



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JAN – MAR 2012 PROGRAM GUIDE

OAKWOOD FAMILY YMCA

CHOOSE THE MEMBERSHIP THAT BUILDS
SPIRIT, MIND AND BODY!

At the Y, we exist to strengthen community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. So join our cause. And create meaningful change not just for you, but also for your community.



Among our offerings:

- No Contracts
- Monthly Fees Based on Income
- Wellness Instruction Included
- All Group Fitness Classes Included
- Outdoor Playgrounds
- Volunteerism
- Swim, Sports and Play
- Family Pool

Branch Office:
Mon-Fri: 9am – 6pm

Wellness Center:
Mon – Fri: 7am – 12pm
3pm – 8pm
Sat: 7am – 12pm

Oakwood Family YMCA • Branch Office: 3828 Main Street • Oakwood, GA 30566 • P 678.997.2878
Wellness Center: 4101 Railroad Street • Oakwood, GA 30566 • P 678.622.3908

MEMBER SERVICES

NEW MEMBER SPECIALS!

Join the **Oakwood Family YMCA** in Jan - Mar 2012 and pay **NO JOINER FEE** and we **NEVER REQUIRE A CONTRACT!**

Also ask about our Corporate and Military Discounts!



FACILITY RENTALS



Have your next meeting or celebration at the **Oakwood Family YMCA**. The Oakwood Community Center is available for rentals throughout the week, morning and afternoon openings available. Special rates available for City of Oakwood residents and businesses.

Contact our Branch Office to make a reservation!

HEALTH & WELLNESS

GROUP FITNESS CLASSES:

INCLUDED WITH MEMBERSHIP!

We have different group fitness classes scheduled each week for our members to enjoy! Our focus is to work the whole person; spirit, mind, and body.

(Please see our entire Adult Group Fitness Schedule)

HEALTH & WELLNES (cont.)

PERSONAL TRAINING SESSIONS:

Available in a range of sessions and times, our certified personal trainers custom-fit workout routines to best suit you and your needs! Please see the Wellness Desk to schedule an appointment!



FITNESS EVALUATIONS:

Get a custom workout routine designed just for you on our state-of-the-art workout equipment!

INCLUDED WITH MEMBERSHIP!

WELLNESS 101:

Designed to get youth 11 & up active and trained on all of our fitness machines and equipment!

INCLUDED WITH MEMBERSHIP!



Please see the Wellness Desk to schedule an appointment!

ACTIVE OLDER ADULTS GROUP FITNESS CLASSES:

We have many group fitness classes designed specifically for our Active Older Adults! Everything from YOGA to Zumba Fitness and much more!

INCLUDED WITH MEMBERSHIP!



(Please see our entire Adult Group Fitness Schedule)

ADULT GROUP FITNESS SCHEDULE

AEROBICS & CARDIO:

Fit for Life:

A low impact cardio workout, as well as some light resistance training and flexibility.

Mondays 9:45 am / Wednesday 9:45 am

Cardio Sculpt:

Get moving with step, dance and high/low impact cardio segments alternating with strength segments.

Tuesday 9:30 am / Thursday 9:30 am

Body Tone Combo:

Resistance exercise combinations to tone your body.

Tuesday 5:30 pm

YOGA & PILATES:

Intro to Yoga:

Learn the basics and feel the difference with this full body workout.

Tuesday 10:30 am

Yoga:

Feel the difference with this complete body, mind and spirit workout that interweaves biblical principles and hatha yoga, including a cardiovascular component.

Tuesday 11:00 am

Yogalates:

Capture your mind and body strength with this flowing Yoga and Pilates workout.

Wednesday 5:30 pm / Friday 9:30 am

ZUMBA:

An exciting, unique workout incorporating Latin dances like Merengue, Salsa, Tango and Hip Hop / Rock-n-roll.

Monday 5:30 pm / Thursday 6:00 pm / Friday 4:00 pm



GIVE

THEY NEED US. WE NEED YOU. HELP US BUILD STRONG KIDS.

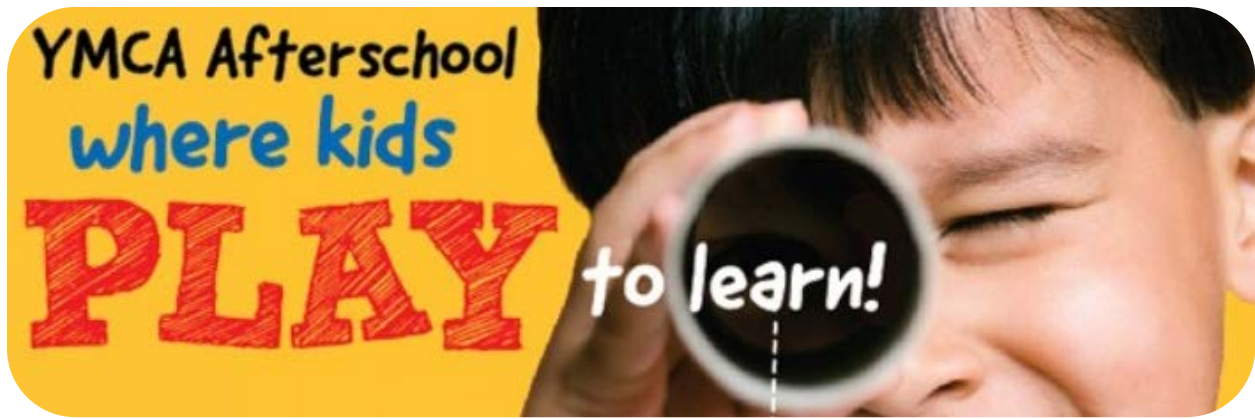
All around us we see the images of children in need. Their needs come in many forms - from food, clothing and shelter, to guidance and support. Whatever the need, the YMCA is committed to improving the lives of children and their families in our communities by providing safe places, caring and trained staff and programs that teach life skills. Whether it's a place to go to after school, a place to learn leadership skills, or a place for the family to play and connect, the YMCA is there. Through the support raised by the YMCA Strong Kids Campaign, the YMCA reaches out to children and families throughout the community to provide new enrichment opportunities. Your support provides the funds needed to make their programs available; it provides the recreational, learning and life-enhancing experiences that built strong kids, strong families and strong communities.

The following donation categories can be a one-time donation, or set up as a monthly donation:

- **A gift of \$25** - Supplies a kids' room with craft materials and healthy snacks giving kids fun interaction and play time.
- **A gift of \$35** - Provides a month's tuition of enrichment lessons to an afterschool site, which help develop children's talents through instruction that will both challenge and enrich their minds.
- **A gift of \$55** - Makes it possible for a child to continue attending afterschool activities providing a home away from home instead of riding the bus to an empty home.

Remember that there are multiple ways to help, contact us at 678.997.2878 for more information.





KIDS' TIME AFTERSCHOOL

This on site daily program is designated to give children a balanced after school experience! Children will continue to participate in homework tutoring, arts & crafts, science & technology, health and fitness, service learning, character development and many other activities! And most importantly, the YMCA focuses on your child's whole development; spirit, mind and body!

AFTERSCHOOL CARE IS ALWAYS AFFORDABLE!

REGULAR RATES

Full Time \$55.00 per week
 Part Time \$40.00 per week
 Daily Drop \$15.00 per day

OPEN DOORS RATES*

Based on household income of \$65,000 or less, must have a 1040 income tax return for 2011 on file.

Income	Full Time	Part Time	Daily Drop
50K - 65K	\$50.60	\$36.80	\$13.80
40K - 50K	\$45.65	\$33.20	\$12.45
30K - 40K	\$41.80	\$30.40	\$11.40
Up to 30K	\$37.95	\$27.60	\$10.35



FINANCIAL AID SCHOLARSHIP*

Families apply for this additional help with a YMCA Member Services Staff. Must fill-out a financial aid form and submit required documentation.

DFCS (DEPARTMENT OF FAMILY AND CHILDREN SERVICES)

Contact your local DFCS office for more information on childcare fees and help available.

** Open Doors and financial assistance funds are available only as donation and contribution funds allow*

ENROLLMENT OPTIONS

Full Time Schedule - (Monday-Friday) This schedule provides care for children Monday through Friday and includes all minimum days, in-service days, and designated school holidays at no additional charge.

Part Time Schedule - (3 days per week) This schedule provides care for children up to three days. There are no adjustments for absences or non-participation.

Daily Drop-In Schedule - This schedule is for families needing afterschool care on a drop in basis. You will be charged the week following your child's attendance. This schedule does not include any in-service days or designated school holidays.