



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ENSURE A BRIGHTER FUTURE

Fall Program Guide  
CLEVELAND COUNTY  
FAMILY YMCA



Visit [clevecoymca.org](http://clevecoymca.org)

# MAKING A DIFFERENCE

**Our Mission is helping all people reach their God given potential in spirit, mind and body.**

The Cleveland County Family YMCA makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves health and well-being, and provides opportunities to give back and support neighbors.



# BRING FAMILIES TOGETHER



## Membership Information

Visit [www.clevecoymca.org](http://www.clevecoymca.org) for more information.

### Dover Foundation YMCA

MEMBERSHIP TYPE	MONTHLY RATE	ANNUAL RATE	MONTHLY MEMBERSHIP PLUS
FAMILY	\$66	\$792	\$76
ADULT	\$42	\$504	\$47
SINGLE PARENT FAMILY	\$51	\$612	\$56
SENIOR	\$35	\$420	\$40
SENIOR FAMILY	\$59	\$708	\$64
STUDENT (FULL-TIME)	\$31	\$372	\$36
TEEN (13-19)	\$24	\$288	\$29

### Kings Mountain Family YMCA

MEMBERSHIP TYPE	MONTHLY RATE	ANNUAL RATE	MONTHLY MEMBERSHIP PLUS
FAMILY	\$53	\$636	\$76
ADULT	\$41	\$492	\$47
SENIOR	\$36	\$432	\$40
STUDENT (FULL-TIME)	\$25	\$300	\$36
TEEN (13-19)	\$15	\$180	\$29

### Ruby C. Hunt YMCA

MEMBERSHIP TYPE	MONTHLY RATE	ANNUAL RATE	MONTHLY MEMBERSHIP PLUS
FAMILY	\$66	\$792	\$76
ADULT	\$42	\$504	\$47
SENIOR (60 & UP)	\$35	\$420	\$40
SENIOR FAMILY	\$49	\$588	\$59
STUDENT (FULL TIME)	\$31	\$372	\$36

### Global Membership

MEMBERSHIP TYPE	MONTHLY RATE	ANNUAL RATE
SINGLE ADULT	\$100	\$999
FAMILY	\$120	\$1300

### Global Membership

Enjoy membership at any of the Cleveland County Family YMCA locations, plus golf.

# A YMCA STORY

## Helping our Community's Youth

A lot of people know Gardner-Webb golf coach Tee Burton. During his collegiate career at the University of North Carolina, Burton was a two-time all-Atlantic Coast Conference selection, an All-American and was honored as one of 51 golfers named to the league's All-50th Anniversary team. Following his college career, Burton was a regular on professional tours and competed at the PGA Tour Qualifying School seven times. The former Cleveland County Amateur champion was an all-state performer at Crest High School. In his first prep match, Burton earned mention in the "Sports Illustrated" Faces in the Crowd section after posting two eagles and two birdies in four consecutive holes.

Burton is known as an exceptional teacher and relates well with young players. Burton, 43, and his wife Amanda reside in Shelby, with their two sons, Trey and Reed.

Tee Burton, Gardner-Webb golf coach, was awarded "the 2010 YMCA Volunteer of the Year" for his tireless work in blending YMCA principles with Riverbend's golf program.

"I grew up out at Riverbend. My parents still live right there on the golf course so it's been a big part of my life for as long as I can remember," he says. "I grew up with that being my babysitter."

Decades later, Riverbend remains a key part of Burton's life. "I've been the board chair out there the last couple of years."

"I've been part of the First Tee which they've gotten started in the last few years," says Burton. "The First Tee is a youth organization that uses golf, introduces them to golf, but golf is really a small part of what The First Tee does. They have leadership qualities, honesty, respect, a lot of things, the core values that they try to teach and develop leaders through golf, the way the Y does through their different programs."

"It's nice to be able to give some people the opportunity to have golf be a part of their life," states Burton.

Burton is a strong believer in YMCA principles. "The Y has been such a big part of so many young peoples' lives," he says. "It's such a great influence on young people today when there are so many other roads they can go down. Getting them involved with any part of the Y has nothing but a positive impact on all of those futures."



Children and young adults are centric to Burton's ethic. He commented, "Kids are so smart and as long as you give them a little bit of leadership and a little bit of guidance, it's just amazing what they can do. The Girls Club, the Y and hopefully the First Tee, That's what we're kind of modeling the First Tee after, so many things that the Y and the Girls Club have already accomplished."

Of the age groups, Burton says, "The youngest is eight through seniors in high school. There are a lot of different scholarship avenues for kids through The First Tee." He adds, "It's been a great marriage with the Y and The First Tee program. It's going to be huge. We've got it started and it's going to get rolling here in the next couple of years."

Growth is high on Burton's priority list. "We're trying to get some things into the schools so you can do things through all the Ys. Right now, it's (The First Tee) at Riverbend but it's going to start spreading. One of the things we're trying to do is get some after school things going."

"A lot of people don't realize that Riverbend is as big a part of the Y as it is. We need to be a little more proactive in introducing Riverbend to the Y membership; have them take advantage of it."

# KINGS MOUNTAIN FAMILY YMCA

211 North Cleveland Avenue  
Kings Mountain, NC 28086  
(704) 739-9631

## FAMILY

### KINGS MOUNTAIN FAMILY YMCA AFTER SCHOOL EXTREME 2011

#### K-8th grade

The YMCA's After School Extreme Program provides a safe, fit and fun environment for children to spend their afternoons. We pick up at all Kings Mountain City Schools including Kings Mountain Middle School. Children have fun in guided recreation and physical challenges, enjoy making and eating nutritious snacks, developing lasting friendships, find their creative sides with arts and crafts projects, get involved in their community with volunteer projects and develop age-appropriate skills. Our counselors model and reinforce the values of caring, responsibility, honesty, respect and faith in God. Ask about our Year Round Care. Please Call Heather Wilson for more information at (704) 669-3684.

**Time:** 2:45 – 6pm

**Cost:**

**Full Week:**

**YMCA Member: \$135 a month**

**Non Member: \$208 a month**

## SPORTS

For more information about our Sports programs please contact: John Maynard, Sports Director at 704-669-3687 or jmaynard@clevecoymca.org.

### FALL BASEBALL AND SOFTBALL

**Ages: 3-12**

We will be offering T-ball for boys and girls ages 3-4, coach pitch for boys and girls 5-6, and softball and baseball separately for boys and girls ages 7-12.

**Registration Dates: August 1-September 10**

**Cost: \$25 Members, \$40 City Residents, \$50 Non City Residents**

### FALL SOCCER – COED

**Ages: 3-13**

We will have a Lil' Kicks league for ages 3-4 where we will focus on teaching the fundamentals of the game and getting your child acquainted with the game of soccer. We also offer a 6 and under league, 9 and under, and 13 and under.

**Registration Dates: August 1-September 10**

**Cost: \$25 Members, \$40 City Residents, \$50 Non City Residents**

### FLAG FOOTBALL – COED

**Ages: 6-11**

Join us for our second season of Flag Football at the YMCA. We will be offering a league for 6-8 year olds as well as a 9-11 year old league.

**Registration Dates: August 1-September 10**

**Cost: \$25 Members, \$40 City Residents, \$50 Non City Residents**

### CO-ED ADULT VOLLEYBALL

Come join us for our newest adult sports program. We will have a recreational 6 v. 6 coed adult volleyball league ages 18 & up. You must have a minimum of 6 players on your roster and a maximum of 10, with at least 2 women on the court at all times. This is a great way to get out and have fun and meet new people at the YMCA.

**Registration: Sept 6-Sept. 25**

**Program Dates: Oct 4- Nov. 25**

**Fee: \$175 per team**

### WINTER BASKETBALL

Our basketball league will be for children of all ages from 3-18. Don't miss the opportunity to for your child to improve their basketball skills, as well as meet new friends and learn great YMCA values.

**Registration: Oct. 24-Nov. 27**

**Program Dates: December-February**

**Fee: \$25 for members; \$40 for city residents; \$50 for non city residents**

### 1ST ANNUAL KINGS MOUNTAIN FAMILY YMCA GOLF TOURNAMENT

**Wednesday, October 12th @ 12:00 pm**

Prizes to the winning teams, closest to pins & longest drive prizes. Get a team together. All proceeds are used to fund the King Mountain YMCA WE BUILD PEOPLE campaign (financial assistance / scholarships). Volunteers are needed too! Contact Kevin Osborne at 704-669-3686 or e-mail kosborne@clevecoymca.org.

**Registration: 11 am – OPEN Driving Range, putting green and lunch.**

**Riverbend YMCA Golf Course in Shelby**

**Fee: \$50/player, Lunch provided (BBQ)**

**Sponsors: Hole Sponsors \$100**

**Corporate Sponsors - \$500 (includes one team and banner)**

**Title Sponsor - \$1000 (includes two teams, banner and signage)**

## WELLNESS

For more information about our Wellness program please contact: Taffy Allen, Wellness Director at 704-669-3689 or tallen@clevecoymca.org

### GROUP EXERCISE

**Ages: 8 and up**

Group Exercise classes allow participants to be led by a qualified, certified fitness instructor. We offer over 10 types of classes throughout the week, a variety of classes to choose from – Yoga, Flex, Pilates, Cycle, & Zumba® to name a few. Check out our schedule (\*note: schedule is posted monthly & subject to change)

### SILVERSNEAKERS

**Ages : Active Older Adults**

Silver Sneakers is a chair-based class that includes movement and strength while using weights, resistance bands and balls. See Group Exercise schedule for times & days.



## AQUA AEROBICS

**Ages: 8 & up**

This cardiovascular activity will give you a good workout, as a non-impact alternative, allowing participants the opportunity to move and exercise without stressing their joints.

## PERSONAL TRAINING

**Ages: 10 & up**

Looking for a more individualized workout focusing on your own personal fitness goals? Our nationally certified trainers are available to assess, evaluate, motivate, and educate you as they help you to reach your desired level of fitness. Please inquire at our Welcome Center about speaking to one of our trainers.

**1 on 1 Sessions = \$35.00**

**Six Sessions = \$200.00**

**30 minute sessions = \$20.00**

## SMALL GROUP PERSONAL TRAINING

**Ages: 10 & up**

Interested in personal training but want to get more “bang for your buck”? Small Group Personal Training teams you with 5-8 other participants as our nationally certified trainer takes you through a four week program to help improve your over-all fitness, and makes it more affordable.

**Offered in 8 week sessions**

**Cost: \$80 for 8 sessions (must sign up for all 8 and pay in advance)**

## FITLINXX

**Ages: 10 & up**

Fitlinxx is a FREE program offered to all members to allow them to log their exercises and activity, track their progress and see results. A Wellness Coach will set up and help to design a workout to meet your specific needs. This state of the art technology allows you to see your progress, be motivated and encouraged by your Wellness Coach and receive prizes as you achieve different levels.

## WORKPLACE WELLNESS

Making smart nutritional choices and getting activity on a daily basis will make for a long and healthy life. You and your place of business may wish to have one of our qualified Wellness Staff to come and speak. We can offer a wide variety of nutritional and fitness topics as well as provide an onsite class for your employees.

## ACTIVE OLDER ADULTS

Our senior population is “on the move”. If you love the water, we offer Aqua Aerobics, if you love to dance try Zumba® Gold. Silver Sneakers is a chair-assisted class focusing on muscular strength and endurance. Y members may also visit the Patrick Senior Center and participate in classes there. (see schedule for class days and times).



# RUBY C. HUNT YMCA

1322 Patrick Avenue

Boiling Springs, NC 28017

(704) 434-0441

## LIBRARY

For more information about our library program please contact Susan Smith at 704-669-3648 or [smith@clevecoymca.org](mailto:smith@clevecoymca.org).

### LIBRARY MEMBERSHIPS

From fiction to nonfiction, magazines, and children’s books, the Library at the Ruby C. Hunt YMCA offers free membership to anyone interested in borrowing library materials. The Library also offers free computer and Internet access. Copying, printing, and faxing is available for a nominal fee. Yearlong library programs focus on literacy, education, and overall well-being for individuals from 0 - 100. Sponsored by the library, we continuously sell some wonderful texts that cannot be currently used in our collection.

**Regular Hours/Days of operation:**

**Monday – Thursday (10:00 – 6:00).**

**We welcome both YMCA and Community Members to all sponsored events.**

### LIBRARY PROGRAMS

Join us as a variety of clubs meet for fun and fellowship. Current hobbies seen in the library include books, writing, scrapbooking and jewelry making. Individuals meet on a regular basis to learn more from one another, develop their skills, and share their talents.

**Days & Times: Rotating Monthly Schedule.**

**Please Call for More Information.**

**Cost: FREE (Supplies provided by the participant)**

### LET’S FLIPP!

In coordination with Afterschool Extreme and our local community play group, our new FLIPP (Families Linked in Partnership and Play) programming offers FUN opportunities for all. Come in and check out our monthly schedule of kids’ classes that range from wrestling to creative writing. Also look out for monthly events, game nights, holiday parties, movies, date nights, and more!!

### PRESCHOOL STORYTIME

Focusing on active play and fun books for kids, our preschool story time brings families together for reading, literacy development, and lots of giggling!

**Day & Time: Wednesdays at 10:30 am**

**Please Call for More Information.**

**Cost: FREE**

### COMMUNITY POTLUCK

Got mama’s favorite recipe that you would like to share? Bring a dish and join us for a wonderful time of great food and even better fellowship.

**Day & Time: First Thursday of Every Month at 11:30 am**

**Cost: FREE – YMCA and Community Members Welcome**

## WELLNESS

For more information about our Wellness program please contact Daniel Woodard at 704-669-3644.

### SILVERSNEAKERS

**Ages : Active Older Adults**

Silver Sneakers is a chair-based class that includes movement and strength while using weights, resistance bands and balls. See Group Exercise schedule for times & days.

## PERSONAL TRAINING

If you need a little extra help with your exercise routine, further guidance on eating right and the best exercises for you, or have some special health concerns and want more individualized attention, personal training may be right for you! Sign up with one of our certified personal trainers today!

**Days & Times: Available by Appointment Only**

**Cost:**

Number of Sessions	Member Cost	Non-Member Cost
1 One-on-One Session	\$45	\$65
8 One-on-One Sessions	\$320	\$440
12 One-on-One Sessions	\$420	\$600
24 One-on-One Sessions	\$720	\$1080

## YMCA COMMUNITY GARDEN

The Ruby C. Hunt YMCA, Broad River Community Church, and Crossroads Worldwide's Community Discipleship Home are excited to announce a new partnership for our community in 2011. The YMCA Community Garden will be located on the Ruby C. Hunt YMCA's property in Boiling Springs and offer opportunities for YMCA and community members to come together and produce locally grown food for the hungry in our community. Using raised planters and row gardens, this new project will grow in the coming years to provide food for our community's less fortunate. Please contact the YMCA if you would like to become involved with this exciting new initiative!

## GROUP EXERCISE CLASSES

**Ages: 15 Years and Up, 10-14 Years With a Parent**

Monthly, the Ruby C. Hunt YMCA offers numerous group exercise classes for all fitness and age levels. From kick boxing to Zumba®, yoga and step, Group Exercise classes offer fun fitness with a certified and trained instructor. Make sure you pick up a schedule at the beginning of each month so you don't miss all of the new and exciting classes the Y has to offer! Have a friend or family member who isn't a member of the Y? They can join you for any class by paying our \$7 guest fee!

**Days & Times: Schedules Vary.**

**Click here to view our current schedules.**

**Cost: FREE for Members**

**Guests: \$7**

## LIVESTRONG AT THE YMCA

**Age: 18 years and older**

An on-going 12 week program designed for cancer survivors who have become de-conditioned and fatigued from their treatment. Please call Rebecca Black at (704)484-9622 or Taffy Allen at (704)739-9631.



The goals of the program include:

- Improving strength and endurance
- Increasing flexibility and day-to-day activities
- Reducing the severity of therapy side effects
- Preventing unwanted weight changes
- Improve self esteem and energy levels

**Day and Time: please call for more information on upcoming class offerings.**

**Cost is FREE to all YMCA Members and Non-Members!**

## FITLINXX EXERCISING TRACKING

**Ages: 9 Years and Older**

Using the latest in technology and exercise tracking, FitLinxx helps manage your workout by providing you with real time feedback on the exercises your doing and keeping track of your physical activity. Wirelessly connect to machines throughout our facility, the FitLinxx system allows you to log every mile ran and weight lifted. FitLinxx is

set up during your Complimentary Wellness Consultation and is free for members. As you reach levels through FitLinxx you win prizes ranging from water bottles to t-shirts and hats!

**Days & Times: Set Up Available by Appointment Only, Included with Wellness Consultation**

**Cost: FREE**

## COMPLIMENTARY WELLNESS CONSULTATION

**Ages: 9 Years and Older**

Ensuring your success through exercise and fitness is at the heart of our work at the YMCA. All members are given one complimentary wellness consultation with a trained Wellness Coach as an opportunity for us to learn more about your fitness goals and what we can do to help you reach them. The consultation also includes set up in the FitLinxx system.

**Days & Times: Available by Appointment Only**

**Cost: FREE**

## CLIMBING WALL INSTRUCTION

Ready to try something new? Test your fear of heights? Work muscles you didn't know you could work? Try our Indoor Climbing Wall for a fun and exciting workout with one of our trained Climbing Wall instructors! Have a friend or family member who isn't a member of the Y? They can enjoy the Climbing Wall by paying our \$7 guest fee!

**Days & Times:**

**Tuesdays and Thursdays, 5 pm – 8 pm**

**Cost: FREE for Members**

**\$7 for Guests**

## FAMILY TIME

### YMCA EXTREME: AFTER SCHOOL CARE

**Ages: PreK – 8th Grade**

Lead in a supportive environment by trained staff, students participate in fun sports, games, crafts, and devotions. Climb our rock wall, spin some pucks on our air hockey table, participate in our free FLIP courses, or just get that homework finished with the help of experienced tutors. What better place to be than the YMCA? Information & paperwork available on line and at all of our Cleveland County YMCA branches. School transportation available from Springmore, Boiling Springs, and Thomas Jefferson Classical Academy Elementary Schools, and Crest Middle School campus.

**Days & Times:**

**Monday – Friday: 3pm – 6pm**

**August 25 – June 10**

**Cost:**

**3 Days per Week:**

**Members: \$81.00**

**Non-Members: \$125.00**

**5 Days per Week:**

**Members: \$135.00**

**Non-Members: \$208.00**

**PreK-5 Year Round Care:\***

**Members: \$214.00**

**Non-Members: \$318.00**

**6-8 Year Round Care:\***

**Members: \$222.00**

**Non-Members: \$331.00**

\*Cost Per Month. Year Round Care includes all Schools Out Specials, 5 Day After School Care, and Summer Camp Programs.

Some full day, weekly programming also available during particular school holidays. For questions about our Family Programs contact Susan Soule-Smith, Family Programs Coordinator at 704.669.3654 or ssmith@clevecoymca.org

## KID ZONE

**Ages: 5 – 12 years**

The YMCA is happy to offer complimentary childcare services to children of individuals with a Family Membership. Trained YMCA staff will care for your children while you exercise and meet other members. Activities for children include interactive games, arts and crafts, devotions, homework assistance, and much more.

### Days & Times:

**Monday-Thursday: 5:00 pm – 8:00 pm\***

**Friday: 5:00 pm – 7:00 pm**

**Saturday: 8:45 am – 11:30 am**

**Cost: Free with Family Membership, \$2 per child for Non-family Membership and guests.**

**Copy of policies and procedures available at the branch.**

## CHILD WATCH

**Ages: 8 weeks – 4 years**

The YMCA is happy to offer complimentary childcare services to infants and toddlers of individuals with a Family Membership. Trained YMCA staff will care for your children while you exercise and meet other members.

### Days & Times:

**Monday-Thursday: 9:00 am-11:30 am and 4:30 pm-8:00 pm\***

**Friday: 9:00 am-11:30 pm and 4:30-7:00 pm**

**Saturday: 8:45 am-11:30 am**

**Cost: Free with Family Membership, \$2 per child for Non-family Membership or guest.**

**Copy of policies and procedures available at the branch.**

\*Childcare is, from time-to-time, provided at earlier times throughout the week to accommodate an early group exercise class. Check with Child Watch and Kid Zone staff for more information. Please note: Child Watch and Kid Zone services are limited to 2 hours per day. Please ensure you are ready to pick up your child(ren) when Child Watch/Kid Zone closes.



## SPORTS

For more information on Sports programs please contact Daniel Woodard at 704-669-3644.

## GYMNASTICS

**Ages: 4 – 15**

YMCA Gymnastics teaches fundamental tumbling, cheers, chants, and dance. Classes are led by YMCA staff with years of gymnastics and dance experience. Beginner and advanced classes are offered based on child's age and years of experience.

### Days & Times:

**Beginner – Ages 4 – 10: Thursday 6:15 pm – 7:00 pm**

**Advanced – Ages 10 – 15: Thursday 7:00 pm – 7:45 pm**

**Session: September – May**

### Cost:

**Members: \$30 per Month**

**Non-Members: \$45 per Month**

## FALL SOCCER – COED

**Ages: 3-6**

We will have a Little Kicks Soccer Clinics for ages 3-6 where we will focus on teaching the fundamentals of the game and getting your child acquainted with the game of soccer. This is a great way to introduce your child to the sport and enjoy fellowship with other children. Registration Dates: August 8-September 9

**Season Dates: September 12 – October 17**

**Clinic Day/Times: Every Monday; 3-4 yr old 4:00 – 4:30 pm or 5:30-6:00 pm; 5-6 yr old 6:00-6:45 pm**

**Cost: \$25 Members & Town of Boiling Springs Residents; \$38 Non members**

## FALL BASEBALL AND T-BALL

**Ages: 4-6 T-ball; 7-8 coach pitch; 9-12 player pitch baseball**

The Fall is a great time to develop skills for children wanting to develop athletically in the sport of baseball. We are offering a great opportunity for children to participate in a program that is set of helping kids develop athletically as well as individuals. We hope you are interested and would love to have your child participate with us this Fall!

**Registration Dates: August 1-September 2**

**Cost: \$35 Members & Town of Boiling Springs Residents; \$45 Non members**

# DOVER FOUNDATION YMCA

411 Cherryville Highway  
Shelby, NC 28150  
(704) 434-0441

## SPORTS

For questions concerning sports contact Brad Gilbert, Sports Director at 704.669.3635 or bgilbert@clevecoymca.org.

## YOUTH BASKETBALL

**Ages: 3-18**

This league is designed to recognize that Every Child is a Winner by helping every child grow in their understanding and enjoyment of the sport.

**Registration: Oct. 13 – Nov. 13**

### Cost:

**Members: \$36**

**Non-Members: \$51**

## YOUTH CHEERLEADING

**Ages: 3-18**

An excellent opportunity to allow your daughter the opportunity to be involved in sports and have the ability to gain friendships that will last a life time.

**Registration: Oct. 13 – Nov. 13**

**Cost: Members: \$36**

**Non-Members: \$51**

## CHURCH (MS) BASKETBALL

**Ages: K – 8th grade**

Church Middle School Basketball Teams have the opportunity to play other churches in Cleveland County that will allow them to improve their skills and provide them with a great time to fellowship with others.

**Registration: Oct. 24 – Nov. 18**

**Cost: Team Fee: \$350**

## YOUTH INDOOR SOCCER

**Ages: 3rd – 12th grade**

A fun program ran during the winter months for the following ages: 3rd-5th grades, Middle School (6-8th grade) and High School (9-12th grade).

**Registration: Oct. 31 – Nov. 23**

**Cost:**

**3rd – 5th Grades: Member Fee: \$36/Non-Member \$51**

**6th – 8th Grades: Team Fee Only: \$360**

**9th – 12th Grades: Team Fee Only: \$360**

## MVP ADULT MEN'S BASKETBALL

Basketball for men age 30 and over who enjoy the game and who look for fellowship opportunities. A great way to continue your cardio program and to work on your game.

**Registration: Sept. 1 – Sept. 26**

**Cost:**

**Members: \$36**

**Non-Members: \$51**

## UNIQUE WOMEN'S BASKETBALL

"THE ONLY ONE OF ITS KIND". Basketball for women ages 18 and over who are no longer in school and wish to continue to play beyond the high school level. Opportunity to enjoy fellowship and participate in the only league of its kind in Cleveland County.

**Registration: Sept. 1 – Sept. 26**

**Cost:**

**Members: \$36**

**Non-Members: \$51**

## AQUATICS

For more information about our Aquatics program please contact Corby Haneline, Assoc. Executive Director at 704-669-3630.

### YOUTH GROUP SWIM LESSONS

1 Day per week      Members \$20 | Non-Member \$30

2 Days per week    Members \$30 | Non-Member \$45

3 Days per week    Members \$40 | Non-Member \$60

4 Days per week    Members \$50 | Non-Member \$75

Dolphins Swim Club      Members \$30 | Non-Member \$45

Session VIII    September 12 – October 8

Session IX      October 17 – November 12

Session X        November 21 – December 17

### PARENT CHILD SWIM LESSONS (LEVEL 1)

**Ages: 9-36 Months**

Description: A water enrichment class accompanied by their parents. This class is designed to introduce infants and toddlers to the aquatic environment.

**Times: Monday 4:00, Wednesday 4:00**

### PIKE & EEL SWIM LESSONS (LEVEL 2)

**Ages: 3-5 years**

Description: Participants will learn to comfortably go under water, float on front and back with support, and swim 10 yards. Participants will begin to increase their swimming distance without support.

**Times: Monday 4:30, Tuesday 6:00, Wednesday 4:30, Thursday 6:00, Saturday 9:00**

### RAY & STARFISH SWIM LESSONS (LEVEL 3)

**Ages: 3-5**

Description: Participants will begin to increase their swimming distance, stroke refinement, and breathing. Participants will be able to float on back for a minimum of 10 seconds.

**Times: Monday 5:00, Tuesday 4:00, Wednesday 5:00, Thursday 4:00, Saturday 9:30**

### POLLIWOG SWIM LESSONS (LEVEL 4)

**Ages: 6-12**

Description: Participants will increase their swimming distance with the introduction of different drills that will improve their freestyle and backstroke.

**Times: Monday 5:30, Tuesday 4:30, Wednesday 5:30, Thursday 4:30, Saturday 11:00**

### GUPPY SWIM LESSONS (LEVEL 5)

**Ages: 6-12**

Description: Participants will begin to increase swimming distance, continued stroke development of freestyle, backstroke, and begin working on dives.

**Times: Monday 6:00, Tuesday 5:00, Wednesday 6:00, Thursday 5:00, Saturday 11:30**

### MINNOW & FISH SWIM LESSONS (LEVEL 6)

**Ages: 6-12**

Description: Participants will continue to increase their swimming distance concentrating on form, technique and stroke refinement of all previously introduced strokes.

**Times: Monday 6:30, Wednesday 6:30**

### FLYING FISH & SHARK SWIM LESSONS (LEVEL 7)

**Ages: 6-12**

Description: Participants will increase proficiency and endurance of all previously introduced strokes and master the butterfly stroke.

**Times: Tuesday 5:30, Thursday 5:30**

### DOLPHINS SWIM CLUB: (LEVEL 8)

**Ages: 6-12**

Description: Participants will master racing starts, turns, and all four strokes (butterfly, backstroke, breaststroke, freestyle).

**Times: Tuesday 6:30, Thursday 6:30**



## CPR/AED

**Ages: 12 & Over**

Description: You will learn the techniques for CPR for the Professional Rescuer, and the use of an Automatic External Defibrillator. One-year certification.

**Dates: October 15, November 12, December 17**

**Times: 10:30-3:30**

**Cost: Members \$70 | Non-Member \$100 & will include First Aid**

## FIRST AID

**Ages: 12 & Over**

Description: This class covers injury assessment, bleeding control, fractures, strains, sprains, burns, care for shock and other medical illnesses. Two-year certification.

**Dates: October 15, November 12, December 17**

**Times: 8:00-10:15**

**Cost: Members \$70 | Non-Member \$100 & will include CPR/AED**

## YOUTH PRIVATE SWIM LESSONS

**Ages: 12 & under**

Description: Four (30) minute lessons will be set up between you and the instructor at your convenience.

**Cost: Members \$60 | Non-Member \$100**

## ADULT PRIVATE SWIM LESSONS

**Ages: 13 & older**

Description: Four (1) hour lessons will be set up between you and the instructor at your convenience.

**Cost: Members \$80 | Non-Member \$120**

## WATER AEROBICS

**Ages: 13 & older**

Description: We offer Deep Water, Basic, and Stretch and Tone. Please see the Group Exercise Schedule for more information.

## BIRTHDAY PARTIES

Parties include 45 minutes on the inflatable, 45 minutes in the pool, "I had my Birthday at the YMCA" T-Shirt, a host that will set up and conduct the activities you choose for your party, one (1) hour in the party room to enjoy food, cake, and open gifts, invitations, plates, cups, napkins, utensils, balloons, and Ice Cream.

**Cost: Members \$125 | Non-Member \$175**



## WELLNESS

For more information about our Wellness program please contact Corby Haneline, Assoc. Executive Director at 704-669-3630.

### LIVESTRONG AT THE YMCA

**Age: 18 years and older**

An on-going 12 week program designed for cancer survivors who have become de-conditioned and fatigued from their treatment. Please call Rebecca Black at (704)484-9622 or Taffy Allen at (704)739-9631.

The goals of the program include:

- Improving strength and endurance
- Increasing flexibility and day-to-day activities
- Reducing the severity of therapy side effects
- Preventing unwanted weight changes
- Improve self esteem and energy levels

**Day and Time: please call for more information on upcoming class offerings.**

**Cost is FREE to all YMCA Members and Non-Members!**



### YOUTH WELLNESS ORIENTATION

**Age: 10-14 years old**

All youth ages 10-14 must have this to be in our Wellness Area, whether downstairs weight room or upstairs room and track. This is the same as a regular orientation, just modified for youth. The member will be taught proper use of equipment, proper training techniques and can be set up on a workout plan. \*Members must be 10 years old to use the Wellness Area (See Youth Rules provided in the facility)

**Schedule: By appointment.**

**Cost: Free**

### FITNESS ASSESSMENT

**Age: 15 years and up**

An appointment that can include checking and/or monitoring one or more of the following: weight, blood pressure, heart rate, circumference measurements, body fat analysis, BMI, Hip to Waist Ratio, three minute step test for VO2Max, flexibility, an abdominal crunch test and a series of strength tests.

**Schedule: By appointment.**

**Cost: Free**

### PERSONAL TRAINING

**Ages: 10 years and up**

Do you need some extra motivation or advice to improve your fitness level? Schedule a session with a YMCA Personal Trainer. All of our trainers have a nationally recognized personal training certification (ACE, AFAA or YMCA) and years of fitness experience.

**Schedule: By appointment with trainer. More information available at the Welcome Center.**

**Cost: Level I Trainers: \$40 an hour; Level II Trainers: \$45 an hour. \$30 per ½ hour; Personal Training Packages available in increments of 8 sessions, 12 sessions and 24 sessions. Non-member pricing available.**

### GROUP EXERCISE

**Age: 15 years old and up**

We offer over 50 Group Fitness classes each week and some are appropriate for YOU! Classes include Cycling, Yoga, Kickboxing, Zumba, Water Aerobics and more! We have experienced instructors, all nationally certified by ACE, AFAA, SilverSneakers® or the YMCA. Come try a class!

**Schedule: See monthly schedule available at the Welcome Center and online at [www.clevecoymca.org](http://www.clevecoymca.org)**

**Children ages 10-14 may attend with a parent.**

**Cost: Free**

## FAMILY TIME

For questions about Family Programs contact, Shayne Collins, Senior Family Program Director at 704.669.3634 or scollins@clevecoymca.org.

## AFTER SCHOOL EXTREME

**Pre Kindergarten-8th grade**

Children participate in structured programming and homework time, as well as a variety of fun activities that include sports, swimming, wellness activities, games, crafts and more. Light snack is provided. Program runs with the Cleveland County Schools Calendar. Contact branch for currently list of schools that are included.

**Registration is ongoing**

**Monday-Friday, 3:00 pm-6:00 pm**

**Cost:**

**3 days per week- Members: \$81/month,**

**Non-members: \$125/month**

**Full week- Members: \$135/month,**

**Non-members: \$208/month**

## BIRTHDAY PARTIES

**Ages: 2 and older**

Join us for the best party ever! We offer several options and times to fit your needs. Packages include an hour in the party room and two 45-minute activities of your choice. Activities include swimming, inflatable obstacle course, basketball and more. A host is provided to help your party run smoothly and to bring the fun! Parties offered on Fridays, Saturdays and Sundays. Inquire at the branch for specific dates and times available.

**Cost:**

**Members: \$125/month**

**Non-members: \$175/month**

**\*Up to 20 guests, \$10 each additional guest.**

## CHILD WATCH

**8 weeks-5 years**

A safe and fun YMCA staff supervised area where parents with a Family Membership can leave their children to play and enjoy activities while they participate in programs or work out on-site for up to 2 hours per shift.

**Time: Monday-Thursday, 9:00 am-12:00 pm and 4:30 pm-8:00 pm**

**Friday, 9:00 am-12:00 pm and 4:30-7:00 pm**

**Saturday, 8:30 am-12:00 pm**

**Cost: Free with Family Membership, \$2 per child for Non-family**

## KID ZONE

**6-12 years**

Check your child in for fun and games while you work out! With ping pong, foosball, Wii, Dance Dance Revolution and more, Kid Zone is a safe and fun YMCA staff supervised area where parents with a Family Membership can leave their children to play and enjoy activities while they participate in programs or work out on-site for up to 2 hours per shift.

**Time: Monday-Thursday, 4:30 pm-8:00 pm**

**Friday, 4:30-7:00 pm**

**Saturday, 8:30 am-12:00 pm**

**Cost: Free with Family Membership, \$2 per child for Non-family Membership**

**\*Copy of policies and procedures available at the branch.**

## FALL FESTIVAL

**Ages 2-10 years**

Join us for free fall fun in October! With games, prizes, snacks and the inflatable obstacle course, you won't want to miss this event!

**Date: Date and time to be determined, contact the branch for more info in September.**

**Cost: Free program for the community, including Non-members.**

## FAMILY CAMP OUT

**Ages: All ages**

Join us for a night of family fun, food and fellowship in October! With games, swimming, food and fun family activities, this night promises to be one your family will enjoy and remember. Bring your tent and join us for a cookout, bonfire and s'mores!

Date and time to be determined, contact the branch for more info in September

**Cost:**

**Members: \$20 per family**

**Non-members: \$30 per family**

## TEENS

For questions please contact Crystal Johnson, Director for more information - (704) 482-8431 or cjohnson@clevecoymca.org

## BLACK ACHIEVERS PROGRAM

**Ages: For High School Students**

The YMCA Black Achievers program is a national college readiness program designed to help African-American and other teens of color set and pursue high educational and career goals.

Through academic support, career exploration and mentoring, YMCA Black Achievers programs help youth raise their academic standards, develop a positive sense of self, build character, explore diverse college and career options, and meet and interact with professionals of color who serve as role models to inspire them to greater heights. Please contact Crystal Johnson for more information - (704) 477-6181.

# GIRLS CLUB YMCA

821 West Warren Street

Shelby, NC 28150

(704) 482-8431

## GIRLS CLUB AFTER SCHOOL ENRICHMENT PROGRAM

**Ages: Grades K-8**

At the Girls Club, we care for girls! With so many demands on today's families, parents need all the support they can get. That's why the Girls Club is more than looking after girls. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the YMCA values of caring, honesty, respect, responsibility and faith.

The Girls Club meets all of your needs by providing safety, homework support, recreation and enrichment for your child afterschool. Our caring staff and well-rounded curriculum provide opportunities for your child to learn, grow, and thrive through participation in the arts, sports and community service projects.

**Time: Monday - Friday 2:30PM - 6:00PM**

**Cost: \$60 per girl per month with \$35 application fee**

**Cleveland County Family YMCA**  
 PO Box 2272  
 Shelby, NC 28151

**DOVER FOUNDATION YMCA**

411 Cherryville Highway  
 Shelby, NC 28150  
 (704) 484-9622

**KINGS MOUNTAIN FAMILY YMCA**

211 North Cleveland Avenue  
 Kings Mountain, NC 28086  
 (704) 739-9631

**GIRLS CLUB YMCA**

821 West Warren Street  
 Shelby, NC 28150  
 (704) 482-8431

**RIVER BEND YMCA GOLF CLUB**

3005 Longwood Dr.  
 Shelby N.C. 28152  
 (704) 482-4286

**RUBY C. HUNT YMCA**

1322 Patrick Avenue  
 Boiling Springs, NC 28017  
 (704) 434-0441

## WHERE OUR COMMUNITY COMES TOGETHER



### RIVER BEND YMCA GOLF CLUB

3005 Longwood Dr.  
 Shelby N.C. 28152  
 (704) 482-4286

**THE FIRST TEE OF CLEVELAND COUNTY JUNIOR GOLF**

Age: 8-17

The First Tee mission is to impact the lives of young people by providing educational programs that build character, instill life skill values, and promote healthy choices through the game of golf. They will be learning every aspect of the game and get to interact with other children. It is a great program to get your kids involved in.

**INDIVIDUAL LESSONS**

Individual Lessons are given by Trey Wyatt, Head Golf Professional. This is a great opportunity to receive one on one instruction with our PGA professional.

Age	Level	Day	Time	Dates
6-7	Target	Saturdays Tuesdays*	9:00 – 10:00 am 5:30 – 6:30 pm	Sept 24 - Nov 5 Sept 20 - Nov 1
8-17	Player /Par I (GIRLS ONLY)	Saturdays	10:30 – 12:00	Sept 24 - Nov 5
8-17	Par II/III	Saturdays Saturdays*	12:30- 2:00 pm 10:00- 11:30 pm	Sept 24 - Nov 5 Sept 22- Nov 3
8-17	Birdie	Saturdays	2:30- 4:00 pm	Sept 24- Nov 5

\* Program is at Challenger 3

Members- \$35 for Adults and \$20 for Children