



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COME TOGETHER AT THE Y



## YMCA CAPE COD WINTER PROGRAM GUIDE

January 5 - February 21, 2015

Member Registration December 15th

Non-Member Registration December 22nd

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### Facility Hours

September 3rd - July 4th

Monday-Friday 5:30 am - 9:00 pm

Saturday 7:00 am - 6:30 pm

Sunday 12 Noon - 5:00 pm

Pool closes 15 minutes prior to closing.

### Holiday Hours

Christmas Eve 5:30am - 3pm

Christmas Day CLOSED

New Year's Eve 5:30am - 3pm

New Year's Day CLOSED

### Contact us

Phone (508) 362-6500

Fax (508) 362-5379

Email [info@ymcacapecod.org](mailto:info@ymcacapecod.org)

### Transportation

The Y is on the B-Bus Transit Route.

Call 508-362-8326 for information and times.

### Inclement Weather Policy

For your safety, when Barnstable Schools are closed or have a delay, all programming (including group fitness classes) will be cancelled until noon. By 2:00 pm a decision will be made regarding evening programming.

When there's thunder and lightening, the pool closes until 30 minutes after the last sign of lightning, at the discretion of our staff.

## OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

## WHO WE ARE

The Y is the nation's leading non-profit committed to strengthening communities through youth development, healthy living and social responsibility.

## CEO'S CORNER

Dear YMCA Cape Cod  
Members & Program  
Participant's,



Happy Holidays to you and your family! We are proud to be a small, or even large part of your family at this special time of year. It's the time of year when we gather with friends and family to reflect on the importance of the relationships in our lives. True holiday spirit is experienced when we connect with others and simply share the gift of time with the people that are special to us. Giving and receiving gifts are simply a means to connect with family and friends and be surrounded with love and friendship. Time, love, and friendship are the true holiday gifts we give and receive. As you pass through this time of year and worry about the gifts you will give, appreciate those you receive, or fret the logistics of the next gathering, remember that time, love, and friendship could be the greatest gift you give or receive this year. At the Y, we are here for our members who may be alone this year. We genuinely offer our gift of time, love and friendship with your YMCA family.

Cheers!

Stacie Peugh  
President & CEO

## OUR CAUSE

Strengthening the foundations of community.

## AREAS OF FOCUS

**Youth Development** - Nurturing the potential of every child and teen.

**Healthy Living** - Improving the nation's health and well-being.

**Social Responsibility** - Giving back and providing support to our neighbors.

# MEMBERSHIP

## JOIN US



### YOUR MEMBERSHIP BENEFITS

#### Wellness Center

Featuring state of the art cardio and strength training equipment and knowledgeable staff to assist you in your wellness goals. Members receive two orientation sessions with a staff member.

#### Pools

Family, Lap and Recreational Swimming available in both pools, see current schedule for details.

#### Group Fitness

People who participate in a group are more likely to achieve their fitness goals and stay active. Join in more than 50 free classes offered on a weekly basis. Schedules are updated monthly, visit the Welcome Center for details.

#### Program Rewards

Members receive priority registration and special pricing on programs, child care and camp. Some restrictions may apply.

#### Special Events

Family members receive free admission to one family focused special event per year.

#### Child Watch

Family members have access to the Y's Child Watch facilities, see page 9 for details and schedules.

#### Look for the Diabetes Resource Center Initials

Look for the Diabetes Resource Center Initials **DRC** next to low impact classes that help to foster a healthier lifestyle.

## DO MORE SAVE MORE \$618 VALUE

Present your Family Membership Savings Passport at the Welcome Center and Save on the following programs.

#### PERSONAL TRAINING 3 PACK

Value: \$136

#### SIX GUEST PASSES

Value: \$60

#### NUTRITION SESSION

Value: \$47

#### NO CHILD CARE ENROLLMENT FEE

Value: \$40

#### SUMMER DAY CAMP Registration Fee

Value: \$25

#### YOUTH SPORTS

Value: \$63

#### YOUTH SWIM LESSONS

Value: \$70

#### BIRTHDAY POOL PARTY

Value: \$75

#### VACATION FUN CLUB

Value: \$45

#### EGGCELLENT EASTER ADVENTURE

Value: \$20

#### HALLOWEEN HOOPLA

Value: \$20

#### BREAKFAST WITH SANTA

Value: \$20

# MEMBERSHIP

## 2015 MEMBERSHIP FEES

Choose your membership category, then choose between monthly, annual, or three month options. The Joiner's Fee does not apply to three month memberships.

| MEMBERSHIP CATEGORY | AGES        | MONTHLY FEE | ANNUAL FEE | JOINERS FEE | THREE MONTH |
|---------------------|-------------|-------------|------------|-------------|-------------|
| YOUTH               | 0-17 years  | \$17        | \$199      | \$25        | -           |
| YOUNG ADULT         | 18-24 years | \$35        | \$415      | \$25        | -           |
| ADULT               | 25-59 years | \$52        | \$599      | \$75        | \$265*      |
| FAMILY I            | see below   | \$62        | \$720      | \$100       | \$325*      |
| FAMILY II           | see below   | \$82        | \$960      | \$100       | \$375*      |
| SENIOR              | 60+ years   | \$42        | \$479      | \$75        | \$215*      |
| SENIOR COUPLE       | 60+ years   | \$66        | \$767      | \$100       | \$285*      |

## 2015 RATES SUBJECT TO CHANGE

### Family I & II

Adult(s) and children 17 and younger living in the same household.

### Methods of Payment

**Monthly Membership Fees:** debited directly from a checking or savings account. A \$25 Fee will be charged for insufficient funds.

**Annual and Three Month Memberships:** payable with Master Card, Visa, Discover, Cash and Checks. Please note there is a \$25 fee for all returned checks.

### Joiner's Fee

This is a fee for new Youth, Adult, Senior and Family members. Your membership must be current to use the YMCA, but if it does lapse, you have 60 days to renew without paying the joiner's fee. \*Joiner's Fee is included in the cost of the three month option.

### Monthly Membership

Upon joining your first payment is the first month's prorated dues and the joiner's fee. Membership may be canceled by giving written notice no later than the 25th of the month before your next draft. This is a continuous membership valid until canceled by the member. Billing occurs monthly on the 15th.

**Freeze Option:** you may freeze your membership for up to 90 days per calendar year. A \$10 fee will be withdrawn from your account for every month you freeze. \* Please note Youth, Teen and Young Adult do not offer a freeze option.

### Military Memberships

The Armed Services, YMCA and Department of Defense Outreach Initiative offer free YMCA memberships to eligible military families and personnel who may not have access to a nearby military facility. Confirm eligibility by contacting Military One Source at [www.militaryonesource.com](http://www.militaryonesource.com) or by calling (800) 342-9647.

### My Y is every Y in New England

All Y members from Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont will be welcome free with their current Y ID card anywhere in New England. Restrictions may apply.

### A.W.A.Y. Program

Members of the Y are welcome at more than 1,000 Y's nationwide. Please contact the YMCA you are visiting to see if it participates. Members visiting the YMCA are granted 6 passes per year.

### Financial Assistance

Since it is our intent that no one be denied membership or participation in programs because of an inability to pay, we offer financial assistance to those who qualify. Please complete a financial assistance form and attach proof of financial situation. Applications are available at the Welcome Center and at [ymcacapecod.org](http://ymcacapecod.org). All requests are kept confidential.

|                               |                   |
|-------------------------------|-------------------|
| Membership/Program Assistance | 508-362-6500 x130 |
| Child Care/Camp Assistance    | 508-362-6500 x135 |

### Program Registration

Members receive priority registration for all programs and reduced class fees - up to 50%. Program guide registration reminders are sent automatically to members who have provided the Y with a valid email address. Program Registration can be conducted in person at the Welcome Center or on the web at [ymcacapecod.org](http://ymcacapecod.org). A processing fee of \$15 will be applied to any credits or refunds.

### Member Guest Passes

Each YMCA Cape Cod Membership is granted two guest passes per calendar year. Guests using these passes must attend with the member and must show ID at the Welcome Center.

### Guest Fees

YMCA members are encouraged to bring their friends who are not familiar with the YMCA. Guests must show ID and pay the guest fee.

Guests who join the YMCA can receive a credit for guest fees paid within the past 30 days (up to \$60).

|            |            |      |
|------------|------------|------|
| Adult      | 18+ years  | \$10 |
| Youth      | 0-17 years | \$5  |
| Class Pass | 14+ years  | \$15 |



# SAFETY

## YMCA Child and Member Protection Practices

At the YMCA Cape Cod, our top priority always is the safety and well-being of our members, program participants and staff. We are committed to providing the safest possible environment for children and adults using Y facilities, programs and services. Our YMCA follows a rigorous ongoing process to protect those using our services. Our approach is four pronged:

1. **Screening and Hiring** – To do everything possible to ensure the right staff and volunteers are working with participants in our programs, we conduct intensive screening and hiring practices including detailed application forms, a comprehensive interview process conducted by multiple staff, multiple reference checks, and criminal and sexual offender background and record checks.

2. **Education and Training** – All staff sign an Employee Code of Conduct, which sets clear rules and expectations for behavior. The Y has Zero Tolerance for staff deviating from the Employee Code of Conduct. Employees working with children go through an extensive child abuse prevention program. Child care staff members are mandated to report any suspected abuse. All staff is trained to identify when a fellow employee or volunteer is stretching or breaking the rules and are trained in how to respond and report these violations.

3. **Supervision and Management** – Supervisors and managers complete additional training to further promote a child safe environment and conduct regular monitoring of spaces within our facility. All Y staff are mandated reporters.

4. **Practices and Systems** – Our Y strives to create an open environment and encourages feedback from staff, parents, children and members. Protection practices exist to create a safe environment for all. Examples include a posted cell phone ban in all locker rooms and rest rooms, specific locker rooms separating adults and children, additional bus monitors for trips and camp transportation, prohibiting staff to work one-on-one with youth outside the YMCA (i.e. baby-sitting) and mandatory reporting requiring staff members to report any suspicious activity.

While we put a great deal of thought and effort into implementing a strong Child and Member Protection Plan, perhaps the most important thing we do is to communicate regularly with members. To ensure the safest environment possible, communication and vigilance on all our parts is essential.

Abusers can be parents, care takers, friends, neighbors, or other youth. It takes everyone's help to create a safe environment.

## Youth Facility Usage

All children 12 years and under must be under direct supervision of a parent or guardian when using the facility. Parent or guardian must be 18 years or older. Children 12 and under must have a parent/guardian on the premises while they are attending a supervised program activity.

## AQUATICS SAFETY

### Lap Swim/Open Exercise

When two swimmers are sharing one lane they may split the lane in half, one swimmer staying to the right and the other to the left.

For three or more, swimmers will need to circle swim, going counter clockwise. Please check with a lifeguard so that they can choose compatible swimmers for you to share with.

Please be courteous and cautious of other swimmers.

Lane markers will designate appropriate lane for lap swim speed and Open Exercise.

### Open Swim

All swimmers under the age of 18 must be swim tested before entering either pool.

Children 12 and up that have passed swim test may swim without an adult, all others must have an adult (17+) in the water with them at all times.

Parents must stay within an arm's reach of children under the age of 5.

Only two children under the age of 6 allowed per adult, 4 children max per adult.

We do not allow water wings or blow up flotation devices. We have bubbles that may be used during open swim, please ask a lifeguard if you need assistance.

Children that wear bubbles do not need to take a swim test but they do need an adult within arm's reach in the pool with them.

All non-potty trained children must swim diapers at all times.

### Aquatic Evacuation

In the event of any evacuation of the facility all aquatic participants will be escorted out the emergency exits. Please note that Aquatic Staff will hand out towels and blankets as supplies allow.



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BRIGHTER FUTURES BEGIN HERE

## NOW ENROLLING

INFANTS, TODDLERS, AND PRESCHOOL  
NORTH FALMOUTH CHILD CARE CENTER

HOURS: 6:30A–5:30P

FREE SWIM LESSON VOUCHERS (SAVINGS OF \$600)

CREATIVE CURRICULUM

FOR MORE INFORMATION PLEASE CALL  
508-362-6500 X135





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## VACATION FUN CLUB 2014-2015

It's time to put the books down and have some fun! Come join us for your school vacation week and partake in many activities from crafts to swimming and great trips! We can't wait for you to join us!

### DECEMBER 24-JANUARY 2

- 12/24: Decorate your own Christmas Cookie
- 12/26: Trip to Harwich Junior Theater "T'was the Night before Christmas"
- 12/29: Paper Making
- 12/30: Carousel Skate (50 person min) (additional charges apply)
- 12/31: New Year's Even Party, Grab those dancing shoes!
- 1/2: Celebrate the New Year with us! Resolutions can come true!

**Dec. 24th & 26th, Member: \$90/Non Member \$100**

**Dec. 29th—Jan. 2nd, Member: \$180/Non Member \$200**

**2 Day Minimum Required for Registration**

#### **Rate Options:**

- 2 days: \$90 Member/\$100 Non Member**
- 3 days: \$100 Member/\$150 Non Member**
- 4 days: \$225 Member/\$250 Non Member**

### FEBRUARY 16-FEBRUARY 20

- 2/16: Get ready...set....go! Time to design your own board game!
- 2/17: Trip to ice skate at Tony Kent Arena
- 2/18: Snow Sculpture Contest! Get your shovels ready
- 2/19: Trip to Cape Cod Museum of Art
- 2/20: Winter Carnival time!

**Feb. 16th-20th, Member \$225/Non Member \$250**

### April 20-April 24

- 4/20: Field day at the Y!
- 4/21: Trip to Cape Cod Museum of Natural History
- 4/22: Pottery Mask Making
- 4/23: Trip to Sandy Neck for a BEACH PARTY!!
- 4/24: Team Sports day!

**April 20th—24th, Member \$225/Non Member \$250**

**Reserve your spot today! Don't Delay**

**Contact Janet Vernon 508-362-6500 x 118 [jvernon@ymcacapecod.org](mailto:jvernon@ymcacapecod.org)**

**Fill out this form to reserve your dates.**

**Childs Name:** \_\_\_\_\_ **Parent/Guardian Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

|                          |        |                          |        |                          |        |                          |        |                          |        |
|--------------------------|--------|--------------------------|--------|--------------------------|--------|--------------------------|--------|--------------------------|--------|
| <input type="checkbox"/> | 26-Dec | <input type="checkbox"/> | 29-Dec | <input type="checkbox"/> | 30-Dec | <input type="checkbox"/> | 31-Dec | <input type="checkbox"/> | 2-Jan  |
| <input type="checkbox"/> | 16-Feb | <input type="checkbox"/> | 17-Feb | <input type="checkbox"/> | 18-Feb | <input type="checkbox"/> | 19-Feb | <input type="checkbox"/> | 20-Feb |
| <input type="checkbox"/> | 20-Apr | <input type="checkbox"/> | 21-Apr | <input type="checkbox"/> | 22-Apr | <input type="checkbox"/> | 23-Apr | <input type="checkbox"/> | 24-Apr |

# YOUTH DEVELOPMENT

## Child Care INFANT - PRESCHOOL

YMCA Cape Cod Child Care Centers nurture the healthy development of each child. Providing an environment that is safe, challenging, fun and structured. Swim instruction, adventure hikes, physical education, and field trips are some of the unique activities offered to foster personal growth, independence, and individuality. We offer child care that is accessible, affordable, and high quality. There is a 10% discount with a YMCA Family Membership.

### STONY BROOK CHILD CARE CENTER

Susan Harrison - Program Director  
Stony Brook Elementary School  
384 Underpass Road, Brewster MA, 02631  
Ages 3 months - 5 years  
Monday - Friday 7:30 am - 5:30 pm  
508-362-6500 x135

### LORUSSO CHILD CARE CENTER

Camp Lyndon Center  
117 Stowe Road, Sandwich, MA 02563  
Ages 2.9 years - 5 years  
Monday - Friday 7:30 am - 5:30 pm  
Half Day Program Monday - Friday 8:30-12:30 pm  
508-362-6500 x135

### CHILDREN'S CROSSING CHILD CARE & ENRICHMENT CENTER

Denise Graham-Reardon - Senior Program Director  
YMCA Cape Cod  
2245 Iyannough Road, West Barnstable, MA 02668  
Ages 3 months - 5 years  
Monday - Friday 7:30 am - 5:30 pm  
508-362-6500 x135

### CHILD WATCH

For ages 3 months to 9 years.  
This service is offered free to Y Family Members, reservations are required and can be placed up to 24 hours in advance. Time limited to 1.5 hours per visit. Please call 508-362-6500 x131

|                                 |                |
|---------------------------------|----------------|
| Monday, Wednesday, Friday       | 8:00 - 12 Noon |
| Tuesday, Thursday, and Saturday | 9:00 - 12 Noon |
| Monday - Friday evening         | 4:00 - 7:30 pm |

Member Rate: \$3 per child per visit  
Nonmember Rate: \$5 per child per visit

## SCHOOL AGE

The Afterschool Enrichment Program, located at our West Barnstable facility welcomes school aged children from ages 5 to 12 years old. While participating in the Afterschool Enrichment Program the children will be able to participate in swim lessons in our pool, a healthy snack served daily, a fun filled physical activity daily, as well as a safe environment.

Transportation is provided from the local Barnstable Public Schools. The Afterschool Enrichment Program also provides care for all regularly scheduled half days and most of the regularly scheduled full days off in the Barnstable public school calendar to accommodate parent needs for extra child care. Be prepared early and sign your child up. Summer months fly by and before you are aware the school year is beginning.

### AFTER SCHOOL ENRICHMENT PROGRAM CHILDREN'S CROSSING CHILD CARE & ENRICHMENT CENTER

Denise Graham-Reardon - Senior Program Director  
YMCA Cape Cod  
2245 Iyannough Road, West Barnstable, MA 02668  
Ages 5-12 Years  
Monday - Friday 3:00 pm - 6:00 pm  
508-362-6500 x135



## the YMCA NORTH FALMOUTH CHILD CARE CENTER



### NOW ENROLLING INFANTS, TODDLERS & PRESCHOOL

HOURS: 6:30AM - 5:30 PM

CREATIVE CURRICULUM

FREE SWIM LESSON VOUCHERS  
(SAVINGS OF \$600)

**(508) 362-6500**  
**YMCACAPECOD.ORG**



# YOUTH DEVELOPMENT

## Youth Classes

### PRESCHOOL CLASSES

#### PRE-BALLET

Ages 4-5 Years

Taught by the Atlantic Coast Academy of Dance, Pre-Ballet introduces students to the study of classical ballet. Age-appropriate ballet vocabulary, skill development, creative expression, and music appreciation is incorporated into the curriculum. Off-site performance opportunities are incorporated into the program twice a year (Fall and Spring II sessions) with a revised class schedule during these sessions to include the rehearsal and performance times. The ACAD Pre-Ballet suggested attire is a pale pink leotard, tights and ballet shoes, but this is not required to participate in class (required for performances).

Saturday 9:00 - 9:45 am  
Member Fee \$59  
Non-Member Fee \$109

#### KIDS IN MOTION

Ages 3-5 Years

Introduce your child to sports and games while meeting new friends! Participants will be introduced to the basics of throwing, catching, running, dribbling, and organized games while developing socially with their peers in a fun and lively atmosphere.

Friday 1:00 - 1:45 pm  
Member Fee \$48  
Non-Member Fee \$75

### WELLNESS

#### KARATE

Age 7 +

Kelley's School of Karate provides a creative approach to self-defense and self-discipline, taught by Daniel Kelley, a master instructor in the art of Tang Soo Do. Students follow a curriculum that is based off of the Eight Key Concepts of Tang Soo Do, as well as the Student Creed. They are encouraged to take the teachings of self-discipline that they learn throughout their classes and apply it to their everyday lives, at school and at home. The voluntary assistance from black belts of several other ranks provides the students with more accessibility to guidance throughout the classes.

Kids' Beginner meets twice a week:

Tuesday 6:15 - 7:00 pm  
Saturday 10:00 - 10:45 am

Kids' Advanced meets twice a week

Tuesday 7:00 - 7:45 pm  
Saturday 10:45 - 11:30 am

Member Fee \$70  
Non-Member Fee \$137

#### FIT KIDS

Age 5 - 7 years

Build healthy habits early! Combination of aerobics, strength and flexibility for 45 minutes of fun.

Saturday 10:00 - 10:45 am  
Free to Members

#### YOUTH STRENGTH TRAINING

Ages 12 - 14 years

Free program for youth members ages twelve and up. Course includes eight classes that introduce proper machine usage, cardio programs, and strength training techniques. Members must be fourteen years old and have completed this course in order to use the fitness center without adult supervision. Twelve and thirteen year-olds who have completed this course may use the fitness center when accompanied by an adult.

Pre-Registration Required  
Tuesday and Thursdays 4:00 - 5:00 pm  
Member Fee \$41  
Non-Member Fee \$82

#### SPEED AND AGILITY TRAINING

Ages 10 - 12 years

Speed and agility are important in any sport which you repeatedly accelerate or decelerate. This class will improve your reaction time to improve better in sports.

Friday 4:00 - 5:00 pm  
Member Fee \$41  
Non-Member Fee \$82

#### TEEN POWER HOUR

Ages 12 - 16 years

Join us for an overall body toning program with a concentration on large muscle groups. No parents necessary! A trainer will supervise and provide workouts for participants. Youth Strength Training Certification is required to participate.

Tuesday and Thursday 5:00 - 6:00 pm  
Member Fee \$41  
Non-Member Fee \$82



# YOUTH DEVELOPMENT

## Winter Youth Sports

### Register for Winter Youth Basketball

#### TRAINING CAMP

Age 4-5 years

An introduction to the great sport of basketball. Features lowered baskets, smaller balls, and a focus on developing a sense of the game.  
9:00 - 10:00 am

#### ROOKIES

Age 6-7 years

Develop coordination on the court and introduce the feeling of being part of a team. Lowered baskets and smaller balls are used while introducing young athletes to the basic tenants of the game.  
9:00 - 10:00 am

#### PROS

Age 8-9 years

Truly develop an understanding of the rules of the game. Passing and proper form are emphasized at this level.  
10:00 - 11:00 am

#### ALL STARS

Age 10-12 years

Emphasizing the importance of teamwork and nurturing a healthy competitive attitude while introducing children to offensive and defensive tactics. Full height baskets and full size balls are used.  
11:00 - 12:00 PM

### YMCA Youth Sports Important Information

All Registrations Include: YMCA Youth Sports Team Shirt, 8 Practice Sessions, Youth Sports Medal

Practice Information: Practices are held on Saturdays at Cape Cod Academy starting 1/10/15 and running through 2/28/15. Practices occur between 9:00 AM and 12:00 PM.

Registration Deadlines: 12/19/14 (on-time)  
12/26/14 (late)

Fees: \$63 Member Fee \$75 Non-Member Fee \$20 Late Fee (all registrations after 12/26/2014)

### Registration Information

| Player's Information | Last Name | MI | First Name | Gender | Birthday M/D/YR | School | Grade |
|----------------------|-----------|----|------------|--------|-----------------|--------|-------|
|----------------------|-----------|----|------------|--------|-----------------|--------|-------|

| Parent Information | Last Name | MI | First Name | Email Address |
|--------------------|-----------|----|------------|---------------|
|--------------------|-----------|----|------------|---------------|

| Address | City | State | Zip | Primary Phone | Secondary Phone |
|---------|------|-------|-----|---------------|-----------------|
|---------|------|-------|-----|---------------|-----------------|

Shirt Size: YS (6/8) YM (10/12) YL (14/16)

#### VOLUNTEER COACHES

For more information please contact [tbrogano@ymcacapecod.org](mailto:tbrogano@ymcacapecod.org)  
508.362.6500 x636

All volunteer coaches must undergo a background check prior to coaching.

I would like to be: \_\_\_\_\_ Head Coach \_\_\_\_\_ Assistant Coach

Phone/E-mail if different than above

#### SPONSOR INFORMATION

Please contact me about becoming a sponsor

Name

Phone



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# MAKING SWIMMING SAFER

YMCA CAPE COD

## Safety Swim Test Procedures

-Swim test is for all children, ages 17 and under, during Open and Family swim times both at the West Barnstable facility and Camp Lyndon

-Swim Tests help provide you and our staff with an awareness of your the swimmers' competency and confidence. At the YMCA, we have two swim bands (Yellow, and Green) that designate what areas of our pools and waterfront your child can swim in.



**No Band:** If he/she is without a swim band they are required to be at arms length of a parent/guardian or will wear a Coast Guard Approved PFD (Personal Flotation Device). Any child 5 and under automatically falls under this category and requires a parent/guardian to be present in the pool within arm's reach. ONLY if a child 5 and under has passed the Starfish level, may they swim without a parent within arm's reach and may test for a band.

**Yellow Band:** To earn a yellow band, a child must be able to swim comfortably at least one half (12 1/5) yards of the pool without floatation. A yellow band allows children to swim alone in the water that is armpit deep or less. A parent or guardian must stay in the immediate pool area with any child aged 11 and under.

**Green Band:** To earn a green band, a child must be able to jump in water over their head then tread water for 30 seconds, followed by comfortably swimming one length (25 yards) of the pool without goggles, with their face in the water or maintaining a positive body position (legs should not drop below 45 degree angle), and without touching the side or bottom of the pool. A green band allows children to access all areas of the pool. A parent or guardian must stay in the immediate pool area with any child aged 11 and under.



-Swim testing may occur during 10 -minute breaks or when the lifeguard feels comfortable watching a swim test. The lifeguard may have too many people in the pool and testing would have to take place at a later time

-Once your child has their band information recorded, their band information will be entered into our data base. Upon each time swimming the parents needs to identified the child and request the appropriate band.

Thank you for your cooperation and helping the YMCA ensure safety of all

# YOUTH DEVELOPMENT

## Aquatics, Preschool Lessons

### WATERBABIES (SKIPPER)

Age 6 to 36 months

Introduces basic water skills and teaches parents the correct techniques when in the water with their children. Songs and games help make these classes fun and enjoyable.

|                |                |
|----------------|----------------|
| Monday         | 5:40 - 6:10 pm |
| Wednesday      | 9:00 - 9:30 am |
| Saturday       | 8:00 - 8:30 am |
| Member Fee     | \$47           |
| Non-Member Fee | \$86           |

### PERCH (WATERBABIES II)

Age 2 to 3 years

A water progression class for children who have completed Waterbabies and can swim without assistance. In this introductory class children will learn to be comfortable in the water without parent. Class begins with parents in the water.

|                |                  |
|----------------|------------------|
| Monday         | 9:10-9:40 am     |
| Tuesday        | 10:00 - 10:30 am |
| Tuesday        | 5:20 - 5:50 pm   |
| Wednesday      | 9:35 - 10:05 am  |
| Thursday       | 9:00 - 9:30 am   |
| Friday         | 9:10 - 9:40 am   |
| Saturday       | 8:35 - 9:05 am   |
| Member Fee     | \$47             |
| Non-Member Fee | \$86             |

### PIKES WITH PARENTS

Age 3 to Kindergarten

Full bubbles used to help children learn and maintain body position in the water while swimming on their front and back. Simple safety rules will be introduced. This class is for those with little to no swimming experience or have a fear of the water.

|                |                |
|----------------|----------------|
| Tuesday        | 8:30 - 9:00 am |
| Wednesday      | 2:45 - 3:15 pm |
| Saturday       | 9:10 - 9:40 am |
| Member Fee     | \$62           |
| Non-Member Fee | \$117          |

### PIKES

Ages 3 to kindergarten. Full bubbles used to help children learn and maintain body position in the water while swimming on their front and back. Simple safety rules will be introduced. This class is for those with little to no swimming experience or have a fear of the water.

|                |                  |
|----------------|------------------|
| Monday         | 10:25 - 10:55 am |
| Tuesday        | 4:45 - 5:15 pm   |
| Wednesday      | 5:40 - 6:10 pm   |
| Thursday       | 4:35 - 5:05 pm   |
| Thursday       | 5:30 - 6:00 pm   |
| Friday         | 4:05 - 4:35 pm   |
| Saturday       | 11:10 - 11:40 am |
| Member Fee     | \$62             |
| Non-Member Fee | \$117            |

### EELS

Age 3 to 5 years

Child can swim with no more than two bubbles. Emphasis on beginner swimming skills and learning how to swim without a flotation device.

|                |                  |
|----------------|------------------|
| Monday         | 9:50 - 10:20 am  |
| Monday         | 4:00 - 4:30 pm   |
| Tuesday        | 11:00 - 11:30 am |
| Tuesday        | 4:00 - 4:30 pm   |
| Wednesday      | 10:45 - 11:15 am |
| Wednesday      | 4:00 - 4:30 pm   |
| Thursday       | 4:00 - 4:30 pm   |
| Thursday       | 6:20 - 6:50 pm   |
| Friday         | 3:30 - 4:00 pm   |
| Saturday       | 10:35 - 11:05 am |
| Saturday       | 11:45 - 12:15 pm |
| Member Fee     | \$62             |
| Non-Member Fee | \$117            |

### EELS PLUS

Age 3 to 5 years

30 minute class designed to ease the transition from the small to the main pool. Participants should be high end "eels" with minimal to no flotation.

|                |                  |
|----------------|------------------|
| Monday         | 4:15 - 4:45 pm   |
| Tuesday        | 4:15 - 4:45 pm   |
| Wednesday      | 4:15 - 4:45 pm   |
| Wednesday      | 10:45 - 11:15 am |
| Friday         | 4:00 - 4:30 pm   |
| Saturday       | 11:00 - 11:30 am |
| Member Fee     | \$62             |
| Non-Member Fee | \$117            |

### RAYS

Age 3 to 5 years

Child should be able to swim 25 yds without flotation. Concentrating on rotary breathing, breaststroke, elementary backstroke, and sidestroke.

|                |                  |
|----------------|------------------|
| Monday         | 10:45 - 11:30 am |
| Monday         | 5:00 - 5:45 pm   |
| Tuesday        | 5:00 - 5:45 pm   |
| Wednesday      | 4:00 - 4:45 pm   |
| Thursday       | 5:00 - 5:45 pm   |
| Member Fee     | \$70             |
| Non-Member Fee | \$131            |

### STARFISH

Age 3 to 5 years

Starfish continue to develop aquatic skills while learning survival floating, surface dives, somersaults, jumping from a height, boating and personal safety.

|                |                  |
|----------------|------------------|
| Tuesday        | 4:00 - 4:45 pm   |
| Wednesday      | 5:00 - 5:45 pm   |
| Thursday       | 4:00 - 4:45 pm   |
| Saturday       | 11:00 - 11:45 am |
| Member Fee     | \$70             |
| Non-Member Fee | \$131            |

## Want more info about swim classes?

If you are unsure about what level to sign up for you can schedule a swim screening. Call 508-362-6500 ext. 109 or email [ataylor@ymcacapecod.org](mailto:ataylor@ymcacapecod.org)

# YOUTH DEVELOPMENT

## Aquatics, School Age Lessons

### POLLIWOG

Age 6 years(must be in 1st grade) and up.  
Various bubble sizes will be used. This class is for children with little to no swimming experience or who are afraid of the water. Will work on swimming without a flotation device.

|                |                 |
|----------------|-----------------|
| Monday         | 4:45 - 5:30 pm  |
| Tuesday        | 5:00 - 5:45 pm  |
| Wednesday      | 4:45 - 5:30 pm  |
| Saturday       | 9:45 - 10:30 am |
| Member Fee     | \$70            |
| Non-Member Fee | \$131           |

### GUPPY

Age 6 years(must be in 1st grade) and up.  
Builds off skills learned in Polliwog. All elements of front crawl, backstroke, and breaststroke will be introduced and developed.

|                |                  |
|----------------|------------------|
| Monday         | 4:00 - 4:45 pm   |
| Tuesday        | 4:00 - 4:45 pm   |
| Wednesday      | 4:00 - 4:45 pm   |
| Thursday       | 4:00 - 4:45 pm   |
| Saturday       | 9:00 - 9:45 am   |
| Saturday       | 11:00 - 11:45 am |
| Member Fee     | \$70             |
| Non-Member Fee | \$131            |

### MINNOW

Age 6 years(must be in 1st grade) and up.  
Child can swim 25 yards front crawl, backstroke, and breaststroke. Competitive swimming elements will be introduced.

|                |                  |
|----------------|------------------|
| Monday         | 4:00 - 4:45 pm   |
| Monday         | 5:00 - 5:45 pm   |
| Tuesday        | 4:00 - 4:45 pm   |
| Wednesday      | 4:00 - 4:45 pm   |
| Thursday       | 5:00 - 5:45 pm   |
| Saturday       | 9:00 - 9:45 am   |
| Saturday       | 10:00 - 10:45 am |
| Member Fee     | \$70             |
| Non-Member Fee | \$131            |

### FISH

Age 6 years(must be in 1st grade) and up.  
Flip turns, starting dives, and butterfly will be perfected. Child will swim for the majority of class, increasing endurance.

|                |                  |
|----------------|------------------|
| Monday         | 5:00 - 5:45 pm   |
| Tuesday        | 5:00 - 5:45 pm   |
| Wednesday      | 4:00 - 4:45 pm   |
| Thursday       | 5:00 - 5:45 pm   |
| Saturday       | 9:00 - 9:45 am   |
| Saturday       | 10:00 - 10:45 am |
| Member Fee     | \$70             |
| Non-Member Fee | \$131            |

### FLYINGFISH

Age 6(must be in 1st grade) and up.  
Child will continue to increase endurance and swim several hundred yards during class. Child will perfect a starting dive, and be introduced to lifesaving assists.

|                |                |
|----------------|----------------|
| Monday         | 5:00 - 5:45 pm |
| Tuesday        | 4:00 - 4:45 pm |
| Wednesday      | 5:00 - 5:45 pm |
| Saturday       | 9:00 - 9:45 am |
| Member Fee     | \$70           |
| Non-Member Fee | \$131          |

### SHARK

Age 6(must be in 1st grade) and up.  
Child will work towards swimming longer. Child will have all strokes perfected.

|                |                  |
|----------------|------------------|
| Wednesday      | 5:00 - 5:45 pm   |
| Thursday       | 5:00 - 5:45 pm   |
| Saturday       | 10:00 - 10:45 am |
| Member Fee     | \$70             |
| Non-Member Fee | \$131            |





# YOUTH DEVELOPMENT

## Aquatics, School Age Lessons

### HAMMERHEADS

Age 11-14 years

Participants will be able to enhance their limited skills and experience in an age friendly class environment.

Thursday 4:00 - 4:45 pm

Member Fee \$70

Non-Member Fee \$131

### SWIM LESSONS FOR CHALLENGED YOUTH

Age 6 years and up

Small & Main Pool. This instructional and recreational program is customized to the special needs of your swimmer.

Friday 5:00 - 5:45 pm

Member Fee \$70

Non-Member Fee \$131

### PRIVATE SWIMMING LESSONS

Age 3 years and up

Small Pool or Main Pool. Private swim lessons are the optimal way to learn how to swim. Details and pricing information are available at the Welcome Center or call Julia at (508) 362-6500 x300.

### YOUTH STROKE CLINIC

First week will be run as a try-out. For questions please contact 508-362-6500 ext 109. Meets twice a week.

Wednesday & Friday 4:00-4:45

Member Fee \$140

Non-Member Fee \$260

### MAKO SWIM TEAM

Age 6 to 18 years

Main Pool. Competitive Age Group Swimming. The Mako Swim Team offers five different team levels; Novice, Age Group, Junior, Senior and National. The Y's Mako Swim Team competes in both YMCA and USA Swimming to develop swimmers to their fullest potential through use of proper technique, challenging workouts, and a strong team atmosphere. The program incorporates discipline, character development, skills, training, and endurance swimming. Advance through the progressive level program.

Swimmers interested in our Novice program must be able to swim freestyle and backstroke. In order to be a part of the Age Group Team, swimmers must be at least 6 years old and able to exhibit good swimming skills and a variety of competitive techniques. Maturity, conditioning and ability will help determine a swimmers level.

For more information visit [ymcacapecod.org](http://ymcacapecod.org) or contact the coaching staff at 508-362-6500 x791.

## Want more info about swim classes?

If you are unsure about what level to sign up for you can schedule a swim screening. Call 508-362-6500 ext. 109 or email [ataylor@ymcacapecod.org](mailto:ataylor@ymcacapecod.org)



# HEALTHY LIVING

## American Red Cross Safety Training

### CPR, AED & FIRST AID CERTIFICATION

Learn how to recognize and handle emergency situations, help someone in breathing and cardiac emergencies, and perform CPR on adults, children, and infants. Course also covers basic populations for preventing disease transmission.

|                |       |
|----------------|-------|
| Member Fee     | \$126 |
| Non-Member Fee | \$152 |

Tuesday & Thursday Nights 5:00pm – 9:00pm

1/13 & 1/15, 2/17 & 2/19

### CPR, AED & FIRST AID RECERTIFICATION

Refresh your skills in how to recognize and handle emergency situations, help someone in breathing and cardiac emergencies, and perform CPR on adults, children, and infants. Course also covers basic precautions for preventing disease transmission. Must possess current (not yet expired) certifications.

|                |       |
|----------------|-------|
| Member Fee     | \$76  |
| Non-Member Fee | \$102 |

Monday Nights 5:00pm – 9:00pm

1/26, 2/23

### LIFEGUARDING COURSE

Train to be a lifeguard, learn lifesaving skills, to help people stay safe in, on and around the water. Course covers rescues, spinal management, CPR & AED, First Aid, Oxygen Administration and Bloodborne Pathogens and characteristics of a professional lifeguard. Participant must be 15 years of age. Pretest must be completed prior to registering. Set up your appointment by contacting Kara Olson, Sr. Aquatics Director 508.362.6500 x103.

Pretest:

- 500 yard swim either freestyle or breaststroke
- Tread water for 2 minutes without the use of hands
- Retrieve a brick from the pool floor

|                |       |
|----------------|-------|
| Member Fee     | \$375 |
| Non-Member Fee | \$450 |

Additional Class Information: Winter session will be January 10th – February 7th. Class will be for 5 Saturdays from 1–6pm. For pretest information contact the Aquatics Department.

### LIFEGUARDING RECERTIFICATION

Are all your certifications up to date? Take our recertification course to stay up to date on all current changes and keep your skills fresh. Course will recertify participants in Lifeguarding, CPR & AED, and First Aid.

|                |       |
|----------------|-------|
| Member Fee     | \$180 |
| Non-Member Fee | \$240 |

1/31 & 2/7 1p–6p



# HEALTHY LIVING

## Aquatics, Adult Classes

### AIR FORCE SPECIAL OPS SWIM CLINIC

The Air Force Special Ops Swim Clinic is designed to improve stroke mechanics, functional swimming ability, and to reduce standard times for all service members. The purpose of the clinic is to increase completion potential for PJ/CCT/SOWT/TACP/SERE/EOD Special Ops to prepare for the (PAST) Physical Ability Stamina Test. The clinic's curriculum focuses on a 500 Meter surface swim incorporating freestyle, breast-stroke, and sidestroke. The goal of this program is to help Special Ops recruits expand their potential success rates and lower maximum time limits. See Aquatics Director for details.

\$5 clinic cost per each session attended

### YMCA AQUATICS ARTHRITIS FOUNDATION DRC

Small Pool. A recreational class in our heated pool for adults with any type of arthritis. Participants may attend 3 classes.

|                                     |                  |
|-------------------------------------|------------------|
| Monday, Wednesday & Friday          | 8:00 - 9:00 am   |
| Monday, Tuesday, Wednesday & Friday | 11:30 - 12:30 pm |
| Member Fee                          | \$58             |
| Non-Member Fee                      | \$120            |

### AQUACIZE DRC

Small Pool. Aquacize stretches and tones your muscles with a low-impact, movement-based workout. Participants need not be accomplished "swimmers" to aquacize.

|                      |                |
|----------------------|----------------|
| Monday and Wednesday | 7:00 - 7:45 pm |
| Member Fee           | \$58           |
| Non-Member Fee       | \$120          |

### FIT & SWIM DRC

Main Pool. Exercise in the pool to stretch and tone your muscles. Both shallow and deep end used.

|                            |                |
|----------------------------|----------------|
| Monday, Wednesday & Friday | 9:00 - 9:45 am |
| Monday, Wednesday & Friday | 1:00 - 1:45 pm |
| Member Fee                 | \$58           |
| Non-Member Fee             | \$120          |

### ADULT SWIM LESSONS DRC

Small Pool. This program is designed to teach adults how to swim. Participants should be "beginners" with little or no swimming ability or experience.

|                         |                |
|-------------------------|----------------|
| Thursday - beginner     | 7:00 - 7:45 pm |
| Thursday - intermediate | 6:15 - 7:00 pm |
| Member Fee              | \$69           |
| Non-Member Fee          | \$129          |

### No Sweat! DRC

Main Pool. Work on your aerobic conditioning and muscle endurance by using the water's natural resistance.

|                            |                 |
|----------------------------|-----------------|
| Monday, Wednesday & Friday | 9:45 - 10:30 am |
| Member Fee                 | \$58            |
| Non-Member Fee             | \$120           |

### WATER EXPRESS DRC

The fitness benefits of water exercise are many. This faster paced workout is designed to strengthen your heart and lungs as well as your muscles. You don't need to be a swimmer to enjoy the power of the water in conditioning your body to be strong.

|                      |                |
|----------------------|----------------|
| Monday and Wednesday | 7:45 - 8:30 PM |
| Member Fee           | \$58           |
| Non-Member Fee       | \$120          |

### YOQUA DRC

The pool is an amazing place to experience the many benefits of Yoga. It allows access to individuals that find Yoga on a mat challenging. The feeling of weightlessness in the water takes the stress out of challenged joints. For more information on class times and registration please contact Kara Olson 508.362.6500 x103. Classes start January 6th.

|                |                        |
|----------------|------------------------|
| Tuesday        | 10:45 - 11:30 am       |
| Sunday         | 2:45 - 3:30 pm         |
| Member Fee     | FREE                   |
| Non-Member Fee | \$15 per class drop in |



Look for the Diabetes Resource Center Initials **DRC** next to low impact classes that help to foster a healthier lifestyle.

# HEALTHY LIVING

## Member Group Fitness Classes Current schedule available in Welcome Center

### AIKIDO

All Fitness Levels Welcome

Beginner Aikido is a Japanese martial art that helps you discover your power and control within. Aikido increases strength and flexibility and gives you confidence. It does not rely on power and strength, just self-control.

### BODY SCULPT

All Fitness Levels Welcome

Join a group exercise instructor on 60 minute body sculpt. This is a total body workout with light weight resistance. Join the instructor for a fun toning workout using your arms, legs, back, and abs.

### BOOTCAMP

All Fitness Levels Welcome

"Non-Aerobic" class integrates the latest technology utilizing gliding disks and flex body bars. Build core strength and improve overall muscle tone. Classes provide lots of variety and are adapted to the needs and abilities of participants.

### CARDIO KICKBOXING

All Fitness Levels Welcome

Cardio portion includes punches, kicks, and jabs to create a dynamic fat burning workout with circuit training for all over body toning.

### CORE YOGA DRC

All Fitness Levels Welcome

The yoga class lead by Sheri Boyle will emphasize core (belly & back). Explore traditional yoga postures and breath work using a variety of props. This class fosters a sense of freedom and a deeper connection to one's self.

### CYCLE & YOGA DRC

All Fitness Levels Welcome

This class is 45 minutes of cycle that then transitions to 45 minutes of Yoga. If you are looking for something new to try, this is the class for you.

### ENERGIZE STEP

All Fitness Levels Welcome

A low impact cardiovascular workout with the benefit of a step to increase body strength and burn more calories.

### GENTLE YOGA FLOW DRC

All Fitness Levels Welcome

A gentle flow class that incorporates a series of classic yoga poses with breath work and mindfulness. Focus on building strength and flexibility through proper alignment and your own body weight.

### CORE

All Fitness Levels Welcome

This class is designed to improve strength and stability to your core with a hardcore class revolving around abs and back exercises. This class will improve overall balance and stability for your everyday health and well-being.

### INSAINITY

All Fitness Levels Welcome

This intense HIIT cardio class that incorporates cardio, plyo and core exercises to get your body into INSANE shape.

### KILLER ABS

All Fitness Levels Welcome

This class uses standing exercises as well as mat work to engage all aspects of the core. Weights will accompany some exercises and there will be stretching at the end of class. This is a perfect class for anyone looking to strengthen their core.

### FIT FOR LIFE: EXERCISE PROGRAM DRC

All Fitness Levels Welcome

A class for seniors emphasizing balance/fall prevention, stretching, and strengthening exercises to increase muscle mass and deter osteoporosis. Meets in the Xergames Room.

### FIT FOR LIFE: CHAIR YOGA DRC

All Fitness Levels Welcome

This class is specially designed to help with such ailments as arthritis, back pain, headaches and sleep problems common in the over 50 crowd. Gentle yoga postures, stress-reducing breathing techniques and meditation practices produce an overall feeling of well-being. Meets in the Xergames Room.



### LOW IMPACT AEROBICS DRC

All Fitness Levels Welcome

This low impact, calorie-burning workout will have your toes tapping and your heart pounding. This class combines classic aerobic moves with creative circuit training for all over body toning.



# HEALTHY LIVING

## Member Group Fitness Classes Current schedule available in Welcome Center

### **NIA INTERVAL DANCE DRC**

All Fitness Levels Welcome

A dynamic cardiovascular workout combining dance, martial arts and yoga mixed with intervals of strength. Improve mobility, flexibility and balance while having fun to soul-stirring music.

### **PARKINSON'S DANCE & EXERCISE CLASS DRC**

This entertaining exercise and dance class specifically benefits people with Parkinson's disease. The class focuses on balance, coordination, flexibility, and gait through easy to follow simple movements that are fun and in a relaxed environment. This class involves chairs and every day attire is welcomed, so leave your workout attire and put on your comfy shoes for a great class that will connect you with others while listening to a variety of music from the '30s to the '90s.

### **PILATES DRC**

All Fitness Levels Welcome

This hour-long class focuses on breathing, technique and postures created by Joe Pilates. Beginner and advanced times available.

### **POWER HOUR/POWERSCULPT**

All Fitness Levels Welcome

This is an overall body-toning program with concentration on the large muscle groups.

### **THERAPEUTIC CHAIR DRC**

All fitness levels welcomed. This class will build strength, improve range of motion, improve balance, and flexibility. The class will utilize dyna-bands, resistance tubes, and weighted balls in a variety of exercises to improve overall health and well-being.

### **S.P.I.N.**

**(Sweat, Plyometrics, Intervals, Ninety Minutes)**

Advanced Level

Join a cycle instructor and a personal trainer for this cardio and resistance training all in one! Fifteen minutes cycles of spin in rotation with a bootcamp style workout for a 90 minute duration, the ultimate interval training.

### **Y CYCLING**

All Fitness Levels Welcome

Cycle through a self paced workout modified to your own speed and resistance level. Great music creates a ride filled with sprinting, jumping, uphill climbs and straightaways. Please arrive 10 minutes before class for bike set-up. Bring water and a towel.

### **Y CYCLING – 90 Min. Ride**

Advanced Level

More of what you love. Instructors will guide you on this extended ride, endurance is a must! Please arrive 10 minutes before class for bike set-up. Bring water and a towel.

### **Y CYCLING INTRO DRC**

Beginner Fitness Levels Welcome

Tailored to the beginner, featuring fewer jumps, short standing climbs, and lower RPMs. Y Cycling offers a great calorie burning workout without the high impact on the back, hips and knees. Bring water and a towel.

### **YOGA BASICS DRC**

All Fitness Levels Welcome

A complete introduction to the building blocks of yoga practice. Learn enhanced self-awareness through breathing techniques, yoga postures, meditation and relaxation skills. Perfect for those new to yoga and ongoing students.

### **YOGA FLOW DRC**

All Fitness Levels Welcome

This more challenging style of yoga blends continuous movement with longer holding of traditional postures.

### **ZUMBA® DRC**

All Fitness Levels Welcome

The goal is simple: We want you to want to work out, to love working out, to get hooked. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

### **ZUMBA TONING® DRC**

All Fitness Levels Welcome

When it comes to body sculpting, ZUMBA TONING® raises the bar! It combines targeted body sculpting exercises and a high energy cardio workout with Latin infused Zumba moves to create a calorie-torcing, strength-training dance fitness party.

### **ZUMBA STEP® DRC**

All Fitness Levels Welcome

Join this great class! Incorporate use of the Step to enhance toning and strengthening for your legs and glutes. All of the Zumba® fitness-party fun you love.



# HEALTHY LIVING

## Specialty Classes

### CARDIAC TRANSITION PROGRAM DRC

This program is for individuals transitioning from cardiac rehabilitation. A Certified Personal Trainer will provide structured workouts based on individual needs. The program will begin with an hour long orientation. Each participant will then meet one-on-one with the instructor to design an exercise plan. Bring your latest reports as well as a medical release form from your doctor.

|             |                  |
|-------------|------------------|
| Friday      | 10:00 - 11:00 am |
| Members Fee | \$83             |
| Non-Members | \$124            |

### CYCLE BOOT CAMP

All Fitness Levels Welcomed

A class designed to give a total body workout while transitioning from bikes to weights.

|             |                 |
|-------------|-----------------|
| Saturday    | 9:30 - 10:30 am |
| Members Fee | FREE            |
| Non-Members | \$84            |

### HEALTHY START BARIATRIC EXERCISE PROGRAM DRC

For people who have had or will have gastric bypass or lap band surgery and everyone who needs to lose at least 50 pounds for health reasons. For more information call Patience 508-362-6500 x136.

|                    |                |
|--------------------|----------------|
| Tuesday & Thursday | 5:30 - 6:30 pm |
| Members Fee        | \$36           |
| Non-Members        | \$62           |

### LIVESTRONG AT THE YMCA

This is a free 12-week program for cancer survivors. This specifically designed program delivered by trained staff in a small group setting will help survivors regain strength, overcome fatigue, and increase flexibility. Our Y is committed to serving individuals and families living with through and beyond cancer. Our Y creates a safe environment where survivors can participate in physical and social activities that address their special wants, needs, and interests.

Next sessions: May 2015.

Graduation of current session: March 31, 2015 11:00 am

Please Call to register or sign up online!

508-362-6500 X 106

|                 |      |
|-----------------|------|
| Member Fee:     | FREE |
| Non-Member Fee: | FREE |

### PARKINSON'S DANCE & EXERCISE CLASS DRC

This entertaining exercise and dance class specifically benefits people with Parkinson's disease. The class focuses on balance, coordination, flexibility, and gait through easy to follow simple movements that are fun and in a relaxed environment. This class involves chairs and every day attire is welcomed, so leave your workout attire and put on your comfy shoes for a great class that will connect you with others while listening to a variety of music from the '30s to the '90s.

|                 |      |
|-----------------|------|
| Member Fee:     | FREE |
| Non-Member Fee: | \$42 |

### YMCA DIABETES PREVENTION PROGRAM (YDPP)

Participants gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderation physical into their daily lives. This class is led by a trained Lifestyle Coach for a 1-year program. The yearlong lifestyle change is divided by 16 weekly sessions followed by 8 monthly sessions. The program goal is to reduce body weight by 7% and to increase physical activity to 150 minutes per week. To learn more about this program please contact Patience 508-362-6500 x 136 or pcabrera@ymcacapecod.org

1 OUT OF 3 U.S. ADULTS  
HAS PREDIABETES,  
ONLY 11% KNOW  
THEY HAVE IT.

# HEALTHY LIVING

## Specialty Classes

# INCREASE YOUR VITALITY

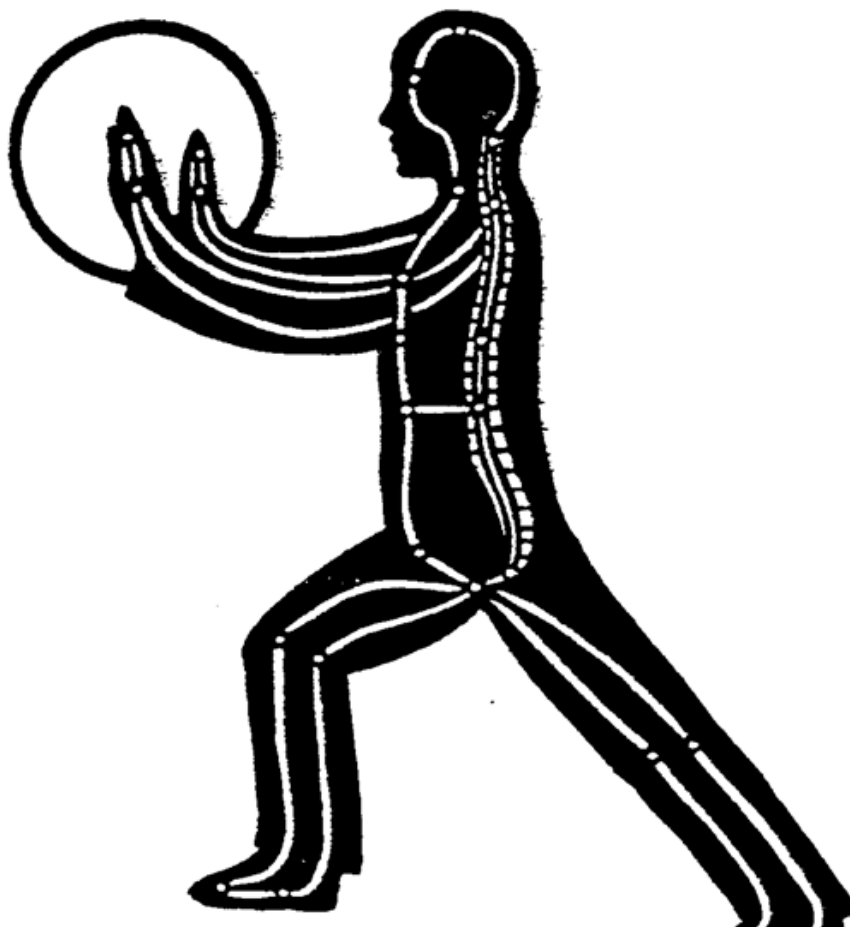
### TAI CHI DRC

Tai Chi is a class designed to increase your vitality, improve your overall balance and encourage relaxation. This ancient Chinese martial art- like a moving meditation-enhances overall health and wellness. Instructors: Roberta Walcutt D.C., Mark Walcutt D.C

Tuesday 6:15pm-7:15pm

Members FREE

Non-Members \$137



# HEALTHY LIVING

## Wellness Classes

### AIKIDO

See description on page 19

Member Fee Free

Non-Member Fee \$42

### KARATE

Kelley's School of Karate provides a creative approach to self-defense and self-discipline. Taught by Daniel Kelley, a master instructor in the art of Tang Soo Do. Students follow a curriculum that is based off of the Eight Key Concepts of Tang Soo Do, as well as the Student Creed. They are encouraged to take the teachings of self-discipline that they learn throughout their classes and apply it to their everyday lives, at work, school and home. Class meets twice per week.

Tuesday 7:45 - 8:45 PM

Saturday 12:00 - 1:00 PM

Member Fee \$70

Non-Member Fee \$137

### NUTRITION SESSION DRC

Interested in healthy eating? Sign-up today for an appointment with our registered diet technician to discuss healthy eating habits, meal plans, caloric intake, and a fitness assessment. Prices are per hour.

Members Fee \$47

Non-Members \$74



Look for the Diabetes Resource Center Initials **DRC** next to low impact classes that help to foster a healthier lifestyle.

HEALTHY LIVING

GROWING  
STRONGER  
TOGETHER

Achieving your goals with personal training.

**Personal Training**

**SMALL GROUP PERSONAL TRAINING DRC**

Interested in coming to the Y Wellness Center but want a buddy? Our Certified Personal Trainers will help you achieve your goals with a small group of friends (up to 4 people in a group). All fitness levels welcomed. By appointment only.

Call 508-362-6500 x 106

**PERSONAL TRAINING DRC**

Whether you are a beginner or an accomplished athlete you can increase your fitness performance and learn techniques that will help to prevent injuries and improve your overall fitness level. Our personal trainers will help you set-up an individual, realistic and reasonable program designed with fun and effectiveness in mind. You may choose to book your training in half hour sessions. Call 508-362-6500 X117.

|                |       |        |         |
|----------------|-------|--------|---------|
|                | 1 hr. | 3 hrs. | 10 hrs. |
| Member Fee     | \$49  | \$136  | \$421   |
| Non-Member Fee | \$77  | \$217  | \$622   |

**FITNESS ASSESSMENT DRC**

Not sure where to begin? A fitness assessment will give you the information necessary to determine the best and most effective exercise program to achieve the results you are looking for. This assessment will test your current:

1. Body Composition (fat/lean ratio)
2. Cardiovascular Endurance
3. Flexibility Level
4. Muscular Strength and Endurance

This service is available only by appointment; call 508-362-6500 x117 for more information.

|                |      |
|----------------|------|
| Member Fee     | \$31 |
| Non-Member Fee | \$62 |



# HEALTHY LIVING

Diabetes Resource Center

## YOU CAN TAKE CONTROL OF YOUR DIABETES

**The YMCA Cape Cod is here to help you as you seek healthier options and support you as you take control of your diabetes.**

### LOOK FOR THE DIABETES RESOURCE CENTER INITIALS

Look for the Diabetes Resource Center Initials **DRC** next to low impact classes that help to foster a healthier lifestyle.

### ALL ABOUT YOU!!!

Need to talk to someone about managing your diabetes? Not sure where to go to get the help you need? Schedule a one-on-one appointment to discuss your diabetes with our nutritionist and get the help you need.

### CONTACT INFORMATION

For more information or to set up an appointment with our nutritionist, please call (508)362-6500 x107, or email [loreilly@ymcacapecod.org](mailto:loreilly@ymcacapecod.org).



### HELP DRC

HELP is a collaboration of Cape Cod institutions working to provide healthy, enlightened lifestyle programs which encourage positive and balanced life choices.

**The Diabetes Resource Center (DRC) is a free service to the community made possible by the generous support of the Weny Charitable Trust.**







**YMCA CAPE COD**  
2245 Iyannough Road  
West Barnstable, MA 02668

[www.ymcacapecod.org](http://www.ymcacapecod.org)



# **JOIN US FOR BREAKFAST WITH SANTA**

**Saturday, December 13th**

**Call 508.362.6500 x 350 to make a  
reservation NOW... space is limited!**

