



YMCA OF BROWARD COUNTY

Sheinberg Family YMCA of Weston

# STRONGER TOGETHER

PROGRAM GUIDE  
FOR THE WHOLE FAMILY

January to April 2012



**SHEINBERG FAMILY  
YMCA OF WESTON**  
20201 Saddle Club Road  
Weston, FL 33327  
954.424.9622

[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 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

### CHILD WATCH

#### A Place Where Kids Count

Child Watch is an area for fun, physical activity and a safe place for kids available as a complimentary service to Y members.

#### Ages 6 weeks–5 years old

Monday–Thursday 7:45am–1:00pm • 3:00–8:00pm

Friday 7:45am–1:00pm • 3:00–7:00pm

Saturday and Sunday 8:00am–3:30pm

### FAMILY ACTIVITY CENTER

The FAC is an environment where youth can explore, create and challenge themselves through arts and crafts, reading area, rock climbing, foosball and more.

#### Ages 6–12 years old

Monday–Thursday 3:00–8:30pm

Saturday and Sunday 8:30am–4:00pm

### PARENTS' NIGHT OUT

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

#### Ages 5–12 years old

Y Members \$25 • Non-Members \$35

Jan 21, Feb 18, Mar 17, Apr 21 6:00–10:00pm

## EDUCATION AND LEADERSHIP

### ADVENTURE GUIDES

This is a father-son program designed to help foster a lifetime of companionship. As an Adventure Guide, you and your child will join a unique "Circle" with whom you'll participate in games, camping trips, and ceremonies.

#### Boys ages 5–14 years old

Y Members FREE • Non-Members \$50

Visit [westonyguides.com](http://westonyguides.com) for more information.

### Y PRINCESSES

This program provides girls and their fathers with opportunities for fun times, learning, and mutual understanding. Father and daughter share in games, crafts, outings, and campouts.

#### Girls ages 5–13 years old

Y Members FREE • Non-Members \$50

Visit [iprincess.org](http://iprincess.org) for more information.

### Y Teen Scene

#### Y TEEN LEADER'S CLUB

This program is for teens that demonstrate outstanding leadership skills. The club is designed to recognize outstanding teens in the community and help teach them skills that the YMCA believes are the most important components of leadership. There are academic and volunteer hour requirements for all members of the club.

#### Ages 13–18 years old

Y Members \$25

Non-Members \$35 (per school year)

Tuesdays 6:30–7:30pm



### Learn To Swim

Y Members \$85 • Non-Members \$125

- Jan 9-Feb 1 • Mondays and Wednesdays
- Jan 10-Feb 2 • Tuesdays and Thursdays
- Feb 6-29 • Mondays and Wednesdays
- Feb 7-Mar 1 • Tuesdays and Thursdays
- Feb 10-Mar 30 • Saturdays
- Mar 5-28 • Mondays and Wednesdays
- Mar 6-Mar 29 • Tuesdays and Thursdays
- Apr 7-May 26 • Saturdays

### Preschool Swimming Programs

Ages 3-5 years old

#### PIKE • BEGINNER 1

New swimmers. Children will develop safe pool practices, work on water adjustment, independent and fundamental movements, and basic jumping skills. Flotation device is used.

#### EEL • BEGINNER 2

Skills taught are kicking, floating and progressive paddle stroke. Children can swim 25 yards with a float belt, and 15 yards without. Child must be able to jump in water without assistance. Flotation device is used.

#### RAY • ADVANCED BEGINNER 1

Children work on endurance by swimming across the pool on their front, back and side. Swimming without a flotation device, deep-water comfort, and "face in" swimming is required.

#### STARFISH • ADVANCED BEGINNER 2

Endurance is emphasized at this level and children who pass through starfish begin at the intermediate level of our progressive program.

#### POLLIWOG • BEGINNER

Skills taught are front, back and side paddle stroke, rhythmic breathing, floating and gliding. Flotation devices may be used.

#### GUPPY • ADVANCED BEGINNER

Emphasis on rhythmic breathing, basic front, back and side strokes, front crawl, treading water, endurance and deep water swimming. Children swim the length of the pool without assistance at the end of this level.

#### MINNOW • INTERMEDIATE

This class continues work on the front crawl, introduction to back crawl, front dives, survival floating, elementary backstroke and sidestroke.

#### FISH

Works on perfection of skills like front crawl, elementary backstroke, back crawl stroke, and sidestroke with turns. The butterfly stroke and surface dives are introduced at this level.

#### FLYING FISH

Works on stroke refinement, endurance, and additional strokes. Also incorporates competitive swimming techniques, flip turns, and introduction to individual medleys.

#### SHARK

Works on intense stroke refinement, racing starts and turns as well as endurance workouts.



# SWIM

## TEEN/ADULT LEVEL 1 • BEGINNER

For those that are not comfortable in the water or putting their face in the water. This class helps swimmers overcome their discomfort, gain skills, confidence and endurance.

**Ages 13 and older**

## TEEN/ADULT LEVEL 2 • INTERMEDIATE AND UP

Participants can swim one length in the pool but need stroke technique and development. This class will help participants reach their aquatic goals.

**Ages 13 and older**

## PORPOISE CLUB

A non-competitive swim club for Y members and non-members. Get the whole Aquatics experience... stroke development, water polo, synchronized swimming, CPR and First Aid certifications and more.

**Y Members \$50 • Non-Members \$80**



## Barracuda Swim Team

Competitive team, which is able to accommodate all skill levels from beginner/recreational swimmer to the Olympic athletic.

**Offered to Y members only**

**Annual registration fee \$65**

**USA Swimming member fee \$55**

## PRE-BRONZE TEAM

- Introduction to swimming and conditioning
- Attend fun meets

**Ages 6-14 years old Monthly fee \$65**

## BRONZE TEAM

- Introduction to competitive swimming
- Attend Florida Gold Coast/USA Swimming swim meets

**Ages 9-14 years old Monthly fee \$75**

## SILVER TEAM

- Introduction to competitive swimming
- Attend Florida Gold Coast/USA Swimming

**Ages 9-15 years old Monthly fee \$85**

## GOLD TEAM

- Commitment to competitive swimming for the middle and high school athletes

- Attend Florida Gold Coast/USA Swimming

**Ages 13-17 years old Monthly fee \$85**

## SENIOR TEAM

- High commitment to competitive training
- Achieve Junior Olympic times and Sectional times
- Attend Florida Gold Coast/USA Swimming

**Ages 12 and older Monthly fee \$95**

## NATIONAL TEAM

- High commitment to swimming on the National and International Level

- Achieved Sectional times and/or near National times
- Attend Florida Gold Coast/USA Swimming/Y Nationals

**Ages 15 and older Monthly fee \$95**

## MASTERS SWIM TEAM

The Masters Swim Team is designed for health, fitness and overall well being. Program participants must be able to swim 50 yards.

**Ages 18 and older Monthly fee \$50 • Annual registration fee \$65**

## SWIM

### Safe Start

This is a one-of-a-kind drowning prevention program where children learn the survival skills of independent swimming and floating both in swimwear and in everyday clothes. Children are taught through one-on-one instruction. This is a six-week course and children attend lessons five days a week for ten minutes each day. Flexible appointment times and payment plans are available.

#### Ages 6 months-4 years old

Y Members and Non-Members \$500

Monday-Friday 9:00am-12:00pm or

Monday-Friday 3:00-5:00pm

### Private and Semi-Private Swim Lessons

Lessons are taught in a 1:1 or 1:2 instructor to student ratio. Each lesson is tailored to meet the individual's needs.

#### Ages 3 years and up

#### PRIVATE

4 Lessons • Y Members \$100 • Non-Members \$140

6 Lessons • Y Members \$150 • Non-Members \$210

8 Lessons • Y Members \$200 • Non-Members \$270

#### SEMI-PRIVATE • 2 STUDENTS

4 Lessons • Y Members \$50 • Non-Members \$100

6 Lessons • Y Members \$100 • Non-Members \$150

8 Lessons • Y Members \$150 • Non-Members \$200

### Angelfish Program

This is a one-on-one instructional swim lessons program that will include setting goals for a child with special needs to achieve the highest potential, starting with life long water safety skills, on to fitness skills, stroke development and games in a fun and caring environment.

#### Ages 3 years and up

8 Lessons • Y Members \$225

Non-Members \$320

1 Lesson • Offered to Y Members \$40

## SPORTS

### Y Winners Youth Sports

The goal of the YMCA of Broward County youth sports programs is to maintain an encouraging environment that can help children develop a healthy lifestyle and grow personally, learn values, improve relationships, appreciate diversity, develop leadership skills and have fun.

### NFL FLAG FOOTBALL LEAGUE

#### Co-ed ages 4-16 years old

Program dates • Jan 14-Mar 10

Regular registration Dec 19, 2011-Jan 1

Members \$125 • Non-Members \$175

### WINTER GIRLS' VOLLEYBALL LEAGUE

#### Girls only ages 7-14 years old

Program dates • Feb 11-Mar 31

Early registration Nov 28, 2011-Jan 15

Members \$105 • Non-Members \$155

Regular registration Jan 16-29

Members \$125 • Non-Members \$175

### SPRING BASKETBALL LEAGUE

#### Co-ed ages 6-16 years old

Program dates • Mar 24-Jun 2

Early registration Jan 2-Feb 26

Members \$105

Non-Members \$155

Regular registration

Feb 27-Mar 11

Members \$125

Non-Members \$175



## 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 to children ages 2-5 years old and without scores or referees the children are able to learn the basic skills without pressure.

Visit our website at [ymcabroward.org](http://ymcabroward.org) or stop by the Member Services Desk for more information.

## SOCCER

**Co-ed ages 2-5 years old**

Members \$55 • Non-Members \$75

2-3 years olds • Tuesdays and Thursdays

3-5 years olds • Tuesdays and Thursdays

4 week sessions • Register monthly • Jan-May

## T-BALL

**Co-ed ages 3-5 years old**

Members \$55 • Non-Members \$75

Tuesdays and Thursdays

4 week sessions • Register monthly • Jan-May

## BASKETBALL

**Co-ed ages 3-5 years old**

Members \$55 • Non-Members \$75

Tuesdays and Thursdays

4 week sessions • Register monthly • Jan-May

## AFTERSCHOOL SPORTS CLUB

Afterschool sports teaches children the fundamentals of kickball, soccer, flag football and more.

**Co-ed ages 6-12 years old**

Members \$60

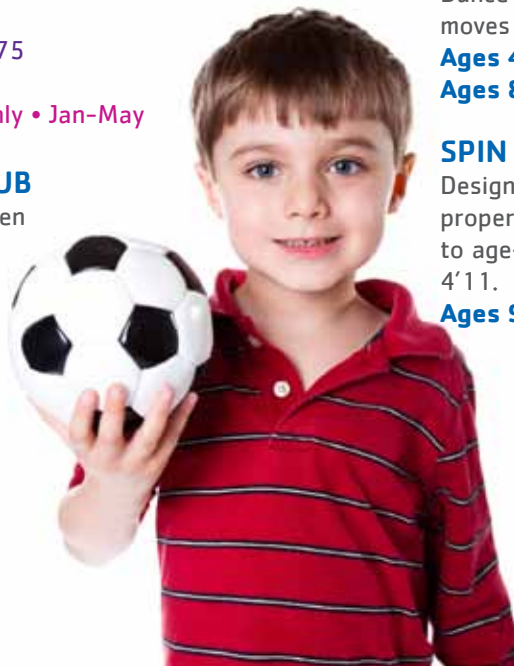
Non-Members \$90

Tuesdays and Thursdays

4 week sessions

Register monthly

Jan-May



## Y Kids Fitness Classes

These classes are dedicated to helping youth engage in high-quality, inclusive, fun physical activity.

**Ages 2-15 years old**

Y Members \$50 • Non-Members \$100

Session 1 • Jan 2-Feb 24

Session 2 • Feb 27-Apr 27

Session 3 • Apr 30-Jun 22

## BALLET AND BALLET II

Proper etiquette and execution are stressed while children learn to use dance steps in combinations to create short variations and develop their performance skills.

**Ages 4-5 years old** Mondays 3:00-3:45pm

**Ages 6-8 years old** Mondays 3:45-4:30pm

## BOOTCAMP

Boys and girls will have fun while running drills and obstacles. This class will be sure to get kids moving!

**Ages 4-7 years old** Fridays 3:00-3:45pm

**Ages 8-12 years old** Fridays 3:45-4:30pm

## LATIN DANCE

Dance to high energy music while learning Latin Dance moves like Salsa and Meringue!

**Ages 4-7 years old** Tuesdays 3:00-3:45pm

**Ages 8-12 years old** Tuesdays 3:45-4:30pm

## SPIN

Designed with kids in mind to learn how to set up the bike properly and the basics of cycling while enjoying a fun ride to age-appropriate music. Minimum height requirement is 4'11.

**Ages 9-15 years old** Fridays 3:45-4:30pm

**YOGA KIDS**

Encouraging self-confidence and independence, this class integrates partner postures with traditional yoga poses. It introduces breathing techniques, meditation and relaxation.

**Ages 6-8 years old** Wednesdays 3:30-4:15pm

**Ages 9-12 years old** Wednesdays 4:30-5:15pm

**YOGINI PLAY**

A mixture of fun games incorporating breathing technique and yoga postures. Limited to 15 participants.

**Ages 2-3 years old** Thursdays 11:00-11:45am

**ZUMBATOMIC**

Kids love Zumba's high energy and fun music. It's a 'feel happy' workout and a great way for kids to express themselves.

**Ages 4-7 years old** Thursdays 3:00-3:45pm

**Ages 8-12 years old** Thursdays 3:45-4:30pm

**Y Teens Classes**

Cross training classes that include aerobic and strength components to challenge all fitness level.

**LEARN TO TRAIN (BOYS)**

**Ages 12-15 years old**

Free to all Y members!

**Mondays and Wednesdays 5:00-5:30pm**

**LEARN TO TRAIN (GIRLS)**

**Ages 12-15 years old**

Free to all Y members!

**Tuesdays and Thursdays 5:00-5:30pm**

**TEEN CYCLING**

For the teen and parent in mind, enjoy a 55 minute ride together. Open to adults and teens with a parent present.

**Ages 14 and older**

**Mondays and Thursdays 5:45-6:45pm**

**Youth and Teen Enrichment****HIP HOP**

**Ages 5-13 years old**

Participants will enjoy learning new dance skills, hip hop moves to the beat of culturally diverse music, and making new friends while grooving to the beat. This program includes daily dance lessons with a choreographed performance at the end.

**Kidz Club Special \$45 • Y Members \$50 • Non-Members \$80**

**Session 1 • Jan 2, 9, 23, 30**

**Session 2 • Feb 6, 13, 27, Mar 5**

**Session 3 • Mar 19, 26, Apr 2, 9**

**Ages 5-7 year olds • Mondays 3:30-4:30pm**

**Ages 8-13 year olds • Mondays 4:30-5:30pm**

**ART EXPLOSION PROGRAM**

Participants will use their imaginations to create FUN. Study past and current artists while learning skills and creating projects using pencils, clay, paint, nature and much much more!

**Ages 5-12 years old**

Visit our website at [ymcabroward.org](http://ymcabroward.org) or stop by the Member Services Desk for more information.

**Y GLEE**

Meet once a week to learn singing techniques, dance choreography, and expectations for performance. The semester will culminate in a performance for friends and family.

**Ages 7 and older**

Visit our website at [ymcabroward.org](http://ymcabroward.org) or stop by the Member Services Desk for more information.

**Director's Cut****CREATE YOUR OWN DIGITAL COMIC BOOK**

Wham! Shazam! Pow! At the Director's Cut, you become the author, digital illustrator, digital photographer and creator in our all star workshop Comic Relief.

**CREATE YOUR OWN MOVIE TRAILER**

In this Director's Cut workshop, students create a story based on specific camera angles, learn how to use a digital camcorder and tripod, learn the magic of cinematography and the importance of musical representation.

Visit our website at [ymcabroward.org](http://ymcabroward.org) or stop by the Member Services Desk for more information.

## When School is Out the Y is In!

### FUNDAYS

#### Ages 5-12 years old

This is a fun and exciting program when school is out. FUNDAY's include a variety of activities, sports and swimming at the YMCA.

Y Members \$35 per day • Non-Members \$45 per day

Jan 16, 20, Feb 20, Apr 6

7:30am-6:00pm

### SPRING BREAK CAMP

#### Ages 5-12 years old

The Y offers fun and exciting programs when school is out. Spring Break Camp includes games, sports, arts & crafts, swimming and fitness components your child will develop social skills while incorporating the YMCA core values.

Y Members \$175 per day • Non-Members \$240 per day

Mar 12-16 • 7:30am-6:00pm



Subway lunch available for \$5.00 per meal.

### LITTLE EXPLORERS

#### Ages 3-5 years old

Drop off your child for a morning of fun. This program incorporates Y core values, arts & crafts, educational games and fun activities.

\*Children must be fully potty trained.

Y Members \$25 per day

Tuesdays, Wednesdays and Thursdays 9:00am-12:00pm

### AFTERSCHOOL KIDZ CLUB

This unique YMCA program offers:

Transportation from local area schools, homework time and assistance, swimming, computer time, sports, fitness, arts & crafts and incorporates Y core character values.

#### Kindergarten to 5th Grade

Y Members \$240 • Non-Members \$300

Registration fee \$55 per school year

Mondays-Fridays 2:00-5:45pm

### SCUBA DIVING CERTIFICATION COURSE

Become a certified Scuba Diver at the Y. The course includes: PADI e-Learning online academic training, PADI OW enhancement crew pack, use of Scuba and snorkel equipment for all dives, 2 trips on Sea Experience II (4 Ocean Dives) and PADI certification fee including picture ID.

#### Ages 10 and up

Please visit [seaexperience.com](http://seaexperience.com) for dates, times and price.

### ADULT SPORTS LEAGUES

Stop by any time to watch a game or join a team.

Please check our website at [ymcabroward.org](http://ymcabroward.org) for upcoming Adult Sports additions.

### MEN'S 5 ON 5

#### ADULT BASKETBALL LEAGUE

##### Ages 18 and up

Team fee \$550

Individual fee

Y Members \$125

Non-Members \$175

Team and individual fee deadline • Jan 26

Registration dates • Jan 1-26

Program dates • Feb 7-Mar 29



# HEALTH, WELL-BEING AND FITNESS

## Group Exercise Classes

- Boot Camp
- Cardiobox
- Cardio Circuit
- Cool Runner
- Core Strength
- Introduction To Cycling
- Cycling
- Express Workouts
- Hatha Yoga
- Latin Explosion
- Lower Body Busters
- Pilates
- Power Pilates
- Power Yoga
- Pump It Up
- Run/Walk
- Spinrock!
- Step
- Tai Chi
- Total Definition
- Vinyasa Flow Yoga
- Zumba

Free to all Y 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.

## Active Older Adults Wellness Classes

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

## 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.

**Ages 16 and older**

## ONE-ON-ONE PERSONAL TRAINING

Single package • 1 session

60 min session \$60 ea

Power package • 4 session

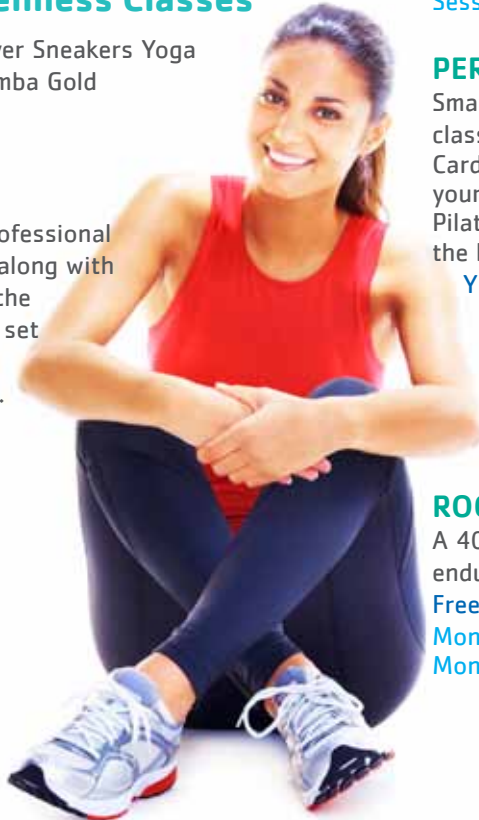
60 min sessions \$228

Elite package • 8 session

60 min sessions \$432

Premier package • 12 session

60 min sessions \$550



## Performance Classes

### PERFORMANCE POWER SMALL GROUP TRAINING

You will learn dynamic training moves that will engage core strength and build muscular endurance. Each class teaches your muscle shocking moves that will challenge your body.

Y Members \$100 • Non-Members \$150

Session 1 • Jan 3-26

Session 2 • Jan 31-Feb 23

Session 3 • Feb 28-Mar 22

Session 4 • Mar 27-Apr 19

Tuesdays and Thursdays • 10:00-11:00am

### PERFORMANCE KETTLEBOX

The use of Kettlebells and Boxing Bags will drive you to the next level. This class focuses on burning fat and building lean muscle growth as well as overall conditioning.

Y Members \$100 • Non-Members \$150

Mondays and Wednesdays • 7:00-8:00am

Session 1 • Jan 2-25

Session 2 • Jan 30-Feb 22

Tuesdays and Thursdays • 8:00-9:00am

Session 1 • Jan 3-26

Session 2 • Jan 31-Feb 23

### PERFORMANCE POWER BARRE WORKOUT

Small group training in a unique fun and high-energy class! Each session incorporates Pilates, Dance, and Cardio-sculpting moves. You will firm, tighten and tone your whole body using hand weights, foam rollers, and the Pilates magic circle to strengthen, lengthen, and sculpt the body.

Y Members \$100 • Non-Members \$150

Session 1 • Jan 4-27

Session 2 • Feb 1-24

Session 3 • Feb 29-Mar 23

Session 4 • Mar 28-Apr 20

Wednesdays and Fridays • 8:00-8:55am

### ROC-IT CIRCUIT TRAINING

A 40 minute class designed to increase muscular endurance.

Free to all Y members!

Mondays and Wednesdays 8:20am

Mondays and Wednesdays 6:00pm

## Water Fitness Classes

- Aqua Abs
- Aqua Athletic Training
- Aqua Circuit
- Aqua Intervals
- Arthritic H<sup>2</sup>O
- Cardio • Abs
- Cardio Combo H<sup>2</sup>O
- H<sup>2</sup>Yoga
- Half and Half (Cardio/Yoga)
- Liquid Fusion
- Low Impact
- Plunge
- Shallow H<sup>2</sup>O
- SilverSplash

Free to all Y members!

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

## Swim Sensation

### Y TRI-CLUB

This is a multi-sport triathlete club. Y-Tri offers the individual a great opportunity for a healthy lifestyle, the thrill of competition, social rewards, personal development and chance at multi-sport training!

Y members only monthly fee \$25

Tuesdays, Thursdays and Saturdays (on-going)

### AQUA ZUMBA

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all exhilarating beyond belief.

**Ages 18 and older**

Y Members \$45 • Non-Members \$70

Begins March • Tuesdays and Thursdays 9:00-10:00am

### WATER POLO

Water Polo is a fast action Olympic Team Sports played in the deep water and is a great conditional team sport.

**Ages 10 and older**

Y members only monthly fee \$50

Y members only annual registration fee \$65

Mondays, Tuesdays and Thursdays 6:30-8:30pm



## FAMILY TIME

### BIRTHDAY PARTIES

Celebrate your next birthday at the Y. We currently offer two types of birthday parties, each two hours long.

#### ADVENTURE BIRTHDAY PARTY

This package includes one hour of sports activities, a half hour in the Family Activity Center (rock climbing, ping pong, games, etc.) and a half hour in a private party room to celebrate with your guests. Parents may bring decorations, food, cake and goodie bags for the kids. Package includes 20 children.

**Ages 5-13 years old**

Y Members \$250 • Non-Members \$300

#### POOL SPLASH BASH

This package includes a Funbrella at the pool to celebrate your big event. A lifeguard will then provide water games and races for children that are old enough to swim. All children have full use of the Family Activity Pool. Parents may bring decorations, food, cake and goodie bags for the kids. Package includes 15 children.

**Ages 5-13 years old**

Y Members \$290 • Non-Members \$340

#### FAMILY FITNESS HOURS ON THE WELLNESS FLOOR

A certified Personal will be available to assist you in making your family's fitness hour fun for everyone! This is a great opportunity to start a fitness program that the whole family can be involved with! Children 8-12 years old may join a parent on the Wellness Floor during these hours.

Children must be supervised by a parent at all times.

**Saturdays 2:00-4:00pm and Sundays 12:00-2:00pm**

## SPECIAL EVENTS AND GROUP INTERESTS

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

### JANUARY

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

To register,

please visit [ymcabroward.org](http://ymcabroward.org)

### FEBRUARY

Annual Fundraising Campaign

### MARCH

YMCA Splash

### APRIL

Camp Open House

Healthy Kids Day

Apr 28



FOR HEALTHY LIVING

## SOCIAL SERVICES

### LIFEGUARD CLASSES

YMCA Lifeguarding is a national certification that may be used anywhere and even includes waterfront lifeguarding skills. Our class includes American Heart Association CPR, First Aid, and AED Training.

Y Members \$225 • Non-Members \$275

Call for dates and times.

### AMERICAN RED CROSS

#### ADULT • CHILD CPR • INFANT CPR • AED TRAINING

This course prepares participants to perform rescue breathing, choking procedures, recognize cardiac emergencies and perform CPR. In addition, this course prepares participant to safely use an AED during cardiac arrest in adult, children and adults.

Y Members \$65 • Non-Members \$85

Tuesdays and Wednesdays • 5:00-8:00pm

Session 1 • Jan 24, 25

Session 2 • Feb 28, 29

Session 3 • Mar 27, 28

Session 4 • Apr 24, 25

### AMERICAN RED CROSS • BASIC FIRST AID

This three hour course is designed for the layperson with basic first aid principles. It includes general principles, medical emergencies, injury emergencies, and environmental emergencies.

Y Members \$65 • Non-Members \$85

Thursdays • 5:00-8:00pm

Session 1 • Jan 26

Session 2 • Mar 1

Session 3 • Mar 29

Session 4 • Apr 26



## VOLUNTEERISM AND GIVING

### You Can Make A Difference!

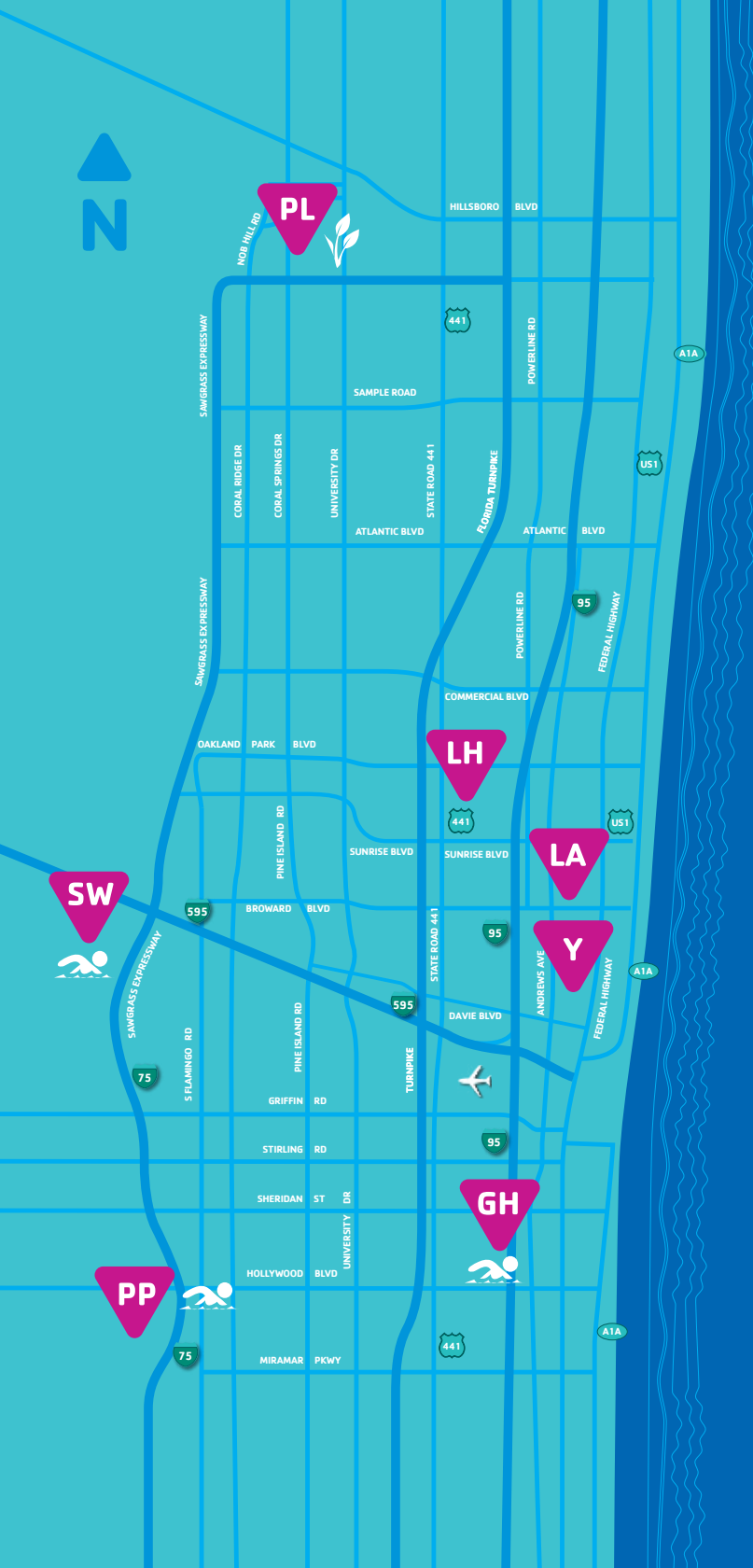
#### ANNUAL FUNDRAISING CAMPAIGN

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!**



### Sheinberg Family YMCA of Weston

20201 Saddle Club Road, Weston, FL 33327  
954.424.9622



### 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



### 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



Swimming Pool



Community Garden

Sign up for membership and programs at  
[ymcabroward.org](http://ymcabroward.org)

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

**SHEINBERG FAMILY  
YMCA OF WESTON**

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

**HOURS OF OPERATION**

Monday - Thursday	5:00am - 10:00pm
Friday	5:00am - 9:00pm
Saturday	7:00am - 6:00pm
Sunday	7:00am - 5:00pm



**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 Sheinberg Family YMCA of Weston.