



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY STARTS HERE

SUMMERVILLE FAMILY YMCA
December 2011 - February 2012 Programs



MEMBERSHIP INFORMATION

Since 1976, the Summerville Family YMCA has provided safe and caring environments, positive role models, creative activities and opportunities to serve the needs of others. These are essential building blocks for strong kids, strong families and strong communities.

Discover everything the Summerville Family YMCA has to offer, visit one of our branches today...

EVERYONE GETS ONE WEEK FREE!

DOWNTOWN BRANCH 208 W. Doty Street · 871-YMCA (9622)			YMCA at THE PONDS 101 Pottery Circle · 771-2934		
Membership Type	Joining Fee	Monthly Draft	Membership Type	Joining Fee	Monthly Draft
Family* (Parents and their <i>dependent</i> children up to age 25)	\$85	\$52*	Family (Parents and their <i>dependent</i> children up to age 25)	\$85	\$55
Adult (Single adults, ages 19-64)	\$60	\$40	Adult (Single adults, ages 19-64)	\$60	\$40
Senior (65+)	\$45	\$32	Senior (65+)	\$45	\$32
Student (to age 25)	\$40	\$25	Student (to age 25)	\$40	\$25
<ul style="list-style-type: none"> Indoor swimming pool Wellness Center Cardio & strength equipment Over 55 group exercise classes Water aerobics 	<ul style="list-style-type: none"> Sauna Fitness coaches Child Watch & Tween Room Gymnastics Center (p: 821-2727) 	<ul style="list-style-type: none"> Basketball gym Wellness Center Cardio & strength equipment Over 35 group exercise classes 	<ul style="list-style-type: none"> Fitness coaches Child Watch & Kids Zone Family locker room 		

* Family Membership (Downtown Branch) provides members with access to Downtown and the Oakbrook Pool. For \$3.00 more per month, a family membership can be upgraded to include access to our facility at the Ponds.

OAKBROOK BRANCH 900 Crosscreek · 821-1028	
<ul style="list-style-type: none"> Outdoor swimming pool Sports fields Before and After School Childcare (p: 871-5011) School Break Camps Mom's Morning Out 	<ul style="list-style-type: none"> Adult & Youth Sports Water Aerobics Swim Team Swim Lessons

MEMBERSHIP DURATION

Membership at the YMCA is **continuous** (though we have no contracts) and payable by monthly draft (from a checking account, savings account or credit card), by semi-annual or annual billing.

GENERAL INFORMATION

YMCA MISSION

To be a community cornerstone that puts Christian principles into practice through programs that build healthy spirit, mind and body for all.

OPERATING HOURS

Downtown Branch

- Monday-Thursday: 5:00am-10:00pm
- Friday: 5:00am-9:00pm
- Saturday: 7:00am-5:00pm
- Sunday: 12:00pm-5:00pm

Contact the facility for Child Watch hours.

YMCA at The Ponds

- Monday-Thursday: 5:00am-9:00pm
- Friday: 5:00am-8:00pm
- Saturday: 7:00am-5:00pm
- Sunday: 1:00pm-6:00pm

Contact the facility for Child Watch hours.

FINANCIAL ASSISTANCE PROGRAM

We offer financial assistance to anyone who qualifies. This assistance is available to area youth who wish to be involved in a sports program and also to adults who wish to have a YMCA membership. Please ask for an application at any YMCA location.

YMCA "AWAY" PROGRAM

The Summerville Family YMCA is part of the National YMCA "AWAY" Program which allows our members to use YMCAs in other communities. Most YMCA's will allow access for FREE or a nominal charge. Tell us where you are visiting and let us call them for you!

GUEST POLICY & DAILY RATES

Families and adults considering YMCA membership are invited to try out the facility for FREE for one week. We also offer a Daily Rate of \$5 per visit when accompanied by a YMCA member or \$10 per visit without a member.

CORPORATE MEMBERSHIPS

Many companies work with the Summerville Family YMCA to encourage their employees to be fit, become healthy and increase productivity. Inquire about your company's current involvement and the benefits offered. If your company is interested in starting a Corporate Wellness Program, please speak with our Membership Director.

COACH APPROACH PROGRAM

Calling all work-out newbies! Register for a FREE 6-week intro to fitness program entitled "Coach Approach". Meet weekly with a trainer to discuss your physical fitness needs and goals. Call 871-9622 x 125 (Downtown) or 771-2934 (The Ponds) to schedule your FREE sessions.

FITNESS ASSESSMENTS

Want to know how your fitness program is going? Not sure if you are on track to meet your wellness goals? Schedule an appointment with our highly qualified Personal Trainers for a Fitness Assessment (or a Re-Assessment). Assessments include: weight, body fat %, measurements, flexibility, cardio assessment, blood pressure, heart rate, and determination of your individual target heart rate. Call 871-9622 x 125 (Downtown) or 771-2934 (The Ponds) to schedule your FREE appointment.

CHILDWATCH

The YMCA provides a supervised area where members' children can play and enjoy activities while their parents exercise. Members are able to utilize Childwatch, up to 2 hours per day, and while on premises. This is FREE with a family membership. Please check hours of operation. Location hours may vary.

KIDS ZONE/TWEEN ROOM

The Summerville Family YMCA is excited to expand our Childwatch program to offer supervised fun and activities for your school age children while parents are using the facility at participating branches. This is FREE with family membership.



For more information, scan this code with your mobile device.

AQUATICS

Swim Lesson Fees:

30 minute classes (Parent-child, Pike, Eel, Ray)

Family Member: \$35
Potential Member: \$70

45 minutes classes (Polliwog, Guppy, Minnow, Adult)

Family Member: \$50
Potential Member: \$85

Financial assistance is available.

Ask for more info and an application at any YMCA location.

SWIMMING LESSONS - Descriptions

Parent/Child: Ages 6 months to 2.5 years. Parents learn various ways to help children get acclimated in the water utilizing songs and games.

Pike: Ages 3 to 5 years. Swimmers have not taken a class or are not yet comfortable putting their face in the water. Swimmers learn to build self-confidence and are introduced to skills that will help move them through the water without assistance.

Eel: Ages 3 to 5 years. Swimmers have passed Pike class or are comfortable putting their face in the water. Swimmers continue to build endurance, self-confidence, and coordination moving in the water without assistance.

Ray: Ages 3 to 5 years. Swimmers have passed Eel class or are able to swim 5 feet in the water without assistance. Swimmers begin to learn strokes on both front and back.

Polliwog: Ages 6 to 12 years. Swimmers have not taken a class or are unable to swim 5 feet without assistance. Swimmers will become comfortable in the water and learn how to paddle on their front, back and sides with a floatation device.

Guppy: Ages 6 to 12 years. Swimmers have passed the Polliwog class or are able to swim 5 feet without assistance. Swimmers continue to gain self-confidence in the water, in addition to swimming without a floatation device on their front, back and side. Front alternating paddle is also introduced

Monday/Wednesday Lessons

Fall Session II: November 28 – December 21

Registration Opens: Family Member- October 28
Potential Member- October 31

Wellness Pike 3:30-4:00
Eel 4:00-4:30
Ray 4:30-5:00
Polliwog 5:00-5:45
Guppy 5:45-6:30
Adult 7:35-8:20

Winter Session I: January 9 – February 6

(Classes will not be held on January 16)

Registration Opens: Family Member- December 9
Potential Member- December 12

Wellness Pike 3:30-4:00
Eel 4:00-4:30
Ray 4:30-5:00
Polliwog 5:00-5:45
Guppy 5:45-6:30
Adult 7:35-8:20

Winter Session II: February 20 – March 14

Registration Opens: Family Member- January 20
Potential Member- January 23

Wellness Pike 3:30-4:00
Eel 4:00-4:30
Ray 4:30-5:00
Polliwog 5:00-5:45
Guppy 5:45-6:30
Adult 7:35-8:20

Saturday Morning Lessons

Winter Session I: January 14 – March 3

Registration Opens: Family Member- December 3
Potential Member- December 6

Wellness Parent-child (6-18m): 9:30-10:00
Parent-child (19-36m): 10:00-10:30,
10:30-11:00
Pike 9:30-10:00
Eel 10:00-10:30
Ray 10:30-11:00
Polliwog 9:30-10:15
Guppy 10:15 –11:00



Monday through Thursday Lessons

Winter Session I: January 9 – January 20
(Class will be held January 9- 12 and January 17-20)
 Registration Opens: Family Member- December 9
 Potential Member- December 12

Wellness Pike 3:30-4:00, 4:05-4:35, 4:40-5:10
 Eel 5:15-5:45, 5:50-6:20
 Polliwog 3:30-4:15, 4:20-5:05
 Guppy 5:10-5:55

Winter Session II: January 23 – February 2
 Registration Opens: Family Member- December 20
 Potential Member- December 23

Wellness Pike 3:30-4:00, 4:05-4:35
 Eel 4:40-5:10 5:15-5:45
 Ray 5:50-6:20
 Polliwog 3:30-4:15, 4:20-5:05
 Guppy 5:10-5:55

Winter Session III: February 6 – February 16
 Registration Opens: Family Member- January 6
 Potential Member- January 9

Wellness Pike 3:30-4:00, 4:05-4:35
 Eel 4:40-5:10 5:15-5:45
 Ray 5:50-6:20
 Polliwog 3:30-4:15, 4:20-5:05
 Guppy 5:10-5:55

Winter Session IV: February 21 – March 1
(Classes will be held February 21 -24 and February 27 -March 1)
 Registration Opens: Family Member- January 21
 Potential Member- January 24

Wellness Pike 3:30-4:00, 4:05-4:35, 4:40-5:10
 Eel 5:15-5:45, 5:50-6:20
 Polliwog 3:30-4:15, 4:20-5:05
 Guppy 5:10-5:55

Winter Session V: March 5 – March 15
 Registration Opens: Family Member- February 5
 Potential Member- February 8

Wellness Pike 3:30-4:00, 4:05-4:35, 4:40-5:10
 Eel 4:40-5:10, 5:15-5:45
 Polliwog 3:30-4:15, 4:20-5:05
 Guppy 5:10-5:55
 Ray 5:50-6:20

Additional Pool Activities

YMCA Winter Swim Team – (East Shore Athletic Club)

Fees: \$320 M, \$420 PM
 There is a \$40 discount when paid in full
 Pre-requisites: 1 lap freestyle and 1 lap backstroke.
 If pre-requisites are not met please speak with the coach to set up a time to try out.
 Registration: Ongoing
 Season: November 4th 2011 – March 5th 2012
 Practices are held at the East Shore Athletic Club Indoor
 Pool: Monday–Thursday, 5:30- 7:30pm
Various swim meet opportunities

YMCA Interim Swim Team- (Oakbrook)

Fees: \$115 M, \$165 PM
 Registration: Begins February 1
 Pre-requisites: 1 lap freestyle and 1 lap backstroke.
 If pre-requisites are not met please speak with the coach to set up a time to try out.
 Season: March 5 – April 30
 Practice: Monday– Thursday 5:00 – 7:00pm

Masters Swim Team - (Oakbrook)

Fees: \$50/session/M, \$75/session/PM
 Pre-requisites: 500 yard freestyle
 Ages: 18 and better
 Registration: February 1
 Session I: March 1 – April 30
 Practices at the Oakbrook Pool:
 Monday, Wednesday, Friday 5:00-6:30 AM
 Saturday 7:00-8:30 AM
Various swim meet opportunities with US Masters sanctioned events

Private/Semi-Private Swim Lessons

Each package includes 6 lessons, each lasting 30 minutes, scheduled around your preference!

Private Swim Lessons: One on One instruction with a certified swim lesson instructor.
 Fees: \$75 M, \$105 PM

Semi-Private Swim Lessons: A ratio of two participants per one certified swim lesson instructor.
 Fees: \$105 M, \$150 PM

YMCA Parties

Private parties – scheduled after the pool has closed, allowing your party to be the only persons utilizing the pool facility.
 Fees: \$150 FM, \$225 PM

Party options:
 Wellness 2:30 – 4:30 (Private)

For inquiries about scheduling, or to rent the pool during the week, please contact Cherie Bennett, Aquatics Coordinator, cherieb@summervilleymca.org.

**Please visit SummervilleYMCA.org for pool and water aerobics schedules.*

GYMNASTICS

Winter Sessions: January 2—January 28
January 30—February 25

TUMBLE BUGS

(Parent/Child class for children walking – 3 years old)

Do you and your child need some playtime together? The YMCA offers a 45-minute class for both of you to develop strength and motor skills. Parents and children will use parachute games, playful exercises, and equipment to develop motor skills, coordination, and physical strength.

Class options: Tuesday, 10:00-10:45am
Saturday, 10:00-10:45am

Fees: Member—\$25/month (1 class/week) and
\$38/month (2 classes/week)
Potential Member—\$50/month (1 class/week)
and \$76/month (2 classes/week)

PRESCHOOL

(Girls and Boys 3 & 4 years old—Must be potty trained)

Children learn basic tumbling skills and gain confidence using standard gym apparatus. The class focuses on enhancing basic body movement, coordination, and muscle development.

Class options: Monday, 1:00-1:45pm
Monday, 4:00-4:45pm
Monday, 6:30-7:15pm
Wednesday, 1:00-1:45pm
Saturday, 11:00-11:45am

Fees: Member—\$28/month (1 class/week)
\$42/month (2 classes/week)
\$56/month (3 classes/wk)
Potential Member—\$56/month (1 class/week)
\$84/month (2 classes/week)
\$112 (3 classes/wk)

BEGINNERS/INTERMEDIATE

(Girls and Boys, ages 5-10)

At this point, kids are moving fast and ready to fly. This class continues with basic tumbling and movement skills, including rolls, cartwheels, and handstands and increases the use of the beam, bars and vault.

Class options: Monday and/or Wednesday, 3:00-4:00pm
Monday and/or Wednesday, 4:00-5:00pm
Monday and/or Wednesday, 6:30-7:30pm
Friday, 4:00-5:00pm
Saturday, 11:00-12:00pm

Fees: Member—\$30/month (1 class/week)
\$44/month (2 classes/week)
\$60/month (3 classes/wk)
Potential Member—\$60/month (1 class/week)
\$88/month (2 classes/week)
\$120 (3 classes/wk)

TWEEN GYM

Class options: Monday 5:00pm or Saturdays at 12:00pm

Fees: Member—\$30/month (1 class/week)
\$44/month (2 classes/week)
Potential Member—\$60/month (1 class/week)
\$88/month (2 classes/week)

ADVANCED

(Girls and Boys must be recommended for this class)

This class offers early preparation for competitive levels, focusing on advanced strength and flexibility, faster tumbling, and bigger movements.

Class options: Monday and/or Wednesday, 5:15-6:25pm
Saturday, 12:00-1:10pm

Fees: Member—\$32/month (1 class/week)
\$48/month (2 classes/week)
\$64/month (3 classes/wk)
Potential Member—\$64/month (1 class/week)
\$96/month (2 classes/week)
\$128 (3 classes/wk)

ADVANCED TUMBLING FOR CHEERLEADING

This class is for girls that have a round-off and are working towards back-handsprings and tucks.

Class option: Saturday, 9:00-10:00am

Fees: Member—\$30/month
Potential Member—\$60/month

PRIVATE OR SHARED PRIVATE LESSONS

(Available upon request)

Fees: Member—\$30/hour or \$15/30 min = private
\$35/hour or \$17.50/.30 min= shared
PM— \$40/hour or \$20/30 min = private
\$45/hour or \$22.50/30 min = shared

BIRTHDAY PARTIES

Have your Birthday Party at the Y!

Fees: \$75 gym rental for 1.5 hours + \$25/instructor
(5-6 children/instructor)

COMPETITIVE TEAM

Please inquire in the gym office about the times and fees. Levels 2-10 and Prep-op are offered.

MOTHER'S MORNING OUT

Preschool program offered year round for ages 3-5. Please ask Kim for more information.

**Financial Assistance is available for all classes.
Please talk with Kim or Tiffany about getting an
application.**

YOUTH SPORTS

BASKETBALL (THE PONDS)

Ages: 9/10 & 11/12
Registration: 11/21- 12/28
Coaches' Meeting: 1/3 6:00pm
Season: 1/28 - 3/17 (Play-offs TBD)
\$40/members, \$80/potential members
Contact Robbie at 843-771-2934 for more information.

KIDS ON THE RUN- YOUTH RUNNING CLUB

Ages 6-14
Mondays (The Ponds), Wednesdays (Downtown-Doty Park)
4:00-5:00 pm (6-9 year olds)
5:00-6:00 pm (10-14 year olds)
Registration: 12/1-1/23
Spring session: 1/23-3/31
Spring Dues \$30

Introducing kids to the fun of walking/running at a young age is an exciting way to help them develop healthy habits that they will stick with for life. This program is designed to encourage physical as well as social well-being among youth. Kids will work towards completing 26.2 cumulative miles (marathon) in stages between January and March during their meeting times. Students are rewarded with certificates for cumulative distances achieved, and will be encouraged to take part in two local races.

Contact Liz at 843-771-2934 for info.

WINTER DANCE SESSIONS (THE PONDS)

Registration: 12/1-1/9
Session: 1/9-3/17
Contact Liz at 843-771-2934 for more information

Morning sessions

Monday 10:35-11:30 2-3 ballet "Twirling Toddlers"
Wednesday 10:30-11:30 3-4 ballet/tap

Evening Sessions

Monday 4:00-4:45 3-4 ballet
Tuesday 4:45-5:30 3-4 tap
Tuesday 5:35-6:30 5-7 jazz
Wednesday 4:00-5:00 5-7 ballet
Thursday 7:00-8:00 adult tap (\$5)

WINTER DANCE SESSIONS (DOWNTOWN)

Contact Jan at 843-871-9622 ext 103 for more information

Monthly sessions (includes ballet, tap and jazz)

Registration : ongoing
Sessions begin week of 1/3
Ages 2 1/2-3 Thursday 1:00-2:00pm
Ages 4 Thursday 2:10-3:10pm
Ages 5-7 Thursday 3:30-4:30pm
Ages 8 & up Tuesday 4:00-5:00pm

Monthly Fees: \$40/members, \$60/potential members

10-week session

Registration through 1/7
Session: 1/7-3/17
Ages 5-7 Saturday 12:00-1:00 ballet, tap
Ages 7-10 Saturday 1:15-2:15 jazz

Program Fees: \$100/members, \$150/potential members

YOUTH SPRING SOCCER (OAKBROOK)

Ages 4-17
Registration: 12/12- 1/16
Coaches Only Meeting: 1/19 6:30pm
Practices: begin the week of 2/6
Season: 2/18- 4/14, one bye week substituted by weekday games
Fees: \$40/members, \$80/potential members

MICRO SPRING SOCCER (OAKBROOK)

Age 3
Registration: 12/12-1/16
Coaches Only Meeting: 1/19 6:30pm
Season: 2/18-4/14, one bye weekend
Fees: \$25/members, \$40/potential members

YOUTH SPRING BASEBALL/T-BALL (OAKBROOK)

Ages: 4-17
Registration: Feb 27-March 26
Coaches Meeting: March 29 @ 6:30pm
Practices: week of April 23
Season: May 5-June 30
Fees: \$40/members, \$80/potential members

TINY TOTS HOCKEY (THE PONDS)

Ages: 3-4
Registration: Jan. 30 – Mar. 12
Season: Mar. 26/27 – Apr. 23/24 (Monday or Tuesday Sessions)
\$25/members, \$40/potential members

TINY TOTS CHEERLEADING (THE PONDS)

Ages: 3-4
Registration: Jan. 30 – Mar. 12
Season: Mar. 26/27 – Apr. 23/24 (Monday or Tuesday Sessions)
\$25/members, \$40/potential members

HOME SCHOOL CLASS (DOWNTOWN)

Ages 5-12
Classes: Monday/Wednesday 2:30-3:30pm
Registration begins: 12/12
Session: 1/9-3/2
Fees: \$24 for first child, \$34 for multiple children in same family
This is open to all Home School Children in the Community. Children will learn sportsmanship, improve their fitness capabilities as required of the Presidential Physical Fitness Test, and become familiar with the basics of good nutrition.

WINTER SWIM TEAM (EAST SHORE ATHLETIC CLUB)

Season: 11/4-3/5
Practices are held at the East Shore Athletic Club Indoor Pool: Monday-Thursday, 5:30- 7:30pm
Various swim meet opportunities
Pre-requisites: 1 lap freestyle and 1 lap backstroke. If pre-requisites are not met please speak with the coach to set up a time to try out.

\$320/members, \$420/potential members

HEALTHY LIVING

½ MARATHON ADULT TRAINING PROGRAM (THE PONDS)

Are you a beginning runner? Already a runner? Haven't run in a long time? Either way, you can finish a half marathon. Half marathon training will be challenging, but should be fun and enjoyable. This 11 week training program will keep you motivated with a training schedule, running buddies, information on healthy eating, and injury prevention or recovery. The accomplishment of finishing a marathon is extremely rewarding. This program will help you complete The Clemson Easter Bunny Run (April 7th) or The Palmetto ½ Marathon (April 14th), develop the proper mindset and discipline to enjoy training and cross the finish line with a smile on your face.

Program Dates: 1/23-4/14
Registration Dates: 12/1-1/23
Program fee: \$200
Mon/Wed/Fri AM: 9:40-10:40
Mon/Wed PM: 6:15-7:15
Weekend AM long runs

Contact Liz at 843-771-2934 for more info.

ADULT BASKETBALL (THE PONDS)

Ages: 18 and up
Registration: 2/27 – 3/30
Season: Games will begin week of April 9
\$30/members, \$45/potential members, \$275/team

CO-ED KICKBALL

Registration: 2/27 – 4/2
Coaches Meeting: April 5, 6:30pm
Season: 4/16 – 6/8
Fees: \$30/members, \$45/potential members, \$275/team
Games: Monday-Thursday evenings



COOPER RIVER BRIDGE RUN 10K ADULT TRAINING PROGRAM (THE PONDS)

Great for runners who want to transition from completing a 5k to the 10K race distance. This 10 week training program will keep you motivated with a training schedule, running buddies, information on healthy eating, and injury prevention or recovery. The accomplishment of finishing a 10k is extremely rewarding, and will prepare seasoned 5k/10k runners to meet the challenge of ½ marathon training. This program will help you develop the proper mindset and discipline to enjoy training and successfully complete the memorable Cooper River Bridge Run (March 31st).

Program Dates: 1/23-3/31
Registration Dates: 12/1-1/23
Program fee: \$100
Tue/Thurs AM: 9:45-10:30-45
Tues/Thurs PM: 5:45-6:30-45
Optional weekend AM long runs

Contact Liz at 843-771-2934 for more info.

SPIN RACE DAY

Registration: 12/1 to 12/31
Program Fee: \$25
Training: 1/2 to 3/4; complete three Spin classes per week and log it.

Race Day: (includes Spin t-shirt, water bottle, sticker, bandana and Spin bag)
Ponds- Saturday, 3/3 10:00am **OR** Sunday, 3/4, 2:00pm
Downtown- Saturday 3/3 @ 7:15am & Sunday 3/4 @ 3:00pm

YNT (Y IN TRAINING)

Registration: 12/1 to 1/9
Program Fee: \$60; includes entry fee and t-shirt to Flowertown Run and YNT training shirt. Program will also include field trip runs and social gatherings with informative guest speakers.

Training @ Ponds: 1/9 to 3/30 (to see you all the way through the Cooper River Bridge Run), Mondays & Wednesdays at 10:00am and Saturdays 8:00am w/Downtown (combined run)

Training @ Downtown: 1/10 to 3/8, Tuesdays & Thursdays at 6:00pm

CHILD CARE

CHRISTMAS CAMP (OAKBROOK AND THE PONDS)

(all day care for kindergarten through 8th graders)

12/19-12/30

6:30am-6:00pm

Monday-Friday

Daily Fees*: \$21/members, \$42/potential members

Registration is open now through 12/9.

*At the Ponds the 2nd week of camp (12/26-12/30) will be \$30/ members, \$50/potential members because of daily field trips.

PARENT'S DAY OUT (OAKBROOK)

Saturday 12/10, 1/14, 1/28, 2/11, 2/25

Drop the kids off and head out for some holiday shopping! We will have games and fun activities for them throughout the day. You can choose between our 1/2 day and full day options.

Half- Day Option

8:00am - 12:00pm

\$12.50/members, \$15 for potential members

Full-Day Option

8:00am-4:00pm

\$25.00/members, \$30/potential members

Registration is required. Contact Jean at 843-871-5011 for info.

PARENT'S NIGHT OUT (OAKBROOK)

Saturday 12/3, 1/28, 2/18

Drop the kids off and head out for the evening! We will have games and fun activities for them. You can choose from two options.

6:00pm-10:00pm Option

\$18/members, \$20/potential members

6:00pm-12:00am Option

\$25/members, \$30/potential members

Registration is required. Contact Jean at 843-871-5011 for info.

PARENTS' NIGHT OUT (GYMNASTICS)

Ages: 3+

Saturday 12/17, 1/21, 2/18

7:00-10:00pm

Let's play games, do gymnastics, eat pizza and have tons of fun!

Fees: \$15/members, \$30/potential members

Sponsored by Papa John's Pizza

PARENTS NIGHT OUT (THE PONDS)

Ages: 6 weeks to 12 years

6:00pm-10:00pm

Saturday 12/10, 1/14, 2/11

\$18/child (member) for 1st two children, \$10 each additional child

\$32/child (potential) member for 1st two children, \$24 each additional child

Drop the kids off at the Ponds so you can go out and have some fun!!!

*Register early!!! We must have at least 6 children to hold the program

AFTER SCHOOL CARE

Ages: 5-15

For Oakbrook: Contact Jean for more information, 871-5011.

Reg. for Oakbrook must be done at Oakbrook.

For Knightsville/Reeves: Contact Jill for more information, 821-1028.

MOM'S MORNING OUT- SCHOOL YEAR CARE

Program follows the Dorchester II school calendar.

Ages 3-5 - Gymnastics Center

8:30am-Noon

Optional Lunch Bunch until 1:00pm

T/Th- \$104/month M

M/W/F- \$156/month M

M-F- \$260/month M

Potential members, please call Kim, 821-2727 for info.

Ages 18 weeks-5 - Oakbrook

Monday - Friday, 8:30am - noon

Optional Lunch Bunch until 1:30pm

5days- \$260/month M, \$380/month PM

3 days- \$156/month M, \$228/month PM

2 days- \$104/month M, \$152/month PM

Call for info:

Gymnastics Center Program:

Kim, 821-2727

Oakbrook Program: Jill, 821-1028



GET INVOLVED

RUNNING CLUBS

MOTLEY RUNNING CREW (THE PONDS)

Run with a group—Downtown, The Ponds and local trails.
Contact group by going to www.meetup.com

MOM'S ON THE RUN (DOWNTOWN)

Group runs Mondays-Thursdays at 9:30am and Saturdays at 7:30 am. Child Watch is available Tues and Thurs, if cell phone number is left with staff. Beginners are welcome.
Club contact: Colleen, cscherer4@sc.rr.com.

BODY FOR LIFE (Downtown)

Learn how to eat right and exercise correctly so you can be in the best shape of your life.
Club contact: Sylke Cuyilits, 871-YMCA x 125

TAKE OFF POUNDS SENSIBLY (T.O.P.S.) CLUB (DOWNTOWN)

Join our successful weight loss support club every Wednesday @ 6:00pm for weigh-ins, 6:30pm meetings
Location: Community Room
Club contact: Helen Lesage, 871-9622 x 118

TRIATHLON CLUB (Downtown, Oakbrook)

Train with a group and swim, bike, run!
Trainings: Tuesdays and Thursdays evenings and Saturday mornings Open to everyone!
Program fee applies.
Club contact: Kendall Shows

Club sponsored by ART - Active Care Family Chiropractic
Silver Level Sponsor: RW McNeese Controls & Electrical LLC



TOASTMASTERS CLUB (Downtown)

YMCA Yakkers

A fun, energetic public speaking group.
Meeting: Fridays @ 7:00pm - Community Room
Club contact: Lex Gibson, 768-0061 or 991-5117

YMCA PRAYER TEAM (Downtown)

"C" Gathering

Wednesdays 9:15-9:30am

Join the prayer team to pray for the YMCA and all other prayer requests. Meeting location: Member Lounge.

PRAYER WALKS (The Ponds)

Tuesdays 11:30am-12:15pm

Join a group for prayer, fitness and fellowship. Offered by New Day Community Church. Led by Stephanie Jones.

VOLUNTEER OPPORTUNITIES

The YMCA is always looking for smiling, happy folks who would like to volunteer their time at the YMCA. To check out current volunteer opportunities, email Volunteer@SummervilleYMCA.org



YMCA COMMUNITY EVENTS

Flowertown Run



Started years ago by Dr. Bob Randall and Doug McElveen, the Festival Run has grown tremendously and has become a signature fundraiser for the YMCA and the kick-off event for the organization's Flowertown Festival. Over 1,000 runners and walkers participated in the 2011 races.

The race route takes participants through downtown Summerville, past historic homes and beautiful gardens. It is a fast course and a great warm-up for the Cooper River Bridge Run. **The 2012 event will take place on March 10.**

Interested runners and walkers may register online at summervilleyymca.org or in person at any YMCA location. For additional information about the Flowertown Festival Run/Walk, please contact Jan Parsons at 871-9622 x 103.

The Summerville Family YMCA is proud of its award-winning fundraiser - the Flowertown Festival. Featuring over 200 art and crafts vendors, local restaurant, children's rides and local businesses and civic organization, the YMCA has the opportunity to showcase the great community we live in. With the help of town administrators, local police and fire personnel, plus the hard work of countless volunteers, the Flowertown Festival attracts over 200,000 annually and has been a signature event of the YMCA since its inception in 1972.

The 2012 event will be held March 30th-April 1st.

For more information about the Festival, please call Linda Walton at 871-9622 x 119 or visit our website at flowertownfestival.org

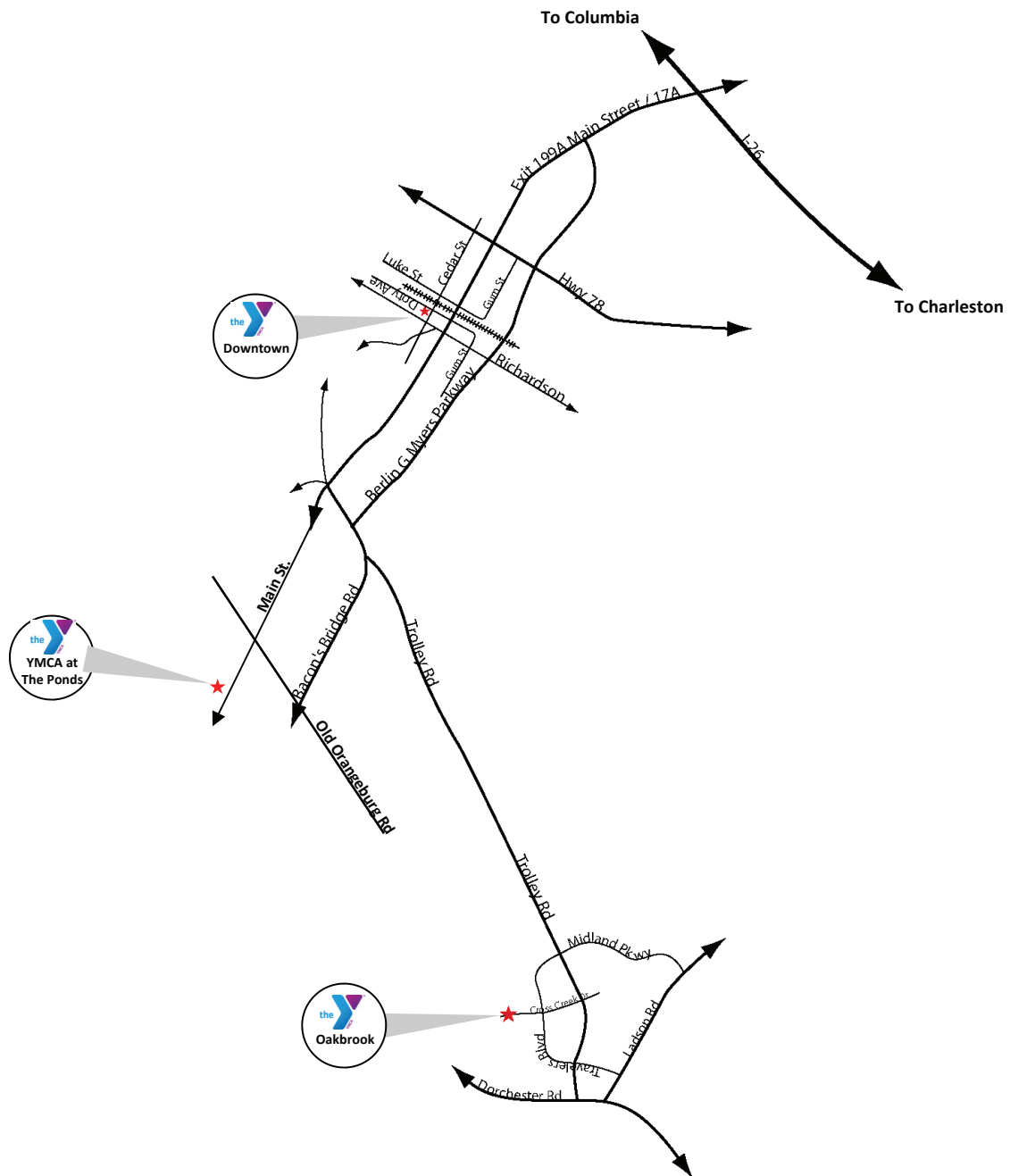
Annual Campaign

Membership and program fees at the Summerville Family YMCA do not cover all the costs to support these vital community programs. To ensure that no one is denied a chance to participate because of inability to pay, we truly need your help. Through the YMCA Annual Campaign, your contribution helps us provide program support and financial assistance to families who need it in our community. Only by working together can we give more kids the opportunity to grow strong in spirit, mind and body. Please watch for more **details to come Fall 2012.**

At the conclusion of the Annual Campaign, the Summerville Family YMCA will host the 7th Annual Oyster Shindig. The Shindig, which features fun, food and entertainment, will be held in November at the Pine Forest Country Club. The proceeds from the Oyster Shindig directly benefit our Annual Campaign. Sponsorship opportunities are available for this event.

For more information about the Annual Campaign and/or Oyster Shindig, please call Linda Walton at 871-9622 x 119.





SUMMERVILLE FAMILY YMCA LOCATIONS

DOWNTOWN LOCATION

208 W. Doty Avenue
 Summerville, SC 29483
 p: (843) 871-YMCA (9622)
 f: (843) 832-6871

YMCA AT THE PONDS

101 Pottery Circle
 Summerville, SC 29483
 p: (843) 771-2934
 f: (843) 771-2939

OAKBROOK LOCATION

900 Crosscreek Drive
 Summerville, SC 29485
 Sports p: (843) 821-1028
 Childcare p: (843) 871-5011

ADMINISTRATION OFFICE/MAILING ADDRESS

140 S. Cedar St.
 Summerville, SC 29483
 p: (843) 871-YMCA (9622)
 f: (843) 821-3127

GYMNASTICS CENTER (DOWNTOWN)

205 W. Richardson Avenue
 Summerville, SC 29483
 p: (843) 821-2727
 f: (843) 821-3127

For more information, scan this code with your mobile device.

