



YMCA OF BROWARD COUNTY

STRONGER TOGETHER

PROGRAM GUIDE
FOR THE WHOLE FAMILY

January to April 2012



**GREATER HOLLYWOOD
YMCA FAMILY CENTER**
3161 Taft Street
Hollywood, FL 33021
954.989.9622

ymcabroward.org

OUR PROMISE

STRENGTHENING THE
FOUNDATIONS OF COMMUNITY



OUR AREAS OF FOCUS

Youth Development

Nurturing the potential of every child and teen.

CHILD CARE

With so many demands on today's families, parents need all the support they can get. That's why child care at the Y is about more than looking after kids. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

EDUCATION AND LEADERSHIP

All kids have great potential. At the Y, we help them set and achieve their personal and educational goals. They gain confidence as they recognize the Y as a place where they belong and can feel comfortable exploring new interests and passions.

SWIM, SPORTS AND PLAY

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives.

Healthy Living

Improving our communities' health and well-being.

FAMILY TIME

Serving families has always been at the heart of the Y. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance, and become more engaged with their communities.

HEALTH, WELL-BEING AND FITNESS

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y includes more than just working out.

SPORTS AND RECREATION

We believe sports, fun and exploring new interests aren't just for the young. Along with improving health, whenever teamwork is involved, there's the added benefit of being connected to others.

SPECIAL EVENTS AND GROUP INTERESTS

Whether you are a member or new to the community the Y brings people together through interest groups and special events.

Social Responsibility

Giving back and providing support to our neighbors.

SOCIAL SERVICES

To bring meaningful change, individuals need ongoing encouragement and tools. We're here day-in and day-out to provide the resources our communities need to address the most pressing social issues.

VOLUNTEERISM AND GIVING

The generosity of others is at the core of our existence. It is only through the support of hundreds of volunteers and public and private donors that we are able to give back to the communities we serve.

CHILD CARE

PRESCHOOL

Home Away from Home

At the Y preschool, we carefully design every activity to expand a child's imagination and encourage lifelong positive values in a safe, caring learning classroom. All programs provide children with high-quality, fun-filled experiences where the Y staff shares the character values of honesty, caring, respect and responsibility. Our Pre-K program emphasizes learning through play. Our unique integrated curriculum allows children to explore

Ages 2-5 years old

Fall registration fee \$90 • Summer \$35

Age 3 years old

Y Members \$125/week • Non-Members \$155/week

Ages 4 and 5 year old (VPK wrap around)

Y Members \$100/week • Non-Members \$130/week

Monday-Friday 7:30am-6:00pm

CHILD WATCH

A Place Where Kids Count

Child Watch is an expanded and renovated area for fun, physical activity and safe place for kids available as a complimentary service to members with a Family/Single Parent Family Membership while at the premises.

Ages 6 weeks-7 years old

Up to 2 hours each visit

Monday-Friday 8:15am-12:15pm • 3:30-8:30pm

Saturday 8:00am-12:30pm

Sunday 1:00-3:30pm

PARENTS NIGHT OUT

Do you need a night out without the kids? Bring them to the Y for an evening of fun! Drop off your children at the Y for a night of rock climbing, sports, games, arts & crafts, movies, pizza, popcorn and more!

Ages 6 weeks –12 years old

Y Members \$15 • Non-Members \$25

Jan20 • Feb17 • Mar2 & 16 • Apr6 & 20

PARENTS DAY OUT – NEW!

Enjoy a day out while the kids are at the Y. With a day full of fun activities. Sports, games, arts & crafts, movies, and more!

Ages 6 weeks – 12 years old

Y Members \$15 • Non-Members \$25

Feb11 • Mar10 • Apr14

9:30am-1:30pm



EDUCATION AND LEADERSHIP

Y TEEN LEADER'S CLUB

This program is for teens who demonstrate outstanding leadership skills. The components of leadership taught are human relation skills, volunteerism, and fitness of the whole individual (physical, mental and spiritual wellness).

There are academic and volunteer hour requirements for all members of the club.

Ages 13-18 years old

Y Members \$25 • Non-Members \$45 (per school year)

Tuesdays 7:00-8:00pm

Y ADVENTURE GUIDES

The Y Adventure Guides program is designed to provide fathers with the opportunity to spend quality time with their sons and daughters. Activities enhance family ties, cooperation, communication and team work. The Y character values of caring, honesty, respect and responsibility are exemplified in all activities and events. Physical activity and healthy living are part of the campouts, canoeing, sleepovers and fishing trips.

For more information visit: yadventureguides.net

Ages 5-13 year old boys or girls with father

Y Members \$25 per family • per year

Non-Members \$85 per family • per year

When School is Out, the Y is in! SPRING BREAK ADVENTURE CAMP

Your child will enjoy a week of fun and fitness with games, sports, swimming, arts & crafts.

Ages 5-12 years old

Y Members \$150 • Non-Members \$180

Session 1 • Mar 12-16 7:30am-6:00pm



Subway lunch available for \$5.00 per meal.

SUMMER CAMP

Registration begins Mar 1st for Y members

SPORTS

YOUTH BASKETBALL

Recreational basketball for boys and girls. Participants are divided into age-appropriate groups and assigned to teams that promote sportsmanship, teamwork and fair play while developing the fundamental skills and strategies of basketball. Includes practices, games and jersey.

Ages 5-15 years old

Y Members \$80 • Non-Members \$130

Jan 16-Mar 10 • Apr 16-Jun 9

YOUTH FLAG FOOTBALL

10-week program which includes one practice and one game per week. Price includes jersey and trophy. Participants will be enhancing their skills, as well as teamwork, communication and leadership through the help of Y volunteer coaches.

Ages 5-15 years old

Y Members \$75 • Non-Members \$125

Feb 13-Apr 24

MIDNIGHT MADNESS

Players compete in non-stop basketball, flag football, and kickball action. The evening includes skills, drills, team play, food and prizes.

Ages 7-12 years old

Y Members \$15

\$25 Non-Members

Second Friday
of the month

8:00pm-12:00am



SWIM

Swim Lessons

Designed to enhance self confidence, emphasize water safety and develop a sense of comfort and familiarity with the water.

Ages 6 months-Adults

Y Members \$50 • Non-Members \$90

Monday/Wednesday • Tuesday/Thursday • Saturdays

Private Lessons

For all age groups and skill levels who want to work one-on-one with our certified swim instructors

Five 30min lessons - Y Members \$140.00

Five 30min lessons - Non-Members \$225.00

YMCA Dolphin Swim Team

Swim for the Y tryouts are ongoing.

Ages 4-17 years

Y Members \$45

Monday-Friday

Red Team • 5:30-6:30pm

White Team • 6:30-7:30pm

Visit our website at ymcabroward.org or stop by the Member Services Desk for more information.

Family Pool Games!

Two Hours of Fun Games for the Family.

Come spend your Sunday afternoon at the pool!

Sundays 2:00-4:00pm

POOL TIMES OPEN SWIM

Weekdays 5:30am-9:45pm

Friday 5:30am-8:45pm

Saturday 7:30am-5:00pm

Sunday 10am-5:00pm

Indoor Pool • Times vary

SAFE START

This course is a one-of-a-kind drowning prevention program where children learn the survival skills of independent swimming and floating both in swimwear and everyday clothes. Children are taught one-on-one instruction.

This is a 6-week course; children attend lessons 5 days a week for 10 minutes each day. Flexible appointment times and payment plans are available.

safestart.org

Ages 6 months-4 years old

Y Members and Non-Members \$500

Visit our website at ymcabroward.org or stop by the Member Services Desk for more information on swim lessons, swim team, water fitness, family fun and more!



PLAY



GYMNASTICS

This is a program designed to teach self-expression, enhance self-confidence and self-esteem through creative movement in a safe, fun and positive learning environment. Classes are geared to the individual learning differences of each child enabling them to develop to their own ability level. Classes meet year-round on an 8-week schedule. The child's age and skill level determine the recommended number of classes per week.

Dec 12-Feb 11 • Feb 13-Apr 14

Visit our website at ymcabroward.org or stop by the Member Services Desk for more information.

TINY TOTS SPORTS

Tiny Tots gives children the opportunity to learn the fundamental skills of sports while participating in a social and welcoming environment. Sports such as Soccer, T-Ball and Basketball are taught without scores or referees. The children are able to learn the basic skills without pressure. Children participating emerge with the skills necessary to participate at the next level.

AGES 3-5 years old

Y Members \$50 to \$120 • Non-Members \$90 to \$216

Jan 2-Feb 25 • Feb 27-Apr 21

Basketball • Mondays and Wednesdays 4:00-4:45pm

Soccer • Tuesdays and Thursdays 4:00-4:45pm

Saturdays 10:15am

T-Ball • Wednesdays 4:00pm

Y FIT KIDS

It's never too early to get your kids moving and developing sport skills! YFit is a comprehensive physical education program for children of all ages and skill level. Utilizing SPARK, an evidence-based physical activity curriculum, YFit engages children in high-quality, inclusive, fun physical activity while also developing skilled movers and life-long lovers of physical activity. YFit is based on pure play, and everyone wins! Free program for Y members.

Ages 5-7 years old

Mondays and Wednesdays 5:30-6:00pm

Ages 8-12 years old

Mondays and Wednesdays 6:15-7:00pm

DANCE

The Y offers instructional dance classes for children. Classes include: Intro to Ballet, Pre-Ballet, Advanced Pre-Ballet, Ballet Level 1, Jazz & Hip-hop.

Ages 3-10 years old

8 Week Sessions

Y Members \$80 • \$120 Non-Members • 1x per week

Y Members \$144 • \$224 Non-Members • 2x per week

Jan 9-Mar 2

Mar 5-Apr 17

FUN DAYS

Spend a day at camp! Games, sports, swimming and more.

Ages 5-12 years old

Y Members \$30 • Non-Members \$40

Jan 6 and 20 • Feb 20 • Mar 30 • Apr 6

HEALTH, WELL-BEING AND FITNESS

KUNG FU MARTIAL ARTS

Learn discipline while conditioning the mind and body.
Great class for beginners.

Ages 4-Adult

Y Members \$32 • Non-Members \$64

Sessions start monthly

BEACH BOOT CAMP

A high intensity and strength training interval class taught military style! Intervals include total body exercises, speed and agility drills, plyometric exercises, running and jump rope. Class meets at the Johnson Street Bandshell on Hollywood Beach.

Free for Y members!

Saturdays 7:00am

ENJOY UNLIMITED GROUP EXERCISE CLASSES

- Boot Camp
- Kickbox
- Cardio Circuit
- Spinning
- Total Body
- Latin Dance
- Pilates
- Power Yoga
- Run/Walk
- Step
- Tai Chi
- Body Tone
- Gentle Yoga
- Zumba
- Belly Dancing
- Stretch & Strength

Free to all Y members ages 13 and up!

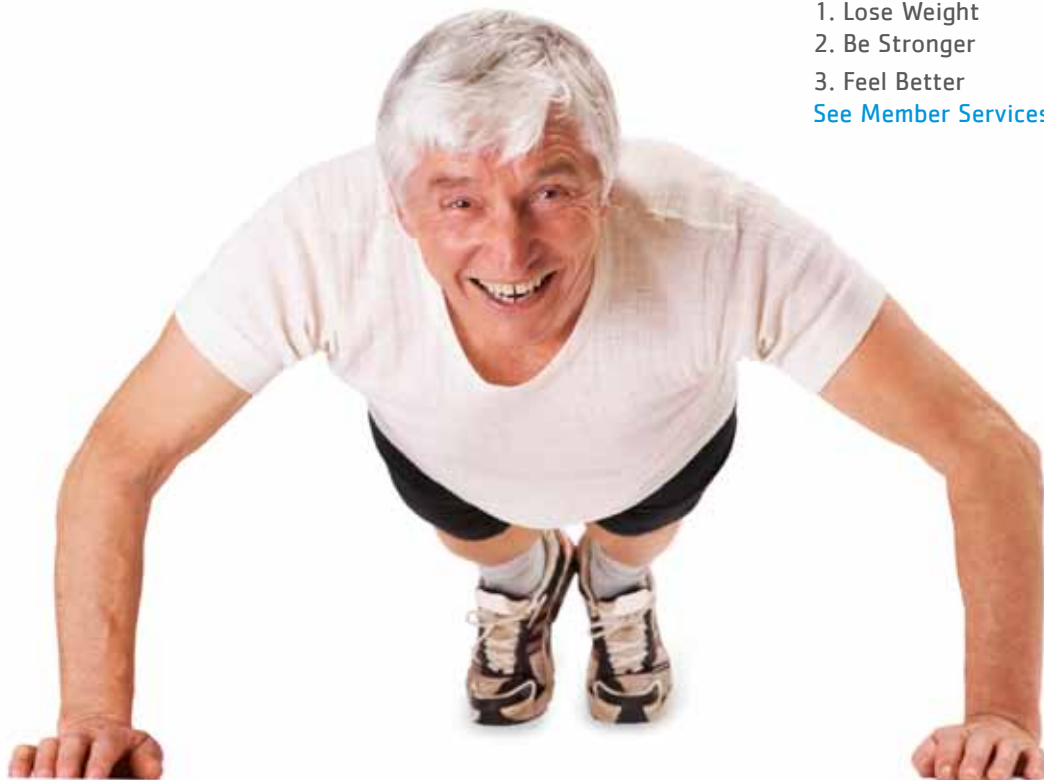
Please check the latest schedule for times and class descriptions located online at ymcabroward.org or at the Member Services Desk.

PERSONAL TRAINING

Reach your goals faster and more effective with the help of a Certified Personal Trainer. Personal Training is available in 30 and 60 minute sessions. Contact the Member Service for pricing. Sign-up now so you can:

1. Lose Weight
2. Be Stronger
3. Feel Better

See Member Services Desk for details.



FAMILY TIME

SPLASH BIRTHDAY PARTIES

Celebrate your birthday with your friend at the Y. Your party host will keep all your guest active, engaged and entertained.

Up to 12 kids

Y Members \$180 • Non-Members \$250

Up to 20 kids

Y Members \$250 • Non-Members \$350

Saturdays 10am-12:00pm and 1-3pm

Sundays 1-3pm



SPECIAL EVENTS AND GROUP INTERESTS

Join Us at the Y For Great Events Throughout the Winter...

JANUARY

Live at The Y • FREE Zumba Class • Jan 1 12:00Noon
Bring Your Friends!

Martin Luther King Jr. Inspirational Breakfast • Jan 13 7:30am
First Baptist Church of Fort Lauderdale
Keynote Speaker • J.R. Martinez
Iraq veteran and Dancing with the Stars winner
Honoring • Jason Taylor
All-Pro NFL player, Miami Dolphins

FEBRUARY

Annual Fundraising Campaign • Feb 1-Mar 31

MARCH

YMCA Splash

APRIL

Healthy Kids Day • Apr 28
Camp Open House • Apr 28

STUDENT VOLUNTEER PROGRAM

The student volunteer program offers teens a chance to contribute to a cause-driven, charitable organization. Volunteers will learn about skills needed to succeed in a business-orientated environment. To become eligible for the Student Volunteer Program, teens must fill out the Volunteer Application and attend the Volunteer Orientation. Applications available at Member Service desk.

Ages 13-18 years old

Orientation is the 1st Saturday of each month

Health and Safety

COMMUNITY CPR/AED • FA RE-CERTIFICATION COURSES

Re-certification • 4 hours

Complete course • 8 hours

Y Members \$65 • Non-Members \$75

You Can Make A Difference!

ANNUAL FUNDRAISING CAMPAIGN

As a volunteer-guided and supported organization, the YMCA of Broward County has made a commitment to serve everyone from all walks of life, regardless of their inability to pay.

100% of the charitable dollars raised each year by the Annual Fundraising Campaign goes directly to provide programs and services to children and families in our community.

Last year over 50,000 individuals received financial support thanks to the generosity of our donors. The commitment of hundreds of volunteers and supporters allows the YMCA of Broward County to continue to strengthen the foundations of community through youth development, healthy living and social responsibility.

**Give to the Y!
Give to the community!**





Greater Hollywood YMCA Family Center
 3161 Taft Street, Hollywood, FL 33021
954.989.9622

Indoor and Outdoor Swimming Pools



YMCA of Broward County
 900 SE 3rd Avenue, Fort Lauderdale, FL 33316
954.334.9622



Children's Advocacy YMCA Family Center
 900 SE 3rd Avenue, Fort Lauderdale, FL 33316
954.623.5555



L.A. Lee YMCA Family Center
 408 Northwest 14th Terrace, Fort Lauderdale, FL 33311
954.467.2444



Lauderhill Community YMCA
 1901 NW 49th Ave, Lauderhill, FL 33313
754.322.3608



Parkland YMCA Family Center
 10559 Trails End, Parkland, FL 33076
954.384.9622



Pembroke Pines YMCA Family Center
 501 SW 172nd Avenue, Pembroke Pines, FL 33029
954.727.9622

Pembroke Pines YMCA Aquatic Center
 1361 NW 129th Avenue, Pembroke Pines, FL 33028



Sheinberg Family YMCA of Weston
 20201 Saddle Club Road, Weston, FL 33327
954.424.9622



Swimming Pool



Community Garden

Sign up for membership and programs at
ymcabroward.org

SIGN UP ONLINE FOR MEMBERSHIPS AND PROGRAMS

ymcabroward.org

GREATER HOLLYWOOD YMCA FAMILY CENTER

3161 Taft Street, Hollywood, FL 33021 • **954.989.9622**

HOURS OF OPERATION

Monday - Thursday	5:30am - 10:00pm
Friday	5:30am - 9:00pm
Saturday	7:30am - 5:00pm
Sunday	10:00am - 5:00pm

POOL TIMES

Weekdays	5:30am - 9:45pm
Friday	5:30am - 8:45pm
Saturday	7:30am - 5:00pm
Sunday	10:00am - 5:00pm
Indoor Pool:	Times vary



YMCA OF BROWARD COUNTY

FREE GUEST PASS

One Day of Fun and Fitness

Redeem this pass for **ONE FREE DAY** of fun and fitness
at the Greater Hollywood YMCA Family Center.