



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU CURRENT

NEW TAMPA FAMILY YMCA PROGRAM GUIDE

September – December 2013



TAMPA METROPOLITAN
AREA YMCA

WE'RE MOBILE!

We're always trying to find new ways to communicate and better connect with our members. **Now you can download our YMCA mobile app on your phone!** Our mobile app is available for both iPhone and Droid smart phones. Once you download the app, make sure to allow push notifications so we can let you know about urgent facility updates.

You'll have access to all these great features at your fingertips:

- » Search YMCA Locations
- » Group Exercise/Water Aerobics Schedules
- » View programs and events
- » Receive notifications about pool conditions and program information
- » Turn your phone into your Y membership card with the barcode scanner function

The Welcome Center can provide you with your barcode number or tell you how to access it online.



GET CONNECTED



There are more ways than ever to keep up with what's going on at the New Tampa Y.

- **Connect with us** and other members on Facebook & Twitter; you'll get the latest up-to-date information plus the chance to win special giveaways that are only available on Facebook and Twitter.
- **E-Newsflash:** If you've given us your email address, you'll receive email newsletters delivered right to your inbox.
- **Member program guides** are available 3 times per year (Winter/Spring, Summer, Fall).
- Find detailed information and register for programs online at www.tampaymca.org.
- **Signs & flyers:** check flyers and bulletin boards around the branch for the latest information. We guarantee you will learn something new!

Like us on Facebook and Follow us on Twitter – New Tampa Family YMCA

BRINGING PEOPLE TOGETHER

It has been said that people know why they should exercise, but they don't know how to do it. That's why this is a great place for you to be. We can be the guides that help you determine your goals and desires and then help you fulfill them.

Alarming Health Statistics:

1. In the past 10 years, obesity rates in the United States have increased 60%.
2. The current generation of American children could be the first to lead shorter lives than their parents, according to the New England Journal of Medicine.
3. More than 50% of U.S. adults do not get enough physical activity to make a difference in their health.
4. Health problems related to obesity cost our country an estimated \$117 billion a year due to direct health care costs, as well as the indirect economic costs of lost productivity.

We strive to be more than a health and wellness facility, more than just a place to work out or swim. We try to encourage our members to get involved, to connect to each other, and to connect to our community. Within the walls of the YMCA, families are strengthened; energy is renewed; friends are welcomed. We are here to provide support, one-on-one wellness training, family activities, youth activity programs, health programs that address chronic illnesses, such as diabetes and cancer, and much more. As you review our program guide, we hope you find a program or service that can connect you, as we truly offer something for everyone. Please do not hesitate to ask us for help - we are committed to serving all members of our community!

By Bringing People Together, we can have a greater impact than we could on our own. Together, we can make Tampa a healthier place to live and grow.

See you at the Y!

Sincerely,



Monica Mirza
Executive Director
New Tampa Family YMCA

NEW TAMPA FAMILY YMCA

16221 Compton Drive | Tampa, Florida 33647 | Phone: (813) 866-9622 | Fax: (813) 972-0366

HOLIDAY HOURS

New Year's Day, Memorial Day, Independence Day,
Labor Day – Open 7am-6pm
Thanksgiving Day, Christmas Eve – Open 7am-1pm
Easter, Christmas Day – Closed
New Year's Eve – Open 7am-5pm

HOURS OF SERVICE

Monday-Thursday: 5am-10pm
Friday: 5am-9pm
Saturday: 7am-6pm
Sunday: 1pm-6pm

FALL POOL HOURS (September – December)

Monday/Wednesday/Friday
5:30am – 1pm – Long Course
1pm – 1:30pm – Closed
1:30pm – 8:30pm – Short Course
Tuesday/Thursday
5:30am – 8:30pm – Short Course
Saturday
7am – 1pm – Short Course
1pm – 1:30pm – Closed
1:30pm – 5:30pm – Long Course
Sunday
1pm – 5:30pm – Long Course
Schedules are available in the Welcome Center.

KID ZONE HOURS

Monday-Thursday: 8am-12:30pm and
3:30pm-8:30pm
Friday: 8am-12:30pm and 3:30pm-7:30pm
Saturday: 8am-1pm
Sunday: 1pm-6pm

YOUTH ZONE HOURS

Monday-Friday: 3:30pm-8:30pm
Saturday: 8am-3pm
Sunday: 1pm-6pm

ROCK WALL HOURS

Wednesday/Friday: 5pm-8pm
Sunday: 1:30-4:30pm

Special thanks to our Volunteer Board of Directors

Jeff Hoffman, Board Chair	Carlos McCain
Kellie Cash	David Mills
Steven Galbraith	Chris Poole
Tom Gruber	Aaron Proffitt
Allen Guy	Pete Radeka
Richard Hug	Jason Shollenberger
Austin Kahn	Lisa Shollenberger
Debbie Keegan	Andrew Young
Ernie Marquart	

If you are interested in learning more about the New Tampa Board opportunities, please contact Monica Mirza.

New Tampa Family YMCA Leadership Team

Monica Mirza, monica.mirza@tampaymca.org,
Executive Director
Jennifer Berenyi, jennifer.berenyi@tampaymca.org,
Community Development Coordinator
Tony Brewington, tbrewington@tampaymca.org,
Sports Director
Eric Heins, eric.heins@tampaymca.org,
Wellness Director
Andrea Johnston, andrea.johnston@tampaymca.org,
Membership Director
Jasmine Jones, jasmine.jones@tampaymca.org,
Associate Director of Youth and Teen Programs
Mia Matos, mia.matos@tampaymca.org,
Associate Aquatics Director
Thomas Muraco, thomas.muraco@tampaymca.org,
Facility Director
Kass Pilczuck, kathleen.pilczuk@tampaymca.org,
Adaptive Coordinator
Pamela Rucshner, pamela.rucshner@tampaymca.org,
Administrative Director
Stu Wilson, stu.wilson@tampaymca.org,
Director of Competitive Swimming

*The basketball gym will be closed from Sept. 2 – 9 for improvements.

MEMBERSHIP BENEFITS & GUIDELINES

At the New Tampa Y, you'll find caring staff members, new friends, and a warm and friendly environment that supports you and helps you reach your wellness goals. New Tampa YMCA members enjoy great benefits including:

- Open on all holidays except Christmas and Easter (hours may be limited)
- Free multi-session Fit First Program with a YMCA Wellness Coach
- Free YMCA member social events, family activities, volunteer opportunities, and seminars

14 Tampa-Area Locations

Your membership is reciprocal throughout the Tampa Metropolitan Area YMCA Association. For full details on all of our locations, please visit our website at www.tampaymca.org or ask a Welcome Center representative.

Regional Locations

We also have a Regional Agreement, which allows you access to YMCAs in Lakeland, Sarasota, Bradenton, the Clearwater area, and St. Petersburg. In addition, we participate in the A.W.A.Y. (Always Welcome at the Y) program which provides free or reduced fee access at YMCAs across the country. You can find more information at www.ymca.net.

Full Facility Access

As a member, you have complete access to all of our facilities without any additional fees. Group exercise classes, including spinning where available, are included. Supervision for children 6 weeks to 11 years old, during specified hours, is also a benefit of family membership.

Early Registration & Savings on Program Fees

Members also receive discounts on our fee-based programs, such as youth sports, swimming lessons, and summer programs and the opportunity to be the first to register.

Membership Referral Program

At the Tampa YMCA, we reward members for referring their family and friends. For every member you refer, the YMCA will give you one free month. Stop by the Welcome Center to pick up your referral cards.

PROGRAMS & PERKS

The First Tee Golf Program

The First Tee Golf Program teaches children the game of golf by providing learning facilities and educational programs that promote character development and life-enhancing values. Programs are offered year-round at six golf courses. Weekly summer camp sessions are also available. For more information, visit www.thefirstteetampabay.org.

YMCA Camp Cristina

YMCA Camp Cristina, a 65-acre outdoor adventure facility, has unique features and programs you can't find anywhere else. Exciting features and programs include a complete high ropes course, outdoor pool, youth sports, teen activities, licensed after school care, teambuilding for corporations and organizations and much more. Programs are offered year-round, plus weekly summer camp sessions are available. For more information, visit us online at www.ymcacampcristina.org.

YMCA Water Parks

Our Bob Sierra YMCA Youth & Family Center water park in Carrollwood and Campo Family YMCA water park in Valrico are available for you to enjoy. Both facilities feature a zero-depth entry pool, 3-tiered water play structure, exciting tube slides, and splash park in addition to regular free swimming and lap swimming areas. For current hours of operation, visit us online at www.tampaymca.org.

KEEP ME STRONG



Juanita

Her 5- and 7-year-old daughters flashed in Juanita's head the minute she heard she had breast cancer. "Am I going to be around for them? See them have kids?," recalls Juanita. Life moving forward became a whirlwind of treatments, surgeries and hair loss. "I had to put on a brave face for my girls," says Juanita. Chemotherapy came first, then a double mastectomy and finally radiation treatment. That's when the doctor delivered hopeful news: the cancer was in remission.

While in recovery, Juanita heard about the LIVESTRONG® program at the New Tampa YMCA through another chemotherapy patient. "This fellow patient raved about it. Now, I'm the one raving about it," remembers Juanita. The Y's free 12-week program offers cancer survivors and family members a safe, supportive environment to build muscle mass and strength; increase flexibility and endurance; and improve confidence and self-esteem. Juanita already notices an improvement, "Physical activity makes a world of difference. I've gotten way better. My endurance is better."

Do you know someone that could benefit from assistance for a YMCA membership and program? Contact the Welcome Center for details on our scholarship program at 813.866.9622.



Yes! I want to Change the Odds! I will contribute

\$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Email _____

Employer _____

Work Phone _____

☐ My employer will match my gift.

The following options are available for donors of \$50 or more. (Donations are tax deductible within the limits of the law.)

☐ **My check is enclosed** (Please make checks payable to Tampa YMCA.)

☐ **Please bill me in** ☐ one, ☐ two, ☐ three, or ☐ four payments.

☐ **Deduct monthly from my bank account (\$5/month minimum)**
Bank Draft authorization forms will be provided by your YMCA Branch.

☐ **Charge to my** ☐ Visa ☐ Mastercard ☐ American Express
☐ Other _____

Credit Card # _____

V code _____ Exp. Date _____ / _____

Record my gift in the following name(s):

(please print) _____

Signature _____ Date ____ / ____ / ____

Branch _____

All pledge cards must be signed and dated.

☐ **I would like, without obligation, to receive information about designating the Tampa YMCA as a beneficiary of my will or trust.**

The Tampa Metropolitan YMCA is a 501 (c)(3) charitable organization, ID # 59-1742909. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800) 435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. REGISTRATION # CH-1227

Worker _____

Member ID# _____

TAMPA METROPOLITAN AREA YMCA
110 E. Oak Ave., Tampa, FL 33602 • 813.224.9622 • www.tampaymca.org

YOUTH DEVELOPMENT PROGRAMS

The Y is the starting point for many youth to learn about becoming and staying active, and develop healthy habits that they can carry with them throughout their lives. The benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, the Y is about building the whole child, from the inside out.

YOUTH PROGRAMS

Kid Zone Play Center (Ages 6 weeks - 7 years*)

Our Kid Zone offers high quality, caring supervision of children with a family membership. The Kid Zone has a separate activity schedule that may include arts and crafts, music and movement, open gym, playground time, and parachute time. Stop by the Kid Zone to pick up an activity schedule. Children may visit the Kid Zone for up to 2 hours in the morning and evening. The parent or guardian must remain in the facility while the child is in the Kid Zone.

Hours of Service

Monday-Thursday: 8am-12:30pm and 3:30pm-8:30pm

Friday: 8am-12:30pm and 3:30pm-7:30pm

Saturday: 8am-1pm

Sunday: 1pm-6pm

Game Room /Youth Zone (Ages 6-12 years*)

Our Youth Zone offers a variety of programs and activities, like fitness games, arts and crafts, reading/study center, air hockey, and much more. Stop by the Welcome Center for the youth activities schedule.

Hours of Service

Monday-Thursday: 3:30pm-8:30pm

Friday: 3:30pm-7:30pm

Saturday: 8:00am-3:00pm

Sunday: 1:00pm-6:00pm

*6 and 7 year olds are welcome to choose the Kid Zone or the Game Room. Tweens and Teens are also allowed in the Game Room.

Parents' Night Out (Ages 5-12)

Parents get to enjoy a night out while kids have a blast at the Y. Kids will enjoy gymnastics, Game Room activities, games, food and more. Deadline to register is the Wednesday prior to the program.

Times: 5-9pm (drop off between 4:30-5pm outside the teen center)

Dates: Sept. 21, Oct. 19, Nov. 16, Dec. 21

Cost: \$10 per child/\$20 per family of 3 or more - Facility Members only

Lock In (Ages 5-12)

Wonder what it's like to sleep over at the Y? Drop the kids off for a night of gymnastics, games, movie time, food and more. Children should bring sleeping bag, PJs, and a change of clothes. Deadline to register is the Wednesday prior to the program.

Times: 9pm-8am

Dates: Dec. 21

Cost: Members only, \$40 per child/\$80 per family of 3 or more

Birthday Parties (Ages 1-12)

The New Tampa Y Staff will help make your child's birthday a day to remember. A time of fun, games, friends and family, each party includes the party room for 1 hour and choice of party package for 1 hour (party time total of 2 hours) along with choice of color theme, including tablecloths, balloons, plates and napkins.

Day/Times: Saturdays, 1-3pm or 3:30-5:30pm;

Sundays 2-4pm

Party Options: Gymnastics, Dance, Rock Climbing Wall, or Swimming/Pool

Accommodations: includes up to 20 children, \$5 per additional child

Cost: \$275 Facility Member/\$375 Program Member

Holiday Camps (Ages 5-12)

Enjoy a full day camp program while the kids are out of school. Camp includes wellness activities, hands on learning, character development activities, arts and crafts, sports, games and more. All you need to bring is lunch.

Cost (Full Day Camps): \$30/day Facility member, \$60/day Program member

Dates: Sept. 2, Oct. 21, Nov. 11, Nov. 25-29 (no camp on Thanksgiving Day), Dec. 23 - Jan. 3 (no camp on Christmas Eve, Christmas Day or New Year's Day)

Times: 9am-4pm; Extended care from 7-9am and 4-6pm is available at no extra charge.

Judo (Ages 5-12)

Classes help develop discipline, self-control and strength.

Day/Times: Saturdays, 10:30-11:30am;

Location: Multi-purpose room

Cost: FREE for Facility Members

YOUTH SPORTS

The YMCA is your one-stop shop for high quality youth sports programs. We invented basketball, volleyball and racquetball, and since 1889 we've been offering athletics for youth and adults. Our programs focus on building sports skills while simultaneously building character, values and encouraging teamwork.

YOUTH T-BALL (Ages 3-6)

Fall Session Dates: Sept. 16 - Oct. 26

Facility Member Registration: June 5 - Aug. 15

Program Member Registration: June 12 - Aug. 15

Cost: \$50 Facility/\$90 Program

Day/Time: Tuesdays, 6-7pm

Location: Family of Christ Lutheran Church

YOUTH VOLLEYBALL CLINIC (Ages 9-15)

Fall Session Dates: Sept. 9-13

Days/Times: Monday - Friday, 6-8pm

Facility Member Registration: June 5 - Aug. 15

Program Member Registration: June 12 - Aug. 15

Cost: \$60 Facility/\$100 Program

Location: New Tampa Y Basketball Court

YOUTH SOCCER (Ages 3-11)

Fall Session Dates: Sept. 16 - Nov. 2

Facility Member Registration: June 5 - Aug. 15

Program Member Registration: June 12 - Aug. 15

Soccer Coaches Meeting: Sept. 11, 7pm: Teen Center

Fall Soccer (Ages 3-6)

Teams will practice and play on Saturdays. Team will practice for 30 minutes and then play games for 30 minutes at Family of Christ fields.

Time (Ages 3-4): 9-10am

Time (Ages 5-6): 10-11am

Cost: \$55 Facility/\$95 Program

Fall Soccer (Ages 7-11)

Teams will practice once a week on a weekday. Games will be held on Saturdays at Family of Christ fields between 10am-1pm.

Cost: \$75 Facility/\$125 Program

Fall Mandatory Player Evaluations (Ages 7-11)

Day/Time (Ages 7-8): August 26, 6-7:30pm

Day/Time (Ages 9-11): August 27, 6-7:30pm

Location: Family of Christ Church



YOUTH BASKETBALL CLINIC (Ages 7-15)

Fall Clinic Session Dates: August 24 and 25

Saturday, August 24:

Ages 7-8: 9am-12pm

Ages 9-11: 9am-12pm

Ages 12-15: 1-4pm

Sunday, August 25:

Ages 7-11: 1-2:30pm

Ages 12-15: 3-5pm

Facility Member Registration: June 5 – Aug. 13

Program Member Registration: June 12 – Aug. 13

Location: New Tampa Y Basketball Courts

Cost (Ages 7-8): \$25 Facility/\$50 Program

Cost (Ages 9-11): \$30 Facility/\$65 Program

Cost (Ages 12-15): \$40 Facility/\$85 Program

Fall Basketball (Ages 3-17)

Fall Season Dates: Sept. 16 – Nov. 16

Facility Member Registration: June 5 – Aug. 15

Program Member Registration: June 12 – Aug. 15

Basketball Coaches Meeting: Sept. 12, 6:30pm

Fall Mandatory Player Evaluations (Ages 7-14):

Evaluations will be held to assess the skill level of each player and assist the coaches with team selection.

Dates/Time:

9-11 Girls, August 28, 6pm

12-14 Girls, August 28, 7pm

7-8 Coed, August 29, 6pm

9-10 Boys, August 29, 7:30pm

11-12 Boys, August 30, 6pm

13-14 Boys, August 30, 7:30pm

Basketball (Ages 3-4)

30 minute practice session before playing a mini game on Saturdays from 9:00-10:00am

Cost: \$50 Facility/\$100 Program

Basketball (Ages 5-6)

30 minute practice session before playing games on Saturdays from 10:15-11:15am

Cost: \$60 Facility/\$120 Program

Basketball (Ages 7-17)

Teams will practice once a week and play one game per week.

Practice Days: TBD

Practice Times: 5:30pm, 6:30pm, 7:30pm or 8:30pm

* Girls ages 9-11 and 12-14 will participate in intra-Y play where they will play other Y branches in Tampa.

Cost (Ages 7-8): \$70 Facility/\$140 Program

Cost (Ages 9-17): \$80 Facility/\$150 Program



Competitive Basketball

Interested in a higher level of play? Come tryout for our competitive basketball league!

Ages: Rising 5th/6th, 7th/8th, and 9th/10th grade boys

Cost: \$30 in addition to the developmental league price

Fall Season Tryouts:

5th/6th grade, Monday, August 27 at 6:00pm

7th/8th grade and 9th/10th grade, Monday, August 27 at 7:30pm

* Register for both the developmental league and the tryout. Those who make the competitive team will have an additional fee of \$30. Anyone who does not make the competitive team will need to attend the developmental tryout and will be placed on a developmental team. Playing time is earned through performance and is not guaranteed.

FALL II YOUTH FLAG FOOTBALL CLINIC (Ages 3-12)

Fall II Clinic Session Date/Time: October 12

Ages 3-6, 10am-12pm

Ages 7-12, 12:30-2:30pm

Facility Member Registration: Sept. 2 – Oct. 7

Program Member Registration: Sept. 9 – Oct. 7

Cost (Ages 3-6): \$40 Facility/\$80 Program

Cost (Ages 7-12): \$50 Facility/\$90 Program

Location: Compton Park Field

FALL II YOUTH FLAG FOOTBALL (Ages 3-12)

Fall II Session Dates: Oct. 28 – Dec. 14

Facility Member Registration: Sept. 2 – Oct. 17

Program Member Registration: Sept. 9 – Oct. 17

Cost (Ages 3-6): \$50 Facility/\$100 Program

Cost (Ages 7-12): \$60 Facility/\$120 Program

DID YOU KNOW?

Playing on two sports teams or more was associated with a 39 percent decrease in an adolescent's risk of obesity.*

*Study supported by National Institutes of Health.

GYMNASTICS, DANCE, AND CHEERLEADING

Whether it's preschool tumbling, special needs programs or gymnastics classes, the YMCA is the place for your child to develop gymnastics skills while building character and teamwork.

Fall Session I

Session Dates: Sept. 16 - Oct. 26

Facility Member Registration: July 15 - Sept. 8

Program Member Registration: Aug. 1 - Sept. 8

Fall Session II

Session Dates: Oct. 28 - Dec. 14*

Facility Member Registration: July 15 - Oct. 20

Program Member Registration: Aug. 1 - Oct. 20

*No classes during Thanksgiving week (11/25-11/30)

Tumble Tots (Ages 18 months - 3 years)

This is a class for parents and children. Parents will take part with their children as they work on their gross motor skills and coordination through basic stretching, rolling, and climbing.

Days/Times: Monday, 10-10:30am;

Thursday, 4-4:30pm

Cost: \$45 Facility/ \$90 Program

Location: Multi-purpose Room

Kindergym (Ages 3-5)

This class is designed to introduce children to basic gymnastics skills; cartwheels, splits, bar skills, beam skills, rolling and jumping movements.

Days/Times: Monday, 10:45-11:15am;

Thursday, 4:45-5:15pm

Cost: \$45 Facility/ \$90 Program

Location: Multi-purpose Room

Creative Movement (Ages 3-5)

This is a ballet-based class designed for children to explore the basic elements of movement: space, time, energy, and body awareness. Students also gain strength using large loco-motor movements such as hopping, jumping, and leaping through dance games, music, props, and their imagination. Children develop lifelong lessons which will enhance their listening skills and discipline needed in and out of the classroom.

Days /Times: Monday, 11:30am-12pm;

Wednesday, 5-5:30pm

Cost: \$45 Facility/ \$90 Program

Location: Multi-purpose Room

Tumble I (Ages 5-12)

Beginner class for boys and girls to learn basic tumbling skills: forward and backward roll, handstands, cartwheels, backbends and more. Great for those who want to learn how to tumble without the other gymnastics events.

Days/Time: Tuesday and Thursday, 5:30-6:15pm

Cost: \$100 Facility /\$175 Program

Location: Multi-Purpose Room

Tumble II (Ages 9-13)

Intermediate/Advanced class for boys and girls to continue development of skills learned in Tumble I. They must have mastered cartwheels, round offs, handstands and backbends.

Days/Time: Tuesday and Thursday, 6:15-7pm

Cost: \$100 Facility/\$175 Program

Location: Multi-Purpose Room

Tumble Teens (Ages 11-17)

Great for those who want to learn how to tumble without the other gymnastics events. Beginners and advanced tumblers welcome.

Days/Time: Tuesday and Thursday, 7-7:45pm

Cost: \$100 Facility/\$175 Program

Location: Multi-Purpose Room

Dance Club I (Ages 5-9)

This is a high energy class starting with basic center warm-up, floor stretches, progressions across the floor, and a center combination. It incorporates all styles of dance, including jazz, ballet, hip hop, and modern.

Day/Time: Wednesdays, 5:30-6:15pm

Cost: \$60 Facility/\$120 Program

Location: Multi-Purpose Room

Dance Club II (Ages 9-16)

This is a high energy class starting with basic center warm-up, floor stretches, progressions across the floor, and a center combination. It incorporates all styles of dance, including jazz, ballet, hip hop, and modern.

Day/Time: Wednesdays, 6:15-7:15pm

Cost: \$75 Facility/\$150 Program

Location: Multi-Purpose Room

CHEERLEADING

Fall Session Dates: Sept. 16 – Nov. 16

Facility Member Registration: July 15 – Sept. 8

Program Member Registration: Aug. 1 – Sept. 8

Pee Wee Cheer (Ages 3–4 and Ages 5–6)

Learn the basics of cheerleading, simple cheer, chants and motions. Participants will cheer on Saturdays for the 3–6 year old basketball teams during the fall season.

Dates/Times:

Ages 3–4: Mondays, 4–4:30pm and Saturdays, 9:15am

Ages 5–6: Mondays, 4:30–5pm and Saturdays, 10:30am

Cost: \$100 Facility/\$175 Program

Location: Mondays in the Multi-purpose Room; Saturdays on the Basketball courts

Cheer (Ages 7–11 and Ages 12–15)

Learn the basics of cheerleading, cheers, chants and motions along with incorporating basic tumbling skills needed for cheerleading, sharp movements, jumps and stunts. Participants will cheer on Saturdays for the Fall Basketball League.

Dates/Times:

Ages 7–11: Mondays, 5–6pm and Saturdays; games will be scheduled between 11am–2pm.

Ages 12–15: Mondays, 6–7pm and Saturdays; games will be scheduled between 1–3pm.

Cost: \$125 Facility/\$200 Program

Location: Mondays in the Multi-purpose Room; Saturdays on the Basketball courts

Family Gym (Open Gym)

Come together as a family at the Y. Siblings can enjoy family time with mom and dad. Parents are encouraged to join in on our activities for ages 0–5. Ages 0–3, parents must be within arm's reach of child. Ages 4–5, parents must participate or observe on the gymnastics floor with children.

Day/Time:

Wednesday (Ages 0–5) 10–10:30am

Friday (Ages 0–5) 4–4:30pm

Friday (Ages 6–12) 4:30–5pm

Location: Multi-Purpose Room

Cost: FREE for Facility Members

Private Gymnastics Lessons

Looking for extra special attention? Private lessons are available for gymnastics, dance, and cheer.

Cost (1/2 hour): \$20 Facility/\$40 Program

Cost (4) 1/2 hour sessions: \$70 Facility/\$150 Program

Cost (6) 1/2 hour sessions: \$90 Facility/\$210 Program

For more information, contact Jasmine Jones at jasmine.jones@tampaymca.org.



AQUATICS

Make-up policy: If the YMCA cancels a class, we will hold a make-up class on the Friday of that week at the same time as your scheduled class.

PRESCHOOL LESSONS

Fall Session Dates: Sept. 16 – Oct. 26

Facility Member Registration: Aug. 19 – Sept. 15

Program Member Registration: Aug. 26 – Sept. 15

Parent/Child Swim Lessons

(Ages 6 months – 23 months)

The parent/child classes are taught as a combined class for ages 6 to 23 months with the parent accompanying the child in the water. Skills are introduced at the child's development level and build on each other as the child progresses. Basic water skills are taught through fun songs and games.

Parent/Child (Shrimp/Inia)

1 day/week = 6 lessons

Day	Times
Fri.	9am
Sat.	9am

Cost: \$45 Facility/\$85 Program

Pike (Beginner I), Ages 3–5

Children adjust to the water and develop independent movement; teaches basic stroke and kicking skills, floating and pool safety.

2 days/week = 12 lessons

Day	Times
M/W	9am, 10:40am, 12:20pm, 4pm, 5:40pm, 7:20pm
T/R	9am, 9:50am, 11:30am, 4pm, 4:50pm, 6:30pm

Cost: \$90 Facility/\$170 Program

1 day/week = 6 lessons

Day	Times
Sat.	9am, 10:40am, 12:20pm

Cost: \$45 Facility/\$85 Program

Eel (Beginner II), Ages 3–5

This class is for children who are comfortable in the water and able to swim five feet with faces in the water and no flotation device. Children are taught to float, kick and perform progressive arm movements across the pool.

2 days/week = 12 lessons

Day	Times
M/W	10:40am, 12:20pm, 5:40pm, 7:20pm
T/R	9am, 9:50am, 11:30am, 4pm, 4:50pm, 6:30pm

Cost: \$90 Facility/\$170 Program

1 day/week = 6 lessons

Day	Times
Sat.	10:40am, 12:20pm

Cost: \$45 Facility/\$85 Program

Ray/Starfish (Beginner III), Ages 3–5

This class is for children who can swim 15 feet with faces in the water and no flotation device. Reviews and improves stroke skills on front, back and side, builds endurance, and teaches treading water skills.

2 days/week = 12 lessons

Day	Times
M/W	9:50am, 11:30am, 4:50pm, 6:30pm
T/R	10:40am, 12:20pm, 5:40pm, 7:20pm

Cost: \$90 Facility/\$170 Program

1 day/week = 6 lessons

Day	Times
Sat.	9:50am, 11:30am

Cost: \$45 Facility/\$85 Program

Polliwog (Level I), Ages 6–12

Beginner level class for those who are uncomfortable or inexperienced in the water; teaches basic water skills including gliding with face in water, floating and kicking.

2 days/week = 12 lessons

Day	Times
M/W	10:40am, 11:30am, 5:40pm, 6:30pm
T/R	9am, 11:30am, 4pm, 6:30pm

Cost: \$90 Facility/\$170 Program

1 day/week = 6 lessons

Day	Times
Sat.	10:40am, 11:30am

Cost: \$45 Facility/\$85 Program

Guppy (Level II), Ages 6-12

This class is for children able to swim 20 feet without a flotation device. It teaches swimming on front, back and side and taking a breath while swimming.

2 days/week = 12 lessons

Day	Times
M/W	9:50am, 4:50pm
T/R	9:50am, 12:20pm, 4:50pm, 7:20pm

Cost: \$90 Facility/\$170 Program

1 day/week = 6 lessons

Day	Times
Sat.	9:50am

Cost: \$45 Facility/\$85 Program

Minnow (Level III), Ages 6-12

This class is for children who can swim 25 yards with their face in the water and no flotation device. Reviews and improves stroke skills on front, back and side, builds endurance, and teaches treading water skills.

2 days/week = 12 lessons

Day	Times
M/W	9am, 12:20pm, 4pm, 7:20pm
T/R	10:40am, 5:40pm

Cost: \$90 Facility/\$170 Program

1 day/week = 6 lessons

Day	Times
Sat.	9am, 12:20pm

Cost: \$45 Facility/\$85 Program

Fish (Level VI)-Pre Terrapin, Ages 6-12

This class is for children able to swim 25 yards front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. It refines breaststroke, teaches butterfly, open turns and improves other strokes.

2 days/week = 12 lessons

Day	Times
M/W	9am, 9:50am, 11:30am, 4pm, 4:50pm, 6:30pm
T/R	10:40am, 12:20pm, 5:40pm, 7:20pm

Cost: \$90 Facility/\$170 Program

1 day/week = 6 lessons

Day	Times
Sat.	9am, 9:50am

Cost: \$45 Facility/\$85 Program

SPLASH WEEK

Enjoy 5 free intensive lessons during our Splash Week!

Session Dates: Sept. 2-6

Facility Member Registration: Aug. 19 – Sept. 15

Program Member Registration: Aug. 26 – Sept. 15

Times/Levels:

- 4pm – Pike, Polliwog and Fish
- 4:50pm – Eel, Guppy and Pike
- 5:40pm – Ray, Minnow and Polliwog
- 6:30pm – Starfish, Fish and Ray

Private Swim Lessons – 30 minute lessons

Cost (4 lessons): \$120 Facility/\$200 Program

Cost (8 lessons): \$200 Facility/\$320 Program

For more information, contact Mia Matos at mia.matos@tampaymca.org.

Private lessons available for swim lessons and synchronized swim lessons.



TYS Competitive Swim Team

Mission Statement: TYS Swimming is dedicated to encouraging the swimmers to make an uncompromising commitment to the pursuit of excellence and to acquire life enhancing attributes such as integrity, discipline, teamwork, and sportsmanship.

Vision: TYS Swimming promotes and inspires team performance through the individual's improvements by engaging their mind, body, and spirit. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are taught and expected.

Training Groups at the New Tampa YMCA

National: Designed for the swimmer who has achieved a high level of proficiency and has complete dedication to achieving a national level

Requirements: At least 1 Y-National cut or within 5% of the Y-National cuts

Practice Times:

Monday and Wednesday, 5-6:30am

Monday – Friday, 3:45-6pm

Saturday, 7-9:30am

Expectation: Attend at least 7 out of 8 practices per week.

Program Fees: \$70 per month*

Senior 1: Designed for swimmers ages 13 to 16 years who have shown a commitment to achieve a higher level of excellence and have complete dedication to achieving a national level.

Practice Times:

Monday and Wednesday, 5-6:30am

Monday – Friday, 5:30-7:30pm

Saturday, 7-9am

Expectation: Attend at least 6 out of 8 practices per week.

Program Fees: \$70 per month*

Senior 2: Provides the opportunity for more advanced age group or older swimmers to move up to senior level swimming.

Requirements: Age 13 & up

Practice Time:

Monday – Friday, 3:45-5:30pm

Saturday, 7-9am

Expectation: Attend at least 4 practices per week.

Program Fees: \$70 per month*

Advanced Age Group: Provides committed and motivated young swimmers an opportunity to practice more and improve more rapidly

Practice Time:

Monday – Friday, 5-7pm

Saturday, 9-11am

Expectation: Attend at least 5 practices per week.

Program Fees: \$60 per month*

Black: Offers more advanced swimmers a chance to improve on stroke techniques, turns, and endurance training

Practice Time:

Tue/Thur/Fri, 5:30 to 6:45pm

Saturday, 9-10:30am

Expectation: Attend at least 3 practices per week.

Program Fees: \$60 per month*

Green: This is a beginning level practice group for ages 5 to 9. The group emphasizes stroke techniques for all four strokes, turns, starts and introduction to conditioning.

Practice Time:

M/W, 5:30-6:30pm

Friday, 5:30-6:45pm

Saturday, 9-10:30am

Expectation: Attend at least 3 practices per week.

Program Fee: \$60 per month*

*All TYS participants must be YMCA Facility Members. All swimmers must pay a \$59 fee to become a registered member of Florida Swimming.

Group Placement Philosophy

The TYS program has a plan that we follow for athlete progression. We hope that communicating these ideas leads to better understanding of the coaches' decisions in determining group placements.

Every group will have a requirement that a swimmer has to meet before moving up. The swimmer may have met the requirement, but there are other important factors that will drive the coaches' decision before moving them to a higher group. Here are the three main points:

1. **Commitment** (practice attendance, meet participation, priority of the sport)
2. **Maturity** (chronological age, physiological age, and emotional development)
3. **Training ability and technique**

Racing times are not a primary factor for group placement; although they may be an indirect factor as racing times translate to meet qualification and training needs.

A swimmer's group is not meant to be a predictor of future success, nor an indicator of his/her worth to the team or

to the coaches. Every swimmer is equally important and we want to make their experience more enjoyable and challenging without discouraging them. The more we can eliminate unnecessary labels for each group, the better.

Please contact Stu Wilson, stuart.wilson@tampaymca.org, or Alexis Mendenhall, alexis.mendenhall@tampaymce.org, to schedule a tryout for placement on the swim team.

Developmental Swim Club (Terrapins)

The New Tampa Terrapins is a developmental swim club for school age youth (ages 6–12). Participants work on stroke development for all four strokes (butterfly, backstroke, breaststroke, and freestyle), character development and swimming endurance. The Terrapins swim club is designed for participants that have already completed the YMCA swim lesson program and want to continue to learn the sport of swimming.

Practice Times: M/W, 4:15–5:15pm

Swim Meets: One Saturday morning per month

Requirements: Able to swim 25 yards of freestyle with side-breathing and 25 yards of backstroke

Program Fees: \$55 per session (4 weeks)

Contact Lynnette Hudnell at lynnette.hudnell@tampaymca.org to schedule a tryout with her to place the swimmer into the group.

Synchronized Swimming

Tampa YMCA Synchro (TYS) is a competitive year round synchronized swimming team with competitions ranging throughout the state as well as at the national level. All participants are placed into training groups based on age and ability. If you are interested in scheduling a tryout, please email lkummer@tampaymca.org.

Practice groups and schedule:

Synchro I (Novice): At this level, swimmers are introduced to the basic skills of synchronized swimming. Swimmers should be able to swim at least 25 yards of freestyle comfortably. This class also works on stroke development and building strength and endurance in the water.

Practice Times: M/W, 3:30–4:30pm

Program Fees: \$55 per month*

Synchro II (Intermediate): Swimmers should have knowledge of the basic synchronized skills and have attended either the Synchro Camp or Synchro I sessions. Experienced swimmers may also try out to be placed in this class.

Practice Times: M/W/F, 4–5:30pm

Program Fees: \$65 per month*

Synchro III (Age Group): This class prepares committed new and younger age group swimmers for advancement toward the national level.

Practice Times: See coach for schedule and placement

Program Fees: \$75 per month*

Synchro IV (Advanced Age Group): This class is designed for swimmers who have already achieved a high level of proficiency in the sport and who are committed to achieving national level standing.

Practice Times: See coach for schedule and placement

Program Fees: \$85 per month*

*All Synchronized swimming team participants must be YMCA Facility Members.

Pool Guidelines

For your safety and the safety of other members, we ask that you abide by our pool guidelines:

- One lap lane (long course), 3 lap lanes (short course) will be available at all times for lap swim. If more than 2 swimmers are sharing a lane, then circle swim is mandatory.
- Swimsuits are required – no cut-offs permitted.
- Children needing flotation devices must be accompanied by an adult in the water, regardless of age.
- An adult (age 18 or older) must accompany any child who does not pass the swim test.
- Ages 11 and younger must be accompanied by an adult at all times.
- All children age 17 and under must be swim tested. Swim Test is 25-yard swim and one minute tread.
- No inflatable flotation devices allowed.
- Swim diapers must be worn, no changing on pool deck.
- Rough play, running, and throwing swimmers are prohibited.
- Don't forget! Facility Members can enjoy open swim at any of the Tampa YMCA aquatic centers.

Locker Room Policy

Children ages 6 and over are not permitted in the opposite sex locker rooms. We have family restrooms available for use. Please do not change your child, regardless of age, on the pool deck for safety and sanitation reasons.

Thunderstorm Policy

As a safety precaution to our members and staff, when lightning breaches an 8-mile perimeter of the YMCA we will close the pool. We will reopen 30 minutes after the last lightning strike is reported through the Impact Weather Service.

Questions? Contact our Aquatics Director, Mia Matos at mia.matos@tampaymca.org.

TWEEN & TEEN PROGRAMS

Hanging out at the YMCA is cooler than ever! The Y offers fun teen activities, teen sports leagues and fitness classes so you can make new friends, play games, and have fun. Ready to get more involved? Our Leaders' Club helps you develop leadership skills, get physically fit and gain valuable volunteer experience.

Leaders' Club (Ages 12-17)

The Leaders' Club helps develop leadership skills, physical fitness and character through social events and service projects. Service hours opportunities may be available through this program.

Dates/Times: Every Tues. at 7pm – beginning Aug. 27-June

Cost: \$50* Facility Members Only

Location: Teen Center

You must interview with Jasmine Jones prior to being accepted into Leader's Club.

*Additional fees may apply for Blue Ridge Leaders' School and any other additional club events.

Youth In Government (YIG) (9th – 12th grade)

Since 1957, Florida YMCA Youth In Government has brought the best and brightest high school teens in our state together to experience the law making process first hand through our "youth-run, youth-led" process. Students work together on debate practices, service-learning projects, character development, fundraising and State Assembly preparation.

Dates/Times: Wednesdays, 7pm – beginning Aug. 28 – Feb.

Cost: \$50 Facility/\$150 Program

Location: Teen Center

You must interview with Jasmine Jones prior to being accepted into Youth In Government.

*Additional fees may apply for Fall District Conference and State Assembly and any other additional YIG events.

Fit First Exercise Program

The first 30 days of your membership are the most critical in establishing healthy habits that will lead to your fitness success. Included with your YMCA membership, you receive 4 Fit First sessions with a Wellness Coach that provide you with a complete fitness solution based on your goals. These sessions include a customized strength and cardio workout, as well as nutritional guidance based on your needs.

Fit First Value to You

- Helps you understand how to avoid fitness plateaus
- Simplified understanding and monitoring of calories in and calories out
- Proper frequency, intensity, time and type to move through proper progressions and manage plateaus
- Proper goal setting
- Helps to create an efficient workout based on your goals and needs

Group Exercise

BODYPUMP™, Yoga, ZUMBA, BODYCOMBAT™, Water Aerobics, Pilates, and more... the New Tampa Family YMCA classes are for teens too! See the group exercise schedule for classes that will get you moving and shaking.

Volunteer at the Y

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own community. We accept volunteer applications from teens & adults age 14 and older. Apply online at www.tampaymca.org.

BASKETBALL

Fall Session Dates: Sept. 16 – Nov. 16

Facility Member Registration: June 5 – Aug. 15

Program Member Registration: June 12 – Aug. 15

Basketball Coaches Meeting: Sept. 11, 6:30pm or Sept. 12, 6:30pm

Basketball (Ages 13-17)

Teams will practice once a week and play one game per week.

Practice Days: TBD

Practice Times: 5:30pm, 6:30pm, 7:30pm or 8:30pm

Cost (Ages 13-17): \$80 Facility/\$150 Program



ADULT WELLNESS PROGRAMS

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y include more than just working out. In addition to our physical fitness classes and facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

Fit First

The first 30 days of your membership are the most critical in establishing healthy habits that will lead to your fitness success. Included with your YMCA membership, you receive 4 Fit First sessions with a Wellness Coach that provide you with a complete fitness solution based on your goals. These sessions include a customized strength and cardio workout, as well as nutritional guidance based on your needs.

Fit First Value to You

- Helps you understand how to avoid fitness plateaus
- Simplified understanding and monitoring of calories in and calories out
- Proper frequency, intensity, time and type to move through proper progressions and manage plateaus
- Proper goal setting
- Helps to create an efficient workout based on your goals and needs

New Tampa YMCA Express Workout Circuit

Short on time? Complete our Express Strength workout using the Cybex Strength equipment. Express workouts are great when you are under a time constraint. The machines are numbered in order. There is a quick 15 minute workout (using a 30 second set will give you a full body workout in 15 minutes) and a full 30 minute option that will give you a complete workout for all muscle groups. Ask a Personal Trainer or Wellness Coach to help get you started.

Personal Training

Your time in the Wellness Center is valuable – maximize your results with a personal trainer. For a very reasonable investment, you'll work one-on-one with a dedicated trainer to build strength, increase cardiovascular capacity, and improve flexibility.

	RATES PER ONE-HOUR SESSION
1 – one hour session	\$52 - \$70
4 – one hour sessions	\$50- \$68
8 – one hour sessions	\$48 - \$66
12 – one hour sessions	\$46 - \$64
18 – one hour sessions	\$44 - \$62
24 – one hour sessions	\$41 - \$59
36 – one hour sessions	\$38 - \$56

One-on-one rates are based on personal trainer experience, education, and certifications. For more information, contact Eric Heins, Wellness Director.

New to Personal Training? We offer an Introductory Package: 3 sessions for \$99 for all new clients.

Group Personal Training

Come to the Y and realize what many of our members already know: Group Personal Training is an affordable, fun and motivating way to meet your wellness goals. Work in groups of 4 or more with a certified personal trainer and feed off of the energy of the group. Visit the Welcome Center for group pricing and schedules.

» **Personal training is available exclusively to Facility Members.**



To ensure that our Y is a place everybody can enjoy, we ask that all members abide by the following rules.

- Towels are required while exercising.
- Please wipe down equipment after each use.
- All weight plates and dumbbells should be re-racked when finished.
- All equipment must be used properly. For help using equipment, see a staff member.
- Dropping weights on the floor is not permitted.
- Only water in a closed container is permitted in the Wellness Center. No food or other drinks are allowed.
- There is a 30 minute time limit on all cardio equipment if other members are waiting.
- Proper attire must be worn in the Wellness Center. Denim and open toe/heel shoes are not permitted.
- Please be courteous to other members at all times.
- Cell phone use is not permitted in the Wellness Center.

Youth ages 10–15 must abide by youth policy at all times:

- All youth must complete an orientation before utilizing the wellness center. Ages 10–11 must do the orientation with a guardian.
- Ages 10–11 must have guardian within arm's reach at all times and may use Cybex, Freemotion and cardio equipment only.
- Use of free weights is not permitted until age 16.
- Inappropriate behavior may result in loss of privileges.

Group Exercise

We offer a wide variety of group exercise and water aerobics classes at no cost to Facility Members. Whether you're starting exercise for the first time or just want to get out of a workout rut, group classes are a great way to challenge yourself, learn something new, and even make new friends. Yoga, ZUMBA, BODYPUMP™, BODYCOMBAT™, CXWORX™, Boot Camp, Pilates, SilverSneakers™ and more... the New Tampa Family YMCA has classes for every interest and ability level.

Monthly Group Exercise schedules are available at the Welcome Center or online at www.tampaymca.org and on our mobile app.

Indoor Cycling

Indoor Cycling is a non-impact indoor cycling class and a great alternative for aerobic conditioning. The ride is set to various types of music that will let your mind run free. The resistance knob gives you FULL CONTROL of your cycling journey. You always have the option of tailoring any ride to your desired intensity. Classes are 55 minutes unless otherwise noted. Monthly class schedule is available at the Welcome Center, online at www.tampaymca.org or on our mobile app.

LIVESTRONG® at the YMCA

LIVESTRONG at the YMCA is a free twelve-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal." The program is conducted outside of medical facilities to emphasize that LIVESTRONG at the YMCA is about health, not disease.

Our goal is to help participants build muscle mass and muscle strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes, improving energy levels and self-esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life. In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, YMCA staff and members.

YMCA fitness instructors work with each participant to fit the program to their individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care.

YMCA Diabetes Prevention Program (DPP)

The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles. The Tampa Y now offers a 16-session program developed to reduce the risk of diabetes in individuals with pre-diabetes. Each weekly session is facilitated by a trained Lifestyle Coach. The sessions will cover nutrition, physical activity, and behavior modification to help participants achieve two primary goals:

- Reduce body weight by 7%
- Participate in regular physical activity

For more information, please visit the Welcome Center.

Judo

Our judo classes help develop discipline, self control, and strength.

Day/Times: Saturdays

Adult/Teen (13 and older): 9-10:30am

Youth (ages 5 - 12): 10:30-11:30am

Location: Multi-purpose Room

Cost: FREE for Facility Members

Aikido (Ages 13 & older)

Aikido is a modern Japanese martial art, using the repetitive practice of various motions until rational and unforced movement flows naturally throughout the body. Unifying the body, mind and spirit, and utilizing internal order with physical balance, you can express your hidden potential through the dynamism of your technique. You will practice in pairs after a demonstration. Regular practice brings a sense of authenticity and self-confidence that permeates all aspects of daily life.

Days/Times: Tuesdays/Thursdays, 8-9:30pm

Location: Multi-purpose Room

Fitness Challenges

Add some fun to your exercise program! We offer several fitness challenges each year that will keep you motivated and tone and sculpt your body. Visit the Welcome Center for more information about our challenge schedule.

ADULT SPORTS

Recreational Adult Basketball Pick-up Games

Days/Times: Friday 11am-1:30pm; Sunday 1-4pm

Co-Ed Open Volleyball

Days/Times: Tuesdays and Thursdays, 8:00pm-10:00pm

Location: Basketball Court 2

To ensure that our Y is a place everybody can enjoy, we ask that all members abide by the following rules.

- Towels are required while exercising.
- Please wipe down equipment after each use.
- All weight plates and dumbbells should be re-racked when finished.
- All equipment must be used properly. For help using equipment, see a staff member.
- Dropping weights on the floor is not permitted.
- Only water in a closed container is permitted in the Wellness Center. No food or other drinks are allowed.
- There is a 30 minute time limit on all cardio equipment if other members are waiting.
- Proper attire must be worn in the Wellness Center. Denim and open toe/heel shoes are not permitted.
- Please be courteous to other members at all times.
- Cell phone use is not permitted in the Wellness Center.

Youth ages 10-15 must abide by youth policy at all times:

- All youth must complete an orientation before utilizing the wellness center. Ages 10-11 must do the orientation with a guardian.
- Ages 10-11 must have guardian within arm's reach at all times and may use Cybex, Freemotion and cardio equipment only.
- Use of free weights is not permitted until age 16.
- Inappropriate behavior may result in loss of privileges.

TRAININGS & CERTIFICATIONS

CPR PRO (Ages 15 and up)

Dates: Sept. 13 & 27, Oct. 11 & 25, Nov. 8 & 22, Dec. 6 & 20

Time: 5pm

Cost: \$35 Facility/\$50 Program

Location: Meeting Room

Oxygen (ages 15 and up)

Dates: Sept. 13 & 27, Oct. 11 & 25, Nov. 8 & 22, Dec. 6 & 20

Time: 4pm

Cost: \$35 Facility/\$50 Program

Location: Meeting Room

First Aid (Ages 15 and up)

Dates: Sept. 6 & 20, Oct. 4 & 18, Nov. 1, 15 & 29,

Dec. 13 & 27

Time: 5pm

Cost: \$35 Facility/\$50 Program

Location: Meeting Room

ADULT AQUATICS

Make-up policy: If the YMCA cancels a class, we will hold a make-up class on the Friday of that week at the same time as your scheduled class.

ADULT BEGINNER SWIM LESSONS

You are never too old to learn how to swim. Beginner lessons are perfect for those with little or no swimming experience.

Fall I: 1 day a week = 6 lessons

Day/Time: Saturdays, 8am

Session Dates: Sept. 16 – Oct. 26

Facility Member Registration: Aug. 19 – Sept. 15

Program Member Registration: Aug. 26 – Sept. 15

Cost: \$45 Facility/\$85 Program

Master's Swim Team

TYS Master's Swimming provides organized workouts and competitions for all adults ages 18 and over. We welcome all adult swimmers (fitness, tri-athlete, competitive, non-competitive, and open water) who are dedicated to improving their fitness through swimming.

Practice Schedule:

Monday through Friday, 9-10am (Tues./Thurs. beginners)

Monday/Wednesday, 6:30-8pm

Saturday, 9-11am

Cost: \$40 Facility/\$95 Program

There is a \$5 drop in fee for any out of town USMS members who wish to train with the YYS Masters for the day.

ADULT WATER FITNESS

Looking for an exercise class that improves your strength, cardiovascular capacity, and endurance while taking it easy on your joints? If so, water exercise is for you. Even better, our heated pool is a comfortable temperature year round.

Water Aerobics

This is a 60 minute low to medium intensity class, using a variety of equipment. It offers shallow and deep water moves to improve agility, flexibility and cardiovascular endurance.

Water In Motion

High energy choreography combined with current hit music make this class one of our most popular.

Latin Aqua

Dancing in the pool, with a Latin flavor!

Days and times for Adult Water Fitness classes can be found on the Monthly Group Exercise schedules available at the Welcome Center, online at www.tampaymca.org or on the mobile app.

Pool Guidelines

For your safety and the safety of other members, we ask that you abide by our pool guidelines:

- One lap lane (long course), 3 lap lanes (short course) will be available at all times for lap swim. If more than 2 swimmers are sharing a lane, then circle swim is mandatory.
- Swimsuits are required – no cut-offs permitted.
- Children needing flotation devices must be accompanied by an adult in the water, regardless of age.
- An adult (age 18 or older) must accompany any child who does not pass the swim test.
- Ages 11 and younger must be accompanied by an adult at all times.
- All children age 17 and under must be swim tested. Swim Test is 25-yard swim and one minute tread.
- No inflatable flotation devices allowed.
- Swim diapers must be worn, no changing on pool deck.
- Rough play, running, and throwing swimmers are prohibited.
- Don't forget! Facility Members can enjoy open swim at any of the Tampa YMCA aquatic centers.

Locker Room Policy

Children ages 6 and over are not permitted in the opposite sex locker rooms. We have family restrooms available for use. Please do not change your child, regardless of age, on the pool deck for safety and sanitation reasons.

Thunderstorm Policy

As a safety precaution to our members and staff, when lightning breaches an 8-mile perimeter of the YMCA we will close the pool. We will reopen 30 minutes after the last lightning strike is reported through the Impact Weather Service.

Questions? Contact our Aquatics Director, Mia Matos at mia.matos@tampaymca.org.



ACTIVE OLDER ADULTS HEALTHY LIVING PROGRAMS

Rev up your social life with luncheons, day trips, activities and parties that will keep you hopping, or keep moving with water aerobics and SilverSneakers® exercise classes.

Silver Sneakers®

Get moving with SilverSneakers® classes, designed to improve your strength, flexibility and balance. Check with your insurance provider for details. Sign up at the Welcome Center. For more information about Active Older Adult programs, contact Barb Wieckowski at barb.wieckowski@tampaymca.org.

Y – Older Adults Staying In Shape

YOASIS is open to any YMCA member who wishes to gain and maintain a sense of wellness and social connection. A variety of educational, recreational and social activities are offered to compliment the wellness classes. Members are encouraged to share their talents, abilities and interests by joining the YOASIS Planning Committee. If you wish to become involved, or would simply like more information about YOASIS, please contact Barb Wieckowski at 866-9622 or bwieckowski@tampaymca.org. Everyone is welcome – it is all about living and aging well.

Life Celebrations

Everyone is invited to attend these monthly social gatherings. A great opportunity to meet up with old friends and make some new ones. Join us as we celebrate birthdays, anniversaries... life!

Dates: Sept. 12, Oct. 10, Nov. 14, Dec. 12

Time: 12:45–2pm

Location: Teen Center

YOASIS Planning Committee

Get involved! YOASIS planning committee is open to all members. Join us as we plan activities, socials, and outings. Your ideas, talents, and abilities are wanted.

Dates: Sept. 19, Nov. 7

Time: 10:30am

Location: Meeting Room

Arts and Crafts

Dates: Sept. 4, Oct. 2, Nov. 6, Dec. 4

Time: 9:30–11:30am

Location: Meeting Room

Knitting and Crocheting

Days/Times: Every Tuesday, 9:30am

Location: Coffee/Social Area

Lunch Bunch

Days: Sept. 26, Oct. 24, Nov. 21, Dec. 19

Time: 1pm

Location: Restaurant will vary, check the YOASIS Communication Station

Game Time

Days/Times: Every Tuesday and Thursday, 12:30–2pm

Location: Teen Center

Bingo

Dates: Sept. 5, Oct. 3, Nov. 7, Dec. 5

Time: 12:30–2pm

Location: Teen Center

YOASIS Holiday Party

Date: December 8

Time: 2–6pm

Location: Teen Center

SPECIAL EVENTS

Fall Festival

Date/Time: October 25, 6–8pm

Location: New Tampa Family YMCA

The Wiregrass Wobble Turkey Trot 5K and Family Fun Run

Date: Thanksgiving Day, Thursday, November 28

Time: 5K begins at 7:30am,

1 Mile Family Fun Run begins at 8:15am

Location: Wiregrass Mall, Wesley Chapel

Silent auction and other exciting events happening at the New Tampa Y

Dates: Sunday, Nov. 24 – Friday, Nov. 29

Breakfast with Santa

Date/Time: December 14, 8:30–10am

Location: Teen Center

FAMILY ACTIVITIES

Rock Climbing Wall

The New Tampa YMCA's rock climbing wall is great fun for novice and experienced climbers alike. If you're new to rock climbing, our staff can show you the ropes.

Hours of Service: W/F, 5-8pm; Sundays, 1:30-4:30pm

Family Boot Camp (ages 5 and up)

This is a fun, interactive workout for parents and kids. See Group Exercise schedule for days/times.

Member Appreciation Days

We appreciate your membership! Our members will enjoy an array of activities on Member Appreciation Days.

Date/Time: September 4, 10am-12pm

Family Gym (Open Gym)

Come together as a family at the Y. Siblings can enjoy family time with mom and dad. Parents are encouraged to join in on our activities for ages 0-5. Ages 0-3, parents must be within arm's reach of child. Ages 4-5, parents must participate or observe on the gymnastics floor with children.

Days/Times:

Wednesday (Ages 0-5) 10-10:30am

Friday (Ages 0-5) 4-4:30pm

Friday (Ages 6-12) 4:30pm-5pm

Location: Multi-Purpose Room

Cost: FREE for Facility Members

SMALL GROUPS

Toastmasters

Great speeches and great topics. Come improve your public speaking skills.

Day/Time: Wednesdays, 7pm

Location: Meeting Room

Aletheia Church

Aletheia is an Evangelical Christian, Bible-based, Gospel-centered church that seeks to serve the surrounding Tampa community in order to see people's lives rescued and reconciled by the saving work of Jesus. We gather on Sundays at 10am at the New Tampa Y. All are welcome to come and child care is provided.

Have an idea for a new small group? Let the Welcome Center know.

ADAPTIVE PROGRAMS

Our Adaptive Programs are geared to participants with physical and/or intellectual limitations. The program curriculum enhances individual skills in each area and allows participants to progress to the next level in the sports programs. Participants must be Facility members and most programs are free, except private swim lessons. Please register at the Welcome Center.

Basketball (6 week programs beginning in January)

Day/Time(Wheelchair): Fridays, 4pm

Day/Time (Intellectually Disabled): Fridays, 4:45-5:30pm

Drawing (All Levels, beginning in Oct.)

Day/Time: 2nd and 4th Thursday, 5-6pm

Location: Meeting Room

Tumbling/Cheer (All Levels, 6 week program, beginning in Jan.)

Day/Time: Fridays, 4:30-5pm

Location: Multi-purpose Room

Walk/Run/Roll (All Levels, beginning in Oct.)

Day/Time: Saturdays, 11:15am

Location: Meet in Lobby

Swimming

Day: Saturdays

Intellectually Disabled

Time (Beginning/Intermediate): 11:15-11:45am

Physically Disabled

Time (Beginning/Intermediate): 9:15-9:45am

Contact Kass Pilczuk at kpilczuk@tampaymca.org for additional information or volunteer opportunities.

Advanced Swimming (Physically/Intellectually Disabled)

Time: 10am-11am





TAMPA METROPOLITAN AREA YMCA

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