



YMCA OF BROWARD COUNTY

# STRONGER TOGETHER

PROGRAM GUIDE  
FOR THE  
WHOLE FAMILY

January to April 2012

PEMBROKE PINES  
YMCA FAMILY CENTER  
501 SW 172nd Ave  
Pembroke Pines, FL 33029  
954.727.9622

[ymcabroward.org](http://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 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.

**CHILDREN'S ACTIVITY ZONE****A Place Where Kids Count**

Children's Activity Zone is an expanded and renovated area for fun, physical activity and a safe place for kids. Available as a complimentary service to members with a Family Membership while on the premises.

**Ages 6 weeks–5 years old**

Up to 2 hours each visit

**Mondays–Thursdays 8:00am–12:00pm • 3:30–8:30pm**

**Fridays 8:00am–12:00pm • 3:30–6:30pm**

**Saturdays 8:00am–3:00pm**

**Sundays 8:00am–3:00pm**

**FAMILY ACTIVITY CENTER**

New Family Activity Center with 25 foot rock climbing wall, games and activities for children ages 6–12 years old. Available to members with a family membership while on premises.

**Ages 6–12 years old**

**Mondays–Thursdays 3:30–8:30pm**

**Fridays 3:30–6:30pm**

**Saturdays and Sundays 8:00am–3:00pm**

**PARENTS NIGHT OUT**

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

**Ages 5–12 years old**

Offered to Y Members

\$10 in advance

\$15 at the door

**Every 3rd Friday  
of the Month**

**LITTLE EXPLORERS**

The Y core values, arts & crafts, story time, educational games and activities for pre-schoolers! Your child will have fun and meet new friends while you get some grown-up time!

**Ages 3–5 years old**

Y Members \$95 • Non-Member \$135

**Tuesdays and Thursdays 9:00am–12:00pm**

**Jan 3–Mar 23**

**MIDDLE SCHOOL MANIA**

Make after school special. This high quality after school program provides middle school youth a safe place to: improve academic performance, socialize and develop physical well-being.

**Ages 12–14 years old**

Y Members \$45/week • Non-Members \$65/week

**Mondays–Fridays 3:30–6:00pm**

**PUDDLE JUMPERS**

A monthly program that meets once a week to participate in an activity specific to a theme of the week. Themes include: cooking, arts & crafts and science.

**Ages 6–12 years old**

Offered to Y Members

**Tuesdays 4:00–5:30pm**

**FUN DAYS • HOLIDAY CAMP**

Fun Days are special fun activity days that are often thematically planned according to the relative season. Kids experience recreational games, participate in hands-on projects, art fun, mini character development lessons and much more that encourages and promotes social skill and physical development.

**Ages 5–12 years old**

Y Members \$30/day • Non-Members \$45/day

**Jan 16 & 20, Feb 20, Mar 30 and Apr 6**



Subway lunch available for \$5.00 per meal.

# SWIM

## Preschool Progressive Swimming Programs

### PARENT AND CHILD

#### Ages 6–36 months old

We provide a safe and fun environment for infants and toddlers to get adjusted to the water by playing games, singing songs, and practicing basic skills. Each child will progress individually according to his or her age and level of comfort in the water.

### PRE-SCHOOL

#### Ages 3–5 years old

**Pike** • This class is for beginners who are uncomfortable in the water with little or no swimming experience. Class goals include water adjustment, blowing bubbles, kicking, and floating. Instructional Flotation Devices may be used.

**Eel** • This class is for beginners who are comfortable in the water, but who are not yet moving through the water independently. Children will continue to develop skills learned at the pike level, and will continue to put their face in the water, floating, jumping in and paddling without support. Instructional Flotation Devices may be used.

**Ray** • This class is for intermediates who are moving through the water independently, and who are ready to be introduced at a rudimentary level to the front and back crawl strokes, the sidestroke, the breaststroke, and the elementary backstroke.

**Starfish** • This class is for intermediates who have been introduced to the five basic strokes taught at the Ray level, and who are ready to continue to develop those strokes. Diving may be introduced during this level.

### YOUTH

#### Ages 6–12 years

**Polliwog** • This class is for beginners who have little or no previous experience in the water. Children will work on water adjustment and basic skills including blowing bubbles, the front and back float, getting their faces wet, and paddling on the front, back and side. Instructional Flotation Devices may be used.

**Guppy** • This class is for beginners who are comfortable in the water and who are ready to be introduced at a rudimentary level to the front and back crawl strokes, the sidestroke, the

breaststroke, and the elementary backstroke. Rhythmic breathing, kneeling dives and somersaults are also introduced in this level.

**Minnow** • This class is for intermediates who have been introduced to the five basic strokes taught at the Guppy level, and who are ready to begin developing those strokes. Rotary breathing, standing dives, and the resting strokes are introduced.

**Fish** • This class is for intermediates who are continuing to develop the five strokes taught at the Guppy and Minnow levels, and who are ready to be introduced at a basic level to the butterfly stroke. Open turns and surface dives are introduced.

**Flying Fish/Shark** • This class is for advanced swimmers who have developed the front and back crawl strokes, the sidestroke, the breaststroke, and the elementary backstroke, and who are ready to continue to develop the butterfly stroke. Flip turns are introduced for the front and back crawl strokes.

### Adult/Teen

#### Ages 13 years old and up

Beginner • Intermediate • Advance  
Y Members \$55 • Non-Members \$85



# SWIM

## Group Swim Lessons

Starting March

The Y offers progressive swim lessons at the YMCA Aquatic Center for ages 6 months to Adults. We welcome all skill levels.

8 lessons • Mondays-Fridays beginning of every month

8 lessons • Saturdays every two months

Make-up classes will be scheduled for Fridays, ONLY if the Program Director cancels classes for inclement weather.

## Private Swim Lessons

If you feel that you work better in a one-on-one setting, want to work on specific skill or stroke, or you would like more flexible class times, private lessons are for you!

**Ages 2 years old and up**

One 30 Minute Lesson • Y Members \$22 • Non-Members \$32

Five 30 Minute Lessons • Y Members \$105 • Non-Members \$150

Ten 30 Minute Lessons • Y Members \$200 • Non-Members \$300

## SEMI-PRIVATE

Semi-Private lessons are for participants at the same skill level and would like to have a smaller setting than group lessons. Each participant must register individually.

Five 30 Minute Lessons • Y Members \$180 • Non-Members \$250

## RECREATIONAL SWIM TEAM

Come join our recreational swim team to improve your stroke technique and endurance while making new friends. We host and attend recreational swim meets.

Registration for the team is on a monthly basis.

• Requirements are freestyle, backstroke and breaststroke one length of the pool (25 yards) each.

• Come get evaluated before practice or schedule an appointment.

**Ages 5 years old and up**

Y Members \$55 • Non-Members \$85

(Monthly practice two days a week)

Y Members \$90 • Non-Members \$150

(Monthly practice more than two days a week)

Mondays and Wednesdays 5:00-6:00pm

Tuesdays and Thursdays 5:30-6:30pm

# SPORTS

## BUMPERS CLUB

Instructional based program to develop fundamental volleyball skills through various drills and techniques.

**Ages 8-11 years old**

Y Members \$96 • Non-Members \$126

Mondays and Wednesdays 5:45-6:45pm

Starting Apr 16 to May 9 (Registration: Jan 1-Apr 16)

## SETTERS CLUB

Instructional based program to develop fundamental volleyball skills through drills and techniques.

**Ages 12-15 years old**

Y Members \$96 • Non-Members \$126

Mar 19-Apr 11 (Registration: Jan 1-Mar 19)

## SOCCER STRIKERS

Youth Soccer School is committed to providing a safe, fun and skill-focused experience for kids. Experienced Y sports coaches will assist young athletes in learning individual, sport-oriented skills while building character.

**Ages 5-12 years old**

Y Members \$108 • Non-Members \$135

Tuesdays and Thursdays 5:45-6:45pm

Apr 1-Apr 24 (Registration: Jan 1-Apr 1)

May 5-May 28 (Registration: Jan 1-May 5)

## KAJUKENBO

Kajukenbo is an American traditional martial art that was developed in Honolulu, Hawaii, with forms (Katas) and self-defense techniques. Students will be graded and awarded with color belts as they progress.

Y Members \$70

Non-Members \$140

(Monthly Registration)

Beginners Kids • Jan 3

Tuesdays & Thursdays

5:00-6:00pm

Advance Kids • Jan 4

Wednesdays & Saturdays

6:30pm

Adults 7:30pm



## SPORTS

### SPIKERS VOLLEYBALL LEAGUE

Competitive volleyball league, driven by volunteer coaches. Developing skills, knowledge and teamwork through practice and game situations.

**Ages 10-17 based on skill level**

Y Members \$115 • Non-Members \$150

Apr2 to Jun2 (Registration: Jan1-Mar25)

### TINY TOTS SPORTS

Tiny Tots Sports is a physical activity based program that supports learning, physical development, confidence building, and skill development through use of equipment, music, games and sports.

**Ages 2-5 years old**

Y Members \$50 • Non Members \$100

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

Jan4 to May2 (Monthly Registration)

### Y Fit Teen Classes

#### Y FIT KIDS CLASSES

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

**Ages 2-15 years old**

#### X TEEN TONING

A 45 minutes total body strength and conditioning class.

**Ages 13-17 years old**

#### X TEEN POWER

A 45 minute cross training class challenging teens to their limit while improving cardiovascular and muscular conditioning.

**Ages 13-17 years old (All fitness levels are welcome)**

#### Y FIT HIP-HOP

An exercise dance party for teens to improve coordination, self-confidence and lose weight while having fun.

**Ages 13-17 years old**

## PLAY

### FITNESS FUSION

Fitness Fusion is a developmentally appropriate activity program designed to engage all students in a physical activity that builds confidence, skill development, and a lifelong love of physical activity.

Y Members \$50 • Non-Members \$140

Tuesdays and Thursdays 4:00-4:45pm

Jan3 to May1 (Monthly Registration)

### Y TEEN STRONG PROGRAM

Strength and conditioning program for teens, in which they develop knowledge and learn how to develop a program while getting a fun, yet effective fitness workout.

**Ages Teens (8 sessions)**

Y Members \$70 • Non-Members \$120

Tuesday and Thursday

### ZUMBATOMIC

Increase focus, coordination, self-confidence and boost metabolism.

**Ages 6-12 • 13-17 years old**

Free for Y members

### HIP-HOP FOR KIDS

A high-energy class that combines Hip Hop with flexibility and aerobic training, for a FUN and exciting experience.

**Ages 6-12 and**

**13-17 years old**

Free for Y members



FOR YOUTH DEVELOPMENT

# FAMILY TIME

## BIRTHDAY PARTIES

### Celebrate your Day at the Y!

Party package includes: Party attendant(s), one hour in the gym or outside, ½ hour in the Family Activity Center and use of the multi-purpose room. Fun, Games and Activities, Sports Relays, and Rock Wall Climbing. Parents may bring food, decorations and cake.

Up to 15 kids • Y Members: \$180 • Non-Members: \$250

Up to 30 kids • Y Members: \$250 • Non-Members: \$325

Sundays 11:00am-1:00pm • 2:00-4:00pm

## SPLASH BIRTHDAY PARTY

Two party packages to fit your needs. Sit outside under one of our Funbrella's or inside our party hall, which opens onto the pool deck. Included in both packages is a party attendant who will help you set up, clean up and serve food.

Starting Mar3

### Funbrella

Up to 30 guests • Y Members \$125 • Non-Members \$175

Saturdays and Sundays

Two Hours Party Times

10:00am-12:00pm, 1:00-3:00pm, 4:00-6:00pm

Three Hours Party Times

10:00am-1:00pm, 2:00-5:00pm

### Party Hall

Up to 50 guests • Y Members \$250 • Non-Members \$300

Saturdays and Sundays

10:00am-12:00pm, 1:00-3pm, 4:00-6:00pm

## MONTHLY EVENTS AT THE AQUATIC CENTER

1361 NW 129th Avenue, Pembroke Pines, FL 33028

954.477.7645

## FLICK & FLOAT

Join us monthly for a splashing good time. Watch a fun flick, while you float in the pool or lounge out on a chair. Bring your noodles. Please no inflatable toys.

Rain plan: Camp out in the hall and watch the film.

**Cars 2 • Showing Mar9**   **Rio • Showing Apr13**

7:00-9:30pm • Movie starts at 7:30pm

Free for Y Members

Non-Members • \$5 Children \$7 Adults



# HEALTH, WELL-BEING AND FITNESS

## GROUP EXERCISE CLASSES

- Boot Camp
- Cardio Box
- Pilates
- Power Circuit
- Power Yoga
- Total Definition
- Vinyasa Yoga "Flow"
- Zumba Gold
- Running Club – (30 minute)
- Spinning
- Spin & Sculpt
- Spin Plus
- Water Fitness Classes
- Zumba

Free to all members ages 16 and up!

Please check the latest schedule for times and class descriptions located online at [ymcabroward.org](http://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.

Sign-up now so you can:

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

## ONE-ON-ONE PERSONAL TRAINING

Single Package 1 • 60 min session \$60ea

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

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

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

Personal Training is refundable only as a Y-Credit.

## PERSONAL TRAINING

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

For more information, visit [ymcabroward.org](http://ymcabroward.org).



# HEALTH, WELL-BEING AND FITNESS

## STRONG FOUNDATIONS

A complete, stretching and corrective exercise class with the most innovative tools and techniques for optimal results. It will improve symmetry by correcting posture, muscle imbalances and impairments or post-rehabilitation concerns. This will be the perfect starting point to build a strong foundation so you can get the best results from a regular workout without any worries of getting hurt.

### **Ages 13 and up**

8 Sessions • Y Members \$80 • Non-Members \$120

Mondays and Wednesdays

## ELITE SPORT PERFORMANCE

An 8 week program for the serious athlete who wants to take their game to the next level. High School, College, and Pro athletes can all greatly benefit from this program. Supervised and developed by Certified Strength and Conditioning Specialists, you will be stronger, faster, more powerful, and better conditioned for your sport. (Each program is developed specifically for your sport).

### **Ages 13 and up**

24 Sessions • Y Members \$252 • Non-Members \$300

Mondays, Wednesdays and Fridays

## SOCER FITNESS FACTORS

Specifically for soccer players who want to improve their game through various forms of strength training, conditioning, agility drills, and speed training. The training will prepare you for the physical demands of soccer while improving your game.

### **Ages 13 and up**

24 Sessions • Y Members \$252 • Non-Members \$300

Mondays, Wednesdays and Fridays

## EXPRESS SPIN

Experience a new approach of getting fit and losing weight combining 30 minutes of the express machines plus a 35 minute energizing calorie burning Spinning ride. This program is ideal for those new to the Spinning program as well as long time fans.

8 Sessions • Y Members \$100 • Non-Members \$150

Mondays 8:15-9:25am

Thursdays 10:00-11:10am

## TRX CLASSES

A full body workout to increase strength, shed body fat, and improve your overall fitness level. 40 minutes of intense TRX training followed by 20 minutes of high intensity interval training.

8 Sessions • Y Members \$80 • Non-Members \$130

## BRAVO CIRCUIT TRAINING

A small comprehensive group program that utilizes the free-motion capabilities of the Bravo equipment. This program will consist of full body, circuit training, which will lead to a healthier, stronger, and leaner you.

### **Ages 13 and up**

8 Sessions • Y Members \$75 • Non-Members \$125

Tuesdays and Thursdays

## EXPRESS CIRCUIT

If you are looking to get stronger, fitter, and healthier and only have 30 minutes, this is the program for you! A program that, not only teaches you how to use all of the machines, but gives you a great workout at the same time.

### **Ages 13 and up**

8 Sessions

Y Members \$70

Non-Members \$120

Mondays and

Wednesdays



## HEALTH, WELL-BEING AND FITNESS

### FORCE-FIELD FITNESS

An outside fitness workout — A high intensity, fast paced, workout that incorporates TRX Training, Kettlebells, Stability Balls, and so much more. This program is sure to whip you into shape in no time.

#### Ages 13 and up

24 Sessions • Y Members \$80 • Non-Members \$130

Mondays and Wednesdays 10:30-11:30am

Saturdays 8:30-9:30am

### Active Older Adults Wellness Classes

- Introduction to Cycling
- Silver Sneakers
- Silver Sneakers Yoga
- Zumba Gold

### HEALTHY LIVING

#### WELLNESS CONSULTATION AND ORIENTATION

Members meet with a Wellness Professional for a FREE HOUR of goal setting, along with health and fitness advice. During the orientation our staff will help you set achievable goals and discuss the foundational concepts to exercise. Our Wellness Professional will introduce you to a certified personal trainer depending on your goals.

#### Ages 16 and older

## 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



### You Can Make A Difference!

#### ANNUAL FUNDRAISING

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 strengthen the foundations of community through youth development, healthy living and social responsibility.

**Give to the Y, give to the community.**

**Visit [ymcabroward.org](http://ymcabroward.org) and give the gift of health.**



### Lifeguard Class

This class teaches participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond to emergencies, prevent drowning, and care for injuries.

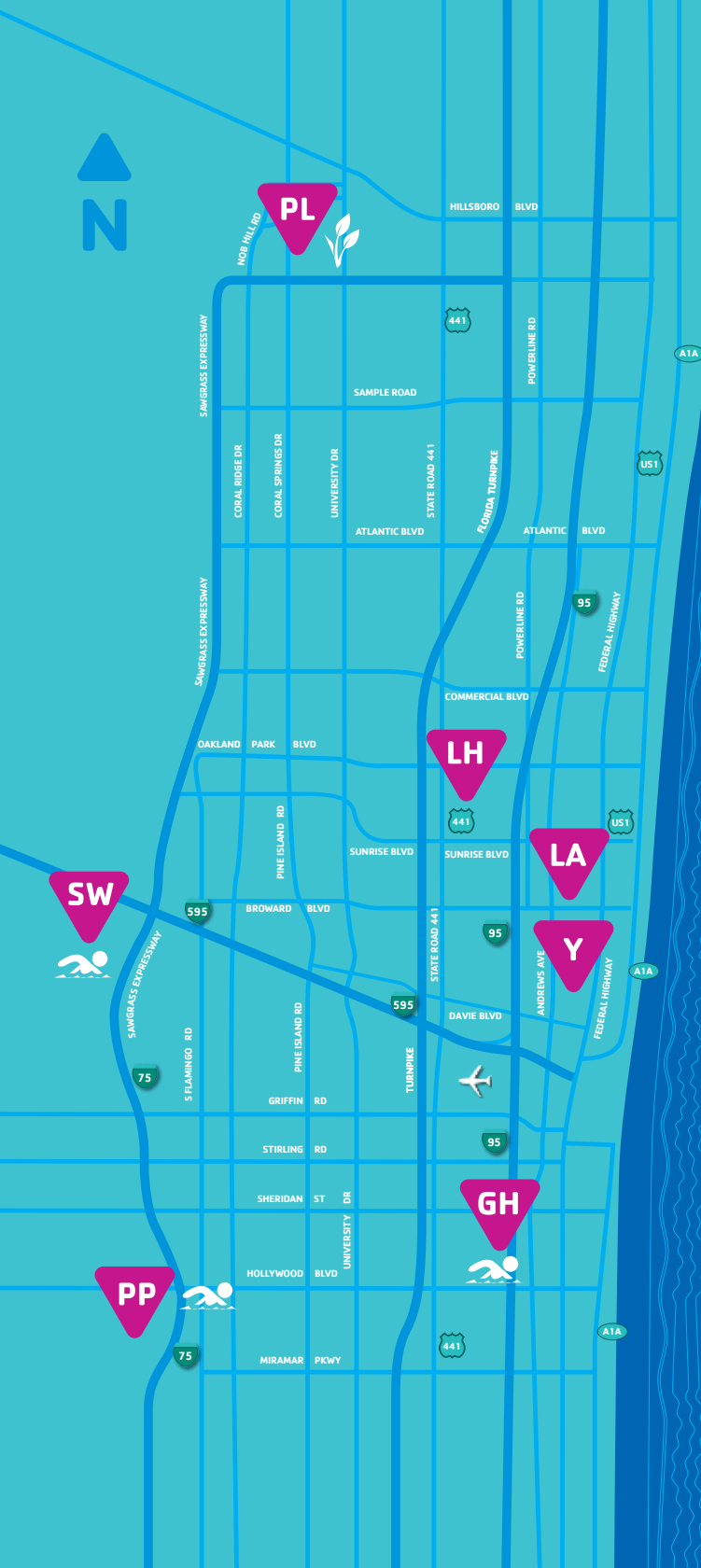
**Requirements** • Must be able to swim 20 yards, dive to the bottom of the pool (7ft) retrieve a 10 pound object and swim 20 yards with object within 1 minute 40 seconds. This is the pre-test which will be completed on the first day of class.

**Ages 16 years old and up**

**Y Members \$250 • Non-Members \$300**

**Mar 5, 7, 12 and 14 • Mondays and Wednesdays 5:00-8:30pm**

**Mar 10 and 17 • Saturdays 9:00am-3:00pm**



**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  
**954.447.7645**



**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**



**Greater Hollywood YMCA Family Center**

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



**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**



**Sheinberg Family YMCA of Weston**

20201 Saddle Club Road, Weston, FL 33327  
**954.424.9622**



**Swimming Pool**



**Community Garden**

**SIGN UP ONLINE FOR  
MEMBERSHIPS AND PROGRAMS**  
[ymcabroward.org](http://ymcabroward.org)

**PEMBROKE PINES  
YMCA FAMILY CENTER**

501 SW 172nd Ave, Pembroke Pines, FL 33029  
**954.384.9622**

**HOURS OF OPERATION**

Monday - Friday                      6:00am - 9:00pm  
Saturday and Sunday              8:00am - 4:00pm

**PEMBROKE PINES  
YMCA AQUATIC CENTER**

1361 NW 129th Ave, Pembroke Pines, FL 33028  
**954.447.7645**

**Aquatic Center will be closed for the winter season.**



**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 Pembroke Pines YMCA Family Center.