



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELLO COLUMBIA



Spring 2012 Program Guide
YMCA OF COLUMBIA

columbiaymca.org

THE FUTURE IS BRIGHT

Thanks to a community of generous supporters, the Y provides financial assistance for children, families and individuals to participate in our programs and to become members. Contributions to our Partners with Youth campaign enable us to be there for those who need us most and live up to our promise not to turn anyone away due to inability to pay.

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



Membership Information

Visit columbiaYMCA.org for more information.

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. To discover everything the YMCA of Columbia has to offer, visit your local branch today. At the Y, membership means more.

Downtown YMCA

MEMBERSHIP TYPE	JOINING FEE	MONTHLY DRAFT
Community Wide Membership:		
Young Adult (Ages 15-20)	\$50	\$34
Individual (Ages 21 & up)	\$50	\$51
Family	\$50	\$76
Men's Health Club Membership:		
Individual (Ages 21 & up)	\$50	\$57

- Indoor swimming pool
- Wellness center
- Cardio & strength equipment
- Over 40 group exercise classes
- Women's only circuit
- Basketball courts
- Racquetball courts
- Monthly access to fitness coaches
- Squash courts & MORE
- Men's Health Club

803.799.9187
1420 Sumter Street, Columbia SC 29201

Lexington Family YMCA

MEMBERSHIP TYPE	JOINING FEE	MONTHLY DRAFT
Community Wide Membership:		
Young Adult (Ages 15-20)	\$50	\$34
Individual (Ages 21 & up)	\$50	\$51
Family	\$50	\$76

- 160-acre facility
- Wellness center
- Soccer fields
- Equestrian program
- Childwatch
- Cardio & strength equipment
- Boating, swimming, fishing
- Walking track, nature trails
- Outdoor basketball
- Group exercise classes & MORE

803.359.3376
401 YMCA Road, Lexington SC 29073

Jeep Rogers Family YMCA

MEMBERSHIP TYPE	JOINING FEE	MONTHLY DRAFT
Community Wide Membership:		
Young Adult (Ages 15-20)	\$50	\$34
Individual (Ages 21 & up)	\$50	\$51
Family	\$50	\$76

- Group exercise
- Youth fitness room
- Deep Sea Discovery
- ChildWatch
- Four lighted tennis courts
- Double-court gymnasium
- Swimming pool, sauna, steam room
- Cardio & strength equipment
- Outdoor playground
- Huge indoor playground
- Youth active cardio area
- Family, youth & adult locker rooms
- Indoor track & MORE

803.451.8439
900 Lake Carolina Drive, Columbia SC 29229

NorthWest Family YMCA

MEMBERSHIP TYPE	JOINING FEE	MONTHLY DRAFT
Community Wide Membership:		
Young Adult (Ages 15-20)	\$50	\$34
Individual (Ages 21 & up)	\$50	\$51
Family	\$50	\$76

- Indoor playground - Justin's Place
- 8 Lane swimming pool
- Five Lighted tennis courts
- Splash pad
- ChildWatch
- Sauna & steam rooms
- Family, youth & adult locker rooms
- Monthly access to fitness coaches
- Cardio & strength equipment
- Over 40 group exercise classes
- Basketball courts & MORE

803.407.8007
1501 Kennerly Road, Irmo SC 29063

GENERAL INFORMATION

For specific information, please contact your local branch.

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OPERATING HOURS

Operating hours for the YMCA of Columbia include the Downtown Branch, Jeep Rogers Branch, Lexington Branch and the NorthWest Branch. Branch operating hours are as follows:

- » Monday–Thursday: 5 a.m. – 10 p.m.*
- » Friday: 5 a.m. – 8 p.m.
- » Saturday: 8 a.m. – 6 p.m.
- » Sunday: 1 – 5:30 p.m.

* Note: Downtown and Lexington close at 9 p.m. Monday through Thursday. Contact your local branch for age policies.

COMMUNITY WIDE MEMBERSHIP

A Community Wide Membership provides members access to all programs and services at our YMCA facilities in Columbia, Lexington, Irmo, Lake Carolina, and Orangeburg. Benefits include member rates, priority registration for programs, and access to member-only programs and services at any YMCA of Columbia branch.

FAMILY MEMBERSHIP

Up to two adults and dependent children living at the same address may apply for a Y Family membership. (Dependent children are those claimed on your federal tax return).

BRANCH MEMBERSHIP

Members with a branch membership at the Downtown, Lexington or Orangeburg YMCA's may visit other facilities as a guest for \$10 or upgrade their membership to a Community Wide Membership to visit for no charge. (Downtown branch membership includes access to the Lexington YMCA).

MEN'S HEALTH CLUB MEMBERSHIP

Available only at the Downtown YMCA, the Men's Health Club Membership includes a separate workout area with strength and cardio equipment, towel service, TV lounge, steam room, sauna and individual whirlpool baths. Massage therapists are also available.

OPEN Y PROGRAM

Thanks to generous donations from individuals and organizations to our annual Partners with Youth Campaign, the Y is able to award financial scholarships. The YMCA of Columbia welcomes everyone regardless of their ability to pay.

GUEST POLICY

If you are considering Y membership, we invite you tour the facility to receive a complimentary day guest pass. Bring your guest pass back to enjoy all the Y has to offer. Non-members may visit our facilities for \$10 (\$15 for Downtown Health Club). All guests are required to present a photo id.

YMCA "AWAY" PROGRAM

A.W.A.Y. means "Always Welcome at YMCAs." The A.W.A.Y. program is based on the philosophy that when a person enrolls in a YMCA, he or she becomes a member of a nationwide association of people that helps build strong kids, strong families and strong communities. Therefore, when away from home, on business or vacation, Y members will be warmly welcomed by all other participating YMCAs in the United States. A YMCA's participation in this program is voluntary. Some restrictions apply. The Columbia YMCA's AWAY Policy is that any YMCA member can visit and use our facilities free for up to 12 days per calendar year, and after the 12 free visits, there will be a \$10.00 per day charge.

CORPORATE MEMBERSHIP

Many companies work with the YMCA of Columbia to encourage their employees to stay fit, healthy and productive. Inquire about your company's current involvement and the benefits offered. We also invite any company interested in starting a Corporate Wellness Program to talk with your branch Membership Director.

CHILDWATCH (NOT AVAILABLE AT THE DOWNTOWN YMCA)

A YMCA Staff supervised area where members' children can play and enjoy activities while parents work-out. Members have the opportunity to enjoy the benefit of Childwatch while on premises and up to two hours per child per day. FREE with Family Membership. Contact your local branch for details.

KIDS' CLUB (NOT AVAILABLE AT THE DOWNTOWN YMCA)

The YMCA of Columbia is excited to expand our Childwatch program to offer supervised fun and activities for your school age children while parents are using the facility at participating branches. FREE with family membership.



PALMETTO CENTER FOR WOMEN

A Meeting Place For Women



PCW website



The Palmetto Center for Women [PCW] is proud to be the Midlands' home and meeting place for the social, intellectual, physical and spiritual development of women. PCW serves women in business, stay-at-home moms, girls and teens, divorced and widowed women, women entrepreneurs and women from all socio-economic backgrounds.

Formerly the YWCA of the Midlands, the Palmetto Center for Women continues a long tradition of providing services to the women of Columbia and surrounding communities. We are committed to equipping women with the resources they need to achieve great things at work, at home and in their communities. For additional information, please visit www.palmettocenterforwomen.org.

PROGRAMS & EVENTS

Palmetto Center for Women hosts three annual Signature Events. Funds raised from those events support Woman's Enrichment programs in the community. Last year Girls on the Run, Heartworks Ministry, Jubilee Academy and Blackaby Ministries received financial support from PCW. Countless other like-minded organizations received in-kind and volunteer support from PCW members and volunteers.

On November 16, Palmetto Center for Women partnered with Transitions, a homeless center whose purpose is to transition individuals from homelessness to permanent housing and self-reliance. A three-tiered program offers participants access to services and resources as well as a safe and clean place to stay. PCW has formally adopted this program as its charity of choice. PCW volunteers and members will serve as mentors to residents and will provide bible studies, career readiness and financial awareness programs, to name just a few.

Please visit our website for more information and a complete listing of upcoming events. Sign up for our monthly newsletter while you are there!

HATS OFF TO WOMEN 2012

Please join us on April 24 at 300 Senate for a stylish brunch and Fashion Show. What a fun way to celebrate Administrative Professionals Week and support PCW.

THE TWIN AWARDS

The TWIN Award is a distinguished honor presented to women whose outstanding achievements mark them as leaders and role models in business and in the community. Since the inception of the TWIN Awards in 1980, over 500 women have been honored. Nominations and Sponsorships are accepted February-August. The Awards Ceremony will be held in November at the Downtown Columbia Marriott.

THE ANNUAL PRAYER BREAKFAST

Palmetto Center for Women in partnership with the YMCA of Columbia Christian Emphasis Committee hosts a community prayer breakfast each spring. The Prayer Breakfast is a special time where people from all parts of the community join together for a time of reflection, encouragement and prayer. Sponsorship opportunities are available.

TRINITY FOCUS GROUP: PROFESSIONAL WOMEN CONNECTING ON ISSUES OF LIFE AND FAITH

Trinity Focus Group's Mission is to:

- Strengthen professional women's relationships with God and their commitments to serve Him in the work place, home and in the community.
- Compel business women to develop the passion and skills to be women of spiritual influence in their work settings.
- Reach women who do not have a personal relationship with Jesus Christ.

Meetings are held the 2nd Thursday of each month from Noon-1pm at the Palmetto Club (formerly the Summit Club).

Each month we have a program that includes a dynamic speaker with an inspirational message. Please join us for a special time of fellowship and encouragement.

BECOME A SUPPORTER

If you would like to become a Palmetto Center for Women Supporter, please contact our office at 803.799.7159 x18 to make a difference in the lives of women.

PCW Annual Supporters receive a decal and monthly e-blast. An annual donation of \$1000 or more will add your business logo to the website and monthly newsletters.

SUPPORTER LEVELS

PCW Supporter	Annual Donation
Fan	\$25
Friend	\$50
Colleague	\$100
Patron	\$150
Associate	\$250
Believer	\$500
Advocate	\$1000



DOWNTOWN YMCA

1420 Sumter Street
Columbia SC 29201
803.799.7159



Downtown YMCA
website

HEALTH AND FITNESS

For more information on Downtown YMCA Health and Fitness programs, please contact Gretchen Adams at 803.799.7159 ext. 25 or gretchenadams@columbiaymca.org.

SILVERSNEAKERS

Ages: Active Older Adults (AOA)

In all of our AOA classes we focus on friends, fitness and fun. The classes are suited for all levels. Silver Sneakers is a chair based class that includes movement and strength while using weights, resistance bands and exercise balls. Develop new friendships while attending classes, potlucks throughout the year, group outings and monthly birthday celebrations!! Please see the Group Exercise Schedule for times and days of classes.

Members: Free for members and available through participating health insurance providers.

Y-HEALTH

Ages: 15 and up

Y-Health is a 10 week program that incorporates healthy eating with an active lifestyle. A trained wellness coach will set up an exercise prescription for you to follow. You also get to meet with a registered dietician.

Registration: Ongoing

Members: \$25

FENCING

Ages: 9 and up

Have fun learning the fundamental footwork and blade actions of this dynamic Olympic sport. This class is great for exercise, mental focus, tactical thinking and personal growth. Class is led by a former US World Championship Team member. Contact Jane Littmann at 803.781.0056.

Registration: Ongoing

Sessions:

Members: \$60/month

Non-members: 9-21: \$85/month

Non-members: 22 and up: \$90/month



WELLNESS ORIENTATIONS

Ages: 15 and up

Learn the ropes of the wellness center with the assistance of a wellness coach. Your coach will provide you with everything you need to begin a healthy lifestyle. Our 60-minute orientations are designed to teach members the safe and effective uses of all cardiovascular and weight equipment. Your coach will share tips and techniques that will surely get you on your path to better health.

Members: Free

PERSONAL TRAINING

Ages: 15 and up

Looking for an advantage? Personal training is designed to evaluate, motivate and educate so you can take your workout to the next level. Whether you are training for a sport, special event, or just want to increase your health level, personal training is a great way to rise above the rest.

Register at the membership desk

Members: 1 Hour Sessions: \$40/1, \$145/4, \$250/8, \$350/12

Members: 30 Minute Sessions: \$21/1, \$75/4, \$130/8,

\$185/12 *Ask about Specials of the month!

SMALL GROUP PERSONAL TRAINING

Ages: 15 and up

Tired of working out alone? Grab a friend, partner or a loved one and get in shape together with a personal trainer. Get motivated about a healthier lifestyle with a buddy! Group includes 2 – 4 participants, but still get all of the benefits of a personal trainer. Participants can register at the member services desk.

Register at the membership desk

Members: \$225/8 sessions \$300/12 sessions

H2O PERSONAL TRAINING

Ages: 15 and up

DIVE into your workout with personal training sessions in the pool! Work one on one with a Certified Aquatics Personal Trainer. H2O Personal Training is great for those who are looking for a new challenge! Each session is 30 minutes.

Members: \$21/1, \$75/4, \$130/8, \$185/12

FIT TO BE CORPS

Ages: 21 and up

A hard "corps" workout for all fitness levels. Kick your workout up a notch with this Marine Corps inspired boot camp! All muscle groups will be worked and you will see results!

Sessions: Jan. 2-Jan. 27, Feb. 6-Mar. 2, Mar. 12-Apr. 4,

Apr. 16-May 11, May 21-June 15

Monday, Wednesday and Friday 6:10 – 7:10 a.m.

Members: \$38, Non-members: \$68

BOOT CAMP

Ages: 15 and up

Boot Camp is a high intensity group exercise that takes you to the next fitness level. Incorporates TRX™ bands, free weights, sprinting, bands, medicine balls and anything else the instructor can think of! This is an intensive four week program with a course schedule designed to get you in shape and lose weight. Boot Camp meets Monday, Wednesday and Friday 6-7:30 p.m. on the fourth floor.

Sessions: Jan. 2-Jan. 27, Feb. 6-Mar. 2, Mar. 12-Apr. 4, Apr.

16-May 11, May 21-June 15

Members: \$38

Non-members: \$68

GROUP EXERCISE

Ages: 15 and up

With over 85 Group Exercise classes each week, we have a class specifically designed for you! From ZUMBA® to Pilates we offer every type of group exercise opportunity out there. Check out the monthly schedules for more information.

Members: FREE

TEENS – N – TRAINING

Ages: 12 – 14 years

Teens-n-training is a strength training course that will prepare our younger members for limited use of the wellness center. The program teaches 12-14 year olds how to properly use the strength and cardio machines. In order to exercise in the wellness center, students MUST complete the two-hour class and be supervised by a parent.

Register at the membership desk (Pre-registration is required)

Sessions: Saturdays at 10 a.m.

Members: \$30

MEN'S MASSAGE

Ages: 21 and up

A certified massage therapist is available to help you relax, rejuvenate or recover.

Register at the membership desk

Men's Health Club Members: \$35, 1 session; \$500, 20 sessions

Members: \$40, 30 minutes

Non-members: \$40, 30 minutes (+ \$15 Health Club guest fee)

SPORTS

For more information on Downtown YMCA Sports Programs please call 803.799.7159 ext. 23 or email jasonvokral@columbiaymca.org.

HEALTHY KIDS DAY

A day dedicated to teaching kids and families how to be active, healthy and have fun together. Events can include healthy snack options, games, physical challenges, brain teasers, sports games and more!

Save the date: April 28th!



SUMMER YOUTH T-BALL

Ages: 3 – 5 years

Instructional t-ball leagues for boys and girls ages 3-5 are designed to introduce each player to the great game of baseball in a positive and supportive atmosphere. Each player will have the chance to develop skills through learning all of the basics such as running the bases, hitting, catching, fielding, and most important of all...having fun!

Registration: March – May

Season: June – August

Members: \$38 / player

Non-members: \$68 / player

YMCA/SOUTH CAROLINA UNITED RECREATIONAL YOUTH SOCCER LEAGUE

Ages: 3 – 18 years

Soccer encourages team play and individual skill development while having fun. Participants will learn new skills and make friends along the way. Eight games will be played on Saturdays and practices will be held once a week.

All players who played in the Fall 2010 and/or Spring 2011 season will wear their uniform kit from their last season. New players (who did not play with us in Fall 2010 and/or in Spring 2011) need to order a new uniform kit with registration. Uniform kit, if participant does not already have both jersey and socks, is \$15 during the time of participant's registration, \$25 after.

Registration: until February 4 (Late fee of \$25 will be applied to registration after February 5, if space is available.)

Season:

Coaches meetings: February 20 – 24

Practice Begins: Week of February 27

First games: March 3

Holidays (NO GAMES): March 17, April 7

Last Game: May 5

Rain date: May 12

Pictures: TBD

Members:

\$48/ player ages U4-U6

\$58/ player ages U7-U8

\$68/ player ages U9-12

\$74/ player ages U13-U19

Non-members:

\$69 / player ages U4-U6

\$79 / player ages U7-U8

\$89 / player ages U9-U12

\$95/ player ages U13-U19





SUMMER YOUTH COACHES' PITCH

Ages: 6 - 9 years

YMCA Baseball is an instructional and recreational league. Younger participants will be introduced to the game of baseball and learn basic skills such as catching, throwing and batting while older players will have the chance to play a more values-based competitive game to help improve their skills. The program will include a practice day and one game each week.

Registration: March - May

Season: June - August

Members: \$38 / player

Non-members: \$68 / player

SUMMER YOUTH GIRLS' SOFTBALL

Ages: 6 - 9 years

YMCA Softball is an instructional and recreational league. This program introduces and builds existing softball skills to young girls. Review of throwing, catching, and fielding will be covered in this program. The program will include a practice day and one game each week.

Registration: March - May

Season: June - August

Members: \$38 / player

Non-members: \$68 / player

ADULT LEAGUE BASKETBALL

Ages: 18 and up

The Y's Adult League Basketball is dedicated to giving adults an opportunity to participate in an organized team sport while having fun, meeting friends and becoming active. Our adult sports program is based on keeping winning in perspective with fair play and good sportsmanship. Possibility of cross play between other Ys, which requires travel.

Tuesdays and Thursdays

Registration: January 1-March 10

Season: March 17 - May 26

Fees: \$300 per team (maximum of 15 players per team)

AQUATICS

For more information on Downtown YMCA Aquatics Programs, please call 803.799.7159 ext. 13 or email chrismead@columbiaymca.org.

For over 100 years, the YMCA has been a leader in aquatics and water safety. We offer a means for all ages to learn skills that build self-confidence and esteem for pre-schoolers to adults. In our programs, we build the skills and confidence that every great swimmer possesses.

PRE-SCHOOL SWIM LESSONS

Ages: 3 - 5 years

This is a child's first experience in the pool without parental assistance. The children are taught the basic skills, boating safety and the use of personal floating devices.

January - May 2012

Tuesdays and Thursdays: 6:30 - 7:00 p.m.

Saturdays: 11:00 - 11:45 a.m.

Members: \$20 / person

Non-members: \$80 / person

YOUTH SWIM LESSONS

Ages: 6 - 12 years

These lessons follow the YMCA of the USA Progressive Swim Lesson Program. There are six levels of progressively challenging YMCA swim classes covering all strokes, diving fundamentals and safety skills. Lessons are offered during the weekdays as well as the weekends.

Tuesdays and Thursdays: 7:00-7:30p.m.

Saturday Lessons: Noon-12:45p.m.

Members: \$20 / person

Non-members: \$80 / person

ADULT SWIM LESSONS

Ages: 13 and up

The YMCA Adult Lesson plan offers an introduction to the water for those seeking to learn how to swim. The goal of these lessons is to make the adults competent, confident and successful swimmers.

Register at the Membership Desk

Tuesdays and Thursdays: 7:45 - 8:30 p.m.

Members: \$40 / person

Non-members: \$100 / person

PRIVATE SWIM LESSONS

Ages: Open to all

One-on-one lessons with a trained swim instructor. Lessons consist of four classes at 30 minutes each. Time and availability are scheduled between the instructor and the participant.

Members: \$20 / 30 minutes

Non-members: \$35 / 30 minutes

WATER AEROBICS CLASSES

Ages: 15 and up

Water Aerobics is water exercise focused on building strength, mobility and flexibility. Classes are led by a trained instructor for shallow and deep water exercise. Float belts are provided for deep water classes. Teens and children are allowed with parents at the discretion of the instructor.

Members: Free

HOMESCHOOL SWIM AND GYM

Ages: Kindergarten and up

Let your home-schooled youth enjoy many opportunities the Y has to offer. With certified, passionate and enthusiastic instructors, our staff will teach your children more fundamentals to physical activity with lessons involving team concepts, sport development and nutrition as well as building and following the core values of the Y. Your children will also enjoy time in the pool with fun and instructional games that will enable them to become better swimmers.

Spring Session I - January 9

Spring Session II - March 12

Members: \$38 for first child, \$20 for each additional child

Non-members: \$68 for first child, \$20 for each additional child

JEEP ROGERS FAMILY YMCA

900 Lake Carolina Drive
Columbia SC 29229
803.451.8439



Jeep Rogers
Family YMCA
website

HEALTH AND FITNESS

For more information on Jeep Rogers Family YMCA Health and Fitness Programs, please contact Kevin Mills at 803.451.8439 ext. 19.

WELLNESS ORIENTATION

Ages: 8 and up

Learn the ropes of the wellness center with the assistance of a wellness coach. Your coach will provide you with everything you need to begin a healthy lifestyle. Our 60-minute orientations are designed to teach members the safe and effective uses of all cardiovascular and weight equipment. Your coach will share tips and techniques that will surely get you on your path to better health.

Members: Free

GROUP EXERCISE

Ages: 15 and up

With over 85 Group Exercise classes each week, we have a class specifically designed for you! From ZUMBA® to Pilates we offer every type of group exercise opportunity out there. Check out the monthly schedules for more information.

Members: Free

PERSONAL TRAINING

Ages: 8 and up

Looking for an advantage? Personal training is designed to evaluate, motivate and educate so you can take your workout to the next level. Whether you are training for a sport, special event, or just want to increase your health level, personal training is a great way to rise above the rest.

1 Hour Sessions: \$40/1; \$145/4; \$250/8; \$350/12

30 Minute Sessions: \$21/1; \$75/4; \$130/8; \$185/12



INSANITY BOOT CAMP

Ages: 15 and up

Boot Camp is a high intensity group exercise that takes you to the next fitness level. Boot Camp offers a structured and consistent course schedule designed to get you into shape and lose weight. This is an intense five week course that will give you a workout like you have never had before!

Jan 16 – Feb 24, Mar 12 – Apr 23, May 7 – Jun 15

Monday, Wednesday, Friday – 5:30 a.m.

Tuesday, Thursday, Saturday – 5:30 a.m. / 9:00 a.m.

Saturday 9:00 a.m.

3 Day Option – Members – \$80, Non-Members – \$120

Saturday Option – Members – \$40, Non-Members – \$80

SILVERSNEAKERS FITNESS PROGRAM

Ages: Active Older Adults (AOA)

In all of our AOA classes the focus is friends, fitness and fun. There are classes suited for many different fitness levels. SilverSneakers is a chair based class that includes movement and strength work with weights, bands and a ball. See Group Exercise Schedule for days and time.

Members: Free

COUCH TO 5K

Ages: 10 and up

Want the satisfaction of running your very first 5K? This program is just for you. Spend eight weeks training for your first ever 5K. This program is designed to help you go from your couch to successfully completing a 5K run.

Registration: Contact Member Services for next session info

Members: \$40, Non-members: \$80

HOME SCHOOL SWIM & GYM

Ages: Kindergarten and up

Let your home-schooled youth enjoy many opportunities the Y has to offer. With certified, passionate and enthusiastic instructors, our staff will teach your children more fundamentals to physical activity with lessons involving team concepts, sport development and nutrition as well as building and following the core values of the Y.

Wednesdays 9 a.m. – noon

Spring Session I – January 9, Spring Session II – March 12

YOUTH DANCE

Ages: 3 – 9 years

Allow your children to express themselves through dance. The kids will be learning a combination of ballet and jazz receiving the exact class training that they would get in a dance studio.

Thursdays 3:30 – 4 p.m. (3 – 5 years)

4 – 4:30 p.m. (6 – 9 years)

Members: \$50 / month

Non-members: \$100 / month

THE Y / BLUECHOICE – PLAY TO WIN

Ages: 8 – 17

An eight-week program designed for youth ages 8 – 17 who want to achieve a healthier lifestyle.



Each participant will achieve 60 minutes of structured exercise at least three times per week through youth fitness classes, weight training, sports and more. Additionally, each family will receive valuable nutritional guidance that will make this program a great way for families to enjoy getting healthier together.

Sessions: January 1 – February 29, April 1 – May 31

Members: \$20, BlueChoice members: \$30, Non-members: \$40

SPORTS

For more information regarding sports programs at the Jeep Rogers Family YMCA, contact 803.451.8439 or sportscoordinator@columbiaymca.org.

YOUTH SOCCER CLINICS

Ages: 3 – 7 years

Youth soccer clinics are the best way to introduce children to soccer and prepare them to play at the league level. Participants will spend four weeks (eight sessions) focusing on fundamental skills. Coaches teach the rules of the game and expose participants to the important concepts of teamwork and good sportsmanship.

Clinic Days/Times:

Tuesday and Thursday: 10:30 – 11:30 a.m.

Monday and Wednesday: 4:30 – 5:30 p.m.

Registration: January 1 – February 1

Season: February 6 – March 1

Members: \$40

Non-members: \$60

YMCA / SOUTH CAROLINA UNITED RECREATIONAL YOUTH SOCCER LEAGUE

Ages: 3 – 8 years*

Soccer encourages team play and individual skill development while having fun. Participants will learn new skills and make friends along the way. Eight games will be played on Saturdays and practices will be held once a week. All players who played in the Fall 2010 and/or Spring 2011 season will wear their uniform kit from their last season. New players (who did not play with us in Fall 2010 and/or in Spring 2011) need to order a new uniform kit with registration. Uniform kits are \$15 during the time of participant's registration, \$25 after.

Registration: until February 4 (Late fee of \$25 will be applied to registration after February 5, if space is available.)

Register Online:

www.southcarolinaunitedfc.com

***Jeep only offers soccer for leagues U8 and below. U9 and up need to register at Polo Road.**

Season:

Coaches meetings: February 20 – 24

Practice Begins: Week of February 27

First games: March 3

Holidays (NO GAMES): March 17, April 7

Last Game: May 5

Rain date: May 12

Pictures: TBD

Members:

Non-members:

\$48/ player ages U4-U6

\$69 / player ages U4-U6

\$58/ player ages U7-U8

\$79 / player ages U7-U8

YOUTH T-BALL CLINICS

Ages: 3 – 7 years

Youth T-Ball Clinics are the best way to introduce children to t-ball and prepare them to play at the league level. Participants will spend four weeks (eight sessions) focusing on fundamental skills. Coaches teach the rules of the game and expose participants to the important concepts of teamwork and good sportsmanship.

Tuesday and Thursday 10:30 a.m. – 11:30 a.m.

Monday and Wednesday 4:30 – 5:30 p.m.

Registration: February 1 – April 1

Season: January 1 – April 25

Members: \$40

Non-members: \$60

SUMMER YOUTH T-BALL

Ages: 3 – 5 years

Instructional t-ball leagues for boys and girls ages 3-5 are designed to introduce each player to the great game of baseball in a positive and supportive atmosphere. Each player will have the chance to develop skills through learning all of the basics such as running the bases, hitting, catching, fielding, and most important of all...having fun!

Registration: March – May

Season: June – August

Members: \$38 / player

Non-members: \$68 / player

SUMMER YOUTH COACHES' PITCH

Ages: 6 – 9 years

YMCA Baseball is an instructional and recreational league. Younger participants will be introduced to the game of baseball and learn basic skills such as catching, throwing and batting while older players will have the chance to play a more values-based competitive game to help improve their skills. The program will include a practice day and one game each week.

Registration: March – May

Season: June – August

Members: \$38 / player

Non-members: \$68 / player



SUMMER YOUTH GIRLS' SOFTBALL

Ages: 6 - 9 years

YMCA Softball is an instructional and recreational league. This program introduces and builds existing softball skills to young girls. Review of throwing, catching and fielding will be covered in this program. The program will include a practice day and one game each week.

Registration: March - May

Season: June - August

Member: \$38 / player

Non-members: \$68 / player

CHURCH LEAGUE FLAG FOOTBALL

Ages: 18 and up

The Jeep Rogers Family YMCA Church League Flag Football is dedicated to giving adults an opportunity to participate in an organized team sport while having fun, meeting friends and becoming active. Our Adult Sports Program is based on keeping winning in perspective with fair play and good sportsmanship. Possibility of cross play between other Ys, which requires travel.

Saturday afternoons

Registration: January 1 - March 10

Season: March 17 - May 26

Fees: \$300 / team (maximum of 15 players per team)

ADULT LEAGUE BASKETBALL

Ages: 18 and up

The Y's Adult League Basketball is dedicated to giving adults an opportunity to participate in an organized team sport while having fun, meeting friends and becoming active. Our adult sports program is based on keeping winning in perspective with fair play and good sportsmanship. Possibility of cross play between other Ys, which requires travel.

Tuesdays and Thursdays

Registration: January 1-March 10

Season: March 17 - May 26

Fees: \$300 per team (maximum of 15 players per team)

YOUTH SUMMER BASKETBALL

Ages: 3 - 12 years

Basketball encourages team play and individual skill development while having fun. Participants will learn new skills and make friends along the way. Each team will practice and play once per week for an eight game season. Participants will receive a game jersey.

Registration: January 1 - June 2

Season: June 16 - August 11

Members: \$38

Non-members: \$68

ADULT CO-ED VOLLEYBALL

Ages: 18 and up

A recreational volleyball league for all skill levels. Every Wednesday night participants will enjoy the exciting and enthusiastic group that gathers to play volleyball. This program is a great night out along with lots of exercise.

Season: March 14 - December

Members: Free

Non-members: \$10



AQUATICS

For more information on Jeep Rogers Family YMCA Aquatics Programs please call 803.451.8439 ext. 22.

PRIVATE SWIM LESSONS

Ages: 3 and up

One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant. You may register by filling out a private lesson request form at the front service desk.

Members: \$20 / 30-minute lesson

Non-members: \$30 / 30-minute lesson

WATER BABIES SWIM LESSONS

Ages: 6 - 36 months

Classes are designed to allow the child to have fun in the water, while the parent guides him or her to learn aquatic skills. The child will be exposed to games that use basic movements such as kicking, arm strokes and breath control. Registration is open three weeks prior to session date start. Information for Spring swim lessons will be available four weeks prior to session start.

January - May

Saturdays only, 6 - week sessions

PRE-SCHOOL SWIM LESSONS

Ages: 3 - 5 years

This is a child's first experience in the pool without parental assistance. The children are taught basic skills, pool and boating safety and the use of personal floating devices. Lessons are offered during the weekdays as well as the weekends. See member services for dates and times available. Registration is open three weeks prior to session date start. Information for Spring swim lessons will be available four weeks prior to session start.

Members: \$20 per parent/child

Non-members: \$80 per parent/child

YOUTH SWIM LESSONS

Ages: 6 - 12 years

These lessons follow the YMCA of the USA Progressive Swim Lesson Program. There are six levels of progressively challenging YMCA swim classes covering all the strokes, diving fundamentals and safety skills. Lessons are offered during the weekdays as well as the weekends. See member services for dates and times available. Registration is open three weeks prior to session date start. Information for Spring swim lessons will be available four weeks prior to session start.

Members: \$20 per parent/child

Non-members: \$80 per parent/child

ADULT SWIM LESSONS

Ages: 13 and up

The YMCA Adult Lesson plan offers an introduction to the water for those seeking to learn how to swim. The goal of these lessons is to make the adults competent, confident and successful swimmers. Registration is open three weeks prior to session date start. Information for Spring swim lessons will be available four weeks prior to session start.

January - May

Saturdays only, 6-week sessions

Members: \$40 / person

Non-members: \$100 / person

MASTERS SWIM TEAM

Ages: 18 and up

Masters Swim Team is a successful blend of fitness and competitive swimming for adults 18 and older. The regular structure workouts use techniques of interval training in an atmosphere of fun, fitness, friendship and participation. Individuals who find it difficult to stick with a self-imposed, keep-fit routine will find it easier to maintain a Masters Swimming Program.

See member services for practice days and times

Members: \$15 / month

Non-members: \$55 / month

WATER AEROBICS

Ages: 15 and up

Water Aerobics is water exercise focused on building strength, mobility and flexibility. Classes are led by a trained instructor for shallow and /or deep water exercise. Float belts are provided for deep water classes. Please see member services for schedule and times of classes.

Members: Free

Non-members: \$10

MUDCATS YEAR ROUND SWIM TEAM

Ages: 3 - 18 years (participation depends on ability level)

The Y is committed to offering a quality, year-round swim team with emphasis on teaching the value of competition through teamwork, sportsmanship and doing one's best. The Jeep Y program strives to offer a well-rounded, values-centered program for every member, from the youngest and newest members to our veteran senior swimmers.

\$85 USA swimming registration fee for all swimmers

- **Bronze:** For a beginning competitive swimmer who can successfully complete the length of a 25-yard pool. Developing freestyle and backstroke. Members: \$55/month
- **Silver:** For swimmers who are familiar with the four competitive strokes, including butterfly, backstroke, breaststroke and freestyle. Members: \$55/month
- **Gold:** For swimmers who are very familiar with the four competitive strokes and have intermediate technical ability and endurance. Members: \$65/month
- **Junior:** High level competitive swimmers with a moderate to excellent understanding of the four competitive strokes and are beginning to develop a high level of endurance. Members: \$75/month
- **Senior:** High level competitive swimmers with an excellent understanding of the four strokes, a high level of endurance and a competitive drive. Members: \$80/month

JEEP YMCA SUMMER SWIM TEAM

Ages: 3-18 years (must be able to swim 25 yards unassisted)

The Y's summer recreational swim team helps kids improve stroke skills and learn about friendly swimming competition. Your child will learn proper techniques for all competitive strokes. They will also have the opportunity to compete in local swim meets as well as the city-wide meet in July.

Look for Registration information in April.

Season: May-July

Members: \$155

Non-members: \$175



YOUTH PROGRAMS

For more information on Jeep Rogers Family YMCA Youth Programs please call 803.451.8439.

AFTERSCHOOL

Ages: Grades K – 8

Y Afterschool programs are different. Like our day camps, we move, play and engage students. We encourage your child to be active, creative and to have fun! We also offer care when school is out throughout the school year. All-day camp is offered at no additional charge. We offer healthy snacks for all children!

Registration: ongoing

August 19 – June 1

Annual Afterschool Registration Fee: \$25 for first child, \$50 for a family of two or more children

Members: \$170 /month

Non-members: \$250/ month

MID WINTER CAMP BREAK

Grades K – 8

Registration: ongoing

February 20 – 24

Afterschool participant / Members: \$50/week

Afterschool participant / Non-members: \$80/week

Non-afterschool participant / Members: \$105/week

Non-afterschool participant / Non-members: \$150/week

SPRING BREAK CAMP

Grades K – 8

Monday – Friday, 7:30 a.m. – 6:15 p.m.

Registration: ongoing

April 2 – 6

Afterschool participant / Members: \$50/week

Afterschool participant / Non-members: \$80/week

Non-afterschool participant / Members: \$105/week

Non-afterschool participant / Non-members: \$150/week

WEE WONDERS PRESCHOOL PROGRAM

Ages: 2 – 5 years

Preschool 8:45 – 11:45 a.m., Lunch Bunch 11:45 a.m.–12:45 p.m.

Registration: ongoing

September 7 – May 26

Annual Preschool Registration Fee: \$40

Doodle Bugs: Two Year Old Program

Tuesday and Thursday

Members: \$90 /month

Non-members: \$140 / month

Busy Bees: Three Year Old Program

Monday, Wednesday, Friday

Members: \$135 / month

Non-members: \$185 / month

Busy Bees Lunch Bunch – Optional

Members: \$35 / month

Non-members: \$50 / month

Book Worms: Four Year Old Program

Monday – Friday

Members: \$200 / month

Non-members: \$250 / month

Book Worms Lunch Bunch – Optional

Members: \$50 / month

Non-members: \$65 / month

FAMILY PROGRAMS

For more information on Jeep Rogers Family YMCA Family Programs please contact Derek White at derekwhite@columbiaymca.org or 803.451.8439 ext. 21.



YARD SALE

Ages: Open to Community

Join us as we participate in the semi-annual Lake Carolina yard sale by renting a parking space and selling your unwanted items. You can take advantage of the Lake Carolina community traffic! All proceeds benefit our Partners With Youth annual campaign fund that helps families and children participate in activities they otherwise may not be able to afford. Volunteers needed! See you there 7:00 a.m. – 10:00 a.m.

Spring 2012 (TBA)

Cost: \$25 per car

CHILDWATCH

Ages: 6 weeks – 6 years

A safe and fun YMCA staff supervised area where parents with a Family Membership can leave their children to play and enjoy activities while they participate in programs on-site.

Monday – Thursday – 8 a.m. – noon and 4:00 – 8:30 p.m.

Friday – 8 a.m. – noon and 4:00 – 8:00 p.m.

Saturday – 8 a.m. – noon

Sunday – 1:30 – 5:00 p.m.

Free with Family Membership

DEEP SEA

Ages: 5 – 12 years

Check your five and above kids in at ChildWatch and they will get to play in the indoor playground, build a car or train with Legos or work out while playing video games!

All ChildWatch policies and guidelines apply.

*Socks are required to play on indoor playground. Extra socks can be purchased at the front desk.

Monday – Thursday – 4:30 – 8:30 p.m.

Friday – 8 a.m. – noon and 4:30 – 8:00 p.m.

Saturday – 8 a.m. – noon

Sunday – 1:30 – 5:00 p.m.

Free with Family Membership



PARENTS' NIGHT OUT

Ages: 6 weeks – 14 years

Join us the third Friday of each month for Parents' Night Out. Children will enjoy a night of games, music, crafts, swimming and more. We offer four hours of supervised fun and activities along with dinner and a snack while parents have an evening out on the town.

Registration deadline is the Wednesday before Parents' Night Out on Friday. \$5 late registration fee will be applied to all registrations after Wednesday at closing.

Third Friday of every month, 5:30 – 9:30 p.m

Members: \$15 / per child

Non-member: \$25 / per child

MIDDLE SCHOOL MADNESS

Grades: 6th – 8th grade

The coolest place for a middle-schooler to be on Friday nights! Children will enjoy basketball, dodgeball, indoor playground, game room and much more. MSM also offers a DJ and dance room. Teens can register at the front desk or pay at the front door the night of. Food and drinks are available for sale at each event.

First Friday of every month

Members: \$5

Non-members: \$8

VALENTINES SHOP AND DROP

Ages: 6 weeks – 14 years

February 11th, 5:00 – 10:00 p.m.

Members: \$20

Non-members: \$45

4TH AND 5TH GRADE FUN NIGHT

Grades: 4th and 5th grade

First Saturday of every month

Members: \$5

Non-members: \$8

YMCA INDIAN GUIDES/PRINCESSES

Ages:- 5-9 and their parent

(or other significant adult in their lives)

Available at all YMCA of Columbia branches – Indian Guides is the Y's unique and tradition filled program for parents and children to strengthen the bonds of one of the most important relationships they will have. Indian Guides are organized by small groups called "Tribes" that meet in homes and neighborhoods near your YMCA! Tribes meet to build relationships between child and parent as well as building relationships- child to child, parent to parent. If you are interested in starting a new Tribe, please contact Kenny Mills for more information.

Check with the Member Services Desk for more info!

YMCA TRAILBLAZERS

Ages: 9 – 14 years with parent or guardian

The YMCA Trailblazer program is the next step in the progression for Y Indian Guides. Camping, hiking and canoeing at events and outings are just some of the activities enjoyed by this group. Trailblazers provide participants with a great chance to live out the YMCA's core values of Respect, Responsibility, Honesty, Caring and Faith, while continuing to build on the skills and relationships that have been forming.

Registration: Ongoing

Members: \$20 per parent/child team; \$10 for each additional child

Non-members: \$60 per parent/ child team; \$10 for each additional child

INDIAN GUIDES SPRING LONG HOUSE

Ages: 5 to 16 years with Dad or guardian

Overnight camping experience at its best for our Indian Guide participants. The Spring Long House is where all Y Guides Tribes come together for tent camping, s'mores and a moving, inspirational ceremony. This weekend is a great way to meet the rest of the tribes, make more friends and deepen your relationship with your children.

April 27-29

Members: \$65 per parent/child team

\$25 for each additional child

HEALTHY KIDS DAY

A day dedicated to teaching kids and families how to be active, healthy and have fun together. Events can include healthy snack options, games, physical challenges, brain teasers, sports games and more!

Save the date: April 28th!

BIRTHDAY PARTIES

Ages: Everyone

Our specialty parties are designed to make your child's party the BEST EVER! We offer party packages to fit everyone's needs. Our parties provide you with an hour in the pool or Deep Sea Discovery and an hour in our party room. A host is provided to help make your party run smoothly. Parties offered on Saturday and Sundays. Please see member services for more information.

Up to 25 guests, then \$5 for each additional guest.

Members: \$150

Non-members: \$225

FACILITY RENTALS

Ages: Everyone

Let the YMCA provide a location for your next meeting or corporate event. We offer rentals of our gym, sports fields and rooms within the facility. Rentals offered on an hourly basis. Please see member services for more information.

NORTHWEST FAMILY YMCA

1501 Kennerly Road,
Irmo SC 29063
803.407.8007



NorthWest
Family YMCA
website

HEALTH AND FITNESS

For more information on Northwest Family YMCA health enhancement programs please call the member services desk at 803.407.8007.

GROUP EXERCISE

Ages: 15 years and up

Shake up your workout regimen by attending one of our various group classes available each week. As a member, all classes are free, so be sure to try classes like Cardio-Mix, Yoga, Pilates, ZUMBA, Cycling, BODYPUMP and more. Check out our monthly group exercise schedule for times.

Members: FREE

Non-members: \$10 guest fee

YOGA KIDS & KIDS CARDIO

Ages: 3-5 years and K5-5th grade

Fun group classes geared specifically for our kids! A great way for kids to stay in shape, learn healthy habits and keep their energy focused in a positive manner. See current group exercise schedule for class times.

Members: FREE

Non-members: \$10 guest fee

SILVER SNEAKERS

Ages: 65+ years

This program can open the door to better health, greater independence and a more fulfilling life for our older adults. Classes are low impact and a great way to stay active and develop new friendships. Participation is available through YMCA membership and/or participating health insurance providers.

WELLNESS ORIENTATION

Ages: 10 and up

Meet with a wellness coach for a free personalized orientation of the wellness center. A coach will show you how to properly set-up and use all the cardio and strength equipment. Children 10-11 years old (Jumpstart) may only use the cardio equipment; teens 12-14 years old (YFit) may only use the cardio and pin select machines. Once children 10-14 years old have passed the orientation, they are welcome to use the Wellness Center with parental supervision. All members 15 years and older may use the free weight equipment.

Register at the member services desk.

FREE with membership

PERSONAL TRAINING

Ages: 13 and up

Personal trainers are available to work one on one with a member to encourage, motivate, and educate. Trainers can make nutritional recommendations and will provide a varied exercise program specific to the member's needs. Packages are available in one-hour or 30-minute sessions.

Register at the member services desk.

Members: Rates begin at \$21 / session



NW YMCA TRIATHLON CLUB

Ages: 18 and up

Club is open to all levels of triathletes. From those who are interested in completing their first triathlon to those who are elite triathletes. The club provides training opportunities, monthly speakers, information for upcoming triathlon events and a strong community of fellow triathletes.

Monthly meetings are held the third Thursday of each month at the NorthWest Family YMCA.

Members: \$35 / year

Non-members: \$50 / year

TRIATHLON TRAINING CLASS

Are you new to triathlons but always wanted to compete in one? Or would you like to improve your transition time and cross train. Join us for this 8 week 2-hour training class that will get you ready just in time for the annual Tom Hosking Memorial Sprint Triathlon held at the NorthWest Family YMCA.

Dates: May – June 2012

Members: \$90

Non-members: \$130

COUCH TO 5K

Train for your first 5K! The program is designed for beginners just off the couch or seasoned runners who want to improve their time. This 9-week course meets twice a week; runs are held indoors and outdoors. All classes are led by a seasoned triathlete and runner.

Members: \$58

Non-members: \$88

WEIGHT LOSS & HEALTHY LIFESTYLE ACCOUNTABILITY GROUP

A 6-week class to motivate, support and educate you on how to jump start and maintain a healthier lifestyle! Each class is led by a certified personal trainer and includes private weigh-ins, fat assessments and a healthy living discussion. Class size is limited.

Members: \$35

INDOOR TRIATHLON

Ages: 15 years and up

Get yourself ready for our summer Triathlon with our condensed version! Swim, run and cycle all in 60 minutes; swimming laps, running on the treadmill and cycling on an indoor bike. Staff will record distance achieved in each time frame. Great for beginners or seasoned triathletes!

Dates: TBD

SPORTS

For more information on NorthWest Family YMCA Sports Programs please call 803.407.8007 ext. 20 or email adammatney@columbiaymca.org.

YMCA / SOUTH CAROLINA UNITED RECREATIONAL YOUTH SOCCER LEAGUE

Ages: 3 – 18 years

Soccer encourages team play and individual skill development while having fun. Participants will learn new skills and make friends along the way. Eight games will be played on Saturdays and practices will be held once a week.

All players who played in the Fall 2010 and/or Spring 2011 season will wear their uniform kit from their last season. New players (who did not play with us in Fall 2010 and/or in Spring 2011) need to order a new uniform kit with registration. Uniform kit, if participant does not already have both jersey and socks, is \$15 during the time of participant's registration, \$25 after.

Registration: until February 4 (Late fee of \$25 will be applied to registration after February 5, if space is available.)

Register Online:

www.southcarolinaunitedfc.com

Season:

Coaches meetings: February 20 – 24

Practice Begins: Week of February 27

First games: March 3

Holidays (NO GAMES): March 17, April 7

Last Game: May 5

Rain date: May 12

Pictures: TBD

Cost:

Members:

\$48/ player ages U4-U6

\$58/ player ages U7-U8

\$68/ player ages U9-12

\$74/ player ages U13-U19

Non-members:

\$69 / player ages U4-U6

\$79 / player ages U7-U8

\$89 / player ages U9-U12

\$95/ player ages U13-U19



SUMMER YOUTH T-BALL

Ages: 3 – 5 years

Instructional t-ball leagues for boys and girls ages 3-5 are designed to introduce each player to the great game of baseball in a positive and supportive atmosphere. Each player will have the chance to develop skills through learning all of the basics such as running the bases, hitting, catching, fielding, and most important of all...having fun!

Registration: March – May

Season: June – August

Members: \$38 / player

Non-members: \$68 / player

SUMMER YOUTH COACHES' PITCH

Ages: 6 – 9 years

YMCA Baseball is an instructional and recreational league. Younger participants will be introduced to the game of baseball and learn basic skills such as catching, throwing and batting while older players will have the chance to play a more values-based competitive game to help improve their skills. The program will include a practice day and one game each week

Registration: March – May

Season: June – August

Members: \$38 / player

Non-members: \$68 / player

SUMMER YOUTH GIRLS' SOFTBALL

Ages: 6 – 9 years

YMCA Softball is an instructional and recreational league. This program introduces and builds existing softball skills to young girls. Review of throwing, catching, and fielding will be covered in this program. The program will include a practice day and one game each week.

Registration: March – May

Season: June – August

Members: \$38 / player

Non-members: \$68 / player

ADULT LEAGUE BASKETBALL

Ages: 18 and up

The Y's Adult League Basketball is dedicated to giving adults an opportunity to participate in an organized team sport while having fun, meeting friends and becoming active. Our adult sports program is based on keeping winning in perspective with fair play and good sportsmanship. Possibility of cross play between other Ys, which requires travel.

Tuesdays and Thursdays

Registration: January 1-March 10

Season: March 17 – May 26

Fees: \$300 per team (maximum of 15 players per team)

TENNIS LESSONS

Ages: 5 and up

Group lessons are available for beginners, intermediates and advanced players. Tennis players are divided into groups by age and skill level. All instruction is directed to be positive, fun and skill building. Participants are instructed in tennis rules, scoring, stroke development, game strategy and match play concepts. Classes are held once a week for one hour. For more information contact John Atkinson at johna@silverfoxtennis.com.

Registration is year round for continuous instruction. Class times vary depending on age and skill level.

Member: \$40 / month

Non-members: \$48 / month

PRIVATE TENNIS LESSONS

Ages: 5 and up

Personalized instruction focusing on stroke development, strategy and match play concepts. To schedule a time, contact John Atkinson at johna@silverfoxtennis.com

Registration is ongoing

Member: \$40 / lesson

Non-members: \$45 / lesson

AQUATICS PROGRAMS

For more information on NorthWest Family YMCA Aquatics programs, please contact Kristin Shelton at 803.407.8007 ext.15 or kristinshelton@columbiaymca.org.

SWIM LESSONS

Ages 6 months to 12 years old

For over 100 years, the YMCA has been a leader in aquatics and water safety. We offer a means for all ages to learn skills that build self-confidence and esteem for preschoolers to adults. In our programs we build the skills and confidence that every great swimmer possesses.

Spring Session:

Monday – Thursday or Saturday

January 9 – March 29

Saturdays start January 7

Monday – Thursdays, 2 week sessions, 6-6:30 p.m. and 6:45-7:15 p.m.

Saturdays, 6 week sessions, 9:00-11:40 a.m.

Members: \$20 / person per session

Non-members: \$80 / person per session

Summer Session:

Monday – Thursday or Saturday

June 4 – August 16

Saturdays start May 7 and end August 25

Monday – Thursdays (throughout the day), 2 week sessions

Saturdays, 6 week session 9:30-11:40 a.m.

Members: \$20 / person per session

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ADULT SWIM LESSONS

Ages: 13 and up

The YMCA Adult Lesson plan offers an introduction to the water for those seeking to learn how to swim. The goal of these lessons is to make the adults competent, confident and successful swimmers.

Saturday lessons begin January 7, 2012

6-week sessions, Noon – 12:45 p.m.

Members: \$40 / session

Non-members: \$100 / session

PRIVATE LESSONS

Ages: 3 and up

One-on-one lessons with a trained swim instructor. Lessons consist of four classes at 30 minutes each. Time and availability are scheduled between the instructor and the participant.

Members: \$80 / 4 30-minute lessons

Non-members: \$140 / 4 30-minute lessons

WATER AEROBICS

Ages: Adults

Water Aerobics is water exercise focused on building strength, mobility and flexibility. Classes are led by a trained instructor for shallow and deep water exercise. Float belts are provided for deep water classes. Teens and children are allowed with parents at the discretion of the instructor.

Monday – Friday

Deep Water Aerobics: 9:00 – 9:45 a.m.

Shallow Water Aerobics: 10:00 – 10:45 a.m.,

Tuesday nights 7 – 8 p.m.

Members: Free

Non-members: \$10 guest fee

LIFEGUARDING CLASSES

Ages: 16 and up

Lifeguard and CPR/First Aid training with a Certified Instructor. The course will teach you how to save lives and provide necessary emergency care to others. Requirements to take the class are swimming 500 yards (20 lengths) and carrying a 10 pound dive brick 25 yards.

March and April (Dates TBD)

30 hours

Members: \$150

Non-members: \$200

MASTERS SWIM TEAM

Ages: 18 and up

Masters Swim Team provides organized workouts, competitions, clinics and workshops to adults interested in competitive swimming. The program is designed to improve and develop skills and fitness for all participants. Workouts will be created by a qualified coach.

Monday, Wednesday and Fridays 5:30 – 6:45 a.m.

Tuesdays and Thursdays 8:00 – 9:00 a.m.

Members: \$25 / month

Non-members: \$60 / month

MUDCATS YEAR ROUND SWIM TEAM

Ages: 3 - 18 years (participation depends on ability level)

The Y is committed to offering a quality, year-round swim team with emphasis on teaching the value of competition through teamwork, sportsmanship and doing one's best. The NorthWest Y program strives to offer a well-rounded, values-centered program for every member, from the youngest and newest members to our veteran senior swimmers.

\$85 USA swimming registration fee for all swimmers

- **Bronze:** For a beginning competitive swimmer who can successfully complete the length of a 25-yard pool. Developing freestyle and backstroke. Members: \$55/month
- **Silver:** For swimmers who are familiar with the four competitive strokes including butterfly, backstroke, breaststroke and freestyle. Members: \$55/month
- **Gold:** For swimmers who are very familiar with the four competitive strokes and have intermediate technical ability and endurance. Members: \$65/month
- **Junior:** High level competitive swimmers with a moderate to excellent understanding of the four competitive strokes and are beginning to develop a high level of endurance. Members: \$75/month
- **Senior:** High level competitive swimmers with an excellent understanding of the four strokes, a high level of endurance and a competitive drive. Members: \$80/month

YOUTH PROGRAMS

For more information on NorthWest Family YMCA Youth Programs, please contact Ashleigh Kehl at 803.407.8007 or ashleighkehl@columbiaymca.org.

SPECIALTY BIRTHDAY PARTIES

Our Specialty parties are designed to make your child's party the BEST EVER! Our parties provide you with an hour of specialty activity in Justin's Place or the Pool and an hour in our party room. A host is provided to help make your party run smoothly. We also provide plates, napkins, forks, tablecloths, a balloon per child and a drink per child in a theme of your choice. Parties are offered Saturdays or Sundays

Call or email AshleighKehl@columbiaymca.org for theme options.

Members: \$150

AFTERSCHOOL

Ages: K4 - 8th grade

Y Afterschool programs are different. Like our day camps, we move, play and engage students. We encourage your child to be active, creative and to have fun! We also offer care when school is out throughout the school year. All-day camp is offered at no additional charge. We offer healthy snacks for all children!

Schools we serve:

- » Oak Pointe Elementary
- » River Springs Elementary
- » Ballentine Elementary
- » Dutch Fork Elementary
- » H.E. Corley Elementary
- » Harbison West Elementary
- » Dutch Fork Middle

Registration fee: \$25 / child; \$50 / family

Monday-Friday: School Bell to 6:00pm

August 17, 2011 - June 4, 2012

Members: \$170 per month

Non-members: \$250 per month

SPRING BREAK CAMP

Ages: K4 - 8th Grade

There is no better way to enjoy Spring Break than with Spring Break Camp at the Y! Swimming, crazy challenges and exciting new activities will make Spring Break fly by. This week-long camp can help you prepare to finish the school year strong.

Monday April 2, 2012 - Friday April 6, 2012

Time: 7:15 am - 6:00 pm

Afterschool Participants: \$50 / child

Members: \$105 / child

Non-Members: \$150 / child

FUN NIGHT

Fun Night is the only place for your Kindergarten-8th grader to be on a Friday night! The NorthWest Y DJ plays all of your child's favorite songs while they dance, play games, make new friends and enjoy Justin's Place! Concessions are sold as well. Don't miss out, Fun Night is offered every two weeks. Members and non-Y members are welcome, so bring some friends!

Dates and Times: Friday, 7:00 - 10:00 p.m.

January 6, January 20, February 3, February 17, March 2, March 16, March 30, April 13, April 27, May 11, May 25

Members: \$5

Non-members: \$7

FAMILY PROGRAMS

For more information on NorthWest Family YMCA Family Programs, please contact Sabrina Ceballos at 803.407.8007 ext.11 or sabrinaceballos@columbiaymca.org.

JUSTIN'S PLACE

Ages: 2 - 12 years

Justin's Place is a fun and exciting children's entertainment experience at the NorthWest Family YMCA. Justin's Place includes a huge indoor playground, video gaming area, 4 square, and parent area - something for children of all ages. Children must be accompanied by an adult to enjoy Justin's Place. Justin Pepper was born on December 1, 1995 in Virginia Beach, Virginia. At the age of 2, his parents moved to Chapin, South Carolina. Justin was received in heaven on August 14th, 2007, as a result of a tragic motor vehicle accident. The YMCA of Columbia is proud to honor Justin's memory with a great place for children of all ages to gather and play. Through "Play at Justin's Place," children will develop self-esteem, coordination and social skills to grow in spirit, mind and body.



CHILDWATCH

Ages: 8 weeks to 4 years

A supervised area where children can play in a safe and caring environment while parents work out. Activities include playground time, music, arts and crafts and story time. Children may be checked into ChildWatch for up to 2 hours per visit; parents must remain on YMCA premises.

ADVENTURE CLUB

Ages: 5 – 11 years

Adventure Club is a supervised area where children play games such as Four Square and dodge ball, create arts and crafts projects, use our Wii and DDR all the while developing their social skills and self-esteem. Parents check their children in and out of Adventure Club inside Justin's Place.

ChildWatch & Adventure Club Hours:

Monday – Thursday: 7:45 a.m. – 12:30 p.m.* & 4:00 – 8:00 p.m.

Friday: 7:45 a.m. – 12:30 p.m. & 4:00 – 6:00 p.m.

Saturday: 8:00 a.m. – 12 p.m.

***Adventure club is not available in the morning when school is in session**

Member: FREE with Family membership

Non member: \$7 per child / visit

YMCA INDIAN GUIDES AND PRINCESSES

Ages: 5 – 8 years with parent or guardian

Available at all YMCA of Columbia branches – Indian Guides is the Y's unique and tradition filled program for parents and children to strengthen the bonds of one of the most important relationships they will have. Indian Guides are organized by small groups called "Tribes" that meet in homes and neighborhoods near your YMCA! Tribes meet to build relationships between child and parent as well as building relationships- child to child, parent to parent.

Registration: Ongoing

Members: \$20 per parent/child team,

\$10 for each additional child

Non-members: \$60 per parent/ child team,

\$10 for each additional child

YMCA TRAILBLAZERS

Ages: 9 – 14 years with parent or guardian

The YMCA Trailblazer program is the next step in the progression for Y Indian Guides. Camping, hiking and canoeing at events and outings are just some of the activities enjoyed by this group. Trailblazers provide participants with a great chance to live out the YMCA's core values of Respect, Responsibility, Honesty, Caring and Faith while continuing to build on the skills and relationships that have been forming.

Registration: Ongoing

Members: \$20 per parent/child team,

\$10 for each additional child

Non-members: \$60 per parent/ child team,

\$10 for each additional child

INDIAN GUIDES SPRING LONG HOUSE

Ages: 5 to 16 years with Dad or guardian

Overnight camping experience at its best for our Indian Guide participants. The Spring Long House is where all Y Guides Tribes come together for tent camping, s'mores and a moving, inspirational ceremony. This weekend is a great way to meet the rest of the tribes, make more friends and deepen your relationship with your children.

April 27-29

Members: \$65 / parent/child team

\$25 for each additional child

FACILITY RENTALS

Let the Y provide a location for your next meeting or corporate event. We offer rentals of our gym, sports fields, pavilion, and meeting room within the facility. Rentals offered on an hourly basis. Please contact sabrinaceballos@columbiaymca.org for more details.

SPECIAL EVENTS

Save the date for these upcoming special events at the NorthWest Family YMCA. For more information or to volunteer, call our member services desk at 803.407.8007.

ZUMBATHON

Ages: 10+ years

Turn out the lights and GLOW at our two-hour Black Light Zumbathon! With upbeat music making your body move, you'll have the time of your life. Participants are encouraged to wear white as black lights will be used.

Date: February 2012 & May 2012

Cost: \$10

SUMMER SPLASH PAD OPENING

Summer is here and our Y Splash Pad is open again for kids of all ages! Join us Memorial Day weekend for our kick off celebration!

Date: Saturday, May 26th

Members: FREE

Non-members: \$5 / child

HEALTHY KIDS DAY

A day dedicated to teaching kids and families how to be active, healthy and have fun together. Events can include healthy snack options, games, physical challenges, brain teasers, sports games and more!

Save the date: April 28th!

TOM HOSKINS MEMORIAL SPRINT TRIATHLON

Get ready for our 3rd annual sprint triathlon at the NorthWest Family YMCA! Our triathlon is held in memory of Tom Hoskins who was killed in a cycling – vehicle accident while participating in a fundraising cycle event. All proceeds raised benefit our Partners With Youth scholarship fund.

Date: July 28th, 2012



LEXINGTON FAMILY YMCA

401 YMCA Road,
Lexington SC 29073
803.359.3376



Lexington
Family YMCA
website

HEALTH AND FITNESS

For more information on Lexington Family YMCA Health Enhancement programs, please contact the member services desk at 803.359.3376.

WELLNESS ORIENTATION

Ages: 10 and up

Learn the ropes of the wellness center with the assistance of a wellness coach. Your coach will provide you with everything you need to begin a healthy lifestyle. Our orientations are designed to teach members the safe and effective uses of all cardiovascular and weight equipment. Your coach will share tips and techniques that will surely get you on your path to better health.

Members: Free

SILVERSNEAKERS

Ages: Active Older Adults (AOA)

In all of our AOA classes the focus is friends, fitness and fun. The SilverSneakers Fitness Program can open the door to better health, greater independence and a more fulfilling life. If you are an older adult, see why SilverSneakers is the key that can unlock that door. Classes are low impact and a great way to stay active and develop new friendships. SilverSneakers is a chair based class that includes movement and strength work with weights, bands and a ball.

Members: Free

Muscular Strength/Range of Motion: Tuesday / Thursday 9:30 a.m. – 10:15 a.m.

Cardio Circuit: Friday 9:30 – 10:30 a.m.

Available through Y membership or participating health insurance providers.

GROUP EXERCISE

Ages: 15 and up

Shape up your workout regimen by attending one of our various group classes available each week. As a member, all classes are free, so be sure to try classes like Cardio-Mix, Yoga, Pilates, Tai Chi and ZUMBA. You can also see our group exercise class offerings online at www.columbiaymca.org.

Members: Free

JUMPSTART

Ages: 10 – 11 years

Jumpstart is a course that prepares children to exercise in our wellness center with some limitations. Once the participant has taken this class, he/she may have access to all cardio equipment and stability balls in the wellness center with parental supervision. Participants can register at the member services desk.

Members: \$30

YFIT

Ages: 12 – 14 years

YFit is a course that prepares younger teens to exercise in our wellness center with a few limitations. Once the participant has taken this class, he/she may have access to all cardio equipment and strength equipment in the wellness center with parental supervision. Participants can register at the member services desk.

Members: \$30

PERSONAL TRAINING

Ages: 12 and up

Looking for an advantage? Personal training is designed to evaluate, motivate and educate so you can take your workout to the next level. Whether you are training for a sport, special event, or just want to increase your health level, personal training is a great way to rise above the rest.

Members:

1 Session: \$40

4 Sessions: \$145

8 Sessions: \$250

12 Sessions: \$350

SMALL GROUP PERSONAL TRAINING

Ages: 15 and up

Tired of working out alone? Grab a friend, partner or a loved one and get in shape together with a personal trainer. Get motivated about a healthier lifestyle with a buddy! Group includes 2 – 4 participants, but still get all of the benefits of a personal trainer. Participants can register at the member services desk.

Members: two times per week, \$225; three times per week, \$300

TAE KWON DO

Ages: Vary

Tae Kwon Do will teach the student self-discipline, integrity and perseverance that result in increased health and self-confidence. Join our class and see how far you can go. You can even learn to break boards! Sessions are four weeks long. Participants can register at the member services desk.

Wednesday at 4:00 p.m. and Saturday at 10:30 a.m.

Members: \$50

Non-members: \$80



FAMILY

For more information on Lexington Family YMCA family programs, please contact 803.359.3376 or kennymills@columbiaymca.org.

YMCA INDIAN GUIDES AND PRINCESSES

Ages: 5 - 8 years with parent or guardian

Available at all YMCA of Columbia branches – Indian Guides is the Y's unique and tradition filled program for parents and children to strengthen the bonds of one of the most important relationships they will have. Indian Guides are organized by small groups called "Tribes" that meet in homes and neighborhoods near your YMCA! Tribes meet to build relationships between child and parent as well as building relationships- child to child, parent to parent. If you are interested in starting a new Tribe, please contact Kenny Mills for more information.

Registration: Ongoing

**Members: \$20 per parent/child team,
\$10 for each additional child**

**Non-members: \$60 per parent/ child team,
\$10 for each additional child**

YMCA TRAILBLAZERS

Ages: 9 - 14 years with parent or guardian

The YMCA Trailblazer program is the next step in the progression for Y Indian Guides. Camping, hiking and canoeing at events and outings are just some of the activities enjoyed by this group. Trailblazers provide participants with a great chance to live out the YMCA's core values of Respect, Responsibility, Honesty, Caring and Faith while continuing to build on the skills and relationships that have been forming.

Registration: Ongoing

**Members: \$20 per parent/child team,
\$10 for each additional child**

**Non-members: \$60 per parent/ child team,
\$10 for each additional child**

INDIAN GUIDES SPRING LONG HOUSE

Ages: 5 to 16 years with Dad or guardian

Overnight camping experience at its best for our Indian Guide participants. The Spring Long House is where all Y Guides Tribes come together for tent camping, s'mores and a moving, inspirational ceremony. This weekend is a great way to meet the rest of the tribes, make more friends and deepen your relationship with your children.

April 27-29

**Members: \$65 / parent/child team
\$25 for each additional child**

CHILDWATCH

Ages: 8 weeks to 10 years

A supervised area where children can play in a safe and caring environment while parents work out. Activities include playground time, music, arts and crafts and story time. Children may be checked into ChildWatch for up to two hours per visit; parents must remain on YMCA premises.

Monday – Thursday: 5:00 – 8:30 p.m.

Friday: 5:00 – 8:00 p.m.

Members: Free

Non-members: \$7 / child, per visit

GUITAR LESSONS

Ages: All Ages

From beginner to advanced, our personalized lessons will encourage strong technique and reading abilities; great for anyone interested in learning how to play guitar. Our dedicated teachers are ready to help you learn how to play the right way, while making sure learning stays fun! Participants may register at the member services desk.

Open to all: \$80 / four week session

Homeschool special: \$60 / four week session

HEALTHY KIDS DAY

A day dedicated to teaching kids and families how to be active, healthy and have fun together. Events can include healthy snack options, games, physical challenges, brain teasers, sports games and more!

Save the date: April 28th!

SPORTS

For more information on Lexington Family YMCA Sports programs, please contact 803.359.3376 or adammatney@columbiaymca.org.

YMCA / SOUTH CAROLINA UNITED RECREATIONAL YOUTH SOCCER LEAGUE

Ages: 3 – 18 years

Soccer encourages team play and individual skill development while having fun. Participants will learn new skills and make friends along the way. Eight games will be played on Saturdays and practices will be held once a week.

All players who played in the Fall 2010 and/or Spring 2011 season will wear their uniform kit from their last season. New players (who did not play with us in Fall 2010 and/or in Spring 2011) need to order a new uniform kit with registration. Uniform kit, if participant does not already have both jersey and socks, is \$15 during the time of participant's registration, \$25 after.

Registration: until February 4 (Late fee of \$25 will be applied to registration after February 5, if space is available.)

Register Online:

www.southcarolinaunitedfc.com

Season:

Coaches meetings: February 20 – 24

Practice Begins: Week of February 27

First games: March 3

Holidays (NO GAMES): March 17, April 7

Last Game: May 5

Rain date: May 12

Pictures: TBD

Cost:

Members:

\$48/ player ages U4-U6

\$58/ player ages U7-U8

\$68/ player ages U9-12

\$74/ player ages U13-U19

Non-members:

\$69 / player ages U4-U6

\$79 / player ages U7-U8

\$89 / player ages U9-U12

\$95/ player ages U13-U19

SPRING FLAG FOOTBALL

Ages: 3 and up

New this year: Spring Flag Football at the Y! Designed to help your children learn the game of football and have lots of fun while doing it! Players learn the fundamentals of football and offensive and defensive strategies. During games, players will have the opportunity to play different positions. Everyone gets to play a minimum of half the game. All players are recommended to wear their own mouth guard. There will be one practice per week with eight games during the season. Ages 8 and up might have to travel to other Y branches for games.

Registration through February 4

Late fee after February 4, if spots are available.

Coaches Meetings: Week of February 20

Practice begins: Week of February 27

Games begin March 3

Members: \$38 / player

Non-members: \$68 / player

SUMMER YOUTH T-BALL

Ages: 3 - 5 years

Instructional t-ball leagues for boys and girls ages 3-5 are designed to introduce to each player the great game of baseball in a positive and supportive atmosphere. Each player will have the chance to develop skills through learning all of the basics such as running the bases, hitting, catching, fielding, and most important of all...having fun!

Registration: March - May

Season: June - August

Members: \$38 / player

Non-members: \$68 / player

SUMMER YOUTH COACHES' PITCH

Ages: 6 - 9 years

YMCA Baseball is an instructional and recreational league. Younger participants will be introduced to the game of baseball and learn basic skills such as catching, throwing and batting while older players will have the chance to play a more values-based competitive game to help improve their skills. The program will include a practice day and one game each week

Registration: March - May

Season: June - August

Members: \$38 / player

Non-members: \$68 / player

SUMMER YOUTH GIRLS' SOFTBALL

Ages: 6 - 9 years

YMCA Softball is an instructional and recreational league. This program introduces and builds existing softball skills to young girls. Review of throwing, catching and fielding will be covered in this program. The program will include a practice day and one game each week.

Registration: March - May

Season: June - August

Member: \$38 / player

Non-members: \$68 / player

YOUTH PROGRAMS

For more information on Lexington Family YMCA Youth Programs, please contact 803.359.3376 or jaredbagnall@columbiaymca.org.

AFTERSCHOOL

Ages: Rising K5-8th grade

Y Afterschool programs are different. Like our day camps, we move, play and engage students. We encourage your child to be active, creative and to have fun! We also offer care when school is out throughout the school year. All-day camp is offered at no additional charge. We offer healthy snacks for all children!

Schools we serve:

Oak Grove Elementary (NEW!)

Carolina Springs Elementary

Saxe Gotha Elementary

Red Bank Elementary

Lexington Elementary

White Knoll Elementary

Program Dates: August 17th - June 4th

Registration fee: \$25 / child; \$50 / Family

Members: \$170 / month

Non-members: \$250 / month

Financial Assistance is available

OVERNIGHT EXCURSION

Ages: Rising 3rd-8th grade

It's Back! OVERNIGHT EXCURSION is BACK! On the third Friday of every month from 7:00 p.m. until 9:00 a.m. the next Saturday, we will have a jam-packed camp time for your child to participate in a variety of activities. Dinner, roasting s'mores; fun camp games; night nature walks, songs and performing skits. What a great way to spend a night!

Program Dates: January 20th, February 17th, March 23rd, April 21st

Member: \$25

Non-members: \$35

MIGHTY MIGHT OVERNIGHT EXCURSION

Ages: Rising K5- 2nd grade

Overnight for the little ones! While providing the same experience, this year's overnight for the younger campers will be on the third Friday of every other month. All of the things your older camper loves about overnight excursion, your younger camper will love! Broken into a smaller age range, this program provides a great camping experience with other young campers!

February 17, April 20

Members: \$25

Non-members: \$35



EQUESTRIAN

For more information on Lexington Family YMCA Equestrian Programs, please contact 803.359.3376 or melissalondon@columbiaymca.org.

GROUP RIDING LESSONS

Ages: 7 and up

Classes meet once a week for one-hour sessions in a 15-week course. Lessons are structured in appropriate skill levels. Hunt Seat will be the main focus with a little work in Western horsemanship and games. Evaluation rides can be done to decide what level best suits the student's abilities.

Registration: Until January 23

Session: January 23 – May 12

(week off during Spring Break– April 9 – 14)

Members: \$80 registration fee, \$40 monthly, \$240 course

Non-members: \$80 registration fee, \$80 monthly, \$400 course

Evaluation ride: \$15 members, \$20 non-members

PRIVATE RIDING LESSONS (ADULT/YOUTH)

Ages: 7 and up

Weight Limit: 200 lbs

Work one on one with riding instructor, learning specific skills and goals. All levels from beginner to advanced in hunter/jumper equitation.

Members: \$25 ½ hour lesson, \$40 hour lesson

Non-members: \$50 ½ hour lesson, \$60 hour lesson

GIRL SCOUT – HORSE LOVERS BADGE

Ages: 6 and up

Requirements are covered in a 2 - hour course to earn their Horse Lover's Badge. An educational lesson is taught going over requirements for badge, and then girls will be taken on a ½ hour trail ride. For girls younger than 8 years old, pony rides will be given.

Reservations Monday-Friday

Available Saturday and Sunday

(Minimum of 6 scouts per course required)

Members: \$20

Non-members: \$35

ADULT RIDING CLINIC

Ages: 18 and up

Weight Limit: 200lbs

This 3-hour clinic is designed to introduce the first-time rider on how to work around horses. You can expect to gain experience and knowledge, from ground handling to a mounted lesson. Clinic will focus on position, balance, control and basic riding techniques.

Registration: February 1st

Date: March 31st

Time: 1:00-4:00pm

Members: \$45

Non-members: \$75

MOTHER / DAUGHTER WEEKEND RIDE

Ages: 7 and up

Weight Limit: 200lbs

Spend the day with your daughter(s) having fun with horses. The day will start with ground handling and safety along with a short riding lesson.

Registration: February 1st

Date: March 24th

Times: 12:00-2:00 p.m. or 2:30-4:30 p.m.

Members: \$25 / person

Non-members: \$35 / person

WEEKEND TRAIL RIDES

Ages: 8 and up

Weight Limit: 200 lbs

The trail ride is a one-hour guided trail at a walking pace throughout our 162-acre facility. No experience is needed; our trained staff will match horses to riders. Reservations can be made Monday - Friday

Members: \$15

Non-members: \$25

PONY RIDES

Open to all ages

Weight Limit: 200 lbs.

This is a great activity for birthday parties, corporate events, and family reunions. Horses are led around the arena at a walking pace.

Reservations can be made Monday-Friday

Booked in ½ hour sessions – any size group

Members: \$50

Non-members: \$65

GIRLS EQUESTRIAN OVERNIGHT CAMP OUT

Ages: 8 and up

Children will experience overnight camping with their friends.

Schedule will include fun activities with the horses, riding lessons, evening campfire and horse care.

Registration: January 1

Date: February 10 and April 27

Time: Friday at 7:00 p.m. – Saturday 1:00 p.m.

Members: \$60

Non-members: \$90

RENTALS

The Lexington Family YMCA offers rental packages that, depending on the package, can include access to cabins, dining hall, basketball pavilion, ropes course, swimming/boating, primitive camping, a picnic shelter and a conference room with seating for 120 guests.

CAMP OCCAEECHI WEEKEND PACKAGES

The packages, prices and deposits are based on a group of approximately 65 participants, including chaperones and arriving on Friday late afternoon and departing on Sunday by noon.

Package 1 – Basic Weekend

This package will allow participants to have access to cabins, the dining hall, basketball pavilion, nature trails and fishing. The group will be able to eat in the Dining Hall, but will have to supply and prepare all food.

Cost: \$29 / person

Deposit: \$350

Package 2 – Occaneechi Weekend

Along with all the amenities from the basic weekend, this package also allows participants to experience our low ropes course and group initiatives. We will set these up in conjunction with the group's schedule. Our certified and knowledgeable staff will lead all the activities.

Cost: \$49 / person

Deposit: \$625

Package 3 – Occaneechi Supreme Weekend

This is our premier package. In addition to access to all the amenities of the Basic Weekend and the awesome group initiatives of the Occaneechi Weekend, the Occaneechi Supreme Weekend adds our fantastic food service to the group's weekend. Our healthy and delicious meals will complete the group's experience at the Lexington Family YMCA.

Cost: \$79 / person

Deposit: \$1025

ORANGEBURG COUNTY YMCA

2550 St. Matthews Rd. Orangeburg, SC 29118
803.268.9622

FACILITY FEATURES & PROGRAMS

- » Water Park: 2 Family Fun Slides, Bowl Slide, Rain Drop Fall, Spider Spray, Lazy River, Zero Depth pool, Tot Pool with slide, Group Pavilion
- » Natatorium: 25 meter, 6-lane competitive lap pool
- » Therapeutic Pool
- » Fitness Center: Treadmills, Ellipticals, Stationary Bikes, Stair Climbers, resistance training equipment, free-weights
- » Group Exercise: FREE with membership, Pilates, Yoga, Cardio Kick Boxing, Step, Circuit Training, Boot Camp, Rep Reebok
- » Group Cycle Studio: 15 group cycle bikes
- » Gymnasium: Basketball, volleyball, indoor soccer, gymnastics
- » Child Watch: up to 2 hours of care while you work out for children 8 weeks - 10 years, FREE with Family membership
- » Family Locker Rooms: in addition to Men's and Women's locker rooms, Family locker rooms are available for parents and those with special needs

- » Programs: Summer Camp, Afterschool, Youth Sports Leagues, Teen events, Swim Lessons, Swim Team, Adult Sports Leagues, Family Programs, Facility Rentals



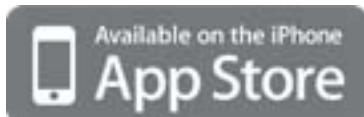
WE'RE MOBILE FOR YOU

Mobile App

We know you're using your mobile phone more and more every day! Now get YMCA info when you want it, where you want it...on the go!

FEATURES

- Search Group Exercise Classes
- Facility Status Info
- Programs & Events Updates
- Get Push Notifications



DOWNTOWN YMCA
1420 Sumter Street
Columbia SC 29201
803.799.9187

JEOP ROGERS FAMILY YMCA
900 Lake Carolina Drive
Columbia SC 29229
803.451.8439

LEXINGTON FAMILY YMCA
401 YMCA Road
Lexington SC 29073
803.359.3376

NORTHWEST FAMILY YMCA
1501 Kennerly Road
Irmo SC 29063
803.407.8007

ORANGEBURG COUNTY YMCA
2550 St. Matthews Rd.
Orangeburg, SC 29118
803.268.9622