

LIVING OUR CAUSE

Here at the Briggs Family YMCA, the Y stands for youth development, healthy living, and social responsibility. We strive to provide fun, fulfilling programs for families and individuals of all shapes, sizes, ages, and fitness levels. This Fall, we invite you to explore your own capabilities: make wellness goals and achieve them. Set family play dates and make them. Let's grow, thrive and flourish together.

MEMBERSHIP

Joining Fee \$50 (non-refundable)

Family \$72

Two adults and as many children within the same household

Adult Male \$51

25 and older

Adult Female \$49

25 and older

One Parent Family \$61

One adult and as many children within the same household

Young Adult \$36

18 - 25 year-old individual

Teen* \$29

13 - 17 year old individual

*Must be accompanied with an adult 18 years or older when using the Fitness Center. A 4 hour time limit in the facility per day for youth and teens.

Everyone has a place here at the Y. Ask about our Y.O.U.R PLAN membership prices based on your income.

SILVER SNEAKERS AND SILVER & FIT

Memberships based on insurance are available.

Inquire at the Welcome Center for more information.

YMCA HOURS OF OPERATION

Monday-Thursday 5:00 am - 9:15 pm

Friday 5:00 am - 8:15 pm

Saturday 7:00 am - 5:00 pm

Sunday 1:00 pm - 5:00 pm

CHILD WATCH AND RECREATION ROOM

Monday - Friday 8:00 - 1:00 pm*

Monday & Wed. 4:30 - 8:30 pm

Tuesday & Thurs. 4:30 - 8:30 pm

Friday 4:30 - 6:30 pm

Saturday 8:15 - 12:15 pm

Sunday CLOSED

*Child Watch only

These services are complimentary to members.

They are provided with a 2 hour limit while you workout.

YOUTH AND TEEN POLICY

There is a 4 hour time limit per day that youth and teens may be in the facility. Children under 12 must be accompanied by an adult at all times. Youth under the age of 16 must attend the Teen/Youth Strength Training class to have access to the Wellness center and be accompanied by an adult.

BARBARA BAUER BRIGGS FAMILY YMCA

1806 North Nimitz Street

Victoria, TX 77901

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ymcavictoria.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER

SEPTEMBER-DECEMBER
2017 Fall Program Guide
BARBARA BAUER BRIGGS
FAMILY YMCA



YOUTH DEVELOPMENT

AfterSchool Child Care

AGES 5-10 (Preschool available at some sites)

The benefits are endless. Safe, state licensed, exciting, and entertaining. Our staff encourages your child to be involved in the games, arts & crafts and outdoor activities implemented in our programs. The YMCA provides homework time for children daily and assist when needed.

HOURS

After school dismissal until 6:00 pm. Full day is 7:00 am-6:00 pm. Pinnacle Pointe is from after school dismissal until 6:30 pm.

SITES & FEES

Registration fee is \$45 per child/per school year. \$5 off weekly fee for each additional child enrolled up to \$20 per family. Call for full day and Holiday fees. ALOE, CHANDLER, CRAIN, DELEON, DUDLEY, ELLA SCHORLEMMER, GUADALUPE, MISSION VALLEY, O'CONNOR, PINNACLE POINTE, ROWLAND, SHIELDS, SMITH, & VICKERS.

| WEEKLY RATE | Member | Community Participant |
|-------------|--------|-----------------------|
| | \$50 | \$65 |

Early Learning Center Pre-School

AGES 2-5 years

| Year-Round | Monday-Friday | 7:00am-6pm |
|------------|---------------|------------|
| | | |

Your child will learn, grow, and thrive in a curriculum based, active play environment. For more information call 575-0511. Registration fee is \$45. (one time, non-refundable)

| | |
|-----------------------------------|------------|
| Community Participant | \$120/week |
| Victoria College Student | \$104/week |
| Citizens Medical Center Employee: | \$90/week |

THANKSGIVING BREAK CAMP

November 20-22

Ages Pre-K 3 yrs.(only if in school full time)-12 yrs.

Members \$83 Community Participant \$103

Children will have a fun-filled break with numerous activities

CHRISTMAS CAMP

December 21-January 5

Ages Pre-K 3 yrs.(only if in school full time)-12 yrs.

Members \$83 Community Participant \$103

Children will participate in a variety of activities centered around the holiday season.

SANTAS HELPERS

December 9 and 16, 2017

Let us keep your children from 9 am until noon while you get your Christmas shopping done or need some time just for you. The YMCA can keep your little ones busy with different activities, a visit from Santa and Christmas décor. Members \$15 Community Participant \$25

YOUTH SPORTS

MEMBERS: \$40 COMMUNITY PARTICIPANTS: \$80

LATE REGISTRATION FEE: \$25

These age appropriate sports programs allow youth to explore a variety of sports while developing hand-eye-foot coordination.

FALL SOCCER

Ages: 3-14

Register: July 1-Sept 16

Late Reg.: Sept 17- Oct 5

BASKETBALL

Ages: 4-14

Register: Sept 1-Nov 18

Late Reg.: Nov 19-Dec 15

SWIM LESSONS

MEMBERS: \$40 COMMUNITY PARTICIPANTS: \$80

September 5-September 28, Tuesday & Thursday

| SKILL LEVEL | AGES | TIMES |
|-----------------|---------------|----------------|
| Parent/Child | 6 mo.-3 yrs. | 6:30 - 7:00 pm |
| Ray | 3 yrs. | 6:30 - 7:00 pm |
| Starfish | 4 yrs.-5 yrs. | 6:30 - 7:00 pm |
| Polliwog, Guppy | | |
| Minnow & Fish | 6 yrs. & up | 7:00 - 7:30 pm |

PRIVATE SWIM LESSONS

Ages 6 months & up

Member \$20

Community Participant \$25

One half hour lesson by appointment.

CO-ED VOLLEYBALL LEAGUE

Ages: 7-14

Register: July 1-Sept 16

Late Reg.: Sept 17-Oct 5



BARBARA BAUER BRIGGS YMCA AND CITY OF VICTORIA POOL

Splash Pad
Slides
Lap Lanes
Wade Pool

JOINT EFFORT

Tues/Thurs. from 9-10 am

AQUA ZUMBA

It's a Party in the Water!

Mon/ Wed at 10 - 11 am and 6:30-7:30 pm, Sat. 9 am.

Projected closing date of Sept. 30, 2017

HEALTHY LIVING

TEEN & YOUTH STRENGTH TRAINING

Ages 10-15 Members \$30

First and third Sunday of each month from 1:30 pm - 4:00 pm. This training class teaches proper use of cardio equipment, and nautilus equipment. Usage of areas permitted upon completion with **parental supervision**. The course is only available to members. **Participants must register by the Wednesday before the first and third Sunday of each month.**

BODY COMPOSITION ANALYSIS

Ages 18 & up

Members \$20, Community Participants \$35

Identify your body fat % versus your lean body mass using a caliper test to evaluate 7 sites of the body. Call Rosalinda for an appointment.

PERSONAL TRAINING

Ages 18 & up

Individualized personal exercise workout with a certified personal trainer. Rate: \$35/hour.

Call Rosalinda for an appointment.

ZUMBAKIDS!

Ages 4 - 12

ZumbaKids is an explosion of music, dance and energy! A fun and healthy program that keeps our youths active.

Monday and Wednesday, 5:30 pm - 6:30 pm.

POUNDKIDS

Ages 4 - 12

Rock out with Pound! A full body drumming workout that used drumsticks (Ripstix).

Tuesday and Thursday, 5:30 pm - 6:00pm



SPINATHON

LOOK FOR IT,
OCTOBER 2017

Barbara Bauer Briggs
Family YMCA
22nd Annual Golf Tournament
Victoria Country Club
October 21

