

YMCA of El Paso

Program Guide
Winter – Spring 2018



Commit to be Fit at the El Paso YMCA

Fitness – Zumba – Spinning – Racquetball – Youth Sports – Swimming – Child Care – Senior Fitness

Bowling Family YMCA

5509 Will Ruth Ave.
(915) 755-9622

Loya Family YMCA

2044 Trawood Dr.
(915) 590-9622

Westside Family YMCA

7145 N. Mesa St.
(915) 584-9622



Where families belong; Experience the Y



Like us on
Facebook

Our Mission:

To put Christian principles into practice through programs that build a healthy Spirit, Mind, and Body for all.

Visit us at

www.elpasoymca.org

Membership Information

Membership	Joining Fee	Monthly Fee
Family*	\$68	\$68
Adult	\$47	\$47
Youth/ Young Adult (12 – 25yrs old)	\$25	\$25

*Up to 2 Adults and dependent children under the age of 18. Also, Young Adults in the family who are enrolled as full-time students. You may also include family members or individuals you have claimed as dependents on your last filed Income Tax Return.

Value-added programs only valid with Family Memberships

Financial Aid Assistance available for those who qualify.

Your Member Benefits...

- ✓ Three workout facilities in the El Paso area
- ✓ Unlimited participation in Group Exercise classes
- ✓ State of the art cardio equipment
- ✓ Indoor Pools and one seasonal outdoor pool
- ✓ Steam Room and Whirlpool (Vary by location)
- ✓ Cardio and Strength Equipment
- ✓ Handball, Racquetball and Basketball Courts
- ✓ Outdoor Jogging Tracks (Loya and Bowling Family YMCAs)
- ✓ Spinning classes at no extra cost
- ✓ FREE Y-Kids/Play Programs while you workout
- ✓ Full Locker Rooms
- ✓ FREE programs and discounted program fees for all members
- ✓ Access to YMCA's in Texas and across the nation

Hours of Operation Bowling Family YMCA

M – Th 5:30a – 9:00p
 Friday 5:30a – 8:00p
 Saturday 8:00a – 4:00p
 Sunday 1:00p – 4:00p

Hours of Operation Loya Family YMCA

M – Th 5:00a – 10:00p
 Friday 5:00a – 8:00p
 Saturday 8:00a – 5:00p
 Sunday 11:00p – 4:00p

Hours of Operation Westside Family YMCA

M – Th 5:00a – 10:00p
 Friday 5:00a – 8:00p
 Saturday 7:00a – 5:00p
 Sunday 9:00p – 4:00p

Forms of Payment

- Monthly Bank Draft/Checking or Savings account
 - Monthly Credit/Debit Card
- NO CONTRACT REQUIRED!**

Health and Wellness

**GET FIT.
STAY STRONG.**

Programs > Health & Fitness > Group Fitness



Group Exercise

- ✓ Zumba
- ✓ Pilates and Yoga
- ✓ Kickboxing
- ✓ Senior Fitness
- ✓ Spinning
- ✓ Water Exercise
- ✓ And Much More!

ALL included with your membership!

(Class formats vary by location)



Personal Training and Small Group Training

New Free Weight Matrix Equipment at all El Paso YMCA locations!

SilverSneakers and Silver & Fit

Y-Kids and Y-Play Program

Kids ages 3 months to 12yrs will have a fun time and improve their health!
Offered during peak times – Schedule varies by location

Youth Sports

Soccer – Basketball – Volleyball – Flag Football
(Kinder to 8th Grade – Ages and Sports vary by location)

Registration Begins	February 17, 2018
Registration Ends	March 22, 2018
Practice Begins	March 26, 2018
First Game	March 31, 2018
Last Game	May 26, 2018



Parent-Child Sports

Ages 3 and 4

FREE* for Members

\$65 Non-Member**

*\$15.00 Uniform Fee

**\$40.00 at Bowling YMCA

Youth Sports

Members – Free*

Non-Member \$80.00**

*\$15.00 Uniform Fee

**Kinder Sports at Bowling YMCA \$56.00

YMCA Sports Philosophy

- ❖ Everyone Plays, Everyone Wins!
- ❖ Volunteer Coaches.
- ❖ Practice once a week, play once a week.
- ❖ Emphasis on Character Development.

Martial Arts and Dance

A great way to get your child involved in physical and mental activity. **FREE*** to members; get involved today!

*Competition and uniform fees may apply

Aquatics

The YMCA of El Paso; your aquatics leader in the community!



Swim Lessons: Year round, your child can begin swim lessons at the age of 6 months! YMCA trained staff will teach you and your family to swim. We have a swim program for all levels and all ages; it is never too early or too late to be safe and have fun around the water. Visit the member services staff for registration dates and lesson locations.

Summer Swim Team: Youth ages 4 – 18 yrs. old participate in the fun sport of swimming. Get a membership and enroll your children early!
Members: \$20

Water Exercise: The YMCA of El Paso offers a number of water exercise classes for individuals looking for a low impact workout.

ADD WATER FOR INSTANT FUN.

Programs ▶ Aquatics ▶ Swimming Lessons



Child Care and Teens

The YMCA; largest Child Care provider in the nation!

SUMMER DAY CAMP

(Available at all El Paso YMCAs)

AFTER SCHOOL CARE

(Available at Loya YMCA)

Serving Children Ages 5 – 12 years old

Summer Camp & Holiday Camps

During Summer Camps:

Weekly themes, plus daily swimming, weekly field trips, arts & crafts, sports, and character development!

Breakfast, Lunch and Afternoon Snack...ALL included during summer



After School Care FUN & EDUCATIONAL!

School Based
Homework Assistance
Sports Activities
Character Development
Board Games
Arts and Crafts
& Much More!

- Approved CCS Vendor
- Financial Assistance Available
- Licensed through Texas Department of Family & Protective Services

WEEKLY RATES:

Summer Day Camp

Year Round: \$50 per week
YMCA Member: \$95 per week
Non-Member: \$150 per week

After School Care

YMCA Member: \$50 per week
Non-Member: \$60 per week

SCHOOL SITES:

Alicia Chacon
Chester Jordan
Desert Hills
East Point
Eastwood Heights
MacArthur
Pebble Hills
Sageland
Scotsdale
Vista Hills



Leadership In Training – LIT Grades 6th – 9th

The LIT summer program utilizes a selective application process. This program will develop leadership skills, help discover different career paths, participants will become CPR/First Aid certified and teens will receive volunteer hour credits! In addition, LIT participants will have a great summer volunteering at the YMCA Day Camp program. Swimming, field trips and meals included!

Talk to the Front Desk Staff for more details.