

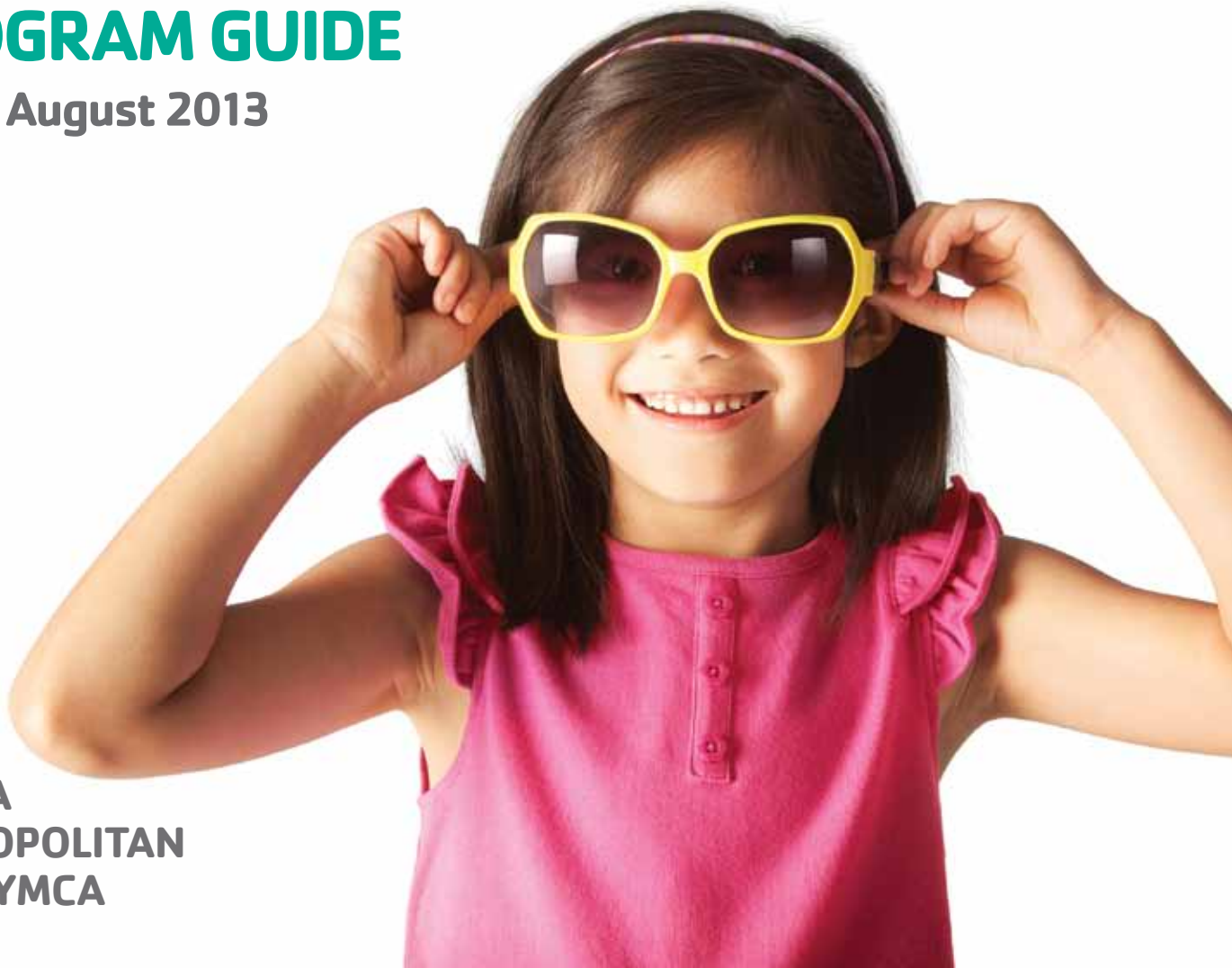


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU CURRENT

**SOUTH TAMPA FAMILY YMCA
PROGRAM GUIDE**

June - August 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 new YMCA mobile app on your smart 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 South Tampa Y.

- **Connect with us** and other members on Facebook & Twitter; you'll get the latest up to date info 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 mailed to your home 3 times per year.
- 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!

Fan us on Facebook and Follow us on Twitter - South Tampa YMCA

Thank You for the Warm Welcome!



Please allow me to introduce myself as the newest addition to the Tampa YMCA Association. I am Val Siktar, Senior Group Vice President, responsible for the branches of South Tampa, Downtown, Northwest and Plant City. I am very excited to serve the Tampa community and I look forward to meeting our members and volunteers.

Here are a few things I would like to share about me:

- I've worked in the YMCA for almost 28 years with service in Maryland for 6 years and the YMCA of Delaware for 22 years.
- I was born and raised just outside of Pittsburgh and yes, that makes me a true fan of the Pittsburgh Steelers.
- My most recent role was Senior Executive Director of the Bear-Glasgow branch of the Y of Delaware. One of my major accomplishments while at this branch was the opening of the new facility that served over 24,000 members.
- Like many of you, I am looking to improve my health through cardio workouts. I also take part in a run-walk program a few times a week with the hope of participating in some 5K races.
- I am excited about the work that lies ahead which will include a parking lot expansion and a list of other improvements to our facility.

Thank you for being part of our Y family and I look forward to meeting many of you over the next several months. Enjoy your summer and I hope you will enjoy your many visits to the Y.

Sincerely,

Val Siktar
Senior Group Vice President

SOUTH TAMPA FAMILY YMCA

4411 South Himes Avenue • Tampa, Florida 33611 • Phone: (813) 839-0210 • Fax: (813) 831-2354

HOLIDAY HOURS

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

HOURS OF SERVICE

Monday-Thursday: 5am-10pm
Friday: 5am-9pm
Saturday: 7am-6:30pm
Sunday: 12pm-6:30pm

POOL HOURS

Monday-Friday: 5:30am-9pm
Saturday: 7am-6pm
Sunday: 12pm-6pm

Schedules are available in the Welcome Center.

KID ZONE HOURS

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

YOUTH ZONE HOURS

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

ROCK WALL HOURS

Monday/Wednesday/Friday: 4pm-6pm
Saturday: 10am-1pm

Special thanks to our Volunteer Board of Directors

Kyle Keith, President	Lizette Hernandez
Brian Anthony	Sam Hestorff
John Bencivenga	Scott Hewitt
Bryce Berquist	Bob Hyde
Margit Besseney Williams	Tricia Ketchey
Paul Carastro	Cindi Klein
Michael Carey	Joseph Marshburn
Robert Clarke	Joe O'Keeffe
Fitz Conner	Eric Palacio
Ron Corin	Paul Parsons
Brian DeCosmo	Vince Pennino
Gilly Dominguez	Rene Rodriguez
Colette Duke	Shannon Rodriguez
Travis Elrod	Tony Schuster
Claire Enick	Adam Schwartz
Denise Fairbanks	Mark Stokes
Mary Jane Harrington	Leon Williamson
Harry Hedges	Christy Winson
Heather Hepp	Stacy Yates

South Tampa Family YMCA Leadership Team

Val Siktar, val.siktar@tampaymca.org
Sr. Group Vice-President

Nickita Barker, nickita.barker@tampaymca.org
District Development Director

Ty Telhiard, ty.telhiard@tampaymca.org
District Facilities Director

Jaclyn Grinnell, jaclyn.grinnell@tampaymca.org
District Administrative Director

Julie Hughes, julie.hughes@tampaymca.org
Aquatics Director

Heather Solomon, heather.solomon@tampaymca.org
Senior Membership Director

Josh Brown, josh.brown@tampaymca.org
Wellness Director

Suzanne Daniele-George,
suzanne.daniele-george@tampaymca.org
Wellness Director-Tampa Yacht and Country Club

Megan Looby, megan.looby@tampaymca.org
Senior Program Director

Zeca de Pinho, zeca.dePinho@tampaymca.org
Youth Sports Program Director

Jodi Ostergren, jodi.ostergren@tampaymca.org
Associate Sports Program Director

Marissa Maffett, marissa.maffett@tampaymca.org
Associate Membership Director

MEMBERSHIP BENEFITS & GUIDELINES

At the South 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. South 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, summer camp, 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.

FOR YOUTH DEVELOPMENT



The South Tampa Family Y is committed to **closing the achievement gap** between low-income and middle/upper-income students. This is a top priority in our Vision 2020 strategic plan and is why we're working hard to strengthen our partnership with West Shore Elementary School in Port Tampa, just south of Gandy Boulevard.

Every year, the South Tampa Y helps host a school supply and book drive for West Shore students. Teacher Lynn Sullivan says "The generous book donations have allowed my fourth-grade students to enjoy a shared reading experience. My students have enjoyed the rich discussions that have come about as we read and laugh together. Your support has enriched our reading lives and we thank you!"

"West Shore Elementary is truly grateful for the Tampa YMCA. Through their ongoing support, it has made a profound difference for our students, families and staff," says Cathy Aubin, Assistant Principal at West Shore.

There's more to come with our partnership with West Shore Elementary as we work to provide quality out-of-school time and **prevent summer learning loss** among deserving children. The South Tampa Y believes all children – regardless of household income – deserve the chance to discover who they are and what they can achieve.

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 813.839.0210.

"The generous book donations have allowed my fourth-grade students to enjoy a shared reading experience... Your support has enriched our reading lives and we thank you!"

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 program is a personalized introduction to the fitness center. Members meet with a Personal Trainer and develop a customized training program designed to meet their fitness goals. Each member is entitled to 4 visits which include an initial assessment followed by 3 training sessions.

South 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	\$60 - \$70
4 – one hour sessions	\$58- \$68
8 – one hour sessions	\$56 - \$66
12 – one hour sessions	\$54 - \$64
18 – one hour sessions	\$52 - \$62
24 – one hour sessions	\$49 - \$59
36 – one hour sessions	\$46 - \$56

One-on-one rates are based on personal trainer experience, education, and certifications. For more information, contact Josh Brown, 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.

» **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.

*Workout towels can be purchased at the Welcome 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 arms' reach at all times and may use FreeMotion and cardio equipment only.
- Use of free weights is not permitted until age 15.
- Inappropriate behavior may result in loss of privileges.

For more information, contact Josh Brown at josh.brown@tampaymca.org or (813) 839-0210.

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™, BODYFLOW™, CXWORX™, Boot Camp, The Challenge, Pilates, SilverSneakers™ and more... the South 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.

SPINNING®

SPINNING® 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 SPINNING® journey. You always have the option of tailoring any ride to your desired intensity. Classes are 45 minutes unless otherwise noted.

Monthly SPINNING® Class schedule is available at the Welcome Center or online at www.tampaymca.org.

New to Spinning? Learn all you need to know at **Begin to Spin**. Ask the Welcome Center for details.

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 and 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

Registered Dietician

You've started the path to physical wellness. Now you can focus on your nutrition. Set up an appointment with our registered dietician today! Contact Josh Brown for details - josh.brown@tampaymca.org

Judo

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

Days/Time: M/W/F, 12-1pm

Location: Gymnastics Center

Cost: FREE for Facility Members

Racquetball

Whether you're a beginner or professional player, we have court space for you! Reservations can be made three days in advance and equipment rental is free for Y members.

**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 monthly challenge schedule.

REAL MEMBER STORY

**Walter**

Doctors diagnosed Walter with autism at the age of two. "I was told by doctors to not get my hopes up to ever have a meaningful conversation with him or for him to be able to talk," remembers his mother, Heather. After spending all summer at the South Tampa Family YMCA swimming, playing sports and taking field trips, Walter's social and verbal skills grew tremendously. "I was so happy. I just wanted to stay there for the whole year," recalls Walter. His experience at the Y is even impacting his performance at school. "He is now in a mainstream class and I think the Y had a huge part in doing that," claims Heather.

Most importantly, Walter learned a life-saving skill at summer camp. "Mr. deathly afraid of water came in here saying, 'I will never be able to learn how to swim,'" says Heather. But ask Walter what he did this summer and he instantly replies, "I learned how to swim." In fact, Walter loves swimming so much; he keeps begging his mom for a pool. He says, "I want a house that has a pool that goes 12 feet!"

Today, Walter is considered a very high-functioning autistic child; quite a difference from the boy who couldn't even speak until he turned five. Heather says, "Without the Y, I don't think that he would be able to do it."

ADULT SPORTS

Co-Ed Recreational Adult Soccer

Days/Time: Tues., Thurs., 5:30-7am

Meet on the back court of the basketball gym.

Co-Ed Recreational Adult Basketball

Days/Times: Mon., Wed., Fri., 5:30-7am;
Mon., Wed., 8:30-10pm

**OPEN
PLAY!**

5-on-5 Adult Basketball League (Ages 18 and up)

Summer Session: June 11 - July 1

Summer Registration Dates: April 15 - May 31

Days/Time: Tues. or Thurs., 8-10pm

Cost: FREE for Facility/\$60 Program

Adult Gymnastics (Ages 18 and up)

It's finally here; a drop-in class for adults (ages 18 and over) who want to work on their gymnastics skills or learn them for the first time. This pay-as-you-go class will fit into your busy schedule. Just register at the front desk prior to the class. Please wear workout gear, no jeans.

Days/Time: Monday 6:15-6:45pm

Cost: Facility \$5/Class; Program \$10/Class

NEW!

Charity 5v5 Coed Soccer Tournament (Ages 18 and up)

Come have fun and help us raise money to allow children in need the opportunity to be a part of the team! All contributions will benefit the South Tampa Family YMCA's Annual Community Support Campaign.

Date/Time: June 9th, 12pm-7pm

Entry fee: \$20/player (Payment is due at time of registration.)

Max of 12 teams: Registration ends May 31st

TRAININGS & CERTIFICATIONS

CPR PRO (Ages 15 and up)

Dates: May 11, June 8, July 13, Aug. 10

Time: Saturday, 12:30pm-5:00pm

Cost: \$40 Facility/\$60 Program

Oxygen (Ages 15 & up)

Dates: May 11, June 8, July 13, Aug. 10

Time: Saturday, 12:00pm-1:00pm

Cost: \$10 Facility/\$20 Program

First Aid (Ages 15 and up)

Dates: May 25, June 22, July 27, Aug. 24

Time: Saturday, 12pm-4pm

Cost: \$40 Facility/\$60 Program

ACTIVE OLDER ADULT 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.

Golden SPIN®

Pedal to show tunes, Motown, Sousa marches, Ray Charles and more with Active Older Adult focused group cycling. You'll improve function, stamina, and wellness, feel good, have fun and make friends!

Days/Times: See SPINNING schedule

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 Josh at josh.brown@tampaymca.org or call 839-0210.



ADULT AQUATICS

Summer I: 1 day a week

Session Dates: June 10 – July 20

Facility Member Registration: April 1 – June 2

Program Member Registration: April 8 – June 2

Cost: \$55 Facility Member/\$105 Program

Summer II: 1 day a week

Session Dates: July 22 – Aug. 31

Facility Member Registration: April 1 – July 14

Program Member Registration: April 8 – July 14

Cost: \$55 Facility Member/\$105 Program

Adult Beginner Lessons

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

Day/Time: Saturday, 8:15–8:55am

Adult Intermediate/Advanced Lessons

Advanced lessons are for those who can swim one length of the pool and want to refine their strokes.

Days/Times: Tuesday 7:00–7:40pm (Intermediate),
Thursday 7:00–7:40pm (Advanced)

Masters Swim

Do you miss your days of competing on the swim team, or did you let those days slip by and you never got the experience? Now is your chance!

Cost: Facility Members \$25/month

Days/Times: Mon./Wed. 12:00–1:00pm;
Tues./Thurs. 5:30–6:30am

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. The best part? Our heated pool is a comfortable temperature year round.

Water Aerobics

This is a 45-minute low to medium intensity class, using a variety of equipment. This class offers shallow and deep water moves to improve agility, flexibility and cardiovascular endurance.

Aqua Jogging

This is a deep water exercise class that uses a jogging belt. No need to be a swimmer for this workout. You set the intensity level for yourself!

SilverSplash®

Activate your aqua urge for variety! SilverSplash® offers lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Yoqua

Enjoy the experience of Yoga in the warmth of the water. No need for fancy equipment in this class, all movements take place in the shallow end of the pool.

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 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. Use family changing room. Please no changing 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 Aquatic Director, Julie Hughes at julie.hughes@tampaymca.org.



YOUTH DEVELOPMENT PROGRAMS

The Y is the starting point for many youth to learn about becoming and staying active, and developing 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 (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, Wii, sign language, bounce house and Spanish.

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

Youth Zone (Ages 6-11 years*)

Our Youth Zone offers a variety of programs and activities, like fitness games, Wii, billiards, 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: 8am-1pm, 3pm-8pm
 Friday: 8am-1pm and 3pm-7pm
 Saturday: 8am-1pm
 Sunday: 12pm-6:30pm

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

Summer Camp

Registration for 2013 Summer Camp has begun! We will be offering regular day camp, sports camp, gymnastics camp, teen camp and numerous specialty camps. Camp brochures are available online at tampaymca.org or at the Welcome Center. Please make sure to register early to ensure your child a spot in camp. Spaces will fill up fast. For more information, please contact Megan Looby at megan.looby@tampaymca.org.

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, Youth Zone activities, games, food and more. Parents must sign child into Parents' Night Out in the Youth Zone. Children should bring towel, swimsuit and a change of clothes.

Deadline to register is the Wed. prior to the program.

Times: 6:30pm-11pm

Dates: Jul. 19, Aug. 16

Cost: \$20 per child/\$40 per family of 3 or more

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. Parents must sign child in at the Youth Zone. Children should bring towel, swimsuit, sleeping bag, PJs and a change of clothes.

Deadline to register is the Wed. prior to the program.

Date/Time: Jun. 14, 8pm-7am

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

Birthday Parties (Ages 1-12)

Each child's birthday is a milestone. At the Y, parents can get caught up in the moment and leave the work to us. Parties include 1 hour and 15 minutes of activity time, followed by 45 minutes of cake and present opening time. Each birthday includes juice, goody bags, place mats, tablecloths and paper goods.

Day/Times: Saturdays, 1:30-3:30pm or 4-6pm
Sundays based on availability

Party Options: Pool (ages 8 and up),
Gymnastics (ages 1-12), Rock Wall or
Youth Zone (ages 4-12)

Accommodations: includes up to 18 children,
\$5 per additional child

Cost: Facility Member \$185/ Program Member \$230

Contact Megan.Looby@tampaymca.org for details.

Open Volleyball

Sunday Open Gym

Day: Sundays ONLY. Meet on the back court of the basketball gym.

Times: Ages 8-12 from 3-4pm
Ages 13 and up from 4pm-5pm



Adaptive Youth Programming

Children will enhance their motor skill development, socialization skills, and exercise.

Ages: 3-8

Dates: June 12 - July 31

Registration: April 15 - May 31

Day/Times: Wednesdays, 5:30-6:30pm

Cost: \$40 Facility/\$80 Program

Please contact Jodi Ostergren for more information.

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.

TACKLE FOOTBALL (Ages 7-15)

Fall Session Dates: Sept. 16 - Dec. 14
Facility Member Registration: June 5- Aug. 15
Program Member Registration: June 11- Aug. 15
 Teams will practice once a week on a weekday, and games will be played on Saturdays between 8:30am-12:30pm at Madison Middle School.
Cost: Facility Member \$140/Program Member \$200
Tackle Football Coaches Meeting (Fall):
 Aug. 26 at 7pm; Conference Room
Mini Camp Dates (All players): Sept. 2-6, 5pm; YMCA Field

YOUTH SOCCER (Ages 3-4)

Summer II Session Dates: July 27 - Aug. 31
Facility Member Registration: Mar. 15 - July 1
Program Member Registration: March 22 - July 1
Soccer Coaches Meeting: July 16, 7pm; Conference Room

Fall II Session Dates: Nov. 2 - Dec. 14
Facility Member Registration: June 5 - Oct. 7
Program Member Registration: June 12 - Oct. 7
Soccer Coaches Meeting: Oct. 23, 7pm; Conference Room

YOUTH SOCCER (Ages 5-17)

Fall Session Dates: Sept. 16 - Nov. 16
Facility Member Registration: June 5 - Aug. 1
Program Member Registration: June 12 - Aug. 1
 Teams will practice once a week on a weekday, and games will be played on Saturdays between 8:30-1:00pm.
Soccer Coaches Meeting: Aug. 28, at 7pm; Conference Room

Soccer (Ages 3-4)

Teams will practice and play six weeks of games. Practices and games to be held on Saturdays beginning at 8:30am at Ballast Point Elementary School fields.
Cost: \$50 Facility/\$100 Program

Soccer (Ages 5-6, 7-8, 9-11, 12-14, 15-17)

Teams will practice once a week on a weekday. Games will be held on Saturdays at Ballast Point Elementary School fields between 8:30am-1pm.
Cost (Ages 5-6): \$80 Facility/\$140 Program
Cost (Ages 7-17): \$90 Facility/\$150 Program

Competitive Club Soccer

(Ages: under 9, under 10, under 12)

Interested in being a part of the South Tampa YMCA Club Soccer Team? Want the chance to play other outside teams? Looking for a competitive, athletic atmosphere? If you answered yes, then perhaps you should consider our Competitive Club League.

Season: September through December

Practice: TBD - 3 times weekly at Ballast Point Elementary School

Tournaments: TBD - 1 select club tournament

Tryouts: May 31st and June 7th

Time: registration at 5pm, tryout begins at 5:30pm

Location: Ballast Point Elementary School

Costs: \$300 Facility Members only

Youth Tackle Football Clinics (Ages 7-15)

Looking to improve your tackling, passing, conditioning, and overall knowledge of the game? Register for the youth tackle football clinics! Each session is four weeks long. Pads are provided.

Days: Tuesdays and Thursdays

Sessions:

May 7 - May 30

June 4 - June 27

July 9 - August 1

August 6 - August 29

Time: 5-6:30pm

Cost per session: \$80 Facility / \$120 Program



YOUTH BASKETBALL (Ages 3–4)

Summer I Session Dates: June 15 – July 20
 Facility Member Registration: March 15 – May 13
 Program Member Registration: March 22 – May 13
 Basketball Coaches Meeting: May 28 or May 29, 6:30pm

Fall II Session Dates: September 21 – October 26
 Facility Member Registration: June 5 – Aug. 31
 Program Member Registration: June 12 – Aug. 31
 Basketball Coaches Meeting: Aug. 26 or Aug. 27, 6:30pm

YOUTH BASKETBALL (Ages 5–17)

Summer Season Dates: June 10 – Aug. 10
 Tournament Dates: Aug. 16 and Aug. 17

Facility Member Registration: March 15 – May 13
 Program Member Registration: March 22 – May 13
 Basketball Coaches Meeting: May 28 or May 29, 6:30pm

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

- 7-8 Coed, May 30, 5:30pm
- 9-10 Boys, May 30, 7:30pm
- 13-14 Boys, May 30, 8:30pm
- 11-12 Boys, May 31, 5:30pm
- 9-11 Girls, May 31, 6:30pm
- 12-14 Girls, May 31, 7:30pm

Fall Basketball (Ages 5–17)

Regular Season Dates: Sept. 16 – Nov. 16
 Tournament Dates: Nov. 22 and Nov. 23
 Facility Member Registration: June 5 – Aug. 1
 Program Member Registration: June 12 – Aug. 1
 Basketball Coaches Meeting: Aug. 26 or Aug. 27, 6:30pm

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

- 7-8 Coed, Aug. 28, 6pm
- 9-10 Boys, Aug. 28, 7pm
- 11-12 Boys, Aug. 29, 6pm
- 9-11 Girls, Aug. 29, 7pm
- 13-14 Boys, Aug. 30, 6pm
- 12-14 Girls, Aug. 30, 7pm

Basketball (Ages 3–4)

Ages 3–4: 30 minute practice session before playing a mini game on Saturdays, 8:30–9:30am
Cost (Ages 3–4): \$50 Facility/\$100 Program

Basketball (Ages 5–17)

Practice/Games (Ages 5–6): Games on Saturdays from 9:30–10:30am. Possibility of one practice per week; communication to follow.

Practice/Games (Ages 7–17)*: Teams will practice once a week and play one game per week.

Practice Days: Mon., Tues., Wed., or Thurs.
Practice Times: 5:30pm, 6:30pm or 7:30pm

Cost (Ages 5–6): \$60 Facility/\$120 Program

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

Cost (Ages 9–17): \$80 Facility/\$145 Program

*Boys 13–14 will play games on Friday nights. All other age groups play games on Saturdays.

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

Competitive Basketball

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

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

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

Tryouts (Summer Season):

- 5th/6th grade – Tues., May 28, 7:30–8:30pm, back court
- 7th/8th grade – Tues., May 28, 8:30–9:30pm, back court
- 9th/10th grade – Tues., May 28, 7:30–8:30pm, front court

Tryouts (Fall Season):

- 5th/6th grade– Monday, August 26th at 6:00pm
- 7th/8th grade– Monday, August 26th at 7:30pm
- 9th/10th grade – Tuesday, August 27th, 6:00pm

*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.

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.

YOUTH FITNESS

Youth Fit Club (Ages 9-14)

Designed for all levels of fitness. This class focuses on developing long term physical activity habits in a fun environment. Sign up today and join in the fun! Class meets twice per week for four weeks. It starts the first Tuesday or Thursday of each month and runs from 4:30-5:30pm.

Cost: Facility Member \$50/ Program Member \$100

Planet Kids - Promoting Loving Action Now in Everything That is Knowledge in Development of Self (Ages 4-12)

Friendship and cooperation are emphasized through partnership and teamwork. Children work in all areas of fitness: cardiovascular, flexibility, muscle conditioning, and relaxation. See Group Exercise schedule for days/times.

Cost: FREE for Facility Members

Kids Yoga (Ages 5-10)

By using animated postures and interactive games, this class gives kids the opportunity to stretch their bodies, use their imagination and learn about yoga in a fun way. This positive and non-judgmental environment allows the child to leave the class with a sense of well-being, and respect for others and themselves.

See Group Exercise schedule for Days/Times.

Cost: FREE for Facility Members

Tae Kwon Do

Students will gain confidence, self-discipline and respect for themselves and others – and they'll have a lot of fun!

Session Dates: 6/3 - 6/22, 7/8 - 8/1, 8/5 - 8/29

Cost: Facility Member \$60/ Program Member \$85 (uniform is not included)

Cost (Little Dragons only): Facility Member \$50/ Program Member \$65

*The Tae Kwon Do program requires additional belt, testing, & insurance fees. Please see instructor for details.

Days/ Times (Mon/Wed):

Little Dragon 1, All Ranks (Ages 4-6): 4:30-5:05pm

Junior, Intermediate Ranks (Green-Blue Belt) 5:15-6:15pm

Adult, All Ranks (Ages 13 & up) 6:30-7:30pm

Days/ Times (Tues/Thurs):

Little Dragon 2, All Ranks (Ages 4-6): 4:30-5:05pm

Junior, Low Ranks and Transitional Students (White Belt-Orange Belt-Little Dragon) 5:15-6:15pm

Junior, Advanced Ranks (Brown Belt-Red/Black Belt) 6:30-7:30pm

Judo (Ages 5 & up)

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

Days/Times: Tues., 7:30-9pm, Sat. 11:30am-1pm

Cost: FREE for Facility Members





TEAM COMMUNITY

Palma Ceia Little League is a 501(c)(3) not-for-profit corporation that is a chartered member of Little League Baseball, Incorporated in Williamsport, Pa. the largest volunteer youth sports organization in the world.

Palma Ceia runs its Little League program at its fields located at 4501 S Himes Ave. Tampa, Florida 33611. Over 1,000 children, boys and girls, participate in Palma Ceia's baseball and softball programs annually. Additionally, in 2010 Palma Ceia chartered a Challenger Division of Little League baseball for boys and girls with special needs. Boys and girls participate in all age groups of competitive baseball and softball every fall and spring from coach pitch to Senior League.

Palma Ceia has had tremendous success over the years, winning multiple district, sectional and state championships. Palma Ceia has sent teams to the World Championships and in 2004 and 2011, combined Junior boys teams from Palma Ceia and Bayshore won the United States and World Championships.

Former Palma Ceia players have played in the Major Leagues, including Hall of Fame member Wade Boggs. For more information go to PCLL.org

Baseball and Softball: Registration for Fall 2013 Baseball and Softball seasons for boys and girls ages 4 - 16 opens August 1st and closes September 15th, 2013. YMCA Members qualify for a \$20 discount per child when registering to participate in PCLL's T-Ball program, which serves boys and girls ages 4 - 7. PCLL strives to provide a warm and friendly environment in which our volunteers teach life lessons while developing the children's skills, abilities and understanding of the great games of baseball and softball. Participation is contingent on residency within PCLL's boundaries (except for the Challenger Division) and can be found on the following web site:
http://www.fld6.org/articles/league_palmaceaia/Boundary_Map_of_Palma_Ceia_Little_League.php.

Challenger Little League: Registration for Fall 2013 Challenger Baseball is for boys and girls of all ages. Registration opens August 1st and closes September 15th, 2013. YMCA Members qualify for a \$20 discount per child when registering to participate in PCLL's Challenger Program. PCLL Challenger Baseball is designed for children with physical or mental disabilities. Players learn and grow while having lots of fun! Challenger baseball provides an essential opportunity for kids to develop stronger emotional and social skills. Some of our players require a little extra help. Kids and parents from Palma Ceia Little League volunteer as "buddies". They receive lifetime lessons in understanding and compassion from their new friends. Participation is open to anyone regardless of their Little League boundaries. For more information, visit: pcll.org.

GYMNASTICS, DANCE, AND CHEERLEADING

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

Summer Session I

Session Dates: June 10– July 20

Facility Member Registration: March 15–June 2

Program Member Registration: March 20–June 2

Summer Session II

Session Dates: July 22– Aug. 31

Facility Member Registration: March 15– July 14

Tiny Tots (Ages 6 months–11 months)

This is a class for parents and children that will work on their gross motor skills and coordination through songs and finger plays.

FREE PROGRAM! Facility Members only.

Days	Times
Friday	8:30am–8:55am

Tumble Tots Cost: \$40 Facility/ \$80 Program

Tumble Tots I (Ages 12 months–18 months)

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
Friday	9:00am–9:25am
Saturday	8:30am–8:55am

Tumble Tots II (Ages 19 months–23 months)

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 jumping, balancing, rolling, and climbing.

Days	Times
Wednesday	4:00pm–4:25pm
Friday	9:30am–9:55am
Saturday	9:00am–9:25am

Tumble Tots III (Ages 24 months–41 months)

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 in a structured environment through balancing, rolling, jumping and climbing.

Days	Times
Wednesday	4:30pm–4:55pm
Thursday	4:30pm–4:55pm
Friday	10:00am–10:25am
Saturday	9:30am–9:55am

Preschool Cost: \$55 Facility/ \$105 Program

Tiny Tumblers (Ages 3½–4)

This class is designed to introduce the child to basic tumbling, rolling, and jumping movements. Children work on gross motor skills and coordination.

Days	Times
Monday	4:00pm–4:40pm
Monday	4:45pm–5:25pm
Tuesday	4:00pm–4:40pm
Thursday	4:00pm–4:40pm
Saturday	9:00am–9:40am

Kindergym (Age 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	4:00pm–4:40pm
Monday	4:45pm–5:25pm
Tuesday	4:45pm–5:25pm
Saturday	9:45am–10:25am

Youth Cost: \$65 Facility/ \$130 Program

Lil' Kips Level 1A (Ages 6–8)

This is an introductory class for children. Children will learn basic gymnastic skills on vault, bars, beam and floor. Skills will include cartwheels, splits techniques, forward and backward rolls and bridges, round-offs, and rolls on beam.

Days	Times
Monday	5:30pm–6:25pm
Tuesday	4:45pm–5:40pm
Thursday	5:00pm–5:55pm
Saturday	10:30am–11:25am

Twisters Level 2 (Ages 8–12)

Children will refine their beginner skills and develop new skills. Participants must have prior gymnastic experience. Skills will include back bends, bridge kick-overs and pullovers on bars.

Days	Times
Tuesday	5:00pm–5:55pm
Thursday	5:15pm– 6:10pm
Saturday	10:30am–11:25am

Flippers Level 3 (Ages 9–13, requires recommendation from instructor)

Emphasis on proper form and technique of basic skills and progression toward new skills. New skills include back walkovers, front and back handsprings, mill circles on bars and progression to connect new skills. Children must have prior gymnastics experience and be able to perform skills from Twisters.

Day/Time: Wednesday, 4:45pm–5:40pm

Tumble (Ages 8-12)

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

Day/Time: Wednesday, 4:45pm-5:25pm

Cost: Facility Member \$55/Program Member \$105

Teen Tumble (Ages 13-17)

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

Day/Time: Wednesday, 5:30pm-6:10pm

Cost: Facility Member \$55/Program Member \$105

Little Rough and Tumble (Ages 4-5)

BOYS ONLY! This class focuses on floor and tumbling skills. Introduces children to cartwheels, handstands, vault, bar and beam skills.

Day/Time: Monday, 4:00pm-4:40pm

Cost: Facility Member \$55/Program Member \$105

Rough and Tumble (Ages 6-8)

BOYS ONLY! This class focuses on beginner floor and tumbling skills alone. Beginners and advanced tumblers welcome!

Day/Time: Monday, 4:45pm-5:25pm

Cost: Facility Member \$55/Program Member \$105

Boys Tumble (Ages 9-12)

This class focuses on floor and tumbling skills alone. Great for those who want to learn the basics; cartwheel, handstand and jumps. Beginners and advanced tumblers welcome!

Day/Time: Monday, 5:30pm-6:10pm

Cost: Facility Member \$55/Program Member \$105

Dance Combo (Ages 3 1/2 - 4)

Dance Combo is a creative movement class with choreography to songs along with basic ballet positions all wrapped into one fun class.

Day/Time: Thursday 3:30pm - 4:10pm

Cost: Facility Member \$40/Program Member \$80

Location: Group Exercise Room

Pre Ballet and Jazz (Ages 4 - 5)

Plié, leap, and twirl into our basic ballet class that will include a little bit of Jazz.

Day/Time: Thursday, 4:15pm-4:55pm

Cost: Facility Member \$55/Program Member \$105

Location: Group Exercise Room

Hip Hop (Ages 5 - 10 and 11 - 17)

If your child likes to imitate the latest pop star, have them try out our hip hop class.

Day/Time: Friday (Ages 5-10), 4:00pm-4:40pm

Friday (Ages 11-17), 4:45pm-5:30pm

Cost: Facility Member \$65/Program Member \$130

Location: Multipurpose room

Progressive Cheer Class

Children will learn basic arm positions, tumbling, jumps and cheers.

Day/Time: Tuesday (Ages 4-5) 4:00pm-4:40pm,

Tuesday (Ages 6-8) 5:30pm-6:10pm

Cost: Facility Member \$55/Program Member \$105

Family Gym (Open Gym)

Come together as a family at the Y. Siblings can enjoy family time with mom and dad. Pick up a ticket to play when you come into the Y, only one ticket per child. Ages 0-5, parents must be within arms reach of child.

Day/Time: Friday (Ages 0-5) 10:30am-11:00am

Friday (Ages 0-5) 4:00pm-4:30pm

Friday (Ages 6-12) 4:30pm-5:00pm

Cost: FREE for Facility Members

*Parents must sign in 6-12 year olds and remain on site.

Private Gymnastics Lessons

Looking for extra special attention? Private lessons are available.

Cost 1/2 hour: \$35 Facility/\$70 Program

Cost (4) 1/2 hour sessions: \$126 Facility/\$252 Program

Cost (6) 1/2 hour sessions: \$178 Facility/\$357 Program

For more information, contact Becky Price at Rebecca.Price@tampaymca.org.



AQUATICS

ONE DAY PER WEEK LESSONS (6 weeks):

Summer I Session Dates: June 10 - July 20

Registration Dates (Facility Members): April 1 - June 2

Registration Dates (Program Members): April 8 - June 2

Summer II Session Dates: July 22 - Aug. 31

Registration Dates (Facility Members): April 1 - July 14

Registration Dates (Program Members): April 8 - July 14

TWO DAYS PER WEEK LESSONS (3 weeks):

Summer I A Session Dates: June 10 - June 29

Registration Dates (Facility Members): April 1 - June 2

Registration Dates (Program Members): April 8 - June 2

Summer I B Session Dates: July 1 - July 20

Registration Dates (Facility Members): April 1 - June 23

Registration Dates (Program Members): April 8 - June 23

Summer II A Session Dates: July 22 - Aug. 10

Registration Dates (Facility Members): April 1 - July 14

Registration Dates (Program Members): April 8 - July 14

Summer II B Session Dates: Aug. 12 - Aug. 31

Registration Dates (Facility Members): April 1 - Aug. 4

Registration Dates (Program Members): April 8 - Aug. 4

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.



Parent/Child Swim Lesson

(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.

Cost: Facility Member FREE/ Program Member \$85

1 day a week

Days	Times
Tues.	10:30am-10:55am
Thur.	4:00pm-4:25pm
Sat.	8:00am-8:25am

Parent/Child II (Ages 24 months - 36 months)

This class is designed for children who are almost ready for the Pike level. Parents will be in the water with children and children will learn to swim on their own.

Cost: Facility Member \$40/ Program Member \$100

1 day a week

Days	Times
Tues.	4:00pm-4:25pm
Thur.	10:30am-10:55am
Sat.	8:30am-8:55am

Preschool Progressive Lessons

(Ages 3-5) Children learn to develop lifelong swim skills using the latest methods of aquatic instruction.

Cost: Facility Member \$55/ Program Member \$105

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

1 day a week (6-weeks)

Day	Times
Tues.	3:15pm-3:55pm
Thur.	3:15pm-3:55pm
Sat.	9:00am-9:40am
Sat.	9:45am-10:25am
Sat.	10:30am-11:10am
Sat.	11:15am-12:00pm

2 days a week (3-weeks)

Day	Times
Mon./Wed.	3:15pm-3:55pm
Mon./Wed.	4:00pm-4:40pm
Mon./Wed.	4:45pm-5:25pm
Mon./Wed.	5:30pm-6:10pm
Mon./Wed.	6:15pm-6:55pm
Tues./Thur.	9:00am-9:40am
Tues./Thur.	9:45am-10:25am

Eel: 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.

1 day a week (6-weeks)

Day	Times
Thur.	10:30am-11:10am
Thur.	3:15pm-3:55pm
Sat.	9:00am-9:40am
Sat.	9:45am-10:25am
Sat.	10:30am-11:10am

2 days a week (3-weeks)

Day	Times
Mon./Wed.	3:15pm-3:55pm
Mon./Wed.	4:45pm-5:25pm
Mon./Wed.	5:30pm-6:10pm
Tues./Thurs.	9:00am-9:40am

Ray: 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.

1 day a week (6-weeks)

Day	Times
Tues.	3:15pm-3:55pm
Thur.	11:15am-12:00pm
Thur.	4:00pm-4:40pm
Sat.	9:00am-9:40am

2 days a week (3-weeks)

Day	Times
Mon./Wed.	4:00pm-4:40pm
Mon./Wed.	4:45pm-5:25pm
Tues./Thur.	9:45am-10:25am

Starfish: For children who can swim 20 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.

1 day a week (6-weeks)

Day	Times
Tues.	10:30am-11:10am
Tues.	4:00pm-4:40pm
Sat.	9:45am-10:25am

2 days a week (3-weeks)

Day	Times
Mon./Wed.	6:15pm-6:55pm



Youth Progressive Lessons

(Ages 6 and up) Classes focus on personal safety, stroke development, water sports and games, personal growth, and rescue.

Cost: Facility Member \$55/ Program Member \$105

Poliwog: Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking.

1 day a week (6-weeks)

Day	Times
Sat.	9:00am-9:40am
Sat.	11:15am-12:00pm

2 days a week (3-weeks)

Day	Times
Mon./Wed.	4:00pm-4:40pm
Mon./Wed.	6:15pm-6:55pm

Guppy: For children able to swim 20 feet without a flotation device. Teaches swimming on front, back and side and taking a breath while swimming.

1 day a week (6-weeks)

Day	Times
Sat.	9:45am-10:25am
Sat.	10:30am-11:10am

2 days a week (3-weeks)

Day	Times
Mon./Wed.	4:45pm-5:25pm
Mon./Wed.	5:30pm-6:10pm

Private Swim Lessons

Looking for extra special attention? Private lessons are available.

Cost 1/2 hour: \$35 Facility/\$70 Program

Cost (4) 1/2 hour sessions: \$126 Facility/\$252 Program

Cost (6) 1/2 hour sessions: \$178 Facility/\$357 Program

For more information, contact Julie Hughes at

Julie.Hughes@tampaymca.org.

Minnow: 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.

1 day a week (6-weeks)

Day	Times
Sat.	10:30-11:10am

2 days a week (3-weeks)

Day	Times
Mon./Wed.	4:00pm-4:40pm
Mon./Wed.	5:30pm-6:10pm

Fish: For children able to swim 25 yards front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Refines breast stroke, teaches butterfly, open turns and improves other strokes.

1 day a week (6-weeks)

Day	Times
Sat.	11:15am-12:00pm

2 days a week (3-weeks)

Day	Times
Mon./Wed.	6:15pm-6:55pm

Swim Team (Ages 6-18)

For those who love to swim, want to build friendships and be part of a team, the Y’s swim team is the place for you.

Yellow group (Novice) practices on Tuesdays & Thursdays from 5:30-6:15pm. Blue group (Intermediate) practices on Tuesdays & Thursdays from 6:30-7:45pm.

Cost: Facility Members \$50/ month

Pool Guidelines

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

- One lap lane 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. Use family changing room. Please no changing 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 Aquatic Director, Julie Hughes at julie.hughes@tampaymca.org.



ISR's Self-Rescue™

This survival swimming program is a 6 week course, scheduled 5 days per week, Monday through Friday, for 10 minutes each day. Children from 6 months – 4 years of age are welcome to enroll. With a focus on safe, customized, one-on-one lessons by certified Instructors, ISR's survival swimming lessons emphasize health, ongoing program evaluations and parent education to deliver the most effective and safest results in the industry.

Cost per week: \$60 Facility / \$75 Non-member (Plus additional \$105 registration fee)

If you would like to reserve a space for your child or children, please visit <http://www.tampaymca.org/infantswim> and complete and submit the interest form.

Financial assistance is available.



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.

Teen SPIN® (Ages 10-19)

Teens can get active, have fun with their friends and ride to their own music. Best of all, no grown ups allowed! Minimum height requirement is 4'11" due to safety requirements.

Monthly SPINNING® Class schedule is available at the Welcome Center or online at www.tampaymca.org.
Cost: FREE for Facility Members

Leaders' Club (Ages 13-18)

The Leaders' Club helps develop leadership skills, physical fitness and character through social events and service projects.

Dates/Times: Every Tues. at 6pm; begins Aug. 27
Cost: \$30/month for Facility Members
 Must interview with Megan Looby prior to being accepted into Leader's Club.

Fit First Exercise Program

New to exercise? Our FREE Fit First Exercise Program will help you make the most of your workout. Your personal wellness coach will work with you to develop a routine that's right for you during your developmental years. To sign up for our Youth Fit First appointment, just stop by the Welcome Center.

Group Exercise

BODYPUMP™, Yoga, ZUMBA, BODYCOMBAT™, Water Aerobics, Pilates, and more... the South 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 tampaymca.org.

SUMMER BASKETBALL

Summer Session Dates: June 10 - Aug 10
Facility Member Registration: March 15 - May 13
Program Member Registration: March 22 - May 13
Basketball Coaches Meeting: May 28 or May 29, 6:30pm

FALL BASKETBALL & SOCCER

Fall Session Dates: Sept. 16 - Nov. 16
Facility Member Registration: June 5 - Aug. 1
Program Member Registration: June 12 - Aug. 1
Soccer Coaches Meeting: Aug. 28, 7pm; Conference Room
Basketball Coaches Meeting: Aug. 26 or Aug. 27, 6:30pm

Soccer (Ages 15-17)

Teams will practice once a week and play on Saturdays.
Practice Times: Mondays and Fridays, 5:15pm
Game days: Saturdays at Ballast Point Elementary School fields at 12:00m
Cost: \$90 Facility Member/\$150 Program Member

Basketball (Ages 15-17)

Teams will practice once a week and play one game per week.
Practice Times: 5:30pm, 6:30pm, or 7:30pm
Game days: Saturday
Cost: \$80 Facility Member/\$145 Program Member

Coed Teen Open Basketball (Ages 13-17)

Dates/Times: Mon./Wed./Fri, 4-5pm
Where: Meet on back basketball court
Cost: FREE! Facility Members only

Just For Girls Open Basketball (Ages 9-14)

Dates/Times: Fridays, 6:30-8pm
Where: Meet on back basketball court
Cost: FREE! Facility Members only

FAMILY ACTIVITIES

Rock Climbing Wall

The South 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: Mon./Wed./Fri., 4-6pm,
Sat. 10am-1pm

Member Appreciation Days

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

Days	Times:
May 25	9:00am-11:00am

Family Gym (Open Gym)

Come together as a family at the Y. Siblings can enjoy family time with mom and dad. Pick up a ticket to play when you come into the Y, only one ticket per child. Ages 0-5, parents must be within arms reach of child.

Cost: FREE for Facility Members

Days	Times
Fri. (ages 0-5)	4:00pm-4:30pm
Fri. (ages 6-12)	4:30pm-5pm

*Parents must sign in 6-12 year olds and remain on site.



SMALL GROUPS

Our members are a diverse bunch, so we have small groups for all kinds of interests. Whether it's an active older adult activity, a moms' group or a running club, chances are we have something for you!

Y RUN Running Club

Meet new people and make new friends. Learn from and share your knowledge with others in the club. Whether you're a novice, intermediate or experienced runner, this club is for YOU!

Who: Open to Members and non-members

When: See the Welcome Center for schedule of club meetings.

Where: Meet in front of the South Tampa YMCA

Day/Time: Visit Welcome Center for details

Cost: FREE

Registration: Must sign up at the Welcome Center prior to running with the group.



MOPS, Mothers of Preschoolers

MOPS is a group designed to nurture every mom with children ages birth-kindergarten. This group meets the first Tuesday of the month, Sept.-May, 9:30-11am. Visit ymcamops.com for more information.



Alzheimer's Caregiver Support Group

This group meets the last Tuesday of every month in the conference room. For more information, contact yvette.wilmath@tampaymca.org or call 813.839.0210.



Logos Dei Church

We invite you to join us for worship on Sunday mornings at 10am in the group exercise room. Our worship is casual, with a seat for everyone. When worship begins, children are invited to the Logos Dei Kids Program or, if you want to worship together as a family – we LOVE having kids in worship too!

Chaplain Services

Due to a positive response and identified need, the Chaplain for South Tampa YMCA will offer her services quarterly to those members, staff and friends who may be in need of prayer, counseling, comfort or just a listening ear. Please feel free to call Rev. Suzanne Daniele-George if you feel a need, at 727.709.3909.

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





TAMPA METROPOLITAN AREA YMCA

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