

HUNTINGTON YMCA

Huntington Family YMCA
607 Warren St.
Huntington, IN 46750
Phone: 260-356-4200
Fax: 260-356-1291
Email: hymca@kconline.com



We build strong kids, strong families, strong communities

FACILITY HOURS

Monday – Friday 5:00am-9:00 pm
Saturday 7:00 am –5:00 pm
Sundays* 1:00 pm -5:00 pm

*Open Sundays from Labor Day to Memorial Day

YMCA CLOSINGS

Labor Day September 4
Thanksgiving November 23
Christmas December 24,25
New Years December 31,January 1

OPEN GYM SCHEDULE

Check Weekly Schedule at the front desk

POOL SCHEDULE

Lap Swim

Mon – Wed- Fri 5:30-7:30 AM
Tues-Thurs 6:00-8:00 AM
Mon- Fri 12:00 – 1:00 PM
 5:00 – 6:00 PM
Saturday 7:00 – 9:00 AM

12:00 – 1:00 PM

Open Swim

Check with front desk for weekly update.....

YMCA MEMBERSHIP RATES Your Best Value.....

TYPE OF MEMBERSHIP	JOINERS FEE	MONTHLY BANK DRAFT*
Family	\$50.00	\$35.00
Adult Individual	\$50.00	\$23.00
Single Parent Family	\$50.00	\$25.00
Senior	\$50.00	\$17.00
Senior Family	\$50.00	\$25.00
Youth(6-17, or full time student)	\$20.00	\$12.00

***Monthly Bank Draft:** You authorize your bank to automatically pay your monthly membership dues. Draft continues until you cancel in writing and turn in you membership cards. 30 day notice required when changing banks or canceling a bank draft membership. Buy your Membership Now before the joiners fee increases in 2007!

Corporate Memberships

Employees of companies signed up as corporate members will receive a 10% discount off annual or bank draft dues.

Facility Rentals

The YMCA is available for rentals and birthday parties. A 14 day notice is required to secure the facility for rentals, with a \$25.00 deposit for hourly rentals, and a \$100.00 deposit for all overnight rentals. In addition, a signed facility rental contract needs to be completed. YMCA staff will be present the entire length of the facility rental. The rental fees are as follows:

Facility	Members & Community Groups	Program Members
Gymnasium	\$40.00 per hour	\$50.00 per hour
Indoor Pool	\$ 50.00 per hour	\$60.00 per hour
Meeting Room	\$25.00 per hour	\$35.00 per hour
Birthday Party*	\$50.00	\$60.00
Overnight Rental**	\$300.00	\$350.00

*Birthday parties include one hour of the gym or pool and one hour in a party room.

**Overnight rentals include 2 hours of pool time.

Batting Cage Rentals

Rent the YMCA batting cage for your team or group. Prices are \$20.00 for ½ hour \$30.00 for 1 hour , and \$40.00 for 2 hours. Call the ymca for availability

Member Benefits

- Savings – reduced class fees
- Priority registration for all programs
- Free babysitting in the Childwatch Room
- Use of YMCA facilities, including gymnasium, pool, weight room, CTC
- No court fees for racquetball and wallyball
- Family Nights and Swims
- Use of YMCA's throughout the country at little or no cost
- Free Basic Fitness Classes
- Corporate Memberships Available
- Facility Rentals

Facilities

- 25 yard, 4 lane indoor pool
- Free Weight Room
- Sauna
- Gymnasium
- Racquetball Court
- Cardiovascular Room
- Circuit Training Room
- Game Room
- Classrooms
- Aerobics Room
- Lockerrooms

Board of Directors

Derick Dyer
Rick Delaney
Mike Hatton
Deb Miller
Kevin Quickery
Todd Slusser
Michael Zahn
Bill Zimmer
Pat Scher
Father Ron Reider

Staff

Dan Akeley, Executive Director
Don Cozad, Senior Program Director/Aquatics Director
Pam Santos, Office Manager
Tim Allen, Youth Sports Director
Todd Latta, Fitness Coordinator
Karen Larr, Pre-School Coordinator

Plus 60 additional staff to meet your needs.

Childwatch Service- (Separate rooms for Infants and toddlers)

For your convenience your child may be dropped off in our childcare center while you are working out. This service is offered free of charge to members with a single parent family or family membership. Child watch hours are Monday – Saturday 8:30 AM – 12:00 & Monday – Thursday 5:00 PM – 8:00 PM. This program is available for children 6 weeks – 6 years old. HOURS ARE SUBJECT TO CHANGE

Financial Assistance Policy

No person shall be denied YMCA participation due to inability to pay fees. The YMCA uses Federal Guidelines as a resource in determining scholarships. Financial assistance scholarships are available, subject to qualification and personal need.

Program Member

A program member is an individual who is not a Huntington Family YMCA facility member, but is involved in a specific program. Program participants have access only to that area of the facility, which they have signed up.

Partners With Youth Membership

A partners with youth member is any individual, business or organization who makes a contribution to the PWY Campaign. The PWY Campaign enables the YMCA to provide program and membership services to those unable to pay the full cost. A PWY member is a non-participating member.

Membership Cards

We ask members to show their YMCA card and sign our attendance roster when entering the building. The card may only be used by the individual whose name appears on the front of the card. The fee for a YMCA card to be replaced is \$5.00.

Class Registration

Classes are filled on a first come, first serve basis. Payment is required at time of registration. There is a 20.00-returned check fee for all NSF checks. Schedules, rates and fees are subject to change without notice.

Volunteerism

Volunteers are an essential part of our YMCA movement. They multiply our effectiveness and allow more people access to what the Huntington Family YMCA offers. Contact the YMCA about volunteer opportunities.

Military Personnel

Military Personnel on leave shall be welcome into the Huntington Family YMCA on a day to day basis at no charge for a period of up to two weeks . Extended use will be reviewed on a per case basis.

Water/ Land Aerobics Punch Cards

_Non-member participants may purchase punch cards that are good for 20 visits . This card is \$60.00

Swim Fees

Non-Member swim guest may use the pool for a \$3.00 charge.

Facility Guest Privileges

Any Member of the Huntington Family YMCA may bring in a guest. Daily fees are:

\$3.00 Child

\$5.00 Adult

\$10.00 Family

YOUTH SPORTS

FALL SOCCER AT HOMIER FIELD

- *Pre-K*
- *K-1*
- *2-3*

Fall Basketball Clinic for Beginners

- *AT The YMCA*
- *4-7 Year Olds (beginners only)*

Kim League Basketball – 1st Session

- *K-7th grade*
no games week of thanksgiving
 - *Cost \$40.00/Session Members \$30.00*
 - *\$60.00 if signed up for both sessions Members \$50.00*

Cheerleading/DANCE Teams

Gymnastics Classes

- *Beginner (5yrs & up) limited first 9 students*
- *Intermediate(5yrs & up) limited first 9 students*
- *Preschool aged(3-4) limit 7*

Look for upcoming info

*On Challenger Football * Miracle League Football*

SPECIALTY PROGRAMS

Battle of the Businesses

Businesses will compete against other businesses in a variety of fun, recreational activities. The Battle is a great way for businesses to allow employees to build teamwork through a fun, healthy event. The program is scheduled for the weekends of 2 and 3rd weekends in September. Call the YMCA for a packet of information.

Afernoons Rock

FREE After-school educational program for 10-14 year olds

ADULT SPORTS

WalleyBall, Raquetball, and Basketball Leagues

DANCE- DANCE- DANCE

Mondays- TURBO TAP

Tuesdays – TURBO TAP, ADULT EXERCISE DANCE

Wednesdays – BALLET, JAZZ

AQUATIC PROGRAMS

Parent/Tot

Pre-school swim Lessons

Youth swim lessons

Lifeguarding class

Swim Team

Private lessons

STRENGTH TRAINING CLASSES

The benefits of strength training are becoming more evident everyday, and more people are getting involved. Increased metabolism, stronger bones and joints, and of course, improved appearance are just a few of the benefits. We offer 2 unique classes, instructed by YMCA Certified Personal Trainers, to help you learn the proper way to use weight training to improve your physique.

Body Sculpting

Beginning to Advanced strength training techniques will be taught. We will utilize our strength training equipment as well as introduce free weight exercises to help you attain the body you want. You will be grouped with a partner with similar abilities, and your workout will be 30 minutes long, 3 days/week.

Mon, Wed, Fri, 9:00-11:00am

More times are available based on enrollment needs.

\$40 per Members Only

Women on Weights

Women only! Our female YMCA certified trainer, Lisa Leist, instructs this strength training class. The class meets one-hour, two days/week, and is for beginning to advanced level participants, utilizing free weights and selectorized strength training machines.

More times are available based on enrollment needs.

\$40 Members Only

Core Training/Stability Ball Class

Strengthen and tone your abdomen, midsection, and lower back using stability balls and small hand-weights.

Tuesday & Thursday, 5:00-5:45

\$10 Members Only

Class is limited to 10

Total Body Fitness Class

This new class combines strength training and cardio-equipment, to help you achieve total body fitness! We will concentrate on strength training for 30 minutes, then head to the cardio room, and use a variety of cardio equipment. You will be supervised by your YMCA Certified Personal Trainer to make sure you're getting the most out of your workout.

Mon, Wed, Fri, 8:30-9:30am

\$60 Members Only

Free Cardio-Fitness Training

Each new YMCA member will receive one free 30-minute orientation in the cardio-fitness room with a YMCA strength-training instructor. Included will be our new Matrix strength training equipment along with all treadmills, elliptical trainers, and recumbent bikes. Safety and proper technique will be stressed. Make an appointment today to get started!

Youth Strength Training

Our new strength equipment is designed for youth ages 7-15, and utilizes hydraulics rather than weights, which will strengthen the body, and improve overall fitness without tearing down muscle fibers. The youth equipment is located in our cardio-fitness room, which allows parents and children to have a great workout at the same time. After a 15-minute instructional orientation with a fitness instructor, children are allowed to be in the

youth strength area while an adult is present in the room. Youth ages 12-15 will be allowed to use the Matrix strength training equipment with an adult after an orientation with a trainer and a waiver signed by a parent.

Our **Cardio-Fitness Center** is always available to members, and includes treadmills, elliptical cross trainers, recumbent bikes, youth strength training equipment, as well as our new line of Matrix strength equipment. You can complete a strength and cardio workout in 30 minutes. Downstairs, we have 3500 square feet of **Free Weights**, including benches, squat racks, dumbbells, and various selectorized strength equipment; everything you need to get a great workout.



Silver Sneakers Fitness Program

Silver sneakers members receive a free membership as well as the opportunity to participate in Silver Sneakers group exercise programs. It is the nation's leading fitness program designed for older adults. Silver Sneakers is a unique physical activity, lifestyle, and social involvement program designed to encourage members to increase their levels of physical activity.

M-W 10:00 am
Free for Members
Non-members - 20 visits \$60

Senior Strength Training

Improve bone density, tone muscles, and improve quality of life into your golden years. Safe, effective strength training for seniors. Our new strength training equipment utilizes hydraulics rather than weights, which will strengthen the body and improve cardio-respiratory fitness without tearing down muscle fibers.

Water Workout

Non-weight bearing exercise in the pool helps you get a great cardiovascular and muscle toning workout without the negative effects of traditional exercise. This is especially helpful with arthritis and other joint problems. This class is open to females and males all ages. Swimming ability is not required.



12-week Personal Fitness Program

Ready to be fit but not sure where to start? Join the list of success stories! Your personal fitness coach will design a workout specifically for your needs, and monitor your progress daily. During your 12 week program, you will meet with your personal fitness coach 4 times to discuss goals, and find a plan of action that will help you attain your fitness goals. 4 personal training sessions are included in this program.

\$60 per 12 week session

Body Composition Testing

Body weight can sometimes be misleading and discouraging. Finding your body fat % is the most accurate method of determining your lean body weight, and will help you set a safe and attainable weight loss goal. We will find your body fat % using Bioelectrical Impedance and/or skin fold measurements, and set a target body

weight based on those results. Circumference measurements will also help you track your progress as you lose inches and come closer to the body you are working toward.

\$5/session

Fitness Assessment

During your 1-hour fitness assessment, we will determine the following:

- Height & Weight (BMI)
- Resting Heart Rate and Target Heart Rate
- Blood Pressure
- Body fat % (target body fat % goal body wt.)
- Circumference Measurements
- Aerobic Capacity/Cardio-respiratory fitness
- Muscular Strength & Endurance
- Flexibility

We will then design a personal workout based on your fitness needs.

\$15/session

Personal Training

Experience the ultimate in fitness instruction. A one-hour, supervised workout with a YMCA Certified Personal Trainer will help you reach all of your goals. Benefit from your trainer's experience and expertise. A personalized workout plan will be developed and your trainer will be with you every step of the way.

\$25/session (package and group rates available)

WALK ACROSS AMERICA

How long will it take to you to cross America? Walk, run, bike, or swim your way from Boston to Los Angeles. Track your miles on our cardio machines, in the pool, or outside, and earn incentives as you reach major cities along the way. You can join anytime, and go at your own pace. Check the YMCA for more information

AEROBICS

PILATES

Introduction to the basics in Pilates. Including the core principles of breathing, posture, alignment and controlled movements using mat-work exercises without props.

YOGA

Traditional Yoga. Includes various poses for strength building, breathing exercises, stretching, and relaxing. Great for stress relief.

YOGALATES

An easy to follow blend of pilates-based exercises to improve core strength, with basic yoga poses for flexibility and relaxation.

DANCING FOR EXERCISE

This 45 min. class is a new, fun way to get in shape. Learn Latin dances, line dances, and other dance routines. Let loose and have a good time, get your heart rate up, and burn calories all at the same time.

CORE TRAINING/STABILITY BALL CLASS

Strengthen and tone your abdomen, midsection, and lower back using stability balls and small hand-weights. (30 min. class)

CARDIO/TONING AEROBICS

Easy to follow, high energy, low-impact cardio step routine with body toning. Perfect for all fitness levels. Several different aerobics styles fall into this class.

3-2-1 AEROBICS

3-2-1 is a high-intensity, interval training, aerobic workout, consisting of 9 total circuits, each including: 3 min. of cardio-aerobics, 2 min. of muscle toning, and 1 min. of abdominal exercises.

KICK-BOXING AEROBICS

Kicking, punching, high-intensity aerobic workout with muscle toning and abdominal exercises.

STEP-TONING

High-energy aerobics, utilizing steps, mat-work, and optional hand weights.

AEROGALATES

Combination of Yoga, Pilates, and a great aerobic workout all rolled into one class.

Aerobics Schedule

All aerobics classes are FREE for MEMBERS

Non-Members- 20 classes for \$60

New participants are welcome at any time

* Registration fee required

(9:15) Pilates Mat I Belinda Fischer *	(9:15) Morning Cardio Anita Pape	(9:15) Pilates Mat II Belinda Fischer *	(9:15) Morning Cardio Anita Pape	(9:00) 3-2-1 Circuit Aerobics Kathy Campbell	Saturday Step Kellie Stoffel
(10:00) Silver Sneakers Anita Pape		(10:00) Silver Sneakers Anita Pape		(10:15) Pilates Mat II Belinda Fischer *	(10:15) Yoga Belinda Fischer
	(5:00) Core Training/ Stability Ball Lisa Leist *	Pilates (5:15) Belinda Fischer Mat I *	(5:00) Core Training/ Stability Ball Lisa Leist *		
(6:00) Combo Aerobics Kellie Stoffel	(6:00) Step-Toning Jennifer Hunnicut	(6:00) Combo Aerobics Kellie Stoffel	(6:00) Kick- Boxing Aerobics Kathy Campbell		
(7:00) Kick-Boxing Aerobics Lisa Leist		(7:15) Yoga (Wind-down) Belinda Fischer	(7:00) YogaLates Kim Mitchell *		