

# MEMBERSHIP

The Y has something for everyone...kids, teens, and families. It's our members who make our Y a special place. Their goals, their accomplishments, the kindness and support they show one another. That's the essence of the Y and that essence makes people feel comfortable, valued and at home at the Y. When you join the Y, you join a family.

## MEMBERSHIP

Membership is all inclusive and month-to-month. Financial assistance is available.

| MEMBERSHIP TYPE    | JOINING FEE | MONTHLY |
|--------------------|-------------|---------|
| Family             | \$75        | \$75*   |
| Couple             | \$55        | \$55**  |
| Individual         | \$39        | \$39    |
| Student (up to 24) | \$30        | \$30    |
| Senior (65+)       | \$34        | \$34    |

\*Up to five family members. Each additional person (child/adult) \$10/mo.

\*\*Couple is 2 adults over 18 living in the same household

## FACILITY HOURS

Monday to Thursday 5 a.m. to 10 p.m.

Friday 5 a.m. to 9 p.m.

Saturday 7 a.m. to 6 p.m.

Sunday 12 p.m. to 5 p.m.

## REGISTRATION DESK HOURS

Monday to Friday 9 a.m. to 7 p.m.

Saturday 9 a.m. to 1 p.m.

## Y TIME LEARN & PLAY HOURS

Y time is family membership program benefit,  
\$5 non-family member

Monday to Friday 8 a.m. to 1 p.m. & 4 p.m.\* to 8 p.m.

Saturday 8 a.m. to 1 p.m.

\*Wednesday 3p.m to 8 p.m.

## YOUTH CENTER

Monday to Friday 3 p.m. to 8 p.m.\*

Saturday 9 a.m. to 1 p.m.\*

\* See youth center staff for activity schedule.



# MISSION STATEMENT

## Mission Statement

To put the Christian principles of love, respect, honesty, responsibility and service into practice through programs that build a healthy spirit, mind and body for all.

## Vision Statement

Stong Communities Inspired through Family, Fitness, Faith and Fun.

CLARK COUNTY FAMILY YMCA  
11324 NE 51ST Circle  
Vancouver, WA 98682  
360.885.9622  
ymcacw.org

|                                | 0 -- 2 | 3 -- 5 | 6 -- 12 | 13 -- 18 | Adult | Senior |
|--------------------------------|--------|--------|---------|----------|-------|--------|
| <b>HEALTHY LIVING</b>          |        |        |         |          |       |        |
| Group Exercise                 |        |        |         | X        | X     | X      |
| Quiet Exercise                 |        |        |         | X        | X     | X      |
| Water Exercise                 |        |        |         | X        | X     | X      |
| Personal Training              |        |        |         | X        | X     | X      |
| Zumba Kids®                    |        | X      | X       |          |       |        |
| Silver and Fit                 |        |        |         |          | X     | X      |
| Silver Sneakers                |        |        |         |          | X     | X      |
| At Your Best                   |        |        |         |          | X     | X      |
| Arthritis Class                |        |        |         |          | X     | X      |
| Heart Wellness                 |        |        |         |          |       | X      |
| Group Swim Lessons             | X      | X      | X       | X        | X     | X      |
| Private / Semi-Private Lessons | X      | X      | X       | X        | X     | X      |
| Adult Pickup Basketball        |        |        |         |          | X     |        |
| Open Swim                      | X      | X      | X       | X        | X     | X      |
| Open Gym                       | X      | X      | X       | X        | X     | X      |
| Fitness Floor                  |        |        |         | X        | X     | X      |
| Rhapsody Church                | X      | X      | X       | X        | X     | X      |
| Aikido                         |        |        | X       |          | X     |        |
| Active Adult                   |        |        |         |          | X     | X      |
| <b>YOUTH DEVELOPMENT</b>       |        |        |         |          |       |        |
| Zumba Kids®                    |        | X      | X       |          |       |        |
| PE Swim                        |        | X      | X       | X        |       |        |
| PE Gym                         |        | X      | X       | X        |       |        |
| Teen Pickup Basketball         |        |        |         | X        |       |        |
| Youth Soccer                   |        | X      | X       |          |       |        |
| Youth Volleyball               |        |        | X       | X        |       |        |
| Youth Basketball League        |        | X      | X       | X        |       |        |
| Onsite Summer camp             |        |        | X       |          |       |        |
| Offsite Summer camp            |        | X      | X       |          |       |        |
| Y Time Learn & Play            | X      | X      |         |          |       |        |
| Fun Club                       |        |        | X       |          |       |        |
| After School Enrichment        |        | X      | X       |          |       |        |
| Youth Center                   |        |        | X       | X        |       |        |
| <b>SOCIAL RESPONSIBILITY</b>   |        |        |         |          |       |        |
| Volunteer                      |        |        |         | X        | X     | X      |
| Giving Tree                    | X      | X      | X       | X        | X     | X      |
| Blood Drive                    |        |        |         |          | X     | X      |
| Food Drive                     | X      | X      | X       | X        | X     | X      |
| Catholic Community Services    |        |        | X       | X        | X     |        |
| YMCA Financial Assistance      | X      | X      | X       | X        | X     | X      |
| 4 Results Mentoring            |        | X      | X       | X        |       |        |
| Friends of the Children        |        |        | X       | X        | X     |        |

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND WHAT MOVES YOU



**CLARK COUNTY  
FAMILY YMCA**



# YOUTH DEVELOPMENT

## Y Time Learn & Play

The Y knows that earning this trust requires caring, trained staff and a commitment to excellence in service and administration. The YMCA's Y Time program is more than just care for children; it's an opportunity to learn, create, play, empower and grow.

Our teachers will welcome your child in a warm, safe, and caring environment. With a wide range of activities to stimulate your child's creativity, self esteem and independence, our values-based program will help young children learn essential social, physical and intellectual building blocks. For ages 6 weeks to 8 years.

### DROP IN SYSTEM

Y Time's check in system allows for peace of mind during the check in and out process. Our computerized system gives us the ability to send text messages regarding your child directly to your phone. Please allow 15 minutes to sign up the first time you use the check in system.

## Parents Night Out

Can't remember the last time you ate a meal out that didn't come with crayons? Drop your children off in a safe structured environment where they are able to play, make crafts and wind down with a movie while you slip away kid free for a few hours. Parents Night out is held on the first and third Fridays of each month and is available for children ages 6 weeks to 12 years.

First & Third Friday      6 p.m. to 9 p.m.  
Early drop off starts at 5 p.m.\*

Must register in advance.

Contact a Y staff for pricing information.

\*Early drop off is a member-only benefit and has an additional cost.

## Youth Sports

It's not whether you win or lose, it's how you learn to play the game. At the Y, kids develop all of their skills, from catching and dribbling to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of being healthy and active.



## Youth Center

At the Y we believe that all children and teens deserve a safe place to go after school to explore new interests and hobbies, play games, engage in physical activity, and just hang out with friends. The youth center is a great place for teens and tweens to hang out. For ages 9-17 years.

### YOUTH ACTIVITIES

Throughout the week we will have special activities to engage your teens and tween. From cooking and crafts to science and problem solving you kids will be engaged in learning and thinking. See youth center staff for schedule details.

## After School Enrichment

We offer a wide range of after school enrichment classes that are located right at your school, both athletic and non-athletic options. Students will be engaged and have fun while learning new things and making friends.

## Day Camps

YMCA camp programs will give you peace of mind while you are at work. The program assures learning, fun, and character-building that is experienced during the school year. Camp is during the summer and other schools out holidays. Themes for camps are focused around sports, arts and science.

## HEALTHY LIVING

The Y provides healthy living programs because wellness in spirit, mind and body strengthens our very being and enhances our interactions with others.

At the Y, we have the facilities, equipment, programs and staff to support you. Make new friends, increase your self-confidence, and improve your spiritual, mental and physical health.

### Group Exercise

From Active Adult, Barre and Cycle to Yoga and Zumba, our classes are a fun and interactive way to engage in the Y Community. Together we impact each others lives in a supportive and active community. With a variety of classes tailored to the health seeker it is possible for everyone to enjoy the physical and mental benefits of activity.

### Active Older Adults

The Y offers fitness programs for older adults like water exercise, yoga and stretching classes. We know that older adults are seeking more than physical benefits when they exercise. They also want a sense of community and to strengthen social ties. The Y has several activities to encourage older adults to take action and get involved like the Lunch and Learn program.

### Personal Training

When you make a commitment to personal training you make a commitment to yourself. Our certified personal trainers will help you achieve your fitness goals by designing a program to meet your specific fitness needs. See a healthy living staff to schedule your first session and learn more about our pricing and packages.

#### FITNESS CAMPS

Our fitness camps provides a cost-effective way for people to experience the benefits of working with a fitness professional and enjoy the support of like minded individuals. When people start exercising in a group, they establish relationships and make friends with other people in the group - helping them become regular participants in group activities.

### ActivTrax

Accountability is a key component to any fitness plan. The Y helps you maintain your exercise routine while keeping things fresh and interesting. Regardless of fitness level, our ActivTrax program provides easy and successful ways to challenge your workout and help you get the results you want.





## AQUATICS

The Y is the starting point for many youth to learn about becoming and staying active. The benefits of learning to swim are more than just physical. When kids learn to swim, they can build confidence, discover their personal best and have fun.

Swimming is a life skill as well as great exercise and a challenging sport. The Y offers swim lessons family swim, competitive swimming, and many kinds of adaptive water fitness programs for adults, so we can all safely enjoy the pleasures of an aquatic environment.

### Group & Private Swim Lessons

Demonstrating our passion for safety and skill development, we appreciate the opportunity to provide guided class times to foster that love for water, and respect for the environment.

#### GROUP LESSONS

The Y offers group lessons for ages 6 months to adults. See the front desk for current schedule. Price is dependent on number of lessons in each session. Member and non-member options are available.

#### PRIVATE LESSONS

The Y offers Private and Semi- Private swim lessons for groups of 1-3 people. Pricing is based on a 4 half-hour session package. Member and non-member options are available.

Contact the aquatics staff for additional information.

### Competitive Swimming

When the competitive drive kicks in, join our Tornadoes Swim Team. We believe that all deserve the opportunity to enjoy the fun and competition that our swim team offers. Program offerings include Youth and Masters teams. For more information visit [www.tornadoesswim.org](http://www.tornadoesswim.org)

### Water Fitness

We want everyone to enjoy better health and less stress, which can be found in our variety of water fitness classes. Goals such as better flexibility, greater endurance, shape definition or weight loss motivate all of us. Water workouts that are so fun you won't realize it's a "work"out!

## CHAPLAINCY

The YMCA is more than just a gym, we are here for you and your family. The YMCA Chaplain is here to comfort, strengthen and encourage members, volunteers and staff. Contact chaplain for more information.

#### RHAPSODY

Rhapsody Church is an outward focused church that sees the Clark County Family YMCA as its home and wants to positively impact the lives of those who participate. Contact Brandon Berg (Lead Pastor) for additional information.

Youth Group      Thursday 6 p.m. to 9 p.m.  
Church Service    Sunday 10 a.m. to 11:30 a.m.

## SOCIAL RESPONSIBILITY

### Annual Support Campaign

Too many of our neighbors don't experience the kind of opportunities to be in enriching and healthy programs that provide a sense of community that come from being part of the Y. We know real progress is only possible if we work together. We're counting on the generous support of community organizations, donors and volunteers to ensure that every person has the opportunity and resources to navigate through life's challenges to reach their full potential.

We ask you to follow in the footsteps of the visionary leaders who built the Y – We ask you to give generously for our common future.

### Volunteering

Volunteering is more than just sharing your time and passion, it's about the satisfaction of knowing you are helping people become stronger, giving back to your community and gaining valuable work experience that will enhance your career opportunities. From helping with special events to coaching or mentoring, your skills and interests can make a difference here.

