Beginning
The Next
100 Years...

...of Living Our Cause.

Parkview Huntington Family YMCA
1160 W 500 N, Huntington, IN 46750;
260-359-9622; www.huntingtony.org
Greetings, YMCA family and friends! On behalf of our entire staff team, we’re so grateful for all your support during our Centennial Anniversary in 2013. As we begin our next 100 years of serving the Huntington community, it is important to remember the guiding principle that steers our efforts and ensures our sustainability – we’re more than a gym, we’re a cause.

We are all prone to the stresses created by life’s daily demands and often need a place to go where we can feel supported and receive help in trying times. The Y serves as just that. A place where adults can find life balance; children can reach their full potential; seniors can be active and find camaraderie; and families can connect and strengthen relationships. At the Parkview Huntington Family YMCA, we see examples of each of these every day. Individuals have the opportunity to improve their health and well-being and connect with the community, all while participating in their favorite Y program or activity.

The Y is an unparalleled cause for strengthening our community because we reflect every nook and cranny of it. Our facility creates an environment conducive to interactions and relationship formations that might otherwise never have the opportunity to transpire. This cross sectional force creates a powerful, unified movement of men, women and children that learn from, and are inspired by, one another. Your involvement with the Y reflects more than a scan card on your keychain. It reflects your commitment to a goal far greater than one segment of our community could ever hope to achieve, and that’s the goal of bringing Huntington together to collectively ensure a brighter tomorrow for each of us.

We recognize that our goal will never be accomplished without providing scholarships to those that don’t have the financial ability to participate. Annual contributions from you, our cause-driven donors, ensure that everyone, regardless of income or socioeconomic status, has the opportunity to learn, grow and thrive. We will not allow cost to create a barrier between our neighbors in need and the transformational lifestyle changes they seek to achieve.

It is by no means an accident that we’re the leading nonprofit committed to youth development, healthy living and social responsibility. Our impact is intentional, deliberate and advanced by an army of well over 6,000 agents of change. Your membership at the Y means belonging to a cause that gives children, adults and families hope for a brighter, more fulfilled future. We’re here for, and because of, you!

Warm regards,

Ryan Lemon
Executive Director
PARKVIEW HUNTINGTON FAMILY YMCA
1160 W. 500 N.
Huntington, IN 46750
Phone: 260-359-9622
Fax: 260-356-1291
huntingtony.org

STAFF
Ryan Lemon (ryan.lemon@huntingtony.org) .................................. Executive Director
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Don Cozad (don.cozad@huntingtony.org) ... Senior Program Director /Aquatics Director
Tim Allen (tim.allen@huntingtony.org) ..... Marketing and Member Engagement Director
Karen Larr (karen.larr@huntingtony.org) ................................. Early Childhood Director
Pam Santos (pam.santos@huntingtony.org) ............................. Business Operations Director
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Rob Miller (rob.miller@huntingtony.org) ................................. Youth Sports Director
Lisa Leist (lisa.leist@huntingtony.org) ................................. Fitness & Nutrition Specialist
Jill Gradeless (jill.gradeless@huntingtony.org) ............... YMCA School of Dance Director
Scott Craft (scott.craft@huntingtony.org) ............ Day Camp Director/Fitness Instructor
Vanessa Macias-Hannie (vanessa.hannie@huntingtony.org) ... Mission Advancement Director

Plus 95 additional staff members to meet your needs.

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 - 10:00 PM
Saturday: 7:00 AM - 5:00 PM
Sunday: 1:00 PM - 5:00 PM

YMCA HOLIDAY FACILITY CLOSINGS
JAN. 1  NEW YEARS DAY  CLOSED
APRIL 20  EASTER  CLOSED
MAY 26  MEMORIAL DAY  CLOSED

SUMMER HOURS  (Summer hours begin after Memorial Day and end after Labor Day)
Monday - Friday: 5:00 AM - 9:00 PM
Saturday: 7:00 AM - 3:00 PM
Sunday: 1:00 PM - 3:00 PM

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.

DEREK DYER, D.C.  RONDA SMELSER  JOSH KESLER
TOM KARST  LISA GARROTT  JOHN MARKLEY
KENDALL MICKLEY  JOE SANTA  JULIE UTENDORF, M.D.
MICHAEL ZAHN  AUSTIN HESS  KAY SCHWOB
DAVE DAVIS  CHAD DAUGHERTY

YMCA SCHOOL OF DANCE
Scott Craft (scott.craft@huntingtony.org) ............................... Director
Vanessa Macias-Hannie (vanessa.hannie@huntingtony.org) ... Coordinator

www.huntingtony.org / 260-359-9622  3
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 Vanessa Macias-Hannie.

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.

MILITARY PERSONNEL
Military personnel on leave are welcomed into the Parkview Huntington Family YMCA on a day-to-day basis at no charge for a period of up to two weeks. Leave paperwork must be presented along with a valid picture I.D. card.

NEW!
SEE OUR FRONT DESK TEAM TO:
- Get a special greeting from our team and our check-in computer
- Answer your questions
- Sign up for a membership or program
- Purchase our great YMCA merchandise
- Get a healthy snack
- Pick up schedules and brochures
- Get your picture taken...Smile!
- And much, much more!

** 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>Family (Must be married)</td>
<td>$75</td>
<td>$56</td>
</tr>
<tr>
<td>Adult Individual</td>
<td>$75</td>
<td>$36</td>
</tr>
<tr>
<td>Spousal</td>
<td>$75</td>
<td>$47</td>
</tr>
<tr>
<td>Single Parent Family (one parent household)</td>
<td>$75</td>
<td>$39</td>
</tr>
<tr>
<td>Senior (62 or over)</td>
<td>$75</td>
<td>$28</td>
</tr>
<tr>
<td>Senior Family (one member 62 or over - no children)</td>
<td>$75</td>
<td>$39</td>
</tr>
<tr>
<td>Youth / College</td>
<td>$35</td>
<td>$18</td>
</tr>
</tbody>
</table>

(6-18 years of age, through 23 years of age and a full-time college student with proof of 12 credit hrs. twice per year.)

REGIONAL MEMBERSHIP RATES
Membership access to 14 YMCAs in Northeast Indiana. See the front desk for details on this special membership or go to www.neiymca.org for more information.
Regional Membership Enrollment fee - $75.00 / Regional Family - $69.75/month
Regional One Parent Family - $54.00/month / Regional Adult - $48.50/month

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

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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

<table>
<thead>
<tr>
<th>Facility</th>
<th>Members &amp; YMCA Groups</th>
<th>Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasium</td>
<td>$75.00 per hour</td>
<td>$100.00 per hour</td>
</tr>
<tr>
<td>Meeting Room</td>
<td>$25.00 per hour</td>
<td>$35.00 per hour</td>
</tr>
<tr>
<td>Basic Party Package*</td>
<td>$100.00</td>
<td>$125.00</td>
</tr>
<tr>
<td>Deluxe Party Package*</td>
<td>$175.00</td>
<td>$225.00</td>
</tr>
<tr>
<td>Overnight Rental**</td>
<td>$500.00</td>
<td>$700.00</td>
</tr>
</tbody>
</table>

*Birthday parties include one hour in the gym or pool and one hour in the party room.
**Parties based on 10 children. There will be a charge of $3 per additional child.

BATTING CAGE RENTAL
Rent the YMCA Batting Cage for your group, club or business and enjoy hours of fun learning and refining your batting skills. Call Tim for details.

$35 for one hour / $50 for two hours

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 5 years old.

Hours: M/W/F 8:30-NOON; M-Th 4:00-8:00 PM; T/Th 8:30 AM - 1:00 PM; F 6:00-8:00 PM

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. Crock 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 only 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 $5.00 for a child, $8.00 for an adult and $10.00 for a family.

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.
YOUTH DEVELOPMENT

Aquatics

WINTER SWIM LESSONS!
All swim lessons are one day a week for 30 minutes.
Session 1: Jan 6 - Feb 22
Session 2: March 3 - April 19
**$30 Members / $50 Community**

Session 3: April 28 - June 1
**$20 Members / $35 Community**

Offered: Mornings - M/T/W/TH
Nights - M/W/TH
Saturday mornings

PARENT–TOT SWIM LESSONS
Child must be 6 months - 3 years old and wear a swim diaper unless potty trained. Classes are designed to allow the child to have fun in the water, while the parent guides him or her to learn aquatic skills. The child will be exposed to kicking, floating, basic arm strokes and breath control through play and songs. An adult must accompany the child in the water.

ADULT SWIM LESSONS
Learn fundamental swimming skills or refine your stroke. Beginners to advanced swimmers welcome!

PRIVATE & SEMI–PRIVATE YOUTH LESSONS
One-on-One, or Two-on-One instruction is available at the YMCA.
Lessons are tailored to meet individual needs. Times are scheduled with the Aquatics Director. Lessons are 30 minutes.
**Cost:** Private Member ........... $25.00
Community .... $30.00

PRESCHOOL LESSONS
PIKE (Beginner) Level 1
Children learn how to blow bubbles, put their face in the water, front float, and kick their feet, along with other basic water adjustment skills.

EEL (Intermediate) Level 2
This class builds on armstroke abilities and rhythmic breathing. Children begin to learn more in-depth safety skills such as front and back floats, as well as gliding, and elementary backstroke.

RAYS AND STARFISH (Advanced) Level 3
Along with freestyle and backstroke this class introduces breaststroke, treading water, and butterfly kick. Each skill is progressed on the basic knowledge of previous skills.

SCHOOL AGE LESSONS (6-12 yrs old)
POLLIWOG (Beginner) Level 1
Children will learn how to blow bubbles, put their face in the water, floating, gliding, and other basic water adjustment skills.

GUPPY (Beginning Intermediate) Level 2
This class concentrates on freestyle with rhythmic breathing, along with front and back floats, elementary backstroke, and building basic water skills.

MINNOW (Intermediate) Level 3
Along with the above skills this class teaches breaststroke, treading water, butterfly kick, and continues basic skill development.

FISH & FLYING FISH (Advanced) Level 4
This class puts an emphasis on building endurance. Butterfly and basic swim team skills are introduced, as well as continued development of freestyle and backstroke.

WATER FITNESS
Water aerobic workout focusing on strength, endurance and flexibility.
Aqua Aerobics  Mon-Fri  8:00- 9:00 AM
Mon-Fri  9:00-10:00 AM
Aqua Fit  Mon & Thur  7:00-8:00 PM
**Members: $5 / Community: $50**

CPR AND FIRST AID
Class includes adult, infant and child CPR/First Aid. Certification is through the RED CROSS.
**Members: $50 / Community: $65**

LIFEGUARDING CLASS
This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard. Prerequisites are age 15 and over, and ability to pass a swim test. This class incorporates CPR, First Aid, and AED certifications, as well as the lifeguarding skills needed to pass the class. Must be able to attend all classes. Pre-Registration is required. Email Don Cozad at don.cozad@huntingtony.org for times and dates.
**Members: $150 / Community: $175**
Dance

Members: $26/month
Community: $38.50/month
Costume rental is included in the program fee.

Dance Schedule at www.huntingtony.org

Parkview Huntington Family YMCA
School of Dance

Here at the Parkview Huntington Family YMCA, our dance instructors provide the fundamentals for all ages looking to grow in the art of dance. Children starting at age three all the way up to adults can experience the freedom and joy of dance.

CLASSES ARE FILLING UP FAST. REGISTER TODAY!

We hold a Christmas recital, and a spring recital. Each dancer will have a costume for each performance they are in. The dance program runs from August to May. Payments can be made as one payment or monthly payments.

JAZZ
Jazz is a form of modern dance. Its movements can be very unpredictable, either being slow and graceful or quick and abrupt with leaps and jumps. This dance class will teach flexibility, coordination and strength while keeping the rhythm to a variety of music.

HIP-HOP
Hip hop dance refers to a wide range of dance styles such as breaking, popping, locking and krumping. Hip hop involves a lot of free style moves and is practiced both in a dance studio as well as on the street. It is physically challenging with its quick, intentional moves but is very rewarding. We have guys who are on this dance team and love to pop and lock. This class will keep you current with the latest dance moves and keep you cool on the dance floor.

TAP
Tap dancers are known to wear a special shoe with metal plates on the sole. Tap dancers tend to be lighter on their feet while dancing out the melody of a song. Many different types of music can be used for tap.

CLOGGING
Forget what you have heard about wooden shoes and hair buns. Clogging is a fast paced dance and has a lot of similarities to tap, but has a different style. Tap dancers tend to be lighter on their feet and tap out the melody. Clogging is a heavier sound and taps out the beat. Our shoes consist of a metal double tap instead of a single tap to emphasize the sounds of our feet. We dance to country, pop, hip hop and more.

BALLER
Ballet is one of the world’s most graceful dance styles. Our classes teach the basic techniques of traditional ballet. We can use a variety of music for our classes taking this style from classic to modern. We offer a pre-ballet class that will teach the very basics of the dance while allowing creative movement from each dancer. It is an introductory class that will help open the child’s eyes to the world of dance. Our ballet classes after this will teach more terminology, proper body technique while becoming stronger, more flexible and agile.

LYRICAL
Lyrical dance style has its primary basis in ballet, combining the many technical elements of classical ballet with the freedom and airier aspects of jazz, contemporary, and modern dance. Lyrical dance is expressive, simultaneously subtle and dynamic.

STREET JAZZ
Street Jazz is a combination of Jazz and Hip Hop. Combining the flexibility and flow of jazz, with its leaps and turns and mixing with the quick and deliberate moves from hip hop. This class will be challenging and fun.

CHARACTER
This class requires a background in ballet and jazz. This type of dance is performed in high heels which are also required for this class.
Gymnastics

**Shadow and Me “Parent and Me” (18 months-3yrs)**
30-minute program concentrating on developmental, social skills and balance with an introduction to gymnastics skills and equipment.
*Monday: 9:30 - 10:00 AM or 5:00 - 5:30 PM*
*Cost: $35 – Members; $50 Community*

**Tumble Tots (3-5 years old-Preschool)**
45-minute program that helps the students to develop awareness, control, agility, self-confidence and coordination through the use of basic gymnastics skills.
*Monday: 10:15 - 11:00 AM or 5:30 – 6:15 PM*
*Wednesday: 5:00 - 5:45 PM*
*Cost: $40 – Members; $55 - Community*

**Pull Overs (5 years & up) Beginner**
1-Hr class with an emphasis on developing gymnastics skills until they are mastered.
*Monday: 6:15 – 7:15 PM or Thursday: 5:00 - 6:00 PM*
*Wednesday: 6:00 - 7:00 PM*
*Cost: $45 – Members; $60 - Community*

**Rebounders (5 years & up) Intermediate**
1-Hr class with an emphasis on already mastered skills and introducing more complex skills.
*Monday: 7:15 – 8:15 PM*
*Wednesday: 7:00 - 8:00 PM*
*Thursday: 6:15 - 7:15 PM*
*Cost: $45 – Members; $60 - Community*

**Dismounts (5 years & up) Advanced or Tumbling**
1-Hr class focusing on each skill. As skills are mastered, more complex skills will be introduced. Also, goals will be set for each gymnast.
*Thursday: 7:15 - 8:15 PM*
*Cost: $50 – Members; $65 – Community*

*At instructor’s discretion, depending on maturity and ability, each child has the opportunity to move up to another level.*

**Dress Code**

Girls and boys
* Leotard or fitted t-shirt/tank and gym shorts
* Hair pulled back
* No socks or shoes, no buttons, no jeans or jean material clothing
Youth Sports

**GIRLS VOLLEYBALL**
Introduction to Volleyball
3rd - 5th Grade
7 weeks of instruction beginning Monday, Feb. 17
Member: $37; Community: $55

Girls Intramural Volleyball League
5th - 8th Grade
Practices start week of Feb. 17
Games are on Sat. and Tues. beginning March 1.
Member: $37; Community: $55

**GIRLS VOLLEYBALL SKILLS PROGRAM**
5th - 8th Grade
Advanced players skills program
7 weeks of instruction beginning Monday, Feb. 17.
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.
Fees: Members $40 / Community $60

Register at front desk or online at www.huntingtony.org
Questions-Rob Miller @359-9622 or rob.miller@huntingtony.org

**Y / PAL SOCCER 2014**
Age Groups:
3/4 yr olds, 5/6 yr olds, 7/8 yr olds, 9-12 yr olds.
Practices begin the week of April 7.
First games are April 26.
$25 - 3-4 yr olds / $35 - All other age groups

Kids who play sports perform better in school, develop interpersonal skills, and work better in groups. The Y Youth Soccer program maximizes the positive effects of playing sports by emphasizing healthy competition and promoting teamwork along with individual development.

Adult Sports

**ADULT MEN’S LEAGUE**
Games begin January 19
All games are on Sundays
8-game season
Tournament on March 23
Registration deadline: January 10
Cost - $550 / Team

www.huntingtony.org / 260-359-9622
The Parkview Huntington Family YMCA has a fantastic program called Teen Leaders. The program consists of teens ranging in ages 12 to 17. The goal is to encourage leadership, volunteerism, and community involvement.

Call out meeting: Saturday, January 18 – 9:30AM

Successful events so far include:
- Organizing and working the concessions during Kim League Basketball
- Organizing a Canned Food Drive that delivered over 1,000 lbs. to a local organization to distribute.
- Holding a fundraiser that raised over $1800.00 for a local family in need.

There is no fee to participate and getting involved is easy. Contact the YMCA to be a part of this cause-driven program.
SOCIAL RESPONSIBILITY

Partners with Youth

SUPPORT THE Y

STRENGTHEN YOUR COMMUNITY

Partners With Youth (PWY) Annual Fundraising Drive

• What is PWY?
  ◦ The PWY campaign is our annual fundraiser to support scholarships the Y provides to youth, adults and families that otherwise could not afford to participate in Y programs or become a Y member.
  ◦ In 2013, we are on pace to provide over $40,000 in direct membership and program subsidies to community members in need.

• How can you help?
  ◦ Volunteer – help with a fundraising team. Call the Y to get the details.
  ◦ Donate – your contribution to PWY goes toward helping those less fortunate.
  ◦ Celebrate – join in the campaign-ending party we host to acknowledge the hard work of our volunteers and staff.

Our Strength is in Community

The Y is a nonprofit like no other. That’s because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver, positive change.

• The Y is community centered. For nearly 160 years, we’ve been listening and responding to our communities.
• The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
• 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 effect lasting, meaningful change.
SOCIAL RESPONSIBILITY
Special Events / New Programs

Adult Ballroom Dancing
Classes begin Jan. 11 – sign up today!

Patric Didier is the Owner/Founder of American Style Ballroom in Fort Wayne, Indiana. He has been dancing since his youth and has performed in TV commercials and on stage for such acts as the Brian Setzer Orchestra. He is the two-time winner of the Indiana Classic and placed 6th in Professional American Rhythm at the Indiana Challenge. He has taught over 25,000 lessons. Check out his website at americanstyleballroom.com

Cost: $40 per person – 4 week session

Kidszone
Family Night
Wednesdays

Kids
Night Out
Returns in
January

Spring Break Camp
March 31 – April 4
6:30 AM – 5:30 PM
Members – $75
Community – $90

Zumbathon – Jan. 18 at 6:00 PM

WOMEN’S SELF DEFENSE CLASS
The class will be instructed by Huntington County Sheriff Deputy Chris Long.

• Register for one of two possible class times per week.
• $5 registration fee for members
• $25 for non members

Sign up at the YMCA or on our website.

The Parkview Huntington Family YMCA will soon be a Safe Sitter teaching site, look for class offerings coming soon!
PILATES  Mon & Wed 10:15 AM  
Joseph Pilates created this exercise regimen to improve posture and flexibility, and correct muscular imbalances. The body movements concentrate on coordination using controlled breath-work. Pilates seeks to keep its practitioners bodies able to function with ideal freedom of movement.

BEGINNERS YOGA  Wed 5:15 PM / Sat 9:15 AM  
(Saturday class is held in upstairs dance studio) Belinda Fischer leads a Yoga practice built on principles of BKS Iyengar, joining body, mind & spirit through standing and seated postures. No experience required. Under age 17 must have instructor approval.

ADVANCED YOGA  Mon 5:15 PM / Sat 9:15 AM  
(Saturday class is held in upstairs dance studio) Belinda Fischer encourages independent and individualized Yoga practice beyond basic instruction. Requires at least one prior session of beginners Yoga and instructor approval.

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

EARLY MORNING VARIETY AEROBICS  Tues 5:00 AM  
High energy class to get your day started right.

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

20 MINUTE ABS  Mon & Wed 4:45 PM / Tues & Thur 8:30 AM  
20 minutes of core & abdominal work in the aerobics studio.

CARDIO PUMP  Tues 7:15 PM  
The complete package! Zumba and toning.

ZUMBA  
Mon 7:15 PM / Tues 9:30 AM / Wed 7:15 PM  
Thurs 5:15 AM / 7:15 PM / Sun 1:30 PM  
A fun latin-inspired aerobic class. Combines cardio and dance moves for a total body workout.

INDOOR GROUP CYCLING (Upstairs Studio)  
Tues & Thur 5:00 AM / 7:00 AM / 6:00 PM  
$15 per 8-week session  
Tues Noon / $10 per 8-week session  
Group cycling provides a great workout for all fitness levels. Participants are asked to bring a towel and water bottle.

BEGINNING CYCLING  
Tues 7:00 PM / $10 per 8-week session

FUNCTIONAL MOVEMENT CIRCUIT  
Thur 6:00 PM in the Gym  
The functional movement class is a challenging full body workout through circuit training. The circuit will include exercises that address strength and endurance for muscles used in everyday activities.

INTERVAL BURST  Tues 6:15 PM  
Mix of intervals of cardio circuits, aerobics, toning, and abs in a group exercise setting.

3-2-1/ Step Aerobics  Wed 6:15 PM  
A high-intensity workout, consisting of cardio, toning and abs.

AQUA X-FIT  
Returns on  
Wednesdays from 7:30 – 8:00 PM
BODY SCULPTING (GROUP STRENGTH TRAINING)
$60 per 8-week session
Advanced strength training techniques will be utilized to help you attain the body you want.
Minimum of 4 participants.
Mon, Wed, Fri - 9:00 AM / Mon, Wed - 10:00 AM
Mon, Thurs, Fri - 11:00 AM / Tues, Thurs - 10:00 AM / Tues, Thurs - 4:30 PM

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
Groups of Two - $100 per 8-week session (1.5 hrs/wk) (Based on your schedule)
Groups of Three - $75 per 8-week session (1.5 hrs/wk) (Based on your schedule)

X-FIT
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, step aerobics, running
drills, swimming, 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 lease once per week.
Women and Men are welcome!
Mon, Wed, Fri - 5:00 AM / 5:30 AM / 7:00 AM
8:00 AM (Active Older Adults)
8:30 AM / 9:00 AM / 4:00 PM / 5:15 PM
6:15 PM

MAX EFFORT
Mon, Wed, Fri - 12:00 PM / $50 per 8-week session
Intense full-body training and abs designed to fit into your lunch-hour.
HEALTHY LIVING

Personal Fitness

CARDIO-FITNESS ORIENTATION FREE TO NEW MEMBERS!
Each new YMCA member will receive one free 30-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 stressed. Make an appointment today to get started!

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

FITNESS ASSESSMENT
During your 1-hour fitness assessment, we will determine the following:
Height & Weight (BMI), Blood Pressure
Resting Heart Rate and Target Heart Rate
Body fat % (target body fat % goal body wt.)
Circumference Measurements
Aerobic Capacity/Cardio-Respiratory fitness
Muscular Strength & Endurance, Flexibility
$15/assessment
**HEALTHY LIVING**

Nutrition

**LISA LEIST´S COMMON SENSE NUTRITION FOR REAL PEOPLE**

**1st week:** Participants will get a body assessment. This will determine body fat % and tape measurements. Participants will also learn objectives and how to journal.

**2nd week:** Class will learn how to calculate their energy needs.

**3rd week:** What are the best sources of essential nutrients for my diet?

**4th week:** How to obtain the proper amounts of vitamins, minerals, water & supplements.

**5th week:** How to understand and use nutrition fact labels.

**6th week:** Discusses organic definitions, artificial sweeteners, fat substitutes, and other possible substitutions

**7th week:** Class will meet at a restaurant.

**8th week:** Where do I go from here?

Each session, the class will leave with more knowledge on how to live a healthier lifestyle by making subtle changes. Participants will find out the habits that can be creating a barrier in their life. Weekly goals will be made for diet and exercise. Diet and exercise logging is required.

**8-Week Session**

*Members $60, Community $100*

*Wed – 6:00 PM*
HEALTHY LIVING

SilverSneakers

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. Unlock the door to greater independence and a healthier life with SilverSneakers. Health plans around the country offer our award-winning program to people who are eligible for Medicare or to group retirees. SilverSneakers provides a YMCA membership to any participating location across the country. This great benefit includes:

- 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
- Health education seminars and other events that promote the benefits of a healthy lifestyle
- A specially trained Program AdvisorSM at the fitness center to introduce you to SilverSneakers and help you get started

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

SilverSneakers classes

SilverSneakers group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for active older adults and taught by specially trained, certified instructors. You are sure to find a class that suits your need and abilities. Ask the front desk for more information about the classes offered at our Y.

**MUSCLE STRENGTH / RANGE OF MOTION**
Mon-Wed-Fri: 9:00-10:00 AM
NEW - Tues/Thur: 10:30 - 11:15 AM

**WATER FITNESS**
Mon-Fri: 8:00-9:00 AM / 9:00-10:00 AM
Children are like sponges – they watch and absorb knowledge, skills and values from everything and everyone around them. At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. 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. That makes for confident kids today, and contributing and engaged adults tomorrow.

GYM & EXERCISE
The Y Preschool understands there’s much more than sports at the Y. Use of our gym and our NEW 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, included in the preschool fees. The lesson conveniently coordinates with classroom time from 11:45-12:15.
TUITION
Twinkling Stars:
2-day class. Must be age 2 by Aug. 1, 2014.
Members: $55.00 per month Community: $65.00 per month
Children do not need to be toilet independent.

NEW!
Superstars:
4-day Pre-K Class: Must be age 4 by 8/1/14.
Members: $105 per month Community: $115 per month.

3-day class: 3,4,5 year olds. Must be age 3 or 4 by 8/1/14.
Members: $85 per month Community: $95.00 per month.

2-day class: 3,4,5 year olds. Must be age 3 or 4 by 8/1/14.
Members: $65.00 per month Community: $75.00 per month.
Children are required to be toilet independent.

*The yearly tuition fee is prorated over nine months. Therefore, 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 $10.00 late fee will be added.

TO REGISTER:
1.) $50.00 registration fee
2.) One monthly class fee (applied to May 2015)
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 select-ed and reserved at that time, but subject to change depending on enrollment. Important orientation information will be mailed to you in mid-August. Mandatory ori-entation meetings will be held in the evening the week of August 25, 2014 with parents and child attending. Classes will start either Tues., Sept. 2 or Wed., Sept. 3 and run through mid May 2014.

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 ap-pointment to talk with you further or arrange a time to observe a class.
SESSION DATES

SESSION 1:
JANUARY 6 – MARCH 2
REGISTRATION: Member – Dec. 16 / Community – Dec. 23

SESSION 2:
MARCH 3 – APRIL 27
REGISTRATION: Member – Feb 17 / Community – Feb 24

SESSION 3:
APRIL 28 – JUNE 1
REGISTRATION: Member – April 14 / Community – April 21

PARKVIEW HUNTINGTON
FAMILY YMCA

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