

CAMPO FAMILY YMCA

3414 Culbreath Rd. | Valrico, FL 33596 | 813.684.1371 | www.tampaymca.org

November – December 2013 PROGRAMS & ACTIVITIES

HOLIDAY HOURS

Thanksgiving Day: 7am-1pm

Christmas Eve: 7am-1pm

Christmas Day: closed

New Year's Eve: 7am-5pm

New Year's Day: 7am-7pm

YOUTH DEVELOPMENT PROGRAMS

Youth programs at the Y give children the opportunity to explore their unique talents and interests and help them realize their potential. This makes for confident kids today and contributing and engaged adults tomorrow.

Play School – Ys Kids

Age: 3-4

Days/Time (Monthly): M/W/F, 8:50am-10:30am or 10:30am-12:00pm

Cost: \$60 Facility/\$80 Program

Dance (Ages 2-5)

Dates: Nov. 1 – Dec. 1; Dec. 2-21

Days 2 yr. olds:

Level 1: TH 9:30-10:15am or 2:15-3pm

Level 2: W 1:45-2:30pm

Days 3 yr. olds:

Level 1: TH 10:30-11:15am or 3-3:45pm

Level 2: W 2:30-3:15pm

Days 4 & 5 yr. olds:

Level 1: TH 11:15am-12pm or 3:45-4pm

Level 2: W 3:15-4pm

See Welcome Center for appropriate level.

Cost: \$32 Facility/\$48 Program; may vary if longer session

Dance (Ages 6-9)

Dates: Nov. 1 – Dec. 1; Dec. 2– 21

Level 1: TH 4:30-5:30pm

Level 2: W 4-5pm

See Welcome Center for appropriate level.

Cost: \$40 Facility/\$60 Program; may vary if longer session

Parents' Night Out (PNO) »VALUEADD!

Ages: 5-12

Dates: November 8, December 6

Time: 7-10pm

Cost: FREE to Facility members!

Kids will enjoy snacks, drinks and lots of fun in a supervised and safe environment. Register early-only 35 spots available.

Date Night

Ages: 6 weeks-12 years

Dates: November 22, December 13

Time: 6-10pm

Cost: \$10 per child – Facility Members only

Kids will enjoy a night at the Y while parents enjoy a well deserved break! Pizza will be served for dinner. Register early- only 35 spots available.

Drop and Shop

Ages: 6 weeks-12 years

Dates: December 7, December 14, December 21

Time: 2-8pm

Cost per child: \$25 Facility/\$35 Program

Parents can drop their kids off at the Y to enjoy holiday ornament making, cosmic rock climbing, indoor games, arts and crafts, and much more while they get their holiday shopping done. Register early, only 40 spots available.

Time to Learn »VALUEADD!

This is a free program for all Facility members that will help reinforce reading retention and vocabulary by having story time and a craft about the story. Your child will enjoy bringing home information on the story so they can share what they've learned with you!

Location: Campo Kid Zone

Days/Time: Monday-Thursday, 10:30am-6:30pm

Birthday Parties at the Y

Each child's birthday is a milestone. At the Y, parents can get caught up in the moment and leave the work to us. Cake, drinks, paper products, set-up, clean-up and staff are included! Contact the Welcome Center for available party times.

Basic party includes:

- Up to 15 children, \$6 each additional child
- 1 hour of pool or Kid Zone
- 1 hour use of the party room with Kid Zone party
- 1/2 hour use picnic area with Splash party
- Music, balloons and staff to lead the fun!

Deluxe party includes all of the above and:

- Pizza for your party
- Happy Birthday cake
- Basic decorations (plates, cups, tablecloth, napkins, Hawaiian punch)

Cost (Facility member): \$200 Basic Party/\$260 Deluxe Party

Cost (Program Member): \$225 Basic Party/\$285 Deluxe Party

Nonmember: \$250 Basic Party/\$300 Deluxe Party



Thanksgiving Holiday Camp and Winter Break Camp

While school is out, campers will enjoy indoor/outdoor games and activities, arts and crafts, our youth and teen center, our pools and much more!

Ages: 5-12

Dates: Nov. 25-27, 29; Dec. 23, 26, 27; Jan. 2, 3

Time: 9am-4pm

(Early drop off from 7-9am and late pick up from 4-6pm are available at no extra charge.)

Cost per day: \$30 Facility/\$45 Program

Youth Wellness

Youth and Teen Orientation »VALUEADD!

Ages: 10-14

Days/Times: Tuesday 4pm, Thursday 7pm, Saturday 2pm

This is a prerequisite in order to utilize the wellness floor and attend family friendly group exercise classes. Register online or at the Welcome Center.

Cost: FREE to Facility Members

Y Leaders' Club

This is a program for teens that demonstrate outstanding leadership skills. Meetings are Monday nights at 7pm; \$30 annual dues. There are academic and volunteer hour requirements of all members of the club. Contact the Campo Welcome Center for more information.

Sports Performance Clinics (Speed, Agility, Strength Training)

Sports Performance Clinics are fitness and performance training designed specifically to enhance athletic performance. Improve your speed, agility, mobility, flexibility, and energy systems, while reducing the risk of sports-related injuries with this sport specific training.

Group Training

Days: Tuesdays/Thursdays

Times (Ages 14-17): 4-5pm

Times (Ages 11-13): 5-6pm

Cost (4 weeks - 2 times a week): \$240 Facility/\$300 Program

*Minimum of 3 participants

Individual Training also available!

Youth Sports

Developmental Basketball at the Campo YMCA

Ages: 3-14

Registration Dates: 10/7 - 12/5

Season Dates: 1/6/14 - 3/8/14

Cost (Ages 3-6): \$60 Facility/\$90 Program;
Games on Saturdays

Cost (Ages 7-10): \$70 Facility/\$100 Program;
Weekly practice (ages 9 and 10)

Weekly practice (ages 7 and 8); Games on Saturday

Cost (Ages 11-14): \$75 Facility/\$105 Program;

Weekly practice; Games on Saturday

For more information, contact the Welcome Center at 684-1371.

Volleyball at the Campo YMCA

Ages: 8-14 and 15-17

Registration Dates: 10/7 - 12/5

Season Dates: 1/6/14 - 3/8/14

Cost (Ages 8-10): \$70 Facility/\$100 Program;

Weekly Practice - Tuesday or Thursday nights

Cost (Ages 11-14 or 15-17): \$75 Facility/\$105 Program;

Weekly practice - Saturday game

For more information, contact the Welcome Center at 684-1371.

Karate

Ages: 5-Adult

Sessions Begin: Monthly

Days/Times: Friday 6-7pm (beginner), 7:30-8:30pm

(advanced); Saturday 10:30-11:30am (beginner),

11:30am-12:30pm (advanced)

Price: \$40 Facility/\$70 Program

Judo »VALUEADD!

Ages: 5-Adult

Times (Kata): Wednesday 7:45-8:45pm; Saturday 7:45-9am

Time (Youth): Saturday 9-10am

Time (Adult): Saturday 10-11:30am

Sessions: Monthly

Cost: FREE to Facility Members

Youth Aquatics

TYS Competitive Swim Team

(for more advanced swimmers)

Ages: 6-17

Monthly Cost: Facility Members Only \$65/month, or \$180/3 month season PLUS

Florida Swimming Registration \$61/year

Practice days: M/W/F/Sat.; Contact Coach Joey Sheppard for times for each group Bronze, Silver I, Silver II, Gold I, Gold II, and National Prep at Joseph.Sheppard@TampaYMCA.org. Competitive meets are optional.

WaveRiders Developmental Swim Team

(for 1st time team experience)

Ages: 6-17

Monthly Cost: \$40 Facility/\$55 Program

Practice: T/ TH 4-5pm, Sat. 7:30-9am

Meets once a month are optional. Contact Nate.Booth@TampaYMCA.org for more information.

ISR/CrossFit Kids Program

Ages: 6 months - 5 years

One-on-one swimming instruction focused on drowning prevention. Session is 6 weeks, M-F for a maximum of 10 minutes per day.

Cost per week: \$65 Facility/\$75 Nonmembers

Registration Fee: \$105

Contact Noel Russell to reserve a space for your child at Noel.russell@tampaymca.org.

Private Swim Lessons (30-minute lessons)

Ages: 3+

Cost (4 lessons): \$120 Facility/ \$180 Program

Cost (5 lessons): \$150 Facility/ \$225 Program

Cost (8 lessons): \$220 Facility/ \$340 Program

Cost (10 lessons): \$275 Facility/ \$425 Program

Please place your request two weeks prior to your desired start date. Contact Noel Russell for available times and days at Noel.Russell@TampaYMCA.org.

Youth Swim Lesson Course

Dates: January 9-12, February 20-23

Cost: \$250-300

Contact Noel Russell for more information at Noel.Russell@TampaYMCA.org.

Pre-requisites: At least 16 years of age at start of course and current CPR Pro for the Professional Rescuer, Emergency Oxygen, and First Aid required

SENIOR HEALTHY LIVING PROGRAMS

» All ages welcome!

Silver Sneakers Group Exercise

Classes are offered several times a week for active older adults and focus on enhancing flexibility, strength and overall well-being.

ZUMBA GOLD®

Classes are offered on Fridays at 11am for active older adults and will get you motivated and moving to the music.

Memoirs Writing Club »VALUEADD!

Days/Time: 1st and 3rd Monday of the month, 1-3pm

Cost: Free to Facility Members

Please sign up at the Welcome Center.

Garden Club

Day/Time: 3rd Tuesday of November at 12pm

Cost: Free to Facility Members

Please sign up at the Welcome Center.

Pickleball

Come out and learn how to play Pickleball - a game for all!

Day/Time: M, W, F; 12-3pm

Cost: Free to Facility members

Dementia Support Group

Day/Time: 3rd Friday of the month, 1:30-3:30pm

Cost: Free to Facility members

Journey To Emotional Health

Day/Time: 2nd and 4th Thursdays, 10-11am

(no meeting on Nov. 28 or Dec. 26)

Cost: Free to Facility members

Art Classes

Day/Time: Every Friday, 11am-1pm

Cost: \$20/month

We also have Guitar Club, Chess Club and Bridge Club.

For more information, contact the Welcome Center at 684-1371.



ADULT HEALTHY LIVING PROGRAMS

At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. Visit us online at www.tampaymca.org for current group exercise schedules.

Fit First

The first 30 days of your membership are the most critical in establishing healthy habits that will lead to your future success. 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.

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



Personal Training

Your time in the Wellness Center is valuable – maximize your results with a personal trainer. We have 9 nationally certified personal trainers who can assist you in achieving your wellness goals. Feel free to ask any of our trainers for a PT interest card. For more information, contact Rommel Velasco, Sr. Wellness Director, at 684-1371 ext. 207.

Group Personal Training

All group PT programs provide an experience that combines innovative programming with the newest equipment available. By training in a group, you are rewarded with an inspiring, challenging and supportive atmosphere. Each of our programs is designed to address specific fitness needs, and when combined with one another, create a complete fitness solution.

Value to you:

- » Pushes participants to their physical limits helping them gain significant fitness results in all categories: strength, cardiovascular endurance, agility, flexibility and core conditioning.
- » Each program challenges participants to adopt new ways of exercising that enables their bodies to progress to previously unobtainable fitness levels.
- » Group PT programs are a complete approach to fitness. They will not only help to shape your body, they will also shape your mind.



MAX RESULTS/ PEAK PERFORMANCE

Group Training

Get in the best shape of your life:

- » Lose weight
- » Reduce body fat
- » Tone up
- » Lower stress
- » Increase energy

Max Results Rates: 10 classes for \$100

Power Plate Group Training

Ages: 15 & up

Days/Times: M/W, 6:30-7pm

*Also available as part of "Max Results" Training

Group Fitness

LES MILLS™ group fitness classes harness the energy of many for a motivating, challenging and totally addictive workout experience. All ten LES MILLS™ classes are scientifically backed, and proven all around the world. We also offer classes with freestyle formats, including Yoga, Pilates, boot camp, and more!

At the Campo branch, Les Mills classes offered are:

1. BODYCOMBAT™
2. BODYSTEP™
3. CXWORX™
4. BODYFLOW™
5. BODYATTACK™
6. BODYPUMP™
7. RPM™
8. Water in Motion™

YMCA Diabetes Prevention Program

Are you at risk for developing pre-diabetes? Our Diabetes Prevention Program can help you reduce your risk for type 2 diabetes and gain tools for healthy living.

Day/Times: Wednesdays, 10:30-11:30am and 4:30-5:30pm

LIVESTRONG® at the YMCA »VALUEADD!

This is a free 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. Participants work with Y staff trained in supportive cancer care to achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people move beyond cancer in spirit, mind and body. For more information, contact Sandy D'Amico, Trisha Primiano or Taryn Fabian at 684.1371.

Campo Y Networking Group »VALUEADD!

Connect with other professionals to exchange ideas and business cards. Lunch is sponsored by Barnacles. Sign up at the Welcome Center.

Dates/Time: 1st Thursday of the month, 11am

Cost: Free



#GI  ING TUESDAY™

SAVE THE DATE: DECEMBER 3, 2013

FISHHAWK RANCH EXPRESS

16144 Churchview Dr., Suite 201 | Lithia, FL 33547 | 813.651.4200 | www.tampaymca.org

November – December 2013 PROGRAMS & ACTIVITIES

Hours of Operation

Monday–Thursday: 5am–9:30pm

Friday: 5am–7pm

Saturday: 8am–2pm

Sunday: CLOSED

HOLIDAY HOURS

Thanksgiving: CLOSED

Christmas Eve: 8am–1pm

Christmas Day: CLOSED

New Year's Eve: 8am–2pm

New Year's Day: CLOSED

Group Personal Training

By training in a group, you are rewarded with an inspiring, challenging and supportive atmosphere. Each of our programs is designed to address specific fitness needs, and when combined with one another, create a complete fitness solution.

Value to you:

- » Pushes participants to their physical limits helping them gain significant fitness results in all categories: strength, cardiovascular endurance, agility, flexibility and core conditioning.
- » Each program challenges participants to adopt new ways of exercising that enables their bodies to progress to previously unobtainable fitness levels.
- » Group PT programs are a complete approach to fitness. They will not only help to shape your body, they will also shape your mind.

Ages: 15 & up

Monthly Sessions: M/W 9–10am, T/TH 6:30–7:30pm

Personal Training

Your time in the Wellness Center is valuable – maximize your results with a personal trainer. We have nationally certified personal trainers who can assist you in achieving your wellness goals. Feel free to ask for a PT interest card or contact branch supervisor, Tina Balasko, for more information.

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Group Exercise

NEW! We have added several new group exercise classes including Les Mills BODYPUMP™, BODYSTEP™, CXWORX™, BODYATTACK™, BODYFLOW™, BODYVIVE™, and RPM™, as well as a wide variety of freestyle classes, including Cycling, Yogalates, Interval Training, Body Sculpt and more!

Date Night

Kids will enjoy pizza, snacks, drinks and lots of fun in a supervised, safe and fun environment. Register quickly! There are only 25 spots available for each date.

Dates/Time: Nov. 16 & Dec. 14, 5:30–9:30pm

Cost: \$12 per child

FishHawk Y Run (all ages welcome)

Monday, Wednesday and Friday Mornings @ 8:15am

Beginner or veteran runner...this is the group for you!

Children can be signed into the Kid Zone while you run.

Y staff will have a phone with them in case of emergency.

Look for more to come! Call (813)651-4200





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NIGHT OF THE STARS

Corks and Forks 2013 Campo Family YMCA

Save the Date...

November 15th from 7-10 pm

Poolside at the Campo Family YMCA

Enjoy an evening of enchantment and glamour at Corks & Forks 2013. A Night of the Stars will feature delicious cuisine from a variety of local restaurants and vendors. You may win a gift or two from our live auction and raffle, enjoy a night with friends and family, relax and have a great time. All funds raised stay right here in our local community giving kids a chance to experience the magic of the Y!

Ticket Prices (per person):

- » \$25 for military families on sale Sept. 1st through Nov. 15th
- » Tickets - \$75 on sale from Nov. 1st through Nov. 15th

Tickets include beer, wine, food and entertainment.
Casual Dress or dress like a "Star"

For more information, contact Anne McFee
(anne.mcfree@tampaymca.org) or Dori Vila
(dori.vila@tampaymca.org) or call (813) 684-1371.

Adults only (18 and over)

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