



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND WHAT MOVES YOU

Stanly County Family YMCA



2023 MEMBERSHIP AND PROGRAM GUIDE

STANLY COUNTY FAMILY YMCA MEMBERSHIP



For Community

Welcome to the Y. We are an inclusive organization of men, women, and children joined together by a shared commitment to nurture the potential of kids, promote healthy living, and foster a sense of social responsibility.

Our Cause Defines Us

When we all work together, we know lasting personal and social change comes about. At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to ensure, regardless of age, income or background, everyone has the opportunity to learn, grow, and thrive.

Our Focus is Community

The Y is a non-profit like no other. That is because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but deliver, positive change.

- The Y is Community Centered.
- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow, and thrive.
- The Y has local presence and global reach. We mobilize local communities to effect lasting, meaningful change.

Our Impact is Felt Every Day

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. Our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.

Why the Stanly County Family YMCA?

- The Y is **OPEN TO ALL**. We offer financial assistance through our **OPEN DOORS SCHOLARSHIP PROGRAM** for those who cannot afford Y memberships and/or programs.
- When you join the Stanly County Family YMCA, you become part of a healthy community.
- In addition to the variety of programs and services we offer, such as aquatics, child care, fitness and sports, you may become active in your community by volunteering or participating in any number of outreach activities.
- The Stanly County Family YMCA is the largest AFTERSCHOOL provider in Stanly County.
- Both pools have certified and trained lifeguards on duty to ensure a safe, fun environment.
- Our wellness staff is certified, trained, and waiting to serve you.
- There are no contracts for membership.
- Members can receive a personalized exercise program.

For these reasons and many more - it all begins with becoming a member of the Stanly County Family YMCA!

Y LEADERSHIP STAFF

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FITNESS DIRECTOR

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Hours of Operation

Mon-Thurs	5:30am - 8:30pm
Friday	5:30am - 8:00pm
Saturday	8:00am - 1:00pm
Sunday	2:00pm - 5:00pm

Facility Closings

Easter Sunday
4th of July
Thanksgiving
Christmas Eve
Christmas Day
New Year's Eve

Modified Days

New Year's Day	8:00am-1:00pm
Good Friday	8:00am-4:00pm
Memorial Day	6:00am-Noon
Labor Day	6:00am-Noon
Black Friday	8:00 am-4:00 pm

STANLY COUNTY FAMILY YMCA MEMBERSHIP

Y MEMBERSHIP

The Stanly County Family YMCA is proud to be a smoke-free facility.

MEMBERSHIP RATES

Joining Fee: \$25

YOUTH (Ages 3-10)

\$17 monthly bank draft

- No Joining Fee

TEEN (Ages 11-17)

\$23 monthly bank draft

YOUNG ADULT (Ages 18-24)

\$40 monthly bank draft

ADULT

\$48 monthly bank draft

FAMILY/HOUSEHOLD

(2 adults + dependent children, up to age 24)

\$80 monthly bank draft

SENIOR ADULT (Ages 65+)

\$45 monthly bank draft

SENIOR FAMILY/HOUSEHOLD (Ages 65+)

\$70 monthly bank draft

The Joining Fee is a one-time fee paid at the time you sign your membership application. These funds are used to keep equipment and facilities in good repair and updated for members' enjoyment, safety, and comfort. Should a membership lapse for more than 30 days, one is subject to paying a joining fee upon returning as a member.

Membership rates are subject to change by the YMCA Board of Directors.

ALWAYS WELCOME IN EVERY COMMUNITY

Nationwide Membership enables Y members to visit any participating YMCA in the United States. This is valid for active, full facility Y members. Nationwide member visitors must use their home Y at least 50% of the time.

MEMBERSHIP PAYMENT

Bank Draft - An easy way to pay as you go! Your bank account is debited once per month. People wishing to start or stop their drafts can do so by completing forms at the membership desk. Bank draft memberships remain in effect until the Y has received a written request from the member to terminate the membership agreement. Notifications must be received five days prior to the scheduled draft.

Drafts returned to the Y as "Stop Payment" or "Account Closed" will result in immediate termination. Drafts returned for any other reason must be paid within two weeks of notification or membership will be terminated.

Bank draft memberships are perpetual with no expiration date. Members can choose to draft on the 1st or 15th of each month.

Annual Payment - Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check, MasterCard, Visa, Discover, and American Express.

Regardless of termination date, annual memberships are non-refundable.

SilverSneakers

This program enables people 65 and older, or Medicare eligible individuals, to take control of their health and well-being.



Eligible participants of the award-winning fitness program may qualify for a **FREE Y** membership through their insurance provider.

Individuals wishing to join SilverSneakers must first contact their health insurance provider to confirm their health plan qualifies for a free Y membership.

Silver & Fit/ Active & Fit



We are proud to also partner with American Specialty Health to offer the Silver & Fit

and Active & Fit programs to qualifying Medicare eligible participants. This program is designed to empower individuals to live healthier and longer lives.

Please contact the membership desk to see if your insurance plan is covered under either of these programs.

Renew Active

We are proud to also partner with Healthy Contributions to offer Renew Active program to those Medicare eligible individuals that qualify. Contact your medicare supplemental provider to inquire about the benefit of a **FREE Y** membership.



Wellcare

For Medicaid



The Y is excited to partner with Medicaid- Wellcare to provide **FREE** household and adult memberships for those eligible.

OPEN DOORS SCHOLARSHIPS

The Stanly County Family YMCA believes all people should have the opportunity to participate in Y programs and services; therefore, financial assistance is available subsequent to appropriate review. Financial documentation is required and must be updated yearly. ODS reviews are normally processed within a two-week period and applicants are contacted by phone or email.

KEY CARD ENTRY

Each member receives a barcoded key card. This card will allow the member access into the facility. All members must use their key card for entries into the Y.

GUEST POLICY

Each adult member and *teen (age 16+) will receive one guest pass each month. All guests must complete a guest waiver and present a picture ID. *Guests are allowed entry up to three times in a year. The guest must accompany the Y member at all times when in the facility. *Teen guests must be age 16+ with photo ID.

MOBILE APP

Download the **FREE** mobile app onto your smartphone to view updated schedules, programs, facility updates and check-in. Go to your app store and search for DAXKO. This will be the app to upload.

The Y conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the Y reserves the right to cancel membership, end program participation, and remove visitation access.

STANLY COUNTY FAMILY YMCA MEMBERSHIP

AGE RESTRICTIONS

All children under the age of 11 (5th grade and under) must be accompanied by a parent or responsible adult 18 years of age or older or be in a Y supervised program.

An adult must stay with children at all times.

Anyone 15 or younger must be with a parent if after 8:00 pm.

Adults may be asked to provide proof of age (driver's license).

MEMBER CODE OF CONDUCT

We expect everyone using the Y to behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct does not permit language or actions that can hurt or frighten another person or that fall below a generally accepted standard of conduct. Members should report any infraction to a Y director immediately.

The Y reserves the right to suspend or revoke a membership for good cause as determined by the CEO or the board of directors. The length of suspension will be determined by the same authority.

The actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facility or program:

- Using or possession alcohol or illegal chemicals on Y property, in Y vehicles, or at Y sponsored programs.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment or intimidation by words, gestures, body language, swearing, name calling or shouting.
- Inappropriate, immodest, or sexually revealing attire.
- Theft or behavior that results in destruction or loss of property.
- **Loitering within or on Y grounds.**
- Touching others inappropriately.

DRESS CODE POLICY

- No underwear/excessive skin showing.
- No shirts with vulgar, violent, drug or gang-related language or pictures.
- No bandanas covering face or gang related,
- Shirts and shoes must be worn while you're in the building except when you're in the pool areas.

CHANGING INFORMATION

Please keep the Membership Desk advised of your current home address, telephone numbers, and email address. Email newsletters are sent out to members to communicate Y activities and announcements.

LOCKERS

All items should be locked securely in a locker; however the Y cannot be responsible for valuables even if they are locked in a locker.

Full lockers and half lockers are available for rent in the Men's and Women's Fitness Locker Rooms.

Cost: Full - \$8/month; Half - \$4/month

Day lockers are available in all locker rooms. Members should bring a lock from home and remove it upon leaving the facility. Any locks left on the lockers overnight will be removed without notice. The Y is not responsible for items lost during lock removal.

MERCHANDISE FOR SALE

The Membership Desk carries a variety of fitness equipment to enhance your exercise program. You can purchase swim goggles, swim caps, water belts and water bottles.

In addition, the Membership Desk sells t-shirts, sweatshirts, and other Y apparel.

Prices vary - please see Membership Desk for details.

Merchandise is first come, first serve. Additional supplies will be added as needed.

PROGRAM REGISTRATION

No class or program registration will be taken over the phone. All fees are due at time of registration. Members may register in person or online, in advance for programs, classes, or sessions.

REFUND POLICY

The Y does not provide makeups, credits, or refunds for missed classes. The Y reserves the right to cancel any program. Refunds and/or credit will be issued for enrollment in a substitute class in the event a program is cancelled. Otherwise, it is Y policy not to refund programs or memberships.

VALUABLES/PERSONAL PROPERTY

The Stanly County Family YMCA is NOT responsible for lost or stolen valuables. We recommend you do not bring valuables with you to the Y.

Lock boxes are available at the Membership Desk to use free of charge.

FACILITY

- Cardio Fitness Center (ages 11 & older)*
- Strength Center (ages 11 & older)*
*Teen members 11-15 must attend equipment orientation with a parent.
- The RAPTOR Room (ages 16+)
- Gym with two courts
- Six-Lane Cool Water Pool
- Warm Water Pool
- Childwatch Program- Minnie's Place
- Chapel
- Three Conference Rooms
- Group Ex Studio
- Cycling Studio (Virtual Cycle)
- Yoga Studio
- Indoor Track
- Racquetball Court
- Male and Female Saunas
- Male and Female Steam rooms
- Locker Rooms for Youth, Families, and Special Needs Members
- 2 Adult Only Locker Rooms
- **Y Pavilion for Afterschool, Summer Camp and event rentals**

FACILITY EMERGENCY DRILLS

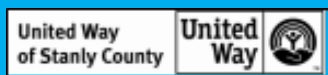
Emergency drills may be conducted during operational hours. During fire drills, everyone will be asked to evacuate the building. For other drills, members may be asked to exit the area where the emergency drill is occurring if that is part of the actual emergency plan. Your participation during these drills helps us evaluate and improve our emergency plans. Preparation for emergencies is key to providing a safe environment for our members and staff. Thank you for your cooperation and understanding.

STANLY COUNTY FAMILY YMCA CHILD CARE

OPEN DOORS SCHOLARSHIPS FOR AFTERSCHOOL AND SUMMER CAMP

Open Doors Scholarships are available for Y membership and the Y Afterschool Program, Summer Camp, and most Y programs.

Scholarships are supported by the Y Strong Communities Fund, United Way of Stanly County, and various grants.



To apply for a scholarship, complete the Open Doors Scholarship application, gather requested documentation, write a short letter explaining your circumstances, and return to the Membership Desk at the Y.

A sliding scale is used to determine scholarship amount.

The Open Doors Scholarship Program is made possible through the generous support of members and donors to the Strong Communities Annual Giving Campaign, grants, and special events.



Y AFTERSCHOOL

Register your child for our Afterschool Enrichment Program, operated by the Y in partnership with the Stanly County School System. This program provides quality care for your K-8th grader each afternoon until 6:00pm. The program is offered at Badin, Endy, Locust (students from Locust & Stanfield), Norwood (students from Aquadale & Norwood), Oakboro Choice, and YMCA (students from Central & East).

The Afterschool Program offers snacks, homework time, tutoring, arts and crafts, group games, fitness activities, character development, devotions, special events, individual activities, service opportunities for the school and Y, and so much more.

2023 (Jan-May) School Year Fees

Processing Fee:

\$0/Y Family Members

\$25/ Y Youth Members & Program Participants

Afterschool Fees for Badin, Endy, Locust & Norwood

Family Members: \$225/month Full-time
\$150/month Part-time

Youth Members: \$230/month Full-time
\$155/month Part-time

Non Members: \$245/month Full-time
\$170/month Part-time

Afterschool Fees for Aquadale, Central, East, Oakboro Choice & Stanfield

Family Members: \$200/month Full-time
\$130/month Part-time

Youth Members: \$205/month Full-time
\$135/month Part-time

Non Members: \$215/month Full-time
\$150/month Part-time

Full-Time: Any student attending four to five days of Afterschool each week. CREDITS FOR ABSENCES CANNOT BE GIVEN. Full days (vacation days, professional days, and holidays) are included in your monthly fees.

Part-Time: Any student attending afterschool 1-3 days each week. In order to staff appropriately, families must commit to certain days of the week. Vacation days, professional days and holidays are an additional cost of \$15/day.

School's Out

Let the kids stay at the Y on those days out of school. We are open at the **Y Pavilion and First Baptist Oakboro** on most teacher work days, vacation days and holidays. School's Out opens at 7:00 am until 6:00pm. Please register at least three days before attending. Cost per day is \$20 for Y members and \$30 for non-members. Those currently attending afterschool full-time need to register, but will not pay an extra fee. Those attending afterschool part-time must register and pay \$15/day.

Y SUMMER DAY CAMP

The Y Summer Day Camp has been voted the #1 Day Camp in Stanly County for the past ten years. Camp is a great way for your child to stay active this summer. Register your child for a summer they won't forget! Each week is filled with themed activities, camp songs, archery, gardening, arts & crafts, swimming, sports, team building, outdoors, character development, choice activities, devotions, surprise guests, field trips, crazy competitions, and chill time...to name just a few. In order to help campers keep their skills sharp and develop a love of reading, a literacy program is included in as part of the day also. Day camp exposes children to outdoor activities while developing social skills, good sportsmanship, confidence, self-reliance and strong Christian character. There are also plenty of opportunities for families to become involved in camp through programs, meals and at-home activities. A nutritious breakfast and afternoon snack is provided FREE to all campers.

Parents must provide a copy of their child's immunization records before the child can attend camp; these records must be turned in with the registration form.

Locations: Y Pavilion in Albemarle
Time: 7:00am-6:00pm Mon-Fri

Full-time and part-time options
Ages: Rising Kindergarten-Rising 8th grader

YMCA Summer Enrichment Camp

Location: Norwood First Presbyterian Church & First Baptist Oakboro

Time: 9:00am-1:00pm

Seven weekly sessions

Ages: Rising Kindergarten-8th grade

STANLY COUNTY FAMILY YMCA FAMILY SERVICES & SPORTS

Y CHILD WATCH

As a special service to members, the Y provides quality care in Minnie's Place for your child while you participate in a Y class, activity, or meeting. Members receive up to 2 free hours of child care daily while in the Y facility. Child Care is not available for those wishing to leave the facility unless it is exercise related. Advanced reservations must be made in order to be sure that Minnie's Place is adequately staffed. We ask you to sign-in your child(ren) upon arrival and let staff know where you will be in the facility. Parents must provide their own diapers and wipes. Also, please send snacks labeled with your child's name. To best serve your children, the Y asks you to make a Minnie's Place reservation in advance. For morning and early afternoon hours, advanced reservations must be made by 7:00pm the evening before. Afternoon and early evening hours, reservations must be made by 3:00pm that afternoon. If no reservations are made for a day, Minnie's Place will not open.

Minnie's Place Hours:

Monday – Friday

8:30am – 1:00pm

Reopen at 4:00pm – 7:30pm (closed Fri evenings)

Saturday Sunday

8:15am – 11:30am

CLOSED

Hours are subject to change if heavy or low usage is identified on a continual basis.

Y FAMILY TIME

Birthday Parties

Let us host your child's next birthday party at the Y. We have different parties from which to choose. All parties are led by experienced staff who love to host events. We can plan the entire party and provide food, or you can bring your own food if desired. For more information, contact the Membership Desk.



Family Dance

Date: Friday, February 10 6:30–9 pm

Dads, moms, grandmothers, grandfathers, uncles, aunts, or any caregiver are invited to bring their special child for an evening of memories. This will be a semi-formal dress attire event (Recommended: coat & tie for dads and sons, dresses for moms and daughters). Refreshments will be served along with music to dance the night away.



St Patrick's Day Movie Night

Luck of the Irish in the pool for families. Swim in the leprechaun enchanted pool, enjoy "Luck of the Irish" movie while floating among a sea of shamrocks.

Date: Friday, March 17th 7 pm

Last Day of School Movie Night

Come and celebrate your last day of school with a pool party, movie and food.

Date: Friday, June 9th 7 pm

Back to School Bash

We will be kicking off the school year with a morning for families to enjoy the last few days of summer with games, a bouncy house, prizes and ice cream. Sign-up for Y Afterschool at the event and we will waive the \$25 registration fee.

Date: Saturday, August 4 9 am–12 pm

Fall Fest/Haunted H2O

Join us for our FANG-Tastic Fall Festival filled with carnival games, face painting, pumpkin decorating, inflatables, prizes and more! If you dare, you may also dive into the spooky waters of the All Hallows Eve indoor pool! Food and drinks available for purchase.

Date: Saturday, October 28 4–6 pm

Annual Children's Christmas Shop

Bring the kids (and yourself) to the Y for a morning of shopping. There is always a great variety of vendors selling handmade items and other wonderful gifts. Everything is sold for \$10 or less!

Date: Saturday, December 2 9 am–1 pm

Y YOUTH SPORTS

At the Y, we offer a variety of sports throughout the year for a number of ages. Check out our options below & sign-up for our text updates by texting @stanlyymc to 81010.

Youth Sports focuses on providing a safe, fun, and educational experience for young athletes, coaches & parents. We invite parents to participate in the league by fulfilling constructive roles, making our leagues a family affair. Not only do we teach athletic skills, we also teach good sportsmanship that leads to good life skills.

Practices are held during the week, with most games on Saturdays. Each season ends with a celebration including pictures and medals.

***WINTER**

BASKETBALL Ages 3–8th grade

Registration opens: Oct & Nov
Seasons runs: Dec–March

Cost: \$35 Y Family Members
 \$50 Y Youth Members
 \$70 Non-members

***SPRING**

SOCCER Ages 3–12
VOLLEYBALL Ages 8–15
T-BALL Ages 3–6

Registration opens: Jan–Feb
Seasons run: March–May

Cost: \$35 Y Family Members
 \$50 Y Youth Members
 \$70 Non-members

***SUMMER**

FLAG FOOTBALL Ages 4–15
Registration opens: April–May
Season runs: June–Aug

Cost: \$35 Y Family Members
 \$50 Y Youth Members
 \$70 Non-members

STANLY COUNTY FAMILY YMCA AQUATICS

SPORTS CAMPS

Speed/Agility	Ages 7-14
Multi-Sport	Ages 7-14
Volleyball	Ages 8-14
Soccer	Ages 5-7
Soccer	Ages 8-13
Basketball	Ages 5-7
Basketball	Ages 8-13

Registration opens: April-May

Cost: \$45 Y Family Members
\$60 Y Youth Members
\$85 Non-members

*FALL

SOCCER	Ages 3-12
VOLLEYBALL	Ages 8-13
T-BALL	Ages 3-6

Registration opens: June-Aug
Seasons run: Sept-Nov

Cost: \$35 Y Family Members
\$50 Y Youth Members
\$70 Non-members



Y ADULT SPORTS

PICKLEBALL LEAGUES

Ages 13 and up

Continuous 8-week league throughout the year. Games will be played on Sunday, Tuesday or Wednesday evenings.

Cost: \$12 Y Members
\$45 Non-members



AQUATICS

Pool Hours:

Mon-Fri: 6:00am - 7:30pm
Saturday: 8:00am - 12:30pm
Sunday: 2:00pm - 4:30pm
*Pools close for deep cleaning M-F from 1-3 pm.

For the safety of our members and classes, pools are closed during thunderstorms and/or lightening for 30 minutes after each sound of thunder.

Pool Schedules

Schedules are available at the Membership Desk, the mobile app & the website.

Cool Pool (82-83 degrees)

This pool is 25 yards and is kept at 82-83 degrees year-round. Pool is closed during swim meets and one lap lane will be open during Second Grade Learn to Swim.

Warm Pool (87-89 degrees)

This pool is 25 yards and is kept at 87-89 degrees year-round. Pool #2 is NOT recommended as a lap pool. NO diving of any kind is permitted in this pool.

Swimsuit Policy

Only swimmers wearing appropriate swim attire may swim in pools. Denims, cutoffs, or any other type of shorts are not permitted.

Policies Regarding Children Using Pools

Infants and small children who are not potty-trained must wear a swim diaper.

Children under the age of 7 must have a parent in the water with them at all times.

Children ages 7-10 must have a parent in the pool area with them unless they are in a Y program.

Children ages 7 and older wearing a flotation device or children whose swimming ability is questionable will be restricted to the shallow water unless a parent is in the water with them.



American Red Cross Lifeguard Training and YMCA Lifeguard

Participants must be at least 16 years of age and pass a preliminary swim test to participate in class. Course includes CPR-AED and first aid training. Certification is granted after successful completion of all practical and written skills. Attendance and participation in all classes is required for certification. Course fee is due upon registration.

Dates:

-April 12-14 (reg opens Mar 12)
-June 14-16 (reg opens May 14)
-Sept 1-3 (reg opens Aug 1)
-Dec 28-30 (reg opens Nov 28)

Cost: \$200

Y WATER FITNESS

Studies show water helps prevent injury by cushioning and protecting bones and muscles during exercise. Your body weighs only 10 percent of its actual weight in water which makes pool exercise a stress free workout. The water's resistance forces muscles to work harder, making a workout more efficient in less time. Water exercise strengthens and improves body tone, keeps the cardiovascular and respiratory systems in good shape, and improves flexibility and coordination. Water Fitness classes are included in your membership.

Class Descriptions

JOINTS IN MOTION: Instructors will guide participants through a low impact warm water workout. Exercises are aimed at improving joint range of motion, reduce joint stiffness and pain. Great class for beginners, participants with back pain, arthritis or recovering from surgery.

ABC (AQUATIC BODY CONDITIONING) 45 minute cardiovascular workout performed in the shallow end of the pool. Designed for all levels.

AquaFIT: A shallow water workout in the warm pool. Class will incorporate a variety of equipment designed to increase your heart rate and tone muscles.

WATER WAKE UP: 45 minutes of intense aerobic exercise in the deep water using flotation belts.

AQUA FLEX AND TONE: A warm water class involving broad movements of the arms, legs, and torso.

STANLY COUNTY FAMILY YMCA AQUATICS

Swim Starters/Swim Basics

The Stanly County Family YMCA is proud to offer swim classes for all ages.

SWIM STARTERS: (Parent & Child)

Water Discovery: Level A

Ages: 6 months - 18 month

Introduces infants and toddlers to the aquatic environment

Water Exploration: Level B

Ages: 18 months-3 year

Focuses on exploring body positions, blowing bubbles, and fundamental safety & aquatic skills

SWIM BASICS:

Recommended skills for all to have around water.

Ages: 3-5 years, 6-12 years, and Adults

Water Acclimation: Level 1

Increases comfort with underwater exploration & Introduces basic self-rescue skills performed with assistance.

Water Movement: Level 2

Encourages forward movement in water and basic self-rescue skills performed independently.

Water Stamina: Level 3=

Develops stamina to swim length of pool and tread water while introducing front crawl and back crawl.

SWIM STROKES:

Skills to support a healthy lifestyle.

Stroke Introduction: Level 4

Introduces all four strokes, while building stamina to swim 50 yards at a time. Brings water safety to a new level with treading water longer and learning resting strokes.

Stroke Development: Level 5

Refines stroke technique and introduces sidestroke for water safety.

Stroke Mechanics: Level 6

Encourages a competitive track and healthy lifestyle. Teaches participants how to use swimming as a form of exercise.

Adult Learn-to-Swim: (Ages 12-100)

Beginning lessons designed to teach the basics of swimming.

SWIMMING 101:

Teen/Adult class that focuses on stroke development, stroke variation and endurance.

SWIM TEAM

If your child wants to participate in swimming during more than weekly swim lessons, and your family wants to share an activity that is rewarding for all, the Sailfish Aquatics swim team is the place for you!

Children can join the swim team, provided they can swim the length of the pool on their front and back. Swimmers are grouped by ability so the beginning and advanced swimmers can see improved fitness and technique suitable for their needs.

Given the frequency of training and the year-long team schedule, swimmers develop strong friendships with their teammates. Parent participation through sharing time and talents makes this a fun family activity that fosters friendships between swim families. Parents can be seen chatting in the hallway or on the bleachers by the pool as they wait for practice to end. We all enjoy swim meets where we cheer for not only our children, but also other swimmers we have grown to care for as they achieve their personal goals in swimming.

We strive to develop positive character traits such as perseverance, responsibility, and sportsmanship. The level of commitment required in this activity often translates into improved time management and positive school performance from these student athletes. **If you are interested in joining the team, contact the coach at Sailfishaquatics.org**



Y SWIM LESSONS

The Y offers swim lessons to ensure every child/adult has the opportunity to learn to swim. Living in an area with so many water sources, it is imperative that children be comfortable in the water, as well as, have the ability to save themselves in a water emergency. We work hard to teach valuable skills in a fun and safe environment. Payment is due upon registration. The Y reserves the right to cancel any class with insufficient enrollment.

Classes will be run in four week sessions. Lessons will take place two days each week.

2023-2024 Swim Lesson Dates

-Jan 9th – Feb 2nd

Registration opens Dec 9th

-Feb 6th – Mar 2nd

Registration opens Jan 6th

-Mar 13th – Apr 6th

Registration opens Feb 13th

-Apr 17th – May 11th

Registration open Mar 17th

-May 22nd – June 15th

Registration opens April 22nd

-*Daily* June 19th – 29th

Registration opens May 19th

-*Daily* July 10th – 20th

Registration opens June 10th

-July 10th – Aug 4th

Registration opens June 10th

-*Daily* July 31st – Aug 10th

Registration opens June 31st

-Aug 14th – Sept 7th

Registration opens July 14th

-Sept 18th – Oct 12th

Registration opens Aug 18th

-Oct 23rd – Nov 16th

Registration opens Sept 23rd

-Nov 27th – Dec 21st

Registration opens Oct 27th

New Pricing:

Y Family Members \$20

Y Youth Members \$35

Non-members \$70

PRIVATE SWIM LESSONS

Private lessons are available by appointment.

\$35 Y Members

\$45 Non members

STANLY COUNTY FAMILY YMCA GROUP FITNESS

Y SPECIALTY PROGRAMS

HOT CHOCOLATE 8K

Support the Y's Strong Communities Campaign and enjoy some hot chocolate after running this 8K.

Cost: Rolling...register at [Runsignup.com](https://runsignup.com)

Registration: Opens November

Date: Saturday, January 7

BADIN LAKE TRIATHLON

750 Yard open water swim in Badin Lake, 14 mile bike ride and 3.1 mile run

Date: Saturday, June 3, at Alcoa Boat Landing, Badin NC

Cost: Rolling...Register online at [runsignup.com/Race/NC/Badin/Badin Lake Tri](https://runsignup.com/Race/NC/Badin/BadinLakeTri).

Registration: Opens January/February

STANLY KIDS TRIATHLON

Date: Saturday, September 16

Cost: \$15

Registration:: Opens July/August

LES MILLS VIRTUAL CLASSES

Classes are offered on a programmed basis as well as ON-DEMAND. Members can start a class anytime the Group Ex Room is available. Ask Fitness staff for assistance.

-BODYPUMP
-BODYFLOW
-BODYCOMBAT
-CORE
-GRIT



Y GROUP FITNESS

Staff Contact: Rebekah Rierison or Kristen Underwood

Group exercise classes are free to members. We encourage all participants to be on time to their favorite class. This ensures you are properly warmed for the class as well as respectful towards the instructor and other members.

We have morning, afternoon, and evening classes offered Monday - Friday as well as Saturday mornings. Please pick up a copy of the Group Exercise Schedule at the Membership Desk or download our Mobile App. There are a lot of programs offered here at the YMCA- sometimes aerobic classes have to be moved from their normal location or even cancelled. Any changes will be announced in advance. If you like a class, make sure you participate and bring friends. If numbers are low in a class you might lose your favorite class.

We have the following classes available:

N= No Impact L=Low Impact
H=High Impact M=Moderate

BODY SCULPTING: Participants will use hand weights and resistance tubing to engage all major muscle groups. Class **N**

CYCLE-X: Join a group instructor for a virtual cycling experience using stationary bikes. Class will also incorporate the use of hand weights to engage all major muscle groups. **N**

For cycle classes, gel cushioned bike seats are available.

CYCLE: Combination of 45 minutes of cardio activity on stationary bikes. **N**

FLEX-N-STRETCH: 30 minute class devoted entirely to a total body stretch. Participants are encouraged to warm up prior to attending the class. Designed for all levels. **N**

HIT BURN: Total body workout targeting cardio & strength using different exercise modalities. **M**

LINE DANCING: A fun-filled workout. Various line dances will be highlighted during the class. Participants will benefit from a low impact format designed to be easy on the joints. **L**

RAPTOR : High intensity, functional training that is modified to each participant's ability. These classes will incorporate the basics of squats, deadlifts, presses, athletic conditioning, etc. that will change nearly every workout. **HI**

Intro Class is required before attending

TRX/HIT CIRCUITS (Total Body Resistance Exercise): Total body workout incorporating the use of suspension straps, your body weight and other equipment for overall cardio and strength training. **M**

YOGA: YOGA means union of spirit, mind, and body. Yoga utilizes breathing techniques to calm the mind, and poses to build strength, flexibility, balance, and concentration. **N**

Instructors choose between Vinyasa, Restorative and Power Yoga formats.

GENTLE YOGA: Yoga that utilizes breathing techniques to calm the mind, poses to build strength, flexibility, balance, and concentration. **N**

BARRE YOGA: Barre fitness is a hybrid workout class, combining ballet-inspired moves with elements of pilates, yoga and strength training. **L**

XPT: Personal training in a group exercise format. A group exercise instructor will take participants through a 30 minute strength training program with a cardiovascular twist. XPT is a great workout for those with limited time to exercise. This class is NOT recommended to anybody new to strength training. **HI**

ZUMBA/STRONG by ZUMBA: Dance based aerobics class that utilizes Latin/ international music. Dance party environment. **HI**

KIDS INTRO TO FITNESS: 30 minutes of athletic and bodyweight strength exercises specifically designed to help build a base for sports and weight training, which is for youth. **HI**

Fitness Challenges are offered to members quarterly throughout the year. Look for those on social media, fliers, and emails.

STANLY COUNTY FAMILY YMCA FITNESS & WELLNESS

Y HEALTH & FITNESS

FITNESS FACILITY

(Strength & Cardio Center)

The fitness center (located on the 1st floor) is available to all members 11 years of age and older. Exercise equipment consists of an assortment of free weights, Hammer Strength plate loaded equipment, Cybex & LifeFitness selectorized strength machines, Precor treadmills, Octane recumbent cross trainers, Cybex & LifeFitness upright bikes and Matrix steppers. Trained staff are available to offer assistance in the fitness center by appointment. New member orientation appointments can be made at the fitness desk.

Youth Orientations are available by appointment at the fitness desk. All youth, 11-15 must complete an orientation with parent supervision before being allowed to use the equipment.

HELMS FITNESS CENTER

The HFC is located on the 3rd floor of the YMCA. This facility is used for Medical Fitness as well as other YMCA programs.

Hours: 6:00a-1:00p Mon-Fri

Closed: Saturday & Sunday

LIVESTRONG at the Y

(2-3 sessions/year)

TR: 10:30a-12:00p

Check at the front desk to get a schedule for available hours to members.

BUILDING A PATHWAY TO WELLNESS PROGRAM

The Y offers a 6-WEEK Medical Fitness Program as a bridge/transition from other hospital based programs. Whether you are coming from outpatient rehab, cardiac/pulmonary rehab, diabetes education, or a general referral from your physician, we can help you.

Participants receive a one-on-one evaluation, consultation and an individualized exercise program. Assistance is available as needed and is scheduled with workouts.

Cost: \$30 (6 WEEKS)

Initial 2 Weeks: FREE

4 Weeks: \$30

Requirements: Physician Referral

Contact Kristen Underwood for more information.

PERSONAL TRAINING

Whether your goal is to lose weight, get strong, or improve your health, we have personal trainers that can help.

Certified personal trainers will meet one on one with you, perform a fitness assessment, help with developing goals and establish a workout regimen suitable for your needs.

Cost: \$30 per hour. Initial evaluation is FREE.

For more information, contact:

Rebekah Rierison at rrierison@stanlyymca.org



LIVESTRONG® AT THE YMCA

Cancer survivors know the tremendous toll the disease and treatment has on one's spirit, mind, and body. Many search for ways to reclaim their health.

This FREE 8-12 week program focuses on the survivor as an individual - not the disease!

Participants focus on exercises to build muscle strength, increase flexibility, endurance and self-esteem while reducing stress.

Cost: FREE (2 sessions/year)

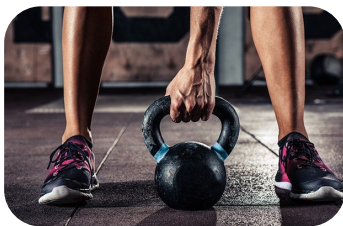
Requirements: Physician Referral

**Class Time: Tuesday and Thursdays,
10:30am - 12:00pm.**

Contact Kristen Underwood for session times.

RAPTOR

High intensity, functional training that is modified to each participant's ability. Classes will incorporate the basics of squats, deadlifts, presses, athletic conditioning, etc. that will change nearly every workout. Room is available for ALL members to use 16 years of age and older anytime other than when a class is scheduled.



GYM

Courts A and B

Schedules available at the Membership Desk, online and on the mobile app.

WALKING TRACK

The indoor walking track is open to all members. It is located on the 3rd floor, above the Youth Gym. Track rules and directional traffic signs are posted for participants.

RACQUETBALL COURT

- All racquetball players must wear protective eyewear at all times.
- Players are required to reserve a court NO MORE THAN 24 HOURS/ONE DAY in advance of the game to be played. Reservations may be made in person or by calling the Y at 704-982-1916.
- If the court is occupied by walk-in players, those who have a reservation have top priority for use. If any Y program is using the court, the program has top priority.
- Youth are allowed to use the racquetball court with parental supervision Monday-Friday from 3pm-5pm and 7pm-9pm, and on the weekends. Parents are required to remain with the youth during use of the court.
- Equipment (racquetball or wallyball) must be checked out at the Membership Desk and returned immediately following the game.
- Any damage to equipment, courts, or violation of rules will result in immediate suspension of racquetball court privileges.

COMMUNITY

2023 Strong Communities Annual Support Campaign

Give for a Better Us.

We have an extraordinary opportunity to ensure a brighter future for our community. Your gift to the Stanly County Family YMCA will have a lasting impact in the community by helping us to reach more people through life-changing programs and services.

**For a better you.
For a better community.
For a better country.**

YOUTH DEVELOPMENT

1 in 4 children in North Carolina lives in poverty without access to opportunities to reach their full potential.

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential.

HEALTHY LIVING

23% of NC adults are not physically active and even more are obese and at risk for chronic disease.

We help people and families build and maintain healthy habits for spirit, mind, and body in their everyday lives. From diabetes prevention to active older adult programs, the Y helps individuals live healthier.

SOCIAL RESPONSIBILITY

1 in 5 individuals in North Carolina struggles to make ends meet.

With our doors open to all, we bring people from all backgrounds together and support those who need us most. Our members, volunteers, supporters, and staff demonstrate the power of what we can achieve by giving back together.

The Y.™ For a better us.

Y COMMUNITY DEVELOPMENT

The Y is about making people better regardless of ability to pay or physical limitations. Through the generous support of donors to the Strong Communities Annual Support Campaign, the Y gives back on average \$310,000 in scholarships and services each year to meet the needs of the community.

THE BACKPACK PROGRAM

The Backpack Program provides deserving Pre-k children with backpacks filled with healthy food each Friday. Children benefiting from this program leave school with food options throughout the weekend.

LIVESTRONG® AT THE YMCA

LIVESTRONG at the YMCA provides support and guidance, free of charge, to cancer survivors as they build bridges and roads to a new destination of normalcy.

OPEN DOORS SCHOLARSHIPS

Because we are community-based and believe everyone should have the opportunity to benefit from our programs and services, we offer the Open Doors Scholarship Program. This program offers a fee scale to fit the financial situation of individuals and families in our community. We want ALL people to be involved with the programs and services of the Y that nurture spirit, mind, and body – especially during difficult times when they are needed most.

SECOND GRADE LEARN TO SWIM

Second Grade Learn to Swim provides a 10 class Learn to Swim program to second graders across the county. The participating elementary schools come to the Y during their school day and learn to swim. Through this program, the Y hopes to reduce the risk of drowning in children across Stanly County.

FEEDING PROGRAMS:

SUNDAY LUNCH PROGRAM

The Y makes a difference with a simple plate of food through the Sunday Lunch Program. Throughout the year, the Y coordinates and serves hot meals on Sundays at the Community Table in Albemarle.

DRIVE-THRU FOOD PANTRY

With so many people in Stanly County struggling to put food on the table, the Y partners with Second Harvest Food Bank to provide people with boxes of shelf stable food and fresh produce. Pantries are held monthly in Albemarle and Locust.

COMING SOON!!!

AFTERSCHOOL DINNER PROGRAM SENIOR FOOD BOX PROGRAM

WAYS TO SUPPORT

Become a Friend of the Y

A simple addition of \$10 per month to your bank draft can help provide food to a youth in need, educate 12 adults on child sexual abuse prevention, support a cancer survivor with three months of membership, help a neighbor in need, teach second graders to swim, or feed the hungry on Sunday. Contact Pam Norwich to make a pledge to support the Y with a gift.

CHRISTMAS CRADLE

Help make Christmas extra special for families in need. Lists of needed items available at the Membership Desk.

Y VOLUNTEERS

At the Y, your time and talent go a long way. Every hour you spend as Y volunteer translates into caring attention a child needs to develop values like sportsmanship, compassion and respect for self and others. Volunteerism promotes and provides the following:

- Positive behavior in children of all ages.
- Support for families.
- Healthier lives.
- Safer, more viable communities.
- A caring community dedicated to meeting the needs of those in need.

As a Y volunteer, you can coach a team of young athletes, serve as a role model for children, help out in the office or at a special event, raise money or be part of a group or committee working on a special Y project. No matter how you help, you'll make a difference as you work with others to create a feeling of connection throughout our community.

To solve the problems closest to home – or better yet, prevent them – the Y needs more people like you.

Volunteer Opportunities

- Board Members
- Committee Members
- Fund-Raisers
- Youth Sport Coaches
- Sunday Lunch Volunteers
- Food Pantry Volunteers
- Afterschool Tutors
- Race/Events Volunteers

Let us know if you would like to volunteer your time and talent.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

C B CROOK PAVILION is recently renovated and available for parties, family reunions, meetings, weddings, etc. Our beautiful facility includes three rooms, round tables, long tables, bar top tables, chairs, tablecloths, warming kitchen & sound and video accessibility. The park and field are located beside the Pavilion, making it a perfect location for play. The address is 115 C B Crook Drive, Albemarle. For rental information, call the Y at 704.982.1916 or email Kelley Bigger at kbigger@stanlyymca.org



WEST STANLY SENIOR CENTER is staffed and programmed by the Y under the umbrella of Stanly County Senior Services. WSSC is open weekdays from 9 am-5 pm. It is located at 213 Town Center Drive, Locust. Regular activities include: group exercise classes, card games, billiards, Bible studies, craft classes, socials, educational classes, and veteran's events. For more information, you may call 980-354-8056.

STAY CONNECTED

- Stanlyymca.org
- "Like" our Stanly County Family YMCA FB Page
- For department specific information, sign up for text messages as directed below
- **Fitness Group Class Updates:** Text @ymcafi to 81010
- **Swim Lesson Updates:** Text @stanlyym to 81010
- **Minnie's Place Updates:** Text @minniespl to 81010
- **Youth Sports:** Text @scfyymc to 81010
- **Afterschool:** Text @ha88kg4 to 81010
- **Summer Camp:** Text @3h4b3e to 81010
- Upload Stanly County Family YMCA Mobile App
- Follow us on Instagram



STANLY COUNTY FAMILY YMCA

427 North First Street • Albemarle NC 28001
704-982-1916 • stanlyymca.org

