

If you have questions about a program or class, please call program contact shown below.

If you are unable to determine the appropriate contact person please call the Downtown or Valley **Member Services Desk**.

## MEMBERSHIP SERVICES

### Downtown Contact - 838.3577

Member Service Desk ext. 0  
 Director - Tony Manley ext. 159 nmanley@ymcaspokane.org  
 Facility Rentals - Robyn Baugh ext. 173 rbaugh@ymcaspokane.org  
 Business Manager - Wendy McElroy ext. 183 wmcelroy@ymcaspokane.org

### Valley Contact - 777.9622

Member Service Desk ext. 7  
 Director - Dan White ext. 119 dwhite@ymcaspokane.org  
 Facility Rentals - Robin Cox ext. 114 rcox@ymcaspokane.org  
 Business Manager - Joe Reilly ext. 112 jreilly@ymcaspokane.org

### Scholarships - 777.9622

Assessor - Connie Powers ext. 133 cpowers@ymcaspokane.org

### Corporate/Marketing - 777.9622

Director - Carrie Clanton ext. 131 cclanton@ymcaspokane.org

## SCHOOL-AGE CHILD CARE/ DAY CAMPS

### Business Office - 838.3577

Director - Brenda Zehm ext. 127 bzehm@ymcaspokane.org  
 Coordinator - Becky Backstrom ext. 168 bbackstrom@ymcaspokane.org

### Programming - 777.9622

Director - Connie Reynolds ext. 116 creynolds@ymcaspokane.org  
 Coordinator - Heather Irmer ext. 129 hirmer@ymcaspokane.org

## EARLY CHILDHOOD

### Downtown Contact - 838.3577

Director - Kelly Calligan ext. 139 kcalligan@ymcaspokane.org  
 Coordinator - Linda Greasley ext. 123 lgreasley@ymcaspokane.org

### Cheney- 235.5035

Director - Nelda Bankhead nbankhead@ymcaspokane.org

## HEALTH & FITNESS

### Downtown Contact- 838.3577

Director - Darcia Taylor ext. 125 dtaylor@ymcaspokane.org  
 Fitness Trainers - Chris Carroll ext. 180 ccarroll@ymcaspokane.org

### Valley Contact- 777.9622

Director - Wendy Jackson ext. 126 wjackson@ymcaspokane.org  
 Trainers ext. 127 tgy@ymcaspokane.org  
 Group Exercise Coordinator ext. 253 jglass@ymcaspokane.org

### Active Adults/ SilverSneakers® - 838.3577

Coordinator - Vicki Marsh ext. 158 vmarsh@ymcaspokane.org

### Youth Fitness - 777.9622

Coordinator - Brandi Lenberger ext. 251 blenberger@ymcaspokane.org

## AQUATICS

### Downtown Contact - 838.3577

Director - Jeff Polello ext. 143 jpolello@ymcaspokane.org  
 Coordinator - Robyn Baugh ext. 173 rbaugh@ymcaspokane.org

### Valley Contact - 777.9622

Director - Jeff Polello ext. 128 jpolello@ymcaspokane.org  
 Coordinator - Tim Brodeur ext. 124 tbrodeur@ymcaspokane.org

## YOUTH SPORTS

### Downtown and Valley Contact - 838.3577

### 3-8 Grid Kids Tackle Football/Camps

### K-8 Greater Spokane Area Basketball

Coordinator - Josh Guthmueller ext. 140 jguthmueller@ymcaspokane.org

### 1-6 Flag Football, 4-6 Volleyball

### K-8 Valley Basketball, K-6 Indoor Soccer, K-4 Baseball

### Y-Winners (Basketball, Soccer, Baseball & Summer Sports Camps)

Coordinator - Robert Bravato ext. 167 rbravato@ymcaspokane.org

### Gymnastics, Cheerleading & Little Entertainers

Coordinator - Melissa McAfee ext. 137 mmcafee@ymcaspokane.org

## CLIMBING WALL

### Valley Contact - 777.9622

Director - Dan White ext. 119 dwhite@ymcaspokane.org

## TEENS

### Downtown Contact - 838.3577

Coordinator - Herb Hylton ext. 141 hhylton@ymcaspokane.org

### Friends & Servants - 838.3577

Coordinator - Chris Knowlton ext. 179 cknowlton@ymcaspokane.org

### Valley Contact - 777.9622

Coordinator - Spencer Koonz ext. 130 skoonz@ymcaspokane.org

### Friends & Servants - 777.9622

Coordinator - Chris Knowlton ext. 137 cknowlton@ymcaspokane.org

## CAMP REED

### Contact - 838.3577, ext 142

### Information, Forms & Dates Online [www.campreed.org](http://www.campreed.org)

Executive Director  
 Lisa "Loco" Vogt lvogt@ymcaspokane.org  
 Program Coordinator  
 Landon "Lunar" Crecelius lcrecelius@ymcaspokane.org  
 Administration  
 Katie "Chicka" Bren kbren@ymcaspokane.org

*The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.*

*Register for YMCA programs online...  
[www.ymcaspokane.org](http://www.ymcaspokane.org)*

**PRESCHOOL • Ages 6 months to 5 years**

**SHRIMP/KIPPERS • Parent/Child • 6 to 18 months**

Play games, sing songs, teach motor skills and water adjustment.

**INIA/PERCH • Parent/child • 18 to 36 months**

Encourages the child's increasing independence in the water with group activities as well as individual work.

**PIKE • Introductory Level • Ages 3 to 5 years**

This class is designed for very beginning swimmers. Age is the only prerequisite. Children will work on water adjustment and beginning skills.

**STEP**

**1**

**PICK A CLASS!**

**EEL • Beginner Level • Ages 3 to 5 years**

This class is for children who are comfortable in the water and with a group. Working on bobs, back and front floats, and arm strokes. Building on independence.

**RAY • Intermediate Level • Ages 3 to 5 years**

Must be comfortable in the water, going under, on their backs and swimming about 10 feet on their own. They will work on arm strokes, breathing and treading water.

**STARFISH • Advanced Level • Ages 3 to 5 years**

Swimming independently on front and back. Comfortable in deep water. Emphasis on additional swimming skills and endurance.

**YOUTH • Ages 6 to 14 years**

**POLLIWOG • Introductory Level**

For children with little or no previous swim instruction. Age is the only prerequisite. Children will work on water adjustment, beginning skills, and water safety.

**GUPPY • Beginner Level**

For children comfortable in water, going under, on their backs and swimming about 10 feet on their own. They will work on arm strokes both front and back, front and back floats, breathing and treading water.

**MINNOW • Advanced Beginner Level**

Swimming independently on front and back, comfortable in deep water, able to swim the length of the big pool (25 yds) for endurance. This class teaches skills like: front and back crawl, elementary back stroke and endurance building.

**FISH • Intermediate Level (45 minute class)**

Children should be able to complete all of the skills in Minnow. They will be working on skills like breaststroke, sidestroke and butterfly.

**FLYING FISH • Advanced Intermediate Level (45 minute class)**

At this level, children work on building endurance and perfecting their strokes. More advanced skills are taught in various water sports.

**SHARK • Advanced Level (45 minute class)**

Fine tuning of all the basic strokes. Additional strokes include the trudgen, inverted breaststroke and over arm sidestroke. Personal safety and the safety of others is emphasized.

## SUMMER SESSION DATES

**STEP**

**2**

**PICK A DATE**

Two Week Sessions	Session Dates	Member Registration	Non-Member Registration
Summer 1	June 18 to June 29	June 11	June 13
Summer 2*	July 2 to July 13	June 25	June 27
Summer 3	July 16 to July 27	July 9	July 11
Summer 4	July 30 to August 10	July 23	July 25
Summer 5	August 13 to 24	August 6	August 8

\*No class on Wednesday, July 4

Five Week Sessions	Session Dates	Member Registration	Non-Member Registration
Summer A*	June 18 to July 21	June 11	June 14
Summer B	July 23 to August 25	July 16	July 18

\*No class on Wednesday, July 4

## FEES & TIMES

All classes are one half hour in length, unless otherwise listed. (A = AM / P = PM).

**Fees (all classes unless otherwise listed)**

<b>Two Week Sessions</b>	\$60 (Y-Family Member \$30)
*Week of July 4th	\$54 (Y-Family Member \$27)

\*No class on Wednesday, July 4

**Five Week Sessions**

Friday or Saturday Only	\$30 (Y-Family Member \$15)
Two Day A Week Class	\$60 (Y-Family Member \$30)
*Week of July 4th	\$54 (Y-Family Member \$27)

\*No class on Wednesday, July 4

## PRESCHOOL • Ages 6 months to 5 years

### SHRIMP/KIPPERS • Parent/Child • 6 to 18 months

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	N/A	10:30 A or 6:00 P
5 WEEK		
Mon/Wed	6:00 P	N/A
Fri	11:00 A or 5:00 P	N/A
Sat	11:00 A	9:30 A or 10:30 A

### INIA/PERCH • Parent/child • 18 to 36 months

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	N/A	10:00 A or 11:00 A
Mon-Fri	N/A	5:30 P or 6:30 P
5 WEEK		
Tue/Thur	6:00 P	N/A
Friday	4:00 P	N/A
Saturday	10:00 A	10:00 A or 11:00 A

### PIKE • Introductory Level • Ages 3 to 5 years

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	11:30 A	10:00 A or 10:30 A or 11:00 A
Mon-Fri	4:30 P or 5:30 P	2:00 P or 2:30 P 5:00 P or 5:30 P or 6:00 P or 6:30 P
5 WEEK		
Mon/Wed	9:30 A or 5:00 P	N/A
Tue/Thur	9:30 A or 11:00 A	N/A
Tue/Thur	4:00 P or 5:00 P	N/A
Friday	9:30 A or 5:00 P	N/A
Saturday	10:00 A or 10:30 A	9:30 A or 10:00 A or 10:30 A
Saturday	or 11:30 A	or 11:30 A

### EEL • Beginner Level • Ages 3 to 5 years

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	11:30 A	9:00 A or 10:00 A or 10:30 A or 11:00 A
Mon-Fri	4:30 P or 5:30 P	2:00 P or 2:30 P 5:00 P or 5:30 P or 6:00 P or 6:30 P
5 WEEK		
Mon/Wed	9:30 A or 5:00 P	N/A
Tue/Thur	9:30 A or 11:00 A	N/A
Tue/Thur	4:00 P or 5:00 P	N/A
Friday	9:30 A or 5:00 P	N/A
Saturday	10:00 A or 10:30 A	9:30 A or 10:30 A or 11:00 A
Saturday	11:30 A	or 11:30 A

### RAY • Intermediate Level • Ages 3 to 5 years

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	4:30 P	9:30 A or 10:00 A or 10:30 A or 11:00 A
Mon-Fri		2:00 P or 2:30 P 5:30 P or 6:00 P or 6:30 P
5 WEEK		
Mon/Wed	11:00 A or 5:00 P	N/A
Tue/Thur	4:00 P or 5:00 P	N/A
Friday	9:30 A or 5:30 P	N/A
Saturday	10:00 A or 10:30 A	9:30 A or 10:00 A or 10:30 A or 11:30 A

### STARFISH • Advanced Level • Ages 3 to 5 years

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	6:00 P	10:00 A
Mon-Fri		2:00 P or 5:30 P or 6:30 P
5 WEEK		
Mon/Wed	5:30 P	N/A
Tue/Thur	5:30 P	N/A
Saturday	10:30 A or 11:30 A	9:30 A or 10:00 A or 11:00 A

## YOUTH • Ages 6 to 14 years

### POLLIWOG • Introductory Level

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	11:00 A 3:30 P	10:00 A or 10:30 A or 11:00 A 2:00 P or 5:00 P or 5:30 P or 6:30 P
5 WEEK		
Mon/Wed	4:00 P	N/A
Sat	9:30 A or 11:00 A	9:30 A or 10:30 A or 11:00 A or 11:30 A

### GUPPY • Beginner Level

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	11:00 A 3:30 P	9:00 A or 10:00 A or 10:30 A or 11:00 A 2:00 P or 2:30 P 5:00 P or 5:30 P or 6:00 P or 6:30 P
5 WEEK		
Mon/Wed	4:00 P	N/A
Sat	9:30 A or 11:00 A	9:30 A or 10:00 A or 11:00 A or 11:30 A

### MINNOW • Advanced Beginner Level

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	3:30 P	9:30 A or 10:00 A or 10:30 A or 11:00 A 2:00 P or 2:30 P 5:00 P or 5:30 P or 6:00 P or 6:30 P
5 WEEK		
Mon/Wed	10:00 A or 4:00 P	N/A
Fri	4:00 P	N/A
Sat	9:30 A or 11:30 A	10:00 A or 10:30 A or 11:00 A or 11:30 A

### FISH • Intermediate Level (NEW! 30 minute class)

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	9:00 A	9:30 A or 11:00 A 2:30 P or 5:30 P or 6:00 P
5 WEEK		
Fri	4:00 P	N/A
Sat	12:00 P	10:00 A

### FLYING FISH • Advanced Intermediate Level (NEW! 30 minute class)

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	9:00 A N/A	9:30 A or 10:00 A 2:30 P or 6:00 P
5 WEEK		
Fri	4:00 P	N/A
Sat	12:00 P	10:40 A

### SHARK • Advanced Level (NEW! 30 minute class)

2 WEEK	DOWNTOWN	VALLEY
Mon-Fri	9:00 A	10:00 A or 11:00 A 5:30 P
5 WEEK		
Sat	12:00 P	11:00 A

**FISH, FLYING FISH & SHARK** swim lessons have changed. Class sizes have been reduced for better teacher to student ratios and shortened to 30 minutes.

STEP

3

PICK A DAY & TIME

## SUMMER SESSION DATES

Two Week Sessions	Session Dates	Member Registration	Non-Member Registration
Summer 1	June 18 to June 29	June 11	June 13
Summer 2*	July 2 to July 13	June 25	June 27
Summer 3	July 16 to July 27	July 9	July 11
Summer 4	July 30 to August 10	July 23	July 25
Summer 5	August 13 to 24	August 6	August 8

\*No class on Wednesday, July 4

Five Week Sessions	Session Dates	Member Registration	Non-Member Registration
Summer A*	June 18 to July 21	June 11	June 14
Summer B	July 23 to August 25	July 16	July 18

\*No class on Wednesday, July 4

### Novice Swim Team

A great introduction to competitive swimming. Practices will focus on technique, conditioning & having fun! Ages 6 -18 years - all skill levels. 5 Week Sessions

	DOWNTOWN	VALLEY
Mon & Wed	6:30 P to 7:30 P	6:00 P to 7:00 P - Beginner
Tue & Thur	—	6:00 P to 7:00 P - Advanced
Fee	\$60 (Y-Family Member \$30)	

### Private Swim Lessons / Downtown & Valley

Private 30-minute swim lessons. Scheduled by appointment  
 Fee 2 Lessons • \$60 (Y-Family Member \$30)  
 4 Lessons • \$110 (Y-Family Member \$55)

Register for YMCA programs online...  
[www.ymcaspokane.org](http://www.ymcaspokane.org)

### Adult Swim Lessons

Classes for teens and adults. Level I introduces swimming skills and water safety - for the beginning swimmer. Level II is for swimmers looking to develop their stroke and improve endurance. Five week session.

#### DOWNTOWN

Mon & Wed 7:30 P to 8:15 P  
 Fee \$60 (Y-Adult & Family Member \$30)

#### VALLEY

Thur 7:15 P to 8:00 P  
 Saturday 9:00 A to 9:45 A  
 Fee \$30 (Y-Adult & Family Member \$15)

### Junior Lifeguarding (11 to 14 years) / Valley Only

Beginning lifeguard class. Must be an intermediate to advanced swimmer. Class limited to 15 participants.

Mon & Wed 7:00 P to 9:00 P  
 Fee \$60 (Y-Family Member \$30)

### Lifeguarding (15 years & older)

The course includes American Red Cross CPR and First-Aid courses. Books are not included in the course fees. Books must be picked up prior to your first class. The YMCA also offers an update/recertification course.

	DOWNTOWN	VALLEY
Mon & Wed	6:00 P to 9:30 P	—
Tue & Thur	—	6:00 P to 9:30 P
Fee	\$100 (Y-Adult & Family Member \$75)	

Call for additional class dates and times

### Masters Lap Swim - Join Anytime / Downtown Only

The YMCA Masters Group has over 50 members ages 20 to 75, who swim for fitness and stroke improvement. On-going program

Tue & Thur 6:30 P to 7:30 P  
 Fee \$22/Month (Y-Adult & Family Member FREE)

- YMCA youth sports are for boys and girls and organized by your child's school and grade level.
- Teams practice once or twice a week at local schools or parks.
- **Coaches will contact you about practice days, times and locations after the coaches meetings.**
- Program fees includes T-shirts, certificates, referees, and any needed equipment or facility fees.
- **All refunds for Youth Sports are subject to a \$5.00 service fee, unless a credit voucher is issued.**

*If you cancel a class enrollment 5 days or more prior to the start of the program, a credit voucher will be issued or you may request a refund which will be net of the service fee. Cancellations made less than 5 days prior to the start of a program will be issued a credit voucher or a transfer to another class. Please see Member Service Representatives for a detailed Refund and Credit Policy*

## Youth Ages 4 to 8 Years

### Y-WINNERS T-BASEBALL

#### For boys & girls, ages 4 to 6

- Registration Deadline: May 22
- Teams play six games on weekday evenings June 19 to July 24
- Early Registration Discount Fee: \$74 (Y-Family Member \$54)
- Fee After May 22: \$84 (Y-Family Member \$64)

#### DOWNTOWN

Manito Park (South)  
Corbin Park (North)

#### VALLEY

Greenacres Elementary School

**Coaches Mtg:** ?????? - 6:00 P  
Downtown YMCA

**Coaches Mtg:** ??? - 6:00 P  
Valley YMCA

### PITCHING MACHINE BASEBALL

#### For boys & girls, ages 6 to 8

- Registration Deadline: May 22
- Teams play six games on weekday evenings June 19 to July 24
- Early Registration Discount Fee: \$74 (Y-Family Member \$54)
- Fee After May 22: \$84 (Y-Family Member \$64)

#### DOWNTOWN

Manito Park (South)  
Corbin Park (North)

#### VALLEY

Greenacres Elementary School

**Coaches Mtg:** ?????? - 6:00 P  
Downtown YMCA

**Coaches Mtg:** ??? - 6:00 P  
Valley YMCA

## Martial Arts - Boys & Girls

### VALLEY

Boys & girls ages 6 to 12 years. Jung Kim's Martial Arts teaches Olympic style Tae Kwon Do. Progressive levels available, as well as belt testing. Classes at the Valley YMCA. (Uniform required \$48.00)

Tue/Thu 4:30 P 45 min. class  
\$150 (Y-Family Member \$120)

**Session I** Jul 10 to Aug 30     **Session II** Sep 4 to Oct 25

### DOWNTOWN

**Tang Soo Do - Karate** - Boys & Girls - Ages 6 to 12. This ancient martial art focuses on developing strong basics and character, as well as coordination and flexibility. Eight weeks. Classes at the Downtown YMCA.

**Beginner** T/Th - 4:45 P 45 min. class  
\$75 (Y-Family Member \$50)

**Intermediate** T/Th - 5:15 P 45 min. class  
\$95 (Y-Family Member \$65)

**Session I** Sep 4 to Oct 25

## Special Events - Kid's Triathlon

### VALLEY

**Kid's Triathlon** - Boys & girls ages 6 to 12 years at the Valley YMCA  
Sunday June 10 10:00 A  
\$20 (Y-Family Member \$15)

### Kid's Triathlon Clinic

Sunday July 1 3:00 P to 5:30 P  
\$25 (Y-Family Member \$18)

## Youth Ages 4 to 6 Years

### Y-WINNERS SUMMER SPORTS CAMPS

#### For boys & girls ages 4 to 6

Flag Football • Soccer • T-Baseball • Basketball  
Children will participate in games and exercises designed to introduce them to YMCA youth sports. Emphasis is on fun, fair play and good sportsmanship in a noncompetitive environment. All participants will receive a T-shirt, baseball hat and certificate. 8 days in length, with 2 days per sport.

Registration Deadline: June 11

Fees: \$62 (Y-Family Member \$42)

Monday-Thursday – June 18 to 21 • 9:30 A to 11:00 A  
Monday-Thursday – June 25 to 28 • 9:30 A to 11:00 A

#### DOWNTOWN

Southhill, Northside & Mead

#### VALLEY

Valley Locations

## Summer Gymnastics

If you would like to participate in gymnastics and dance classes or camps this summer please respond to this email: [mmcafee@ymcaspokane.org](mailto:mmcafee@ymcaspokane.org). In the email, please include your name, type of class or camp interested in participating. Your age, time of day and the days of the week and months this summer that would be best for participation.

## Y-FY - YMCA Summer Boot Camp

### VALLEY & DOWNTOWN

**For boys & Girls Ages 7 to 12 years** - One hour incredibly fun fitness activities, followed by an hour of hands on nutrition fun! The program is designed to encourage healthy habits for life.

*Please notify the YMCA staff of any food allergies.*

*For more information contact Heather Graham*

Monday thru Friday 3:00 P to 5:00 P

\$50 (Y-Family Member \$30)

Minimum 6 - maximum 20 participants

**Session I** VALLEY June 18 to 22

**Session II** DOWNTOWN July 16 to 20

**Session III** VALLEY July 23 to 27

## Little Entertainers (Is a month to month program)

### DOWNTOWN

*Registrations begin the 1st of each month.*

A performing group led by Cyndi Wormwood. Specializing in tap, ballet, modern dance and baton routines.

Beginners 3 to 6 Yrs Tuesday 5:00 P to 6:00 P

Beginners 7 Yrs Plus Tuesday 6:00 P to 7:00 P

Intermediate 4 to 7 Yrs Monday 5:00 P to 6:00 P

Inter/Adv 7 to 10 Yrs Monday 6:00 P to 7:00 P

Advanced 10 Yrs Plus Monday 7:00 P to 8:00 P

\$28 per month (Y-Family Member \$21 per month)

## DOWNTOWN YMCA ONLY!

### Watch your child learn and grow in the YMCA Early Childhood Center

We offer a safe, stimulating and nurturing program designed for families needing full-time child care in an early learning preschool environment. Children are engaged in fun and developmentally appropriate activities and are well cared for by their teachers. We believe in building strong relationships and a sense of community between the families and staff by partnering together to foster the social, emotional and physical growth of every child.

*All child care classes are full-time (Monday - Friday 7:00 A to 6:00 P)*

#### *YMCA Summer Enrichment Program*

*Children age 4 and 5 will have a blast this summer making new friends in a fun learning environment that includes field trips, swim lessons, outdoor adventures and daily USDA approved meals... Breakfast, Lunch & Snack!*

**Hurry... Space is limited!** For more information, please contact Linda at 838-3577, ext 123 or email: [lgreasley@ymcaspokane.org](mailto:lgreasley@ymcaspokane.org)

#### *EWU Children's Center/ECEAP Cheney*

*The YMCA offers an infant through ten-year old child care program for EWU students, staff and faculty at the EWU Children's Center in Cheney, Washington. This center is also an ECEAP site.*

*For more information, please call Nelda at 235-5035 or email: [nbankhead@ymcaspokane.org](mailto:nbankhead@ymcaspokane.org)*

#### Take A Tour And You Will See...

##### **Infants... Children ages 6 weeks to 15 months**

- One Early Infant room for babies under 5 months
- Two Older Infant rooms for babies 5 months to 15 months
- Sensitive and responsive teachers
- Consistent daily routines
- Individualized attention and developmentally appropriate planning

##### **Toddlers... Children ages 12 months to 3 years**

- One Pre-Toddler room for children 12 months to 24 months
- Three Toddler rooms for children 2 to 3 years
- Warm, engaging teachers with low child to teacher ratios
- Daily planned curriculum and activities
- Self help and communication skills encouraged
- Ample time for toilet training (when developmentally appropriate)

##### **Preschool... Children ages 3 to 5 years**

- One Early Preschool class for young 3 year olds and first time preschool experiences
- Two Preschool/Pre-Kindergarten classes
- Multi-aged community environments
- Exciting curriculum and activities
- Fun, educational trips
- Twice weekly swim lessons

## BEFORE & AFTER SCHOOL CARE

Serving Freeman, Mead, Nine Mile Falls, Riverside & Spokane Valley School Districts

**YMCA School Age Care** provides peace of mind for parents that are looking for a place where their child is well-supervised and active in a nurturing and caring environment. Participants will gather with their friends to participate in arts and crafts, homework, sports and games, field trips and more. Call the YMCA for registration forms or pick up forms at your school office.

**YMCA after school programs are a great time for homework and school studies as well as organized play!**

For more information on

#### **YMCA School-Age Care Programs contact...**

Connie Reynolds at 777-9622, ext 116  
email at [creynolds@ymcaspokane.org](mailto:creynolds@ymcaspokane.org)

#### **For registration information contact...**

YMCA School-Age Care Business Office  
Brenda Zehm at 838-3577, ext 127  
email at [bzehm@ymcaspokane.org](mailto:bzehm@ymcaspokane.org)

Boys & Girls • Grades 1 through 9  
Monday - Friday • All Summer Long

**Downtown** - YMCA in Riverfront Park 6:30 A to 6:00 P  
**North** - Brentwood Elementary (406 W. Regina) 6:30 A to 6:00 P  
**Valley** - Spokane Valley YMCA 6:30 A to 6:00 P

**Join Our Volunteer Junior Counselor Program...**  
**Contact the YMCA for more information!**

**DSHS Accepted**

## Day Camp - General Information

**CAMPS CLOSED WEDNESDAY, 4TH OF JULY**

**Registration Fee (all camps) \$25 • Deposit Fee (all camps) \$20**  
**Receive a \$25 discount off the weekly fees for each additional child from the same family (Excludes Adventure Camp).**

Registration Fee and payment deadline: Monday, seven days prior to your selected camp week. If registering Tuesday or Wednesday prior to your selected camp week add a \$10 late fee. No registrations excepted after 5:00 P Wednesday prior to your week selected.

## Traditional Day Camp (Entering Grades 1 - 5)

Children will embark on weekly field trips as well as participate in age appropriate activities such as games, sports, nature and teamwork programs. Children are supervised by a well-trained staff who strive to provide a safe environment for all. Campers leave as early as 9:00 A and return by 4:00 P

**Registration Fee \$25      Deposit \$20 (per child/per week)**  
**Weekly Fee \$128 (Y-Family Member \$118)**  
**Daily Fee \$32 (Y-Family Member \$30)**

**If you are registered for a week with a campout there is an additional \$10 fee.**

Session	Dates	North Trip	D/T Trip	Valley Trip
1	Jun 18-22	Bowling	Bowling	Ck/E Cheese
2	Jun 25-29	Ck/E Cheese	Ck/E Cheese	Fish Lake
3	Jul 2-6	Lake CDA	Splashdown	Splashdown
4	Jul 9-13	Splashdown	Lake CDA	Lake CDA
5	Jul 16-20	Liberty Lake•	Liberty Lake•	Skating
6	Jul 23-27	Ice Skating	Ice Skating	Liberty Lake•
7	Jul 30 - Aug 3	Splashdown	Splashdown	Splashdown
8	Aug 6-10	Fish Lake•	Fish Lake•	H/suckle Bch
9	Aug 13-17	H/suckle Bch	H/suckle Bch	Riverside St. Pk•
10	Aug 20-24	Rollerskating	Hauser Lake	Hauser Lake
11	Aug 27-31	Splashdown	Splashdown	Splashdown

•4th & 5th grade campout weeks

## Adventure Camp (Entering Grades 4 - 8)

**Downtown & Valley YMCA Locations ONLY!**

7:30 A to 5:30 P - Enjoy the traditional activities of residence camp without being away from home all week. Campers experience one overnight campout every week, day trips to area lakes and parks, canoeing, swimming, campcrafts, and a true appreciation for the outdoors.

**Registration Fee \$25      Deposit \$20 (per child/per week)**  
**Weekly Fee \$152 (Y-Family Member \$142)**

Session	Dates	Weekly Field Trip
1	June 18 - 22	Hunter's
2	June 25 - 29	Keller Ferry
3	July 2 - 6	Evans State Park
4	July 9 - 13	Sullivan Lake
5	July 16 - 20	Moses Lake
6	July 23 - 27	Camp Gifford
7	July 30 - Aug 3	Riley Creek State Park
8	Aug 6 - 10	Kettle Falls
9	Aug 13 - 17	Fort Spokane
10	Aug 20 - 24	Farrugut State Park & Silverwood

## Summer Fever Camp (Entering Grade 6)

Too old for daycamp and too young for Triangle Club. This is the group for you! On the go everyday with Summer Fever Camp. Three campouts, swimming, exploring the Spokane area. Come join our experienced staff and embark on a great summer full of adventure.  
**Campout weeks have an additional \$12 fee.**

**Registration Fee \$25      Deposit \$20 (per child/per week)**  
**Weekly Fee \$139 (Y-Fam Mbr \$129) - Campout \$12 Additional**  
**Daily Fee \$35 (Y-Family Member \$32)**

Session	Dates	Weekly Fieldtrip
1	June 18-22	Rafting
2	June 25-29	Laser Quest
3	July 2-6	Triple Play
4	July 9-13	Splashdown
5	July 16-20	Spring Canyon Campout
6	July 23-27	Wild Waters
7	July 30-Aug 3	Lake Coeur d'Alene
8	Aug 6-10	Moses Lake Campout
9	Aug 13-17	Fort Spokane Campout
10	Aug 20-24	Bowling
11	Aug 27-31	Splashdown

## Triangle Club (Entering Grades 7 - 9)\*

The Triangle Club is on the go every day exploring parks, lakes, and other "hot spots" in the Inland Northwest. Hiking, camping, sports, games and much more are planned for young teens looking for safe, supervised fun! **Campout weeks have an additional \$12 fee.**

**Registration Fee \$25      Deposit \$20 (per child/per week)**  
**Weekly Fee \$139 (Y-Fam Mbr \$129) - Campout \$12 Additional**  
**Daily Vouchers \$350 (Y-Family Member \$320) - 10 day voucher**

Session	Dates	No. & D/T Field Trip	Valley Field Trip
1	June 18 - 22	Laser Quest	Lake Coeur d'Alene
2	June 25 - 29	Rafting	Rafting
3	July 2 - 6	Triple Play	Splashdown
4	July 9 - 13	Moses Lake Campout (both locations)	
5	July 16 - 20	Wild Waters	Wild Waters
6	July 23 - 27	Evans Lake Campout (both locations)	
7	July 30 - Aug 3•	Rollerskating	Rollerskating
		Optional Mariners trip (both locations)	
8	Aug 6 - 10	Bowling	Triple Play
9	Aug 13 - 17	Silverwood Campout (both locations)	
10	Aug 20 - 24	Par 3 Golf	Par 3 Golf
11	Aug 27 - 31	Splashdown	Splashdown

**Optional Events...** •Session 7 - Mariners game & City Pass in Seattle, July 31 to Aug. 2 - Additional cost \$95. Limited to 22 from each location.

\*\*\*\* All Camps Summer T-Shirts - Only \$10! Tax Included. \*\*\*\*

**Watch for Day Camp Swim Lessons \$12 per Session**

## VALLEY CLIMBING WALL

The climbing wall is open to all ages during open climb hours.  
 Open Climb Hours      Monday – Friday 4:00 PM to 7:30 PM  
    Saturday and Sunday 2:00 PM to 7:30 PM

### YMCA Belay Certification Class

Once certified members may climb at any time wall is not scheduled for programs. Certified youth 12 to 14 must climb with a parent, or during open climb hours. Certification requires class attendance and a comprehension test which is scheduled with the instructor one week after class completion. Classes are held on Friday evenings 7:00 P to 9:00 P and Saturday mornings 10:00 A to 12:00 P at Minnehaha.

June 1 & 2 • July 6 & 7 • August 3 & 4

Age 12 to Adult      \$29 (Y-Family Member \$23)

### Parent/Child Climbing

For up to 2 parents and 3 children ages 4 to 11, learn to climb as a family. Classes are held three consecutive Fridays from 7:00 P to 8:00 P

June 8 - 22 • July 13 - 27 • August 10 - 24

\$40 (Y-Family Member \$35)

*Belay Certification and Equipment Included!*

### YMCA Climbing Team

Ages 10 to Adult - Beginner through Advanced  
 Practice technique and receive coaching from YMCA staff.

**Session I**      June 5 to 28      Tuesday & Thursday 6:30 P to 8:30 P  
    June 30 - July 1 weekend outing  
    Outdoor climbing, focus on top rope setup

**Session II**      July 3 to 26      Tuesday & Thursday 7:00 P to 9:00 P  
    July 21 & 22 weekend outing  
    Outdoor climbing, focus on outdoor technique

**Session III**      Aug 2 to 28      Tuesday & Thursday 6:30 P to 8:00 P  
    August 18 & 19 weekend outing  
    Outdoor climbing, focus on lead climbing,  
    climbing techniques & beyond

\$40 per month (Y-Family Member \$26 per month)

Monthly fee includes a monthly climb outing.

### Russian Climb

Practice technique and receive coaching from Russian speaking YMCA staff.

Ages 10 to Adult – 7:30 P to 8:30 PM • Monday & Wednesday

\$40 per month (Y-Family Member \$26 per month)

## FAMILY ACTIVITIES

**YMCA Triathlon Training** - informational meeting only  
 Instruction consists of running, biking and swimming training. Training is provided by certified Level I USA Triathlon Coaches.

**DOWNTOWN**  
 Through August 5  
 Monday 6:30 P to 8:30 P  
 Downtown YMCA

**VALLEY**  
 Through August 5  
 Wednesday 6:00 P to 8:00 P  
 Valley YMCA

Fee: \$60 / 10 Session (Y-Family Member \$30 / 10 Sessions)

### Plunge, Pedal and Plod

**DOWNTOWN - Triathlon**  
 June 9 - Mission Pk/Witter Pool  
 Fee: \$50 (Y-Family Member \$25)

**VALLEY - Duathlon (Swim/Run)**  
 August 26 - Valley YMCA  
 Fee: \$50 (Y-Family Member \$25)

### Fight Like A Girl - Ages 12 to Adult

Women's self defense is completely different than men's. Learn to prevent... or stop an attack. Please invite a female who may need self defense - from daughters to grand mothers. Instructor Wendy Sinclair.

**VALLEY**  
 June 5 to 28 (4 weeks)      Thursday, 7:30 P to 8:30 P  
 Fee: \$60 (Y-Family Member \$40)

### Hip Hop Dance - Ages 12 to Adult

Classes taught by Chris' Upstage Performance Studio. Six week class.  
**VALLEY**

**Session I**      May 24 to June 28      Thursday, 6:30 P to 7:30 P  
**Session II**      July 5 to August 9      Thursday, 6:30 P to 7:30 P  
 Fee: \$60 (Y-Family Member \$30)

## Pool Party at YMCA (Teens 12 to 18 years)

Join the FUN! Games, prizes and pizza.

DOWNTOWN June 22 8:00 P to 11:00 P Friday  
 Fee: \$5 (Y-Youth & Family Member FREE)

## Teen "Lock-In" Friday Night (Teens 12 to 18 years)

The Spokane Valley YMCA stays open all night. Activities include access to the Teen Center, gym, Y-Zone and pool. Spots are limited.

VALLEY June 22 10:00 P Friday to 7:00 A - Saturday  
 Fee: \$20 (Y- Family Member \$15)

## Peak 7 Rafting Trip (Teens 12 to 18 years)

Enjoy an exciting day with Peak 7 as you ride the rapids down the Spokane River with experienced, professional guides.

Contact Spencer Koonz for info - 777-9622, ext 130

VALLEY June 20 10:30 P to 5:00 P  
 Fee: \$45

## Teen Carwash & Barbecue (Teens 12 to 18 years)

Teens come out and wash member's cars to raise funds to go on teen adventure trips. A barbecue lunch will be provided. 11:00 A to 3:00 P

VALLEY June 2 • July 7 • August 4  
 Fee: FREE to all

## Super Sitters Workshops (Teens 11 to 16 years)

Learn the basics to become a Super Sitter. Includes basic first aid and a manual.

VALLEY May 22 & 24 • June 19 & 21  
 July 17 & 19 • August 21 & 23  
 6:00 P to 8:30 P at the Valley YMCA  
 Fee: \$32 (Y-Family Member \$30)

DOWNTOWN May 19 • June 16 • July 14 • Aug 11  
 Downtown students need to bring a lunch  
 9:00 A to 3:00 P at the Downtown YMCA  
 Fee: \$32 (Y-Family Member \$30)

## Programs At Both Locations

### Youth Venture

Youth Venture is a plan that encourage young people (ages 12 to 20) to start and lead their own organizations for the betterment of their communities. Greater youth leadership balances our society at large redefining the role of young people and empowering them to lead their own social venture. For more information contact Spencer Koonz, Program Coordinator at 777-9622, ext 130.

### Friends and Servants Program

The purpose of Friends and Servants is to intervene and invest in the lives of troubled youth ages 13 to 18. Youth can fulfill court requirements while giving them a positive work experience. For more information please contact Chris Knowlton, Program Coordinator at 838-3577, ext 179 or 777-9622, ext 137.

## On-Going Programs For Teens

### Totally Friday Nights (Teens 12 to 18 Years)

Join the fun every Friday night at the Downtown YMCA. Swimming, basketball, volleyball and much more!

DOWNTOWN

*Totally Friday Nights & Bible Study are available during the school year! See you next Fall!*

### Teen Bible Study (Teens 12 to 18 Years)

Join this fun group Friday nights and study the character traits of Jesus Christ.

DOWNTOWN

### Saturday Night Live (Teens 12 to 18 years)

Once a month a night is dedicated to impacting youth through fun activities, music, and an inspirational speaker. Bring your friends too!

VALLEY May 12 • June 9 • July 14 • August 11  
 8:00 P to 9:45 P  
 Fee: \$5 (Y-Youth & Family Member FREE)

### Strength Training (Teens 12 to 15 years)

Two - one hour appointments to learn safe, effective strength training, body conditioning techniques and cardio vascular fitness information.

Schedule training by appointment at the Member Services Desk.

Training available at Downtown and Valley locations.

One Time Fee: (Y-Member ONLY \$15)

### Basketball Training

DOWNTOWN

12 to 14 years Practices: W/F 5:00 P to 6:30 P  
 Games: Saturday 3:30 P to 5:00 P

15 to 18 Years Practices: W/F 3:30 P to 5:00 P  
 Games: Saturday 2:00 P to 3:30 P

Session I – June 6 to June 30

Session II – July 11 to August 4

Session III – September 5 to September 29

4 Week Session \$160 (Y-Family Member \$80)

Contact Darcia Taylor at 838-3577, ext. 125 or Tony Wells 768-0955  
 2 player minimum.

### Fight Like A Girl - Ages 12 to Adult

Women's self defense is completely different than men's. Learn to prevent... or stop an attack. Please invite a female who may need self defense - from daughters to grand mothers. Instructor Wendy Sinclair.

VALLEY

June 5 to 28 (4 weeks) Thursday, 7:30 P to 8:30 P  
 Fee: \$60 (Y-Family Member \$40)

### Hip Hop Dance - Ages 12 to Adult

Classes taught by Chris' Upstage Performance Studio. Six week class.

VALLEY

Session I May 24 to June 28 Thursday, 6:30 P to 7:30 P

Session II July 5 to August 9 Thursday, 6:30 P to 7:30 P

Fee: \$60 (Y-Family Member \$30)

### YMCA Valley Teen Center (Teens 12 to 18 years)

Hours Monday - Saturday 2:00 P to 9:45 P  
 Sunday 2:00 P to 7:45 P

## Mini Camp

### Boys & Girls, Age 6 to 8

Calling all boys and girls!!! Come join us in the adventure of Mini-Camp. For three days and two nights (Sun 3 pm – Tues 6pm) or (Thurs 10 am – Sat 10:30 am) your mini camper will have the opportunity to “experience camp” under the watchful eye of counselors and junior counselors. As a group, mini campers swim, boat, fashion arts and crafts and participate in many traditional camp activities. They may even be able to go on a treasure (or turtle) hunt.

Week 1A	June 24 - 26	Week 1B	June 28 - 30	FEMALES SOLD OUT
Week 3A	<b>SOLD OUT</b>	Week 3B	<b>SOLD OUT</b>	
Week 6A	July 29 - 31	Week 6B	August 2 - 4	FEMALES SOLD OUT

Fees: \$200 (Y-Family Member \$190)  
 \$50 non refundable deposit required (will be credited to balance)

## Traditional Camp

### Boys & Girls, Age 8 to 14

If you are looking for the ultimate in a traditional camp experience... Camp Reed is it! Activities: swimming, hiking, mountain biking, canoeing, kayaks, war canoe races, surf boards, 50 foot climbing tower, ropes course, archery & riflery instruction, leather work, pottery, painting, overnight under the stars, campfires, night exploring, skits.... on and on. Sunday afternoon till Saturday morning Camp Reed serves up safe fun!

Week 1	June 24 – 30	Week 2	July 1 – July 7
Week 3	July 8 – July 14	Week 4	July 15 – July 21
Week 5	July 22 – July 28	Week 6	July 29 – August 4
Week 7	August 5 – August 11	Week 8	August 12 – August 18

Fees: Weeks 1 - 2 \$305 (Y-Family Member \$295)  
 Weeks 3 - 8 \$325 (Y-Family Member \$315)  
 \$75.00 non-refundable deposit required  
 (will be credited to balance)

## CIT Program

**(Counselor In Training)** Designed for high school students aged 15 or 16 who have completed their freshman year of high school in summer '07. The CIT program delivers training to participants through group dynamics, leadership, stewardship, hard work, self esteem and peer communication. The “work week” and “bike trip” work together developing teamwork as well as individual work ethic. CIT’s are known to say, “It sure ain’t easy - but it sure is good”.

Each CIT group attends two (2) different weeks of camp – one work week and one week with a 300 mile bike trip. Between weeks, CIT’s are off Friday evening through late Sunday afternoon.

Group 1 Work Week:	June 24 - 29	Bike Trip:	July 1 - 7
Group 2 Work Week:	<b>SOLD OUT</b>	Bike Trip:	<b>SOLD OUT</b>
Group 3 Work Week:	<b>SOLD OUT</b>	Bike Trip:	<b>SOLD OUT</b>
Group 4 Work Week:	<b>SOLD OUT</b>	Bike Trip:	<b>SOLD OUT</b>

Fees: \$415 (Y-Family Member \$405)  
 \$100 non refundable deposit required  
 (will be credited to balance)

Programs and Services are provided at both Downtown and Valley facilities. Dates Times, and fees may vary at each location.

## Group Fitness Classes

Enjoy the variety of classes offered from step and floor aerobics to body conditioning, pilates, yoga, and dance. The YMCA offers something for everyone, at all levels of fitness. A fitness trainer or instructor can answer any questions you might have about classes or about getting started with your fitness program. Schedules available at the YMCA Member Services Desk or online at [www.ymcaspokane.org](http://www.ymcaspokane.org).

## Fitness Assessments

The Fitness Assessment evaluates an individual's current level of fitness. Results can be used to develop a personalized exercise program based on the following components:

- cardiovascular endurance
- muscular strength
- body composition
- flexibility
- blood pressure and heart rate
- height and weight

Fitness Assessment - \$40 Y-Member

Body Composition/Skin Fold - \$10 Y-Member

Electroimpedance Body Composition - FREE to members

*The fee for the Fitness Assessment is \$40, however as a new member you receive a FREE assessment, body composition, blood pressure and heart rate analysis & two FREE 1-hour training sessions.*

## Personal Training

Personal attention! One-on-one direct attention to you and your fitness goals gets results! The benefits you will receive from this type of attention are endless. One of the most notable is the benefit of feeling successful, like you accomplished something big! How long has it been since you have felt successful in terms of your fitness and health goals? You are not just hiring a Personal Fitness Trainer (PFT); you are hiring a cheerleader, a motivator, a coach, and a person who wants to see you succeed as bad as you do. It sure is fun to celebrate an attained fitness goal together! The fees are:

- \$30 Y-Member - 1 Hour
- \$132 Y-Member - 6 Hours
- \$75 Y-Member - 3 Hours
- \$230 Y-Member - 12 Hours

## Personal Fitness 12 Week Program

This program geared to the Health Seeker who is committed and "Ready to Get Fit". Workout three times per week, receive four personal training sessions, a weekly follow-up and follow along, and Pre and Post fitness testing.

\$80 Y-Member (An additional \$20 charge for the Valley program will be applied for a Technogym Key unless participant already has a key.)

## Personal Fitness Program II

Continue on with your Personal Fitness Program for an additional 12 weeks. Increase your independence. Receive two personal training sessions, a weekly follow-up and follow along, and Post testing.

\$80 Y-Member

## Active Adults Fitness

Is the YMCA's program for today's active adults 62 and older. The Y offers a variety of exercise and social opportunities for our senior members. If you're looking to stay fit and healthy long past retirement, work out with the YMCA Active Older Adults!

## The SilverSneakers® Fitness Program

Get fit, have fun, and make new friends. Your Group Health Cooperation plan may offer this program...

to find out visit: [www.silversneakers.com](http://www.silversneakers.com)

SilverSneakers offers Medicare-eligible adults:

- FREE basic membership to the YMCA
- Access to all fitness amenities
- Custom designed classes taught by certified instructor
- All SilverSneakers programs are open to YMCA members
- Senior Advisor<sup>SM</sup> Vicki Marsh 838-3577, ext 158

## Dancing at the Y

Learn the basics of Salsa, Tango, Traditional Ballroom and Hip Hop. Sessions will be six weeks and classes will meet once a week. Hip Hop classes taught by Chris' Upstage Performance Studio

### DOWNTOWN

Session I - June 4 to July 9  
Salsa / Tango Lessons  
Mondays - 7:00 P - 8:00 P

Session II - July 23 to August 27  
Salsa / Tango Lessons  
Mondays - 7:00 P - 8:00 P  
\$100 (Y-Member \$50) (couple)  
\$60 (Y-Member \$32) (single)

### VALLEY

Session I - May 24 to June 28  
Hip Hop Lessons  
Thursday - 6:30 P - 7:30 P

Session II - July 5 to August 9  
Hip Hop Lessons  
Thursday - 6:30 P - 7:30 P  
\$60 (Y-Member \$30) (single)

## ADULT SPORTS & RECREATION

### Pick-up Basketball/Volleyball for Adults (16 years and older)

#### DOWNTOWN

Basketball  
Tue. & Thu. 11:30 A - 1:30 P

Volleyball  
Wed. 12:15 P - 2:00 P  
Free to Y-Members

#### VALLEY

Basketball  
Mon. & Wed. 12:00 P to 1:00 P  
Thur. 7:30 P - 9:00 P

Volleyball  
Tue. 12:15 P - 2:00 P  
Fri. & Sat 7:00 P - 10:00 P  
Free to Y-Members

### YMCA Triathlon Training - informational meeting only

Instruction consists of running, biking and swimming training. Training is provided by certified Level I USA Triathlon Coaches.

#### DOWNTOWN

Through August 5  
Monday 6:30 P to 8:30 P  
Downtown YMCA

Fee: \$60 / 10 Session (Y-Family Member \$30 / 10 Sessions)

#### VALLEY

Through August 5  
Wednesday 6:00 P to 8:00 P  
Valley YMCA

### Plunge, Pedal and Plod

#### DOWNTOWN - Triathlon

June 9 - Mission Pk/Witter Pool  
Fee: \$50 (Y-Family Member \$25)

#### VALLEY - Duathlon (Swim/Run)

August 26 - Valley YMCA  
Fee: \$50 (Y-Family Member \$25)

# ADULT HEALTH & WELLNESS

ADULTS

## Adult Programs

### Cardiac Maintenance

This is an exercise program designed for participants diagnosed with heart disease and who have received a medical release from their physician to participate in our program. The class consists of a warm-up period, cardio & strengthening components, cool-down & stretching. Y-Family Member FREE

Downtown YMCA	M/W/F	7:00 A - 8:00 A
Downtown YMCA	M/W/F	10:00 A - 11:00 A
Valley YMCA	M/W/F	7:45 A - 8:45 A

### Risk Management With Cardiac Maintenance Class

You will receive monitoring by the St. Lukes Medical staff. The program includes an informational booklet and journal, annual physical assessment, rhythm check, weekly blood pressure check, oximeter check, and related educational topics. Monday & Wednesday  
Y-Family Member \$18.00 Downtown YMCA

### Adult Gymnastics

Have you ever wanted to participate in gymnastics? Have you ever been a gymnast? This class is for you. Beginning to Advanced gymnastics class for adults 18 to 100 years old. You will learn techniques for tumbling, bars, balance beam and the vault. Come and join the fun.

Session I - April 9 to 10	Session II - May 14 to June 14
Thursday - 7:00 P - 8:30 P	
\$60 (Y-Family Member \$40)	Downtown YMCA

### Massage Therapy

Our massage Therapists are skilled in Soft Tissue Release, Therapeutic Relaxation, and Sports Massage. Schedule an appointment at the Member Service desk (838-3577 x169). Downtown YMCA

### Technogym

Technogym is a Wellness System that allows our trainers to design an individual exercise program for each member, keep track of the member's workouts, and provide feedback in several important ways—all without having to put anything on paper. By inserting the TGS Key, exercise machines are automatically set to the member, adjusting distance, speed, and workload. As members use equipment, their workouts are recorded in the Wellness System. Members can purchase a key for \$20 (which includes a training on the Technogym Wellness System). Valley YMCA

## NEW at the Valley YMCA

**Jogging Strollers** – Strollers are now available that can be used at faster speeds while maintaining safety. Ask our fitness staff about checking out a stroller and a new walking group.

### Y-Wait

A 6-week program designed to create positive eating habits through education and professional guidance. Register at the Member Services Desk. This program includes a technogym key, Healthy Habits for Life workbook, weekly nutrition coaching sessions, and two training sessions. (6 week class)

Monday 12:00 P to 1:00 P or Thursday 6:00 P to 7:00 P	
Session I - Apr. 2 to May 10	Session II - May 14 to June 21
\$100 Y-Family Member (N/A to non-members)	Valley YMCA

### Y-Wait II

Must have taken Y-Wait I (6 week class)  
Monday 12:00 P to 1:00 P or Thursday 6:00 P to 7:00 P  
Session I - Apr. 2 to May 10      Session II - May 14 to June 21  
\$50 Y-Family Member (N/A to non-members)      Valley YMCA

## Martial Arts

### T'ai Chi - For Stress Reduction

You will learn several breathing techniques, a tai chi form and Qugong exercises which can be practiced anywhere. (min. 8 participants)  
June 5 to July 10 - Tuesday - 6:30 P to 7:30 P  
\$50 (Y-Family Member \$35) 6 weeks      Valley YMCA

### Basic T'ai Chi - The Basics to Tai Chi - Parts 1 & 2

This series includes the first 12 basic movements and may fundamental principles of Tai Chi.  
September 10 to November 12 - Monday 11:00 A to 12:00 P  
\$60 (Y-Family Member \$40) 10 weeks      Valley YMCA

### T'ai Chi - For Lower Back Health

Designed as a safe tai chi program to help reduce back pain. Includes mental aspects, specific work on deep stabilizing muscles, flexibility and fitness. Learn techniques to diminish back pain & improve back health.  
September 10 to November 12 - Tuesday - 1:15 P to 2:15 P  
\$60 (Y-Family Member \$40) 6 weeks      Valley YMCA

### Eight pieces of Brocade

Eight pieces of Brocade is a set of eight Qigong exercises as a physical fitness program. Instructional materials provided.  
July 10 to 24 Monday 7:00 P to 8:30 P  
\$30 (Y-Family Member \$20)

### Beginning Karatedo

Ages 12 to Adult - Traditional Okinawan Karate. No tournaments or sparring. Emphasis on health, fitness, self defense and personal development. A continuation of self defense skills for participants of "Fight Like A Girl" class.  
July 10 to August 30      Tuesday & Thursday 7:30 P to 8:30 P  
\$100 (Y-Family Member \$80)      Valley YMCA

### Women's Basketball

Four person teams 3 on 3 league  
July 10 to August 28 • Tuesday - 6:00 P to 8:00 P  
\$32 (Y-Family Member FREE)      Outdoor Court Valley YMCA

### Women's Basketball League

Adult basketball league (ages 18 and older)  
5 on 5 full court play. 12 week program  
May 15 to August 12 • Tuesday - 7:00 P to 9:00 P  
\$60/team (Y-Family Member \$30/team)      Downtown YMCA

## Volunteer Opportunities

If you are interested in becoming a volunteer instructor the YMCA invites you to speak with a Health and Fitness staff member and register for the following required courses:

### Healthy Lifestyle Principles

June 9 - 5:30 P to 8:30 P - Friday      \$40 (Y-Family Mbr \$30)

### Foundations of Group Exercise

June 10 - 8:00 A to 5:30 P - Saturday      \$65 (Y-Family Mbr \$55)

### Foundations of Group Cycling

September 8 - 8:00 A to 5:00 P - Saturday      \$65 (Y-Family Mbr \$55)

Register for YMCA programs online...  
[www.ymcaspokane.org](http://www.ymcaspokane.org)