



The Frank DeLuca  
YMCA Family Center  
in partnership  
with



# HEALTHY STARTS HERE

FRANK DELUCA YMCA FAMILY CENTER

Spring Program Guide 2017

JANUARY 1—APRIL 30

# DEAR MARION COUNTY:

Welcome to the Frank DeLuca YMCA Family Center!

We are a mission-driven, nonprofit organization committed to providing quality programs and services to support our community needs. Thank you for saying “yes” to being a part of our Y.

With every individual that walks through our doors we create a larger impact within our neighborhoods.

**OUR MISSION** at the Frank DeLuca YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. We have been proud to serve Marion County for more than 20 years. In those years, we have seen the community needs grow. As a result, we have continued to not only increase our traditional programming, but we also work on developing new programming to meet the needs of our neighbors.

**OUR CAUSE** is strengthening the community. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive here at our Y.

The YMCA offers something for everyone. As a member, I invite you to participate in our programs, explore all opportunities to volunteer, and experience the caring spirit of our organization. Welcome to our neighborhood!

Sincerely,

Tracie Mosley  
Executive Director  
tmosley@cfymca.org



## THE Y: FOR YOUTH DEVELOPMENT

### YOUTH ACHIEVERS AT HOWARD MIDDLE SCHOOL

The YMCA Youth Achievers exists to assist youth and teens in preparing, pursuing and achieving post-secondary education. The program provides academic and career readiness to teens in grades six through eight. Through this program, students are also introduced to role models who inspire them to achieve their academic and personal goals.



## FIVE-DAY PASS

This **FIVE-DAY** pass will allow you to invite a friend to join our YMCA family. This includes access to classes as well as our wellness floor, basketball gymnasium, racquetball courts, heated swimming pool and more.

Valid Photo ID Required One Visit Per Year

## REGULAR HOURS OF OPERATION

Monday—Thursday: 5 a.m. to 10 p.m.  
Friday: 5 a.m. to 9 p.m.  
Saturday: 7 a.m. to 5 p.m.  
Sunday: 12 p.m. to 5 p.m.

## HOLIDAY HOURS

January 1 (New Year’s Day): 12 p.m. to 5 p.m.  
April 16 (Easter): CLOSED

## CONNECT WITH US

WEBSITE  
<http://ymcacentralflorida.com/y-locations/frank-deluca>

FACEBOOK  
<http://facebook.com/MarionCountyYMCA>

PLAYERSPACE  
<http://frankdelucaymca.playerspace.com>

MOBILE APP  
Search your smart phone’s App Store for the “YMCA of Central Florida” App and download it. This will keep you up-to-date on all of our events and program information, in addition to serving as your membership card. See our Front Desk staff for more details.

TECHNOGYM APP  
Search your smart phone’s App Store for the “My Wellness” App by Technogym and download it. Use this App to track your activity and sync it with your wearable device and other apps.

## THE Y: FOR HEALTHY LIVING

### MUNROE REGIONAL MEDICAL CENTER

The YMCA is proud to partner with Munroe Regional Medical Center to work toward a healthier community. During our capital campaign for our facility expansion, Munroe became \$1 million partners with the Y in effort to increase the amount of preventative programs offered in our community. MRMC now has clinical offices inside the Y, where physicians can treat patients who are at risk for chronic diseases, and then partner them with a YMCA lifestyle coach who can help them modify their lifestyle to reduce—or prevent—the chronic disease that they are at risk for. Programming includes:

- Wellness Screenings
- Hemoglobin, Prostate, Thyroid and Glucose Screenings
- Registered Dietician Consultations
- Monthly Nutrition Seminars
- Weight-loss Programs, including diet and exercise
- Fit Kids Program
- Physician Lectures



Check our Communication Wall for additional information.

# MAKING A DIFFERENCE IN BIG AND SMALL WAYS

Special thanks to everyone who has supported our campaign at any level—without your help, we would not be able to bring our cause to life. All donations, big and small, make a difference and a direct impact on the lives of so many people in our community. We would like to recognize our business partners and donors who have supported Scholarship with a donation of \$2,500 or more in 2016.



SUMMERFIELD AND LADY LAKE  
KEVIN POTAPOW



DEBBIE  
BROWDER  
REALTOR



PEPSICO



## Y SPOTLIGHT: CYLE SARKO

I am 17 years old and an ESE Junior at Forest High School. I was born with Prader Willi Syndrome, which makes me hungry all the time. My muscles are weak, and it causes my thyroid to be slow, along with a bunch of other serious medical issues. I carry an emergency medical kit for my Adrenal Insufficiency, and I cannot play high impact sports like tackle football or soccer. I have to work hard to stay healthy because of my disability.



Sometimes having all these challenges get me down. I am so glad that we joined the Y when I was three years old. When I was little, my mom would put me in the Child Development Center and then the Youth Activity Center. This helped me meet other kids. We played in the gym, and I realized I liked Basketball. I was allowed to play since it was a lower impact sport. All of the coaches were so great and taught me how to play the game. It is now my favorite sport. My mom says I live for basketball, and she is right!

After my dad died, we could not afford to keep our membership. The directors helped us apply for a scholarship, which allowed us to keep going to the Y. The staff are like family and friends, and they have been an incredible blessing to my mom and me. Now, we are off of scholarship and my mom and I volunteer to try and help more families like us.

Because of the Y, I have learned to not give up and still try and do things I have never done before. There are some days I feel discouraged with everything, but when I come to shoot hoops, talk to the amazing people at the Y or work out, I feel like I can do anything. I want to thank everyone for helping me be the best I can be. The Y is an amazing place for kids and families. If it wasn't for the people and businesses who support the Scholarship Program, kids like me would not be able to overcome their problems.

## THE Y: FOR SOCIAL RESPONSIBILITY

### EXPANDING OUR REACH

At the Y, strengthening the community is our cause. That's why we work day in and day out to nurture youth, strengthen families and promote healthy living. This is more important than ever, as our community is facing some serious issues. We believe that we are the organization that can move our community forward. In 2016, more than **800 donors** pledged **\$400,000** with the help of **200 volunteers**. While \$420,000 was pledged through the help of our generous community partners, the Y invested **\$480,000** in scholarships for individuals in need. This includes:

- **\$423,564** in helping individuals and families live healthier lifestyles
- **\$3,200** in teaching children life-saving water safety skills during swim lessons
- **\$17,312** in keeping kids active while learning the importance of teamwork through youth sports
- **\$32,035** in imparting the core values of caring, honesty, respect, responsibility and faith into our youth during camp
- **\$7,840** in helping our at-risk youth develop life skills through our Youth Achievers program at Howard Middle School

# ADVANCING OUR CAUSE

## DIRECTOR INFORMATION



**Nicole Bloom**

Associate Executive Director  
nbloom@cfymca.org



**Javier Julio**

Membership Director  
jjulio@cfymca.org



**Jeff Stogner**

Facilities Director  
jstogner@cfymca.org



**Kelli Garcia**

Program Director  
kgarcia@cfymca.org



**Tiffany Wheeler**

Wellness Director  
twheeler@cfymca.org



**Justin Ward**

Sports Director  
jward@cfymca.org



**Jamie Craig**

Child Development Director  
jcraig@cfymca.org

## JOIN OUR TEAM

Imagine going to work knowing that what you do each day positively affects the lives of people in our community. If you are a dynamic individual who loves to make a difference, pick up an application at the front desk.

At the Y, we understand that good health means being connected to your faith. That's why we partner with Community Bible Church to provide Sunday services and life enrichment classes.

### STRENGTHENING OUR SPIRIT

If you're looking for a family friendly church that teaches the Bible, come to the Y and worship with your friends at Community Bible Church. The church meets every Sunday in the gymnasium.

**Sunday School:** 9 a.m.

**Worship Service:** 10 a.m.

Visit the church website at [www.cbcofocala.org](http://www.cbcofocala.org) for more information.



### COMMUNITY BIBLE CHURCH SERVING OUR Y

In addition to meeting at the Y on Sundays, Community Bible Church offers several classes to Y staff and members throughout the year. These classes are designed to enrich your life, covering important topics such as parenting, marriage and finances.



## Y SPOTLIGHT: FROM HOPELESS TO VICTORIOUS

It was the worst time of my life. My work life, my family life, and my personal life were not going as I planned. My world was complete. My life was falling to pieces and not even the church I was attending at the time could help. My doctors told me I was in a severe manic depression and prescribed me a plethora of drugs to help with depression, anxiety and sleeplessness. Unfortunately, the side effects of these prescription medications began to create new issues for me. One of those side effects was suicidal thoughts. Within a year of taking these medications, those thoughts became overwhelmingly real and I did the unthinkable. I tried to end my life. Thankfully, I wasn't successful.

I needed help but I did not know where to turn. That's when someone told me about Community Bible Church and the biblical counseling ministry they offered free of charge. After completing the online application and meeting with Pastor Mike, I began counseling. Soon, I became a member of the church, and after nearly two years, I am no longer struggling with depression, anxiety, and sleeplessness. I am also free from all prescription medications. My life is not perfect and I don't ever expect it to be but, instead of being in a downward spiral, my life and family are excelling all the more. The YMCA has helped me to continue with my healing by exercising, going to yoga classes and I even played in the adult basketball league. Community Bible Church and the YMCA have a great partnership and offer a person healing of the spirit, mind and body.

If you would like more information about Community Bible Church or their counseling ministry, go to [www.cbcofocala.org](http://www.cbcofocala.org) or call (352) 229-2060.

# HELPING YOU STAY CONNECTED

## SPECIAL EVENTS AND VOLUNTEERISM

### POLAR PLUNGE

JANUARY 1

Looking for a little motivation to jumpstart the new year? Take the plunge—the 4th Annual Polar Plunge—into the icy waters of Lake Weir. Meet at Eaton's Beach at 12 p.m. on New Year's Day for this special event.

### WEAR RED DAY

FEBRUARY 10

Join us for our annual WEAR RED DAY and show your support for heart health by wearing red on February 10. Also join us for our Healthy Hearts Expo and Member Appreciation.

### EASTER EGG HUNT

APRIL 15

Bring your kids to the Y for a family-friendly Easter Egg hunt as we celebrate the Easter holiday. Check the Communication Wall for more information as spring approaches.

### SAFETY AROUND WATER WEEK

APRIL 24—27

At the Y, we know the importance of teaching your kids how to swim—especially in Florida, where we are surrounded by water. Splash week is a free, 4-day swim program for youth ages 3 to 12. Each day, children will enjoy swim instruction, character development lessons and water safety education. Instructors from our Y Swim Academy will instill a love of the water while teaching basic stroke development. Personal safety lessons will help children and parents learn respect for the water.

### HEALTHY KIDS DAY

APRIL 29

Healthy Kids Day is the day for kids—and families—to get a jump on a summer full of activities. From sports to arts and crafts to learning, our Healthy Kids Day is designed to engage our youth in activities that keep them growing and achieving.

Join us for the largest national event that focuses on healthy living, and jumpstart a journey that lasts kids a day, a summer, and we hope, their entire future.

#### ACTIVITIES INCLUDE:

- Kids Healthy Cooking Classes
- Family Fitness
- Kids Stretching and Fitness
- Camp Games
- Science Stations
- Swimming Pool Games
- Healthy Snacks

### GET INVOLVED. MAKE A DIFFERENCE.

To volunteer for any of our events, contact Brenda Pickard at [bpickard@cfymca.org](mailto:bpickard@cfymca.org) or 352.368.9622.



Time is everything. And when you give your time to the great causes that the Y stands for, your efforts impact everything around you. Spend the time. See the change. It's all about what you put in.

## COMMITTEE OPPORTUNITIES

### BOARD

As a Y ambassador, advocate, advisor, Y storyteller and fundraiser, board members help lead the YMCA in striving to respond to our neighborhood's social needs while strengthening our community.

### ANNUAL CAMPAIGN

Help develop strategies and plans for our annual community support campaign. Volunteers on this committee are responsible for sharing the Y story, recruiting volunteers and raising funds to impact our neighbors in need. Our 2016 campaign goal is to raise \$450,000.

### MISSION

The Mission Committee strives to keep our Christian emphasis strong in the operations of the YMCA through fulfilling the spiritual needs of the Y members, staff and community.

### MEMBERSHIP AND PROGRAM

Our Membership and Program Committee is designed to help oversee operations of our core programs—Sports, Aquatics, Wellness, Group Exercise and Child Development. This committee of volunteers meets monthly to discuss ways to continue to make our signature programs bigger and better as we advocate for youth development, healthy living and social responsibility.

### TEEN

At the Y, developing our next future leaders is part of our mission, and our TECH Teen Committee does just that. Teens on this committee assist with YMCA special events, along with other outreach projects in our community.

### FACILITIES AND SAFETY

We need your help! As a volunteer member of our facilities committee, you will join in the responsibilities related to safety, security, efficiencies in maintenance and housekeeping, and cost reduction. These considerations are essential in keeping this YMCA the best in our Central Florida Association. As like-minded individuals, we will meet for one hour every four months. This is your Y, and we encourage you to take ownership in helping us maintain the high standards we are known for. **For more information, please contact Jeff Stogner, Facilities Director, at [jstogner@cfymca.org](mailto:jstogner@cfymca.org).**

### LEARN. TEACH. COACH.

To teach our kids the core values that help them develop into respectful adults, the Y relies on support from volunteers. As a coach, you are responsible for:

- Holding one practice per week
- Coaching one game per week
- Communicating with parents, players and program director



Coaches Meetings are held at the beginning of each season to review rules and best practices for our youth sports. Each coach will receive an informational packet that includes our core values that are taught weekly at practices. All equipment for practices and games will be provided and set up by YMCA staff.

# LEARN. GROW. THRIVE.

## CHILD DEVELOPMENT

At the Y, we know that families who play together stay together. That's why we put an emphasis on fun for the whole family—so that you can enjoy special activities together while learning the importance of healthy living.

### HOURS OF OPERATION

#### CHILD DEVELOPMENT

Monday—Thursday 8 a.m. to 9 p.m.  
 Friday 8 a.m. to 8 p.m.  
 Saturday 8 a.m. to 1 p.m.  
 Sunday 12 to 4 p.m.

\*On holidays, Child Development will be open from 8 a.m. to 4 p.m.

#### CHILD DEVELOPMENT CENTER POLICIES

- Ages 6 weeks to 6 years
- All children must be checked into child development or involved in a structured program area

### PARENTS NIGHT OUT

On the second Friday of every month, our Parents Night Out program allows you to drop your child off for an evening that includes dinner, along with crafts, games, movies and more. Each month, we will offer a different theme to mix up our activities and add to the fun!

AGES 5 to 12  
 6 to 10 p.m.

Member Cost: \$20 per child; \$10 each additional child

### KIDS FITNESS

These classes enhance the physical fitness, personal growth and development of your children. This program gets kids active with an introduction to sports, functional training and more.

ALL AGES

Mondays and Fridays 2 p.m.



### WEEKLY THEMES

Our weekly themes allow us to teach our youth new, exciting things. Themes for spring 2017 include:

- New Years
- Planets
- Baseball
- Polar Bears
- Valentines Day
- Dr. Seuss
- Easter
- Earth Day
- Library
- Airplanes



### STAFFING RATIOS

Taking care of your children is of the upmost importance to us. That's why we have staffing ratios—to ensure that every child can be nurtured and developed.

6 weeks to 1 year	1 staff to 4 children
1 year to 3 years	1 staff to 7 children
3 years to 6 years	1 staff to 12 children
7 years to 11 years	1 staff to 15 children



### CHARACTER COUNTS

At the Y, we teach our kids the importance of good character. That's why we offer daily lessons teaching our five core values. Kids can earn core value points by demonstrating the following in Child Development:

**FAITH**—To develop your relationship with God, be a seeker of truth and treat others with kindness.

**CARING**—Treat others the way you want to be treated.

**HONESTY**—Telling the truth is important so that others can trust you.

**RESPECT**—Be polite, positive and encouraging.

**RESPONSIBILITY**—Always set a good example.

### ISTARTSMART™

At the Y, we take pride in preparing our youth for their education. That's why we focus on early learning and development by helping your children foster the skills they need to be successful students.



iStartSmart technology is designed specifically for early learners to help prepare them for academics and national standards through enrichment activities such as puzzles, eBooks, and more. Designed to help all children excel, iStartSmart moves children through 18 different kindergarten readiness modules, including phonological awareness, numeric operations, language development, alphabet knowledge and logic and reasoning.

# ADVENTURE AWAITS

## ROB MCCOY TEEN CENTER

At the Y, we know the importance of keeping kids **active**. We also know that our youth today are glued to their screens. From TVs, to computers to cell phones, today's kids are addicted to **technology**. That's why we are integrating **kids fitness** in a way that will keep kids coming back for more.

### HOURS OF OPERATION

#### ROB MCCOY TEEN CENTER

Monday—Thursday	3 to 9 p.m.
Friday	3 to 8 p.m.
Saturday	8 a.m. to 1 p.m.
Sunday	12 to 4 p.m.

#### ROB MCCOY TEEN CENTER POLICIES

- Ages 7 and up
- All kids 12 and under will need to participate in Teen Center activities during peak hours of 5 to 7 p.m.

### DAY CAMP

At the Y, we understand the importance of keeping kids active and engaged. That's why we are offering single Day Camps for the days when your kids are out of school.

Camp Hours: 7 a.m. to 6 p.m.  
Location: YMCA  
Members: \$25  
Potential Members: \$50



#### 2017 DATES

January 2  
January 3  
January 16  
February 20  
March 24  
May 26



#### SPRING BREAK CAMP

Members: \$120      Potential Members: \$160  
Monday, March 13—Friday, March 17  
Location: YMCA

Theme: Time Travel and Medieval Times

#### GET READY FOR THE BEST SUMMER EVER: SUMMER CAMP

Members: \$120      Potential Members: \$160  
Registration Fee: \$25 (one-time fee)  
Starting May 30

### A LAUNCH PAD FOR LIFELONG HEALTH

Fitness is an important part of every teen's lifestyle. That's why we are amping up our teen programming to provide workout options that are fun and effective.

#### EXERGAME FITNESS CLASSES

Circuit training has taken a digital twist in the Rob McCoy Teen Center. Our Exergame Fitness classes incorporate our Exergame equipment with relays and interval-based training to give your kids a workout that will entertain them as they move. These classes are taught by our YMCA Personal Trainers.

**Tuesdays and Thursdays**      **5 to 6 p.m.**



#### BOOTCAMP

Run, jump, push and pull with this interactive bootcamp. Our instructors have exercises and relays appropriate for all ages. Meet in the Rob McCoy Teen Center for this outdoor program.

**Mondays and Wednesdays**      **5 to 6 p.m.**

#### HOMESCHOOL PE

Join us for exercise classes for your homeschooled children. Activities include Exergames, Kids Zumba, Basketball, Soccer and more. This class uses our CATCH Training Curriculum to ensure that each class is structured, safe and fun.

**Tuesdays, Wednesdays, Thursdays**      **11 a.m.**

#### OUTDOOR GAMES

At the Y, we understand the importance of spending time in the great outdoors. That's why each day, we incorporate structured, outdoor games, like kickball, volleyball and dodgeball.

#### LEARNING AND FUN

Homework time, arts and crafts, character development and educational activities are also offered daily at the Rob McCoy Teen Center so that your children can continue learning.

#### Y SPOTLIGHT: JANA AND RYAN BOUTWELL

We have been members of the YMCA for years! We love coming to the Y because it's like on big family and we are always taken care of. Our passion is weightlifting, so it's nice to know the kids are always in good hands in Child Development while we work out. The kids have been involved in youth sports and love their teammates, as well as their coaches.

There is absolutely no other gym in town that compares to the YMCA. The staff is amazing and have become personal friends over the years. We can't see going anywhere else—this is our second home.



# A SPLASH OF CONFIDENCE

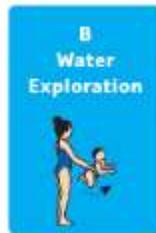
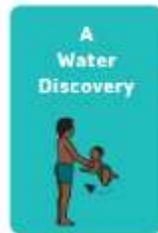
## SWIM LESSONS AND AQUATIC PROGRAMS

Swimming is a life-long skill that provides great exercise. That's why aquatics at the Y focuses on all walks of life—from teaching infants to swim to providing options for adults so they can exercise without placing pressure on their joints.

### 2017 SWIM LESSON LEVELS

#### WATER DISCOVERY

Parents accompany infants and toddlers in the water to explore the aquatic environment.

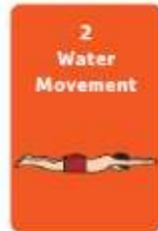
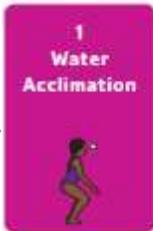


#### WATER EXPLORATION

Parents accompany infants and toddlers in the water to explore body positions, floating, blowing bubbles and fundamental safety skills.

#### WATER ACCLIMATION

Through water exploration, participants learn to feel comfortable, along with how to hold their breath and basic safety skills.



#### WATER MOVEMENT

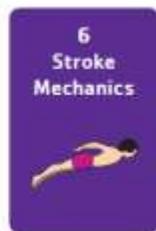
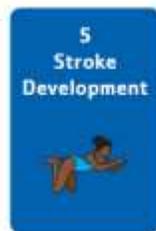
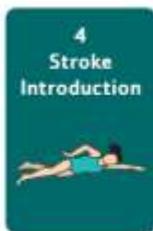
Participants begin to learn how to move in the water, float, change direction and exit safely.

#### WATER STAMINA

Participants learn to swim longer by incorporating swim-float-swim.

#### STROKE INTRODUCTION

Participants are introduced to stroke technique on front and back crawl, breaststroke and butterfly. They are also introduced to treading water.



#### STROKE DEVELOPMENT

Participants continue to work on technique in all competitive strokes and water safety.

#### STROKE MECHANICS

Participants work on refining competitive strokes and turns, as well as focus on endurance training and water safety.

#### SESSION OPTIONS

**TWO-WEEK SESSIONS**—includes 8 classes per session

Sessions run Monday-Thursday, times vary

Members: \$75 Potential Members: \$150

Session 1: February 27-March 9

Session 2: April 17-May 4 (No classes April 24-27—SAW Week)

**FOUR-WEEK SESSIONS**—includes 8 classes per session

Sessions run Monday/Wednesday or Tuesday/Thursday, times vary

Members: \$75 Potential Members: \$150

Session 3: March 20-April 12 (Mondays and Wednesdays)

Session 4: March 21-April 13 (Tuesdays and Thursdays)

#### SATURDAY SESSIONS

Members: \$45 Potential Members: \$75

Session 1: March 18-April 8

Session 2: April 22-May 13

#### SESSION INFORMATION

- Registration closes the Friday prior to the session date or when a class is filled. Please register early. Late fees will apply.
- Proper swim attire (bathing suit) is required.
- Do not bring any type of swimming aids with your child to swim lessons. Goggles are optional.
- Have your child use the bathroom prior to his or her lesson.
- We ask that parents distance themselves from the teaching areas.
- Please come to lessons rain or shine. Any make-up lessons will be made up by Friday, or by adding time to the remaining lessons.
- Arrive 10 minutes early to your first swim lesson for orientation.

#### MINI-WHOOS

The Mini-Whoos program is designed for children ages 8 and under who are already comfortable in the water. Throughout the program, kids will learn proper stroke technique on front and back crawl, breaststroke and butterfly. They are also introduced to treading water.

Member Cost: \$75 per four-week session

Potential Member Cost: \$150 per four-week session

Class Times: 4:45 to 5:30 p.m. Tuesdays and Thursdays

Session Dates: February 28-March 30 (No class March 13-17)  
April 4-May 4 (No class April 24-27—SAW Week)

#### PRIVATE/SEMI-PRIVATE LESSONS

These lessons give you the flexibility to choose the days and times of the lessons that best fit your scheduling needs. One session includes eight half-hour lessons. Our certified swim instructors will work with you and your child to help you reach your personal goals. Whether you're looking to learn to swim or to improve your technique, private swim lessons can help you achieve your aquatic ambitions.

Available year-round, Flexible schedule

Ages 3 and older

Members: \$150

Two Members: \$200

Potential Members: \$300

Two Potential Members: \$400

#### SILVER FINS: SENIOR LESSONS

At the YMCA, we offer group lessons for adults of any age. That's why our Silver Fins lessons give our active, older adults an opportunity to gain confidence in the water. One session of lesson includes four 45-minute lessons. Our certified swim instructors will work with you to help you reach your personal goals.

Members: \$45 Potential Members: \$75

Mondays and Wednesdays

11:45 a.m. to 12:30 p.m.



Sessions: February 27-March 8

March 13-22

March 27-April 5

April 10-19

April 24-May 3



# DIVE INTO GOOD HEALTH

## SWIM TEAM

### MAIN POOL HOURS

Monday—Friday	5 a.m. to 8 p.m.
Saturday	7 a.m. to 4:30 p.m.
Sunday	12 to 4:30 p.m.

### WATER PARK HOURS

#### SPRING BREAK

Friday, March 10 (No School)	10 a.m. to 7 p.m.
Monday, March 13—Friday, March 17	10 a.m. to 7 p.m.

#### STARTING APRIL 1

Saturday	10 a.m. to 4 p.m.
Sunday	12 to 4 p.m.

### AQUATICS POLICIES

- Ages 12 and up may be at the pool without a parent's supervision
- Ages 8 and up must achieve a Green Band to be at the pool without a parent (parent must be in the building)
- Ages 7 and under must be accompanied by a parent, either on the pool deck or in the water with them
- All children must wear swim-appropriate clothing (bathing suit)
- Examples of clothing that is not appropriate for the pool includes: Gym shorts; basketball shorts; sports bras; tank tops; under garments; socks; etc.
- All children will be swim tested and will be given a colored safety band (either red, yellow or green) to wear at the pool
- Green band swimmers are allowed in all recreational areas of the pool; yellow band swimmers must stay in water that is armpit deep or less; red band swimmers may require adult supervision

### SWIM HERE. KEEP A HEALTHY HEART.

#### COACHED LAP SWIM

Swimming isn't just for summer fun; it's also a great cardio workout. This program is for participants who are looking to stay fit by improving their stroke technique, endurance and speed. A coach will be on deck to facilitate workouts for all levels.

Tuesdays and Thursdays	6:30 to 7:30 p.m.
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#### MASTERS PROGRAM

This lap swimming class provides exercise guidance and stroke correction while helping you improve in the pool. **For workouts and additional information, "Like us" on Facebook at [www.facebook.com/groups/WooMasters](http://www.facebook.com/groups/WooMasters).**

Mondays, Wednesdays, Fridays	5 to 7 a.m.
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#### LAP SWIM

Our pool is available for lap swimming throughout the day. **The current schedule is available on our website and Communication Wall.**

### Y SPOTLIGHT : LAURA AND KAITLIN MITSUNAGA

During the summer every year, we go to Hawaii. Tom was teaching our daughter, Kaitlin, 1 year old at the time, to learn how to swim there. She is a natural swimmer and was a water baby, but we ran out of time during that first summer to get her to her full potential. We thought about joining the YMCA when we got back, but we got really busy during the school year, as both Tom and I are teachers. When Kaitlin was almost 2, we went back to Hawaii and Tom continued to teach her how to swim. She progressed so quickly. We knew that we did not want her to lose her ability or have her become afraid of the water. We decided to join the Y and make time for Kaitlin to swim during the school year so she could have fun and continue to learn. Now, Kaitlin takes private lessons with Megan, and we are extremely pleased with her progress. She even received a green band from the lifeguards when she was 4 years old based on her swim ability. Megan works diligently with our daughter and helps build her confidence.



Now, we hope that she will be on swim team as soon as she is old enough. Kaitlin would not be where she is today without the Y.

### SWIM TEAM: YCF STORM

The YMCA of Central Florida Swim Team is a year-round USA Swimming Program offering a full range of competitive programming for swimmers.

**Practice Times:** 3:30 to 6:30 p.m. (times vary based on group)

**Cost:** Prices vary based on team type. All swimmers pay a monthly program fee based on their practice group.

**RECREATIONAL:** This entry-level swim team provides quality stroke instruction and age-appropriate conditioning.

**COMPETITIVE:** This intermediate level swim team allows more opportunity for practice and competition.

**NATIONAL:** This is the most advanced group YCF has to offer, with multiple practice and competition. This group focuses on race strategy, mental preparation, personal nutrition, and strength training.

For more information about Swim Team, contact Head Coach Tarn Thompson at 352.817.1470. "Like us" on Facebook at [www.facebook.com/groups/YCFWahoos](http://www.facebook.com/groups/YCFWahoos) or visit the YCF website at [www.ycfwahoos.com](http://www.ycfwahoos.com).

### LIFEGUARD CLASS: APRIL AND MAY

Do you want to join our YMCA Lifeguarding team? Here's how you can get started:

- Contact Kelli Garcia ([kgarcia@cfymca.org](mailto:kgarcia@cfymca.org)) by February 1
  - Minimum age requirement is 16 years old
  - Attend every class session in its entirety (36 hours)
  - Complete online components by assigned dates
- Upon successful completion of the course, you will receive a YMCA Lifeguard, CPR, First Aid and Emergency Oxygen Certifications.

# WHERE TEAMWORK BEGINS

## YOUTH SPORTS

The Y is the starting point for many to learn healthy living. That's why our sports programs help kids develop habits they need for the rest of their lives.

### 2017 CALENDAR

Our sports focus on teaching key techniques and skills in addition to our core values. We select quality coaches and referees to ensure your child will have a safe, memorable experience. Please reference our Youth Sports Calendar on the Communication Wall for year-round schedules of:

Youth Soccer	Youth Basketball
Youth Flag Football	Youth Girls Volleyball
Youth Cheerleading	Youth Lacrosse

### SPRING YOUTH LEAGUES

#### YOUTH SOCCER

**Grades:** Pre-K through 8th  
**Open Registration:** January 30-March 3  
**Members:** \$75      **Potential Members:** \$130  
**Extended Registration:** March 4-March 10  
**Members:** \$95  
**Potential Members:** \$150  
**Practice Begins:** Week of March 20  
**Practice Night:** One weekday at the YMCA  
**Games:** Fridays or Saturdays  
**First Game:** March 31 or April 1  
**Last Game:** May 19 or 20  
**\*Registrations on or after March 4 are not guaranteed.**



#### YOUTH GIRLS VOLLEYBALL

**Grades:** 2nd through 8th  
**Open Registration:** January 30-March 3  
**Members:** \$75      **Potential Members:** \$130  
**Extended Registration:** March 4-March 10  
**Members:** \$95      **Potential Members:** \$150  
**Practice Begins:** Week of March 20  
**Practice Night:** One weekday at the YMCA  
**Games:** Friday nights  
**First Game:** March 31  
**Last Game:** May 19  
**\*Registrations on or after March 4 are not guaranteed.**

#### SPRING BREAK SPORTS CLINICS LACROSSE AND GIRLS VOLLEYBALL

We know that sports play an important role in developing our youth. That's why our sports clinics teach kids the fundamentals of our most popular youth sports while helping to improve your child's self-confidence and overall appreciation of the game.

**Grades:** 2nd through 8th  
**Registration:** January 30-March 10  
**Camp Times:** 9 a.m. to 3 p.m.  
**Camp Dates:** March 13-17  
**Camp Days:** Monday through Friday  
**Location:** YMCA  
**Members:** \$100      **Potential Members:** \$150  
**Food:** Please pack lunch, snacks and a re-fillable water bottle  
**Clothing:** Please send your child in weather-permitting clothing and tennis shoes (cleats for soccer and football). Please also pack sunscreen that can be re-applied throughout the day and a bathing suit and towel for your child to use during swim time.

### GYMNASIUM POLICIES

- Ages 10 and up
- Children under 10 must be accompanied by a parent
- If the parent goes into a basketball game, the child (if under 10) must be checked into the Teen Center or Child Development
- No food or drinks
- No chewing gum
- No dunking or hanging on baskets
- Appropriate shirt and shoes required

**Please refer to the gymnasium schedule for specific program times and age policies.**

### Y SPOTLIGHT: ANDREA HUNTER AND FAMILY

We became members of the YMCA last summer. My youngest son, Camden, dreamed of being a basketball player. My older son, Aiden, was less than thrilled. I insisted that he play with the condition that if he didn't like it, he would play out the season and never have to play again. He has ADHD, and a lot of energy, and had been bullied pretty badly the school year before.



That first season started normally, and I watched them both fall in love with the game. I saw a light come on in Aiden. We were about half way through the season and I was at work when I got the call every mother dreads: "Come quickly to practice, there is something wrong with Aiden."

I arrived to find out that he was having a seizure on the basketball court. Aiden was taken to Shands and diagnosed with Epilepsy. He asked, "Will they still want me to play?"

It was a moment that could have changed everything. I wondered the same thing. Would they still want us at the Y? Would he be treated differently?

The answer to that question was more amazing than I could have ever dreamed. I saw a team, and a company, rally around our family. They pulled us in when they could have pushed us away. They barely knew us, but they made us feel like family. We have since played two seasons, and I have watched both of my boys expand their skills on the court, but more importantly I have seen them form a bond with their teams and their coaches. They have developed friendships they will always remember and confidence in themselves both on and off the court. I cannot express the depth of gratitude I have in my heart for the coaches and YMCA staff, especially Coach Steve Craig and Justin Ward. I feel like God has placed you in our lives at precisely the right moment. Thank you all for the support you have given our family, and the memories we will cherish for a lifetime.

# BUILDING THE BEST YOU

## ADULT SPORTS

Achieving and maintaining wellness is a task that's never finished, but we're here to help you with a variety of activities.

### 2016 ADULT SPORTS

Having fun as a team is what we're all about here at the Y. That's why we offer both recreational and competitive adult sports programs to help keep you active and healthy all year long. Please reference our Adult Sports Calendar on the Communication Wall for the year-round schedule.

#### PICK UP GAMES INDOOR SOCCER

Mondays 7:30 p.m. to 9:30 p.m.  
\*Pickup games will not be held during Indoor Soccer League

#### VOLLEYBALL

Wednesdays 7:30 p.m. to 9:30 p.m.  
Both beginner and advanced courts are available  
\*Pickup games will run from January 9-March 15 until Adult Volleyball League begins

#### BASKETBALL

**Morning Pick Up:**  
Monday, Wednesday, Friday  
Full Court 6 a.m.

**Lunch-Time Pick Up:**  
Monday through Friday  
Full Court 12 to 2 p.m.

**Evening Pick Up:**  
Tuesday and Thursday  
Full Court 7:30 to 9:30 p.m.

\*Pickup games will run from January 9-March 16 until Adult Basketball League begins

Please check the gymnasium schedule on the Communication Wall for additional pickup options.



### ADULT LEAGUES

#### ADULT VOLLEYBALL

**Ages:** 18 and up, YMCA Members Only  
**Games:** Wednesday nights  
**Open Registration:** January 30-March 3  
**Member Cost:** \$10  
**Extended Registration:** March 4-March 10  
**Extended Registration Cost:** \$20  
**First Game:** Week of March 20  
**Last Game:** Championship Games played week of May 22



#### ADULT BASKETBALL

**Ages:** 18 and up, YMCA Members Only  
**Games:** Tuesday nights  
**Open Registration:** January 30-March 3  
**Open Registration Cost:** \$10  
**Extended Registration:** March 4-March 10  
**Extended Registration Cost:** \$20  
**First Game:** Week of March 20  
**Last Game:** Championship Games played week of May 22



### LET'S PLAY PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles.

This sport is easy for beginners to learn, but it can also develop into a quick, fast-paced competitive game for experienced players. See how much fun Pickleball can be for you and your friends! Play for fun, for exercise, for challenge or for friendship.

### LEARN TO PLAY: CLINICS

Check the Communication Wall for more information on clinic days in times starting in January. In addition to clinics that teach you how to play, we will also offer pickup time in the mornings.

### RACQUETBALL

#### CHALLENGE COURTS

Mondays from 5:30 to 10 p.m.

Challenge Courts are for advanced and beginner/intermediate players.



#### LEAGUES

Are you interested in playing an exciting sport while meeting new racquetball players? Join one of our leagues—put your name on the waiting list at the front desk and a league coordinator will call you. We run three leagues a year: Winter, Summer and Fall. Beginner and Intermediate players needed.



#### LEARN TO PLAY: FREE BEGINNERS' CLINICS

On the second Saturday of each month, we host free beginners' workshops. Sign up at the front desk.

#### COURT RESERVATIONS

Our racquetball courts are available for use throughout the day. You can reserve your court up to one day in advance.

#### TOURNAMENTS

Several times a year, we have racquetball tournaments to help support a good cause while having fun and staying in shape. Information about upcoming tournaments will be posted by the racquetball courts.



#### Team Ocala Classic #3—Upcoming Tournament

**Dates:** February 17-19

**Registration:** Contact Rod Van Dyke to register or for additional information.

For more information about Racquetball, contact Rod Van Dyke at 863.651.4058.

# BUILDING HABITS THAT LAST

## WELLNESS AND HEALTHY LIVING

At the Y, we believe being healthy means more than being physically active. It's also about maintaining a **balance** between spirit, mind and body. That's why our **personalized approach** to wellness **customizes** every stage of your **journey**.

### COACH APPROACH

#### PERSONALIZED SUPPORT FOR GETTING—AND STAYING—FIT

Let's face it, starting—and sticking to—a regular work-out routine isn't easy. But through COACH APPROACH®, we'll pair you with a highly trained YMCA personal coach who will help you set goals, create a workout plan and stick to it for the first six months of your membership. Offered **free** to every Y member, COACH APPROACH is geared to every person's unique level of need, interest and ability.

### MOVEMENT MATTERS

If you're looking for a plan for losing weight and toning muscle, this program is for you. Whether you are new to exercise or you feel like you are stuck with the same routine, this four-week program will help you get started. Work individually or in small groups with our Wellness Coaches to learn active stretching, strength training, cardiovascular training and foam rolling basics.

### YMCA'S DIABETES PREVENTION PROGRAM

#### BIG REWARDS. SMALL STEPS.

If you or someone you love is one of the 79 million Americans who have pre-diabetes, the YMCA's Diabetes Prevention Program helps cut your risk of developing Type 2 diabetes by nearly 60 percent.

This program helps participants adopt and maintain healthy lifestyle habits by eating healthier, increasing physical activity and losing a modest amount of weight. These habits can also help prevent related chronic diseases and help you reach long-term health goals.

**COST:** Fees vary

To set up your personalized wellness program, contact Tiffany Wheeler, Wellness Director, at [twheeler@cfymca.org](mailto:twheeler@cfymca.org) for more information.



### OMNIA

We've got a new way to train at the Y. Omnia by Technogym allows you to get a total body functional workout that will challenge your muscles while improving balance and strength.

**BASIC OMNIA:**  
Tuesdays and Thursdays  
10:30 a.m. and 5:30 p.m.



### WELLNESS FLOOR POLICIES

- Minimum age on the Wellness Floor is 12 years old.
- Ages 12—15 must go through a wellness appointment with staff to ensure proper use of machines.
- All children, regardless of age, must fit on the equipment properly in order to use it.
- 16 years and up may use the Free Weight Area.
- During non-peak hours, children under 12 may use the Wellness Floor if they are with a parent and are using the equipment properly.
- Between 5 and 7 p.m. on weekdays, children under 12 may not use the wellness floor due to safety concerns.
- Appropriate clothing and footwear required (no sandals or flip flops).
- Please return all equipment to its proper place and wipe down after each use.
- Please limit usage on all cardio equipment to 30 minutes during peak hours.
- Allow others to work in between your sets while they are waiting.
- For the courtesy of others, please refrain from talking or texting on your cell phone while working out on the equipment.
- Secure your personal belongings. Lockers are available for your convenience. The YMCA is not responsible for any lost or stolen property.

### EXERCISE YOUR SPIRIT, MIND AND BODY

At the Y, we believe in educating our community on health and wellness. We want you to understand all aspects of health and how they contribute to your overall well-being. That's why our meeting room is used to host lectures and programs that will help you develop your spirit, mind and body. To do this, we partner with the following organizations and individuals in our community to help you achieve your fullest potential:

- Munroe Regional Medical Center
- Ocala Eye
- Ocala Family Medical Center
- Patient Centered Healthcare and Wellness, Cindy Grow
- A Better U Healthcare, Erica Olstein
- Toastmasters International

These lectures and programs are open to members and guests. Check the Communication Wall for more information.



# HEALTHY FOR LIFE

## WELLNESS AND HEALTHY LIVING

### PERSONAL TRAINING

Do you need to be pushed? Are your training for a race? Our experts can get you to the next level—whatever that may be. Free assessments are also available upon request.

For more information, contact Tiffany Wheeler, Wellness Director, at [twheeler@cfymca.org](mailto:twheeler@cfymca.org).

### INDIVIDUAL SESSIONS

30 MINUTE SESSIONS	Per Session	Total Cost
4 Sessions	\$30	\$120
8 Sessions	\$28	\$224
12 Sessions	\$25	\$300
60 MINUTE SESSIONS	Per Session	Total Cost
4 Sessions	\$60	\$240
8 Sessions	\$56	\$448
12 Sessions	\$50	\$600

### PARTNER SESSIONS

60 MINUTE SESSIONS	Per Session	Total Cost
4 Sessions	\$45	\$180
8 Sessions	\$40	\$320
12 Sessions	\$35	\$420

### SMALL GROUP SESSIONS

60 MINUTE SESSIONS	3-6 members per group
8 Sessions	\$200 per person
12 Sessions	\$240 per person

### Y SPOTLIGHT: DEBBIE CASTANAEDA

When I was teaching school, I thought a lot about exercising, but when I'd come home, I was always too tired or too busy. Then I retired and thought I could get back in shape. I would sit on the couch and visualize myself exercising. I pictured myself doing sit ups and push ups. Then, I'd take a break, eat a pop tart, gulp a soda, and continue my mental workout! I was a legend in my own mind, but my imagination wasn't improving my image or my health.



Our good friends Cathy and Mike Wagner were always encouraging my husband and I to join the Y. After a couple of months, we decided to stop in and check out the facility. We joined that day, and it was the best decision we had made in a long time.

I met with my wellness coach, Roxanne, who helped me set goals. I wanted to drop a size and improve my overall health. I have osteopenia and exercising helps strengthen bone density. Roxanne then signed me up for Fitlinxx and instructed me on the proper techniques on the circuit machines. I love tracking my progress!

I'm proud to say that in six months, I had lifted the equivalent of 50+ African elephants and burned the calories found in hundreds of ice cream sundaes. My doctor is pleased with my lifestyle changes. I've also dropped a size and have lost 21 pounds.

The classes offered at the Y are great. I enjoy Water Aerobics and Yoga, but my favorite is Omnia. Roxanne and Joyce put the fun in this functional training class.

The staff and trainers make you feel at home. I feel great since I've started making my imagination a reality. This reformed couch potato only has one regret—not joining the Y sooner!

### BOOTCAMP CLASSES

#### TAKE YOUR WORKOUTS TO THE NEXT LEVEL

We've started a variety of bootcamps to continue to offer you the most challenging, innovative workouts possible. Our bootcamps incorporate the following elements:

#### MILITARY CONDITIONING

In certain bootcamps, there are a variety of functional movements performed at a high intensity. This class is built to eliminate a plateau, while preventing boredom due to the group camaraderie brought by your fellow Y members.

#### STATIONS

These types of bootcamps offer a workout for all fitness levels. The class is set up in the gymnasium with 10 to 20 different stations and exercises. Each station is one minute long and the exercises can be modified to fit your ability and your goal. This class also focuses on total-body movements switching from upper to lower body moves in each station, along with lots of cardio and strength to maximize calorie burn.

#### STRENGTH AND CARDIO

These bootcamps offer an intense mix of strength training and aerobic elements in a format that changes from week to week. The focus will be towards full body conditioning, with special addition to the core. You will build strength, endurance and stability through this class.



### YOUR PLACE TO TRAIN

Are you new to running? Trying to increase your speed or distance? Join us for our Group Training program throughout the Big Hammock Race Series. This ongoing program includes options for 5K, 10K and half-marathon trainings. Our certified personal trainers will meet with you twice a week, which includes run training and cross-training. Participants will also spend time learning tips for learning to run and working toward another PR.



### RUN ASSESSMENTS AVAILABLE

Interested in seeing how you can improve your running technique? Try a free assessment with one of our personal trainers who specializes in running and corrective exercise.

For more information, contact Tiffany Wheeler, Wellness Director, at [twheeler@cfymca.org](mailto:twheeler@cfymca.org).

# FIND WHAT MOVES YOU

## GROUP EXERCISE CLASSES

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, fitness at the Y includes more than just working out—our programs support physical, intellectual and spiritual strength.

### GROUP EXERCISE

We know that 90 percent of exercisers are more successful in a group setting. That's why we offer more than 110 group exercise classes each week—so that you have a variety of ways to reach your goals at your fitness level.

The current Group Exercise Schedule is available on our website: [www.ymcacentralflorida.com/y-locations/frank-deluca](http://www.ymcacentralflorida.com/y-locations/frank-deluca)

### GROUP EXERCISE CLASS DESCRIPTIONS

#### STRENGTH CLASSES

**Abs and Glutes:** This class focuses on ab and lower back muscles, along with other core stabilizing muscles in the legs and glutes.

**BODYPUMP™:** This 55-minute LES MILLS class is the original barbell class that strengthens your entire body. You will challenge all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.



**Body Sculpting:** This 30-minute class combines the traditional body sculpting methods using free weights, resistance bands and your own body.

**Core Conditioning/Training:** These classes combines isometric strength and Pilates to give you a complete abdominal and lower back workout.

**Strength 30:** A compact version of our strength training class that focuses on building muscular strength using compound movements.

**Strength Training:** A strengthening class incorporating weight training exercises, such as squats, presses, lifts and curls. All major muscle groups are worked using barbells, dumbbells and other equipment.

#### CARDIO CLASSES

**BODYCOMBAT™:** This high-energy LES MILLS class is inspired by mixed martial arts to give you a non-contact workout that will challenge you to up the intensity and motivate you to make the most of every round.

**Cardio Cycling:** Instructors will guide you through an all-terrain ride while focusing on proper body alignment, heart rate and proper cycling techniques.

**Cardio Rotation:** It's time to mix up your weekend routine—these classes will let you experience a different cardio format each week. Class schedules are posted on the dry erase calendar on the Communication Wall.

**Cardio Step:** This class uses an elevated platform and moves are performed on, over, and around the step. Basic through advanced choreography is demonstrated.

**Kickboxing:** This fat-torching workout will help whip you into shape with a combination of punches and kicks. Your endurance will be put to the test during this cardiovascular workout.

**Zumba®:** This class fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness party atmosphere. The routines feature interval training sessions with fast and slow rhythms that incorporate the meringue, reggaeton, samba, belly dance, hip hop and more.

#### GROUP EXERCISE AGE POLICIES

- Ages 10 and up (under 10 may take family friendly class)
- Children under 12 must be accompanied by an adult
- Children of any age are not permitted to sit in group exercise rooms. They must be checked into a program area.

**Zumba® Step:** Tone and strengthen your glutes and legs with a gravity-defying blend of Zumba routines and step aerobics.

#### COMBINATION CLASSES

**BODYATTACK™:** This LES MILLS class is packed with a range of moves that cater to all participants, from the total beginner to the total exercise addict. It combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats, all set to energizing music that will keep you motivated!

**GRIT™:** Get ready to add HIIT workouts to your life and take your fitness to the next level. You'll be addicted to the results. These high-intensity LES MILLS workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn. There are three formats to choose from: Cardio, Plyo and Strength.

**Bootcamp:** This class generally follows a circuit or interval training format, alternating cardio and strength exercises.

**Water Fitness:** This aquatic workout incorporates both cardio and strength-based exercises in a low-impact environment for exercise, which is friendlier on joints.

**Water In Motion®:** This class is the new wave in aquatic fitness! With workouts to accommodate all ages and fitness levels, these classes focus on challenging moves that allow you to bring the intensity of your land workouts to the water. If you love incredible music and invigorating movement, this class is for you!

**Silver Sneakers:** A customized exercise class for active older adults, this class is designed to increase strength, flexibility and balance.

**Circuit Training:** This high-energy class keeps your heart rate up. Intervals of cardio and strength will be mixed with athletic drills and core work for a total-body workout that will help you reach your goals.

**20-20-20:** This class is designed to give you a mix of three different formats in one 55-minute workout. Start with a cardio format, like Step or Dance, and finish with strength training and core conditioning.

**BOSU Core and Balance:** Because the surface is unstable and constantly changing, the BOSU forces you to maintain your center of gravity, therefore making exercises more difficult. Take the challenge to increase the functional strength, stamina and balance of your entire body—particularly your core!

#### BEGINNER CLASSES

**Basic Zumba®:** Whether you are new to Zumba or need a little practice on specific steps, this class will help you master the basic choreography

# STRONGER TOGETHER

## FITNESS: MORE THAN A PHYSICAL WORKOUT

of the popular Latin dance class.

**Basic Yoga:** This class focuses on yoga postures coordinated with the breath. Develop strength, balance and flexibility. Increase focus as the body releases tension and finds mental tranquility.

**Cardio Cycling:** This 30-minute cycling class is designed for the beginner to learn the essentials of cycling while becoming accustomed to the bike.

**Core and Stretch:** This 30-minute class combines an abdominal and lower back workout with a full-body stretch to help increase core strength and flexibility.

### MIND/BODY CLASSES

**Sunrise Yoga:** Join us for morning sunshine while developing strength, balance and flexibility. Increase your focus as the body releases tension and finds mental tranquility.



**Power Yoga:** Strength, balance and dynamic flow created to strengthen and stimulate the deep connective tissue of the body and open up your natural energy stores during this 55-minute class.

**Pilates:** This core conditioning class combines relaxation, strength, and flexibility of the spine.

**Ballet Barre—Traditional:** Develop lean muscle mass while improving your balance, flexibility and range of motion with a classic mix of Ballet exercises.

**Barre—Yoga:** This class targets the muscle in the core, glutes and thighs in a way few other workouts can achieve by incorporating plies and arabesque movements to sculpt and lengthen the muscles.

**Barre—Pilates:** This invigorating workout develops muscular endurance, dynamic balance, flexibility and core strength.

**Silver Sneakers Yoga Stretch:** This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures.

### HELPING YOU SET, TRACK AND CREATE HEALTHY HABITS



With “on-the-go” technology as one of the hottest trends in health and fitness, we have partnered with Technogym and MyWellness Cloud to help you track, integrate and access your workout information anywhere, any time.

By interfacing with mobile devices, Technogym also lets you access personalized health and wellness updates and provides you with frequent feedback from your coach, as well as challenges to help you stay motivated throughout the year.



**CREATE AN ACCOUNT TODAY:**

Visit [mywellness.com](http://mywellness.com) (scan the QR code).

### LES MILLS LAUNCH PARTIES

Celebrate the newest releases of **BODYPUMP™**, **BODYCOMBAT™**, **BODYATTACK™**, **GRIT™** and **BORN TO MOVE™** with your favorite Les Mills certified instructors with our quarterly launch events. During these events, our instructors will team-teach the newest choreography!



### BODYPUMP 100 LAUNCH PARTY SATURDAY, JANUARY 14

8:00 A.M. / 9:30 A.M. / 10:30 A.M.



More than one million people are set to take part in the global launch of **BODYPUMP 100**, and we want you to be a part of our local launch party. We will join together to celebrate the 100th release of our favorite barbell workout, which focuses on light weight and lots of repetition. Research shows that **BODYPUMP™** has strong calorie and fat-burning effects, and it improves aerobic fitness, muscular strength and muscular endurance.

Bring a friend to the world’s largest workout—but don’t forget to reserve your spot online. For more information, contact **Tiffany Wheeler**, Wellness Director, at [twheeler@cfymca.org](mailto:twheeler@cfymca.org).



### BORN TO MOVE



We understand that the early years of life are a critical time for your kids to develop positive habits. That’s why **BORN TO MOVE** is designed to instill a love of being active in children so they can grow into active, healthy and happy adults.

This kids group exercise class is packed with smiles, laughs, singing and fun, all while teaching age-appropriate motor skills that improve agility, balance, coordination, endurance and flexibility.

**BORN TO MOVE** focuses on five pillars of child development:

1. Fun
2. Belonging
3. The Right Fit
4. Achievement
5. Safety and Security



Check the **Group Exercise Schedule** on the **Communication Wall** for class times.

# intakeoutcafé

Your Daily Intake On-the-Go!



## NOW OPEN

### HOURS OF OPERATION

Monday-Friday 6 a.m. to 7 p.m.  
Saturday 8 a.m. to 2 p.m.

352.789.6799  
[www.intakeout.com](http://www.intakeout.com)



### YOU ARE WHAT YOU EAT

Patrice Perron, owner and co-founder of La Cuisine Restaurant in Ocala, is a chef passionate about simple, healthy habits that positively impact daily life. His family has a strong focus on healthy eating, as Patrice balances his training requirements with the needs of his two children.

Patrice trains for triathlons, which he's been racing in for the past few years. He is now training hard to race his first ironman in Panama City Beach in November. As a dedicated marathon runner and triathlete, Patrice will bring his health mindedness to the café, offering members and potential members delicious meals for all types of taste buds.

"We all have busy lives, but that doesn't mean we can't maintain a healthy meal plan that supports our lifestyle," Patrice says.

That's why the vision of InTakeOut is to make your healthy lifestyle even more effortless with grab-and-go options, as well as a variety of fresh pre- or post-workout meals. You'll find only real, wholesome ingredients—free of artificial additives—on the menu. Plus, keep an eye out for gluten-free and vegan options.

### FRANK DELUCA YMCA FAMILY CENTER

3200 SE 17th Street  
Ocala, FL 34471  
P 352.368.9622

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