



FEEL GREAT THIS SUMMER



Summer 2015

June - August
CLARK COUNTY
FAMILY YMCA

MEMBERSHIP



Membership

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

Membership Type	Joining Fee	Monthly Dues
Family	\$75	\$75*
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.

Facility Hours

Monday–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 – register for programs and membership

Monday–Friday 9 a.m. to 7 p.m.

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

Some program registration is available online

Child Watch Hours

Monday–Friday 8 a.m. to 1 p.m. and 4 p.m.* to 8 p.m.

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

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

Facility Rentals

Join the dozens of non-profits, school groups, and families that look to the YMCA for housing your next special event. Whether you are looking for an on-going arrangement or a one-time affair, we are your friendly, service oriented choice for SW Washington. We specialize in Grad Nights and after hours field trips! To find out more, contact Norm Welsh at 360-258-3830 or nwelsh@ymcacw.org.

CLARK COUNTY FAMILY YMCA 360.885.9622
11324 NE 51ST CIRCLE ymca.org
VANCOUVER, WA 98682

SPECIAL EVENTS

Active Older Adults Lunch and Learn

Second Thursday of each month, noon – 1pm

Listen, learn and discuss topics of interest to the Active Older Adults at our YMCA. Free to members \$10 non-member. Coffee provided, bring a sack lunch to enjoy while you are here.

NUTRITION

Nutrition Consulting

Meet your healthy living goals and learn about improving your athletic performance, healthy eating habits, chronic disease or weight management. Sign up for an appointment with Lexie Jackson our registered dietitian nutritionist.

\$60 for an hour session
\$162 for three one hour sessions
\$288 for six one hour sessions

YOUTH DEVELOPMENT

Summer Camp



Below camps held at the following elementary schools:
Salmon Creek, Felida, Endeavor Illahee and Fishers Landing
Prices vary, see summer camp flier for more info.

Basketball	Glee Club (Frozen Themed)
Soccer	Superheroes
Flag Football	Lego engineering
Volleyball	Invent it, Build it
Baseball	Cooking
Ultimate Sports	Acting
	Art

Full Day Camp @ CLARK COUNTY YMCA

9:00 – 3:00

9-12 years old

\$50 per week (member prices are listed)

pre-pay discount:

Register for 4-6 weeks \$45 per week

Register for 7-10 weeks \$40 per week

These camps are held at the YMCA and are more loosely structured than our sports and enrichment camps. We will spend some time in the gym, swimming, doing enrichment activities, playing games and more.

Birthday Parties

The Y has many unique birthday opportunities to make your child's day special.

Themes of Birthday Parties Offered:

Swim, Sports, Princess, Super Hero, Lego Engineering, Zumba Kids®

After School Enrichment

We run exciting programs in more than 20 schools in Vancouver, Evergreen and Camas school districts. Call or visit our website for class schedules and locations.

Child Watch

Children will enjoy story time, arts and crafts, cooperative games, and physical activity while you're working out. Our purpose is to provide a safe, wholesome, and creative experience.

RESERVATIONS

Reservations must be by telephone or in person 24 hours in advance with the option to make reservations up to one week in advance. Cancellations may be made at any time prior to the reserved time slot. Call to reserve your spot. 360-258-3840.

Ages 6 weeks to 8 years - Free family member, \$5 non-family member

Monday - Friday	8 am-1 pm, 4 pm- 8 pm, Wed. 3 pm- 8pm
Saturday	8 am-1 pm
Sunday	Closed

Parents Night Out

Drop your children off in a safe, structured environment; the kids play, do crafts, and run around with other kids, while you slip away to enjoy that grownup movie you've been eyeing. Must register in advance.

Ages 6 weeks to 12 years - \$8 per child Member, \$15 per child Non-Member

1st and 3rd Friday of each month 6 p.m. to 9 p.m.

5 p.m. drop-off additional \$2 per child Member, \$2.50 per child Non-Member

Youth Center

Kids just want a place to hang out, have fun and be with their friends. We've got video games, tvs, music, games and friends. What more could you want?

DROP-IN - Non members must show photo ID

Come and hang out with your friends and relax. No need to sign up, just show up and hang out.

Free

Ages 9-17

3:00 pm – 8:00 pm Mon – Fri

9:00 am – 1:00 pm Sat



AQUATICS

Group Swim Lessons

PARENT/CHILD SWIM LESSON PROGRAM

This program promotes water enrichment and aquatic readiness activities for children and their parents or other trusted adults.

Age: parent/child 6 – 36 months.

PIKE

Student should be comfortable in the water. Can move toward a target and will go under water. Student will learn to float on front and back and learn the front, back paddle.

Age: 3 to 5 years

EEL

Must have ability to float on front and back without assistance for 15 seconds. Swim on front and back 10 yards without assistance.

Age: 3 to 5 years

RAY

Must be able to swim front crawl and back crawl with arms out of the water without assistance 15 yards. Front and back float for 30 seconds. Elementary backstroke introduced.

Age: 3 to 5 years

POLLIWOG

Beginning level, no experience needed. Student should be comfortable with face in the water. Floating and arm strokes are introduced.

Age: 6 to 12 years

GUPPY

Must be able to swim front and back crawl without assistance for 15 yards and float on front and back for one minute. Will learn to tread water. Will work up to swimming the length of the pool. Elementary backstroke and breaststroke are introduced.

Age: 6 to 12 years

MINNOW

Must swim front crawl with side breathing, back crawl in good form, sidestroke and elementary backstroke for 25 yards. Work on swimming multiple lengths of the pool.

Age: 6 to 12 years

FISH

Class will be in the lap pool. Endurance is built, butterfly stroke is covered and open turns are taught.

Age: 6 to 12 years

Adult (13+) beginner

Instructor can help students overcome apprehension, learn the basic strokes, safety and enjoyment of being in the water.

Adult (13+) intermediate

For adults that are comfortable in the water and wish to further develop their strokes.

Private Swim Lessons

PRIVATE LESSONS

The YMCA offers private and semi-private swim lessons for groups of 1 to 3 people. Scheduling is dependent on instructor availability.

All ages

Prices for 4 half-hour sessions

Private lesson - Member:	\$60
Private lesson - Non-member:	\$95
Semi-private - Member:	\$84 (42 per child)
Semi-private - Non-member:	\$106 (\$53 per child)



Group swim lessons \$44 member \$65 non-member
unless otherwise indicated

Monday and Wednesday EVENINGS – 8 Lessons

Ages 3–5 years

Level 1– Pike 6:00,
6:30, 7:00

Level 2–Eel 6:00, 6:30

Level 3–Ray 7:00

Ages 6–12 Years

Level 1–Polliwog 6:00,
6:30, 7:00

Level 2–Guppy 6:00, 6:30,
7:00

Level 3–Minnow 6:30, 7:00
Level 4–Fish 7:30

Adults 7:30 both levels

Session 1: July 6 – 29

Session 2: August 3 – 26

Tuesday and Thursday EVENINGS – 8 Lessons

Ages 3–5 years

Level 1– Pike 5:00,
5:30, 6:00

Level 2–Eel 5:00, 5:30,
6:00

Level 3–Ray 5:00

Ages 6–12 Years

Level 1–Polliwog 5:00,
6:00, 6:30

Level 2–Guppy 6:00, 6:30
Level 3–Minnow 5:30, 6:30

Level 4–Fish 6:30

Ages 6–36 months

Parent and Child–5:30

Session 1: July 7 – 30

Session 2: August 4 – 27



CHAPLAINCY

Do you know that your Clark County Family YMCA has a chaplain on staff in the building? Our chaplain is here for you. To find out more about our chaplain contact Roger Button at 360-258-3823 or rbutton@ymcacw.org

RHAPSODY

Brandon Berg – Lead Pastor 360-606-0462
 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 call our Y home.

Sunday 10:00 am to 11:30 am

SOCIAL RESPONSIBILITY

ANNUAL SUPPORT CAMPAIGN

Each year the YMCA reaches out to its members, volunteers, and community for their continued financial support to the financial assistance program.

VOLUNTEERS

The YMCA of Columbia-Willamette is an organization that provides services with the help of 3,500 volunteers.

CATHOLIC COMMUNITY SERVICES

The YMCA allows mentors from Catholic Community Services to utilize our facility free of charge.

FRIENDS OF THE CHILDREN

The YMCA allows mentors from Friends of the Children to utilize our facility free of charge.

MILITARY / GOVERNMENT OUTREACH

The YMCA provides military families discounted memberships.

HEALTHY LIVING COLLABORATIVE

Our YMCA participates in a state-wide initiative to impact nutrition and healthy lifestyles.

To enquire about any of the above programs contact nwelsh@ymcacw.org

Monday thru Thursday MORNINGS – 8 Lessons
Ages 3-5 years
 Level 1- Pike 10:00, 10:30, 11:00
 Level 2-Eel 10:00, 10:30
 Level 3-Ray 11:30

Ages 6-12 years
 Level 1- Polliwog 10:00, 10:30, 11:00, 11:30
 Level 2-Guppy 10:00, 11:00, 11:30
 Level 3-Minnow 10:30, 11:00
 Level 4-Fish 11:30

Session 1: July 6 - 16 **Session 3:** August 3 - 13
Session 2: July 20 - 30 **Session 4:** August 17 - 27

Saturday – 4 Lessons \$28 member \$41 non-member

Ages 6-12 Years **Ages 6-36 months**
 Level 1-Polliwog 9:00, 10:00 Parent and Child –9:30
 Level 2-Guppy 10:00, 10:30
 Level 3-Minnow 10:30

Ages 3-5 years
 Level 1- Pike 9:00, 10:00
 Level 2-Eel 9:00, 9:30, 10:30
 Level 3-Ray 9:30

Session 1: July 11 - August 1
Session 2: August 8 - 29

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

Igniting the Passion for Excellence: Spirit, Mind and Body

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HEALTH AND WELLNESS

GROUP EXERCISE

KICKBOXING
BOOTCAMP
COMBO FITNESS
POWER SCULPT
CORE TIME
ZUMBA GOLD®
INDOOR CYCLE
3, 2, 1 INTERVAL TRAINING
DANCE PARTY
MORNING MIX
HIGH INTENSITY INTERVAL TRAINING
BARRE TOTAL WORKOUT
GENTLE STRENGTH
ZUMBA KIDS®
FUNCTIONAL STRENGTH
ZUMBA®
POWERING FORWARD PARKINSON'S BOOTCAMP

QUIET EXERCISE

FLOW YOGA
VINYASA YOGA
HOLY YOGA
MOVING FOR BETTER BALANCE
POWER YOGA
STRESSLESS STRETCH
OPEN PRACTICE TAI CHI

WATER EXERCISE

POWER WATER WORKOUT
DEEP WATER FITNESS
WATER WELLNESS
WATER WALKING
WATER EXERCISE
WATER AEROBICS
ARTHRITIS CLASS

ACTIVE OLDER ADULTS

ZUMBA GOLD®
GENTLE STRENGTH
MOVING FOR BETTER BALANCE
STRESSLESS STRETCH
SENIOR HEART WELLNESS (additional fee)
WATER WELLNESS
WATER WALKING
WATER EXERCISE
WATER AEROBICS
ARTHRITIS CLASS
We accept SILVER & FIT® and SILVER SNEAKERS®

Please see current group exercise schedule for day and times of classes

Personal Training Intro to personal training \$199

One on One

Meet with one of our nationally certified personal trainers 4 times for 1 hour. The routines are personalized to fit your specific needs and goals, and your workouts progress at the pace that is best for you.



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