



YMCA OF BROWARD COUNTY

# STRONGER TOGETHER

PROGRAM GUIDE FOR THE WHOLE FAMILY

January to April 2012



**PARKLAND YMCA FAMILY CENTER**  
10559 Trails End, Parkland, FL 33076  
954.384.9622 • ymcabroward.org

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

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

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

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

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

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

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

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

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

**Swimming Pool**

**Community Garden**

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.

**SIGN UP ONLINE FOR MEMBERSHIPS AND PROGRAMS**  
ymcabroward.org

**PARKLAND YMCA FAMILY CENTER**  
10559 Trails End, Parkland, FL 33076 • 954.384.9622

#### HOURS OF OPERATION

Monday - Thursday	6:00am - 9:00pm
Friday	6:00am - 7:00pm
Saturday and Sunday	8:00am - 2:00pm

**FREE GUEST PASS**  
One Day of Fun and Fitness

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

## For Youth Development

### Child Care

#### CHILD WATCH

##### A Place Where Kids Count

Child Watch is an expanded and renovated area for fun, physical activity and a safe place for kids. Available as a complimentary service Family Membership while at the premises.

**Ages 6 weeks–7 years old**

Up to 2 hours each visit

Mondays-Fridays

8:15am-12:00pm • 4:30-8:00pm

Saturday and Sunday 9:00am-12:00pm

#### PARENTS NIGHT OUT

Need a night out without the kids? Bring your child to the Y! Children will participate in a variety of theme-based activities while enjoying the company of their friends. The night includes dinner and small snack.

**Ages 5-11 years old**

Offered to Y Members • \$10 in advance • \$15 at the door

Every 3rd Friday of the month

#### KIDZ CLUB

Make after school special. This program provides supervised care after school hours. Kids will be transported from their school to the Y where they will: complete homework, play games, work on a craft project and so much more!

**Ages 5-11 years old**

Monday-Friday during school year

#### WHEN SCHOOL IS OUT, THE Y IS IN!

This program provides supervised activities for children. Activities include games, crafts, sports and more!

**Ages 5-11 years old**

On days when school is not in session

#### ADVENTURE GUIDES AND PRINCESSES

This program is specially designed for dads to spend quality time with their children. Each participant is placed into a tribe with other dads and children.



### Education and Leadership

#### VEGGIE TOTS

Under parent supervision, children will learn about fruits and veggies, healthy snacking, digging and harvesting. They'll read books and have many hands-on activities.

**Ages 2-5 years old**

Starting Jan 10 • 10:15-11:00am

#### ROBOTICS

Kids learn the fundamentals of computer programming through the use of laptops and Lego kits to build robots. Children will work in small groups to master this skill.

**Ages 7-12 years old**

#### MIXED MEDIA ART

Children will work on weekly art projects using different techniques such as pastels, watercolors, chalk, cartooning and more!

**Ages 7-13 years old**

### Play

#### YFIT FOR YOUTH

This class utilizes games designed to increase endurance, muscular strength, improve flexibility and develop lifelong fitness skills in youth.

**Ages 6-12 years old**

Meets daily

#### YFIT KIDS YOGA

The use of animated poses and basic stretching exercises to promote strength, flexibility, coordination and body awareness for all ages. Breathing and visualization techniques teach kids how to focus, relax and develop self-control.

#### Y YOUTH SPORTS PERFORMANCE

This program is designed to improve athletic performance. The Y strength and conditioning specialists develop individualized training programs specific to each sports program.

**Ages 12-17 years old**

#### KIDS IN MOTION

Fun-filled energetic dance class. Kids learn dance skills, socialization, rhythm, movement, communication, body space, and safety in a fun, energetic environment.

**Ages 2-4 years old** Tuesdays and Thursdays

**Ages 5 years and up** Tuesdays and Thursdays

### Sports

#### TINY TOTS SPORTS

Children learn the fundamental skills of sports while participating in a social and welcoming environment. Sports offered include basketball, soccer, t-ball, and a multi-sport option.

**Ages 2-5 years old**

Program meets twice per week

#### YOUTH BASEBALL LEAGUE

Everybody Plays, Everybody Wins! Instructional league designed to teach the basic skills of baseball. Players are divided into teams based on age.

**Ages 5-8 years old**

#### YOUTH BASKETBALL LEAGUE

Everybody Plays, Everybody Wins! Focus of the instructional league will be on skill development.

**Ages 5-6 years old**

Mondays and Saturdays

#### SPORTS SKILL CLINICS

Sports clinics will consist of drills, conditioning, and mini games within the sports of: flag football, basketball, softball and street hockey.

**Ages 6-12 years old**

#### CHEERLEADING

Learn basic cheers and tumbling skills.

Children 10 years and older will learn more comprehensive skills and routines.

**Ages 6-10 years old**

Mondays and Thursdays

**Ages 11-17 years old**

Mondays, Thursdays and Fridays



## For Healthy Living

### Health, Well-Being and Fitness

#### GROUP EXERCISE CLASSES

- Pilates
- S.H.R.E.D. Level 1
- Yoga
- Zumba
- Boot Camp
- Power Hour
- Cycling
- Senior Wellness

#### CYCLING

Cycle your way to fitness. Sign up for classes today.

#### S.H.R.E.D. SUPER TRAINING

Strength and conditioning class for advanced fitness levels. This class incorporates a high intensity workout utilizing various challenging resistance training exercises and high energy sports movements. This class will increase your overall fitness and conditioning levels.

#### LOSE BIG PROGRAM

This program is designed to motivate those who would like to shape up and lose a few pounds and inches. The program is a 4 week weight loss challenge that includes: fitness assessment and guides to nutrition and exercise.

#### PERSONAL TRAINING

Reach your goals faster and more effective with the help of a Certified Personal Trainer. Sign-up now so you can:

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

Personal Training is a pathway to a better quality of life through improved health and wellness. We provide you with the guidance you need to reach your personal best. Personal training is more than just a "workout". We offer one-on-one tailored programming to fit your specific needs.

**Ages 16 and older**

6 one-hour sessions \$350

Individual one-hour sessions \$65

Quick Start • 9 30min sessions \$300

Jump Start • 6 one-hour sessions \$360

Elite Training • 12 one-hour sessions \$660

Premiere Training • 24 one-hour sessions \$1,100

Partner Training • 2+ people • 6 one-hour sessions \$210/person

Small Group Training • 3+ people • 8 one-hour sessions \$125/person

#### ONE-ON-ONE PERSONAL TRAINING

Single Package 1 • 60min session \$60ea

Power Package 4 • 60min sessions \$228 • \$57ea

Elite Package 8 • 60min sessions \$432 • \$54ea

Premier Package 12 • 60min sessions \$550 • \$45ea

Personal Training is refundable only as a YCredit.

### Sports and Recreation

Sign up for sports today.

#### INDOOR BASKETBALL

#### CO-ED VOLLEYBALL LEAGUES

### Special Events

#### 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

South Florida Healthy Top Chef Competition • Feb 19 5:00pm

#### MARCH

Family Pot Luck Dinner • Mar 17 12:00Noon

Parkland Family 5k Run/Walk • Sunday Mar 4 7:30am

YMCA Splash

#### APRIL

Healthy Kids Day • Apr 28

Camp Open House • Apr 28

## For Social Responsibility

### You Can Make A Difference!

#### COMMUNITY ADVISORY COMMITTEE

Volunteer to serve on the Y's community advisory committee to share program needs and ideas for community offerings.

#### TEEN LEADERS CLUB

Earn community service hours, learn new skills, meet new friends, and gain life experiences by joining the Leaders Club. Teens will participate in special activities and events in addition to volunteering in programs at the Y.

**Ages 13-18 years old**

#### COMMUNITY GARDEN

Be a part of the City of Parkland's first Community Garden! Partake in the construction, planting, harvesting of the garden; learn about growing vegetables and healthy foods via a hands-on approach or via classroom work.

The garden is a volunteer-led project comprised of children and families interested in healthy living.

Project sponsors and resident growers wanted. Reserve your space today. Call 954.384.9622 for more information.

