

where values are always in play.



family



health



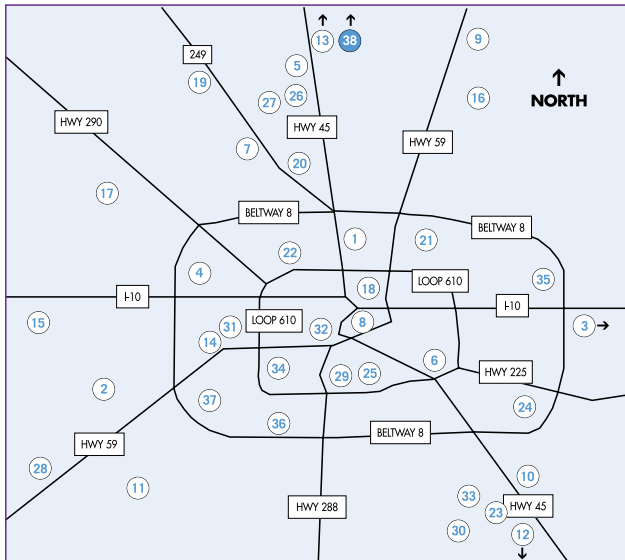
Guide to YMCA Programs

Katy Family 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., Splendora, 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

KATY FAMILY YMCA



22807 Westheimer Parkway
Katy, TX 77494
Phone 281.392.5055
www.ymcahouston.org

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Facility Hours:

Days	Times
Mon-Fri	5:00am-10:00pm
Sat	7:00am-7:00pm
Sun	1:00pm-7:00pm

Holiday Hours:

Days	Times	Holiday
Dec 24	5:00am-3:00pm	Christmas Eve
Dec 25	CLOSED	Christmas Day
Dec 31	5:00am-3:00pm	New Year's Eve
Jan 1	CLOSED	New Year's Day
Apr 2	5:00am-6:00pm	Good Friday
Apr 4	CLOSED	Easter

Child Watch Hours:

Days	Times
Mon-Fri	7:30am-8:45pm
Sun	1:00pm-6:00pm

STAFF:

Brian Haines

Center Executive Director

Pam Filip

Associate Executive Director

Brandon Gonzalez

Sports & Outreach Director

Shawn Harmon

Child Care Director

Sherry Hubbard

Child Care Coordinator

Joel Martin

Membership Director

Jeni Morrison

Informal Education Director

Jennifer Ramsey

Wellness Coordinator

Candi Revere

Aquatics, Sports & Outreach Director

Michael Simon

Sealy Program Director

Dedre Smith

Child Watch Director

Beth Strand

Marketing Director

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 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.

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

Facility Expansion

caring

honesty

respect

responsibility

faith

Project Outline: The Katy YMCA is thrilled to announce the completion of our facility expansion project! If you have not seen the new additions to our YMCA, please stop by!

2,600-square-foot Indoor Heated Swimming Pool: We offer water aerobics year round as well as swim lessons and family swim, no matter the season! It has a wheelchair ramp for those with special needs and in-water benches to assist with swim lessons.

3,400-square-foot Multipurpose Exercise Room: This room replaces our old Cummins Room and now houses our Mind/Body classes. In addition, it is home to our Tae Kwon Do and Aikido programs, as well as Dance and other informal education class offerings. This new space is significantly larger than the old Cummins Room and will allow our programs to grow!



Expanded Child Watch: Our Child Watch program took over the old Cummins Room and has allowed us to incorporate additional age-appropriate activities for our youngest members. The check-in area has been completely reconfigured with the convenience of parents and safety of our children in mind.

Shaded, Fenced Playground: Complete with a rubberized fall zone and benches, our shaded playground has been especially exciting for our youngest members!

Facility Expansion

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New Cardio Room: Equipped with brand new treadmills, elliptical machines and Espresso bikes, this room offers an expanded cardio space for our members. Each piece of equipment has its own personal viewing screen. Additional treadmill classes as well as youth and family fitness programming have been incorporated into our schedules.



Personal Training Studio: The old cycle room has been transformed into a more intimate setting for Pilates reformer and MVE sessions, personal training consultations, and fitness assessments. One-on-one and small group trainings have access to this new studio.

New Spinning Room: Our spinning room has moved down the hall to a larger venue which houses 45 new bikes. Additional classes include RPM and video spin classes which allows the instructor to bring the outdoor riding experience into the studio with our 52" plasma TV.

Expanded Parking: More than 200 parking spots have been added.



Membership To The YMCA

caring

honesty

respect

responsibility

faith

Anyone can join the YMCA. The YMCA has always been a great fit for everyone and their family. Now, it's also a great fit for every budget. Because we believe a healthier lifestyle should be available to all, we're now offering an income-based fee scale. Join the YMCA, and your monthly membership fee will be 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 on your joining fee, 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! EVERYONE BELONGS at the YMCA of Greater Houston.

At the YMCA, we're more than just a place to workout. 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. It's because we don't care what you look like when you come in. We just want you to feel great when you leave.



Facility Membership: Designed for those individuals or families who wish to have full facility use. A monthly membership fee is paid to the YMCA. Facility members also receive reduced fees on programs.

Program Membership: Designed for those who want to participate in programs or activities but do not have full facility use. An annual program membership fee of \$30/family is charged in addition to the fees for our programs.

How to Register for Programs:

- On-line at www.registerymca.org
- Walk-in

Volunteer: There are many opportunities to volunteer at the Y. Volunteering gives you an opportunity to give back to your community, meet new friends and serve your neighborhood. Fill out a volunteer application at the Welcome Center and submit to Dedre Smith.



Membership Categories/Guests



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Membership Types and Rates:

2-Adult Household w/Kids Citywide access!

Two adults ages 18-64 & any children 18 and under, or a full-time student living in the same household through age 25. Student must provide full-time status.

2-Adult Household

Two adults ages 18-64 living in the same household.

1-Adult Household w/Kids

One adult age 18-64 and any children 18 and under living in the same household. May include children ages 19-25 living in the same household and able to provide proof of full-time paid classes for current semester.

Individual Adult

Individuals between the ages of 18-64 who are not full-time students.

2-Adult Senior Household

Two senior adults with at least one adult age 65 or older living in the same household. If grandchildren ages 18 and under are living in the household, no additional fees apply for children.

Senior Individual Adult

One senior adult age 65 and older. If senior adult has grandchildren ages 18 and under living in household, no additional fees apply for children.

Student

Includes students ages 10-18 and students ages 19-25 able to provide proof of full-time paid classes for current semester.

Joining fees are applicable for all membership types. The YMCA has no contracts for you to sign. You may terminate your membership at any time, but must give 10-days written notice prior to your scheduled draft date. Should you decide to return to the YMCA within 90 days after termination, you will not be charged the joining fee. If you decide to return after 90 days, a \$20 reactivation fee will apply.

Katy Family YMCA Guests: All guests are given a maximum of 7 visits per year. All guests ages 17 years and younger must have parent/guardian tour facility, sign waiver and present ID. Special Circumstances, such as out-of-town guests who will be visiting more than 7 times will need to make prior arrangements with the Membership Director.

Members Only Days and Times:

Monday-Thursday, 8:30am-11:00am and 5:00pm-7:30pm.

Facility Age Requirements:

Ages 12 and up unless accompanied by an adult who is age 18 or older.

Every child under age 12 must be accompanied in the pool area at all times by an adult 18 years or older. Every child under age 6 and those who cannot pass the swim test must be accompanied within arm's distance in the water at all times by an adult 18 or older.

job opportunities...

work with us!

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

YMCA
of Greater Houston
ymcahouston.org

Membership Fees/Guests

caring

honesty

respect

responsibility

faith

Exercise Room Age Requirements:

Members age 16 and up are allowed in the Wellness Center, Cardio Room and Weight Room. Members age 12-15 are permitted in the Wellness Center and Cardio Room by passing our Teen Certification course and by wearing a Teen Badge. Fifteen-year-old members are welcome in the Weight Room after they take a Free Weight Training class. Sign up at the Welcome Center.

Child Watch: (ages 6wks-5yrs) Experience peace of mind knowing your child will be well cared for in a safe, fun and structured environment while you exercise. Your kids will enjoy organized activities and themed weeks. Our teachers make the difference. Adults using the facility more than once per day may return after 3:30pm for an additional 2 hours. Please note there must be a 4-hour lapse between visits.

Hours of Operation

Mon-Fri	7:30am-8:45pm
Sat	7:30am-6:00pm
Sun	1:00pm-6:00pm

Kids Zone: (ages 6-11) This room is specifically designed to entertain through interactive play, including board games, puzzles, books, virtual sports, Dance Pad and MORE!

Hours of Operation: See Kids Zone schedule for specific days and times.

Facility Time Restrictions: Youth ages 12-14 may not be left at the YMCA longer than 3 hours.

Adult Locker Rooms: Children of the opposite sex are allowed in the locker rooms through 4 years of age. Parents wishing to assist their children 5 years and older should use the Family Changing Rooms.

Lockers: Are available for day-use only. You supply your own lock and must remove it after each use. Small article lockers are available at no cost in the Wellness Center. Please do not bring your valuables to the YMCA. The YMCA is not responsible for lost, stolen or damaged property.



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Open House & Fitness Festival:

Saturday, Jan 9, 10am-2pm

Please join us for our annual Open House and Fitness Festival. This event is open to the public and features fitness demonstrations, health related field vendors and MORE! Start your new year off RIGHT and come see how the Katy YMCA can help you to reach your fitness goals.

For more information, contact Jennifer Ramsey at 281.392.5055

Golf Tournament: The YMCAs of Fort Bend County Golf Tournament will be Monday, April 19.

Love to golf for a good cause? Join us for a tournament at Pecan Grove Country Club to raise funds for the YMCA Partners Campaign.

For more information on entering a team or becoming a sponsor, contact Brian Haines at 281.392.5055.

Healthy Kids Day 2010:

Saturday, April 17, 10am-2pm

Join us for Healthy Kids Day 2010! This annual celebration at all YMCAs across America is about FUN and FITNESS for today's youth. Moonwalks, face painting, games, fitness demonstrations and MORE! Local vendors and YMCA staff will be on hand to tell you about programs and services that cater to today's kids! Stop by to find out about summer sports and specialty camps, day camp and swim lessons.

For more information, contact Jeni Morrison at 281.392.5055.

Turkey Dash 2010:

Thursday, Nov 25

Plan ahead for this annual family event! The Katy Family YMCA and The Fellowship at Cinco Ranch will present their 8th annual Turkey Dash on Thanksgiving morning. A chip-timed 5K, chip-timed 1-mile kids race and a family walk are featured. Awards in age categories, Kids Fun Zone area, Live DJ, Games, Post Race area with lots of food and MORE! Participate in Katy's largest fun run event. Proceeds benefit YMCA Partners Campaign. Thanks to Mustang for returning as our signature sponsor for this event for the 7th year! *Planning for this event goes on year-round.*

For more information on the race, registration or sponsorship opportunities, contact Beth Strand at beths@ymcahouston.org or 281.392.5055, ext. 202.



Family Activities

caring

honesty

respect

responsibility

faith

We love families at the Katy YMCA! We believe families should spend quality time together. We already offer several family exercise classes and regularly scheduled family fitness time in our Wellness Center. We now also offer Cycling Movie Nights and Family Fun Fridays. See flyer in lobby for details.

Cycling Movie Nights: For family members ages 10 and up. Enjoy a 2-hour cycling experience while watching a family movie! Snacks, trivia games, competitive drills, and a whole lot of FUN! Team taught by our awesome cycling staff.

Family Fun Fridays: Join us for FREE family fun on Friday nights! Activities could include Dive In Movies, Game Nights, Sleepovers and more. See flyer for specific monthly offerings.



Group Exercise: The Katy YMCA is the home to the top group fitness program in Houston! Our experienced instructors lead over 145 FREE group classes each week. Offerings include Step, Latin Dance, Boot Camp, Starter Fitness, CSI (Cardio Strength Intervals), Yoga, Pilates, Cycling, Turbo Kick, Zumba, Core Strength Classes, Christian focused aerobics classes and MORE!

Check out our latest Group Exercise schedule for specific classes and times. Exclusive in the Katy area, 7 awesome Les Mills programs — including Body Pump, our most popular class. Les Mills classes deliver results people want and blend great music and passionate instructors that inspire exhilarating workouts. Other Les Mills programs we offer are Body Attack, Body Combat, Body Jam, Body Step, Body Vive and, new to our group cycling program, RPM.

RPM is the Les Mills indoor cycling workout in which you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. See cycling schedule for class days and times.

Also new to the Katy Y is Body Vive! Body Vive is the low impact group fitness workout that lets you choose just how hard you work. Using Vive balls, tubes and hand weights, you are talked step-by-step through the entire class by a skilled instructor while listening to uplifting and inspiring music.

Our Group Exercise classes are the BEST! Try a class today and let our instructors guide you to your fitness goals!

For any Health & Wellness related questions, contact Jennifer Ramsey for more details, 281.392.5055 or jenniferr@ymcahouston.org

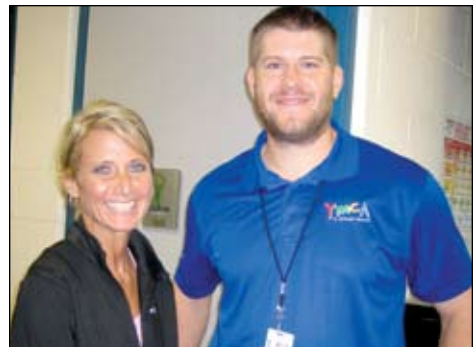
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Mind/Body Classes: The Katy Family YMCA offers a variety of Mind/Body classes including Yoga, Pilates and Tai Chi. Reduce stress, learn calming techniques and regain inner peace with our educated staff. Morning and evening classes are available for your convenience.

Christian-Focused Exercise Classes: In line with our YMCA Mission, the Katy Y now proudly offers Christian-focused aerobics classes. Devotional cycling is a cycling class taught to Christian music with a short prayer and thought of the day included in the workout. Christ-Centered Yoga incorporates the physical practice of Yoga with God's word. It becomes a moving prayer of praise and worship. See Group Exercise schedule for days and times.

Active Older Adults: The Katy YMCA is very proud of our Active Older Adults (AOA) schedule! It has been specifically designed for our members ages 55 and older. We offer Fitness and Water classes, such as SilverSneakers® and SilverSplash®. Our program also features social activities including bingo, card games, special events, a monthly field trip as well as monthly seminars. Check our AOA schedule for classes, activities and times. This schedule is updated monthly.

SilverSneakers® members welcome at the Katy YMCA.



Pre-/Post-Natal Exercise:

Our Pre/Post Natal class consists of exercises designed to tone and strengthen muscles helping to support weight and posture changes. Exercise will assist with pushing during labor as well as lifting and carrying the baby after birth.

Bands, stability balls and light weights are used. In addition, we incorporate lectures and nutritional counseling with our dietitian.

Our program also includes a weekly water aerobics class. Gentle exercises performed in the water will help keep the mother in shape without added stress and fatigue. Participants will also be introduced to the benefits of yoga. Every 8 weeks an infant/child CPR class will be offered. Feel free to bring your new baby up to 3 months of age!

Personal Training: Personal Training at the YMCA will provide you with a physiologically and scientifically sound fitness program that is specifically tailored to meet your needs now and as your needs evolve. Your fitness program will be a comprehensive lifestyle plan, including an assessment of your current fitness level. Personal training sessions are 1 hour with your trainer at your side guiding you through the workout. Group training sessions are also available.

All trainers are ACSM or NASM-certified. With our expansion, we are proud to now feature a specific Personal Training Studio. This studio offers a more private environment in which you and your trainer can work toward your fitness goals!

MVe Chair: New to our Pilates Program are MVe chair classes. Maximum Versatility Exercise (MVe), a compelling concept that pairs high-quality, innovative, stackable equipment with expertly designed workouts, is the ideal fusion of Pilates and fitness. This class will challenge you like no other Pilates workout. Designed to stretch and strengthen muscle groups traditional techniques and equipment cannot reach. Resistance levels for every user at every level. Five chairs per class.

Pilates Reformer: Personal instruction by a certified Pilates trainer on a Pilates Reformer machine is available at our YMCA. The Reformers will be used to challenge and condition core strength and stability while improving flexibility.

Pilates is a unique system of stabilizing, strengthening and stretching exercises developed over 90 years ago by Joseph Pilates. Free 30-minute demos are available by appointment. All Reformer classes are held in our Personal Training Studio, which offers an ideal class environment. Free demos available!



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Y Personal Fitness: Just getting started? Need motivation or guidance? The YMCA Personal Fitness Program is designed to help individuals adopt regular healthy exercise habits. This 12-week program includes 4, 1-hour sessions with a fitness coach to familiarize you with our fitness equipment and exercise options.

This program is especially helpful for those who have not exercised in several years or someone who is recovering from an injury. Coaches will provide accountability and encouragement to help you make exercise part of your lifestyle. Free to Facility Members. Please see the Welcome Center to make an appointment with a YPF coach today!

Free Fitness Orientations: The Katy YMCA is happy to offer new members FREE Fitness orientations. Stop by the Welcome Desk to sign up for a time that is convenient to your schedule. Let one of our Fitness Trainers familiarize you with various pieces of cardio and strength equipment.

Walking Club: This class will meet at the YMCA, then go outdoors to walk as a group and participate in power walk intervals. Strength components will also be incorporated. Schedule includes seminars in which the correct shoe for walking, good nutrition, benefits of walking, etc. will be discussed. Class offerings listed on Group Exercise Schedule.

Running Club: Learn how to prepare for a 5K or just enjoy running with company to encourage you! The instructor will teach safe and effective running skills. The first Tuesday of each month, the group meets at Luke's Locker for an informational seminar on an aspect of running. Other Tuesdays, then group will meet under the YMCA front porch to stretch and begin their run.

Family Fitness Time: Youth ages 10-12 are able to work out in the Wellness Center with their parents.

- Friday, 6:00pm-8:00pm
- Saturday, 2:00pm-4:00pm
- Sunday, 4:00pm-6:00pm

Belly Dancing: 8 week Belly Dancing private training sessions meeting once a week, Saturday 1pm - 2pm beginning January 23, 2010. Min 5 and max 15 people. Members: \$120, Program Members: \$160.

Anna Ferguson, professional belly dance instructor, will take seasoned belly dancers to the next level of performance by teaching them a prechoreographed dance. Private lessons with Anna are a great addition to your current dance instruction, giving you the personal attention and clear movement breakdown to help you be your best.



Y Trim Kids: Y Trim Kids is an 8-week weight-loss and weight-management program for kids ages 9-12. This program is designed specifically for overweight children. The classes include a moderate-intensity progressive exercise program, nutrition classes with guidelines for healthy food choices, and behavioral sessions that provide an individualized approach to childhood weight problems. Spring session begins in January. See flyer for details.

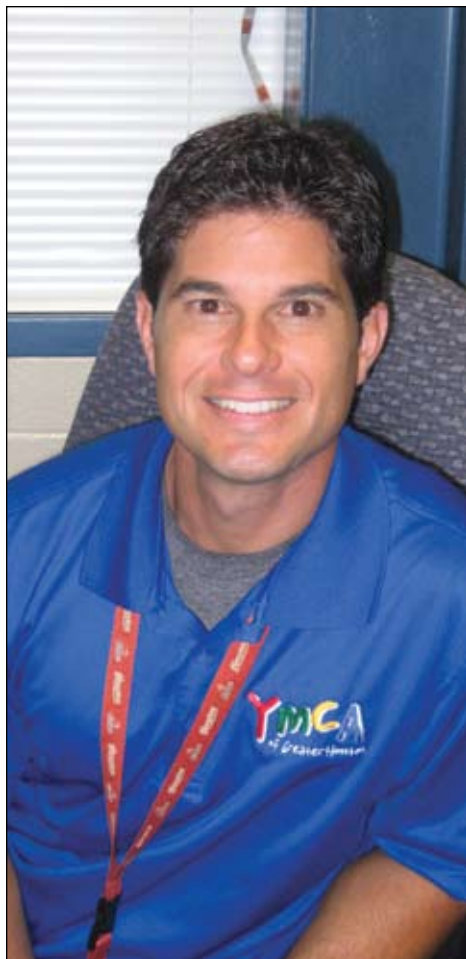
Community CPR: An American Red Cross instructor will provide the training needed to prepare you to prevent and respond to life-threatening emergencies. This course combines lectures, demonstrations and video with hands-on training and practice.

Massage Therapy: Swedish, Chair, Deep Tissue, Aromatherapy, Reflexology and Sports Massages. All massages include aromatherapy to enhance relaxation, headache relief, stress reduction and to relieve muscle aches. Glenn Byrd is thrilled to announce that with the YMCA's expansion, he has gained a brand new private studio to better serve his valued clients!

Call Glenn at 713.725.9587 to schedule an appointment.

Fees: \$40/half-hour; \$70/hour

Students and Seniors: \$40/hour



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Summer Day Camp 2010:

YMCA Summer Day Camp is for children entering grades 1-6. Please plan ahead because our day camp is very popular and will sell out! Drop off as early as 7:00am and pick up as late as 6:30pm.

Camp is held at the unique Bev R. Laws Camp Cinco, located at 15035 Cinco Park Road (behind Creech Elementary). Camp Cinco is complete with large oak trees, an archery range, a ranch house, nature trails, soccer fields, high ropes course, and a climbing wall! Campers must be checked in by 9:00am and will need 2 snacks and a lunch each day.

Since this is an outdoor camp, campers should wear comfortable clothing with closed-toe shoes. Themes and pricing will be available in February 2010. Holiday Camps such as Christmas Camp and Spring Break Camp are also offered at Camp Cinco for your Child Care needs.

For more information about Katy YMCA's Day Camp programs, contact Shawn Harmon or Sherry Hubbard at 281.392.5055 or shawnh@ymcahouston.org.

Holiday Camps: Need a fun safe place for your kids to go during time off from school? Our camps are held at Bev. R. Laws Camp Cinco next to Creech Elementary off Mason Road.

Winter Camp: Dec 21-24, Dec 28-31

Spring Break Camp: March 15-19.

For details and pricing, please see Child Care registration packet available at the Welcome Center or contact our Child Care Department staff at 281.392.5055.



Before/After School Child Care:

Children in grades K-5 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.

Session: Academic School Year

Registration for 2009-2010: Ongoing through April

Registration for 2010-2011: Early registration begins May 3 for existing Child Care participants; May 17 for new participants.

Location: Selected Katy ISD school cafeterias, Lamar CISD's McNeill Elementary cafeteria and Sealy ISD's Selman Intermediate.

Days: Mon-Fri

For registration details, pricing and information on other Child Care services such as Holiday Camps, see our Registration Packet available at the Welcome Center.



Swimming Pools:

Pool Rules: Every child under age 12 must be accompanied in the pool area at all times by an adult 18 years or older. Every child under age 6 and those who cannot pass the swim test must be accompanied within arm's distance in the water at all times by an adult 18 or older.

We are so happy to have completed construction of our heated indoor pool so that we can conduct swim lessons year-round as well as offer water aerobics and family swim, no matter the season!

Please pick up detailed indoor and outdoor pool schedules in our lobby or view them on our website. Our indoor pool is open year round. The outdoor family fun pool is open from late April to late September.

Water Aerobics: With the addition of our new indoor heated pool, we are proud to now offer YEAR-ROUND Water Fitness classes. Classes range from Water Relaxation to Water Jog, Pool-lates, Hydrotone and more. We also offer a wide variety of Active Older Adult classes, including SilverSplash®, part of our Silver Sneaker® program designed specifically for our senior population. Please pick up a detailed Water Fitness schedule in our lobby or view it on our website.

Questions? Contact Jennifer Ramsey at 281.392.5055.

Group Swim Lessons: The Y has been teaching swim lessons for more than 100 years! Let us teach you or your child valuable skills that will last a lifetime! Parents are more than welcome to watch swim lessons.

Ages: 6 months to adult

Sessions: Monthly. Weekday and Weeknight class options available. See Swim Lessons flyer for details.

Registration: Ongoing

Facility Members: \$60

Program Members: \$120

Questions? Contact Aquatics Director, Candi Revere, candic@ymcahouston.org or 281.392.5055.

Private/Semi-Private Lessons:

Private lessons are a 30-minute, one-on-one swim lesson with an instructor. Semi-Private lessons are a 30-minute lesson for 2 people around the same age and ability level. Pick up a flyer for more details and pricing. Private lessons are held during Family Swim time and registration is ongoing.

YMCA Aquatics

Water Safety, skill development and fun for everyone

- Swim Lessons for all ages
- Water Exercise
- Lifeguard Certification

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ymcahouston.org

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The name of the game is TEAMWORK! Join a YMCA Sports League and enjoy a fun activity with friends in an environment where children learn and practice values of responsibility, honesty, respect, faith and caring.

Questions? Contact Candi Revere
candic@ymcahouston.org or
Brandon Gonzalez 281.392.5055
brandon.gonzalez@ymcahouston.org

Spring Soccer:

Ages (as of Sep 1, 2009): 3-12
If enough girls register, there will be a girls league, if not, teams will be co-ed.
Season: March 29-June 5
Registration: Dec 21-Feb 28
Late Registration: \$10 late fee after Feb 21
Parents Meeting: March 23 (ages 3-5),
March 24 (ages 6-12); 6:30pm
Coaches Meeting: March 27, 9am
Facility Members: \$60
Program Members: \$120

Spring Baseball:

Ages (as of Sep 1, 2009): 3-12
Season: March 29-June 5
Registration: Dec 21-Feb 28
Late Registration: \$10 late fee after Feb 21
Parents Meeting: March 8 (ages 3-5),
March 9 (ages 6-12); 6:30pm
Coaches Meeting: March 13, 9am

Facility Members: \$60
Program Members: \$120

Spring Softball:

Ages (as of Sep 1, 2009): 6-12
Season: March 29-June 5
Registration: Dec 21-Feb 28
Late Registration:
\$10 late fee after Feb 21
Parents Meeting: March 9, 6:30pm
Coaches Meeting: March 13, 9am
Facility Members: \$60
Program Members: \$120

Spring Volleyball:

Ages (as of Sep 1, 2009): 8-12
Season: March 29-June 5
Registration: Dec 21-Feb 28
Late Registration: \$10 late fee after Feb 21
Parents Meeting: March 25, 6:30pm
Coaches Meeting: March 27, 11am
Facility Members: \$60
Program Members: \$120





NEW!! Spring Golf:

NEW to the Katy Y this Spring is GOLF!

The YMCA is proud to partner with Total Golf Adventures to bring you this national beginners golf program! TGA's goal is to introduce America's youth of all backgrounds to the fun, positive, character-building aspects of golf and create a lifelong love of the game. TGA is now one of the fastest growing junior golf organizations and a leading initiative to grow junior golf in America. TGA has introduced golf to tens of thousands of students through after-school and camp programs at several thousand schools and golf courses.

Practices held on Monday evenings from 6:30pm-7:30pm at Creech Elementary and taught by certified TGA instructors. Golf tournament held at the end of the season.

Ages (as of Sep 1, 2009): 5-14

Season: March 29-May 17

Late Registration: \$10 late fee after Feb 21

Registration: Dec 21-Feb 28

Parents Meeting: March 7; 1:00pm in the YMCA Cummins Room

Coaches Meeting: N/A

Facility Members: \$180

Program Members: \$200

Fee includes all golf equipment to use during the season, TGA National Program Achievement visor and golf etiquette handbook.

Spring Tennis: Our tennis program is for beginners. Parent volunteers organize practices and help with matches. Everyone practices and plays in every match. Matches held at Seven Lakes High School Tennis Courts.

Ages (as of Sep 1, 2009): 6-12

Season: March 29-May 23

Registration: Dec 21-Feb 28

Late Registration: \$10 late fee after Feb 21

Parents Meeting: March 7; 2pm

Coaches Meeting: 1st practice

Facility Members: \$75

Program Members: \$150

Fee includes a junior tennis racquet, trophy and T-shirt.

Questions about Golf or Tennis?

Contact Jeni Morrison at 281.392.5055 or jenifer.morrison@ymcahouston.org.



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Kids' Night Out: Enjoy a night out on the town while the kids enjoy the evening at the YMCA. Movies, pizza, games and a lot of fun are just a few of the things they have to look forward to. Must be potty trained. Space is limited to 50 participants.

Ages: 3-11

Registration Deadline: Wednesday before event

Days: Every 3rd Saturday of month

Time: 5:00pm-10:00pm

Fees: \$25 per child

Member only event. For more information, contact Dedre Smith at dedre.smith@ymcahouston.org or 281.392.5055. Register at the YMCA Welcome Center or online.

PTO (Parents' Time Out): Let the YMCA Child Watch staff look after your children while you have lunch out with friends, go shopping, clean house or do whatever you want to do!

Youth Activities Schedule:

Our YMCA offers your children awesome fitness classes and programs which are included in your membership!

- Hip Hop Dance
- Kids Body Jam
- Kids Cycling
- Kids Yoga
- Kids Zone
- Dance Pad
- Y Kids
- Our newest Youth Fitness Class is Video Cycle. Kids will experience a 'real' outdoor ride with the use of our large TV screen. DVDs with different terrains will be played while the kids are led by a cycling instructor on their indoor bike.
- Espresso Bike classes are held in our new Cardio Room. This bike has a screen and allows kids to compete against one another on various virtual reality courses. They can choose to ride in the woods, race along a competitive cycle course, climb mountains and MORE! Free, but sign up is required due to a limited number of bikes. See a Fitness Trainer for more details.

No registration needed; just show up to class. Please pick up a Youth Activities Schedule today for class times and descriptions!

Age	Day	Time	Fee
3-12	W/F	12:00pm-3:00pm	\$15 per day/child

This is a Member only service. \$5 late pick up fee. Children must be potty-trained.

For questions, contact Dedre Smith at dedre.smith@ymcahouston.org or 281.392.5055. Register at the YMCA Welcome Center or online.



Youth Enrichment Programs

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Homeschool Program: Homeschool PE offers not only physical education, but extra-curricular classes including art, Spanish, TaeKwon Do and Theatre Arts. Physical education class will involve a specific sport every 4-6 weeks. The coaches will teach basic mechanics of the sport as well as the rules and guidelines of each sport.

Homeschool PE also focuses on team building and all participants will participate in the president's challenge. A new addition to our Homeschool PE program is 'Friday Swim Days'. Students will have the opportunity to swim and play water games in our heated, indoor pool. Homeschool PE meets during the academic school year.

We also offer Spanish, Art and Theatre Arts for all ages and skill levels as part of our Homeschool Program.

Please see Homeschool PE flyer for fees and specific schedule times.



Adventure Programs: These include Adventure Guides & Princess/Trailblazers. The YMCA Adventure Guides was established in 1926 as Indian Guides/Princesses. This program is designed to assist the parent and child on a journey of discovery. While activities with the whole family are important, we see tremendous value in supporting and strengthening the ability of a father and his child to communicate at an early age in ways that are caring, honest, respectful and responsible.

Adventure Guides is for children entering grades K-3. Trailblazers is for youth entering grades 4-12. Just a few of the activities include:

- Campouts
- Father/Daughter Dance
- Skate Parties
- Father/Son Hockey Game
- Pinewood Derby
- Building a Float for the Katy Rodeo Parade

We hope you'll become involved in this unique parent/child program. For more information, contact Brandon Gonzalez at brandon.gonzalez@ymcahouston.org or 281.392.5055. Additional details also available at www.katorinationofkaty.com.

Dance: Kim Goodwin, K.T. Dancing Inc., has over 20 years of experience teaching dance to all ages. At the YMCA, Kim offers creative movement, ballet, tap and jazz dance. Check schedule for specific age groups and times. Fees are monthly. Classes are held on Thursdays. Preschool classes for ages 3-5 offered on Tuesdays.

Youth Enrichment Programs

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Shotokan Karate: This is one of the most popular martial arts practiced today. It has roots in the ancient Chinese martial arts and can even be traced back to the Shaolin Temple. The Katy Family YMCA offers beginner, intermediate and advanced classes for youth and adults. Chief Instructor Sensei S. Tavakoli will teach participants how to increase their concentration, improve confidence and build self-esteem. Classes are limited to 25 students and meet twice a week.

Ages: 5yrs-Adult.

See schedule for details. For more information, please contact Mr. Tavakoli at 281.795.2959 or katyshotokan@yahoo.com.

Aikido-Self Defense: Learn the basic principles of self-defense through the art of Aikido. You will learn to overcome attackers regardless of size or strength.

See schedule for details. For more information, please contact Chris at 713.205.3550 or katyaikido@comcast.net.

Highflyers Jump Rope Team: The Katy YMCA is proud of its partnership with David Cazares, coach for Houston's only competitive jump rope team, the Highflyers. Highflyers members have been to numerous national competitions and have won many awards. Some of his students even appeared in an Xbox TV commercial! No experience needed! Awesome cardiovascular exercise!

Questions about Jump Rope? Contact Coach Cazares at 281.599.9654.

Exer-Tots: Our Exer-Tots Program introduces physical fitness to children ages 2-5 through movement, music and songs. Our classes foster gross motor skills through a variety of physical fitness activities. Monday through Friday. Two classes daily; 8:30-10am or 10-11:30am. Daily rates available.

Tae Kwon Do: Tae Kwon Do teaches basic skills including form and technique to develop talent and lifelong discipline. All belt levels taught. On Fridays, more emphasis will be placed on olympic-style sparring. Sparring gives students the opportunity to enhance their skills with full contact. Full protective gear is used. Check schedule for specific times and belt levels.

In addition, Preschool classes (Tiny Tots Tae Kwon Do) for ages 3-4 are offered! Free trial classes the first week of each month. See schedule for times and days.

Check Flyer for session prices and fees for uniforms, sparring gear, and belt testings. New participants must register the first week of each month.



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The Katy Family YMCA proudly offers Teen Volleyball and Basketball. Three seasons are featured throughout the year, Fall, Winter and Spring for teens ages 12-18. Questions about Teen Sports? Contact Candi Revere or Brandon Gonzalez at 281.392.5055.

Spring Basketball:

Ages (as of Sep 1, 2009): 12-18;

If enough girls register, there will be a girls league, if not, teams will be co-ed.

Season: March 29-May 15

Playoffs: Season will consist of 6 games plus playoffs.

Registration: Dec 21-Feb 28

Late Registration: \$10 late fee after Feb 21.

Parents Meeting: March 10, 6:30pm

Coaches Meeting: March 13, 11am

Facility Members: \$60

Program Members: \$120

Spring Volleyball:

Ages (as of Sep 1, 2009): 12-18

Season: March 29-May 14

Playoffs: Season will consist of 6 games plus playoffs.

Registration: Dec 21-Feb 21

Parents Meeting: March 22, 6:30pm

Coaches Meeting: March 27, 11am

Facility Members: \$60

Program Members: \$120

KYV: (Katy YMCA Club Volleyball)

Did you know the Katy YMCA has competitive volleyball teams? These teams consist of girls in grades 6-9. The season runs November-April. These teams travel around the Houston area participating in highly competitive tournaments against teams such as the Texas Tornadoes, KVA and Southwest Juniors. Tryouts are held at the end of July each year for the upcoming season. Summer skills camps also offered.

For more information, contact club director, Randall Revere, at rrevere@ymcahouston.org or 832.646.2569



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.



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Teen Activity Schedule: Our YMCA offers your teen awesome fitness classes and programs that are included in membership:

- Latin Dance
- Zumba
- Turbokick
- Circuit Training
- Body Combat
- Body Jam
- Yoga
- Pilates
- Power Cycle and MORE!

No registration needed; just show up to class. Please pick up a Youth & Teen Activities schedule today!

Youth & Teen Orientation: This is a mandatory educational class for youth ages 12-15. They must successfully complete a practical and written test in order to use the Wellness Center and Cardio Room. Please sign up at the Welcome Center.

Check Flyer for class times and days. Additional classes offered during the summer months.

Older Youth Free Weight Training:

Hey Teens! Do you want to step up your workout, but need help learning about free weights? Come join one of our fitness coaches as they demonstrate proper free weight and spotting techniques. This is a mandatory class for all 15-year-olds who want to use the free weight area.

Check flyer for class times and days. Additional classes offered during the summer months.

Babysitting Training: An authorized Red Cross instructor will facilitate this training. The course teaches babysitting skills, including handling emergencies and preventing accidents. It also contains segments on feeding, diapering, playing with or caring for children. A minimum of 10 preregistered teens is required for the class to be held.

For questions, contact Dedre Smith at 281.392.5055.

Age	Date	Time	Fee
10-15	Dec 5 or Mar 6	9am-4pm	\$65FM/\$90PM





The Katy YMCA is now proudly operating programs in Sealy, Texas which is about 25 miles West of Katy. The City of Sealy is providing free facilities and funding for staffing. Sealy ISD is also excited that we have expanded to serve their community and has been very supportive in our efforts to serve Sealy families. There is a steering committee/board in place as well.

We are in our second year of afterschool child care and last year completed our first year of summer day camp. We have also begun Karate, Dance and Tennis programs and will soon launch a year round sports calendar.

Also offered are adult ZUMBA classes on Tuesday and Thursday evenings at Liedertafel Hall, 116 Lux Road.

Over time we believe that these programs may attract residents of San Felipe, Belleville, Columbus, Wallis, Orchard and other surrounding small communities who otherwise might not have access to organized programs.

For questions regarding the YMCA Serving Sealy, please contact Michael Simon, Sealy Program Director, at 979.256.9991 or at michael.simon@ymcahouston.org.

WATCH US GROW AND SERVE!





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 help make certain 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, teen and leadership programs, community services, older adult programming, youth sports and aquatics.

What's more, dollars raised in Katy stay in Katy to meet our community's most pressing needs. When you give to the YMCA Partners Campaign, you're making an investment in the future of Katy's children.

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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 year long, 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, please call Brian Haines, Katy YMCA Executive Director, at 281.392.5055.



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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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.

Christian Focused Fitness Classes:

In line with our YMCA Mission, the Katy YMCA now proudly offers Christian-focused aerobics classes. Devotional cycling is a cycling class taught to Christian music with a short prayer and thought of the day included in the workout. Christ-centered Yoga incorporates the physical practice of Yoga with God's word. It becomes a moving prayer of praise and worship. See Group Exercise schedule for days and times.

Community Outreach:

Through our YMCA Partners Campaign, we participate in seasonal community outreach programs. This year our YMCA raised over \$200,000 to provide program scholarships and subsidies for community programs.

What is the YMCA Partners Campaign? The YMCA's annual support campaign, Partners, ensures that the YMCA is there for those who need us most. The money raised in this campaign is used to help individuals offset the cost of AfterSchool care, summer camps, youth sports programs and many other YMCA programs. 100% of the funds raised are used in this community to help those in need.

Contact Deborah Main or Brian Haines for more information at 281.392.5055.

Bible Studies & Prayer Requests:

For upcoming Bible study opportunities, to make a prayer request or for more information, contact Deborah Main at deborahm@ymcahouston.org or 281.392.5055.

Bereavement Committee:

A service for members, this committee responds when there is a need. Contact Deborah Main for more information or if you feel called to serve others in their time of sorrow.

Contact Deborah Main for more information: deborahm@ymcahouston.org or 281.392.5055.



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 to enroll your child today.

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

YMCA of Greater Houston CAMP CULLEN



find out more at

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.

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For additional information
Call 713.659.5566
or visit ymcahouston.org

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.

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