

where values are always in play.



family



health



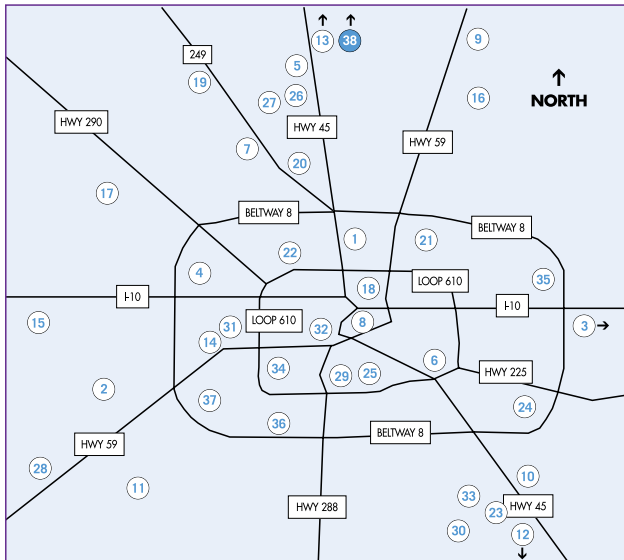
# Guide to YMCA Programs

Downtown YMCA • Winter 2009-10

wellness



# YMCA Locations



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

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**DOWNTOWN FAMILY YMCA**  
 1600 Louisiana  
 Houston, TX 77002  
**Phone 713.659.8501**  
**Membership Desk 713.758.9229**  
**Fax 713.659.4314**  
[www.ymcahouston.org](http://www.ymcahouston.org)

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### Building Hours:

Days	Times
Mon-Fri	5:00am-10:00pm
Sat	7:00am-6:00pm
Sun	10:00am-5:00pm

### Holiday Hours:

Days	Times
Thanksgiving, Thu-Sun	CLOSED
Christmas Eve	5:00am-6:00pm
Christmas Day	CLOSED
New Year's Eve	5:00am-6:00pm
New Year's Day	CLOSED

### STAFF:

**Mandy Stelzer**

*Center Executive 713.758.9233*

**Shannon Aubrey**

*Director of Membership Operations  
713.758.9228*

**Tony Guillory**

*Senior Program Dir 713.758.9217*

**Damitra Myles**

*Supportive Service Dir 713.758.9148*

**Timothy Owens**

*Case Manager 713.758.9161*

**Martin Zoch**

*Housing Manger 713.758.9250*

**Vicky Watson**

*Active Older Adults Coord 713.758.9286*

**Megan Pierce**

*Youth Program Coord 713.758.9207*

**Justin Flakes**

*Youth Program Coord 713.758.9273*

**Sarah Green**

*Office Director 713.758.9227*

**Mary Huggins**

*Director of Resource Development  
713.758.9236*

**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, especially children and teens, to accept and demonstrate positive values. The five 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.

**Financial Statement:** We strive to turn no one away due to inability to pay.



Construction on our new Tellepsen Family Downtown YMCA, just one block from the Downtown YMCA, is well underway and is scheduled to open in the 4th quarter of 2010.

Named after the Tellepsen family and their nearly 100 years of relentless service, the new YMCA is changing to meet a revitalized downtown that now includes homes with families and children. The current Downtown YMCA, in service for 68 years, will close as the new one opens.

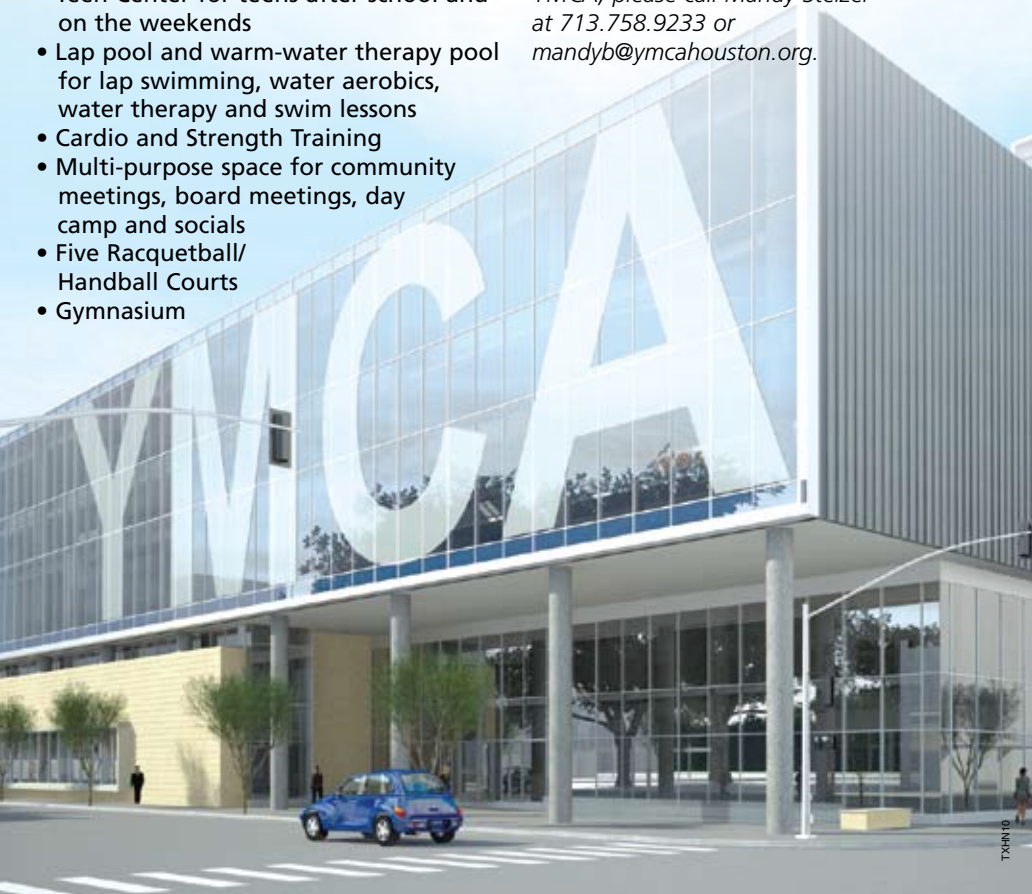
### Tellepsen Family Downtown YMCA Amenities:

- Childwatch for infants, toddlers and children up to age 8
- Teen Center for teens after school and on the weekends
- Lap pool and warm-water therapy pool for lap swimming, water aerobics, water therapy and swim lessons
- Cardio and Strength Training
- Multi-purpose space for community meetings, board meetings, day camp and socials
- Five Racquetball/ Handball Courts
- Gymnasium

- Three Group Exercise Rooms
- Yoga/Pilates Room
- Group Cycling Room
- Indoor Track
- Chapel
- Healthy Café
- Locker rooms and family changing rooms
- Supportive Services includes a computer lab, food pantry and space for case management

**Tellepsen Family Downtown YMCA:**  
808 Pease (cross streets are Pease, Jefferson, Travis and Milam)

*If you would like more information or if you would like to donate to the new Tellepsen Family Downtown YMCA, please call Mandy Stelzer at 713.758.9233 or [mandyb@ymcahouston.org](mailto:mandyb@ymcahouston.org).*



# Membership



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## Membership to the YMCA:

At the YMCA, membership means friendship. The YMCA believes that we all need a place to belong. When you become a member of the YMCA, you will find programs and activities for every member of the family.

Members can be part of the broader YMCA mission by working together to solve local problems, reaching out to others, volunteering, or fund raising. Belonging to the YMCA gives members an opportunity to strengthen themselves, their families and their communities. The YMCA offers memberships to families, as well as great membership options for individuals, single-parent families, and seniors.

All options feature easy payment plans and no contracts. The Citywide option lets members participate at any YMCA in the Greater Houston Area. These memberships include full use of the facility, free fitness classes, reduced fees on programs and more. The YMCA is a membership organization and therefore all participants must be members. You have 2 options in your membership to the YMCA:

**Facility Membership (FM):** Is designed for those individuals or families who wish to have full facility use. A monthly membership is paid to the YMCA. Facility Members are also eligible for reduced fees on programs.

**Program Membership (PM):** Is designed for those who want to participate in programs or activities but do not have full facility use. A yearly program membership fee of \$30 is in addition to the fees of our programs and is renewable on an annual basis.

## Register for YMCA Programs:

Stop by the Welcome Center at the Downtown YMCA.



## Open Doors Financial Assistance:

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.

**Reactivation Fee:** If you come back to the YMCA within 90 days of canceling your membership, 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).

**Parking:** 1600 Smith Garage (located on Bell just past Smith) Parking \$1 for up to 4 hours. More than 4 hours, price goes to market rate (\$1.50/20 mins). Please bring ticket inside for discount rate. Surface Lot Parking (located on Leeland between Louisiana and Milam) \$2 for up to 2 hours, \$4 for up to 4 hours, FREE parking on the weekends and after 6:00pm weekdays. You may park on the street; however, please be vigilant of street signs and meters.



## Guest Policy:

- A member may bring 1 guest per visit for free with a maximum of 7 total visits per calendar year.
- A free guest pass may be used only once per calendar year.
- All guests must present a picture ID and fill out a guest waiver form prior to entering the YMCA.
- All guests must be accompanied by an adult member 18 years of age or older.
- It will not be permitted for the guest to enter the building and request the member to be paged.
- AWAY members (visiting from other states) are allowed 30 visits per year.
- Local AWAY members can visit up to 7 times.
- After 7 visits, the member must upgrade to a Citywide membership.

**Suggestions (Member Mail Box):** Let us hear from you. The YMCA is your YMCA. We care what you think and we urge you to drop your suggestions, comments and even complaints in our suggestion boxes or the Welcome Center Desk.

## Kit & Half-Size Lockers/Clothing:

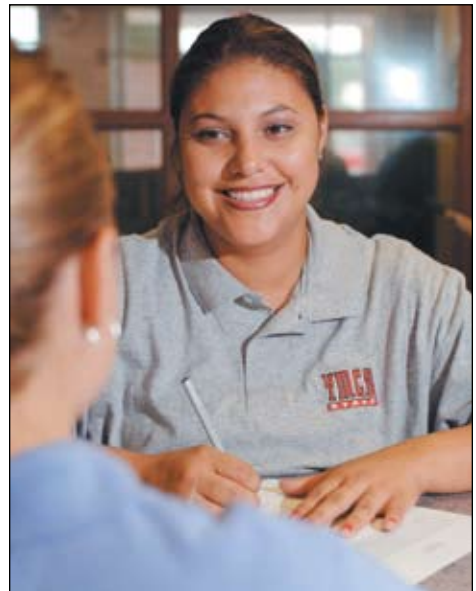
These lockers can be assigned to members for an additional monthly fee of \$3 for kit size, \$6 for a half size, and clothing at \$15 monthly.

**Security Boxes:** Boxes are located next to the elevators by the Membership Desk. These boxes are designed to hold small valuables. To operate, pick up a nickel at the Membership Desk.

**Day Lockers:** The full-size lockers are not available for assignment to members. They are to be used only while you are in the center. (You supply the lock.) You must not leave things overnight. The locks will be cut and contents removed. The YMCA assumes no responsibility for the removed contents or the cut lock.

**Maintenance & Cleaning:** Our staff is on duty to maintain a safe facility. Members are encouraged to report malfunctioning equipment or other problems to the Membership Desk.

**ATM Machine:** For your convenience you will find an ATM machine in the lobby just past the Membership Desk.



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At the YMCA, we view youth as assets to our community - with strengths, leadership and skills. All young people, regardless of ethnicity gender, economic, geographic or religious background face choices that can positively or negatively influence their futures.

Through programs that give youth and teens opportunities to gain leadership skills, core values and ethic of service, the YMCA helps young people make wise and healthy choices. Following the Search Institute's Developmental Asset Model, all YMCA programs provide youth the building blocks necessary to become productive and caring adults.

**Holiday Camp:** Holiday Camps are an extension of Summer Day Camp. Our Holiday Camp features fun activities including field trips, sports, swimming, arts and crafts, games and more! Camp provides working parents the piece of mind that their children are safe and in good hands while in the care of great role models. YMCA Youth Programs ensure every child deepens positive values, their commitment to service, and their motivation to learn. In each program, children develop to their fullest potential in partnership with their families.

## WINTER BREAK

**Ages:** 6-15

**Session:** Dec 21-Dec 31

**No Camp:** Dec 24, Dec 25, Jan 1, 2010

**Registration:** Nov 16-Dec 21

**Days:** Mon-Fri

**Time:** 6:30am-6:30pm

**Location:** Downtown YMCA

**Facility Member:**

\$120 full camp or \$25/day

**Program Member:**

\$130 full camp or \$35/day

## SPRING BREAK

**Ages:** 6-15

**Session:** March 15-March 19, 2010

**Registration:** Feb 22

**Days:** Mon-Fri

**Times:** 6:30am-6:30pm

**Location:** Downtown YMCA

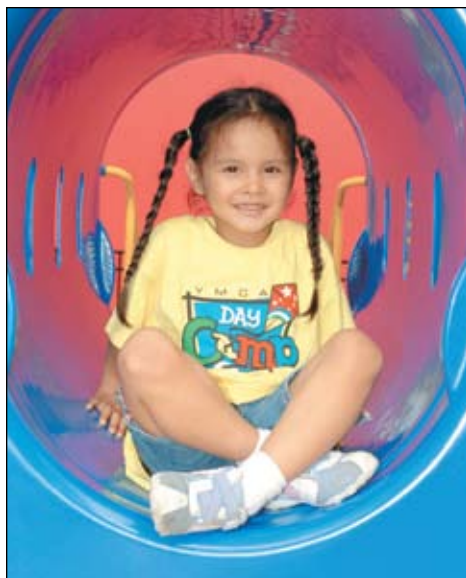
**Facility Member:**

\$120 full camp or \$25/day

**Program Member:**

\$130 full camp or \$35/day

*For more information on Holiday Camp, please contact: Megan Pierce at 713.758.9207.*



# Older Youth Programs

caring

honesty

respect

responsibility

faith

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. All young people, regardless of economic, geographic, ethnic, gender or religious background face choices that can positively or negatively influence their futures.

Every day, the YMCA sees teens that are excited about learning leadership skills and participating in projects. 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 local school districts and other community organizations.

**YMCA Achievers:** The central purpose of the program is to help older youth and teens develop a positive sense of self and to set high educational and career goals. The program strives to:

- Assist students and their parents in identifying and qualifying for financial resources to continue their post-secondary education.
- Raise the academic standards of youth.
- Expose students to diverse career options.
- Provide youth with role models whose success and knowledge will inspire them to reach their personal goals.
- Create channels for continuing community involvement by business and industry.
- Recognize and promote excellence in our youth.

**Grades:** 9-12

**Session:** Aug 21 to end of academic school year 2011

**Registration:** Ongoing

**Location:** Downtown YMCA

**Member:** FREE

*For more information about YMCA Achievers, please contact Justin Flakes at 713.758.9273 or [justinf@ymcahouston.org](mailto:justinf@ymcahouston.org)*

**YMCA G.I.R.L.S.:** (Girls in Real Life Situations) This program is currently operated for girls in grades 5-8. Program provides structured fun, educational and self-exploration sessions led by strong, positive role models.

**Grades:** 5-8

**Session:** Aug 25 - May 2010

**Registration:** Ongoing

**Location:** Gregory Lincoln Education Center

**Member:** FREE

*For more information about G.I.R.L.S. please contact Megan Pierce at 713.758.9207 or [megan.pierce@ymcahouston.org](mailto:megan.pierce@ymcahouston.org)*



**YMCA AfterSchool:** Children participate in a balanced program of open play and structured activities while being supervised by well-trained and caring staff. Every activity is carefully designed to spark your child's imagination and encourage lifelong positive values. Children get involved in a variety of learning centers in addition to program components, such as recreation, health enhancement, arts and humanities programs, nutritional snacks, service learning, character development and homework assistance.

YMCA AfterSchool ensures that children are given a unique mix of activities that focus on developmental assets, the building blocks that teach children how to make positive and intelligent decisions throughout life.



Aug 24-May 2, 2010  
**GREGORY-LINCOLN EDUCATION CENTER**  
**Grades:** Pre-K through 8th  
**Fees:** No cost  
**Times:** Dismissal to 6:00pm

**WILSON MONTESSORI SCHOOL**  
**Grades:** Pre-K through 6  
**Fees:** \$220/month Program Member;  
\$180/month - Facility Member  
**Times:** Dismissal-6:30pm

**TIJERINA ELEMENTARY**  
**Grades:** Pre-K through 6th  
**Fees:** No cost  
**Times:** Dismissal - 6:00pm

*Please call Megan Pierce at 713.758.9207  
or [megan.pierce@ymcahouston.org](mailto:megan.pierce@ymcahouston.org)  
for more information.*

**Youth Sports Basketball:**  
**Grades:** 1-10  
**Session:** Jan 11-Mar 6  
**Registration:** Nov 16  
**Game Location:** Downtown YMCA and  
the M.D. Anderson YMCA  
**Practice Begins:** Weekdays  
6:00pm-9:00pm (Downtown YMCA)  
**Facility Member Fee:** \$50  
**Program Member Fee:** \$60

**Games:** Saturdays between  
10:00am-6:00pm

*For more information about YMCA Youth  
Sports, please contact Justin Flakes at  
[Justinf@ymcahouston.org](mailto:Justinf@ymcahouston.org) or 713.758.9273*



## YMCA AfterSchool

Affordable, quality care for your child  
during the after school hours.

When your kids experience YMCA AfterSchool, they discover something new every day...like caring staff role-modeling positive values, the confidence that comes with trying new creative and constructive activities, and the importance of healthy, long-lasting friendships.



Go to [YAfterSchool.org](http://YAfterSchool.org) to enroll your child today.

 **YMCA Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. 



YMCA programs and services cut across diverse populations with diverse needs and attempt to take into account the total-health of each person. The YMCA provides a variety of health and wellness programs including land and water fitness classes for individuals and families of all ages, health and wellness seminars, educational classes, personalized training programs, noncompetitive youth and adult sports leagues, and social opportunities for seniors and families. The following applies to all Adult Sports Programs held at the Downtown YMCA:

- 8-week season plus playoffs
- All players must be on official roster to play.
- Check-in is no earlier than 30 minutes prior to game time
- Players and guests must present valid ID at check-in time
- Leagues must have at least 8 teams to form
- Cannot add players to the roster 2 weeks after play has started

For more information about YMCA Adult Sports, please contact Justin Flakes at [Justinf@ymcahouston.org](mailto:Justinf@ymcahouston.org) or 713.758.9273

**Racquetball:** Join us for our basic Racquetball Clinic. This clinic is suited for beginner racquetball players.

**When:** Every Tuesday Court #9

**Time:** 6:15pm-7:15pm

For more information please call 713.659.8501

### **Winter Adult Basketball:**

**Registration:** Jan 4-25

**Game Location:** Championship Gym

**Team Captain Meeting:** Week prior to 1st game

**Time:** 6:00pm-10:00pm

**Facility Member:** \$300/per team

**Program Member:** \$400/per team

Registration forms and fees must be turned in by Jan 26. Games begin the week of Feb 1.

### **Winter Adult Coed Volleyball:**

**Registration:** Dec 28-Jan 8.

**Game Location:** Volleyball Gym

**Team Captain Meeting:** Week prior to 1st game

**Time:** 6:00pm-10:00pm

**Facility Member:** \$200/ per team

**Program Member:** \$ 275/ per team

Registration forms and fees must be turned in by Jan 6. Games begin the week of Jan 11.

### **Winter Adult Women's Four Volleyball:**

**Registration:** Dec 28-Jan 8

**Game Location:** Volleyball Gym

**Team Captain Meeting:** Week prior to 1st game

**Time:** 6:00pm-10:00pm

**Facility Member:** \$125/per team

**Program Member:** \$175/per team

Registration forms and fees must be turned in by Jan 6. Games begin the week of Jan 11.

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**Youth Swim Lessons:**

**Level I:** Cannot swim at all. The child will spend most of his/her time becoming comfortable in the water and learning the basics of floating and swimming.

**Level II:** Can swim 2 pool lengths with a little help. A child cannot swim proficiently using the front crawl stroke or use rotary breathing.

**Session Information:** Classes will start promptly at posted times. Each session will consist of 8, 30-minute lessons, Monday-Thursday. Makeup lessons will be made at instructor’s discretion.

**Registration Starts:** 4 weeks prior to the start date

**Registration Ends:** 5 days prior to the start date

**Location:** Downtown YMCA Pool

**Facility Member:** \$40

**Program Member:** \$60

Level	Dates	Times	Sessions
1	Jan 4 - Jan 14	4:00pm	Session 1
2	Jan 19 - Jan 29	4:30pm	Session 1
1	Feb 1 - Feb 11	4:00pm	Session 2
2	Feb 15 - Feb 25	4:30pm	Session 2
1	Mar 1 - Mar 11	4:00pm	Session 3
2	Mar 15 - Mar 25	4:30pm	Session 3
1	Apr 5 - Apr 15	4:00pm	Session 4
2	Apr 19 - Apr 29	4:30pm	Session 4



**Private Swim Lessons:**

- Classes will start at posted times. Each session consists of one, 30-minute lesson.
- Due to limited pool space, there will not be any makeup lessons.
- If you are unable to show up for a lesson, please notify the YMCA at the number below at least 24 hours in advance. 713.758.9229
- Please set up time with Aquatic Director before registering.

**Day/Time:** Mon-Fri, 6:00am-4:00pm

**Location:** Downtown YMCA Pool

*For more information about Aquatics, please contact Tony Guillory at 713.758.9217 or [tonyg@ymcahouston.org](mailto:tonyg@ymcahouston.org)*

**Adult Swim Lessons:**

**Beginner:** Cannot swim at all. The beginner will spend most of his/her time becoming comfortable in the water and learning the basics of floating and swimming. Goggles recommended.

**Intermediate:** Once you know the basics, we will start teaching more technique and stroke variations. Swimmers must be able to swim one length of the pool. Goggles recommended.

**Session Information:** Classes will start promptly at posted times. Each session will consist of 8, 30-minute lessons, Monday-Thursday. Makeup lessons will be made at instructor’s discretion.

**Location:** Downtown YMCA Pool

**Facility Member:** \$40

**Program Member:** \$60

Dates	Times	Level / Session
Jan 1 - Jan 14	7:15pm	Beginner Level / Session 1
Jan 19 - Jan 29	6:30pm	Intermediate / Session 1
Feb 1 - Feb 11	6:30pm	Beginner Level / Session 2
Feb 15 - Feb 25	7:15pm	Intermediate / Session 2
Mar 1 - Mar 11	7:15pm	Beginner Level / Session 3
Mar 15 - Mar 25	6:30pm	Intermediate / Session 3
Apr 5 - Apr 15	6:30pm	Beginner Level / Session 4
Apr 19 - Apr 29	7:15pm	Intermediate / Session 4

caring

honesty

respect

responsibility

faith



We have a program that is right for you! It's all about doing what you can in the amount of time that you have. Our fitness staff will help you to start and stay with an exercise program - whether you are just getting started or you are ready for a more challenging program. We will provide you with the expertise and support that you need to meet your fitness goals.

*This service is included in your membership. Please call the Wellness Center at 713.758.9209 to schedule an appointment.*

**Group Exercise Classes:** Our group exercise classes are designed to enhance spirit, mind and body. We have the class that is right for you! We offer over 80 classes a week taught by certified, highly motivating and inspiring instructors. Stop by the Welcome Center to pick up a complete listing of our classes, or visit our website at [www.ymcahouston.org](http://www.ymcahouston.org) to find your next class!

- BodyPump®
- Intro to BodyPump
- BodyCombat®
- BodyStep®
- SilverSneakers
- Salsa
- 15-min Abs Express
- Pilates
- Boxing
- Step
- Tai Chi
- Kickboxing
- Yoga
- Spinning
- Y-Serious Boot Camp
- And many more...

**Express Workouts:** Got 30 minutes? GET FIT! We realize finding time for fitness can be a challenge. We have a variety of group exercise classes and workout routines to help keep you fit and healthy in just 30 minutes! Check out our group exercise schedule for a list of Express options to fit your wellness needs!

#### **CPR & First Aid:**

**Dates:** Jan 16, Feb 13, Mar 13, Apr 10.

**CPR:** 8:00am-10:30am (\$25)

**First Aid:** 10:30am-1:00pm (\$20)

**Combination:** 8:00am-1:00pm (\$44)

#### **CPR & First Aid/Healthcare Provider:**

**Dates:** Jan 30, Feb 27, Mar 27, Apr 24.

**Health Provider:** 8:00am-2:00pm (\$54, if oxygen certification is needed the cost is \$74)

**Registration:** Ends 3 days before session. Registrations are not accepted unless accompanied by payment in full.

**Location:** Downtown YMCA.

For more information, contact Tony Guillory at 713.758.9217 or [tonyg@ymcahouston.org](mailto:tonyg@ymcahouston.org)

**Personal Training:** Our affordable and nationally certified personal trainers will design an exercise program that will get you the results you are looking for. We can match a trainer to your needs; whether you are looking for individualized attention, motivation, athletic conditioning, or physical rehabilitation through exercise, we have the trainer you are looking for!

# of Sessions	Fee
1	\$50
5	\$200
10	\$350

Group sessions available. For group rates call 713.758.9226 or 713.758.9229.

# Adult Health & Wellness

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**Ladies Zone:** Tucked away on the 3rd floor you'll find a private, women only oasis called the Ladies Zone. The Ladies Zone offers a more intimate work out area for our female members than the general weight room but, still has many of the most popular cardio machines that ladies know and love.

The Ladies Zone also boasts nine Quantum Circuit machines which together provide a complete 30 minute workout. Other items featured in the Ladies Zone include: free weights, balance balls, yoga mats, abdominal boards, foam core rollers, step units, plus nutrition & exercise tips and special Ladies Zone exercise incentive programs throughout the year.

*Don't forget to book an appointment for your after workout massage with Mary Hodge 713.426.9068.*



**Les Mills Classes:** Les Mills has produced much more than an innovative and effective form of exercise. It has created a global fitness phenomenon. Great music and passionate instructors inspire exhilarating workouts for the beginner to the advanced exerciser. Pre-choreographed programs draw on the latest trends and are guided by the latest developments in exercise science.

**BODYCOMBAT®** - This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.

**BODYPUMP®** - This workout challenges all your major muscle groups by using weight-room exercises like squats, presses, lifts and curls.

**BODYSTEP®** - Is the energizing step workout that makes you feel liberated and alive. Cardio blocks push fat burning systems into high gear followed by muscle conditioning that shapes and tones your body.

**INTRO TO BODYPUMP** - Participants learn at a moderate pace with fellow beginners, providing a great starting point to develop strength and confidence. Small class sizes ensure that you get the individualized attention you need to succeed. This 6 week program begins with the basics of safe, effective weight training technique and builds to a 30 minute BodyPump workout. Great for Beginners!! This toning and conditioning class with weights is also for anybody who wants to add strength training to their aerobic workout. Class sessions cycle back around so participants can join at any time!



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honesty

respect

responsibility

faith

**Fitlinxx®:** This is a computerized tracking tool that will take the place of a workout card, give individual instruction on range of motion and speed, display seat settings, target goals, and record every workout session. Our trained staff will provide a FitLinxx® orientation. The orientation will include instruction with both the weight equipment and the FitLinxx® system.

To set up an appointment stop by the Wellness Center Desk or call 713.758.9209

**Active Older Adults:** We know that older adults are seeking more than physical benefits when they begin exercising. They also want a sense of community and have a desire to strengthen social ties. In response to this need, the YMCA has developed several activities to encourage and motivate older adults to take action and get involved.

YMCA programs for older adults strengthen the whole person. Socializing and volunteering have been shown to have positive effects on the health of older adults, and exercise has proven to promote mental agility, in addition to longevity and good health. With that in mind, the YMCA offers fitness programs for older adults such as water exercise, yoga and stretching classes.

Make new friends at the Y as you join the Downtown YMCA, for land and water aerobics five days a week, arts and crafts, field trips — social, educational and recreational, holiday and birthday celebrations, game days, computer classes, Bible study and many volunteer activities.



**AOA/Seniorcise:** Class may include strength training, step, chair, flexibility and low impact workouts.

For additional information about our Active Older Adult program please contact Vicky Watson at 713.758.9286 or e-mail [vickyw@ymcahouston.org](mailto:vickyw@ymcahouston.org)

**SilverSneakers®:** 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.

#### Participating Plans:

- Texas Health Care
- Humana
- AARP
- Bravo
- PacifiCare
- Secure Horizons
- United Healthcare (Medicare Direct)
- Wellcare

# Job Opportunities



where **values** are always in **play.**



**Work With Us!** 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 all the wonderful experiences you'll have!



**job opportunities...**

**work with us!**

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

**YMCA**  
of Greater Houston  
ymcahouston.org

Childwatch

Lifeguard

# Supportive Services

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The YMCA Supportive Services Program is a grant-funded resource within the Downtown YMCA Center that provides access to 132 units of safe, affordable Single Room Occupancy (SRO) housing for single adults who have become homeless, those who are marginally homeless, or those who require temporary rental assistance.

The Supportive Services Program also makes an effort to improve the quality of life for people in crisis by addressing basic needs such as food, clothing and shelter along with employment, health, substance abuse education, life skills and monetary issues. Individuals will also have opportunities to access case management, social services and housing assistance.

## Supportive Services Objectives:

- To decrease homelessness by providing supportive services in conjunction with housing to persons who, due to unemployment, underemployment, age or disability, live at or below poverty level.
- Assist YMCA residents in addressing the issues that prevent, limit or hinder their ability to be more self-sufficient.
- Provide case management that focuses on goal-setting, improving life management and strengthening independence.
- Encourage and support participants in their efforts toward independence, personal growth and financial stability.
- Chapel Service - Wednesdays 5:45-6:30 pm .

**Locations:** Services are provided at the YMCA location at 1600 Louisiana.

**Hours of Operation:** Office hours are Mon-Fri from 9:00am to 5:00pm, with a minimum of two late days a week, with hours extending to 7:00pm. The program currently maintains one director and at least one full-time case manager.



## 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

where **values** are always in **play**.

**Volunteers:** Volunteers are at the heart of the YMCA and that is why the YMCA is at the heart of the community. When you are a volunteer at the YMCA, you are part of a not-for-profit organization with a vision of building strong kids, strong families and strong communities.



Your time and talent will translate into helping a child, mentoring a teen or providing support for families. You can help create a safe, healthy and caring environment that will nurture people of all ages and backgrounds, helping them to become successful members of our community.

- Afterschool mentor
- Youth Sports coach
- Various Member Committees
- Become a Board Member
- Students in work study on internship programs are always welcome.
- Raise fund through our campaigns (annual, capital or special events)
- Volunteers are essential to the YMCA

*If you would like to find out more information about volunteering at the Downtown YMCA, call 713.758.9148.*



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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.

# Partners Campaign

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respect

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faith

Our commitment to living our charitable mission each and every day keeps us strong and focused. Although grounded in our historical values, the YMCA continues to search for and collaborate on new solutions to our communities' changing needs.

The YMCA remains committed to bringing our board and staff members, friends, facility members and donors closer to our mission in all we do. Advancements in new programs and innovative solutions often come thanks to special donors of the YMCA. Many scholarships and program subsidies are a result of the essential support of individual donors, corporate entities and foundations.

## 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.

*For more information, contact Mary Huggins at 713.758.9236.*



partners  
campaign

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**YMCA**  
PARTNERS



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.

# 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**

- caring
  - honesty
  - respect
  - responsibility
  - faith
- where **values** are always in **play**.

**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**



YMCA of the Greater Houston Area  
P.O. Box 3007  
Houston, Texas 77253-3007

Non-Profit Org.  
U.S. Postage  
**PAID**  
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Permit No. 237

**One free one-day guest pass**  
expires 08.31.2010

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

**Y**

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

**Y** 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.



**TXHN10**