



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

3 SEASONS OF Y ARE AT YOUR FINGERTIPS



**2011-2012 School Year Program Guide
YMCA OF SOUTH ALABAMA**

Y EVENTS: GET CONNECTED



Y events get people together. They create a sense of community within the larger Y that makes being part of this organization a rich and rewarding experience. Our events serve to bring people together to connect the old-fashioned way, something that I cherish in this increasingly technology-based world. They also help support the Y's mission to help put Christian principles into practice through programs that build a healthy spirit, mind and body for all. In particular, the last two words, "for all" are what motivate us each and every day to do what we do. Y events support the Y's financial assistance program, so that no one is excluded because of his or her economic status or ability to pay. Your participation in Y events demonstrates your role as a supporter of the Y and our cause-driven work in the community. We look forward to seeing you at a 5K Race, Wing Bowl or any other YMCA-sponsored event.

A handwritten signature in black ink that reads "Mark L. Hank".

Superheroes Race for Strong Kids 5K Race and 1-Mile Fun Run Saturday, October 1, 2011



This wacky race in Daphne lets your inner superhero shine through. Costumes are encouraged during or after the race! Stick around after the race for awards, prizes and superhero-worthy hospitality. This event helps support the Bounds Family YMCA Strong Kids campaign, where kids don't need superheroes, but every day heroes with the power to give!

Power Run 5K and Guns & Hoses 1-Mile Fun Run Saturday, October 15, 2011



This race sponsored by the Alabama Power Service Organization takes participants through downtown Mobile in the beautiful Spanish Plaza area. This event features dri-fit shirts for 5K runners, kids' activities and goody bags from our sponsors. This event supports the North Mobile Family YMCA Strong Kids campaign and our Big Brothers Big Sisters youth mentoring program.

Wing Bowl 7 Chicken Cook-off Saturday, November 12, 2011



If chicken wings are your thing, we have got the event for you! Picnic-goers will have the chance to sample our teams' wings in categories such as "hottest," "most original" and "best overall." This family-friendly event in Bienville Square is sure to please. Join with a wing-cooking team, as a sponsor or just enjoy a relaxing day of sampling in the park with your family. This event supports our youth development and healthy living programs at the Mobile County Ys.

All YMCA events are sponsorship-driven. Please visit our Web site at ysal.org for complete details and information and about sponsorships.

HEALTHY LIVING

Improving the nation's health and well-being

| | BOUNDS FAMILY YMCA | HEARIN-CHANDLER FAMILY YMCA | JOHN MCCLURE SNOOK FAMILY YMCA | MONTE L. & LOUISE R. MOORER YMCA | NORTH MOBILE FAMILY YMCA |
|---|--------------------|-----------------------------|--------------------------------|----------------------------------|--------------------------|
|  | | | | | |
| Drop In Busy Town | x | x | x | x | x |
| Youth Center | x | x | x | | x |
| Gymnasium | x | x | | x | |
| Indoor Pool | x | x | x | x | x |
| Outdoor Pool | x | x | x | | |
| Hot Tub | x | x | x | x | x |
| Steam Room | | x | | x | |
| Dry Sauna | x | x | x | x | |
| Free Weight Room | x | x | x | x | x |
| Senior Circuit | | | x | x | |
| Group Exercise | x | x | x | x | x |
| Spinning Room | x | x | x | x | x |
| Yoga/Pilates Room | x | x | x | x | x |
| Locker Rooms | x | x | x | x | x |
| Family Center | | | x | | |
| Sports Zone | x | | | | |
| Indoor Track | x | | x | x | |
| Outdoor Track | | x | x | | x |
| Sports Fields | | x | x | | x |
| Racquetball Courts | x | | | x | |
| Men's Health Center | | x | | | |
| Kit Lockers w/Laundry | | | | x | |

Membership Rates

| Membership Category | Monthly Rate | JF |
|--------------------------------|--------------|------|
| Youth (5th grade-18 yrs) | \$25 | N/A |
| Young Adult (19-25yrs) | \$34 | \$34 |
| Adult: Senior (65+) | \$39 | \$39 |
| Adult (26-64yrs) | \$41 | \$41 |
| Family: Senior (65+) | \$49 | \$49 |
| Adult Plus (2 HH members) | \$55 | \$55 |
| Family (2 Adults + Dependents) | \$65 | \$65 |

Payment Methods

Membership dues are paid through monthly bank draft on the 10th of each month. Cancellations must be made 30 days prior to bank draft.

Children on membership

Children under 3 are included in membership but need to be listed inactive for security. Dependents age 3-26 can be on family memberships or other member on Adult Plus. Program participants must be an active Family or Adult Plus member to receive member rates.

Guests

Members may have anyone as a guest once for free. If your guest joins you get your **next month free**.

In-Town potential members may use the Y one time after touring the facility.

Out of town guests must provide photo ID from outside Mobile and Baldwin Counties and signed waiver. \$10/Day

All guests must have a signed waiver on file and photo ID. Any guests under 19 must have a waiver signed by an adult 19yrs+.

Age Requirements

Pool: Ages 10 & up must be able to swim, using any stroke, from shallow end to the deep end with no assistance to use pool without a parent.

Lap Swimming: Ages 14 & up **Spinning:** Ages 14 & up

Group Fitness Classes: Participant must be able to participate without distraction or disruption.

Wellness Center Use:

Ages 16 & up are welcome to use wellness center.

Orientations are recommended. Anyone using equipment inappropriately will be dismissed from the center.

Ages 14-15 must complete Youth Certification on strength & cardio equipment use. Upon successful completion of the orientation, an access card will be issued.

Ages 11-13 Same as 14-15, but after certification is issued child may work out side-by-side with a parent only.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

CHILD CARE

Prime Time Afterschool

In response to the changing needs that families are experiencing, the YMCA has created and implemented an After-school Program designed to meet each family's expectations. Children, between the ages of 5 and 14, are provided with homework assistance and a variety of sports, art and enrichment activities during after school hours.

Parents and children have activities to select on a daily basis to ensure that the participant is getting the most out of his/her day. Your child is guaranteed to have a wonderful and enriching experience as well as being cared for in a safe and friendly environment.

Activities: Homework, Swimming, Fit Kids, Art, Gardening, Cooking, Cheerleading, Sports, Science, Martial Arts, Character Development and much more...

Registration: July 1, 2011 to May 25, 2012

Cost: **Days Attending** **Weekly Fee**

| | |
|-------------|------|
| Full Week | \$35 |
| MWF Option | \$21 |
| T TH Option | \$14 |
| Daily Rate | \$ 7 |

*Activity Fee (\$50 one-time/non-refundable)

Busy Town

Accepting children from 6 weeks-varies—check branch for max grade/age. Parents can sign their children into a safe and friendly environment with structured play areas for your kids' enjoyment. Use it for up to 2 hours a day.

Cost: M-only, Free!

Y-Zone

Ages: Varies-8th Grade

Keep your kids active while you work out for up to 2 hours a day. Hours and minimum age vary by location. Check with your local branch for details.

Cost: M-only, Free!



CAMP

Christmas Camp

Get your kids a fun-filled experience with their friends during Christmas vacation this year. Sign them up for our camp that provides activities and enrichment for school-age kids.

Activities: Games, Swimming, Arts & Crafts, Field Trips, Santa, Friends and FUN!

Time: 6am to 6pm

Dates:

December 19-23 and 26-30 2011

(Snook & Bounds branches)

December 26-30

(Hearin-Chandler & North Mobile branches)

Cost: Weekly Fee-M \$95, NM \$120

Spring Break Camp

April 16-20, 2012 (Mobile County)

March 26-30, 2012 (Baldwin County)

Give your kids a fun-filled experience with their friends during Spring Break this year. Sign them up for our camp that provides activities and fun for school-age kids.

Cost: M-\$95, NM-\$120

No School Days

While school is out the YMCA has a great day planned for the children. Registered children between ages 5 and 14 can come and enjoy a day of fun activities which include swimming, games, crafts and fun for school holidays. Program is offered from 6am to 6pm.

Registration: Pre-registration is required.

Dates: Varies throughout the year

Cost: \$25/\$15, each day for each additional child

Kids Fun Night Out

The name doesn't say it all. Date night or some time to yourself. Activities include games, swimming, dinner, arts & crafts, and MUCH MORE! Drop the kids off for a fun-filled night. Mark the days on your calendar!

Branch: Hearin-Chandler, Snook, Bounds, North Mobile

Ages: 6 months to 14 years

Time: 6:30pm to 11:00pm

Dates: Friday, September 16, 2011

Friday, October 21, 2011

Friday, November 18, 2011

Friday, December 9, 2011

Friday, January *27, 2012

(*1/20—Bounds, Snook)

Friday, February 10, 2012

Friday, March 10, 2012

Friday, April 27, 2012

Cost: \$20/\$10 for each additional child

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY

Fall Soccer

From ages three to grade 8, kids love our soccer program! Our co-ed program allows young players to enjoy soccer in a positive and fun environment. This eight week program builds a players skills and love for the game. Soccer jersey included. The Bounds and John McClure Snook Ys offer Tiny Tots soccer only.

Level: Tiny Tot Soccer (Pre K: 3-4yr olds)

Registration: July 18th-September 2nd

Late Registration +\$25: September 3rd-9th

Practice Starts: Week of September 19, 2011

Games: on practice days starting 2nd practice

Check registration form for practice times!

Cost: M-\$50, NM-\$80

Level: Winners Soccer (K-1st, 2nd-3rd, 4th-5th, 6th-8th)

Registration: July 18th-September 2nd

Late Registration +\$25: September 3rd-9th

Practice Starts: Week of September 19, 2011

Games: Oct 1, 8, 15, 22, 29, Nov 5, & 19

Check registration form for practice times!

Cost: M-\$65, NM-\$95

Winter Basketball

Did you know basketball was invented at the Y? It began in 1891, when James Naismith, a Canadian P.E. instructor, affixed two peach baskets to 10-foot-high railings to provide a healthy distraction for a rowdy group of young men. Offered at the Hearin-Chandler and Bounds Ys.

Level: Winners Basketball (K-1st, 2nd-3rd, 4th-5th, 6th-8th)

Registration: Nov 1-Dec 24

Late Registration +\$25: Dec 25-Dec 31

Practice Begin: Week of January 9, 2012

Games: January 21, 28, Feb 4, 11, 25, Mar 3, & 10

Check registration form for practice times!

Cost: M-\$65, NM-\$95

Winter Running Camp with Steve Schoenewald

Maintain your conditioning during the winter season.

Winter Running Camp (8th-12th grade)

Registration: Begins November 1st

Season Dates: December 21-January 2, 2012

Days/Times: M-F 8 am-10 am

Cost: M-\$75, NM-\$100

SWIM, SPORTS & PLAY

Spring Soccer

From ages three to grade 8, kids love our soccer program! Our co-ed program allows young players to enjoy soccer in a positive and fun environment. This eight-week program builds a players skills and love for the game. Soccer jersey included. **Only John McClure Snook Y offers Tiny Tots.**

Level: Tiny Tot Soccer (Pre K: 3-4yr olds)

Registration: February 6 – March 1

Late Registration +\$25: March 2-8

Practice Starts: Week of March 26, 2012

Games: on practice days starting 3rd practice

Check registration form for practice times!

Cost: M-\$50, NM-\$80

Level: Winners Soccer (K-1st, 2nd-3rd, 4th-5th, 6th-8th)

Registration: February 6 – March 1

Late Registration +\$25: March 2-8

Practice Starts: Week of March 26, 2012

Games: April 7, 14, 28, May 5, 12, 19, & 26

Check registration form for practice times!

Cost: M-\$65, NM-\$95

Spring T-Ball

Hey batter, batter! What better way to get your little ones outside and active than with this introduction to an American-favorite sport. All levels offered at the Hearin-Chandler Y. John McClure Snook Y offers Tiny Tots only. Jersey and hat provided.

Levels: Tiny Tots (Pre K: 3-4 yr olds)

Registration: February 6 – March 1

Late Registration +\$25: March 2-8

Practice Starts: Week of March 26, 2012

Games: Start week of April 2

Cost: M-\$50, NM-\$80

Levels: Winners: K-1 grade

Registration: February 6 – March 1

Late Registration +\$25: March 2-8

Practice Starts: Week of March 26, 2012

Games: April 7, 14, 28, May 5, 12, 19, & 26

Cost: M-\$65, NM-\$95



YOUTH DEVELOPMENT

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SWIM, SPORTS & PLAY

Birthday Parties

Celebrate your Birthday at the Y! You celebrate, we clean up!

Package A: Includes a 2-hour party with use of our pool.

Package B: Includes pool, pizza, drinks, cake, decorations, a host, and party favors for 15 kids. Let us make your child's birthday enjoyable for them and you!

Package A: 2-hour party Cost: M-\$100, NM-\$125

Package B: 2-hour party Cost: M-\$225, NM-\$240



Group Lock-Ins & Late Nights

Let the YMCA be your home for your next school, church, business, or family function. Contact your local branch for availability. Fridays and Saturdays available at Hearin-Chandler location.

For-profit Rate: Late Night: \$250, Lock-ins: \$500

Non-profit Rate; Late Night \$200, Lock-ins: \$400

Home School P.E. (Ages 5-17)

Join us and learn about nutrition and exercise while playing games, sports and improving physical fitness. Contact the Snook branch for more information. (Also, ask us about the Hearin-Chandler Family YMCA home school swim program.)

Cost: \$10/Day or \$40/Month



SWIM, SPORTS & PLAY

School-Year Swim Session Dates

| | |
|------------|---|
| Fall I | August 15-September 15 (No class 9/5 to 9/9) |
| Fall II | September 19-October 13 |
| Fall III | October 17-November 10 |
| Fall IV | November 14-December 15 |
| Fall V | September 10-October 15 (Sat only) |
| Fall VI | November 5-December 17 (Sat only) (No class week of 11/21-11/26) |
| Winter I | January 9-February 2 |
| Winter II | February 6-March 8 |
| Winter III | January 14-February 18 (Sat only) |
| Spring I | March 12-April 5 |
| Spring II | April 9-May 11 |
| Spring III | March 10-April 14 (Sat only) |

Weekday lessons are two days per week M/W or Tu/Th, depending on level. Saturday lessons are once per week for six weeks.

Private Swim Lessons

These are for those individuals who are interested in one-on-one instruction. Sessions are 30 minutes long.

Cost for single private

Group private

M-\$20 NM-\$30 (1) Lesson M-\$34 NM-\$45

M-\$68 NM-\$110 (4) Lessons M-\$122 NM-\$162

M-\$132 NM-\$220 (8) Lessons M-\$238 NM-\$318

M-\$196 NM-\$330 (12) Lessons M-\$348 NM-\$468

SAY Swim Teams

We are a USA registered age-group swim club participating in the Southeast Region swim meets. Registration fees, swim cap, and T-shirt are included in cost. Swimmers will need to provide suit and meet fees. Program is offered at Hearin-Chandler and North Mobile branches. **Ask us about our family member discounts!**

Ages: 5-18

Season 1: 2011 Fall Season 08/15-12/15/2011

Cost: \$450 with first payment of \$225 due 8/18 and second payment of \$225 due 10/20.

Season 2: Winter/Spring 2012 Season 01/09-05/10/2012

Cost: \$450 with first payment of \$225 due 1/12 and second payment of \$225 due 3/9.

Practice: M-F 4:15-5:45 pm; Meet dates available at registration.

YOUTH DEVELOPMENT

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SWIM, SPORTS & PLAY

Swim Lessons

Group Lessons (M-\$45 NM-\$75)

Students are grouped by age and ability. Pre-school classes have up to six students, while Youth classes have no more than eight students per class.

Parent and Child (ages 6 to 36 months)

Water adjustment and water acclimation, entering and exiting water with and without parent's help, shipping and expelling water on cue, breath control and submerging, learning balance and proper body positions, buoyancy and back-floating, towing on front and back, kicking and moving arms on command--and moves towards a wanted object such as toy, and side of pool, prone launch and prone gliding, safety tips and hand-outs for parents.

Pre-School (ages 3-5 years)

Beginner (Pike, Eel) Advanced (Ray, Star)

This class follows a skill progression designed for the maturity and coordination of preschool age children. This class offers an excellent socialization and play period as well as an opportunity to establish and develop good water safety skills.

Youth (ages 6-12 years)

Beginner (Polliwog, Guppy) Intermediate (Minnow, Fish) Advanced (Flying Fish, Shark)

This class consists of six skill levels, progressing from beginning water adjustment skills and basic swimming strokes to advanced rescue and water sports skills and competitive swimming strokes. Each level concentrates on stroke development, personal safety and rescue skills, student's personal growth, and increasing student's endurance and self-confidence in the water.

Adult (ages 13 and up)

Classes are small and informal which allows students to receive individual instruction and extra practice time. This class focuses on water adjustment, water safety, and proper stroke mechanics.



SWIM, SPORTS & PLAY

Swim Lesson Policies

- **Refunds:** A \$10 non-refundable registration fee is automatically withheld. If dropping before class starting date, the full amount minus the registration fee can be returned. After day two, no fee can be refunded.
- **Transfers:** We charge a \$10 transfer fee for each transfer. Only 3 transfers per transaction are allowed. A transfer can be requested due to unforeseen circumstances. Transfer requests must be made by the first day of the session. There is no charge for the first transfer if due to injury or illness.
- **Proper swim attire** is required for pool use. Bathing suits are required. Participants who are not potty-trained must wear swim diapers or plastic pants. No diapers are allowed in the pool. The use of goggles, earplugs, nose clips, swim caps are permitted in swim class. The use of face masks, snorkels, fins, water wings, or any personal flotation device is not allowed in swim class unless specified by the instructor.
- **Make-up policy:** Due to the indoor pool not being grounded, the pool area will close for thunder and/or lightning. We must clear the pool deck for 15 minutes if thunder is heard, and 30 minutes for lightning. If there is bad weather and the pool must close, we will conduct our Safety Day. On the account of no bad weather during the session, Safety Day is to be conducted during the seventh lesson. Please do not allow your child to skip Safety Day. This is a very important lesson and is part of the YMCA's swim program. Some requirements on your child's certificate are only completed on Safety Day. These skills can only be checked off by the instructor if the child attends class. Make up days for the second storm day of the session are to be held on Friday of that week, unless notified by your child's teacher.
- **Private Lesson Policy:** For students registered for private lessons, an instructor will be assigned to you within one week of registration. It is the responsibility of the swimmer/parent to schedule all swim lessons with the instructor according to individual availability. Cancellation of lessons due to any other reason than inclement weather and or pool maintenance must be made by 6pm the day before the lesson. Lessons may be rescheduled no more than three times. If the instructor is not notified the day prior to the lesson scheduled and the swimmer does not show up, the swimmer will be charged for the lesson. You have six months to complete purchased lessons. **No refunds after 6 months of purchase date.**

HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

Youth/Teen Certification (Wellness Floor)

All youth and teens must complete the youth/teen certification to use the fitness center. Youth 13 and younger must exercise with a parent after completing the certification. Youth 14 and older may exercise independently in the fitness area after completing this program. Youth must pass the certification which includes a written and practical test.

Cost: M-only, Free!

Marjorie Snook Family Center (3rd-8th grade)

Located at our John McClure Snook Family YMCA this interactive family center has everything to keep your kids active. Foosball, ping pong, Wii, Dance, Dance Revolution, Computer/Tech Lab and much more are available in this supervised area! The Family Center offers a safe setting for kids to be kids. Parents can sign in their children for up to 2 hours daily while using the Snook Family YMCA.

Hours: Contact the John McClure Snook YMCA

Cost: M-only, Free!

Bounds Family YMCA Sports Zone

Monday-Thursday 5am-9pm

Friday 5am-8pm

Saturday 8am-6pm

Sunday 1pm-6pm

Cost: M-only, Free!

Diet Master

We offer nutritional suggestions for Osteoporosis, Heart Disease, Stroke prevention, weight loss, cancer and diabetes. Using this computerized program, our trainers are able to help you assess your current eating habits and give recommendations to help you reach your nutritional goals.

Cost/Assessment: \$50



HEALTH, WELL-BEING & FITNESS

Microfit

This computerized fitness assessment will evaluate your aerobic capacity, body composition, flexibility, strength, weight, height, blood pressure, and lifestyle needs. Evaluation results are stored in the Fitness computer for comparison to future test results.

Cost: M, Free!, NM-\$50

First Aid/CPR

Learn the skills needed to recognize and help in an emergency situation at Hearin-Chandler Family YMCA. Please contact branch for class dates and times.

Cost: M-\$45, NM-\$75



American Red Cross Lifeguard Certification (Ages 15+)

Learn how to prevent and respond to aquatic emergencies. Class includes CPR/AED for professional rescuer and basic first aid. Hearin-Chandler branch.

Mon & Thurs 5:30-8:30 pm

Saturday: 9am-1pm on first Saturday of the session.

Cost: M-\$150, NM-\$185

Classes are offered all fall and spring weekday sessions (See School-year Swim Dates at top of page 5).

HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

First Steps

Take that First Step to better health. This 4-step program is available to all members who join the Y. It begins with a MicroFit computerized fitness evaluation. The second step is a DietMaster nutritional survey and concludes with a two-part equipment orientation.

Cost: M-only, Free!

Equipment Orientation

Receive a comprehensive orientation to the fitness center. Our fitness staff will teach members to safely and successfully use the equipment in the fitness center. Learn to use the cardio-respiratory equipment, strength machines and flexibility equipment to meet your fitness goals.

Cost: M-only, Free!

Personal Training

Make your workouts work for you. Pair up with a YMCA personal trainer to meet your fitness goals. We have a variety of options to meet your personal training needs:

INDIVIDUAL: (60 minutes) Train one-on-one with a YMCA personal trainer.

Cost: \$50/session. Check with your branch for packages and special pricing.

PAIRS: (60 minutes) You and a friend can train together with a YMCA personal trainer.

Cost: \$70/session. Check with your branch for packages and special pricing.

EXPRESS: (30 minutes) If you want to work one-on-one with a personal trainer to get results, but you don't have the time, try our express option.

Cost: \$225/10 sessions. Check with your branch for packages and special pricing.

SMALL GROUP: Affordable personal training for 4 people who share a common need or goal. Each group has a theme such as Women on Weights, Seniors Getting Fit or Cardio Circuit Training. The group is scheduled to meet specific days and times. Each group meets twice a week for four weeks. Check at your branch to see what training is being offered.

Cost: \$80.00 per person for each four-week session.

Massage

The Bounds, Hearin-Chandler and Moorer Family YMCAs offer massage appointments for both chair and table massage. Schedule your appointment today or purchase a gift certificate for someone special.

GROUP INTERESTS

Group Exercise

More than 300 free group exercise classes a week at 5 locations. Classes include Zumba®, Yoga, Pilates, Spinning®, Tai Chi, Step, Water Aerobics, Tone to Stone, Boot Camp, Silver Sneakers® and many more. Visit www.ysal.org for schedules.

Cost: M-only, Free!

SEMI-PRIVATE GROUP EXERCISE: (2+ participants)

Your class, your time, your instructor. Train with a friend or your favorite group instructor in a private environment with our new semi-private group exercise option. Great way to save money. Split your training time with friends.

Cost per session: 1: \$70, 5: \$300, 10: \$500, 20: \$1,000

RUNNING/WALKING/TRIATHLON/RACQUETBALL CLUBS: Check with your branch to see what groups are active in your Y. Many locations have active running, walking, and racquetball groups. If you are looking for motivation or camaraderie then this could be the group for you.

Cost: M-only, Free!

SILVER SNEAKERS: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand held weights, elastic tubing, and other strength exercises can be performed seated or standing.

Cost: M-only, Free!



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

SOCIAL SERVICES

Big Brothers Big Sisters

Big Brothers Big Sisters, with the support of our families, mentors, and donors, helps children realize their potential and build brighter futures which results in a strengthened community for all.

Could your Little one use a Big?

Confident, caring and responsible adults don't become that way by accident—It all starts with the right role models, and Big Brothers Big Sisters is the place to start a relationship with one. Because of the generosity of Y supporters who believe in our community-minded mission, we've been able to recruit, screen, match and support mentoring relationships that have changed the lives of hundreds of thousands of kids across the country — one Little at a time.

A study for Big Brothers Big Sisters found that kids matched with a Big Brother or Big Sister:

- are more confident
- are more likely to steer clear of drugs and alcohol
- do better in school
- get along better with their family and friends
- feel better about themselves

Locally, we've been serving South Alabama for 15 years providing mentors to more than 2,500 youth in need. Contact us today to begin a relationship so impactful, your whole family will feel the benefits.

Volunteering is fun, Big time.

Being a Big Brother or Big Sister is one of the most enjoyable things you'll ever do, not to mention, one of the most fulfilling. You have the opportunity to help shape a child's future for the better by empowering them to achieve their full potential. The best part is, it's actually a lot of fun. You and your Little can share activities you already like to do: play sports together, go on a hike, read books or even eat a pizza with extra anchovies. Whatever it is you enjoy, odds are you'll enjoy it even more with your Little—and you'll be making a life-changing impact. Think you want to be a Big Brother or Big Sister? Visit us on the web at www.ysal.org or www.bbbs.org to learn more.



SOCIAL SERVICES

Special Populations Program

This program is designed for persons with special needs. This adult-enrichment program offers services for adults as young as 16 or 17 at instructor's discretion. Participants will take field trips and enjoy social time at the Hearin-Chandler Family YMCA.

Mon, Wed, Fri: 8 am-6 pm Cost: M-\$45, NM-\$60

Mon-Fri: 8 am-6 pm Cost: M-\$60, NM-\$100

Tues-Thurs: 8 am-6 pm Cost: M-\$30, \$40

Special Olympics Swim Team

The Hearin-Chandler location offers this great program for individuals with special needs. Participants work on stroke technique, starting and turning form, and increasing endurance in preparation for Special Olympic Swim Meets.

Program offered August to May

Practice: Mon & Wed 1:30-2:30 pm

Cost: M-\$25, NM-\$40; Special Pop's Participants, \$15

Kids Getting Fit and Healthy

This supervised kids fitness program is now available for youth ages 6-12 years who want to participate in a weekly exercise/nutrition program to develop a positive attitude about living a healthy lifestyle. This interactive, supportive program is designed to help overweight and/or inactive youth and their families incorporate physical activity into daily routines and help establish healthy eating habits.

Days/Time: Tuesday and Thursday from 5-6 pm. Located at the Snook branch.

Cost: M or NM-\$25.

Duration: Ongoing, 4-week intervals (limited financial assistance available)



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

SOCIAL SERVICES & EVENTS

Healthy Kids Day

Would you like to put more play in your day...with your whole family? Then join over a half-million people and celebrate the nation's largest health day for kids—YMCA Healthy Kids Day. It's a free day of fun activities that encourage kids and grown-ups to eat healthier...and to get physical activity through play...The Y is helping families get moving and embrace healthier lifestyle choices.

TBA. April 2012. Check back for specific date.

Healthy Family Home

Healthy Family Home is a collaboration between YMCA of the USA and Eli Lilly and Company, designed to help any family in any community make healthier decisions and lead healthier lives at home. To view helpful tips, activities and tools, read the online newsletter at:

www.ymca.net/healthyfamilyhome/welcome.html.

Financial Assistance

If you or someone you know is experiencing financial hardship that makes it difficult to participate in YMCA programs or services, stop in today and fill out a scholarship packet today to see if you and your family qualify for assistance.

Military Outreach Initiative

Title 10 personnel only are eligible for the YMCA Military Outreach Initiative. Visit any of our 5 locations and see if your family is eligible for a free family membership. Active duty military generally qualify. Those active duty individuals on leave may also work out for free by showing proof of leave. You may also be eligible for program assistance through the military One Source program.

Wing Bowl—Chicken Cook-off

We would like to invite you to a day of wings and fun. This family event provides a kids area, jumpers, wings and music—everything needed to create a memorable day at the park. Come enjoy the festivities and show your support for our youth development and healthy living programs.

Date: Saturday, November 12 from 11 a.m.–2 pm.

Cost is \$500/team or \$10 to eat (\$12 at gate)

3rd Annual Golf For Kids Tournament

This event supports our Strong Kids Campaign. Come enjoy a relaxing day of golf for great cause! Contact Snook or Bounds for further information.

Date: Friday, Friday July 27, 2012

Location: Rock Creek Golf Course

Cost: \$400/team or \$100/individual

VOLUNTEERISM & GIVING

Strong Kids Annual Campaign

What can your donation achieve? The answer is a lot more than you think. Join us in our mission to make a positive impact on children and families of our community. Our Annual Strong Kids Campaign kicks off March 11. You can help us in giving more than \$300,000 in assistance to our community. **Donate today at ysal.org.**

\$10/month Builds self-confidence by providing swim lessons and safety programs for two children in our community.

\$25/month Makes it possible for one child to attend summer camp, with life-enriching activities such as canoeing, arts and crafts and a variety of other field trips introducing them to new experiences.

\$50/month Allows one team of kids to learn skills, sportsmanship and teamwork through participation in YMCA youth sports or can allow one senior adult living on a fixed income access to the YMCA.

\$100/month Enables two children to attend a YMCA after school program for a year, a chance to make new friends and strengthen values.

\$250/month Funds a year of training for 10 kids in our Kids Getting Fit & Healthy program, where children battling obesity learn how to be more active and to make healthier food choices that will help ensure a long and vital life.



Banner Program

\$1,000 Donation for banner placement in one branch

\$5,000 Donation for banner placement in all 5 locations

Volunteer

Contact your local branch today for an opportunity to volunteer, coach, or mentor a child. All board members and committee members are valued community volunteers. If you want to teach a class or just spend some time with kids in our busy town the Y is the place for you. Your gift of time is as valuable as any gift to the Y.

YMCA OF SOUTH ALABAMA

Serving south Alabama for 155 Years

OUR BRANCHES

BOUNDS FAMILY YMCA
8051 Whispering Pines Rd
Daphne, AL 36526
Phone: 251-626-0888
Mon-Thurs 4:30am-10pm
Fridays 4:30am-8pm
Saturdays 7am-6pm
Sundays 1pm-6pm



HEARIN-CHANDLER FAMILY YMCA
951 Downtowner Blvd.
Mobile, AL 36609
Phone: 251-344-4856
Mon-Thurs 4:30am-9:30pm
Fridays 4:30am-8:30pm
Saturdays 7am-6pm
Sundays 1pm-6pm

JOHN McCLURE SNOOK FAMILY YMCA
2560 S. Pine Street
Foley, AL 36535
Phone: 251-970-3003
Mon-Fridays 5am-8pm
Saturdays 7am-2pm
Sundays 1pm-4pm



MONTE L. & LOUISE R. MOORER YMCA
101 N. Water Street
Mobile, AL 36602
Phone: 251-438-1163
Mon-Thurs 5am-9pm
Fridays 5am-8pm
Saturdays 8am-4pm
Sundays Closed

NORTH MOBILE FAMILY YMCA
92 Saraland Loop
Saraland, AL 36571
Phone: 251-679-8877
Mon-Thurs 4:30am-9:00pm
Fridays 4:30am-8:00pm
Saturdays 8am-5pm
Sundays 1pm-5pm

BIG BROTHERS BIG SISTERS
101 N. Water Street
Mobile, AL 36602
Phone: 251-344-0536

Pool Hours

Pools close during thunderstorms and for 30 minutes after lightning or thunder clears. Check with your local branch for schedules.

Take the Y With You

Like to visit the Y when you're away? One of the many great benefits our members enjoy is being a part of the Always Welcome at YMCAs (AWAY) program. Check with your branch for details.

On The Web

Scan this code or visit us at ysal.org for group exercise schedules, upcoming events, maps and driving directions.



Need help finding us? Download the free, 'Y Finder' app for your iPhone.



[Facebook.com/ysal.org](https://www.facebook.com/ysal.org)



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