



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



HEALTHY FAMILY HEALTHY LIFE

2017 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

BOWLING.YMCA@ELPASOYMCA.ORG

VISIT US ON FACEBOOK @

"BOWLING FAMILY YMCA"



COMMUNITY ACTIVITIES OPEN TO EVERYONE

REINDEER SWIM EVENT

Anyone 18 and older can jump in the pool for a great cause. The cause is enabling children access to the Y, through programs which develop them and keep them safe. This is done with generous donations. In 2015 the Y waived over \$116,000 worth of fees for programs and membership. The Reindeer Swim Event is just a fun way to add to the campaign. It is a 1,650 yard swim. It can be done anytime on Thursday 12/15 or Friday 12/16. The fee for the event is \$10. Come jump on into the pool with the Reindeer. **For more information contact Doug Long.**



SANTA'S SLAM DUNK

We are currently taking sign up for our adult 3-on-3 basketball tournament. The fun will be on Friday 12/16. The cost is only \$30 per team. It will be a double elimination tournament, with a 1st place prize. Don't miss out. Join the tournament today. The last day to sign up will be 12/12. **For more information contact Theresa Hendrix**

WELCOME TO THE ZUMBA PARTY

January 7, 2017 the YMCA will be hosting a ZUMBATHON, from 9:00 am – 12:00 pm everyone is welcomed. There will be a variety of Zumba Instructors motivating you through the three hours. Invite your friends – see if you can outlast the instructors. There will be door prizes, raffle items and much more. Come on in and join the fun. **Members \$4.00 / Non-Members \$6.00**



GIFT OF HEALTH

Are you struggling with what to get your family for Christmas? Why not give the gift of health. One size fits all – you don't have to worry about the correct size. The gift can be membership, swim lessons, sports ... You can shop for the whole family in one place, because we have something for all ages. The Y is where "You Belong" and it is "So Much more than a Gym". Stop by the Welcome Center and get your gift certificate today.



JOIN ONE JOIN ALL THREE

We're here for the community! See why the Y is more than a GYM! There are family programs, babysitting and so much more.

FAMILY & COMMUNITY ACTIVITIES

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.

February 4th – Registration deadline – January 28th
April 8th – Registration deadline – April 1st



BE STRONG BOOTCAMP

New! New! New! Calling all kids! Let's get physical with the new kids only Boot Camp. The class will be a six week, two days a week class. Class will start January 10 and will run through February 16. Watch for more details.

COMING TOGETHER AS A FAMILY

Sweetheart Dance: This dance will be a parent (or guardian) / child dance. You can plan on a fun evening of dancing with your child. Don't let their young years get away from you. There will be a photographer there to capture your family picture. It can be a daddy date night or a mommy date night. You can come dressed up or come casual. There will be snacks and punch provided. Tickets must be purchased in advance. Last day to purchase tickets will be February 15, 2017. Dance to be held in the gym on February 18, 2017 from 5:00 – 7:00 pm. Cost is \$10.00 per parent child pair, with additional sibling tickets purchased for \$2.00 each.



PARENT'S DATE NIGHT



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 11 – Deadline to sign up is 2/3.

Members \$10.00 / Non-Members \$16.00

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
- Mon/Tues/Wed/Thurs
- Saturdays (1 day a week)

Fee for Swim Lessons

Swim Starters & Swim Basics Classes: 30 minutes
Member \$30.00 /Non-Member \$48.00

Swim Strokes: 40 minutes
Member \$38.00 /Non-Member \$60.00

Financial aid is available.

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.

- Skills Jan. 2—prerequisites Jan. 17, Jan. 21, 22, 28 & 29
- Skills Jan. 30—prerequisites Feb. 13, Feb. 18, 19, 25 & 26
- Skills Jan. 30—prerequisites Feb. 27, Mar. 4, 5, 11 & 12
- Skills Mar. 6—prerequisites Mar. 26, Apr. 1, 2, 8 & 9

COST: \$225.00



COMPETITIVE STROKE 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 before enrolling in class. This class is an 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 \$44.00 / 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 with Doug. Prices vary depending on time and number in party.

YOUTH RECREATION LEAGUE

Basketball & Volleyball 1/16-3/11/2017

The YMCA youth sports focuses on skills, drills, and learning the rules. The program includes 8 practices and 8 games, t-shirt, and referee fees. Practices begin January 16, games begin on January 21. Late fee begins January 13 of \$20, so be sure to register early. Registration ends January 21, 2017. **Financial aid is available.**

Members \$50.00 / Non-members \$80.00

Co-ed Basketball: 1st-8th grade
Girls Volleyball: 3rd-6th grade

Parents' meetings: Volleyball 1/10 @ 6:30 pm
Basketball 1/10 @ 7:00 pm

The YMCA is always looking for great caring people to be coaches for our youth sports program, 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 1/16-3/11/2017

The YMCA 2-3 year old program is an 8 week parent/child program focused on skills and drills. The class will run one week time a week with 1/2 hour dedicated to skills and drills and the second 1/2 dedicated scrimmaging. The staff and parents will work together in teaching and coaching the children. The rules and etiquette of the game will also be taught. **Member \$25.00 members / Non-members \$40.00**

Preschool / Kinder Basketball & Soccer 1/16 – 3/11/2017

The YMCA Kinder Program is for 4 years –Kindergarten. It is an 8 week program with 1/2 hour dedicated to skills and drills practice and 1/2 hour games. There will not be referees. **Members \$35.00 / Non-members \$56.00**

DAY CAMPS

Camp is for 4-14 year olds, runs from 7:00am-6:00pm Monday – Friday. **There is a variety of activities from sports, swimming to arts & crafts. Children will need to bring their lunches. Payment is due prior to the week. Space is limited – don't miss out.**

Christmas Break Camp – 12/19/2016 – 1/6/2017

Member \$90.00 members / Non-members \$140.00 per week

Spring Break Camp 3/13 – 3/17/2017

Member \$90.00 members / Non-members \$140.00 per week



YOUTH PROGRAMS

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

CHESS INSTRUCTION

This program is set up to teach children the strategies, skills and rules on how to play the awesome game of Chess. Doesn't matter if child is a beginner or have knowledge of the game, the instructor will enhance the game. Class will be Mondays 7:00 – 8:00 pm. **4 – 15 years old**

GYMNASTICS/CHEER CLASSES

Gymnastics and Cheer classes are held on Monday, Wednesday, 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 - 9:00 am—9:30 am

The focus of this class is mostly arts and crafts and basics such as cutting with scissors, finger painting, etc. The kids are able to experience all the excitement of a creative art class with lots of active and often messy fun.

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

This process oriented class is geared towards developing their art making skills through projects in painting, drawing, and collage. We will focus on color and shape through abstract painting. Drawing by composing pictures both from their imagination and observation, and explore texture and pattern through collage making.

Artist 9 to 13 years old - 10:15 am—11:00 am

This is a basic drawing and painting class designed to introduce new students to the skills required to accurately render what they see. It is also an opportunity for the children's to gain some visual and creative practice in drawing and painting. The class objective is to provide the "tools" necessary to draw and paint with confidence and to develop within the student the ability to see the world the way artists' see.



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.

JUDO FOR ALL

This United States Judo Association sanctioned club will teach youth ages 6 and up, Judo skills for building self-confidence, self-discipline, and self-defense. Classes on Tuesday & Thursday 6:00 - 7:00 pm and run for three months. (January, February, March) **Members \$85.00 / Non-Members \$135.00**



GLIDING ACROSS THE FLOOR

Ballroom Dance Class

Do you watch "Dancing with the Stars"? This is a four week dance class. You will learn to Waltz, Foxtrot, American Tango, Swing, Cha-Cha, Merengue, Bachata, Cumbia, Salsa and Rumba. The emphasis will be on timing, recognizing music, leading and following. Don't sit on the side lines at the next dance. January 3-January 26 Class meets on Tuesday and Thursday, 7:30 – 9:00 pm. **Members \$30.00 / Non-members \$48.00**



ADULT SPORTS LEAGUES

5 ON 5 BASKETBALL

Games start 1/22/2017, must be registered by 1/15. 10 games & play-offs \$200, plus ref fees – league size is limited.

VOLLEYBALL

Games start 1/22/2017, must be registered by 1/15. 10 games & play-offs \$300 (\$250 if paid in one payment) – league size is limited.

ADULT PROGRAMS

CHESS & SEWING CLASSES

Adults can sign up to learn new things as well. The classes run monthly. Chess is on Mondays, 7:00-8:00pm. Sewing is on Thursdays, 10:30am – 12:30pm. Members \$10 each class.



BOOT CAMP / HIIT (SMALL GROUP)

Small group classes meet 2-3 times per week for six weeks. The classes vary in intensity and type, but class size is limited so you will get more individualized attention. Get the extra kick-start through the

encouragement of the instructor. Price depends on the number of classes. Check with the Welcome Center to find out more details.

PERSONAL TRAINING

If you want to have someone tell you everything you need to know to get in shape, coach you through your goals, or just have someone to keep you motivated. There is personal training available. You can set it up one-on-one for 25 minutes or 55 minutes. There is also one-on-two training for 55 minutes. Sign up today. Cost varies.



MEMBERSHIP CATEGORIES

Family – shall include 2 adults living in the same household and dependent children (children 18 & older must have full time school schedule)

Individual Adult – shall include an individual 26 years and older

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

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	\$65K Under	\$55K Under	\$45K Under	\$35K Under	\$25K Under	\$15K Under
Family	*	\$68	\$66	\$62	\$55	\$50	\$45	\$40
Adult	*	\$47	\$47	\$47	\$47	\$42	\$35	\$30
Youth	*	\$25	\$25	\$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	03-04	W3-02	E7-W2	E4-E6	E1-E3
Family	*	\$68	\$65	\$62	\$55	\$50	\$45
Adult	*	\$47	\$47	\$47	\$47	\$42	\$35
Youth	*	\$25	\$25	\$25	\$25	\$22	\$20

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.

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.

COMMUNITY EVENTS OPEN TO THE PUBLIC

HOLIDAY HOURS OF OPERATION

The YMCA will be open regular hours on December 23. December 24 – we will be open 8:00 am – 2:00 pm. Then the Y is closed on Christmas Day, December 25. The YMCA will be open regular hours Monday – Friday, December 26 – December 30. December 31 – we will be open 8:00 am – 2:00 pm. Then the Y closed on New Year's Day, January 1. The YMCA will have regular hours on January 2, 2017.

WELCOME WELCOME WELCOME

During the week of January 2 – January 6, 2017 – we will be offering an Open House Week with a free week to try out the many classes the YMCA has available. Kick your new year off with healthy habits. Some classes have a maximum capacity, based on equipment or instructor ratio. Don't miss out. The YMCA will pay the joiner fee if you join during the month of January. There will be other specials the weekend of January 6-8. Start your new year off with exercise and fun at the Y.

VOLUNTEER INCOME TAX ASSISTANCE (VITA)

Tax season is upon us. Are you having difficulty with your taxes? The YMCA has a group of VOLUNTEERS who help many people with their tax returns. The program will run through the tax season. Appointments may be made in person; people wanting to have their taxes done must make an appointment, fill out an assessment form and bring their support documents at their appointment time.

SUPPORTING OUR FAMILIES

The Bowling Family YMCA is there for families in need. In 2015 the YMCA has waived over \$116,000 in fees. Stop by the Y, for information on how to qualify.

Clip & Save: Expires 2/15/2017

You must bring in this coupon to get

\$5.00 off any program

This offer is not good with any other promotion.

Clip & Save: Expires 2/15/2017