

# Cole Center Family YMCA Summer Class Schedule

Fitness 5-week, Aquatics 4-week Sessions: Summer I and II June 1st - August 8th



**BUILDING HOURS:** Monday - Friday 4:30am - 9pm  
Saturday 7am-6pm / Sunday CLOSED

**Babysitting Hours:** Monday - Friday 8am - 1pm, 4pm - 7:30pm / Saturday CLOSED

**Women's Circuit Room Hours:** Monday-Friday 7am-12pm and 4pm-7pm / Saturday 9am-NOON



**AQUATICS - Begins June 15th!**  
**PARENT/CHILD CLASSES (6mo-3yrs)**  
M/W 10-10:30am \$25 / \$50  
T/TH 5-5:30pm \$25 / \$50  
SAT 9:15-9:45am \$12.50 / \$25  
SAT 9:50-10:35am \$12.50 / \$25

**PRESCHOOL CLASSES (3-5yrs)**  
(Pike, Eel, Ray, Starfish)  
M/W 9-9:30am \$25 / \$50  
M/W 9:30-10am \$25 / \$50  
M/W 10-10:30am \$25 / \$50  
T/TH 4:45-5:30pm \$25 / \$50  
T/TH 5:35-6:20pm \$25 / \$50  
SAT 9-9:45am \$12.50 / \$25  
SAT 9:50-10:35am \$12.50 / \$25

**SCHOOL AGE CLASSES (6yrs+)**  
(Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark)  
M/W 9-9:45am \$25 / \$50  
M/W 9:45-10:30am \$25 / \$50  
T/TH 4:45-5:30pm \$25 / \$50  
T/TH 5:35-6:20pm \$25 / \$50  
SAT 9-9:45am \$12.50 / \$25  
SAT 9:50-10:35am \$12.50 / \$25

**ADULT CLASSES (18 yrs+)**  
SAT 10:45-11:15am \$12.50 / \$25

**PRIVATE LESSONS (4 classes, 30 min.)**  
Contact Sandy Berendt \$59



**AFYAP** (free for senior citizens)  
M/W/F 10:30-11:30am \$18 / \$36

**WATER AEROBICS** (free for senior citizens)  
M/W/F 8-8:45am (Shallow) \$18 / \$36  
M/W/F 7:45-8:30am (Deep) \$18 / \$36  
M/W 8-8:45pm (Low Intensity) \$12 / \$24  
M/W 8-8:45pm (High Intensity) \$12 / \$24

**50 MILE CLUB** \$10 / \$30

**BLUEFINS (SWIM TEAM)**  
**Requirements:** Must be a YMCA member, between the ages of 5 and 18, be able to swim a length on your back and your front without holding onto anything, and keep your face in the water when you swim.  
**Parent Meeting on May 18th, 5:30pm**  
Practice starts May 26th - July 23rd  
Mon - Thurs 5pm-6:30pm Cost: \$70  
Team Suit or Navy Swimsuit, Booster Fees: \$25  
Payment arrangements available.  
Contact Faith Erexson, Swim Coach or Betty McIntyre, Booster Club for more information.



## BEGIN TO SWIM WEEK JUNE 8th - 12th

\$10 per child for the week

- 5-Day Program (1 hour each day)
- 5 total hours of Swim Instruction and Water / Boating Safety
- Transportation provided from / to the following areas:

AREA	CLASS TIME
Albion / Wolf Lake	10-11 am
Ligonier / Wawaka	11 am-Noon
Kimmel / Cromwell	11 am-Noon
Avilla / LaOtto	1-2 pm
Rome City / Wayne Center	1-2 pm
East Noble Walk Ins	2-3 pm

**Regist. Deadline is Friday, June 5th!**

## YHEALTH & WELL-BEING

We build strong kids, strong families, strong communities.

**FITNESS CLASSES - Begin June 1st!**  
**SILVER SNEAKERS - Muscle Strength & Range of Movement Chair Class**

Nanc Taylor (Certified Instructor)  
(Free for Senior Citizens w/membership) Maximum 30  
T/TH 10:30-11:30am Beginner \$20 / \$40  
T/TH 2:30-3:30pm Beginner \$20 / \$40

**NEW! - BEGINS JULY 6, SUMMER II!**  
**SILVER SNEAKERS - Cardio Circuit**

Jennifer Fritz (Certified Instructor)  
(Free for Senior Citizens w/membership)  
M/W 2-3pm Low Impact \$20 / \$40

**POWER CORE**  
Pilates/Deep Stretching-Kellie Downing (Certified)  
M/F 5-5:45am Inter/Advanced \$20 / \$40  
M/W 4-4:45pm Inter/Advanced \$20 / \$40  
M/W 5-5:45pm Inter/Advanced \$20 / \$40



**YOGA** Teresa Tackett (Certified Trainer)  
Minimum of 6 to run the class.  
M 9-10am Mom & Me (Age 15+) \$25 / \$50  
(Ages 5-14 - 1/2 price) \$12.50 / \$25  
M 10-11am Senior Yoga \$25 / \$50  
M 5:45-7pm Mixed Level \$25 / \$50  
W 6:15-7:30pm Power Yoga \$25 / \$50  
W 7:40-8:40pm Yoga (Easy) \$25 / \$50  
(2 classes for the same member) \$35 / \$70

**FIT FOR LIFE**  
Scott Borger (Certified Trainer)  
Partnered Fitness Center Workouts (Limit 7)  
M/W 6-7pm Advanced \$22 / \$44

**ZUMBA** Kellie Barker - Certified Instructor  
Maria Espinoza - Certified Instructor  
M/W 9-9:45am Beginner/Adv \$20 / \$40  
M/W 6-6:45pm Beginner/Adv \$20 / \$40  
T/TH 5-5:45am Beginner/Adv \$20 / \$40  
T/TH 8:30-9:15am Beginner/Adv \$20 / \$40  
T/TH 5-5:45pm Beginner/Adv \$20 / \$40  
FRI 8:30-9:15am Beginner/Adv \$10 / \$20  
SAT 8-8:45am Beginner/Adv \$10 / \$20

**GET REAL WEIGHT MANAGEMENT**  
With Iolet Risedorph  
Monday 10:30-11:15am Beg/Adv \$22 / \$44  
Wednesday 7:30-8:15pm Beg/Adv \$22 / \$44

**KICKBOXING** Don Koskie  
T/TH 5:30-6:30pm Intermediate \$20 / \$40

**WOMEN'S CIRCUIT ROOM** (See hours)  
Included FREE with your membership.

**PERSONAL TRAINING** (Members Only) \$25/hr  
\$38/hr cost if training with a partner.

**WORKOUT DESIGN** (Members Only) FREE



### FREE SPORTS PHYSICALS

Thursday, July 9th. 6-9pm

ONLY 100 will be given. Call to reserve your spot. First come, first serve. Line up at 5pm.

### Family Track Times

Tuesday 10am - 11:30am  
Thursday 5pm - 6pm  
Saturday 3pm - 5pm

### Women's Circuit Room Hours

Monday - Friday 7am-NOON, & 4pm-7pm  
Saturday 9-NOON

## YOUTH SOCCER (Preschool-6th Grade)

Registration: July 1st - August 23rd  
Practice begins week of August 31st  
Games begin September 12th



## GIRLS BASKETBALL (1st-8th Grade)

Registration: July 1st - September 20th  
Practice begins week of October 12th  
Games begin October 31st

## PEE WEE BASKETBALL (4yrs-K)

Registration: July 1st - September 20th  
Practice begins week of October 12th  
Games begin November 7th

## SUMMER DAY CAMP / YCORE

SDC 1st - 5th grade in fall '09 Weekly Rates  
YCORE 6th - 10th grade in fall '09  
Monday thru Friday 9am - 3:30pm  
Before/After Care 7-9am / 3:30-5:30pm \$5/ea  
Weekly Sessions beginning June 2nd  
Registration information packet at the YMCA.

## PRESCHOOL SUMMER CAMP

(3-4 or 5 years old before July 1st) \$25 / \$40  
3 (2-Week) Sessions beginning June 8th  
Registration information forms at the YMCA.



## 2009-2010 PRESCHOOL

Limited space, enroll today!

3/4 year old class - 3 years old by Aug. 1st.  
4/5 year old class - 4 years old by Aug. 1st.  
5/6 year old class - 5 years old by Oct. 1st.

\$25 non-refundable registration fee and \$7 cubby fee due when registering.

**For member rates, join the YMCA BEFORE orientation in August when the first monthly fee will be due.**

(See back of schedule for Orientation Dates and Times.)

Contact Linda Jansen at the YMCA, 347-9622  
Or at her home, 347-3981

## GYM AND SWIM (3-9yrs) 2 Age Groups

Will coordinate with Kendallville Day Care Center.  
M/W 9:15-10:30am \$28 / \$56  
T/TH 9:15-10:30am \$28 / \$56

## SPECIALTY CLASSES

### CLOGGING

All levels Christine Mory \$24 / \$48  
TUESDAYS from 4pm-6:30pm  
New students call to be placed in a class.



### BALLROOM DANCING (monthly rates)

Instructors: Richard and Terry Harris  
Minimum registration of 5 couples to run class.  
FRI evenings 7-8pm  
Basic \$30 / \$40  
FRI evenings 8-9pm  
Advanced \$30 / \$40

June dates: June 5th, 12th, 19th, & 26th  
July dates: July 10th, 17th, 24th, & 31st