FOCUSING ON OUR FUTURE

Winter/Spring 2016
LETTER FROM THE CEO

For more than 100 years, our YMCA has worked at the forefront of our community, addressing needs that have gone unnoticed, filling gaps that many did not know existed, and sowing seeds of community change when others did not realize how much change was needed. In 2015, the results of all those seeds sown produced a great harvest.

It was a pivotal year for the Y, but some things have gone unchanged. As before, we still focus our efforts in three areas:

**Youth Development:** Nurturing the potential of every child and teen.

**Healthy Living:** Improving our community’s health and well-being.

**Social Responsibility:** Giving back and providing support to our neighbors.

At the Y we are so much more than a gym ... we’re a cause. Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

We know that lasting personal and social change comes about when we all work together. That’s why, at the Y, strengthening community is our cause. 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.

If you’ve only know the Y for “swim and gym,” make this the year to get to know more about us. We’d love to have you volunteer, or just give us your feedback on how you think we’re doing. Our lines and doors are open!

Sincerely, Ben Davis
CEO / Executive Director
SESSION DATES

SESSION 1:
JAN. 4 – FEB. 21 / REGISTRATION BEGINS DEC. 14

SESSION 2:
FEB. 22 – APRIL 10 / REGISTRATION BEGINS FEB. 8

SESSION 3:
APRIL 11 – MAY 29 / REGISTRATION BEGINS MARCH 28

SESSION 4:
MAY 30 – JULY 17 / REGISTRATION BEGINS MAY 16

GYMNASTICS
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AQUATICS
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VOLLEYBALL
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ACTIVE
OLDER
ADULTS
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DANCE
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FITNESS
PAGE 20–22

Call the Y and ask for details about our January Special
260-359-9622
PARKVIEW HUNTINGTON FAMILY YMCA
1160 W. 500 N.
Huntington, IN 46750
Phone: 260-359-9622
Fax: 260-356-1291
huntingtony.org

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

FACILITY HOURS
Monday – Friday: 5:00 AM – 9:00 PM
Saturday: 7:00 AM – 5:00 PM
Sunday: 1:00 PM – 5:00 PM

SUMMER FACILITY HOURS
Monday – Friday: 5:00 AM – 9:00 PM
Saturday: 7:00 AM – 3:00 PM
Sunday: 1:00 PM – 3:00 PM

YMCA HOLIDAY FACILITY CLOSINGS
DEC. 24 CHRISTMAS EVE CLOSE AT 1PM
DEC. 25 CHRISTMAS CLOSED
DEC. 31 NEW YEARS EVE CLOSE AT 1PM
JAN. 1 NEW YEARS DAY CLOSED
MARCH 27 EASTER CLOSED
MAY 30 MEMORIAL DAY CLOSED
JULY 4 INDEPENDENCE DAY CLOSED
SEPT. 5 LABOR DAY CLOSED
NOV. 24 THANKSGIVING CLOSED

BOARD OF DIRECTORS
The YMCA Board of Directors is committed to providing strong leadership to our Association so that our mission to the community can be achieved.

KENDALL MICKLEY
CHAD DAUGHERTY
KAY SCHWOB
JULIE UTENDORF
RONDA SMELSER

AUSTIN HESS
DEREK DYER
LISA GARROTT
RYAN LEMON
BOB BURNSWORTH

SUSAN ZAHN
DARLENE STANLEY
BOB JENNINGS
ERIC FAWCETT
ANDREW DRUMMOND

STAFF
Ben Davis (ben.davis@huntingtony.org) ..................................................Executive Director
Todd Latta (todd.latta@huntingtony.org) ........................................Associate Executive Director
Tim Allen (tim.allen@huntingtony.org) ............................Marketing and Youth Sports Director
Karen Larr (karen.larr@huntingtony.org) ..............................Early Childhood Director
Pam Santos (pam.santos@huntingtony.org) .............................Business Operations Director
Ken Betterly (ken.betterly@huntingtony.org) ................................Property Director
Rob Miller (rob.miller@huntingtony.org) .....................................Youth Sports Coordinator
Jill Gradeless (jill.gradeless@huntingtony.org) ......................YMCA School of Dance Director
Scott Craft (scott.craft@huntingtony.org) ..........................Wellness Director
Vanessa Macias-Hannie (huntingtonyvanessa@gmail.com) .....Membership/Mission Advancement Director
Mariah Town (mariah.town@huntingtony.org) ..............Youth & Family Program Coordinator
Sarah Kowalski (sarah.kowalski@huntingtony.org) .............Aquatics Coordinator

Plus 95 additional staff members to meet your needs.

4 PARKVIEW HUNTINGTON FAMILY YMCA / www.huntingtony.org / 260-359-9622
**CORPORATE MEMBERSHIPS**

The YMCA is dedicated to the health and well being of our community. With a corporate partnership, we can work with your company to provide the benefits that a healthier, happier workforce can bring. We do more than provide membership cards, then expect success to happen. We become a strategic partner in wellness – working with your company to create a program that works best for you and your employees. For more information, contact Todd Latta.

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**FINANCIAL ASSISTANCE POLICY**

No person shall be denied YMCA participation due to the inability to pay fees. The YMCA uses Federal Guidelines as a resource in determining scholarships. Financial assistance scholarships are available, subject to qualification and personal need when proper paperwork is submitted. Please download the application at www.huntingtony.org.

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**YMCA MEMBERSHIP RATES**

<table>
<thead>
<tr>
<th>Type of Membership</th>
<th>Enrollment Fee</th>
<th>Monthly Bank Draft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household</td>
<td>$75</td>
<td>$5</td>
</tr>
<tr>
<td>(Two adults plus dependents up to 18 yrs old, and/or children in college full-time up to 23 yrs old. Proof of shared residence required.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Individual</td>
<td>$75</td>
<td>$38</td>
</tr>
<tr>
<td>Single Parent Family (one parent household)</td>
<td>$75</td>
<td>$42</td>
</tr>
<tr>
<td>Senior (65 or over)</td>
<td>$75</td>
<td>$32</td>
</tr>
<tr>
<td>Senior Family (one member 65 or over - no children)</td>
<td>$75</td>
<td>$42</td>
</tr>
<tr>
<td>Youth / College</td>
<td>$49</td>
<td>$20</td>
</tr>
<tr>
<td>(6-18 years of age or through 23 years of age if a full-time college student with proof of 12 credit hrs. twice per year.)</td>
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</tbody>
</table>

*All Indiana Y’s are Your Y*

Effective May 1st, visit any YMCA in Indiana with your Parkview Huntington Family YMCA membership card.

The YMCA offers annual or bank draft options to serve our members.

The YMCA accepts Master Card, Visa and Discover for your convenience.

Enrollment fees will be charged for anyone lapsing more than 30 days on any membership.

** Rates subject to change
FACILITY RENTAL
A 14 day notice is required to secure the facility for rentals. A $25.00 deposit will be required for all hourly rentals and a $100 deposit is required for all overnight rentals. A Facility Rental Contract will be signed and returned to the YMCA with the deposit.

Rental Rates ......................... Members & YMCA Groups .................. Community
Gymnasium........................................ $75 per hour ................................................. $100 per hour
Meeting Room .................................. $25 per hour ................................................. $35 per hour
Basic Party Package* ...................... $100 .................................................. $125
Deluxe Party Package* .................... $175 .................................................. $225
Overnight Rental** ......................... $500 .................................................. $700

*Birthday parties include one hour in the gym or pool and one hour in the party room.
**Overnight rentals include two hours of pool.
Parties based on 10 children. There will be a charge of $3 per additional child.
Birthday parties are not exclusive use of pool.

CARDIO–FITNESS ORIENTATION  FREE TO NEW MEMBERS!
Each new YMCA member will receive one free 45–minute orientation in the cardio–fitness room with a YMCA strength–training instructor. Included will be our selectorized strength training equipment along with all treadmills, elliptical trainers, and recumbent bikes. Safety and proper technique will be emphasized. Make an appointment today to get started!

CHILD WATCH FREE TO MEMBERS
For your convenience your child may be dropped off in our childcare center for up to 2 hours while you are working out. This service is offered free of charge to members with a single parent family or family membership for children 6 weeks to 6 years old.

Hours: M–F 8:30 AM – NOON / SAT 9:00 AM – NOON / M–TH 4:00 – 8:00 PM / F 6:00 – 8:00 PM

LOCKERS
Lockers are available for use in each locker room and the pool hallway. Members and guests are responsible for providing their own lock and keeping track of their own valuables. Locks left on overnight are subject to removal. The Y cannot be responsible for stolen or lost property.

DRESS CODE / ATTIRE POLICY
Appropriate clothing must be worn at all times in the YMCA. Proper athletic shoes, shorts and t-shirts must be worn with no midriffs showing, no exceptions. Crocs and flip-flops are not to be worn in fitness area, gymnasium or racquetball / wallyball courts for your safety. No bare feet please!

WALLYBALL AND RACQUETBALL RESERVATION POLICY
Wallyball and Racquetball courts may be reserved for 2 hours at a time per group and booked no more than a week ahead so that everyone gets a chance to use the facility equally.

FACILITY GUEST PRIVILEGES
Any member of the Parkview Huntington Family YMCA may bring in a guest. Daily fees are $5 for a child, $10 for an adult and $20 for a family. Must be present with member. Allowed three visits per calendar year. Must show a photo ID.

AWAY PROGRAM
The AWAY program for those who are not regional YMCA members will be consistent throughout the region with each Y providing three free visits per calendar year to any visiting Y member and a half price day pass thereafter.
Kickin' It!

Huntington United Soccer

Once again partnering with the City of Huntington to offer one Community Soccer League.

Registrations begin March 1.

8-game season with season-ending tournament for all divisions ages 7-8 and older

Cost: $35/player for all age groups except PreK

PreK - $25/player

Age groups:
PreK, U6, U8, U10, U12, U14, and U18
YOUTH DEVELOPMENT

Gymnastics
Director: Julie Wade

Classes are scheduled for THURSDAYS (beginning Jan. 7) and will meet as follows:

**Shadow and Me “Parent and Me” (18 months-3yrs)**
4:30 - 5:15 PM  
Member - $30/month  
Community - $40/month  
(Maximum of 6)

**Tumble Tots (3–5 years old–Preschool)**
4:30 - 5:15 PM  
Member - $35/month  
Community - $45/month  
(Maximum of 8)

**Pull Overs (5 years & up) Beginner**
5:15 - 6:15 PM  
Member - $40/month  
Community - $50/month  
(Maximum of 12)

**Rebounders (5 years & up) Intermediate**
6:15 - 7:45 PM  
Member - $45/month  
Community - $55/month  
(Maximum of 12)

Morning Gymnastics classes are BACK!
Shadow and Me & Tumble Tots classes are back on Monday Jan. 11 at 9:30 am and 10:15 am respectively.

Tumbling
Director: Janelle Buzzard

Classes are scheduled for MONDAYS (beginning Jan. 11) and will meet as follows

**Learning the Basics**
6 - 10 Yr Olds  
5:30 - 6:30 pm
60-minute program focusing on flexibility, agility, strength, and control: teaching beginning floor and tumbling skills.  
(Maximum of 10)
Member - $35 / month  
Community - $50 / Month

**Cheer Skills**
11-14 Yr Olds  
6:30 - 7:30 pm
60-minute program focusing on flexibility, strength, and control; Developing and mastering floor and tumbling skills specific to Cheer Teams.  
(Maximum of 10)
Member - $35 / month  
Community - $50 / Month

The Tumbling Program will be run on a semester-based schedule and monthly payment plan (with NO CHARGE for December). First class will be held January 11.
YOUTH DEVELOPMENT

Volleyball

JUST FOR BEGINNERS
1st/2nd Graders
Tues: 5:30 – 6:30 PM
Class meets on Tuesdays for 7 weeks
Beginning Feb. 16
Member: $40; Community: $55

MARTIAL ARTS
Instructor: Grandmaster Robert Waldron
Cost: Members: $20/month
Community: $30/month
Beginning the week of Jan. 4

ADVANCED SKILLS
5th – 8th Grade
Tues: 7:30 – 8:30 PM
7 weeks of instruction on Tuesdays
Beginning Feb 16
This class is for players who are interested in honing and improving their skills with intentions of playing at a competitive (school or club) level.
Members $40 / Community $55

MASTERING THE BASICS
3rd/4th Graders
Tues 6:30 – 7:30 PM
Class meets on Tuesdays for 7 weeks
Beginning Feb 16
Member: $40; Community: $55

Volleyball director: Heather Rapp
Register at front desk or online at www.huntingtony.org
Questions–Rob Miller @359-9622 or rob.miller@huntingtony.org

Class Schedule
Tuesday
5:30 – 6:30 PM / Youth 6-12 Basic Class
6:30 – 7:30 PM / Adults & Family Class

Wednesday
5:30 – 6:30 PM / Youth 6-12 Basic Class
6:30 – 7:30 PM / Adults & Family Class

Thursday
4:00 – 5:00 PM / Youth 6-12 Basic Class
5:00 – 6:00 PM / Adults & Family Class

VOLLEYBALL LEAGUE
5th – 8th Grade
Practice starts Feb 1 – Mondays
5:30 – 6:30 PM or 6:30 – 7:30 PM
Member: $40; Community: $60
League Play starts: Saturday, March 3

Games are Saturdays 9:00 – 10:00 AM
and Thursdays 5:30 – 6:30 PM

Game Dates:
3/5, 3/10, 3/12, 3/17, 3/19, 3/24, 3/26

Tournament Starts 3/31 and ends before Spring Break

PARKVIEW HUNTINGTON FAMILY YMCA / www.huntingtony.org / 260-359-9622
**Jill Gradeless:** Trained in Ballet, Tap, Jazz, Clogging and Ballroom Dance. Competed and toured in Korea, Japan, Canada and the US. Started the YMCA School of Dance in 2002. Started the Y competition dance teams in 2014.

**Anne Betterly:** Trained in Tap, Jazz and Ballet. Toured and Competed in Germany and England. Performed on the Princess Cruise Line and was a Vegas Show Girl. Joined the Y dance teams in 2008.

**Brooke Farrington:** Trained in Jazz, Tap, Ballet, Contemporary and Modern. Performed in the Macy’s Day Parade. Trained at the Broadway Dance center and teaches at Huntington University. Joined the Y dance teams in 2011.

**Dani Gargiulo:** Trained in Clogging, Ballet, Hip Hop and tap. Has been instructing dance classes for more than 7 years. Is heading up our competition dance teams and joined the Y dance teams in 2007.

**Whitney Gradeless:** Trained in Jazz, Hip Hop, Lyrical and Ballet. Was on the high school dance team and joined the Y dance teams in 2013.

**Liz Kennedy:** Trained in Jazz, Tap, Hip Hop, Lyrical and Ballet. Was on the high school dance team and joined the Y dance teams in 2012.

**Marissa Mettert:** Trained in Jazz, Hip Hop, Tap, Lyrical, Ballet and Contemporary. Was a Colts Cheerleader for 2 years. Toured and competed in Nashville, Indianapolis and Ohio. Is heading up our competition dance teams and joined the Y dance teams in 2008.


**Michelle Dill:** Trained in Tap, Jazz, Lyrical and Hip Hop. Started Choreographing dances for Competition in High School. Was on the Universal Dance Association All Star team. Performed in the Aloha Bowl and the Macy’s Thanksgiving Day Parade. Joined our Y team in 2015.

**Sarah Bullock:** Trained in Jazz, Hip Hop, Lyrical, Tap, Clogging, Folk and Ballroom. Was on High School and College dance teams for 4 years. Joined our Y teams in 2015.

**Sydnee Gradeless:** Trained in Clogging, Jazz, Hip Hop, Ballet, Tap and Lyrical. Has been dancing since she was 3. Joined our Y teams in 2015.

**Elizabeth (Lizzie) Osborn:** Trained in Clogging, Jazz, Hip Hop, Ballet, Tap and Lyrical. Has been dancing since she was 3. Joined our Y teams in 2015.
### SPRING 2016 DANCE CLASSES:
Registration is now open.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Room</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td></td>
<td>4:45-5:15</td>
<td>Pre-ballet ages 3.5-4</td>
<td>Sydnee</td>
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<td></td>
<td>4:45-5:30</td>
<td>Jr. Clogging Team</td>
<td>Dani</td>
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<td></td>
<td>5:15-5:45</td>
<td>Pip Hop ages 6-7</td>
<td>Sydnee</td>
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<td></td>
<td>5:30-6:15</td>
<td>Jazz ages 7-9</td>
<td>Dani</td>
</tr>
<tr>
<td></td>
<td>5:45-6:15</td>
<td>Jr. Jazz ages 5-6</td>
<td>Sydnee</td>
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<td></td>
<td>6:15-7:00</td>
<td>Jazz ages 7-9</td>
<td>Whitney</td>
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<td></td>
<td>6:15-6:45</td>
<td>Est. Beg Clog</td>
<td>Dani</td>
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<td></td>
<td>6:45-7:30</td>
<td>Adult Clogging</td>
<td>Dani</td>
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<td></td>
<td>7:00-7:45</td>
<td>Lyrical ages 9.5 &amp; older</td>
<td>Whitney</td>
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<td></td>
<td>7:45-8:30</td>
<td>Sr. Clogging Team</td>
<td>Dani</td>
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<tr>
<td><strong>Tuesday</strong></td>
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<td></td>
<td>4:30-5:00</td>
<td>Tap ages 5-6</td>
<td>Anne</td>
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<td></td>
<td>5:00-5:30</td>
<td>Ballet ages 5-6</td>
<td>Anne</td>
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<tr>
<td></td>
<td>5:30-6:00</td>
<td>Tap ages 7 &amp; older</td>
<td>Anne</td>
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<td></td>
<td>5:45-6:30</td>
<td>Ballet 7-9</td>
<td>Rachael</td>
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<td></td>
<td>6:30-7:15</td>
<td>Jazz 10 &amp; older</td>
<td>Rachael</td>
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<td>7:15-7:45</td>
<td>Ballet 10 &amp; older</td>
<td>Rachael</td>
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<td></td>
<td>7:45-8:45</td>
<td>Comp Jazz</td>
<td>Marissa</td>
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<td><strong>Wednesday</strong></td>
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<td></td>
<td>4:30-5:15</td>
<td>Boys Tap</td>
<td>Brooke</td>
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<td>5:15-6:15</td>
<td>Invite Ballet</td>
<td>Brooke</td>
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<td></td>
<td>6:00-6:30</td>
<td>Beg. Tap ages 3.5-4</td>
<td>Michelle</td>
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<td>6:15-7:15</td>
<td>Invite Lyrical</td>
<td>Brooke</td>
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<td></td>
<td>6:30-7:15</td>
<td>Hip Hop ages 8-9</td>
<td>Michelle</td>
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<td></td>
<td>7:15-8:00</td>
<td>Hip Hop age 10-12</td>
<td>Michelle</td>
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<tr>
<td></td>
<td>8:00-8:45</td>
<td>Comp Hip Hop</td>
<td>Michelle</td>
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<tr>
<td><strong>Thursday</strong></td>
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<td></td>
<td>10:30-11:00</td>
<td>Pre- Tap ages 3.5-5</td>
<td>Lizzie</td>
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<td>11:00-11:30</td>
<td>Pre- Ballet ages 3.5-5</td>
<td>Lizzie</td>
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<td></td>
<td>4:30-5:00</td>
<td>Beg. Est Clog ages 9 &amp; up</td>
<td>Sarah</td>
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<tr>
<td></td>
<td>5:00-6:00</td>
<td>Comp Clogging</td>
<td>Dani</td>
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<tr>
<td></td>
<td>5:00-5:45</td>
<td>Est Clog ages 7 &amp; up</td>
<td>Sarah</td>
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<td></td>
<td>5:45-6:15</td>
<td>Beginning Clogging</td>
<td>Sarah</td>
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<tr>
<td></td>
<td>6:00-6:45</td>
<td>Hip Hop ages 13 &amp; up</td>
<td>Marissa</td>
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<td></td>
<td>6:15-7:00</td>
<td>Street Jazz ages 9.5 &amp; up</td>
<td>Liz</td>
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<tr>
<td></td>
<td>6:45-7:30</td>
<td>Character ages 12 &amp; up</td>
<td>Marissa</td>
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<tr>
<td></td>
<td>7:00-7:45</td>
<td>Character ages 9-11</td>
<td>Liz</td>
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<td></td>
<td>7:30-8:30</td>
<td>Invite Jazz</td>
<td>Liz/Marissa</td>
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<tr>
<td><strong>Friday</strong></td>
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<tr>
<td></td>
<td>6:00-7:00</td>
<td>Ballroom ages 18 &amp; up</td>
<td>Rachael</td>
</tr>
</tbody>
</table>

**Ballroom**

*ages 18 and older*

**Friday**

**Beginning Ballroom**
6:00–7:00 (Rachael)

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**Discounts offered for taking multiple classes and/or having multiple family members in dance.**

**Scholarships and financial assistance available.**
SOCIAL RESPONSIBILITY

Annual Campaign

The Y: So Much More

SUPPORT THE Y
STRENGTHEN YOUR COMMUNITY

YMCA Annual Campaign for financial assistance

The YMCA isn’t just a place to swim and work out ... it is So Much More. The YMCA Annual Campaign is our way to ensure that membership and programs are available to all members of our community. It is our mission to see that no one is turned away based on their ability to pay, and the YMCA raises money each year so that we can award “scholarships” to those who could otherwise not afford to participate.

In 2014, we assisted more than 100 families and provided nearly $40,000 in membership and program subsidies, and we hope to increase that amount next year. But we need your help!

How can I be a part of the Campaign?

We will be giving you a number of opportunities during January and February to contribute to the campaign. Please consider the following opportunities to sponsor a child, adult or family at one of the following levels:

$50  –  A child learns basic skills and the value of teamwork in Kim League basketball.

$100  –  A family with two children knows their kids are safe and having fun for one week at YMCA Summer Day Camp.

$250  –  Ten youth with special needs learn the fun of playing sports in a season of Champions League at the Y.

$500  –  Eight children learn social and academic skills in our Preschool program for one month.

Our Strength is in Community.

- The Y is community centered. For more than 160 years, we’ve been listening and responding to our community’s needs as we create and deliver YMCA programs.

- The Y brings people together. We connect people of all ages and backgrounds to bridge relational and societal gaps.

- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive.

- The Y has local presence and global reach. We mobilize local communities to impart lasting, meaningful change.
PRIVATE SWIM LESSONS
Private swim lessons allow the participant to work at a personalized level to achieve swim goals. LESSONS ARE PURCHASED AS ONE, THREE, OR SIX SESSIONS FOR 30 MINUTES EACH.

PRIVATE LESSONS (ONE ON ONE):
One session  Member - $25  Community - $30
Three sessions  Member - $60  Community - $75
Six sessions  Member - $108  Community - $138

SEMI-PRIVATE LESSONS (GROUP OF TWO OR THREE):
One session  Member - $30  Community - $35
Three sessions  Member - $75  Community - $90
Six sessions  Member - $138  Community - $168

These lessons offer one-on-one instruction with a YMCA swim instructor, who is selected based on the participant’s specific needs. The sessions may also be structured to meet other needs including:
• Senior Focus  • Triathlon Swim Training
• Adult “Aquaphobia”  • Adult Adaptive Aquatics
• Semi-Private (siblings, family, friends, etc.)  • Youth Lesson

Private swim lessons are available by appointment only. Swimmers can meet with the YMCA swim instructor as many or as few times a week as needed. Lessons are scheduled individually based on the participants schedule. They can be held any day of the week and any time there is available space in the pool.

Please allow 1-3 business days in order for our staff to pair you with the appropriate instructor and up to one week before your lesson begins.

Register at the front desk.
YMCA SWIM TEAM
At the Huntington YMCA, we have a long history of swimming success. With coaches like Glen Hummer and George Haines, our swim teams have produced great competitors and even better people. Join us as we restart our Y Swim Team program and be a part of the next exciting chapter of Huntington YMCA Swimming.

Our Fall Swim Team is an introductory, pre-competitive experience to prepare swimmers for our upcoming Competitive Swim program. An experienced swim coach will work with swimmers to develop proper technique in each of the competitive strokes. In addition, students will learn new skills, such as streamlines, racing dives, flip turns and other competitive swimming knowledge. Swimmers must have the endurance to swim one length of the pool without a flotation device.

Swim Team starts practicing
Session 3, April 11
Registration begin March 28.

ADAPTIVE AQUATICS
The YMCA’s mission is “To put Christian Principles into practice through programs that build healthy spirit, mind and body for all” and as the aquatics staff we want to ensure that we are putting that into practice! We also feel very strongly of the importance of every child learning to be safe in the water. To accomplish this, we are beginning adaptive aquatics swim lessons. These lessons will be geared towards students with neurological, developmental and cognitive challenges. Our goal is to not only help these students learn how to be safe in the water, but also build strength and increase their cardiovascular endurance, as well as give them continued opportunities for social interaction.

Financial assistance is available through a grant provided by Huntington HELP. Any member of our staff will be happy to assist you in this process.

Saturdays 11:00 – 11:30 AM / 6 weeks
Members: $30  Community: $50

AQUATIC CARDIO BLAST
High intensity cross-training in the pool!
Friday 10:00 – 10:45 AM

AQUA FIT
Tues & Thurs  Lisa Reinke
5:00 – 6:00 PM

WATER AEROBICS
Water aerobic workout focusing on strength, endurance and flexibility.
Monday & Friday  Sandy Hartle
8:00 – 9:00 AM / 9:00 – 10:00 AM
Tues, Wed, Thurs  Cindy Shaefer
8:00 – 9:00 AM / 9:00 – 10:00 AM
Tues & Thurs  Keely Oswald
1:00 – 2:00 PM
NEW!!! HOMESCHOOL GYM & SWIM

Parkview Huntington Family YMCA is now offering Homeschool Gym & Swim for children ages 6–13. The class will meet on Wednesdays from 9:30–11:00 am, for 7 weeks beginning September 14th. The program includes a 30-minute physical education class followed by a 45-minute swim class.

COST:
MEMBERS:
$20 per person or a family rate of $50 (3 or more children)
NON-MEMBERS:
$50 per person or a family rate of $125 (3 or more children)
(This fee covers the Homeschool Gym & Swim program for the entire 7-week session.)

Registration opens August 31, 2015 for Members and September 7, 2015 for Non-Members.

SUPPORTING THE ARTS

Partnering with Huntington Community Strings and beginning in January 2016, the Y will be offering lessons for the Violin, Viola, and Cello.
*For children in grades 3rd – 8th*

Registrations are now open!

Instrument Rental is included in the fee for the program.

For more information, email Christy Thomson at christy.thomson@huntingtony.org.

Financial assistance is available to help with the cost of the program.
This Obstacle Race is between 3–4 miles

Teams and individuals of all fitness levels are welcomed

Registration fee includes entry in the race and race day t-shirt (must register before April 30th to ensure requested size)

All funds raised go toward the Annual Campaign

OVERCOME OBSTACLES, SUPPORT NEIGHBORS

YMCA SOCK SOAKER
SATURDAY, MAY 14TH 2016

9:00 a.m. start at Camp Timber Lake in Huntington
Registration $30 (before April 14th)

Register online at runrace.net
YOUTH DEVELOPMENT

DAY CAMP INFORMATION

DAYS OFF CAMP
This is a camp dedicated for when kids are scheduled out of school. Activities available during camp range from swimming, playing in the gym, arts and crafts, and STEM. Campers must bring lunch!
Hours: 6:00 AM - 5:30 PM
Price: Members-$25 per day
              Community-$35 per day
Dates: February 18 & 19
Kindergarten through age 12

SPRING BREAK CAMP
Come hang out at the Y over Spring Break! Activities will include swimming, gym time, arts and crafts, and STEM. Campers must bring a lunch.
Hours: 6:00 AM - 6:00 PM
Price: Members-$25 per day
              Community-$35 per day
Dates: April 4 - April 8
Kindergarten through age 12

SUMMER DAY CAMP
Registration begins in April
Watch for details!

Safe Sitter® teaches young teens (11–14) everything they need to know to be safe when they’re home alone, watching younger siblings, or babysitting.
Students learn life-saving skills such as how to rescue someone who’s choking, and helpful information like what to do if there’s severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice CPR or choking rescue!

Must bring lunch / Financial assistance available.

March 26
Ages: 11 – 15
Time: 9:00 AM – 4:00 PM
Members: $40 / Community: $60

PARKVIEW HUNTINGTON FAMILY YMCA / www.huntingtony.org / 260-359-9622
HEALTHY LIVING

Active Older Adults

CLASSES FOR SILVER SNEAKERS & YMCA ACTIVE OLDER ADULTS

CLASSIC CIRCUIT
Mon-Wed-Fri: 9:00-10:00 AM
Instructor: Vanessa
Mon & Wed: 10:30 – 11:15 AM
11:15 – Noon
Instructor: Hannah
Tues/Thur: 10:30 – 11:15 AM
Instructor: Hannah
Mon-Wed-Fri: 8:00 – 8:30 AM
Senior XFit: Julie

WATER AEROBICS
Water aerobic workout focusing on strength, endurance and flexibility.
Mon – Fri 8:00 – 9:00 AM
9:00 – 10:00 AM
Tue & Thurs 1:00 – 2:00 PM

WATER-WALKING
Tues & Thurs 2:00 – 3:00 PM
The pool will now be available exclusively for low impact walking to help with flexibility and strength.

NEW
NEW

CIRCUIT TRAINING
Interval full body workout using hydraulic machines; safe, effective, and the next step in your wellness journey.
Mon.- Wed: 2:45 – 3:15 PM
Tues. & Thur: 10:00 – 10:30 AM Upstairs

What is the SilverSneakers Fitness Program?

SilverSneakers is a fun, energizing program that helps active, older adults take greater control of their health by encouraging physical activity and offering social events.

• Access to conditioning classes, exercise equipment, pool, sauna and other available amenities
• Customized SilverSneakers classes designed exclusively for active older adults who want to improve their strength, flexibility, balance and endurance

For more information, contact Vanessa Macias-Hannie, SilverSneakers Coordinator.

To get started, speak with our front desk staff.
SOCIAL RESPONSIBILITY
ACTIVE OLDER ADULTS

EVENTS:

December 29th, 2015
Winter Sweater Party and 2016 Kickoff: Noon – 1:00 PM

May 20, 2016
Spring Fling: 6:30 PM – 8:00 PM

May–August:
10:30 AM meet at the Party Shop for Milkshake Monday
– second Monday of the month

August 30, 2016
Ice Cream Social: Noon – 1:00 PM

October 31, 2016
Harvest Party 10:30 PM – Noon

December 28, 2016
Winter Sweater Party and Kickoff: 10:30 AM – Noon

Prayer Group
First Wednesday of each month: 10:15 AM

Bible Study
Every Tuesday: 9:30 AM – 11:30 AM
Meet our Chaplains– Paul Hirschy & Lisa Leist:
Here to Love. Care. Serve. our members, staff, guests, and vol-
unteers!

Volunteer Orientation
First Thursday of each month: 5:00 PM

Meet our Chaplains– Paul

New Member Orientation
First Thursday of each month: 6:30 PM

Book Club
Meets the 3rd Monday each month: 10:15 AM

Meet our Chaplains– Paul
HEALTHY LIVING

Group Exercise

Registration required for each class – Ages 14 & up
Each class can be modified to meet participants experience level.

CLASSES ARE $5 PER SESSION

STRETCH CLASS
Mon 7:30 AM / Wed 7:30 AM / Fri 7:30 AM
This class is for EVERY BODY! It is a one hour, full body stretch and strengthening routine that tones muscles, improves posture and flexibility, and creates functional flexibility. A great way to start any day!

STABILITY BALL
Mon 6:15 PM
Strengthen and tone your abdomen, midsection, and lower back using stability balls and small hand-weights.

20 MINUTE ABS
Mon & Wed 4:45 PM
20 minutes of core & abdominal work in the aerobics studio.

BOOT CAMP
Sat. 7:15 – 8:15 AM
Military style workout taught by ex marines.

CARDIO PUMP
Tues 5:15 AM
The complete package! Zumba and toning.

CARDIO-BLAST
Mon & Wed 4:15 PM / Mon & Wed 7:30 AM
Tues & Thu 9:00 AM
(Gymnasium) Kick your fat-burner into high gear! 30 minute, high intensity cross-training session in the gym.

YOGA GROOVE
Tues 6:15 PM / Thurs 9:15 AM
Yoga & stretching set to up beat music for all levels.

BODY WEIGHT BASICS
Tues & Fri 9:30 AM
30 min of aerobic & strength workout using your body. Showing proper technique on how to use your body.

RESISTANCE BAND CLASS
Wed 6:30 PM
30 min class combining Zumba and a weight circuit.

ZUMBA
Wed 7:15 PM
Thur 7:15 PM / Sun 1:30 PM

ZUMBA CIRCUIT
Tues 7:15 PM / Wed 9:15 AM
30 min class combining Zumba and a weight circuit.

PIYO
Mon 7:15 PM

SATURDAY FREE SAMPLER
Different class every Saturday for FREE
9:15 – 10:15 AM

CLASSES ARE $15 PER SESSION

PIATES
Mon & Wed 10:15 AM
Joseph Pilates created this exercise regimen to improve posture and flexibility, and correct muscular imbalances.

Y CYCLE (Cycle Room)
All levels – Tue / Thur 5:15 AM
Beginners – Mon / Wed 7:00 PM
All levels – Tue / Thur 12:00 PM
Advanced – Tue / Thur 6:00 PM
All levels – Tue / Thur 7:00 PM

BEGINNER YOGA
Mon 5:15 PM / Fri 5:15

ADVANCED YOGA
Wed 5:15 PM / Sat 9:15 AM
Encourages independent and individualized Yoga practice beyond basic instruction. Requires at least one prior session of beginners Yoga and instructor approval.
BODY SCULPTING (GROUP STRENGTH TRAINING)
$60 per 7-week session
Advanced strength training techniques will be utilized to help you attain the body you want.
Minimum of 4 participants.
Tues, Thurs – 6:00 AM / Tues – Thurs – 12:00 PM
Mon, Wed – 7:00 AM / Mon – Wed – Fri – 9:00 AM
$60 per 7 week session

PERSONAL TRAINING
Achieve the health that you desire with the assistance of a YMCA personal trainer. Our group trainings and classes make personal training affordable, as well as allowing for camaraderie with other members.

One on One – $25/hour – Package of 6 sessions – $125 / Package of 12 sessions – $235
Groups of Two – $100 per person per 7-week session (1.5 hrs/wk) (Based on your schedule)

MAX EFFORT
Mon, Wed, Fri – 12:00 PM / $60 per 7-week session
Intense full-body training and abs designed to fit into your lunch-hour.

Y-FIT
$60 per 7-week session
Class specializes in cross training. Participants will experience a structured program that is different each day and each week.
• Cardio is different each day as well, and will include kickboxing, running drills, stair climbing, jump rope, and more.
• Strength training will consist of body weight exercises, free weights, and selected strength machines. Participants will work every muscle group at least once per week. Women and Men are welcome!
Mon, Wed, Fri – 5:00 AM / 5:30 AM / 7:00 AM
8:00 AM / 30 Minutes (Active Older Adults) ($50/7-week session)
8:30 AM / 9:00 AM / 4:00 PM
6:15 PM

12-WEEK PERSONAL FITNESS PROGRAM
Join the list of success stories! Your personal fitness coach will design a workout specifically for your needs, and monitor your progress daily. During your 12-week program, you will meet with your personal fitness coach 4 times to discuss goals and find a plan of action that will help you attain your fitness goals.

$60 per 12-week session,
$100 per couple
HEALTHY LIVING

Personal Fitness

PERSONAL TRAINERS

Mariah Town
Mariah graduated from Huntington University with a Bachelors Degree in Exercise Science and a minor in Psychology in 2013. She is a certified Wellness Coach and Strength and Conditioning Coach through the YMCA. Besides teaching X-Fit Monday, Wednesday, and Friday mornings AND Body Sculpting Tuesday and Thursday mornings, Mariah is the Day Camp Coordinator for our YMCA.

Tyler Palmer
Tyler graduated from Huntington University in 2013 with a Bachelor of Science degree in Exercise Science. Currently, he is the strength and conditioning coach for Huntington University men’s and women’s basketball and softball teams. Tyler has a great passion for training and helping people reach their goals. Favorite quote: “Behind your feelings is nothing, but behind every principle is a promise.” – Eric Thomas

Hannah Treadway
Hannah graduated from Grace College with a B.S. degree in Exercise Science in 2014. She is a certified Personal Trainer through National Academy of Sports Medicine (NASM) and is a Healthways SilverSneakers® instructor. Hannah is passionate about making physical fitness, nutrition, and an active lifestyle an important part of every client’s daily life.

Julie Pohler
Julie is certified through the YMCA in Group Exercise and Strength and Conditioning. She teaches several X-Fit classes as well as individual personal training.

Heaston Schwob
Heaston is a Strength and Conditioning student at Huntington University. He helps instruct morning X-Fit as well as Personal Training. Heaston is also a baseball player for HU.

WELLNESS COACHES

These Wellness Coaches are here to help you with your fitness needs. They are trained and certified to assist you with questions, help with proper form, and challenge you to reach your wellness goals. If you see any of them at the Y, don’t hesitate to ask questions or request assistance.

Annette Stoffel
Wendy Wolfert
Joy Campbell
Our preschool staff understands 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. At the Y, preschoolers experience early literacy, learn about their world, develop trust and security and learn new skills to be ready for kindergarten.

GYM & EXERCISE
The Y Preschool understands there’s much more than sports at the Y. Use of our gym and our playground provides kids the chance to exert energy, try new things, make new friends ... and be kids!

SWIMMING
The YMCA values the importance of learning to swim and offers Super Star classes (only) a 6-week swim session 1 day a week, at no extra charge. The lesson conveniently coordinates with classroom time from 11:45 AM–12:15 PM.
KIDS IN MOTION!

*Swim Exploration

*Gym

*Classroom Activities

This class is dedicated to the health and well being of children 3-5 years old. It focuses on an active environment including swim exploration, gym time and classroom skills. Snacks provided.

Meets every Friday: January 8 – April 29 from 9:00-11:30 am.

$35 per month Members and YMCA Preschool participants

$45 per month Community participants

Ages: 3 (by Aug 1, 2015), 4 or 5

Children must be toilet trained.

Teachers: Karen Teusch & Nicki Shepherd

Register Today!

Parkview Huntington Family YMCA; on campus of PHH; 260-359-9622. Contact: Karen Larr, karen.larr@huntingtony
TUITION

Twinkling Stars:
2-day class. Must be age 2 by 08/01/16.
Members: $257 / Semester  Community: $302 / Semester
(Pay in full or monthly bank draft $57 / $67 per month.)
Children do not need to be toilet independent.

Superstars:
4-day Pre-K Class: Must be age 4 by 8/1/16.
Members: $482 / Semester  Community: $527 / Semester
(Pay in full or monthly bank draft $107 / $117 per month.)

3-day class: 3,4,5 year olds. Must be age 3 or 4 by 8/1/16.
Members: $392 / Semester  Community: $437 / Semester
(Pay in full or monthly bank draft $87 / $97 per month.)

2-day class: 3,4,5 year olds. Must be age 3 or 4 by 8/1/16.
Members: $302 / Semester  Community: $347 / Semester
(Pay in full or monthly bank draft $67 / $77 per month.)
Children are required to be toilet independent.

*Vacation days per month do not affect your monthly payment. Payments are due the first day of the month. If tuition is not paid by the 10th of the month, a $10 late fee will be added.

TO REGISTER:
1.) $50 registration fee
2.) One monthly class fee (applied to May 2017)
3.) Fill out registration form, sign and date
4.) Registration form and fees are required at time of registration

*Fees are non-refundable

The registration form must be submitted with your fees. Class days and times are selected and reserved at that time, but subject to change depending on enrollment. Important orientation information will be mailed to you in mid-August. Mandatory orientation meetings will be held August 26 & 27 with parents and child attending. Classes will start Sept. 6 or Sept. 7 and run through mid May 2017.

If you would like to know more about our Preschool program, call Karen Larr at 359-9622 or e-mail karen.larr@huntingtony.org.
We will be happy to set up an appointment to talk with you further or arrange a time to observe a class.
SESSION DATES

SESSION 1:
JAN. 4 – FEB. 21 / REGISTRATION BEGINS DEC. 14

SESSION 2:
FEB. 22 – APRIL 10 / REGISTRATION BEGINS FEB. 8

SESSION 3:
APRIL 11 – MAY 29 / REGISTRATION BEGINS MARCH 28

SESSION 4:
MAY 30 – JULY 17 / REGISTRATION BEGINS MAY 16

PARKVIEW HUNTINGTON
FAMILY YMCA

1160 W. 500 N., Huntington, IN 46750
Phone: 260-359-9622 / Fax: 260-356-1291
www.huntingtony.org