

Do more together at the **YMCA.**

**YMCA**  
of Greater Houston



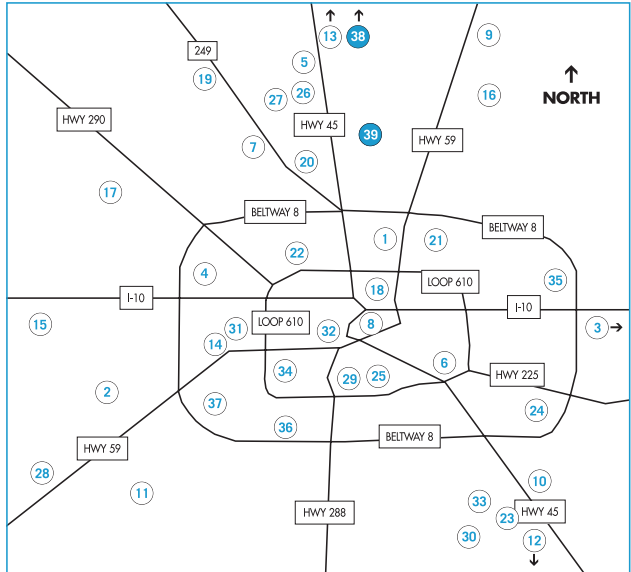
# Guide

to **YMCA** Programs

Fort Bend Family YMCA • April-August 2009

# YMCA locations

- 1** ALDINE - GREENSPOINT 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 77041-8755
- 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 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 Cavalcade, 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 77045
- 37** WESTLAND 713.771.8333  
10402 Fondren Rd., Houston, TX 77096
- 38** YMCA CAMP CULLEN 713.758.9275  
460 Cullen Loop, Ste A,  
Trinity, TX 75862
- 39** YMCA CAMP PINE TREE  
281.353.6229  
709 Riley-Fuzzell Rd, Spring, TX 77373

## FORT BEND FAMILY YMCA



4433 Cartwright Road  
 Missouri City, TX 77459  
**Phone 281.499.9622**  
**Fax 281.499.6323**  
[www.ymcahouston.org](http://www.ymcahouston.org)

### Facility Hours:

Days	Times
M-F	5:00am-10:00pm
Sat	7:00am-6:00pm
Sun	1:00pm-6:00pm

### Holiday Hours:

Dates	Times	Holiday
Mon, May 25	7:00am-3:00pm	Memorial Day
Sat, Jul 4	7:00am-3:00pm	Independence Day
Mon, Sep 7	7:00am-3:00pm	Labor Day

Contact the Welcome Center at 281.499.9622 for specific Guest Policy Information

## Staff

**Gladys Brumfield,**  
*Executive Director*

**Stephanie Dixon,**  
*Program Director, Aquatics, Teens, Active Older Adults*

**Laurie Fitzpatrick,** *Office Manager*

**Sharon Hilburn,**  
*Sr. Director, Wellness, Membership & Marketing*

**Mistie Porter,**  
*Group Fitness & Enrichment Programs Coordinator*

**Kem Redic,**  
*Program Director, Sports & Outreach*

**Hazeline Richards,**  
*Program Director, Day Camp, Childwatch, Child Care*

**Amy Zimmerman,** *Health & Wellness, Youth Fitness Coordinator*

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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, 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. We also emphasize the 40 Developmental Assets which enable youth and teens to mature into successful adults.

**Financial Statement:** Open Doors - We strive to turn no one away due to inability to pay. We are committed to helping people reach their full potential in spirit, mind and body so we offer an OPEN DOORS program, a sliding fee scale (based on total household income) that is designed to fit your individual financial situation.

caring

honesty

respect

responsibility

faith

EVERYONE BELONGS at the Fort Bend Family YMCA. We're more than just a place to workout. We're a place where you can be yourself. Whether you're a health seeker just starting on the road to health and wellness, or you're a fitness enthusiast, you'll feel comfortable at the YMCA. Visit, take a tour, and get connected! Let us help you meet new friends, have fun, and live a healthy lifestyle. You will quickly understand why so many people love it here. Go to [www.ymcahouston.org](http://www.ymcahouston.org), Select Find a Y, and Select Fort Bend Family to see Group Fitness and Sports Schedules, Class Descriptions, What's Happening and More! Call the Welcome Center for Information.

### Benefits of a Facility Membership:

- Reduced Program Fee on all YMCA Programs/No Annual Program Fee
- Free - Quality Child Watch Program (Kid Zone 1 and Kid Zone 2) while you workout on the premises up to 2 hours in the morning and 2 hours in the evening.
- Free - Youth in Motion Fitness Programs twice a week for ages 5-8 and 9-13.
- Free - Teen Boot Camp for ages 13-17
- Free use of our new Cardio Equipment including Personal Viewing Systems. State-of-the-art Precor and Espresso Cardio Equipment offer the latest in technology. Espresso bikes are interactive and include 30+ programs with intensities from beginner to extreme as well as a video game for teens. Adaptive Motion Trainers enable the user to step, walk or run full stride with increasing intensity and no impact.
- Free - Strength Fitness Equipment
- Free - Older Youth Cardio/Strength Training to help your teen (ages 12 and older) to responsibly and effectively use the cardio and strength equipment in the Wellness Center.
- Free - Approximately 85 Group Fitness Classes including Cardio & Strength, Core & Stability, Mind & Body, Water Fitness and Cycle as well as Hip Hop and Line Dancing. We offer certified Les Mills formats including Body Step and more.
- Qualified Wellness Center Fitness Trainers
- Free - Fitness Orientations
- Fee per session-Individualized Personal Training with Certified Personal Trainers.
- Free - 3 Gyms, year-round Heated Pool, & Climbing Wall
- Free - Teen Events (ages 13-17)
- Free - Family Events
- Free - Seminars and Speakers during the year
- No Contract and 30-Day Money-Back Guarantee
- Program Members pay a \$30 Annual Program Fee per family.



### How to Register for YMCA Programs:

- On-line [www.ymcahouston.org](http://www.ymcahouston.org)
- Walk-in

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**Child Watch Hours:** (Kid Zones 1 and 2) Children ages 6wks-12yrs are welcome in the two Kid Zone Rooms.

Kid Zone 1 (ages 6wks-5yrs) and Kid Zone 2 (ages 6-12 yrs) - We maintain a 2-hour time limit. Your children meet new friends and enjoy activities and themed programs that set us apart from babysitting organizations. Our caring, friendly Kid Zone counselors make the difference. Adults using the facility more than once per day may return after 4:00pm for an additional 2 hours. There must be a 4-hour lapse between both visits and parents must remain on the premises during these Kid Zone visits.

Hours below reflect Kid Zone 1 year-round hours. Kid Zone 2 afternoon and weekend hours are the same year-round. During the school year, Kid Zone 2 opens at 4:00pm on weeknights.

Days	Times
M-F	8:00am-1:00pm
M-F	4:00pm-8:30pm
Sat	8:00am-1:00pm
Sun	1:00pm-5:00pm
Memorial Day (May 25), Independence Day (Jul 4) and Labor Day (Sep 7)	8:00am- 1:00pm

**Youth and Family Climbing Wall:**

Moms and Dads, spend time with your children and learn a new skill together. The Climbing Wall, located in the Family Gym, is open year-round. No experience required. Our staff are experienced climbers and are available to assist participants.

**Location:** Gym C

**Facility Members:** FREE

Days	Times
Spring M/W	4:00pm-6:00pm
Spring Sat	3:00pm-5:45pm
Summer M/W	7:00pm-9:00pm
Summer Fri	7:00pm-9:00pm
Summer Sat	3:00pm-5:45pm

**Teen Nights and Activities:** Ages: 13-17 enjoy events and social interaction.

- Special on-site activities are scheduled to interact with other teens in a healthy environment.
- Teens are also encouraged to work out in the Wellness Center and participate in Group Fitness Classes.
- Volunteer opportunities are also available, which support our core values and promote the 40 developmental assets - providing the foundation for teens maturing into successful adults.

**Teen Friday:** Event is free for all.

Possible fee if food is provided.

**Dates/Times:** 7:00pm, TBA

*Open to Facility Members and non-members. Must register at least one week in advance.*

**Facility Time Restrictions:** Facility Members 12 and older are welcome to participate in all of our offerings. Wellness Center activities require free Teen Fitness Certification prior to participation. For the safety and well-being of our members, it is our policy that teens ages 12-17 not be left at the YMCA longer than 2 hours in the morning and 2 hours in the evening unless they are registered in an organized program or accompanied by an adult family member.

**Adult Gym Available Daily:** Individuals 18 and older enjoy Adult-Only Gym Time during the last 30 minutes of daily facility hours. Individuals under the age of 18 are encouraged to coordinate their transportation at this time to ensure safe and timely pickup prior to facility close.

**Volunteering:** There are many volunteer opportunities at the YMCA where you can give back to your community, meet new friends and serve your neighborhood. Fill out a volunteer application at the Welcome Center.

**Family Gym Time - Sunday:** Families may request Family Gym Time in 1 hour increments between 3:00pm and 6:00pm on Sundays in Gym C. Schedule your Family Gym Time at the Welcome Center.

Multiple families may be scheduled during the same hours.

**Healthy Kids Day:** Join us Saturday, April 18, 10:00am-2:00pm, for Healthy Kids Day, an annual event that celebrates Healthy Kids and Healthy Family Home. Healthy Kids Day is one of our many FREE Family Events.

Join us for indoor and outdoor Family Fun and Games to celebrate spring and healthy family interaction. Children participate in a variety of games, activities, contests, and play in the Bounce House while they enjoy snacks in a healthy, safe environment. We also have many kid-friendly vendors on-site to provide information and free giveaways for kids and families. Call the Welcome Center for details.

**Celebrate Your Birthday at the YMCA:**

Themed party options include: Sports, Dance, Tumbling, Cheer, Musical Theatre, Pool, Climbing Wall or Combination Party.

**Fees:** \$75 per hour (minimum 2 hours) Must be a Facility Member.

*Must complete Facility Rental Agreement/ Request. Contact the Welcome Center for details.*



**Parents' Night Out:** Kids have fun at the YMCA while their parents get a break! Activities include movies, indoor & outdoor games (weather permitting), snacks, arts & crafts, and more! Must be potty trained.

**Ages:** 3-5 (Kid Zone 1); 6-12 (Kid Zone 2)

**Registration:** Deadline is 12:00pm the preceding Thursday. (Space is limited, so sign up early.)

**Days:** Every 3rd Friday of the month unless otherwise indicated.

- March 20
- April 17
- May 15
- June 19
- July 17
- August 21

**Time:** 6:00pm-9:30pm

**Fee:** \$5 per Child (Members Only)

**Optional:** Additional \$5 for pizza and drink (total \$10/child)

**Other Events:** We offer many interactive events throughout the year for adults, families, teens and youth. We have many events during our Summer Cool Days! Provide your e-mail at the Welcome Center and receive monthly e-newsletters with information on programs, activities and events.

A promotional graphic for YMCA Aquatics. The background is a photograph of people swimming in a pool. Overlaid on the image is the text 'YMCA Aquatics' in large blue letters. Below this, it says 'Water Safety, skill development and fun for everyone' followed by a list of activities: '- Swim Lessons for all ages', '- Water Exercise', and '- Lifeguard Certification'. At the bottom, the YMCA logo is shown with the text 'of Greater Houston' and the website 'ymcahouston.org'.

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### Karate (Youth and Adult) - Year-round:

This program offers participants a unique opportunity to strengthen the body and mind while building confidence and self-esteem through exercise and discipline. Black Belt instructor teaches discipline, fitness, flexibility, focus and cooperation.

**Youth Level** (ages 5-12) Participants learn kicking, striking, punching and blocking for point sports sparring competitions (light contact only).

**Teen and Adult Level** (ages 13-80) Participants learn all the above, plus several katas and practical self-defense, designed for effective application by a shorter, lighter person.

Call the Welcome Center for specific session information.

**Facility Member: \$55**  
**Program Member: \$85**

Level	Days	Times
Beginner Youth	Thu	5:30pm
Advanced Youth	Thu	6:30pm
Adults (All Levels)	Thu	7:30pm

**Spring Youth Sports:** Spring Sports offered March-May are: Instructional Soccer, Soccer, Flag Football, T-Ball, Baseball and Volleyball.



### Summer Instructional Basketball:

Instructional basketball teaches the basic plays and rules. Program emphasizes fun, develops leadership skills, teamwork, fair play and good sportsmanship.

**Ages:** 3-5

**Session Dates:** June-July

**Registration:** Through May 22

**Late Registration Fee:** \$10; After First Practice, Late Registration Fee: \$15

**Games:** Saturday Times TBA

**YMCA will provide:** Reversible Jersey

**Provided by Parents:** Practice Ball

**Game Official:** Coach

**Facility Member:** \$60

**Program Member:** \$100

Parent Meeting	Coaches Clinic	First Game	Last Game
Jun 13, 10:15am	Jun 13, 10:30am	Jun 20	Aug 1

Practice is before games. No games July 4.

**Summer Basketball:** Basketball builds on learned skills and emphasizes fun. It develops leadership skills, teamwork, fair play and good sportsmanship.

**Ages:** 6-14

**Session Dates:** June-July

**Location:** YMCA

**Registration:** Through May 22

**Late Registration Fee:** \$10; After First Practice, Late Registration Fee: \$15

**Practices:** Tuesday/Thursday

**Games:** Tuesday/Thursday or Saturday only, Times TBA

**YMCA Will Provide:** Reversible Jersey

**Provided by Parents:** Practice Ball

**Game Official:** Staff

**Facility Member:** \$60

**Program Member:** \$100

Parent Meeting	Coaches Clinic	Practice Begins	Holiday
Jun 13, 11:00am	Jun 13, 11:30am	wk of Jun 15	Jul 4

Season dates TBA

**Summer Instructional T-Ball:** T-Ball teaches basic game rules and emphasizes fun. It develops leadership skills, teamwork, fair play and good sportsmanship.

**Ages:** 3-5

**Session Dates:** June-July

**Location:** YMCA

**Number of Players per Team:** 9-11

**Registration:** Through May 22

**Late Registration Fee:** \$10; After First Practice, Late Registration Fee: \$15

**Practices:** Once per week

**Games:** Saturdays, Times TBA

**YMCA Will Provide:** Hat and Shirt

**Provided by Parents:** Shin Guards, Practice Ball

**Game Official:** Coach

**Facility Member:** \$60

**Program Member:** \$100

Parent Meeting	Coaches Clinic	Practice Begins	Holiday
Jun 13, 12:00pm	Jun 13, 12:30pm	wk of Jun 15	Jul 4

*Season dates: TBA*



**Summer Baseball (Coach Pitch):** Baseball builds on learned skills and game rules while emphasizing fun. It develops leadership skills, teamwork, fair play and good sportsmanship.

**Ages:** 6-8 and 9-11

**Session Dates:** June-July

**Location:** YMCA

**Number of Players per Team:** 9-11

**Registration:** Through May 22

**Late Registration Fee:** \$10; After First Practice, Late Registration Fee: \$15

**Practices:** Once per week on Tuesdays, Practice times TBA

**Games:** Once per week on Thursdays, Times TBA

**YMCA Will Provide:** Hat and Shirt

**Provided by Parents:** Shin Guards, Practice Ball

**Game Official:** Coach

**Facility Member:** \$60

**Program Member:** \$100

Parent Meeting	Coaches Clinic	Practice Begins	Holiday
Jun 13, 12:00pm	Jun 13, 12:30pm	wk of Jun 15	Jul 4

*Season dates TBA*



A Great Start to a lifetime of fitness and values  
Caring adult coaches create an environment where children learn and practice values of responsibility, honesty, respect, faith and caring.

ymcahouston.org



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**Summer Volleyball:** Summer Volleyball builds on learned skills, emphasizes fun, develops leadership skills, teamwork, fair play and good sportsmanship.

**Ages:** 6-14

**Location:** YMCA

**Registration:** Through May 22

**Late Registration Fee:** \$10; After First Practice, Late Registration Fee: \$15

**Games:** Saturdays, Times TBA

**YMCA Will Provide:** Shirt

**Provided by Parents:** Knee Pads, Practice Ball

**Game Official:** Staff

**Facility Member:** \$60

**Program Member:** \$100

Parent Meeting	Coaches Clinic	Practice Begins
Jun 13, 9:30am	Jun 13, 9:00am	wk of Jun 15
First Game	Last Game	Holiday
Jun 20	Aug 1	Jul 4

**Summer Sports Camp and Clinic:** Sports Camps and Clinics cultivate healthy attitudes about sports and competition, emphasizing fun and developing leadership skills, teamwork, fair play and good sportsmanship.

**All Camps/Clinics:** Monday-Thursday

**Individual Clinic or Camp Rates:**

- **Facility Member:** \$45
- **Program Member:** \$85

**Sports Clinic:** 9:00am-1:00pm

**Sports Camp:** 12:00pm-3:00pm

Dates	Clinic/Camp Sports	Session
Jun 8-Jun 11	Basketball/Soccer	1
Jun 15-Jun 18	Basketball/Baseball	2
Jun 22-Jun 25	Volleyball/Football	3
Jun 29-Jul 3	Basketball/Soccer	4
Jul 6-Jul 9	Basketball/Baseball	5
Jul 13-Jul 16	Basketball/Soccer	6
Jul 20-Jul 23	Volleyball/Football	7
Jul 27-Jul 30	Basketball/Soccer	8
Aug 3-Aug 6	Basketball/Baseball	9
Aug 10-Aug 13	Volleyball/Football	10

## Youth and Adult Enrichment

**Spring Youth Football Cheer:** Develop and strengthen basic cheerleading skills while enhancing strength, flexibility and coordination. Students learn chants, jumps, arm and hand positions, terminology and choreography. Cheerleaders practice for 1 hour prior to games, cheer during the first 1/2 of youth football games and perform at half-time.

**Ages:** 5-13

**8-Week Session:** March 7-May 16 (No class Spring Break week)

**Facility Member:** \$55

**Program Member:** \$95

*Additional Fee for new Cheerleading Uniform and Pom Poms, if applicable.*

Days	Times	Session
Sat	Follows Game Schedule (1½ hours)	Session 1

**Summer Art Camp:** Camp teaches students observation learning, sketching and cartooning in addition to working with visual elements, texture and paint. Students are also exposed to art history. Class instructor is a professional graphic artist.

**Ages:** 6-13

**Facility Member:** \$60

**Program Member:** \$80

Dates	Days	Times	Session
Jun 8-Jun 11	M-Th	1:00pm-4:00pm	1
Jun 15-Jun 18	M-Th	1:00pm-4:00pm	2
Jun 20-Jun 23	M-Th	1:00pm-4:00pm	3
Jul 13-Jul 16	M-Th	1:00pm-4:00pm	4
Jul 20-Jul 23	M-Th	1:00pm-4:00pm	5

caring

honesty

respect

responsibility

faith

**Summer Musical Theatre Camp:** Each 2-week session combines speech, drama, music and movement. Participants learn to memorize dialog, speak with confidence, sing in a Broadway-style and work on stage performance. These skills are acquired through games, improvisation and role play. The broad age range is handled by separating the camp into smaller groups for various activities. The participants also learn scenes and musical numbers from popular musicals and plays.

**Ages:** 5-14

**Facility Member:** \$80

**Program Member:** \$100

Days	Dates	Times	Session
M/W/F	Jun 15-Jun 26	9:30am-12:30pm	Session 1
M/W/F	Jul 13-Jul 24	9:30am-12:30pm	Session 2
M/W/F	Jul 27-Aug 7	9:30am-12:30pm	Session 3

**Summer - Parent/Child Tumbling:** Parent and child participate together so child learns beginner tumbling skills.

**Ages:** 18mos-3yrs

**Facility Member:** \$36

**Program Member:** \$56

Dates	Day	Time	Session
Jun 6-Jul 3	Tue	10:00am-10:45am	1A
Jun 6-Jul 3	Thu	10:00am-10:45am	1B
Jul 13-Aug 8	Tue	10:00am-10:45am	2A
Jul 13-Aug 8	Thu	10:00am-10:45am	2B



**Summer Mini Dance Camp:** Camp focuses on learning basic dance steps and terminology for ballet and tap. Students develop rhythm, coordination and motor skills as they learn fun dances.

**Ages:** 3-5

**Days:** Monday-Friday

**Time:** 12:00pm-1:00pm

**Facility Member:** \$40

**Program Member:** \$60

Dates	Session
Jun 8-Jun 12	1
Jun 15-Jun 19	2
Jun 22-Jun 26	3
Jul 13-Jul 17	4
Jul 20-Jul 24	5
Jul 27-Jul 31	6

**Summer Dance Camp:** Camp focuses on developing physical fitness, coordination, agility and flexibility. Students learn dances to popular music and strengthen basic dance skills for jazz and hip hop. There is swim time on Tuesday and Thursday. Bring a healthy snack and water bottle daily.

**Ages:** 5-12

**Days:** Monday -Friday

**Time:** 1:00pm-5:00pm

**Facility Member:** \$80

**Program Member:** \$100

Dates	Session
Jun 8-Jun 12	1
Jun 15-Jun 19	2
Jun 22-Jun 26	3
Jul 6-Jul 10	4
Jul 13-Jul 17	5
Jul 20-Jul 24	6
Jul 27-Jul 31	7
Aug 3-Aug 7	8

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**Summer Cheer Camp:** Camp focuses on developing and strengthening basic tumbling and cheerleading skills as well as enhancing strength, flexibility and coordination. Students learn chants, jumps, arm and hand positions, terminology and choreography. There is swim time on Tuesday and Thursday. Bring a healthy snack and water bottle daily.

**Ages:** 5-12

**Days:** Monday-Friday

**Time:** 1:00pm-5:00pm

**Facility Member:** \$80

**Program Member:** \$100

Dates	Session
Jun 8-Jun 12	1
Jun 15-Jun 19	2
Jun 22-Jun 26	3
Jul 6-Jul 10	4
Jul 13-Jul 17	5
Jul 20-Jul 24	6
Jul 27-Jul 31	7
Aug 3-Aug 7	8

**Summer Parent/Child Tumbling:** Parent and child participate together as child learns beginner tumbling skills.

**Ages:** 18mos-3yrs

**Facility Member:** \$36

**Program Member:** \$56

*Session Dates reflect the weeks the session begins and ends.*

Dates	Days	Times	Session
Jun 6-Jul 3	Tue	10:00am-10:45am	1A
Jun 6-Jul 3	Thu	10:00am-10:45am	1B
Jul 13-Aug 8	Tue	10:00am-10:45am	1A
Jul 13-Aug 8	Thu	10:00am-10:45am	1B

**Summer Tumbling Tots:** Children work independently to learn and improve tumbling skills.

**Ages:** 3-5

**Facility Member:** \$36

**Program Member:** \$56

*Session dates reflect the weeks the session begins and ends.*

Dates	Days	Times	Session
Jun 6-Jul 3	Mon	5:15pm-6:00pm	1A
Jun 6-Jul 3	Tue	9:15am-10:00am	1B
Jun 6-Jul 3	Wed	6:00pm-6:45pm	1C
Jun 6-Jul 3	Thu	9:15am-10:00am	1D
Jun 6-Jul 3	Sat	9:15am-10:00am	1E
Jul 13-Aug 8	Mon	5:15pm-6:00pm	2A
Jul 13-Aug 8	Tue	9:15am-10:00am	2B
Jul 13-Aug 8	Wed	6:00pm-6:45pm	2C
Jul 13-Aug 8	Thu	9:15am-10:00am	2D
Jul 13-Aug 8	Sat	9:15am-10:00am	2E

**Summer Progressive Tumbling:**

Participants learn and improve intermediate tumbling skills.

**Ages:** 6-12

**Facility Member:** \$36

**Program Member:** \$56

*Session dates reflect the weeks the session begins and ends.*

Dates	Days	Times	Session
Jun 6-Jul 3	Mon	6:00pm-7:00pm	1
Jul 13-Aug 8	Mon	6:00pm-7:00pm	2

**Summer Combo Progressive Tumbling/**

**Cheerleading:** Participants combine tumbling and cheer skills while improving technique, agility and teamwork.

**Ages:** 6-12

**Facility Member:** \$45

**Program Member:** \$65

*Session dates reflect the weeks the session begins and ends.*

Dates	Days	Times	Session
Jun 6-Jul 3	Tue	6:00pm-7:30pm	1A
Jul 13-Aug 8	Sat	10:00am-11:30am	1B
Jun 6-Jul 3	Tue	6:00pm-7:30pm	2A
Jul 13-Aug 8	Sat	10:00am-11:30am	2B

Offered at the Stafford Municipal School District to Stafford Municipal School students only.

Registration packets will be available at the Welcome Center by June 1, 2009, for the 2009/2010 school year.

**Ages:** 5-12

**Grades:** K-6

**Days:** Monday-Friday



## Health & Wellness



Establish a healthy lifestyle and connect with other members in a group format. Our experienced, certified instructors lead over 85 group classes each week including Cardio & Strength, Cycle, Mind & Body, and Water Fitness. We also offer Les Mills Group Fitness formats including the athletic and energizing Body Step which appeals to men, women and teens. Experience the energy and you will be hooked! Check out our Group Fitness schedule for specific classes and times (30-minute Formats and Beginner classes available). Members age 12 and older are welcome.



Work out in our Wellness Center using our cardio and strength equipment, free weight stations and our stretching room. Our Cardio equipment has a Personal Viewing Screen on every unit so you can watch the news or your favorite show while you work out. Our friendly and knowledgeable Fitness Trainers are available to assist you. Sign up for a Fitness Orientation or our 12-week Y Personal Fitness Program (Free to Facility Members).

**Check with the Welcome Center for our Group Fitness Schedules or go to [www.ymahouston.org](http://www.ymahouston.org).**

## **Cardio & Strength Group Fitness:**

### **FREE TO FACILITY MEMBERS!**

Enjoy upbeat, energetic classes that improve cardio endurance, core strength, balance, flexibility, and create upper/lower body muscle definition and increased lean body mass. Offerings include Power Pump, Les Mills Body Step, Cardio Mix, Kickboxing, Core Plus, Boot Camp, Hip Hop, Line Dancing and more! Each class offers levels, so whether you are a new health seeker or a veteran fitness enthusiast, you get the best workout for your needs. Experience the exhilaration and energy of fun choreography while creating a better you. 1-hr, 30-min and 15-min formats available.

Active Older Adult, SilverSneakers® and Beginner Classes are also available including cardio fitness, water fitness and cardio chair classes.



## **Cycle Group Fitness:**

### **FREE TO FACILITY MEMBERS**

Our cycle classes are challenging and effective. Classes are available as early as 5:15am for the early riser and as late as 7:00pm for those who like the evening can ride. Levels are offered so a beginner can cycle next to the avid cyclist in a group format. We also offer multiple cycle challenges during the year with specialized class formats and group competitions.

Train like the ultimate athlete during the MS150 and the Tour de France. Prepare for local community rides or just enjoy the group training.



## **Water Group Fitness:**

### **FREE TO FACILITY MEMBERS**

Our strong Water Fitness Program incorporates a variety of water exercises, formats and drills for all levels. Classes are taught by caring, knowledgeable, certified water Instructors. Our instructors are also certified in YASA (YMCA Aquatic Safety Assistant) as a second responder to our qualified lifeguards to ensure the safety of our participants. Levels are provided to meet your needs whether you are a young adult, active older adult or an experienced water fitness participant.

## **Mind & Body Group Fitness:**

### **FREE TO FACILITY MEMBERS**

Improve flexibility, core strength, concentration and overall wellness as you release stress and calm the mind in classes taught by certified instructors. Enjoy Tai Chi, Pilates, Pilates Ball, Yoga, Yoga Strength, Kids Yoga, Family Yoga, and more!

Our Yoga classes were recognized with a 2008 "Reader's Choice Award" for "Best Yoga" in the Fort Bend Sugar Land Sun.



### Kids in Motion:

#### FREE TO FACILITY MEMBERS

Kids in Motion is a youth fitness program that combines group fitness and play into an engaging and effective format. Targeted for youth ages 5-8 and 9-13. Incorporates sports, games and fitness exercises to enhance cardiovascular and strength endurance. The kids learn that physical activity is a lot of fun. Activities are performed both indoors and outdoors, weather permitting. Encourage your child to make fitness a regular part of life.

**Cost:** Free to Facility Members

**Requirements:** Youth must wear athletic shoes and comfortable T-shirt and loose, stretch shorts/pants. No jeans. Bring water bottle.

Ages	Days	Times	Location
5-8	M/W	4:00pm-4:50pm	Gym B
9-13	M/W	5:00pm-5:50pm	Gym B

### Older Youth Strength Training/ Orientation:

#### FREE TO FACILITY MEMBERS

Members Only Program-Youth must successfully complete the Older Youth Strength-training class and pass the test to have access to the Wellness Center. Once certified, youth must wear a teen orientation badge located at the Welcome Center to use the Wellness Center area.

**Ages:** 12-15

**Orientation and Testing:** Call for details

#### Facility Members FREE

*(\$10 Deposit - Deposit refundable when individual attends the scheduled training session.)*

### Teen Boot Camp:

**FREE TO FACILITY MEMBERS** High energy and motivating workout for teens ages 13 and up! This class combines strength and conditioning drills with speed and agility activities. Beginners will find the encouragement and motivation they need, and the experienced exerciser/athlete will be challenged to push themselves. Class is Tuesdays at 5:00pm in Gym C. Get fit, have fun and make new friends.





**Homeschool PE:** Home School PE is a Homeschool Youth Fitness Program that combines group fitness and play into an engaging and effective format. The class will be divided into 2 age ranges. Class age ranges will be determined based on registered participants and incorporates sports, games and fitness exercises to enhance cardiovascular health and strength endurance. The kids learn that physical activity is a lot of fun. Activities are performed both indoors and outdoors, weather permitting.

Beginners and active youth alike will benefit from our Physical Education Program. The class will consist of 2 45-min segments. 1 segment includes exercises and drills geared to build strength, coordination, flexibility and power. The other segment will consist of sports, physical activity games and our in-house climbing wall. Encourage your child to make fitness a regular part of life.

**Ages:** 5-18

**Session:** 8 weeks

**Facility Member:** \$50

**Program Member:** \$90

*May be combined with Homeschool Art and Homeschool Musical Theatre - See Youth Enrichment Programs section of this guide.*

**Fitness Orientation:**

**FREE TO FACILITY MEMBERS**

A Fitness Orientation is a session with a Fitness Trainer where the individual learns proper use of the cardio and Strength Equipment in the Wellness Center and is given a basic workout template to jumpstart their exercise program and encourage regular attendance. Fitness Trainers are regularly available in the Wellness Center for further questions and assistance.

**Ages:** 16 and older

**Y Personal Fitness:**

**FREE TO FACILITY MEMBERS** This is a 12-week program during which you meet with a Fitness Trainer up to 4 times. The Fitness Trainer takes you through an Orientation at a slower pace over a 12-week period. This is for the non-exerciser, the new health seeker, or any individual who has had a previous injury or hasn't worked out in several years. Learn how to use the equipment safely and effectively and develop a positive workout regimen that encourages consistent exercise.

**Ages:** 12 and older

**Fitness Events and Challenges:** We offer a variety of Fitness Events and Fitness Challenges to help you get connected, cross train, and try new classes. Many are FREE to Facility Members.

**Personal Training:** Individualized Personal Training available with nationally certified trainers who create a specialized program for you and then guide and assist you in achieving your goals. Improve strength, endurance, flexibility, balance and lean body mass. Lose inches, lose weight and more! Programs can be tailored for beginners all the way to sports-specific training.

NASM (National Academy of Sports Medicine) Trainers on staff who use the Optimum Performance Training (OPT) Model to create and assist clients through highly effective, safe personal training programs. Ask Fitness Staff for more information.

**Facility Member:** Session (1 hour) - \$35  
**Program Member:** Session (1 hour) - \$50

*Multi-session rates are available as well as multi-person and 30-minute sessions.*



**Wellness Center:** Experience the latest in technology with our state-of-the-art cardio and strength equipment.

The Fort Bend Family YMCA offers an array of new Precor cardio equipment including Adaptive Motion Trainers (AMTs), Treadmills, Ellipticals with adjustable incline (either moving or non-moving arms) and Recumbent Bikes. The AMTs enable the user to step, walk or run with no impact. The AMT tracks your stride, calories per minute and more.

We also offer interactive, Internet-based Espresso Bikes where you can ride 30+ trails of increasing intensity and race your friends. The Espresso bikes offer a Pacer and steering capabilities to ensure an enhanced workout. Track your statistics on-line at [www.Expresso.net](http://www.Expresso.net). This equipment appeals to teens as well as adults and offers an effective, fun workout for everyone.

## Active Older Adults (AOA)

Our popular Active Older Adult Program is a social-, fitness- and activities-based program that encourages and motivates older adults to get involved, build new friendships and take action. Exercise activities include Group Cardio and Conditioning Classes, SilverSneakers® Classes, Adult Chair Classes, Adult Yoga, Line Dancing, Cycle and Water Classes. The Social Membership is available for a nominal additional fee.

Pick up an AOA Newsletter and Calendar at the Welcome Center!

### **Active Older Adult Social Membership:**

Youth is a state-of-mind. At the Fort Bend Family YMCA, senior adults (age 55+) are involved in activities to develop new friendships, share common interests and improve and maintain overall wellness. The AOA social program includes various day trips, events, birthday get-togethers, potluck meals, game days, volunteer opportunities and much more!!

**Facility Member:** \$12/year above monthly Facility Member fees.

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

We offer a multitude of Aquatic Programs for all ages in our year-round heated pool. Our swim programs were recognized with a 2008 "Reader's Choice Award" in the Fort Bend Sugar Land Sun.

### Outdoor Year-Round Heated Pool:

- Lap lanes available - At least one lane available at all times except Monday-Thursday, 6:00pm-7:00pm.
- Parents must accompany and safeguard children under age 10 in the pool area. Children under age 6 must have the parent in the pool within arm's reach at all times.
- Pool schedule varies throughout the year and may vary depending on weather conditions.

Call the Welcome Center for a current Pool Schedule. Schedule is subject to change.

Days	Times
Spring M-F	5:00am-10:00am and 4:00pm-8:30pm
Spring Sat	8:00am-12:00pm and 2:00pm-5:00pm
Spring Sun	1:00pm-5:00pm
Summer M-Th	5:00am-9:00pm
Summer Fri	5:00am-10:00am & 12:00pm-9:00pm
Summer Sat	8:00am-5:00pm
Summer Sun	1:00pm-5:00pm



### Spring Swim Lessons:

**Registration Begins: March 2**

**Holiday:** No class May 25 due to Memorial Day. Classes meet Tuesday-Friday this week only.

**Morning Sessions:** Preschool-age only on Tuesday/Thursday for 4 weeks.

**Afternoon Sessions:** Monday-Thursday for 2 weeks.

**Preschool & Youth Int/Adv:** Must be able to swim 10 yards without assistance.

**Facility Member: \$50**  
**Program Member: \$90**

Level	Age	Level	Dates	Days	Times	Session
Preschool	3-5		May 5-May 28	Tu/Th	9:10am-9:50am	Morning
Preschool	3-5	Beg	Mar 30-Apr 9	M-Th	4:30pm-5:10pm	Spring I
Preschool	3-5	Int/Adv	Mar 30-Apr 9	M-Th	5:20pm-6:00pm	Spring I
Preschool	3-5	Beg	Apr 13-Apr 23	M-Th	4:30pm-5:10pm	Spring II
Preschool	3-5	Int/Adv	Apr 13-Apr 23	M-Th	5:20pm-6:00pm	Spring II
Preschool	3-5	Beg	Apr 27-May 7	M-Th	4:30pm-5:10pm	Spring III
Preschool	3-5	Int/Adv	Apr 27-May 7	M-Th	5:20pm-6:00pm	Spring III
Preschool	3-5	Beg	May 11-May 21	M-Th	4:30pm-5:10pm	Spring IV
Preschool	3-5	Int/Adv	May 11-May 21	M-Th	5:20pm-6:00pm	Spring IV
Preschool	3-5	Beg	May 26-Jun 4	M-Th	4:30pm-5:10pm	Spring V
Preschool	3-5	Int/Adv	May 26-Jun 4	M-Th	5:20pm-6:00pm	Spring V
Youth	6-11	Beg	Mar 30-Apr 9	M-Th	4:30pm-5:10pm	Spring I
Youth	6-11	Int/Adv	Mar 30-Apr 9	M-Th	5:20pm-6:00pm	Spring I
Youth	6-11	Beg	Apr 13-Apr 23	M-Th	4:30pm-5:10pm	Spring II
Youth	6-11	Int/Adv	Apr 13-Apr 23	M-Th	5:20pm-6:00pm	Spring II
Youth	6-11	Beg	Apr 27-May 7	M-Th	4:30pm-5:10pm	Spring III
Youth	6-11	Int/Adv	Apr 27-May 7	M-Th	5:20pm-6:00pm	Spring III
Youth	6-11	Beg	May 11-May 21	M-Th	4:30pm-5:10pm	Spring IV
Youth	6-11	Int/Adv	May 11-May 21	M-Th	5:20pm-6:00pm	Spring IV
Youth	6-11	Beg	May 26-Jun 4	M-Th	4:30pm-5:10pm	Spring V
Youth	6-11	Int/Adv	May 26-Jun 4	M-Th	5:20pm-6:00pm	Spring V

**Spring S.N.A.P:** Special Needs Aquatics Program (S.N.A.P.) is a semi-private swim lesson environment for children ages 3 and older with special needs. All swimming abilities are welcome. Participants must be accompanied by a parent or guardian.

**Registration Begins:** March 2

**Facility Member:** \$50

**Program Member:** \$90

Dates	Practices	Times	Session
Apr 4-Apr 25	Sat	11:00am-11:45am	Session I
May 2-May 23	Sat	11:00am-11:45am	Session II

**Spring Swim Team:** YMCA Swim Team is a semi-competitive environment for swimmers of all levels. Program emphasizes swimming improvement and fun while exemplifying the YMCA Core Values. Participants must attend a tryout or obtain approval from the YMCA Swim Team Coach.

**Participants ages 6 and under:** Must demonstrate the ability to swim 1 full length of the pool (25 yards) unassisted in freestyle and backstroke.

**Participants ages 7 and older:** Must demonstrate the ability to swim 2 full lengths of the pool (50 yards) unassisted in freestyle and backstroke.

**Required Equipment:** Goggles, Flippers and Kickboards

**Registration:** February 16-March 12

**Tryout Dates:** March 10, 6:00pm-6:30pm or March 12, 6:00pm

**Season:** Begins March 24

**Practice Days:** Monday/Wednesday or Tuesday/Thursday

**Practice Times:** 6:30pm-7:30pm

**Facility Member:** \$100

**Program Member:** \$150

*Fee includes T-shirt and Trophy.*



**YUSA Splash Program:** 1-week swim session that incorporates safety, personal growth, stroke development and rescue skills. Classes are 30 minutes in length, Monday-Friday and are open for preschool and youth aged swimmers. Sessions are open to the community. Membership is not required. Space is limited.

**Registration:** April 12-June 5

**Session Dates:** June 8-June 12

**Class Times:** 4:30pm, 5:15pm, 6:00pm

**Fee:** \$25 per participant

### Summer Swim Lessons:

**Registration Begins:** March 30, Facility Members; April 18, Program Members

**Parent/Child:** Ages 6mos-36mos. Parent participation required.

**Preschool:** Ages 3-5. Swim test held the first day of lessons and then the child is placed in the appropriate level.

**Preschool Advanced:** Ages 3-5. Class is for a swimmer who will put whole face in the water, can back and front float and can swim 15 yards alone, with or without a float belt.

**Youth:** Ages 6-12. Swim test held the first day of lessons and the child is placed in the appropriate level.

**Adult:** Ages 13 and older

**S.N.A.P (Special Needs Aquatics Program):** A semi-private swim lesson environment for children ages 3 and older with special needs. All swimming abilities are welcome.

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

## Session Dates: (Monday-Thursday for 2 weeks)

- Session I - June 15-June 25
- Session II - June 29-July 9
- Session III - July 13-July 23
- Session IV - July 27-August 6
- Session V - August 10-August 20

## Class Times:

- 9:00am-9:40am - Advanced Preschool, Parent/Child & Youth
- 9:45am-10:25am - Preschool, Youth
- 10:30am-11:10am - Preschool, Youth
- 11:15am-11:55am - Preschool, Youth
- 4:00pm-4:40pm - Preschool, Youth
- 4:45pm-5:25pm - Preschool, Youth
- 5:30pm-6:10pm - Preschool, Youth
- 6:15pm-6:55pm - Preschool, Youth

**Facility Member: \$50**

**Program Member: \$90**

*Inclement weather make-up classes will be announced during a class. We only offer make-up classes for those we have to cancel.*

## Summer Saturday Swim Lessons:

**Registration Begins:** March 30, Facility Members; April 18, Program Members

Contact Welcome Center for rates.

Level	Dates	Times	Session
Parent/Child	Jun 6-Jun 27	10:15am-10:55am	I
Adult	Jun 6-Jun 27	10:15am-10:55am	I
SNAP	Jun 6-Jun 27	11:00am-11:40am	I
Parent/Child	Jul 11-Aug 11	10:15am-10:55am	II
Adult	Jul 11-Aug 11	10:15am-10:55am	II
SNAP	Jul 11-Aug 11	11:00am-11:40am	II

**Summer Swim Team:** YMCA Swim Team is a noncompetitive environment for swimmers of all levels. Program emphasizes swimming improvement and fun while exemplifying the YMCA Core Values.

Participants must demonstrate the ability to swim 1 full length of the pool (25 yards).

During swim meets, participants ages 8 and under will swim 25 yards, while ages 9 and older will swim 50-yard events.

**Required Equipment:** Goggles, Flippers and Kickboards

**Registration:** April 12-June 5

**Tryout Dates:** May 26 or May 28, 6:00pm-6:30pm

**Season Dates:** June 8-August 8

**Practice Days:** Tuesday and Thursday

**Practice Times:** 7:00pm-8:00pm

**Meet Dates:** TBA

**Facility Member: \$100**

**Program Member: \$150**

## Year-Round Private/Semi-private Lessons:

Private lessons are a 20-minute, one-on-one swim lesson with an instructor.

Semi-private lessons are a 30-minute lesson with an instructor for 2 people around the same age and ability.

Complete a request form for private and semi-private lessons, and an instructor will contact you for times.

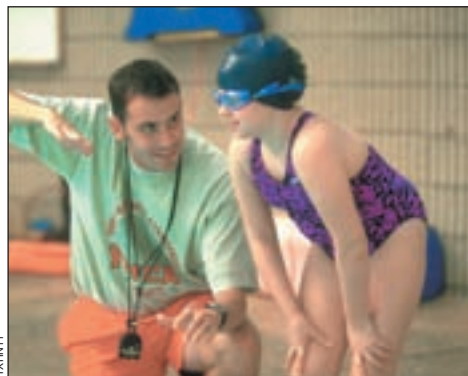
**Registration:** Ongoing

**Facility Member:**

- 1 Private Lesson - \$20
- 5 Private Lessons - \$90
- 10 Private Lessons - \$160
- 1 Semi-private Lesson - \$35
- 5 Semi-private Lessons - \$165
- 10 Semi-private Lessons - \$310

**Program Member:**

- 1 Private Lesson - \$30
- 5 Private Lessons - \$135
- 10 Private Lessons - \$250
- 1 Semi-private Lesson - \$50
- 5 Semi-private Lessons - \$230
- 10 Semi-private Lessons - \$400



**Year-Round Swim Technique:** Designed for swimmers ages 6-16 who can successfully swim 1 length of each stroke (unassisted). Tech workouts are geared for participants who would like to improve technique and aerobic conditioning.

**Season Dates:** Ongoing (Monthly)

**Required Equipment:** Goggles, Flippers and Kickboard

**Facility Member:** \$40/1 Mo; \$115/3 Mos; \$210/6 Mos

**Program Member:** \$65/1 Mo; \$190/3 Mos; \$360/6 Mos

Days	Times	Level
Spring M/W	6:30pm-7:30pm	Beg
Spring Tu/Th	6:30pm-7:30pm	Int/Adv
Summer M/W	7:00pm-8:00pm	Beg

### Year-Round Masters Swim Program:

Designed for swimmers 18 and older. Program emphasizes technique, enhanced fitness and triathlon training. Workouts are modified for all levels of swimmers.

**Participants:** Must be able to successfully swim 50 yards of freestyle and 50 yards backstroke.

**Required Equipment:** Goggles, Flippers and Kickboard

**Season Dates:** Ongoing (Monthly)

**Practice Days:** Tuesday/Thursday

**Practice Times:** 5:30am-6:30am

**Facility Member:** \$40/1 Mo; \$115/3 Mos; \$210/6 Mos

**Program Member:** \$65/1 Mo; \$190/3 Mos; \$360/6 Mos



**Boy Scout Merit Badges:** In conjunction with the Boy Scouts of America, we offer swimming and lifesaving Merit Badge Certifications to the Boy Scouts. Participants must demonstrate the ability to swim 50 yards of freestyle and backstroke unassisted.

Participants must bring a pair of shoes, jeans and long sleeve shirt that they can wear while in the water.

**Facility Member:** \$15  
**Program Member:** \$25

*Please contact the Fort Bend Family YMCA Welcome Center for more information.*

Certification Test	Date	Day	Time
Swimming Merit Badge	Mar 28	Sat	9:00am-12:00pm
Lifesaving Merit Badge	Mar 28	Sat	2:00pm-5:00pm
Swimming Merit Badge	Apr 25	Sat	9:00am-12:00pm
Lifesaving Merit Badge	Apr 25	Sat	2:00pm-5:00pm
Swimming Merit Badge	May 30	Sat	9:00am-12:00pm
Lifesaving Merit Badge	May 30	Sat	2:00pm-5:00pm
Swimming Merit Badge	Jun 13	Sat	9:00am-12:00pm
Lifesaving Merit Badge	Jun 13	Sat	2:00pm-5:00pm
Swimming Merit Badge	Jul 11	Sat	9:00am-12:00pm
Lifesaving Merit Badge	Jul 11	Sat	2:00pm-5:00pm
Swimming Merit Badge	Aug 8	Sat	9:00am-12:00pm
Lifesaving Merit Badge	Aug 8	Sat	2:00pm-5:00pm

**CPR Classes:** We offer Community CPR and CPR/AED for the Professional Rescuer plus First Aid Training. Ask at the Welcome Center for the next available class and pricing.

**Lifeguard Training Classes:** The Fort Bend Family YMCA offers YMCA of the USA Lifeguard Certification classes. Participants must be able to swim 500 yards unassisted and demonstrate freestyle, breaststroke, elementary backstroke and sidestroke. They must also tread water for 2 minutes without using their hands.

**Age:** 16 and older

**Fee:** \$150

Employment opportunities available upon completion of the Lifeguard Certification.

**Dates:** TBA

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



Summer Full Day and Partial Day Camps for Preschool, Youth and Teens that engage them in mental, social and physical activities that utilize the 40 Developmental Assets.

**Spring Break Youth Camp:** Engages youth in mental, social and physical activities that utilize the 40 Developmental Assets during Spring Break at the Fort Bend Family YMCA. Fun, age-appropriate activities are provided, including arts & crafts, challenging indoor games, scavenger hunts and lots more!

Trained counselors help campers develop socially, mentally, intellectually and physically while teaching the YMCA Core Values of Respect, Responsibility, Honesty, Caring and Faith.

Children should bring lunch, snacks and water each day. Children must wear comfortable clothing with closed-toe shoes.

**Ages:** 5-13

**Registration Begins:** February 23

**Registration Ends:** March 13

**Facility Member:** \$90/week, \$22/day

**Program Member:** \$110/week, \$32/day

Additional Information: 3 or more days in a week is considered a full week.

For more information, contact Camp Director at 281.208.6150.

Dates	Days	Times
Mar 16	Mon	7:00am-6:30pm
Mar 17	Tue	7:00am-6:30pm
Mar 18	Wed	7:00am-6:30pm
Mar 19	Thu	7:00am-6:30pm
Mar 20	Fri	7:00am-6:30pm

**Summer Preschool Fit & Fun Camp:**

Program encourages creativity, following instructions and group play in a safe, positive environment. In addition, it helps your child make friends, reduce separation anxiety, work together, share with others, and develop self-confidence while emphasizing the 40 Developmental Assets.

Alternates Music & Movement, Crafts, Activities, Storytime and Tumbling. CDA Certified pre-K instructor with over 10 years experience and teacher assistant (to maintain student/teacher ratio of 10:1) plus enrichment program instructors for Music & Movement and Tumbling. Wear comfortable shirts/shorts with closed-toe/full-back athletic shoes. Bring snack and drink daily. 1-week sessions. Max. 20 children per session. Includes 1 T-shirt per student.

**Ages:** 3-5, must be potty-trained.

**Registration Fee (Nonrefundable):** \$30/1 child; \$45/2 children; \$55/3 or more children  
Registration Fee and Full Weekly Session Fee must be paid in full at registration, in addition to any deposits for subsequent weeks.

Weekly session fee must be paid on or before the Wednesday prior to each session or a \$15 late fee per child is incurred. Space availability is not guaranteed until deposit and session fee are paid in full. Space is limited, so paying in full at the earliest possible date is highly recommended to reserve your child's spot in the camp.

**Facility Member:** \$50

**Program Member:** \$90

Dates	Days	Times	Session
Jun 8-Jun 12	M-F	9:00am-12:30pm	1
Jun 15-Jun 19	M-F	9:00am-12:30pm	2
Jun 22-Jun 26	M-F	9:00am-12:30pm	3
Jun 29-Jul 3	M-F	9:00am-12:30pm	4
Jul 6-Jul 10	M-F	9:00am-12:30pm	5
Jul 13-Jul 17	M-F	9:00am-12:30pm	6
Jul 20-Jul 24	M-F	9:00am-12:30pm	7
Jul 27-Jul 31	M-F	9:00am-12:30pm	8

caring

honesty

respect

responsibility

faith

**Summer Youth Full Day Camp:****Ages:** 6-11**Deposit:** \$10/Session**Facility Member:** \$105/Session**Program Member:** \$155/Session**Registration Fee (Nonrefundable):** \$30/1 child; \$45/2 children; \$55/3 or more children*Refer to Summer Day and Teen Camp Descriptions for detailed information.*

Dates	Days	Session Themes
Jun 8-Jun 12	M-F	1 - Dragons, Ladies, Lords
Jun 15-Jun 19	M-F	2 - Crazy 'Bout Critters
Jun 22-Jun 26	M-F	3 - Race, Turn & Burn
Jun 29-Jul 3	M-F	4 - USA Celebration
Jul 6-Jul 10	M-F	5 - Treasure, Bounty, Mystery
Jul 13-Jul 17	M-F	6 - Stage, Screen, Behind the Scenes
Jul 20-Jul 24	M-F	7 - Ooey, Gooey, Gobs of Fun
Jul 27-Jul 31	M-F	8 - Wacky Water Days
Aug 3-Aug 7	M-F	9 - Island Fever
Aug 10-Aug 14	M-F	10 - Land of the Lost

**Summer Teen Full Day Camp:****Ages:** 12-15 (must have completed 6th grade)**Deposit:** \$10/Session**Facility Member:** \$110/Session**Program Member:** \$160/Session*Refer to Summer Day and Teen Camp Descriptions for detailed information.*

Dates	Days	Session
Jun 8-Jun 12	M-F	1
Jun 15-Jun 19	M-F	2
Jun 22-Jun 26	M-F	3
Jun 29-Jul 3	M-F	4
Jul 6-Jul 10	M-F	5
Jul 13-Jul 17	M-F	6
Jul 20-Jul 24	M-F	7
Jul 27-Jul 31	M-F	8
Aug 3-Aug 7	M-F	9
Aug 10-Aug 14	M-F	10

**Summer Youth Day & Teen Camp****Descriptions:** Full-Day Camps for Youth (ages 6-11) and Teens (ages 12-15); must have completed 6th grade.

Trained counselors help campers develop physically by sharpening their skills in camp activities, intellectually by introducing campers to new experiences, socially by teaching the campers to cooperate within a group, and mentally by teaching the YMCA Core Values of Respect, Responsibility, Honesty, Caring and Faith.

Counselors - selected for their skills, maturity, love of children and Christian character - receive intensive training, including Red Cross First Aid/CPR as well as other training. Camper/Counselor Ratio = 10:1

**Registration Fee (Nonrefundable):** \$30/1 child; \$45/2 children; \$55/3 or more children

Registration Fee and Full Weekly Session Fee must be paid in full at registration, in addition to any deposits for subsequent weeks.

Space availability is not guaranteed until deposit and session fee are paid in full. Space is limited, so paying deposits/ payments in full well in advance is strongly advised.

Weekly session fee must be paid on or before the Wednesday prior to each session or a \$15 late fee per child is incurred.

**Additional Information:**

- Bring lunch, 2 snacks and plenty of water each day, plus a change of clothes.
- Swim twice weekly
- 1-2 field trips per week
- Campers must be checked in by 9:00am. Must wear comfortable clothing with closed-toe shoes.

*For more information regarding full day camps, call 281.499.9622.*

Times	Additional
6:30am-9:00am	Pre-Camp Hours
9:00am-4:30pm	Regular Camp Hours
4:30pm-6:30pm	Post-Camp Hours



**YMCA**  
of Greater Houston

## RESIDENT CAMP

...where a kid can be a kid!

### YMCA CAMP PINE TREE AND YMCA CAMP CULLEN

summer camps for kids ages 5-16

Throughout our camp program, we attempt to foster a respect for ourselves, our fellow campers and staff, and the natural environment that surrounds us. We offer a warm, supportive atmosphere that encourages everyone's success and builds life-long friendships.

**WATER SPORTS, HORSEBACK RIDING, ARCHERY, TEAM SPORTS, ROPES COURSES, ARTS & CRAFTS, CAMPFIRES, DRAMA, ADVENTURE TRIPS, FUN STAFF, AND MORE!**

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