the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD MORE THAN MUSCLE.

YMCA CAPE COD

Winter Session
1/6–2/23

REGISTRATION
Members 12/10
Non-Members 12/17

OUR MISSION

To put Christian principles into practice through programs 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.

EXERSIZE YOUR IN MORE WAYS THAN ONE

Better yourself and others!

Tell us your goals and we'll be there with you every step of the way. It's never too late for those old resolutions, or new ones.

Discover the possibilities today!

Help others with their own goals by donating your time through volunteering or to our annual campaign.

Contact us to learn how to make a difference in your community.

Keeping You Connected

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.
You can also like us Facebook and Instagram to stay engaged with Y activities! Facebook.com/ymcacapecod | Instagram: ymcacapecod

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FACILITY HOURS

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

Holidays: Closed on Thanksgiving, Close at 2:00pm Christmas Eve, Closed on Christmas, Close at 2:00pm NYE, Closed New Years Day, and Wellness Floor open for New Years Day Promo (limited hours.)

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 2:00pm 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

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stelesmanick@ymcacapecod.org x110

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ecunha@ymcacapecod.org x168

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jfoster@ymcacapecod.org x104

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Rich Branagan **Aquatics Coordinator**
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MEMBERSHIP AND HEALTH & WELLNESS

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tdeptula@ymcacapecod.org

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rking@ymcacapecod.org x171

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Senior Program Director of Early Education
dgraham-reardon@ymcacapecod.org x135

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bdugan@ymcacapecod.org x203

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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

Claudia Twombly **Falmouth After School Finance Associate** x113

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

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.

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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 70 free classes offered on a weekly basis. Schedules are updated monthly. Visit the Welcome Center for details.

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

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

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
- SIX GUEST PASSES $80
- NUTRITION SESSION $48
- SUMMER DAY CAMP REG. FEE $25
- YOUTH SPORTS $65
- YOUTH SWIM LESSONS $81
- VACATION FUN CLUB REG. $75
- BIRTHDAY POOL PARTY $75 OFF
- TWO FAMILY FUN EVENTS $40
- GUEST CLASS PASS $15
- WATER AEROBICS SESSION $61
- $665 VALUE!

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MEMBERSHIP

2018 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	$912	$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. 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 x208

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.

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YOUTH DEVELOPMENT VACATION FUN CLUB

December 2018 | VACATION FUN CLUB/W. Barnstable

Don't go stir-crazy. We've got something special planned throughout school vacation week!

MONDAY	24	Gingerbread house Making
WEDNESDAY	26	Movie Day!! Popcorn/snacks
THURSDAY	27	Stem Projects
FRIDAY	28	Mad Science Guy
MONDAY	31	New Year's Eve Party

RATE OPTIONS:

- 1 Day: $47
- 2 Days: $94
- 3 Days: $141
- 4 Days: $188
- 5 Days: $235

Location: West Barnstable

*We will provide AM and PM snacks, but students need to bring their own lunches. *We are a nut-free zone.

Reserve Your Spot Today!! Questions regarding program contact Jwatkins@ymcacapecod.org

YMCA CAPE COD | 2245 Iyannough Road, West Barnstable, MA 02668 ymcacapecod.org

December 2018 | VACATION FUN CLUB

Don't go stir-crazy. We've got something special planned throughout school vacation week!

MONDAY	24	Swimming at the YMCA & Camp Lyndon back @ 3
WEDNESDAY	26	Movie Day!! Popcorn/snacks
THURSDAY	27	Stem Projects
FRIDAY	28	Mad Science Guy
MONDAY	31	New Year's Eve Party @ Camp Lyndon back @ 3

RATE OPTIONS:

- 1 Day: $47
- 2 Days: $94
- 3 Days: $141
- 4 Days: $188
- 5 Days: $235

Location: Teaticket Elementary School

*We will provide AM and PM snacks, but students need to bring their own lunches. *We are a nut-free zone.

Reserve Your Spot Today!! Contact Claudia Twombly 508-362-6500 ext.148 or ctwombly@ymcacapecod.org Questions regarding program contact bdugan@ymcacapecod.org

YMCA CAPE COD | 2245 Iyannough Road, West Barnstable, MA 02668 ymcacapecod.org

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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.

Cape Cod Tech Early Learning Center

Justine Whelan - Director
351 Pleasant Lake Ave Harwich MA 02645
Ages 3 month – 5 years
Monday - Friday 7:30am - 5:30pm
jwhelan@ymcacapecod.org
508-362-6500 ext 146

Children's Crossing Child Care Center

Kelly Tillman- Center Director
YMCA Cape Cod
2245 Iyannough Road, West Barnstable, MA 02668
Ages 3 months - 5 years
Monday - Friday 7:30am - 5:30pm
ktillman@ymcacapecod.org
508-362-6500 x108

North Falmouth Child Care Center

Kelly Loonan - Center Director
155 Old Main Road, North Falmouth, MA 02556
Ages 3 months - 5 years
Monday - Friday 6:30am - 5:30pm
kloonan@ymcacapecod.org
508-392-9587

Stony Brook Child Care Center

Susan Harrison - Center Director
Stony Brook Elementary School
384 Underpass Road, Brewster MA, 02631
Ages 3 months - 5 years
Monday - Friday 7:30am - 5:30pm
sharrison@ymcacapecod.org
508-362-6500 x145

SCHOOL AGE CHILD CARE BEFORE & AFTER

Falmouth Before & After

Brian Dugan - SACC Program Director
YMCA Cape Cod
North Falmouth Congregational Church
155 Old Main Road
North Falmouth, MA 02556
Monday - Friday 7:00am-9:00am &
3:00pm - 5:30pm
bdugan@ymcacapecod.org
508-362-6500 x203

LOCATIONS

Mullen Hall Elementary
East Falmouth Elementary
Teaticket Elementary
North Falmouth Elementary
Morse Pond Elementary

West Barnstable Afterschool

Jen Watkins - Program Coordinator
YMCA Cape Cod
2245 Iyannough Road,
West Barnstable, MA 02668
Monday - Friday 3:00pm - 6:00pm
jwatkins@ymcacapecod.org
508-362-6500 x125

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YOUTH DEVELOPMENT YOUTH PROGRAMS

FIT KIDS

Ages 4-7

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

Saturdays	10:00am - 10:45am
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.

Kids' Beginner meets twice a week:

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

Kids' Advanced meets twice a week

Tuesday	7:00pm - 7:45pm
Saturday	10:45am - 11:30am
Member Fee	$72
Non-Member Fee	$140

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.

Saturdays	11:30am-12:30pm
Member Fee	Included with membership
Non-Member Fee	$72

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. The ACAD Pre-Ballet suggested attire is a pale pink leotard, tights and ballet shoes, but this is not required to participate in class.

Saturday 9:00am - 9:45am

Member Fee	$59
Non-Member Fee	$109

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

LEGO® ROBOTICS STEM

STEM + Arts = STEAM using LEGO® and much more is designed to enhance youth's instinctive curiosity about their surrounding world were Science, Technology, Engineering, Art and Math is everywhere. This new program is an excellent experiential platform for your sons, daughters and grandchildren to participate in a FUN, engaging, creative, hands-on activities that demonstrate concepts of STEAM using LEGO® and more.

Saturday 10:00am – 11:00am

Members	Included with membership
Non-Members	$90

NON-MEMBERS: PURCHASE A $300 YOUTH MEMBERSHIP TO GET HUNDREDS OF DOLLARS OF ANNUAL SAVINGS WHEN PAYING MEMBER RATE VERSUS THE NON-MEMBER RATE FOR SPORTS, AQUATICS AND CAMP.

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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 beauteous 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 on that special day for that special someone!

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 birthday party, please contact Rene King at rking@ymcacapecod.org or 508-362-6500 x171

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YOUTH DEVELOPMENT 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

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STAGE DESCRIPTIONS

YMCA Swim Lessons
Water Discovery
A

YMCA Swim Lessons
Water Exploration
B

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A / WATER DISCOVERY

B / WATER EXPLORATION

YMCA Swim Lessons
Water Acclimation
1

YMCA Swim Lessons
Water Movement
2

YMCA Swim Lessons
Water Stamina
3

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1 / WATER ACCLIMATION

2 / WATER MOVEMENT

3 / WATER STAMINA

YMCA Swim Lessons
Stroke Introduction
4

YMCA Swim Lessons
Stroke Development
5

YMCA Swim Lessons
Stroke Mechanics
6

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4 / STROKE INTRODUCTION

5 / STROKE DEVELOPMENT

6 / STROKE MECHANICS

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

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YOUTH DEVELOPMENT AQUATICS

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.

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YOUTH DEVELOPMENT 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		9:10-9:40	8:00-8:30	
			5:15-5:45				
H2O Exploration (SP)	5:15-5:45	5:25-5:55			9:10-9:40	8:30-9:05	
			9:35-10:05	8:55-9:25			
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	10:15-10:45		3:40-4:10	9:50-10:20	12:55-12:50
	4:00-430		4:40-5:10				
H2O Movement (SP)	10:50-11:20	11:05-11:35	10:55-11:25	9:30-10:00	3:00-3:30	10:30-11:00	12:15-12:45
	4:40-5:10	4:00-4:30	4:00-4:30	4:00-4:30 5:30-6:00			
H2O Stamina (MP)	4:15-4:45	11:05-11:35				10:40-11:10	
	4:50-5:520					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)	4:50-5:30					9:00-9:40	
H2O Movement (MP)	4:00-4:40	4:40-5:20				9:50-10:30	
H2O Stamina (MP)	4:00-4:40			5:15-5:55		9:50-10:30	
Stroke Intro (MP)	4:50-5:30	4:00-4:40		4:25-5:05	4:15-4:45	11:30-12:10	
						10:40-11:20	
Stroke Development (MP)		4:50-5:30			415-455	11:30-12:10	
Stroke Mechanics (MP)			4:50-5:30			10:40-11:20	
Teen and Adult: Ages 12+ years and older (Member $81, Non-Member $154)							
H2O Movement (MP)							
				6:20-7:00 **			
Stroke Development (MP)		5:35-6:15 **		5:30-6:10 **			
Adaptive: Ages 3+ years (Member $81, Non-Member $154)							
Adaptive Youth (MP)					5:00-5:45	11:30-12:15	
KEY: MP-Main Pool; SP-Small Pool	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**

****12-17 years only** ****Adults only**

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

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YOUTH DEVELOPMENT 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

Every Saturday starting 1/12 - 2/23 (7 weeks)
12:00 noon - 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

2/16 - 12:00 noon – 6:00pm
2/23 - 12:00 noon – 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

Monday 2/4 - 6:00pm - 9:00pm
Wednesday 2/6 - 6:00pm - 9:00pm
Friday 2/8 - 6:00pm - 9:00pm
MUST ATTEND ALL DAYS

Interested in working as a Lifeguard at YMCA Cape Cod?

Sign up and receive the staff discount of 40% off the Member Rate and if you work for the YMCA Cape Cod as a lifeguard for 6 months, we will reimburse you half the class fee. Stay for 1 year and we will reimburse you the entire fee!

Contact Rod Norman
rnroman@ymcacapecod.org or 508-362-6500

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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.

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

BIRTHDAY PARTIES

Pool parties include an hour of exclusive pool time, an hour in our party room, and a host to assist you in set up and breakdown.

Member Fee	$200
Non-Member Fee	$275

Book your party today! Contact Rod Norman
rnroman@ymcacapecod.org or 508-362-6500 x103

HAVE MORE QUESTIONS?

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

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ACHIEVERS & SANTA YOUTH PROGRAMS

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

BREAKFAST WITH SANTA

DECEMBER 8TH
CAMP LYNDON

9am-12pm | $5 per person, $20 per family

Event includes breakfast, crafts, Holiday
S'mores and of course pictures with Santa.
Reservations are required for this fun filled event

RESERVE YOUR SEATING NOW OR REGISTER ONLINE

CAMP LYNDON | 117 Stowe Road, Sandwich, MA 02563 www.ymcacapecod.org | (508) 362-6500

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SOCIAL RESPONSIBILITY ONE NUMBER DIFFERENCE

NO MATTER WHO YOU ARE NO MATTER WHERE YOU COME FROM

In America, the zip code you're born in can determine your future. The Y's programs and services create opportunities to succeed, no matter where you grow up.

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HEALTHY LIVING AQUATICS, ADULT 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.

Monday, Wednesday, Friday	8:00am - 8:45am 11:30am - 12:15pm
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.

Monday & Wednesday	7:00pm - 7:45pm
Member Fee	Included with membership
Non-Member Fee	$125

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	9:00am - 9:45am
Monday, Wednesday, Friday	1:00pm -1:45pm
Member Fee	Included with membership
Non-Member Fee	$125

DEEP WATER AEROBICS

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

Tuesday & Thursdays	1:00pm -1:45pm
Member Fee	Included with membership
Non-Member Fee	$15 per class drop in

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.

Thursday	1:45pm - 2:30pm
Member Fee	Included with membership
Non-Member Fee	$15 per class drop in

NO SWEAT! 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.

Monday, Wednesday, Friday	9:45am - 10:30am
Member Fee	Included with membership
Non-Member Fee	$125

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HEALTHY LIVING CLASSES, ALL FITNESS LEVELS WELCOME

MEMBER FEE – INCLUDED WITH MEMBERSHIP
NON-MEMBER FEE – $15
DRC – Low impact classes that help to foster a healthier lifestyle.

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.

CIZE LIVE
Professional dance is for everyday people. Created by Shaun T., world-famous choreographer and fitness trainer, this class breaks down professionally choreographed dance routines, step-by-step, so that anyone can dance! It's so fun, so thrilling, you'll forget you're actually working out!

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.

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.

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.

NIA
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.

MINDFUL MEDITATION DRC
A soothing, gentle class which helps you learn to meditate and get a relaxing place.

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.

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.

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.

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

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

T'AI CHI CHUAN DRC
The flowing movements of T'ai Chi Chuan develop our strength, vitality, and ability to relax. The exercise takes 10 minutes to practice and can be done by young and old alike.

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

KEEP FIT SIMPLE CALISTHENICS
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.

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HEALTHY LIVING GROUP WELLNESS CLASSES

MEMBER FEE – INCLUDED WITH MEMBERSHIP
NON-MEMBER FEE – $15
DRC – Low impact classes that help to foster a healthier lifestyle.

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.

Tuesday	7:45-8:45pm
Saturday	12:00pm-1:00pm
Member Fee	$72
Non-Member Fee	$140

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.

Thursday	7:30-8:30pm
Member Fee	Included with membership
Non-Member Fee	$82

ENHANCE FITNESS DRC

Helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. The class is proven to increase strength. Research shows that exercise can help prevent depression, and Enhance Fitness participants say they feel better physically and emotionally.

Monday, Wednesday, Friday	9:30-10:30am
Member Fee	Included with membership
Non Member Fee	$100

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.

HALF & HALF

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

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.

LIVE**STRONG**® at the YMCA DRC

This 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.

Please call to register! 508-362-6500 x130

Tuesdays & Thursdays	11:00am-12:15pm

$500 value,no cost for participant!

Member Fee	FREE
Non-member fee	FREE

LIVE**STRONG**® ALUMNI GROUP DRC

This specifically designed program is for LIVE**STRONG** graduates to assist them as they continue regaining strength, increasing their flexibility, and overcoming fatigue. The program will be held in the fitness center in a group setting, with a LIVE**STRONG** trainer to assist and encourage all participants.

Monday & Wednesday	10:45am-11:45am
Member Fee	FREE
Non-Members Fee	$100

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
Nonmember	$74

Contact Lauren Kunkler
508-362-6500 x107 or lkunkler@ymcacapecod.org

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HEALTHY LIVING GROUP WELLNESS CLASSES

MEMBER FEE – INCLUDED WITH MEMBERSHIP
NON-MEMBER FEE – $15
DRC – Low impact classes that help to foster a healthier lifestyle.

PEDALING FOR PARKINSON'S DRC

Cycling program for people with Parkinson's who are looking to improve gait, balance, speech, handwriting and overall endurance. Must have medical clearance from your doctor.

Members Fee	FREE
Non-Members Fee	$100

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

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.

Exergames Room, Sign up required

Members	Included with membership
Non Members	$15

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.

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 and moderate physical activities into their daily lives. This class is led by a trained Lifestyle Coach for a 1-year program. The yearlong lifestyle change is 16 weekly sessions followed by 3 bi-weekly and 6 monthly sessions. The program goal is to reduce body weight by 7% and to increase physical activity to 150 minutes per week.

Members	$429
Non Members	$429

To learn more about this program please contact Meridith 508-362-6500 x130 or mingram@ymcacapecod.org

YOGA DRC

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

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.

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

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 tbrognano@ymcacapecod.org

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NEW YEAR

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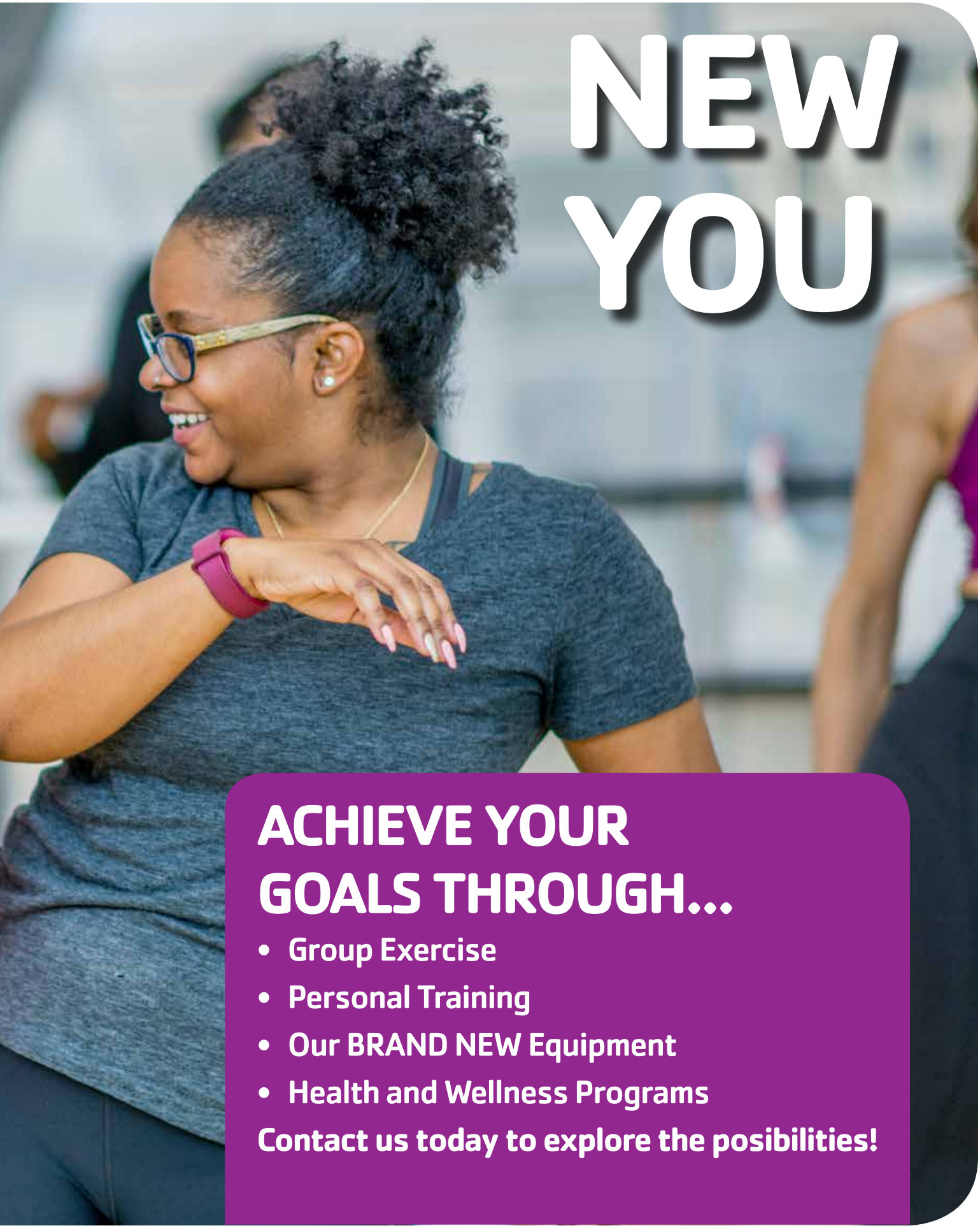

ACHIEVE YOUR GOALS THROUGH...

- Group Exercise
- Personal Training
- Our BRAND NEW Equipment
- Health and Wellness Programs

Contact us today to explore the posibilities!

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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
23/30	24/31	25	26	27	28	29

JANUARY '19

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27	28	29	30	31		

FEBRUARY

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28	29	30				

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23/30	24	25	26	27	28	29

JULY

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28	29	30	31			

AUGUST

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SEPTEMBER

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29	30					

OCTOBER

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NOVEMBER

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DECEMBER

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22	23	24	25	26	27	28
29	30	31				

Closed for Small Pool Cleaning
August 23rd-September 2nd

Closed for Large Pool Cleaning
August 24th-September 2nd

KEY

Member Registration

Non-Member Registration

Winter Session
January 6th -
February 23rd

Spring Session I
February 24th -
April 13th

Spring Session II
April 21st -
June 8th

Summer Session I
June 23rd -
July 20th

Summer Session II
July 21st -
August 17th

Fall Session I
September 8th -
October 26th

Fall Session II
October 27th -
December 21st

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

YMCA CAPE COD