Sign up today for an appointment with our nutritionist to discuss healthy eating habits, meal plans, calorie intake and a fitness assessment. Prices per hour:

Member	\$47
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Non-Member	\$74
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Contact Lauren Kunkler

508-362-6500 x107 or lkunkler@ymcacapecod.org

FITNESS

GROUP WELLNESS CLASSES

MEMBER FEE – INCLUDED WITH MEMBERSHIP

NON-MEMBER FEE – \$15

DRC – Low impact classes that help to foster a healthier lifestyle.

Conditioning Classes

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 functional movements performed at high intensity for max results. Classes provide lots of variety and are adapted to the needs and abilities of participants.

Power Hour/Powersculpt

All Fitness Levels Welcome / This is an overall body-toning program with concentration on the large muscle groups.

Beginner’s Guide to Moving Stronger

Learn the classic strength training moves and methods of progressive bodyweight training. This general bodyweight superset program develops your “pillar,” or core strength, increases lean muscle, improves mobility, and coordination that will take your workouts to the next level.

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.

Mind/Body Classes

Fitness Chair

DRC

All Fitness Levels Welcome / 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.

Live Life Yoga

DRC

This class is specially designed to help with such ailments as arthritis, back pain, headaches and sleep problems common in the over 50 crowd.

Restorative Yoga

A gentle flow class that incorporates a series of classic yoga poses with breath work and Mindfulness. Focuses on Building Strength and Flexibility through proper alignment and your own body weight.

Hatha Yoga

A yoga class that integrates posture, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition the body.

YOGA

DRC

All Fitness Levels Welcome / This more challenging style of yoga blends continuous movement with longer holding of traditional postures.

Pilates

DRC

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

Stretch & Restore

DRC

A restorative Stretching class to increase flexibility and decrease Muscle Tension in the body. A blend of Static Stretching, Yin Yoga sequences, and meditation will be used to achieve results

FITNESS

GROUP WELLNESS CLASSES

MEMBER FEE – INCLUDED WITH MEMBERSHIP

NON-MEMBER FEE – \$15

DRC – Low impact classes that help to foster a healthier lifestyle.

Mind/Body Classes

Vitality Stretch

DRC

Participants will gain flexibility, freedom from pain, strength, balance and stress reduction, as well as many other benefits.

Tai Chi for Balance

This tai chi form has been developed for people who want to improve balance. The class can be done standing or sitting. The form consists of 8 moves and takes about 2 minutes to perform.

*Each class builds on the previous class, so attendance at every class is strongly recommended.

Fit 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.

Other Classes

Fit For Life: Exercise program

DRC

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.

Adult 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.

Member Fee \$72

Non-Member Fee \$140

Tai Chi

The flowing movements of traditional T'ai Chi Chuan develop our strength, vitality and ability to relax. This ancient exercise takes 10 minutes to practice and can be done by young and old alike. These classes are sequential and will begin in September so new students are encouraged to begin at that time. Taught by Doctors Roberta and Mark Walcutt.

Members

Included with membership

Non Members

\$82

Do you know someone with Diabetes?

We offer FREE Nutritional Counseling for Diabetics

Type I and Type II Diabetics are offered up to 5 free one hour appointments with our Nutritionist. Get help with lifestyle modification tips and thoughtful meal planning so you can help to control your diabetes without it controlling you!

For more information please contact Lauren Kunkler
lkunkler@ymcacapecod.org or 508-362-6500 x107



FITNESS

CHRONIC DISEASE PROGRAMS



LIVESTRONG® at the YMCA

DRC

This 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 of survivors. Classes are twice a week for 75 minutes.

\$500 VALUE, NO COST FOR PARTICIPANT!

LIVESTRONG® ALUMNI GROUP

DRC

This specifically designed program is for LIVESTRONG graduates to assist them as they continue regaining strength, increasing flexibility, and overcoming fatigue. The program will be held in the Exergame room with a LIVESTRONG trainer.

Member Fee	Included with membership
Non-Member Fee	\$100

To learn more about these programs please contact Janet Buckley at jbuckley@ymcacapecod.org or 508-362-6500 x136

PEDALING FOR PARKINSON'S

DRC

This cycling program is specifically designed for people with Parkinson's Disease who are looking to improve gait, balance, speech, handwriting and overall endurance. Classes are 3 times a week for 1 hour. Sessions run for 8 weeks. We offer rolling enrollment. Come ride with us!

Member Fee	Included with membership
Non-Member Fee	\$100

To learn more about this program please contact Janet Buckley at jbuckley@ymcacapecod.org or 508-362-6500 x136

YMCA'S DIABETES PREVENTION PROGRAM

DRC

Participants gather in a relaxed classroom setting and work together in groups to learn how to incorporate healthier eating habits and moderate physical activities into their daily lives. Led by a trained lifestyle coach, this 1 year lifestyle change program meets once a week for 16 sessions, bi-weekly for 3 sessions then monthly for 6 sessions. **MEMBERSHIP** is included in the price of the program.

Member Fee	\$429
Non Member Fee	\$429



FITNESS

YOUTH WELLNESS & MARTIAL ARTS

FIT KIDS

Ages 4-7

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

Member Fee	Included with membership
Non-Member Fee	\$72

LITTLE YOGIS

A yoga class for caregivers and children! Learning breathing techniques to help little bodies handle big emotions. Integrating yoga postures in a fun, easy way for kids to learn through song, story, and play. Always having a few minutes of relaxation at the end of class!

Member Fee	Included with membership
Non-Member Fee	Drop In Fee \$15

MOVE FOR LIFE KIDS

Ages 7-12

A youth calisthenics program that teaches basic movement patterns for general physical strength and conditioning. M4L uses multidimensional exercises, dynamic circuits, obstacle courses, agility drills, and free movement play. The goal is to develop well-rounded fitness levels, have fun, and reduce the risk of sports related injuries or burnout.

Member Fee	Included with membership
Non-Member Fee	\$72

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.

Member Fee	\$72
Non-Member Fee	\$140

TEEN ORIENTATION (REQUIREMENT FOR WELLNESS CENTER)

Ages 12-13

These two 45 minute sessions with a parent are required for teens to use the Wellness Center. Your orientations will include a fitness assessment, an introduction to cardiovascular equipment and exercise, as well as the assisted weight machine circuit.

Appointment required.

Member Fee	Included with membership
Contact Wellness Coach	508-362-6500 x117

NON-MEMBERS: PURCHASE A \$300 YOUTH MEMBERSHIP TO GET HUNDREDS OF DOLLARS OF ANNUAL SAVINGS





SWING FOR
FUTURE
SUCCESS

YMCA CAPE COD GOLF TOURNAMENT

NEW LOCATION, SAME CAUSE!
WILLOWBEND COUNTRY CLUB

305 QUINAQUISSET AVE, MASHPEE, MA

Shotgun Start at 12:00 PM

Lunch on the course, dinner & auction to follow

For more information email/call:
Mimi, mfersen@ymcacapecod.org
508-362-6500 ext.123



MONDAY, SEPTEMBER 23, 2019

SPONSORSHIPS

PILLAR SPONSORS (3) \$10,000

Ask us for details on these sponsorships.

- Youth Development
- Healthy Living
- Social Responsibility

EVENT SPONSOR \$5,000

Includes one foursome. Your company name/logo will be highlighted in key locations at Willowbend Country Club and prominently displayed on these promo materials:

- Three Tee Signs
- Sponsor Billboard
- Program distributed to golfers
- Recognition at the Cocktail Reception

DID YOU KNOW SPONSOR \$2,500

Includes one foursome and your company name/logo prominently displayed on these promo materials:

- One Tee Sign
- Sponsor Billboard
- Program distributed to golfers
- 27 "hole signs" with YMCA facts with your company logo

COCKTAIL RECEPTION SPONSOR \$2,000

Includes one foursome and your company name/logo prominently displayed on these promo materials:

- One Tee Sign
- Sponsor Billboard
- Program distributed to golfers
- Recognition at the Cocktail Reception

EAGLE SPONSOR \$1,000

Includes one foursome and your company/logo prominently displayed on these promo materials:

- One Tee Sign
- Sponsor Billboard
- Program distributed to golfers

CONTEST HOLE-IN-ONE OR PUTTING GREEN SPONSOR \$500

Includes your company name/logo displayed at hole/green, recognition on sponsor billboard and in the program.

CART SPONSOR \$500

Includes your company name/logo to appear on all golf carts, name on one tee sign, recognition on sponsor billboard and in the program

HOLE SPONSOR \$150

Includes your company name/logo displayed at one hole

FOURSOME \$800

GOLFER \$200



US...

is a promise
is empowering
is strength

When you donate to the YMCA Cape Cod, you make the communities of Cape Cod better and the "us" who live in them stronger.

However, there is so much more to do! Our community faces challenges that create a greater need for the work we do. Fortunately, where some see obstacles, we see opportunities!

Every gift makes a difference, and everyone has a role to play. Join us!



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at your branch's
welcome center

GIVE BY PHONE
508 362 6500



GIVE ONLINE
ymcacapecod.org
click "donate"

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W. Barnstable, MA 02668
ATTN: Development Department



100%

of your gift
directly
impacts
your
community

650

children in
childcare
centers
FY 2017

44%

of donor
dollars support
childcare financial
assistance



PROGRAM CALENDAR 2019

DECEMBER '18							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29

JULY		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			



- Member Registration
- Non-Member Registration

JANUARY '19			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

AUGUST					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

Winter Session

January 6th -
February 23rd

FEBRUARY						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28		

SEPTEMBER	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					

Spring Session I

February 24th -
April 13th

Spring Session II

April 21st -
June 8th

MARCH						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30

OCTOBER			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

Summer Session I

June 23rd -
July 20th

APRIL		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

NOVEMBER						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30

Summer Session II

July 21st -
August 17th

Fall Session I

September 8th -
October 26th

MAY			1	2	3	4	
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	

DECEMBER	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

Fall Session II

October 27th -
December 21st

JUNE							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29

Closed for Small Pool Cleaning

August 23rd-September 2nd

Closed for Large Pool Cleaning

August 24th-September 2nd

MEMBERS ENJOY
REDUCED PROGRAM
FEES AND EARLY
REGISTRATION DATES!
JOIN TODAY!

YMCA CAPE COD

