



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY FAMILY HEALTHY LIFE



## 2018 WINTER PROGRAM GUIDE BOWLING FAMILY YMCA

### OUR LOCATION

5509 WILL RUTH AVE  
EL PASO, TX 79924  
915.755.9622  
FAX: 915.751.0533

### OUR HOURS

M-TH 5:30AM-9PM  
FRIDAY 5:30AM-8PM  
SAT 8AM-4PM  
SUN 1PM – 4PM

[WWW.ELPASOYMCA.ORG](http://WWW.ELPASOYMCA.ORG)

[BOWLING.YMCA@ELPASOYMCA.ORG](mailto:BOWLING.YMCA@ELPASOYMCA.ORG)

VISIT US ON FACEBOOK @

"BOWLING FAMILY YMCA"



## COMMUNITY ACTIVITIES OPEN TO EVERYONE

### FREE INCOME TAX PREPARATION



On Friday – Tuesday, January 23, 2018 the VOLUNTEERS will be set up and ready to go to prepare your taxes. Please plan on making an appointment to have the great VOLUNTEERS do your taxes. In 2017, they did over 1,300 tax returns. The hours will be Monday – Friday: 9:00 am – 12:00 pm & 1:00 pm – 3:00 pm; there will be evening hours by appointment only – Tuesday & Thursday: 5:00 pm – 8:00 pm\* (this is based on appointments). The last Saturday of each month will be open from 9:00 am – 1:00 pm.

### PARENTS NIGHT OUT



Parents let your children come to the Y and have an evening full of activities while you have a date night. The children will be cared for by our staff. The evening will include pizza for dinner. The children will have a fun-filled night, playing basketball or doing arts and crafts. February 10 – Deadline to sign up is February 2. There will be more dates later in the fall.

Members \$10.00 / Non-Members \$16.00

### LEARN TO SAVE LIVES CPR/FIRST AID

We will be offering classes to certify CPR and First Aid. The certification will be offered on Saturdays. This is a blended learning class, with the participant doing part of the class on-line. Participants must have an email. Class will start 8:00 am and will end once the skills and test are done. Cost is \$40.00. Certification is good for two years. Sign up today – class size is limited.



March 3<sup>rd</sup> – Registration deadline – February 24<sup>th</sup>

### COMMUNITY GARDENS AVAILABLE

A new community garden is getting started here at the NE YMCA. Everyone welcomed. For more information, contact the YMCA. There are some of the beds that we are providing fresh produce to the NE Food Pantry.

## **FAMILY & COMMUNITY ACTIVITIES**

### **OPEN HOUSE & CLASSES**

The YMCA will have an open house during the week of January 2, 2018 – January 6, 2018. Group Ex Classes will be available for people to try out. There will also be a limited number of youth program classes available to try out, please see the Welcome Center for schedule.

### **YMCA PAYS THE JOINING FEE**

Through the month of January 2018 the YMCA will be paying the joining fee for new memberships. Come on in for a tour and join without paying the joining fee. This special will end on January 31, 2018. Don't delay. Start your New Year's Resolution out at the YMCA.

### **GOOD FRIDAY PRAYER BREAKFAST**

The YMCA will be holding our annual Good Friday Prayer Breakfast. The date is set for March 30, 2018. The start time is 7:30 am, more to come at a later date. Please save the date and join us.

### **EARLY ELECTIONS "VOTE"**

The YMCA will once again be a sight for early elections only. The Spring voting will take place February 20, 2018 – March 2, 2018.

### **SUPER BOWL SUNDAY PRE-GAME WORKOUT**

On Super Bowl Sunday, come into the YMCA for a pre-game workout. Then you won't feel so guilty about all the food and beverages consumed later that day. The YMCA will have a fun day planned ... don't miss out, no we are not going to bring in a bunch of recliners ... stay tuned for more details in the coming month. All proceeds will go to benefit the youth and families in need. "Making Dreams come True" for those who are less fortunate. Don't miss out on all the fun!

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## STRONG SWIMMERS CONFIDENT KIDS



The YMCA Swim Lessons have three categories: Swim Starters, Swim Basics and Swim Strokes. **Swim Starters** develops water enrichment and aquatic readiness in children – parent/child: infants and toddlers (6mos.-3 yrs.) **Swim Basics** develops personal water safety and basic swimming skills in students of all ages (preschool youth and older). **Swim Strokes** introduces and refines stroked techniques in older students (school age and older). All stages receive eight (8) classes.

### Classes

- Monday/Wednesday
- Tuesday/Thursday
- Saturdays (1 day a week)

#### Fee for Swim Lessons

**Swim Starters & Swim Basics Classes:** 30 minutes  
Member \$38.00 /Non-Member \$60.00 (Family \$20)

**Swim Strokes:** 40 minutes  
Member \$38.00 /Non-Member \$60.00 (Family \$20)  
Minimum of four (4) children must be registered in a class.

Private and Semi-Private Lessons are available (4 – 30 minute) – ask for more details.

## HANDI-CAPABLE SWIMMING CLASS



Participants will work with an instructor to learn how to enjoy the water, develop skills and practice personal safety skills. One parent or aid will be required to participate in the water. These classes are eight weeks. Saturdays 11:30 am – 12:10 pm

**Members \$20.00 / Non-Members \$35.00**

## BECOME WHISTLE WORTHY

Lifeguard Candidates must be 16 years and older by the end of the class. Certification includes: CPR Pro, Oxygen, First Aid and Lifeguard. Class is set up through a combination of e-learning, classroom and practical pool skills. Once a candidate passes the prerequisite swim, the link to register for class and the links to the e-learning will be given. There is a total of 28 hours of classroom time. Please see website for the prerequisite swim requirement. (Orientation is set up so you can see if you have the skills needed to pass, or have time to practice before the prerequisite swim.)

- Orientation Jan 2—prerequisites Jan 15, Class Jan 20, 21, 27, 28
- Orientation Jan 29—prerequisites Feb 12, Class Feb 16, 17, 18, 19
- Orientation Jan 29—prerequisites Mar 5, Class Mar 10, 11, 17, 18
- Orientation Mar 26—prerequisites Apr 9, Class April 13, 14, 21, 21

**COST: \$225.00**



## SWIM TEAM PREP CLASS

This program is set for individuals who can swim but wish to work on their technique and skills in a competitive setting. Children will increase endurance, but must be able to swim a length of the pool of any stroke before enrolling in class. This class is 1 hour. Free Style, Back stroke, Breast Stroke, Butterfly. It is recommended that swim team candidates take this class, prior to the summer swim team starting. **Members \$30.00 / Non Members \$70.00**



## POOL PARTIES AVAILABLE

The YMCA is a great place to celebrate a party during open time or after hours.



You can celebrate a birthday, the end of the season, or the gathering of friends. Parties are set up to be simple for the host and organized for guests. Don't miss out on a fun time. Book your party today. Prices vary depending on time and number in party.

## WINTER YOUTH RECREATION LEAGUE JANUARY 15 – MARCH 10, 2018

**Basketball, Flag Football, Kickball, Soccer, Volleyball**

The YMCA youth sports focuses on skills, drills and learning the rules. The program includes eight (8) practices and eight (8) games, t-shirts and referees. Practices start the week of January 15, games will start January 20. Late Fee of \$20 will be assessed on January 13 and after. Registrations will be taken only if space available after January 13<sup>th</sup>.

**Youth Members \$50.00 (Family \$15.00) / Non-members \$80.00**

### Co-Ed Basketball

1st/2nd Grade, 3rd-5th Grade, 6th-8th Grade

### Co-Ed Soccer

1st/2nd Grade

### Flag Football

3rd- 5th Grade, 6th—8th Grade

### Kickball

4th—6th Grade

### Girls Volleyball

3rd—5th Grade, 6th—8th Grade



The YMCA is always looking for great caring people to be coaches for our youth sports program, it focuses on skills, drills, and everyone plays. Please stop by the welcome center and pick up a volunteer application.

## PEE WEE SPORTS PROGRAM

### Parent / Child Soccer

The YMCA 2-3 year old program is an 8 week parent/child program focused on skills and drills. The class will run one time a week with 1/2 hour dedicated to skills and drills and the second 1/2 dedicated to scrimmaging.

**Member \$25.00 / Non-members \$40.00 (Family \$15.00)**

### Preschool / Kinder Basketball, Soccer, T-Ball

The YMCA Kinder Basketball & Soccer Program is for 4 years –Kindergarten.

YMCA Kinder T-Ball Program is for 4-7 year olds

**Members \$35.00 / Non-members \$56.00 (Family \$15.00)**

## DAY CAMPS

Camp is for 4-12 year olds, runs from 7:00am-6:00pm Monday – Friday.

There is a variety of activities from sports, swimming to arts & crafts. Children will be provided a snack. Payment is due prior to the week. Space is limited – don't miss out. (Spring Break Camp – March 12 -16, 2018)



**Member \$90.00 / Non-members \$105.00 per week (Family \$80.00)**

## YOUTH PROGRAMS

Family memberships include many of the youth programs. Classes run for four weeks. Child must be signed up every month.

### CHESS INSTRUCTION

Class will be Sundays 1:00 – 2:00 pm. 4 – 15 years old. **There will be a Chess Tournament in coming soon – more information will be available later, please contact Yahaira Perez for more information.**



### GYMNASTICS/CHEER CLASSES

Gymnastics and Cheer classes are held on Tuesday, Thursday, or Saturday. Children ages 18 months – 4 year olds will participate with parents. Preschool classes are without parents, 6 & up programs have levels. The cheer class is for youth 6 and up.

### ART CLASSES



Pre-School 3 to 5 years old – Saturdays 9 am—9:30 am, 10:15 am – 11 am

Little Artists 6 to 8 years old - Saturdays 9:30 am—10:15 am

### DANCE CLASSES

Dance classes are held on Monday - Preschool Creative Movement & Ballet; Wednesday - Jazz for all ages; Friday Hip Hop for all ages. Classes are held in the evenings.

### PREFORMING CLASSES

The performing classes are for cheer and dance. Cheer will be cheering for the sports offered during the season, and dance will perform in outside events. For more information please contact Yahaira Perez, since these students are invited into the class.

## ADULT PROGRAMS

### 4 ON 4 BASKETBALL, SOCCER & VOLLEYBALL

Leagues start on different dates. Adult league are for 18 & older, not professional players. Contact Sandra Cobos for information.

### ART CLASSES

Art classes will explore many medians for you to express yourself. Fridays 10:00 – 11:30 am, \$10 members/ \$15 non-members (Monthly)

### FOLKLORICO CLASSES

Folklorico Class advances an in-depth cultural awareness of Mexican regional dances, for beginner to intermediate level. Curriculum uses adult level choreographic formations and increases their movement intensity in skirt and footwork. Tuesdays 1:00-2:00pm \$10 members/ \$15 non-members (Monthly)

### SEWING CLASSES

Come and learn the basics of sewing and make your own creations with Suzanne. Thursdays 10:30am – 12:30pm Members \$10 / \$15.00 (Monthly)

### WOMEN ON WEIGHTS (WOW)

Women are you intimidated in the weight room, ever want to figure out how to lift and define your muscles? This class is for you. Join the women only class. Building muscles kick starts your metabolism, enabling you to lose wieght without starving yourself. Class runs every seven weeks at a time.



**Member \$25.00 / Non-members \$40.00 per week**

## MEMBERSHIP CATEGORIES

**Family** – shall include 2 adults living in the same household and dependent children (children 18 & older must have full time school schedule). Family Value Added membership: 2 hours per day of free babysitting while you work out in the building, youth swim lessons for \$20 per child, youth sports for \$15 per child, youth swim team for \$20 per child, and most youth programs for free

**Individual Adult** – shall include an individual 26 years and older

**Youth/Young Adult** – an individual between 12 and 25 years old

### SILVERSNEAKERS & SILVER&FIT MEMBERSHIPS

Certain plans of some secondary insurance to Medicare offer a wellness benefit. Please inquire at the customer service phone number on the back of your secondary insurance card for details.

### Y-PLAY & Y-KIDS

Family membership includes 2 hour free per day for children while parent’s work out in the building. Y-Play is for children 3 months to 7 years old, while Y-Kids is for children 8 years to 11 years old.

### FREEDOM PASS & INDEPENDENCE PASS

Freedom pass is for children 8 – 11 years old, parents and children will go through an orientation and take the written test, once orientation is complete the children will be able to be in the gym or play ping pong without the parents. Independence pass is for children 12 -17 years old, parents and children will go through an orientation, which includes the fitness center and take the written test, and once orientation is complete the children can be in the building by themselves.

The orientation does not enable the children to be in the pool by themselves ... they must pass the swim test, or parents have to be in the water with them.

## MEMBERSHIP FOR ALL

At the Y, you are not just a member of a facility; you are part of a cause. With a shared commitment to nurturing the potential of kids; improving health and well-being; as well as, giving back and supporting our neighbors, your membership gives you and your community the opportunity to learn, grow and thrive.

We are a community with an everyday mission to help you achieve a balance of spirit, mind and body. We do this by encouraging good health and fostering connections with new and old friends through sports and shared interests.

	Join Fee	Monthly EFT	\$45K Under	\$35K Under	\$25K Under	\$15K Under
Family	*	\$68	\$63	\$58	\$52	\$46
Adult	*	\$47	\$47	\$42	\$35	\$30
Youth	*	\$25	\$25	\$22	\$20	\$18

The joiners’ fee is equal to one month’s membership rate as determined by chart. IRS Form 1040 is required for income verification of household income.

## MILITARY MEMBERSHIP FOR ALL

Military Families will get the same benefits as a regular membership, but with the rate based on pay grade.

	Join Fee	Monthly EFT	W3-02	E7-W2	E4-E6	E1-E3
Family	*	\$68	\$63	\$58	\$52	\$46
Adult	*	\$47	\$47	\$42	\$35	\$30
Youth	*	\$25	\$25	\$22	\$20	\$18

The joiners’ fee is equal to one month’s membership rate as determined by chart. Leave and Earning Statement is required for income verification of household income.

## COMMUNITY EVENTS OPEN TO THE PUBLIC

### HOLIDAY HOURS OF OPERATION

The YMCA will be CLOSED on Sunday, December 24, 2017 (Christmas Eve) & Monday, December 25, 2017 for Christmas. The YMCA will also be closed on Sunday, December 31, 2017 (New Year's Eve) & January 1, 2018 for New Year's Day.

### SUPPORTING OUR FAMILIES

The Bowling Family YMCA is there for families in need. In 2016 the YMCA waived over \$130,000 in fees. The individual or family would need to bring in their 1040 and possibly the financial aid form to qualify for a sliding scale. See the membership prices for the sliding scale. Stop by the Y, for information on how to qualify.

### STRONG KID'S CAMPAIGN

"Making Dreams come True" one child, one family at a time. This year's campaign is Unicorns – over \$100, Rainbows - \$26 - \$99, and clouds \$25 and less. Please support us and get your name on the wall of honor.

### LIKE US FACEBOOK

Find us at the Bowling Family YMCA and like us on FaceBook for updated class flyers and programs. Download our app "YMCA El Paso" today and start getting updated notices and much more. Welcome Center will help you.

**Clip & Save: Expires 2/15/2018**

You must bring in this coupon to get

Free Family Guest Pass (2 adult and up to 4 children)

This offer is not good with any other promotion.

**Clip & Save: Expires 2/15/2018**