

where values are always in play.



family



health



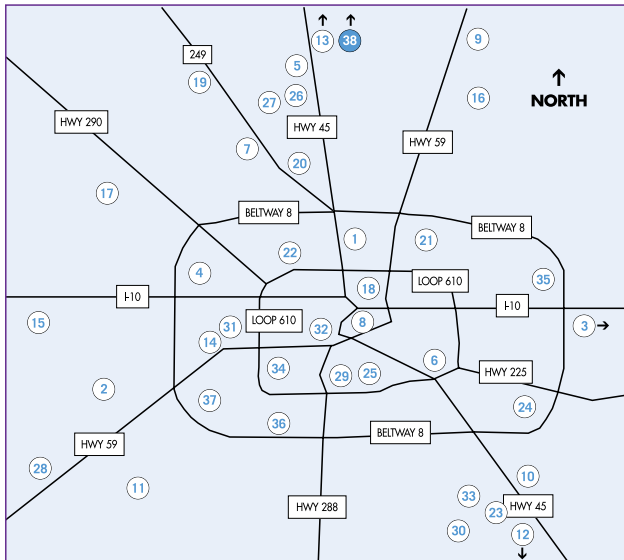
# Guide to YMCA Programs

Vic Coppinger Family YMCA • Winter 2009-10

wellness



# YMCA Locations



- |  |   |   |
|--|---|---|
| 1 ALDINE - GREENSPPOINT 832.484.9622<br>10960 North Fwy, Houston, TX 77037                       | 13 HUNTSVILLE 936.295.8009<br>291 Hwy 75 N., Huntsville, TX 77320                                 | 23 PERRY FAMILY 281.338.9622<br>1700 League City Pkwy W.,<br>League City, TX 77573                            |
| 2 ALIEF 281.495.9100<br>7850 Howell-Sugarland Rd.,<br>Houston, TX 77083                          | 14 YMCA INTERNATIONAL<br>SERVICES 713.339.9015<br>6300 Westpark, Ste 600,<br>Houston, TX 77057    | 24 SAN JACINTO 713.473.9441<br>1716 Jasmine, Pasadena, TX 77503   |
| 3 BAYTOWN 281.427.1797<br>201 YMCA Dr., Baytown, TX 77521  | 15 KATY 281.392.5055<br>22807 Westheimer Pkwy,<br>Katy, TX 77494                                  | 25 HOUSTON TEXANS<br>YMCA 713.748.5405<br>5220 Scott Street, Ste 105,<br>Houston, TX 77004                    |
| 4 CLAY ROAD 713.467.9622<br>10655 Clay Rd., Houston, TX 77041                                    | 16 LAKE HOUSTON 281.360.2500<br>2420 W. Lake Houston Pkwy,<br>Kingwood, TX 77339                  | 26 SOUTH MONTGOMERY COUNTY<br>AT SHADOWBEND 281.367.9622<br>6145 Shadowbend,<br>The Woodlands, TX 77381       |
| 5 CONROE 936.756.9345<br>10245 Owen Dr., Conroe, TX 77304<br>Outside Conroe-Houston 936.441.9622 | 17 LANGHAM CREEK 281.859.6143<br>16725 Longenbaugh,<br>Houston, TX 77095                          | 27 SOUTH MONTGOMERY COUNTY AT<br>BRANCH CROSSING 281.367.9622<br>8100 Ashlane Way,<br>The Woodlands, TX 77382 |
| 6 COSSABOOM 713.643.4396<br>7903 S. Loop E., Houston, TX 77012                                   | 18 M.D. ANDERSON 713.697.0648<br>705 Calvalcade, Houston, TX 77009                                | 28 T.W. DAVIS 281.341.0791<br>911 Thompson Hwy,<br>Richmond, TX 77469   |
| 7 CYPRESS CREEK 281.469.1481<br>19915 S.H. 249, Houston, TX 77070                                | 19 MAGNOLIA/<br>TOMBALL 281.356.4077<br>36725 FM 1774, Magnolia, TX 77355                         | 29 TEXAS MEDICAL CENTER<br>CHILD CARE 713.747.2173<br>5614 H. Mark Crosswell, Jr. St.,<br>Houston, TX 77021   |
| 8 DOWNTOWN (TELLEPSEN) 713.659.8501<br>1600 Louisiana, Houston, TX 77002                         | 20 N. HARRIS COUNTY 281.444.3550<br>17125 Ella Blvd., Houston, TX 77090                           | 30 THELMA LEY ANDERSON<br>FAMILY 281.585.3112<br>3201 S. Hwy 35, Alvin, TX 77511                              |
| 9 E. MONTGOMERY COUNTY<br>EXTENSION 281.689.2655<br>16401 First St., Splendor, TX 77372          | 21 NORTHEAST 713.633.0530<br>7901 Tidwell Rd. @ N. Wayside,<br>Houston, TX 77028                  | 31 TROTTER FAMILY 713.781.1061<br>1331 Augusta Dr., Houston, TX 77057   |
| 10 EDGAR A. SMITH 281.486.9622<br>14650 Hwy 3, Webster, TX 77598                                 | 22 HARRIET AND JOE FOSTER<br>FAMILY YMCA 713.869.3378<br>1234 West 34th St.,<br>Houston, TX 77018 | 32 UPPER KIRBY EXT. 713.522.9622<br>3015 Richmond Ave. Ste 110,<br>Houston, TX 77098                          |
| 11 FORT BEND FAMILY 281.499.9622<br>4433 Cartwright Rd.,<br>Missouri City, TX 77459              |   | 33 VIC COPPINGER 281.485.6805<br>2700 YMCA Dr., Pearland, TX 77581  |
| 12 GALVESTON FAMILY 409.763.4607<br>3920 Ave L, Galveston, TX 77550                              |   | 34 WEEKLEY FAMILY 713.664.9622<br>7101 Stella Link Blvd,<br>Houston, TX 77025                                 |
|  |   | 35 WENDEL D. LEY 281.458.7777<br>15055 Wallisville Rd.,<br>Houston, TX 77049                                  |
|  |   | 36 WEST OREM 713.726.1606<br>5801 W. Orem Dr., Houston, TX 77085  |
|  |   | 37 WESTLAND 713.771.8333<br>10402 Fondren Rd., Houston, TX 77096  |
|  |   | 38 YMCA CAMP<br>CULLEN 936.594.2274<br>460 Cullen Loop, Ste A,<br>Trinity, TX 75862                           |

# Center Information

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## VIC COPPINGER FAMILY YMCA



2700 YMCA Drive  
 Pearland, TX 77581  
**Phone 281.485.6805**  
**Fax 281.485.7810**  
[www.ymcahouston.org](http://www.ymcahouston.org)



### Building Hours:

Days	Times
Mon-Thu	4:30am-10:00pm
Fri	4:30am-9:00pm
Sat	7:00am-6:00pm
Sun	1:00pm-6:00pm

### Holiday Hours:

Holiday	Date	Hours
Christmas Eve	Dec 24	8:00am-1:00pm
Christmas Day	Dec 25	Closed
New Year's Eve	Dec 31	8:00am-1:00pm
New Year's Day	Jan 1	1:00pm-9:00pm
Good Friday	Apr 2	8:00am-6:00pm
Easter	Apr 4	Closed

### Winter Pool Hours Nov 1-Mar 13:

Days	Times
Mon-Fri	5:00am-1:00pm
Mon/Wed/Fri	4:00pm-8:00pm
Sat	7:00am-3:00pm
Sun	1:00pm-5:30pm

*The spray park is not open during the winter season.*

### Spring Pool Hours Mar 14-Jun 5:

Days	Times
Mon-Fri	5:00am-1:00pm
	4:00pm-8:00pm
Sat	7:00am-5:30pm
Sun	1:00pm-5:30pm

*The spray park is open during regular pool hours.*

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**Mission Statement:** Our mission is to put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The YMCA is challenging people to accept and demonstrate positive values. The 5 core values of the YMCA of Greater Houston are emphasized in all programs: Respect, Responsibility, Honesty, Caring and Faith. Through our programs and the modeling of these values, the YMCA continues to meet the needs of our ever-changing community.



# Membership



**Financial Statement:** The Coppinger Family YMCA strives to turn no one away due to inability to pay.

**Membership For All:** Anyone can join the YMCA. The YMCA has always been a great fit for every family. Now, it's also a great fit for every budget. Because we believe a healthier lifestyle should be available to all, we offer an income-based fee scale.

When you join the YMCA, your monthly membership fee is based on your annual household income. Our membership types are based on household types. We have no contracts to sign, a 30-day money-back guarantee and an AWAY program, in which you can use your Houston YMCA membership at other participating YMCAs across the country. Joining the Y has never been easier!

**Open Doors Scholarship Program:** The YMCA is community-based and believes that its programs and services should be available to everyone regardless of age, background, ability or income. That's why the YMCA offers an OPEN DOORS program, a sliding fee scale that is designed to fit your individual financial situation.

EVERYONE BELONGS at the YMCA of Greater Houston. At the YMCA, we're more than just a place to work out. We're a place where you can be yourself. Whether you're just starting on the road to health and wellness, or you're a veteran, you'll feel comfortable at the YMCA. Visit and you will understand why so many people love it here.

*For questions regarding facility membership or membership scholarships, please contact Tonni Vale at 281.485.6805 or email [tonniv@ymcahouston.org](mailto:tonniv@ymcahouston.org)*

**Facility Membership:** For those individuals or families who wish to have full facility use. Membership dues cover the cost of maintaining the YMCA facility and operations and are paid to the YMCA monthly through our convenient draft payment plan, or can be paid by an annual invoice. The Coppinger Family YMCA has a one-time joining fee of \$100 for families and adults and \$50 for seniors and students. Facility Members are eligible for reduced fees on programs.

**Program Membership:** Designed for those who want to participate in programs or activities but do not want to use the amenities our facility has to offer. A yearly Program Membership fee of \$30 gives you and your family access to many programs and activities that are designed for our Program Members.

**Cancellation Policy:** If you need to cancel your membership, you may do so at any time. The YMCA requires a 10-day written notice. Visit the Welcome Center for more information.

**Reactivation Fee:** If you come back to the YMCA within 90 days of canceling, you will not be charged a fee. After 90 days, we welcome you back, but there will be a \$20 reactivation fee (but not another joining fee).



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**Attire:** Full length shirts that cover the midriff, shorts and appropriate footwear are required at all times in the Coppinger Family YMCA facility. Clothing with inappropriate graphics or slogans are unacceptable. Proper swimsuits must be worn when using the pool. Closed-toe shoes must be worn in the Wellness Center.

**Behavior:** The Coppinger Family YMCA is a Judeo-Christian, value-based organization and will not permit the following behavior: profanity, abusive language and behavior, smoking and the consumption of alcohol on the premises.

**Guests:** All guests must present a current guest pass or be with an active Coppinger Family YMCA member who is 18 or older. All guests must present a photo ID and complete and sign a guest form with a waiver of liability. Members ages 17 years and younger may not bring guests to the Coppinger Family YMCA without the presence of a member 18 or older.

Guests 17 or younger must have a parent, legal guardian or member 18 or older sign their guest form and remain in the facility. Guests of members can visit the facility 7 times during a calendar year. For more information about our guest policy, please visit or call the Welcome Center at 281.485.6805.

**Youth:** At the YMCA, young adults (12 and older) get a sense of empowerment as they are given the opportunity to enter the YMCA and use the swimming pool and gymnasium without being accompanied by an adult.

**Teens:** (ages 12-15) are encouraged to use our fitness center with parental supervision after completing an orientation by a fitness staff. Teens 16 and older are able to use the Wellness Center and free weight area.

## STAFF

### Jennifer Strickland

Executive Director

[jennifera@ymcahouston.org](mailto:jennifera@ymcahouston.org)

Donna Farris

Office Director

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Jackie Nagle

Program Director

Aquatics, Sports & Teens

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### Jennie Stephens

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Health & Wellness, Marketing,  
Special Events

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Tonni Vale

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Welcome Center & Y-Zone

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Senior Program Director

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Roxie Patton

Program Director

Elementary AfterSchool Program

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honesty

respect

responsibility

faith



Did you know that the YMCA cares for more kids - from birth to afterschool to teens - than anyone in Greater Houston? The YMCA is more than just a safe place for kids. It's a place for nurturing care, learning and character development. Our helpful and trained staff emphasize values such as respect, responsibility, honesty, caring and faith. The Coppinger Family YMCA is a great place for kids!

#### **Child Care While You Exercise:**

The YMCA offers child care while you work out to any child on a current facility membership. We engage your children in structured activities and play for up to 2 hours per visit.

Don't worry if your child needs you; we can reach you with pagers that can be checked out when you drop off your child.

Children ages 6 weeks-6years will enjoy arts & crafts, games, chapel, storytime and more.

Children ages 7-12 will enjoy those activities as well as our Game Bikes & Traser, which will keep them engaged and physically active. Please pick up a Parent Packet from Y-Zone or the Welcome Center for Y-Zone policies.

#### **Y-Zone Hours (Ages 6wks-6yrs):**

Days	Times
Mon-Fri	8:00am-1:00pm
Mon-Thu	4:00pm-8:00pm
Fri	4:00pm-7:30pm
Sat	8:00am-5:00pm
Sun	1:00pm-5:00pm

#### **Y-Zone Hours (Ages 7-12):**

Days	Times
Mon-Thu	4:00pm-8:00pm
Fri	4:00pm-7:30pm
Sat	8:00am-5:00pm
Sun	1:00pm-5:00pm

For more information regarding Y-Zone, contact Tonni Vale at 281.485.6805 or email at [tonniv@ymcahouston.org](mailto:tonniv@ymcahouston.org)



# Family Programs

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**Birthday Parties:** Celebrate your birthday at the Coppinger Family YMCA. Facility and Program members can choose from a pool party, sports party, gymnasium party or a party in our Rocket Room! Can't decide? We offer combination parties too. Want to have the YMCA all to yourself? Ask about our after-hours parties.

*For more information regarding having your party at the Y, call Tammy McDonald at 281.485.6805 or email [tammy.mcdonald@ymcahouston.org](mailto:tammy.mcdonald@ymcahouston.org).*

**Parents' Night Out:** How long has it been since you've had an evening without the kids? Wait no longer, we have the perfect solution for you! Leave your little ones with us for structured play, games and activities in a loving, safe environment. Dinner for the kids is included. Parent's Night Out is open to children ages 6wks-12yrs.

Preregistration is required as there is limited space available. The cost is \$10 per child for Facility Members, and \$15 per child for Program Members.

Date	Time
Jan 22	6:30pm-10:30pm
Feb 14	6:30pm-10:30pm
Feb 26	6:30pm-10:30pm
Mar 26	6:30pm-10:30pm
Apr 23	6:30pm-10:30pm

*Check out Parent Shopping Day on Dec 12!*

**Family Night:** Every month we have an evening for our Facility Member families to come together and have some fun. There are game nights, flick & floats, bunko nights, craft nights & more. The whole family is welcome to join us for a couple of hours of family fun and some snacks. Family Night is open to family members of all ages; parents must remain with their children regardless of age.

Most Family Nights are free!

Date	Event	Time
Dec 4	Santa's Workshop	6:00pm-9:00pm
Jan 15	Family Arts & Crafts Night	7:00pm-9:00pm
Feb 12	Valentine's Day Family Dance	7:00pm-9:00pm
Mar 27	Family Camp Out	6:00pm-All Night!
Apr 9	Family Bunko Night	7:00pm-9:00pm



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faith



**Cinema Day:** Cinema Day is a fun time for the kids to watch a movie on the big screen and eat popcorn. We will entertain the kids while you enjoy your workout. Cinema Day is for Facility Members only, and is free of charge. No registration is required. Children ages 2-12 are welcome to join in. The movie takes place in Y-Zone at 10:00am and 5:30pm. Parents must remain in the facility while their children attend Cinema Day.

**Dates:** Jan 8, Feb 5, Mar 5, Apr 2



**EAST  
PEARLAND  
CAMPUS**

**New Hope Church:** The Coppinger YMCA is proud to serve as the East Pearland Campus for New Hope Church. Everyone is welcome to attend services on Sunday mornings at 9:00am, 10:30am and 12:00pm.

**New Hope Church offers:**

- Loving childcare for infants
- Relevant, creative children's church for toddlers through grade 4 in Promiseland, and the Krush for grades 5-12
- Worship for adults in the main auditorium
- Free donuts and drinks for all

*For more information about New Hope Church, please visit their website at [www.newhopechurch.tv](http://www.newhopechurch.tv).*



# Special Events



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**Y Freedom Triathlon:** The fourth annual Y Freedom Tri is a sprint distance triathlon, located in the heart of Pearland, TX. It is an excellent venue for the first-time triathlete as well as an outstanding course to set a PR for the seasoned triathlete. We hope you'll work hard, play hard, pray hard and *tri* hard with us as we work to raise money for the Partners Campaign, which offers scholarships to families in need in our community.

**Online race information:**  
[www.yfreedomtri.org](http://www.yfreedomtri.org)

**Online registration:** [www.signmeup.com](http://www.signmeup.com)

### Race Information

Date: Sun, Jun 27

Location: Independence Park Pearland, TX

Start Time: 7:00am

Race Information: 300-meter pool swim  
12-mile bike  
3-mile run

### Entry Fees

#### Early Registration (through May 31)

Individual, Clydesdale or Athena: \$65

Youth (17/under as of Dec 31, 2010): \$40

Relay: \$110

Youth Relay: \$65

#### Regular Registration (Jun 1-Jun 26)

Individual, Clydesdale or Athena: \$80

Youth (17/under as of 12/31/10): \$55

Relay: \$125

Youth Relay: \$85

**Santa's Workshop:** Santa is coming to the Coppinger Family YMCA! Get your free picture taken with Santa, make holiday crafts, and enjoy yummy treats and hot chocolate. Santa's Workshop takes place on Friday, Dec 4, 6:00pm-9:00pm, and is open to Facility Members only. Admission is FREE!

**Family Camp Out:** Everyone is welcome to attend our Spring Family Camp Out on Saturday, March 27!

Gather your sleeping bags, lawn chairs, tents and flash lights and prepare to have a wonderful evening of activities and fellowship with other YMCA families. We have put together an evening of fun including: family games, a cookout, s'mores and a movie.

Don't have a tent? Scared of the dark? Bathrooms? No worries, the building will be open all night with access to the gym and locker rooms. Bring your friends... the YMCA is a great place to be!

The Family Camp Out begins at 6pm on Saturday, March 27. Dinner, snacks, drinks and breakfast are provided. Preregistration is required so that we may plan for food accordingly. The Family Camp Out is a family event and parents must stay with their children the entire evening, regardless of the child's age.

**Registration Begins:** Feb 1  
**Cost:** Free!

**Healthy Kids' Day:** Join us on Saturday, April 17 for Healthy Kids' Day. YMCA Healthy Kids' Day is a free, fun-filled day of activities designed to promote healthy kids and families in spirit, mind and body. YMCA Healthy Kids' Day celebrates making fitness fun, and introduces kids to an array of YMCA programs and tools that teach healthy behaviors and healthy ways to play - an essential lesson in learning how to take care of themselves throughout their lifetimes.

Join us for family-friendly activities, games, face-painting, inflatables and more!

For more information regarding Special Events, please contact Jennie Stephens at 281.485.6805 or email [jennifers@ymcahouston.org](mailto:jennifers@ymcahouston.org).

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## Youth and Government Building

**Future Citizens:** The state Youth and Government Program, which began in New York in 1936, is held in 37 states involving over 53,000 participants. The students learn the democratic process by actually participating in many aspects of state government. They research, write bills, debate issues, vote on proposals, participate in committees, run for office, and hear judicial cases.

There are additional aspects of the program that involve the judicial arm of the government and offer an opportunity for young people to participate in print and video media.

### Key Information

Session Dates	Sep 2009-Feb 2010
Registration Dates	Ongoing
Fee	Free
Meeting Day/Time	Wed, 1:30pm-3:30pm
Location	Coppinger Family YMCA
Grades	9-12



**Achievers:** This high school program is community-based and dedicated to helping youth develop a positive sense of self and to pursue high education and career goals. The program provides high school youth the opportunity to enhance their interaction and group activities. These opportunities are enhanced by the assistance of adult volunteer role models and mentors.

### Key Information

Session Dates	Oct 2009-May 2010
Registration Dates	Ongoing
Fee	Free
Meeting Day/Time	Mon, 7:00pm-9:00pm
Location	Coppinger Family YMCA
Grades	9-12



**YMCA**  
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[ymcahouston.org](http://ymcahouston.org)

IT'S A GREAT PLACE TO BE

a volunteer

When you are a volunteer at the YMCA, you are a part of a not-for-profit organization with a vision of building strong kids, strong families and strong communities.

# Active Older Adults

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*Today's active older adult seeks more than physical benefits when exercising. To fulfill the needs of the spirit, mind and body, the AOA activities are geared to strengthen social ties and create a sense of community. Active Older Adult Activities include:*

**Group Exercise:** Line dancing, joint-friendly classes and water aerobics are available.

**Game Day Friday:** Card and board games are played while enjoying complimentary donuts and coffee.

**Pickleball:** A physically active game that is a blended combination of tennis and ping-pong.

**Monthly Excursions:** Field trips, lunch outings and bowling.

**Specialty Classes:** Quilting, photography and various craft classes are available.

**Crochet for Cancer:** An ongoing project to provide cancer patients with beautiful head wear and blankets.

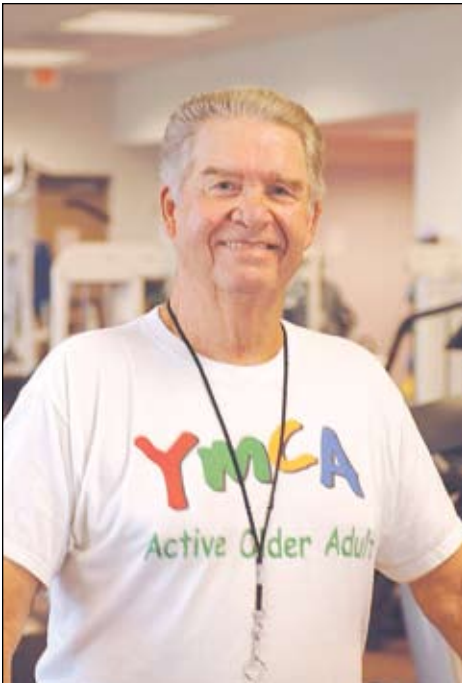


**Educational Workshops:** A variety of opportunities such as computers, language and gardening. Preregistration is required for each month's AOA events, except group exercise classes and game-day Fridays.

Are you a Y member who is 55+ or married to someone who is? The AOA Newsletter is full of interesting articles, health tips and upcoming events you won't want to miss. Pick one up at our Welcome Center or you can view it online at [www.ymcahouston.org/vic-coppinger](http://www.ymcahouston.org/vic-coppinger).

**SilverSneakers®:** SilverSneakers® is a Facility Member-only program. The preventative SilverSneakers® exercise program enhances the quality of life for mature adults across the country. Health Care Dimensions (HCD) developed the SilverSneakers® Fitness Program 10 years ago, and it has since grown into the largest, senior-focused exercise program in the United States. The partnerships between HCD and HMOs allow Medicare-eligible members of these health plans to participate in YMCA programs at no additional cost.

*For more information regarding the AOA program, contact Tonni Vale at 281.485.6805 or email [tonni.vale@ymcahouston.org](mailto:tonni.vale@ymcahouston.org).*



**Swim Lessons:** YMCA Aquatics is about water safety, skill development and fun for everyone. We have an aquatics program for every skill level and interest. We offer swim lessons for ages 6 months through adults.

The YMCA offers a wide range of swimming options for the whole family. Swimming builds self-confidence and develops the whole person -- spirit, mind and body. Classes are divided into ability groups. Trained instructors emphasize personal safety, swimming skills, endurance and social skills while guiding students with praise and encouragement. Our 40-minute lessons are on a first-come, first-served basis.

### Spring Swim Lessons - Session 1:

#### Key Information

Session Dates	Mar 23-Apr 8
Priority Registration Begins (Facility Members Only)	Jan 2
Open Registration Begins	Jan 16
Registration Deadline	Mar 19
<i>A late fee is added after Mar 19</i>	
Facility Member	\$40
Program Member	\$75
Class Days	Weeks 1 & 2: Tue/Thu/Sat Week 3: Tue/Thu
Class Times	4:15pm, 5:00pm, 5:45pm

### Spring Swim Lessons - Session 2:

#### Key Information

Session Dates	Apr 13-Apr 29
Priority Registration Begins	Jan 2
Open Registration Begins	Jan 16
Registration Deadline	Apr 9
<i>A late fee is added after Apr 9</i>	
Facility Member	\$40
Program Member	\$75
Class Days	Weeks 1 & 2: Tue/Thu/Sat Week 3: Tue/Thu
Class Times	4:15pm, 5:00pm, 5:45pm

### Spring Swim Lessons - Session 3:

#### Key Information

Session Dates	May 4-May 20
Priority Registration Begins	Jan 2
Open Registration Begins	Jan 16
Registration Deadline	Apr 30
<i>A late fee is added after Apr 30</i>	
Facility Member	\$40
Program Member	\$75
Class Days	Weeks 1 & 2: Tue/Thu/Sat Week 3: Tue/Thu
Class Times	4:15pm, 5:00pm, 5:45pm

### Spring Swim Lessons - Session 4:

#### Key Information

Session Dates	May 25-Jun 10
Priority Registration Begins	Jan 2
Open Registration Begins	Jan 16
Registration Deadline	May 21
<i>A late fee is added after May 21</i>	
Facility Member	\$40
Program Member	\$75
Class Days	Weeks 1 & 2: Tue/Thu/Sat Week 3: Tue/Thu
Class Times	4:15pm, 5:00pm, 5:45pm



**live it up**

**Be Active. Be Involved. Belong.**  
We offer fitness programs for older adults such as water exercise, yoga, stretching classes, and social clubs.

[ymcahouston.org](http://ymcahouston.org)

**YMCA**  
of Greater Houston

# Aquatics

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**Private Swim Lessons:** With private lessons your child will have individual attention with a 1:1 instructor-to-participant ratio. Bring-a-Buddy lessons are also available for a 1:2 instructor-to-participant ratio.

Key Information	
Registration	Ongoing
Day/Time	Scheduled through the instructor
Facility Member	\$28 per 30-min lesson or \$120 for 5 lessons
Bring a Buddy	\$36 per 30-min lesson or \$155 for 5 lessons
Program Member	\$39 per 30-min lesson or \$155 for 5 lessons
Bring a Buddy	\$59 per 30-min lesson or \$190 for 5 lessons

**Spring Swim Team:** The YMCA Swim Team is a meaningful experience for swimmers of all levels with an emphasis on improvement and fun while exemplifying the YMCA core values. Participants ages 5-15 must demonstrate the ability to swim a full length of the pool (25 yards) unassisted. It is also recommended that swimmers have proficient knowledge of 2-3 strokes. Parents are responsible for transporting swimmers to and from swim meets throughout the Houston area on various Saturday mornings. Parents are also needed as volunteers at swim meets.

Key Information	
Session Dates	Mar 24-May 15
Priority Registration Begins	Jan 2
Open Registration Begins	Jan 16
Registration Deadline	Mar 19
<i>A late fee is added after Mar 19</i>	
Facility Member	\$70
Program Member	\$120
Practice Days	Mon/Wed/Fri
Practice Times	5:00pm-6:00pm or 6:00pm-7:00pm

**Spray Park:** Beginning Nov 1, the spray park is closed for the winter season. The spray park will reopen during regular pool hours on Mar 14.

For more information regarding Aquatics Programs, contact Jackie Nagle at 281.485.6805 or email [jackie.nagle@ymcahouston.org](mailto:jackie.nagle@ymcahouston.org)



# Youth Sports

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Practice days and times for youth sports programs are chosen at the time of registration on a first-come, first-served basis.

## Spring Youth Sports:

### Key Information

Sports Offered	Baseball, T-Ball, Soccer, Volleyball & Softball
Facility Member	\$50
Program Member	\$100
Priority Registration Begins (Facility Members Only)	Dec 12
Open Registration Begins	Dec 26
Registration Deadline	Feb 6

A late fee is added after Feb 6

Ages (may "play up" 1 year) *Age as of Sep 1, 2009	Soccer: 5-14 Volleyball: 8-14 Baseball & T-Ball: 5-14 Softball: 6-9
Coaches Meeting	Soccer: Feb 16, 7:00pm Softball/Baseball & T-Ball: Feb 17, 7:00pm Volleyball: Feb 18, 7:00pm
Practice Begins	Week of Feb 22
First Game Day	Mar 13
Holiday & TAKS Test (No Games or Practices)	Mar 1-6, Mar 15-20, Apr 2-3, Apr 26-May 1
Last Game Day	May 29

**Small Stuff Sport:** Small Stuff is a staff-led program which requires parent participation. Practices are held 1 evening per week with games incorporated into the practice.

## Spring:

### Key Information

Sport Offered	T-Ball
Ages	3-4
Facility Member	\$46
Program Member	\$92
Registration Dates	Same as Spring Sports
Program Start Date	Week of Mar 8
Program End Date	Week of May 10

## Summer:

### Key Information

Session Dates	Jun 14-Aug 14
Ages	3-4
Registration Begins	Mar 6
Registration Ends	May 22
Days/Times	Mon/Tue/Thu/Fri, 6:30pm-7:30pm
Location	Silverlake Elementary & Coppinger YMCA
Facility Member Fee	\$46
Program Member Fee	\$92

**Summer Sports Camp:** Teaching kids the fundamentals and how to play the game of soccer, basketball and baseball.

### Session 1: (Ages 3-12)

Soccer Camp - Jun 14-17

### Session 2: (Ages 3-12)

Basketball Camp - Jun 21-24

### Session 3: (Ages 3-12)

Baseball Camp - Jun 28-Jul 1

### Session 4: (Ages 8-16)

Basketball Camp - Jul 12-15

### Session 5: (Ages 3-12)

Soccer Camp - Jul 19-22

### Session 6: (Ages 3-12)

Basketball Camp - Jul 26-29

### Session 7: (Ages 3-12)

Baseball Camp - Aug 2-5

### Key Information

Session Dates	See Above
Ages	See Above
Registration Begins	Feb 2
Registration Ends	Sat before camp starts
Days/Times	4 Days Mon-Thu, 9:00am-12:00pm
Location	Basketball-TBA
Facility Member Fee	\$60
Program Member Fee	\$110

## Summer Youth Sports:

### Key Information

Sports Offered	Basketball, Soccer, Baseball, T-Ball, Volleyball
Session Dates	Jun 7-Aug 14
Ages	Basketball: 8-14 Soccer: 5-7 Baseball/T-Ball: 5-7 Volleyball: 8-14
Registration Begins	Mar 6
Registration Ends	May 22
Game Dates	Jun 19, 26; Jul 10, 17, 24, 31; Aug 7, 14
Coaches Meeting:	Baseball/Soccer: Jun 1, 7:00pm Basketball: Jun 2, 7:00pm Volleyball: Jun 3, 7:00pm
Facility Member Fee	\$50
Program Member Fee	\$100

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**Home School PE:** With sport-specific drills, take-home activities and hands-on training, your child will be sure to get a well-rounded physical education experience. Children are divided into groups by age and participate in a different sport each month, such as swimming, baseball, basketball, volleyball, soccer, Ultimate Frisbee and more.

Preregistration is required; space limited. Home School PE runs concurrently with the Pearland ISD calendar.

There is no Home School PE on the following days: Nov 24 & 26; Dec 22, 24, 29 & 31; Mar 16 & 18

### Key Information

Winter/Spring Session	Jan 5, 2010-May 27, 2010
Ages	5-13+
Registration Begins	Aug 17
Facility Member	\$10/month per child
Program Member	\$45/month per child
Late Registration Fees	1st Day of program or after \$10 per child
Program Days	Tue/Thu
Program Times	11:30am-12:30pm

### Red Cross CPR for the Professional:

CPR for the Professional is a 2-year certification that includes: infant/child CPR, adult CPR, AED. It also includes oxygen (1 year) and 1st aid (3 years)

Each class consists of 2 class days. Participants must attend both class days on the same weekend to complete the course.

Preregistration is required as spaces are limited.

### Key Information

Class Dates	Jan 9 & 10, Feb 27 & 28, Apr 3 & 4
Class Times	Sat, 8:00am-12:00pm Sun, 1:00pm-5:00pm
Facility Member	\$50
Program Member	\$80

**Martial Arts:** A black belt instructor teaches discipline, fitness, flexibility, focus and cooperation. Youth ages 5-12 learn kicking, striking, punching and blocking. Ages 13 and up learn all the above, plus several katas and practice self-defense. There must be a minimum of 10 participants for class to make.

For more information, visit [www.askkarate.com](http://www.askkarate.com).

### Martial Arts - Winter Session:

### Key Information

Session Dates	Jan 22-Apr 2
Registration Begins	Nov 13
Registration Deadline	Jan 22
Ages	5-12 & Adults
Facility Member	\$60
Program Member	\$90
Practice Day	Fri
Class Times-Youth Beginner	6:00pm-7:00pm
Class Times-Youth Advanced	7:00pm-8:00pm
Class Times-Adults	8:00pm-9:00pm
Uniform	\$30 (cash only) May be purchased at the first class



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respect

responsibility

faith



**YMCA AfterSchool Program:** Did you know that the YMCA is the largest provider of licensed child care in the Greater Houston area?

From the time your child in grades K-6 is dismissed from school until 6:30pm, the Coppinger Family YMCA provides fun, safe and structured afterschool programs in the local elementary and middle schools.

We provide quality programs that are licensed by the state and have trained staff to entertain your children in different activities. These activities include arts and crafts, outdoor games, choice centers, homework assistance, daily nutritious snacks and special events.

When school is out of session, holiday and in-service camps are available for an additional fee.

After August, you'll pay the 1st month plus June, with June being non-refundable.

### Elementary AfterSchool Program:

#### Key Information

Session	2009-2010 Academic School Year
Registration Begins	Ongoing
Days	Mon-Fri
Times	School Dismissal until 6:30pm
Locations	Rustic Oak, CJ Harris, Magnolia, Challenger, Silvercrest, Shadycrest, Cockrell, Massey Ranch, Silverlake, Lawon & Carlestone (transported to Magnolia)
Facility Member	Dec: \$182 Jun: \$52 Other months: \$250.25 per month
Program Member	Dec: \$224 Jun: \$64 Other months: \$308 per month

For more information regarding the Elementary AfterSchool Program, contact Roxie Patton at 281.485.6805 or email [roxiep@ymcahouston.org](mailto:roxiep@ymcahouston.org).

### Middle School AfterSchool Program:

The Middle School AfterSchool Program is designed to help teens discover their strengths and improve group dynamics. Each week will have a unique daily schedule that focuses on activities that will allow students to learn values, participate in service learning, engage in problem-solving and improve communication using self-discovery.

#### Key Information

Session	2009-2010 Academic School Year
Registration	Ongoing
Days	Mon-Fri
Times	School dismissal until 6:30pm
Locations	Rogers, Jamison (children transported to Rogers), Sablatura, Alexander (children transported to Sablatura).
Facility Member	Dec: \$154, Jun: \$44 Other months: \$211.75 per month
Program Member	Dec: \$196 Jun: \$56 Other months: \$269.50 per month

For more information regarding the Middle School AfterSchool Program, please contact Susan Plemons at 281.485.6805 or email [susanp@ymcahouston.org](mailto:susanp@ymcahouston.org).



# Day Camp



YMCA Day Camps provide youth with supervised activities that teach core values, conflict resolution and leadership skills. Kids have fun while making new friends, developing new skills, learning core values, building self-confidence, appreciating teamwork and growing in self-reliance.

## In-Service Day Camp:

Key Information	
Session Dates	Jan 18, Feb 8
Registration	Begins 8 weeks prior to session date for Facility Members
	Begins 6 weeks prior to session date for Program Members
Ages	5-12
Facility Member	\$25 per day
Program Member	\$30 per day
Program Times	6:30am-6:30pm
Program Location	Coppinger Family YMCA

## Christmas Day Camp:

Key Information	
Session Dates	Dec 21-23, 28-30, Jan 4
Priority Registration Begins	Oct 24
Open Registration Begins	Nov 7
Ages	5-12
Facility Member Fee	\$25 daily
Program Member Fee	\$30 daily
Program Times	6:30am-6:30pm
Program Location	Coppinger Family YMCA

## Spring Break Day Camp:

Key Information	
Session Dates	Mar 15-19
Priority Registration Begins	Jan 16
Open Registration Begins	Jan 30
Ages	5-12
Facility Member Fee	\$25/daily
Program Member Fee	\$30/daily
Program Times	6:30am-6:30pm
Program Location	Coppinger Family YMCA

## Summer Day Camp:

Key Information	
Session Dates	Jun 7-Aug 20 (sessions run weekly)
Priority Registration Begins	Feb 1
Open Registration Begins	Feb 15
Ages	6-11
Facility Member	\$125 per session
Program Member	\$150 per session
Program Times	6:30am-6:30pm
Program Location	Coppinger Family YMCA & West Pearland Location TBA

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**Summer Teen Camp:** There are many distractions that compete for the attention of our youth today. It's important that the messages they hear are coming from positive sources.

The YMCA wants teens and families to know there is a way for youth to reach new heights, and is committed to programs for older youth and teens that offer character development, citizenship, leadership and service programs in collaboration with the local school district and other community organizations.

Teen Camp activities include: service projects, swimming, art projects, field trips, team-building and leadership activities.

Key Information	
Ages	12-14
Priority Registration Begins	Feb 1
Open Registration Begins	Feb 15
Facility Member	\$140/week
Program Member	\$170/week
Program Dates	Jun 2-Aug 20
Program Times	6:30am-6:30pm
Program Location	Coppinger Family YMCA
Camper Capacity	50

**Summer Specialty Camps:** Join the Coppinger Family YMCA for 7 weeks of specialty camps this summer!

**Amazing Art Camp:** Jun 14-17

**Theatrical Drama Camp:** Jun 21-24

**Wacky Science Camp:** Jun 8-Jul 1

**Delicious Cooking Camp:** Jul 5-8

**Spirit Cheer Camp:** Jul 12-15

**Don't Stop Dance Camp:** Jul 19-22

**Art of Karate Camp:** Jul 26-29

Key Information	
Session Dates	See Above
Ages	5-12
Registration	Begins Feb 1
Days/Times	Mon-Thu, 1:00pm-4:00pm
Location	Aerobics Room B
Facility Member Fee	\$80
Program Member Fee	\$110

For more information regarding the Day Camp Program, contact Susan Plemons at 281.485.6805 or email [susanp@ymcahouston.org](mailto:susanp@ymcahouston.org).

**Youth Fitness Policy:** Youth between the ages of 12-15 may only use the Wellness Center after completion of the Older Youth Strength Training Orientation. They must be accompanied by an adult in the Wellness Center and wear their youth badge. For their safety, children under 16 may not use the free weight area. For their safety and well-being, youth under the age of 12 are not allowed in the Wellness Center.

**Older Youth Orientation:** The Older Youth Strength Orientation is designed for teens between the ages of 12-15. We strongly encourage teens to use our Wellness Center, with parental supervision, upon completion of this certification.

Orientations are one-on-one with our Wellness Staff. Youth will also be set up on our FitLinxx® program. To make an appointment, visit the Welcome Center.

**FitLinxx® Orientations:** Our FitLinxx® program delivers consistent feedback and encouragement, making exercisers more confident, enthusiastic and motivated from the beginning of their first workout.

The interactive “coaching” that FitLinxx® provides ensures members use proper form at every session, which in turn leads to better physical results. Together, improved mental motivation and proper exercise form give new exercisers a much higher prospect of locking in the new lifestyle they seek and staying with their fitness programs long-term.

Appointments for Facility Members are available every day of the week and are free of charge. Please contact the Welcome Center for additional information or to schedule an appointment.



**Blood Pressure Checks:** Any of our Wellness Staff can take your blood pressure and heart rate whenever you would like for FREE.

**Ruby's Walking Trail:** Tired of the treadmill? Enjoy the outdoors on our walking/jogging trail. This half-mile loop is named for 2003 Pearland Citizen of the Year, Ruby Sanders, who has been a valuable member and supporter of the YMCA. Come out and enjoy it today!

**Group Exercise Schedule:** The Coppinger Family YMCA has over 90 group exercise classes on a weekly basis. Please pick up a new schedule to see the wonderful opportunities to get motivated and more active with other participants. Classes include: Spinning, Pilates, Yoga, Zumba, Power Pump, Cardio Funk, Joint Friendly Aerobics, Water Aerobics and much more!

**Personal Training:** Have you ever wondered how much difference a personal trainer really makes? No matter what point in your workout routine you have reached, one of our certified personal trainers can take you to the next level.

Both private and buddy sessions are available. To register for your personal training sessions, please visit the Welcome Center.

# Sessions	Fees
1	\$35/private or \$60/buddy
5	\$150/private or \$250/buddy
10	\$280/private or \$450/buddy
<i>30-Minute Sessions-Individual Only</i>	
1	\$20
5	\$90
10	\$170

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**Water Aerobics:** Studies show that 20 minutes of serious water aerobics burns more fat calories than jogging a mile. Plus, with no impact on your joints, water aerobics is great for injury recovery purposes.

Water Aerobics is available to Facility Members ages 12 and up and is free with your Facility Membership.

**Water Aerobics Schedule (Nov 1-Mar 13)**

Mon/Wed/Fri	10:30am-11:30am
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**Water Aerobics Schedule (Mar 14-Nov 1)**

Mon-Fri	10:30am-11:30am
Mon-Thu	7:15pm-8:15pm

**Reformer Pilates:** The main focus of Pilates is the core postural muscles, the center of the body, the "Powerhouse." The equipment used in class, the Allegro Reformer, uses springs, straps and a moving carriage to provide a variety of exercises to create spatial and body awareness. Believing in and following the Pilates method will change the way you look and feel.

- Improve overall muscle strength, flexibility, stability, balance, coordination and concentration
- Increase internal and core strength: abdominal and back strength
- Improve posture and alignment: stand up straight
- Increase body awareness: movement becomes controlled and responsive
- Lengthen bulky muscles



Pilates is ideal for cross-training purposes as it will help create a better understanding of posture and how it relates to all forms of exercise. When Pilates is practiced on a regular basis, it encompasses all aspects of fitness, such as strength, flexibility, coordination, cardiovascular, motor skills and relaxation.

**Class Fee:** \$15 per class

Please note that Pilates MAT classes are offered free of charge. See group exercise schedule. Both MAT and Reformer Pilates are Facility Member programs only.

**Free Injury Screenings:** Did you know that the Coppinger Family YMCA has partnered with ProActive Physical Therapy Centers to provide our Facility Members with a unique benefit? As a value-added service, you may take advantage of a FREE injury screening by one of their licensed physical therapists. This service is valued at \$125 and is available only to Coppinger YMCA Facility Members. Call ProActive Physical Therapy Centers at 713.436.3900 to schedule an appointment; don't forget to tell them you are a YMCA member!

For more information regarding Youth & Adult Fitness, contact Jennie Stephens at 281.485.6805 or email [jennifers@ymcahouston.org](mailto:jennifers@ymcahouston.org)



**Y Cycling Club:** Have you ever considered riding a fun, challenging bicycle ride that would benefit people who cannot ride on their own, or are you simply interested in cycling?

The Coppinger Family YMCA Cycling Club, through our coaches with abundant experience and skill, will help you prepare for the MS 150 and/or 2010 Space Race. Our program benefits both the experienced rider as well as the beginner and is open to anyone who desires to cycle.

Your membership in the Y Cycling Club gives you access to a 15-week training program that includes clinics on safety, bike maintenance, nutrition and ride preparation as well as a comprehensive weekly training schedule. All participants will receive a Y Cycling Club Shirt.

#### Key Information

Season Dates Jan 9-Apr 18

Ages 18 years and older

Facility Member Fee \$70/season

Program Member Fee \$90/season

#### BodyGem Metabolic Testing:

The BodyGem by Healthe Tech is a state-of-the-art hand device that accurately measures resting metabolic rate providing an accurate and scientific measurement of the number of calories a person burns at rest each day. Understanding your unique metabolism and monitoring changes provides ultimate control on managing nutrition, weight and general fitness.

Visit the Welcome Center to register for the BodyGem Metabolic Test. You will be contacted within 48 hours to set an appointment time.

**Facility Member: \$60**

**Non-facility Member: \$75**

**Special Interest Classes:** The Coppinger Family YMCA offers a variety of special interest classes for all ages. Our classes may vary seasonally, and include classes such as: belly dancing, adult tap, youth dance, prenatal yoga and more.

Special interest classes are fee based and you can register for them online or at the Welcome Center. Check the website or contact us to find out what special interest classes we have right now!

**Y Triathlon Training Team:** Would you like to try a triathlon? Good for you! Our training program is designed for men and women of all ages. Whether you have never done a triathlon or you are an experienced athlete, our training program can help you meet your goals. We have experienced coaches that will be there for you, every step of the way.

The triathlon training program is open to both Facility and Program members. We have a variety of schedules to fit your individual needs. We offer group rides, swims and runs as well as triathlon clinics to help motivate you and connect you with others who have common goals.

The 1st goal race for the Y Triathlon Training Team is the Y Freedom Tri, a sprint distance triathlon held in Pearland on June 27, 2010. Check out the Special Events section to read more about the Y Freedom Tri.

Team Fee	FM	PM
Individual	\$110	\$165
Tri Team Alumni	\$70	N/A
Youth (ages 13-17)	\$45	\$65

For more information regarding Youth & Adult Fitness, contact Jennie Stephens at 281.485.6805 or email [jennifers@ymcahouston.org](mailto:jennifers@ymcahouston.org)



# PARTNERS CAMPAIGN

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**YMCA Partners Campaign:** With your support, the YMCA's annual support effort, the Partners Campaign, ensures that the YMCA is there for those who need us most. By supporting the Partners Campaign, you ensure that everyone, regardless of their circumstances or ability to pay, can benefit from the YMCA's values-centered programs.

Contributions to the Partners Campaign fund such important initiatives as child care, camping, membership, teen and leadership programs, community services, older adult programming, housing, youth sports and aquatics. Through our OPEN DOORS program, the YMCA strives to turn no one away due to inability to pay.

Each gift makes a difference that can literally calm a weary spirit, grow stronger minds, build a healthier body, and instill a sense of belonging. All yearlong, the dollars raised from the Campaign help children and families participate in values-based programs.

Now more than ever, children and families need the YMCA's innovative programs and services. Won't you join our efforts to build strong kids, strong families and strong communities through your own Partners gift to keep the YMCA available for all?

*For more information on how you can get involved with the Partners Campaign, please contact Jennifer Strickland at 281.485.6805 or email [jennifera@ymcahouston.org](mailto:jennifera@ymcahouston.org).*



[ymcahouston.org](http://ymcahouston.org)

partners  
**campaign**



The annual Partners Campaign is an invitation to join the YMCA in meeting its mission in extraordinary ways. Contributions provide financial assistance and support programs.

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respect

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faith

**Coppinger is a Great Place to Work!**

We seek people who are interested in people and want to make a difference. At the YMCA, we get the job done through professional staff members who are carefully selected for their interests, experiences and enthusiasm.

The YMCA is more than a job; it's a career! The Y has a wide-reaching system of training and development opportunities. With 150 years of experience, the YMCA knows that its mission is achieved one person at a time - carried out in the hearts and hands of each caring and skillful staff member.



A career with the YMCA will allow you to take home the smile you get from teaching children to tie their shoes or to do the breaststroke. You can feel pride in watching teens you have mentored or coached graduate from high school and achieve honors.

You can share in the excitement of an adult fitness member who has reached a new goal. You can take home all of what it means to make a difference in someone's life.

Stop by the Welcome Center and pick up an application.



job opportunities...



work with us!

We are interested in people who want to make a difference.

**YMCA**  
of Greater Houston

ymcahouston.org



**YOUTH SPORTS** where **every kid** is on a **level playing field**



**At the YMCA, youth sports is as much about building character as it is about learning sports skills.**

While providing important exercise and physical development, our sports programs build character and instill important values of fair play and teamwork. Every child can excel at these skills that matter most.

**YYouthSports.org**

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  - honesty
  - respect
  - responsibility
  - faith
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**Y** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The YMCA strives to turn no one away due to inability to pay.

**YMCA CAMP CULLEN**  
of Greater Houston



find out more at

[ymcacampcullen.org](http://ymcacampcullen.org)

**Fun AND educational**  
things to do all year long Summer  
Camp for Kids-Retreats-Outings-  
Group Activities





**Fun things for you** and your entire family are just a click away with our new online registration tool... **Y-online.** Register for activities and programs at [www.ymcahouston.org](http://www.ymcahouston.org).

**health + wellness + family**



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For additional information  
**Call 713.659.5566**  
or visit [ymcahouston.org](http://ymcahouston.org)

Call your local Y for center restrictions.  
Must be 18 years of age, or accompanied by an adult during facility use. Must show a picture ID.

TXHN07



**United Way**  
YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The YMCA strives to turn no one away due to inability to pay.