



WHERE GREAT THINGS BEGIN



FRANK DELUCA YMCA FAMILY CENTER

Summer Program Guide 2017

MAY 1—AUGUST 31

The Frank DeLuca
YMCA Family Center
in partnership
with



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 to 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 partners 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 Bracey
District Executive Director
tbracey@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

Monday, May 29 (Memorial Day): 7 a.m. to 5 p.m.
Tuesday, July 4 (Independence Day): 7 a.m. to 5 p.m.
Monday, September 4 (Labor Day): 7 a.m. to 5 p.m.

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 fitness 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.

CHANGING OUR COMMUNITY THE Y. FOR A BETTER US.

We believe that everyone deserves the Y. That's why our Scholarship fund provides financial assistance so that no one is turned away based on an inability to pay. Special thanks to our supporters of all levels—without your help, we would not be able to bring our cause to life. All donations make a difference in 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.



**DEBBIE BROWDER
REALTOR**

(352) 812-8389



**THE
MAYE
FAMILY**



ANTHONY PETRUZZELLI

**SUMMERFIELD AND LADY LAKE
KEVIN POTAPOW**



Y SPOTLIGHT: TIFFANY BETHUNE

I never knew how much a gym would impact my life, and the YMCA saved me. It wasn't until 2011 that I received a scholarship and became an active member of the Y, using it on a weekly basis.



At this time, I was the heaviest I had ever been in my life. I knew I needed a change, so I started taking the Zumba and Strength Training classes. I started creating relationships with other members at the Y, and it quickly began to feel like home. I had lost 90 pounds and joined a running group through the Y. I had never felt so proud in my life.

Three years later, in 2014, after losing the weight and keeping it off, I was diagnosed with Papillary Cancer in my thyroid and had an immediate Thyroidectomy. My life changed forever after that—I started to gain weight, I experienced anxiety and I had roller coaster of emotions. On top of it all, I have had medical and surgical bills to endure. Without the YMCA Scholarship fund, I would not have been able to afford to keep my membership.

This has been such a learning experience and in the midst of going to doctors upon doctors, I am trying to get my life back. Being a part of the Y has been important to me. It isn't just about working out and socializing, it is a part of who I am and who I am proud to represent.

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

BRINGING OUR CAUSE TO LIFE

DIRECTOR INFORMATION



Nicole Bloom

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nbloom@cfymca.org



Javier Julio

Membership Director
jjulio@cfymca.org



Jeff Stogner

Facilities Director
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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.



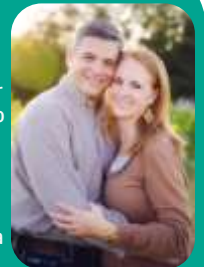
COMMUNITY BIBLE CHURCH SERVING OUR Y

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

If you would like more information about Community Bible Church or their counseling ministry, go to www.cbcofocala.org or call 352.229.2060.

Y SPOTLIGHT: AMBER AND JOHN MARK TODD

From the outside, looking in, we were the ideal family. We had great kids, great jobs, great friends, a great social life, and a church we called home. But 15 years into marriage all our hopes, dreams and "happily ever after" came to a screeching halt and a divorce attorney was consulted. We could say marital unfaithfulness was the cause of it, but the reality is we were on a slow fade to disaster. Our kids refer to this difficult time as when mom and dad took a "time out."



During our separation, we learned about Stonegate Resources in Wisconsin. It's the first time we'd heard of biblical counseling, and it was several thousand dollars. Why spend that much money trying to save something that was beyond saving? Marriage vows were broken, the relationship was severed and all trust was lost. Our marriage was dead! We reluctantly flew to Wisconsin.

We returned with hope, but we had no idea where to go or what to do next. That's when we were introduced to Community Bible Church's counseling ministry. We told Mike that we were in marital crisis. For the next eight weeks, we counseled with Mike and the heart change that started at Stonegate continued here in Ocala.

So much has changed over the past four years. The Y has become such a huge part of our lives. From working out physically, to growing spiritually, you don't just have to look from the outside in to see how God is working in our lives. We are now volunteering as lay biblical counselors and have the privilege to help other families in similar situations as ours. We are a big part of the church and the Y community.

BE A PART OF SOMETHING GREAT

SPECIAL EVENTS AND VOLUNTEERISM

CHILL-N-GRILLS

11 a.m. to 1 p.m.

Join us this summer for a little food and fun in the sun during our annual Chill-n-Grills. We host these poolside events as a way to show appreciation for our members.

May 29 July 4 September 4

PERSONAL TRAINING SHOWCASE

MAY 15 and JULY 17

Come learn why working with a YMCA Personal Trainer can make a significant difference when working toward your health and wellness goals. Our certified Personal Trainers can help safely and quickly improve your overall fitness, reduce your risk of injury, and keep you motivated and accountable.



DAY OF GIVING

MAY 23

Join us on May 23 for our annual Day of Giving event where we inspire people of all walks to life to play a part in making the Y accessible to all. From an adjusted group exercise schedule to miscellaneous challenges and events, we will be hosting a day full of activities to highlight our 2017 Annual Campaign, and help you get connected to our cause.

3v3 BASKETBALL TOURNAMENT

MAY 23

Help us celebrate Day of Giving with a special 3-on-3 Basketball Tournament. All proceeds go to the YMCA Scholarship Fund.

Cost: \$50 per team

Teams: 3-5 players

Divisions: 18-24; 25-34; 35-49; 50+

Games: Tuesday night at the YMCA



To volunteer for any of these events contact Brenda Pickard at bpickard@cfymca.org or 352.368.9622.

THE Y: FOR YOUTH DEVELOPMENT

At the Y, we also know the importance of playtime—especially playtime in the fresh air of the great outdoors. That's why our outdoor playground allows your kids to have direct contact with nature as they develop emotionally and physically. Running, jumping and climbing will help your children burn calories while combatting childhood obesity through vigorous play.



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 making 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.

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.



INSPIRING OUR FUTURE

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.

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. Plus, this summer, we are adding an additional night—join us on the fourth Friday of June, July and August, too!

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.

CHARACTER DEVELOPMENT

Daily lessons teaching the Y's core values using our Character Counts curriculum. Kids can earn "core value" beads by demonstrating these core values in Child Development.

ALL AGES



Y SPOTLIGHT: NICOLE COLLINS

The YMCA is my second home. I love coming here to workout! My kids love spending time here, too. I've been a member at the Y for 4 years, and I'm absolutely addicted! The instructors here are extremely motivating! Of course, I have my favorites because they have pushed me to become so much stronger—both emotionally and physically. I've gained so much strength and have made so many great friends taking the classes. My favorites are Strength Training, Bootcamp, BODYPUMP, Cardio Strength and Cardio Dance. I'm so thankful for them—I really couldn't imagine my life without them.



I love the girls in Child Development! They are wonderful with my kids, and that means a lot to me. To anyone who doesn't know, the Y is a great place to get you motivated with great workouts. Joining the Frank DeLuca Y has been a real life-changer for me.

STAFFING RATIOS

Taking care of your children is of the utmost 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

WEEKLY THEMES

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

- Mother's Day
- Community Helpers
- Flowers
- Memorial Day
- Summer is Here!
- Father's Day
- The Beach
- Under the Sea
- Zoo Animals
- Camping
- All About Me
- Friendship
- Back to School
- The Five Senses

ISTARTSMART™

At the Y, we take pride in educating our youth. 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.

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

ENDLESS POSSIBILITIES

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.

KEEPING KIDS ACTIVE

EXERGAME FITNESS

Exergames by Motion Fitness is a program that uses technology, combined with games and physical activity, to enhance the lives of our youth. Sponsored by Children's Health of Ocala, the equipment is proven to get kids engaged in activities that **improve their health**, along with their **academics** and **social behavior**.

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, CATCH Curriculum, Kids Zumba, Basketball, Soccer and more.

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.

CHARACTER COUNTS

At the Y, we teach our kids the importance of good character. That's why every program we offer teaches our five core values:

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.

ROB MCCOY TEEN CENTER HOURS OF OPERATION

REGULAR HOURS

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.

SUMMER HOURS

*Starting May 30

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.

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: 6:45 a.m. to 6 p.m.
Location: YMCA
Members: \$25
Potential Members: \$50



SAVE THE DATE

Monday, August 7
Tuesday, August 8
Wednesday, August 9
Monday, October 16
Tuesday, October 17
Monday, November 20
Tuesday, November 21
Wednesday, November 22



MAKE A SPLASH

SWIM LESSONS AND SWIM TEAM

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.

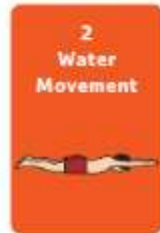
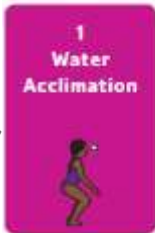


WATER EXPLORATION

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

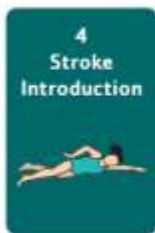
Participants begin to learn how to move in the water, float, change direction and exit safely.

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

MONTHLY SESSIONS—includes 8 classes per session

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

Members: \$75 Potential Members: \$150

Session 1: May 8-31 (Mondays and Wednesdays, No lessons May 29)

Session 2: May 9-June 1 (Tuesdays and Thursdays)

Session 3: July 31-August 23 (Mondays and Wednesdays)

Session 4: August 1-24 (Tuesdays and Thursdays)

TWO-WEEK SESSIONS—includes 8 classes per session

Sessions run Monday-Thursday, times vary

Members: \$75 Potential Members: \$150

Session 1: April 17-May 4 (No classes April 24-27—SAW Week)

Session 2: June 5-15

Session 3: June 19-29

Session 4: July 3-13 (No lessons July 4)

Session 5: July 17-27

SATURDAY SESSIONS

Members: \$45 Potential Members: \$75

Session 1: April 22-May 13

Session 2: May 20-June 17 (No lessons May 27)

Session 3: June 24-July 22 (No lessons July 1)

Session 4: July 29-August 19



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, 8 classes per session

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

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

Session Dates: May 9-June 1

June 6-29

July 6-27 (No lessons July 4)

August 1-24

August 29-September 21

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: \$200

Two Members: \$250



JUST ADD WATER AQUATIC PROGRAMS

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 for 2 weeks, includes 4 classes
11:45 a.m. to 12:30 p.m.

Sessions: April 10-19
April 24-May 3
May 8-17
May 22-June 2 (No lessons May 29)
June 5-14
June 19-28
July 3-12
July 17-26
July 31-August 9
August 14-23
August 28-September 8 (No lessons September 4)

SWIM TEAM

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 or visit the YCF website at www.ycfwahoos.com.

LIFEGUARDING CLASS

Do you want to join our YMCA Lifeguarding team? We have two upcoming classes in May (May 5-7 and 12-14) and in June (June 8-12). Here's how you can get started:

- Register by April 28 (May 5 class) or June 1 (June 8 class)
- 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.

Member Cost: \$200

Potential Member Cost: \$250

Y SPOTLIGHT: DOLORES DEL MAR

In 2010, I had been walking in my neighborhood, but walking on the concrete was hurting my knees. My neighbor, Sandra Neel, suggested going to the Y. She took me as her guest and introduced me to Yoga, Strength Training and Water Fitness classes. That was it—I joined immediately.



The staff and instructors are the best! I have made many friends and I love the uplifting spirit I find at the Y. I'll be 80 years old next year, and I plan on going to classes for years to come!

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.

Through May:
Tuesdays and Thursdays 6:30 to 7:30 p.m.

Starting June 1:
Tuesdays and Thursdays 6 to 7 p.m.

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.**

Mondays, Wednesdays, Fridays 5 to 7 a.m.

LAP SWIM

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

WATER PARK

MAY HOURS

Monday—Friday
10 a.m. to 1 p.m. and 4 to 7 p.m.
Saturday
10 a.m. to 4 p.m.
Sunday
12 to 4 p.m.



JUNE, JULY AND AUGUST HOURS

Monday—Friday
10 a.m. to 7 p.m.
Saturday
10 a.m. to 4 p.m.
Sunday
12 to 4 p.m.



BUILDING STRONG KIDS

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. We offer:

- Youth Soccer
- Youth Basketball
- Youth Flag Football
- Youth Girls Volleyball
- Youth Indoor Futsal
- Youth Lacrosse (Soft-stick)

YOUTH INDOOR FUTSAL SOCCER—5 WEEK PROGRAM

Grades: Pre-K through 8th
Open Registration: April 3-May 12
Members: \$65 **Potential Members:** \$110
Extended Registration: May 13-19
Members: \$85 **Potential Members:** \$130
Practice Begins: Week of May 30
Practice Night: One weekday at the YMCA
First Game: June 3
Last Game: July 1
**Registrations on or after May 19 are not guaranteed*

YOUTH BASKETBALL—5 WEEK PROGRAM

Grades: Pre-K through 8th
Open Registration: April 3-June 16
Members: \$65 **Potential Members:** \$110
Extended Registration: June 17-June 23
Members: \$85 **Potential Members:** \$130
Practice Begins: Week of July 3
Practice Night: One weekday at the YMCA
First Game: July 7 or 8
Last Game: August 4 or 5
**Registrations on or after June 23 are not guaranteed*

SUMMER SPORTS CLINICS

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: Incoming 2nd through 8th
Registration Begins: April 25
Camp Times: 9 a.m. to 3 p.m.
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.

FLAG FOOTBALL

June 12-16

BASKETBALL

July 10-14

LACROSSE

June 19-23

VOLLEYBALL

July 17-21

CHALLENGER SPORTS SOCCER CLINICS

Grades: Incoming 2nd through 8th
Registration: Online registration only at www.challengersports.com
Camp Times: 9 a.m. to 3 p.m.
Location: YMCA
Cost: \$200 per week
Dates: June 5-9 and July 31-August 4

FALL YOUTH SPORTS

YOUTH SOCCER

Grades: Pre-K through 8th
Open Registration: June 19-July 28
Members: \$75 **Potential Members:** \$130
Extended Registration: July 29-August 4
Members: \$95 **Potential Members:** \$150
Practice Begins: Week of August 14
Practice Night: One weekday at the YMCA
First Game: August 25 or 26
Last Game: October 13 or 14
**Registrations on or after August 4 are not guaranteed*

YOUTH GIRLS VOLLEYBALL

Grades: 2nd through 8th
Open Registration: June 19-July 28
Members: \$75 **Potential Members:** \$130
Extended Registration: July 29-August 4
Members: \$95 **Potential Members:** \$150
Practice Begins: Week of August 14
Practice Night: One weekday at the YMCA
First Game: August 25
Last Game: October 13
**Registrations on or after August 4 are not guaranteed*



HIGH SCHOOL BASKETBALL

Grades: 9th through 12th
Open Registration: June 19-July 28
Members: \$75 **Potential Members:** \$130
Extended Registration: July 29-August 4
Members: \$95 **Potential Members:** \$150
Practice Begins: Week of August 14
Practice Night: One weekday at the YMCA
First Game: August 26
Last Game: October 14
**Registrations on or after August 4 are not guaranteed*

Y SPOTLIGHT: MICHELLE JACKSON

My daughters and I have been members of the YMCA since 2013. We enjoy participating in the youth sports programs.

The youth sports have given my daughters valuable lessons in team sports that have given them confidence.

I enjoy coaching volleyball and being able to encourage other children to have fun. We also love swimming, and have enjoyed being a part of the swim team!



GAME ON!

YOUTH AND 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.

2017 LEAGUES AND PICK UP

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

PICK UP GAMES INDOOR SOCCER

Mondays 7:45 p.m. to 9:45 p.m.
*Pickup games will not be held during Indoor Soccer League

VOLLEYBALL

Wednesdays 7:45 p.m. to 9:45 p.m.
*Both beginner and advanced courts are available

BASKETBALL

Morning Pick Up:

Monday, Wednesday, Friday 6 a.m.
Full Court

Lunch-Time Pick Up:

Monday through Friday 12 to 2 p.m.
Full Court

Evening Pick Up:

Tuesday and Thursday 7:45 to 9:45 p.m.
Full Court
*Pickup games will not be held during Adult Basketball League

PICKLEBALL

Weekday Pick Up:

Monday, Wednesday, Friday 9:30 to 11:30 a.m.

Weekend Pick Up:

Saturdays 11:30 a.m. to 1:30 p.m.

LEAGUES

SUMMER INDOOR SOCCER

Ages: 18 and up, YMCA Members Only

Open Registration: April 3-May 19

Cost: See front desk for details

Extended Registration: May 20-26

Cost: A \$10 late fee will be added to registrations after May 19

First Game: Week of June 5

Championship Game: Week of August 7

Season Includes: 8-week regular season; 2 weeks of playoffs

FALL BASKETBALL

Ages: 18 and up, YMCA Members Only

Divisions: 18+ and 30+

Open Registration: June 19-July 28

Cost: See front desk for details

Extended Registration: July 29-August 4

Cost: A \$10 late fee will be added to registrations after July 28

First Game: Week of August 14

Championship Game: Week of October 16

Season Includes: 8-week regular season; 2 weeks of playoffs



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.

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.

For more information, contact
Rod Van Dyke
at
863.651.4058.



TAKING ACTION, CHANGING ODDS

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**.

PERSONALIZED COACHING

Let's face it, starting—and sticking to—a regular work-out routine isn't easy. But through COACH APPROACH®, and our other wellness programs, 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

LIVESTRONG AT THE YMCA

At the Y, we know that exercise—even in moderation—is key to combating chronic diseases. That's why our LiveSTRONG program is designed to help adult cancer survivors rebuild their strength. Through a 12-week small group program, participants meet twice a week so that they can continue to practice a healthy lifestyle that will help them live strong.

SESSION INFORMATION

AGES: 18 and up

CLASSES BEGIN: April 11

CLASS TIMES: 1:45 p.m. Tuesdays and Thursdays

REGISTRATION FOR FUTURE CLASSES: Contact Tiffany Wheeler, Wellness Director, at twheeler@cfymca.org.

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
- Young Living Essential Oils
- Toastmasters International

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



UNLIMITED SUPPORT

WELLNESS AND HEALTHY LIVING

PERSONAL TRAINING

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

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

PERSONAL+ FITNESS COACHING

With Personal+ Fitness Coaching, you follow a personalized workout plan that empowers you to exercise anywhere—at the Y, at home or on the road. Your coach will monitor your progress, provide feedback, and adjust the plan as needed to keep you on track to great results.

MOTIVATE: \$150

- 1 one-on-one appointment with a certified trainer
- Garmin Vivofit® Fitness Tracker
- Prescription of circuit on mywellness account
- Orientation on equipment/exercise setup
- 1 month online coaching through mywellness® cloud

EMPOWER: \$200

- 3 one-on-one appointments with a certified trainer
- Garmin Vivofit® Fitness Tracker
- Custom Program Prescription
- Program overview with mywellness orientation
- 2 months online coaching through mywellness® cloud

SUCCEED: \$250

- 4 one-on-one appointments with a certified trainer
- Garmin Vivofit® Fitness Tracker
- Biometrics, Assessment and Goal Setting
- Custom Program Prescription
- Program overview with mywellness orientation
- Follow-up meeting every 4-6 weeks, including program update
- 3 months online coaching through mywellness® cloud

Y SPOTLIGHT: DANIEL ATKINS

My Y story started in 2010 when my mom got a membership to the Y through her employer.

At first, I would go with her and just do the recumbent bike, however she soon started going to different group exercise classes, so I started to meet many different people. Now, I use the equipment while she works out.

Roxanne became my Wellness Instructor and showed me how to use the different weight machines. I've also learned how to work out on the rowing machines and the elliptical. I like to challenge myself and keep track of the miles I log on the different machines each day.

I have cerebral palsy, and going to the Y has really helped with my muscle tone. It gives me the ability to move and bend without all the stiffness and tension.

Everyone at the Y is so friendly, but Roxanne, Victoria and Joyce go out of their way to make my day. I love going to the Y, and I enjoy meeting new people who quickly become friends.



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 6:30 p.m.

OMNIA BOOTCAMP:
Tuesdays and Thursdays
9:30 a.m. and 5:30 p.m.



TURKEY TROT TRAINING

Are you new to running? Trying to increase your speed or distance? Join us for our Group Training program to help you prepare for our 22nd Annual Turkey Trot. This program includes options for both the 5K and the 10K race. 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.

10K TRAINING: Starts August 21

5K TRAINING: Starts September 18

BE A HERO FOR YOUR HEALTH

GROUP EXERCISE AND HEALTHY LIVING

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

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.

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.

Silver Sneakers BOOM Muscle: This class improves strength, flexibility and endurance while featuring athletic moves taken from your favorite sports like golf and tennis.

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.

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.

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

Silver Sneakers BOOM Move It: This class improves strength, flexibility and endurance while dancing to the beat of hip hop and moving to rhythms of the mambo. Have fun and learn steps from every era during this cardio workout.

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.

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.

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.

GROUP EXERCISE MANIA

Monday, May 22 and Tuesday, May 23

Help us celebrate our annual Day of Giving with an adjusted group exercise schedule that features specialty classes! We're going to bring the party to you all day with all of your favorite classes, including BODYPUMP, BODYCOMBAT, Cycling, Step, Strength Training, Yoga, Water Fitness, Barre, Silver Sneakers, Cardio Dance and more!

BECAUSE HEALTHY IS AWESOME

FITNESS: MORE THAN A PHYSICAL WORKOUT

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 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.

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 Les Mills **BORN TO MOVE** is designed to instill a love of being active in children.

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: Fun, Belonging, The Right Fit Achievement, and Safety and Security.



LES MILLS LAUNCH PARTIES

Quarterly

LES MILLS
FOR A FITTER PLANET

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 during these master classes that focus on fitness and fun!

NEW CLASS—COMING SOON

LES MILLS RPM™

RPM™ is a group indoor cycling workout where you control the intensity. Your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout, you repeatedly spin the pedals to reach your cardio peak, then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

MEASURE YOUR SUCCESS

MYWELLNESS CLOUD



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 (scan the QR code) or see any Wellness Staff for assistance.



SMART START

When it comes to motivation, your brain is a mysterious creature. One minute you're full of enthusiasm. A few weeks later, the excuses start to creep in, and before you know it, you haven't been to the Y all week. SMART START is a beginners plan for fitness that is based on scientific research. Follow our 6-week approach to guarantee that your first steps to fitness are not your last.

SMART START encourages you to participate in a variety of group exercise classes, with the goal of completing the first 20 to 30 minutes of each class. Meet with a Y staff member to get your personalized plan and YMCA wrist band. Then, start attending the classes on your plan! At the midway point in each SMART START class, the instructor will dismiss all SMART START participants once they have completed a balanced, full body workout. Then, as a SMART START participant, you are encouraged to continue building on each class, little by little, at a pace that is comfortable for you.

To set up your personalized SMART START plan, contact Tiffany Wheeler, Wellness Director, at twheeler@cfymca.org.

BEST SUMMER EVER

YMCA SUMMER CAMP



Camp Dates: May 30 through August 4

Camp Times: 6:45 a.m. to 6 p.m.

Registration Fee: \$25 per child (one-time payment)

Weekly Cost: \$120 Members, \$160 Potential Members

Grades: Incoming First Grade through 8th Grade

NEW Location: St. Paul's United Methodist Church
800 SE 41st Avenue
Ocala, FL 34471

Camp Swim Lessons: Available Mondays and Wednesdays during
child's scheduled swim time for 45 minutes

Additional Info: Field Trips every Friday
Breakfast and Lunch provided June 5 - July 27
Camp Swim Lessons available

**For more information, contact Jamie Craig, Camp Director, at
352.368.9622 or jcraig@cfymca.org.**

FRANK DELUCA YMCA FAMILY CENTER

3200 SE 17th Street
Ocala, FL 34471
P 352.368.9622

www.ymcacentralflorida.com/y-locations/frank-deluca
www.facebook.com/MarionCountyYMCA