



JUNE-AUGUST 2024



the

SUMMER

CROSSROADSYMCA | [cymca.org](http://cymca.org)

LEVEL

AMAZON

# ABOUT OUR BROCHURE

- We have worked hard to continue to develop new programs for all our members. As our program guide continues to grow, we know it is sometimes challenging to find programs for your family when organized by activity rather than age. We have aligned our program guide to be organized by age. We believe this is an easier way to search through a wide variety of program offerings in one section rather than looking through the entire guide.
- You will find the categories as follows:
  - Parent/Child (Ages 0-2)
  - Preschool (Ages 3-5)
  - Elementary (Ages 6-10)
  - Middle School (Ages 11-14)
  - High School (15-18)
  - Adult/Senior (18+)
  - Families (all ages)
- Ages are meant to be a guide, each program and discipline varies
- Some overlap will occur in offerings for age groups and you may see listings in multiple age groups.

**PARENT/CHILD (AGES 0-2) ..... 7**

**PRESCHOOL (AGES 3-5) ..... 12**

**ELEMENTARY (AGES 6-10) ..... 24**

**MIDDLE SCHOOL (AGES 11-14) ..... 48**

**HIGH SCHOOL (AGES 15-18) ..... 66**

**ADULT/SENIOR (AGES 18+) ..... 72**

**FAMILIES (ALL AGES) ..... 86**

# PROGRAM CALENDAR

June 2024						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- Program Session Last Day
- Program Session First Day
- Program Break for Leader Development
- Holiday, Building Hours may vary



Give your child a new experience each month!



To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# DEVELOPING SKILLS AT YOUR PACE



## MONTHLY

- Typically age 2 and up
- One Month Commitment
- Learn age appropriate skill fundamentals while developing confidence
- Classes meet once per week
- Curriculum repeats monthly to reinforce skills

### STEP 1



## ACADEMY

- Typically age 6 and up
- Session Commitment (Sept-Dec)/(Jan-May)
- Classes meet one or two times a week
- Curriculum progresses to prepare for performance
- May also perform at local events and recitals
- Additional costs
- Improve strength, flexibility and coordination while developing confidence and friendships
- Available in Gymnastics, Dance, Cheer, Ninja and Swim
- Director approval may be required

### STEP 2



## TEAM

- Designed for athletes that are dedicated to their sport
- Compete in local, regional, state and/or national competitions depending on sport
- May also perform at local events and recitals
- Available in Gymnastics and Cheer
- Teams require auditions and/or director approval

#### Contact Information



Gymnastics Team  
DeAnna Arndt  
darndt@crymca.org

Cheer Team  
Kennedy Tolbert  
ktolbert@crymca.org

### STEP 3

# LOCATIONS.....

## SOUTHLAKE .....

-  **DEAN & BARBARA WHITE  
SOUTHLAKE YMCA**  
100 Burrell Drive  
Crown Point, IN 46307  
219 663 5810
-  **Monday-Friday:** 4:45am-10:00pm  
**Saturday & Sunday:** 6:30am-7:00pm

## GRIFFITH .....

-  **GRIFFITH FAMILY YMCA**  
1345 Broad Street  
Griffith, IN 46319  
219 750 1082
-  **Monday-Friday:** 6:00am-8:00pm  
**Saturday:** 8:00am-5:00pm  
**Sunday:** Noon-5:00pm

## HAMMOND .....

-  **HAMMOND FAMILY YMCA**  
7322 Southeastern Avenue  
Hammond, IN 46324  
219 845 1507
-  **Monday-Friday:** 4:45am-10:00pm  
**Saturday & Sunday:** 6:30am-7:00pm

## SCHERERVILLE.....

-  **SCHERERVILLE FAMILY YMCA**  
221 US-41 A  
Schererville, IN 46375  
219 661 7031
-  **Monday-Friday:** 4:00am-11:00pm  
**Saturday & Sunday:** 5:00am-9:00pm

## WHITING .....

-  **WHITING FAMILY YMCA**  
1938 Clark Street  
Whiting, IN 46394  
219 370 5091
-  **Monday-Friday:** 4:45am-10:00pm  
**Saturday:** 6:30am-7:00pm  
**Sunday:** Noon-7:00pm

## HOBART.....

-  **HOBART FAMILY YMCA**  
601 W. 40th Place  
Hobart, IN 46342  
219 942 2183
-  **Monday-Friday:** 4:45am-10:00pm  
**Saturday & Sunday:** 6:30am-7:00pm

\*Facility hours are subject to change. All Crossroads YMCA locations are closed on: Easter Sunday and Christmas Day; limited hours on: Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Eve, New Year's Eve, and New Year's Day.

## TRIANGLE HILLS.....

-  **TRIANGLE HILLS CAMP AND  
RETREAT CENTER**  
3838 W 141st Ave  
Crown Point, IN 46307  
219 663 8335

# MEMBERSHIP

WE  
ACCEPT  
SILVER  
SNEAKERS

## GET THE WHOLE FAMILY INVOLVED!

Our Family Membership\* pricing is a wonderful value and provides huge savings to members.



Branch	Monthly Cost	Yearly Cost	Joiner's Fee
Southlake	\$63	\$756	\$50
Schererville	\$63	\$756	\$50
Hammond	\$55	\$660	\$50
Hobart	\$55	\$660	\$50
Whiting	\$52	\$624	\$50
Griffith	\$43	\$516	\$50

### SOUTHLAKE

Youth	\$22	\$264	\$25
Young Adult	\$27	\$324	\$50
Adult	\$43	\$516	\$50
Senior	\$36	\$432	\$50
Senior Couple	\$49.50	\$594	\$50

### HAMMOND

Youth	\$22	\$264	\$25
Young Adult	\$27	\$324	\$50
Adult	\$37	\$444	\$50
Senior	\$33.30	\$399.60	\$50
Senior Couple	\$49.50	\$594	\$50

### WHITING

Youth	\$22	\$264	\$25
Young Adult	\$27	\$324	\$50
Adult	\$37	\$444	\$50
Senior	\$33.30	\$399.60	\$50
Senior Couple	\$46.80	\$561.60	\$50

## GRIFFITH

Youth	•	\$22	•	\$264	•	\$25
Young Adult	•	\$27	•	\$324	•	\$50
Adult	•	\$30	•	\$360	•	\$50
Senior	•	\$27	•	\$324	•	\$50
Senior Couple	•	\$38.70	•	\$464.40	•	\$50

## SCHERERVILLE

Youth	•	\$22	•	\$264	•	\$25
Young Adult	•	\$27	•	\$324	•	\$50
Adult	•	\$43	•	\$516	•	\$50
Senior	•	\$36	•	\$432	•	\$50
Senior Couple	•	\$49.50	•	\$594	•	\$50

## HOBART

Youth	•	\$22	•	\$264	•	\$25
Young Adult	•	\$27	•	\$324	•	\$50
Adult	•	\$37	•	\$444	•	\$50
Senior	•	\$36	•	\$432	•	\$50
Senior Couple	•	\$49.50	•	\$594	•	\$50

Membership rates are subject to change. Military discounts are available! We also offer Corporate Partnerships. **Your membership must be active at the branch you visit most frequently.** The Joiner's Fee is a one-time fee. For more information on joiner's fees, contact your membership desk. Youth membership is available to those 12-17 or those who are still in high school. Young Adult is for those ages (18-26) \*Includes 1 or 2 adult household and their dependents claimed on income tax return. Proof of dependents must be provided for children 18 & over. All others see your membership desk for details on our Extended Family Membership.



To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# ACCESS FOR ALL .....

Crossroads YMCA believes no one should be denied membership or program participation solely because of the inability to pay fees. Income-based applications are available at our front desk or online. Income-based assistance is granted based on available resources. All applications are kept confidential.

**What is the YMCA Income-Based Assistance Program?** The YMCA Income-Based Assistance Program provides scholarship assistance to individuals and families in need of financial support, allowing them to participate in membership and program activities. This support is funded by generous donations made to the YMCA's Annual Campaign. Income-Based assistance is granted based on available resources.

**How will the Income-Based Assistance amount be determined?** We use a sliding fee scale, based on total household income, number of dependents and special needs or circumstances; as well as the resources and program availability at our YMCA.

NOTE: Payment is made on a monthly basis. All participants are expected to notify the YMCA representative handling Income-Based Assistance if their financial situation changes. Scholarships must be approved prior to program registration and does not guarantee you a spot in the program.

## Income-based example

Hammond YMCA  
Family Membership:  
**Price \$55.00**

---

Example  
Income-based  
assistance:  
**Qualifies for 50%**

---

Example Member  
**pays just \$27.50**  
a month for family  
membership!

## FIND MY RATE

Visit [crymca.org/findmyrate](https://crymca.org/findmyrate)

Enter your annual income and dependents to see your estimated rate to join the Y.

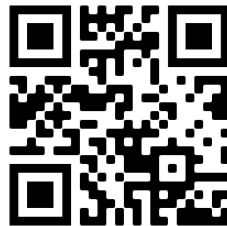
## HOW DO I APPLY?

1. Complete the financial assistance application form.
2. Submit completed forms along with all the following documentation:
  - Proof of income and/or assistance for all adults in household (*examples are: most recent Federal 1040 tax returns, recent paycheck stub, proof of child support*)
  - Include copies for all individuals contributing to household income
  - Proof of dependency for children/minors



**PARENT/CHILD INCLUDES:**

- Brickies in Motion
- Dance
- Gymnastics
- Ninja
- Preschool/Learning Together
- Sports FUNdamentals
- Swim Lessons



P A R E N T / C H I L D

## DANCE

**Hop, Skip, Jump** (Ages 18 months-3) This parent participation class is a wonderful introduction to all the benefits of dance including developing coordination, balance, large and small motor skills as well as focusing and listening skills all while keeping young children in their comfort zone and preparing them for classes on their own. Athletic wear required. 30 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	10:25am	\$20	\$40
Southlake	Monday	9:00am	\$20	\$40
	Monday	5:10pm	\$20	\$40
	Wednesday	9:00am	\$20	\$40
	Thursday	4:30pm	\$20	\$40
	Saturday	10:00am	\$20	\$40

## GYMNASTICS

**Parent & Me** (Age 2-3) Parent & Me is a parent participation program that allows the child to develop the basic gymnastics skills, learn to work in a group setting, and understand the sense of following direction. 30 minute class.

Location	Days	Time	Member	Guest
Hammond	Wednesday	4:00pm	\$20	\$40
	Saturday	11:15am	\$20	\$40
Hobart	Saturday	9:30am	\$20	\$40
Schererville	Monday	5:30pm	\$20	\$40
	Tuesday	9:00am	\$20	\$40
	Tuesday	5:15pm	\$20	\$40
	Wednesday	10:45am	\$20	\$40
	Saturday	9:15am	\$20	\$40
Southlake	Monday	10:50am	\$20	\$40
	Monday	4:30pm	\$20	\$40
	Tuesday	2:10pm	\$20	\$40
	Wednesday	10:10am	\$20	\$40
	Wednesday	5:25pm	\$20	\$40
	Thursday	2:50pm	\$20	\$40
	Friday	5:50pm	\$20	\$40
	Saturday	10:05am	\$20	\$40
	Saturday	11:00am	\$20	\$40

## NINJA

**Baby Ninjas** (Walkers-3) Baby Ninjas is the first step in creating confidence in young children! In an organized, yet playful structure, this parent participation class is the perfect way to socialize your child, allow them to learn and understand what it means to follow instruction, and of course, get them moving! 30 minute class.

Location	Days	Time	Member	Guest
Griffith	Saturday	10:30am	\$25	\$50
Hammond	Monday	4:00pm	\$25	\$50
Hobart	Thursday	11:00am	\$25	\$50
	Saturday	9:00am	\$25	\$50
Schererville	Tuesday	10:20am	\$45	\$90
	Wednesday	4:45pm	\$45	\$90
	Saturday	10:00am	\$45	\$90
Southlake	Monday	9:15am	\$45	\$90
	Monday	5:25pm	\$45	\$90
	Tuesday	10:10am	\$45	\$90
	Tuesday	2:10pm	\$45	\$90
	Tuesday	4:15pm	\$45	\$90
	Wednesday	11:30am	\$45	\$90
	Thursday	1:15pm	\$45	\$90
	Thursday	2:10pm	\$45	\$90
	Friday	9:15am	\$45	\$90
	Friday	5:00pm	\$45	\$90
	Friday	5:55pm	\$45	\$90
Whiting	Saturday	10:35am	\$25	\$50
	Saturday	9:00am	\$25	\$50

**Purposeful Play** (18 months-6) Watch your little one blossom as they engage in hands on activities designed to build and develop motor skills. From sensory exploration to exciting physical challenges, our child-led approach fosters growth in every little explorer. Thoughtfully curated play stations will be provided each week to ignite curiosity and stimulate imaginative play. You and your child can expect to see exciting new stations each week to enhance hands eye coordination and agility.

Location	Days	Time	Member	Guest
Southlake	Tuesday	10:50am	\$25	\$50
	Thursday	11:50am	\$25	\$50

## FREE SPORTS FUNDAMENTALS

The YMCA's FUNdamental Sports Programs (Ages 2-4) teach the basic skills of the sport through drills and practices with less emphasis on the game. We concentrate more on the fundamentals of the sport. FUNdamental Sports run 30 minutes. Gym shoes and sports attire required. Equipment provided. Parent involvement required. Registration limited and required. See all the details on the full listing on page 20.

## SWIM LESSONS

**Waterbabies** (6mos–2yrs; Water Discovery) Discover swimming and water safety through song and games. Parent participation required. 30 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	10:20-10:50am	\$20	\$40
	Tuesday	5-5:30pm	\$20	\$40
	Thursday	5-5:30pm	\$20	\$40
	Saturday	10:25-10:55am	\$20	\$40
	Saturday	11:35am-12:05pm	\$20	\$40
Hobart	Sunday	11:15-11:45am	\$20	\$40
	Wednesday	5:30-6:00pm	\$20	\$40
	Friday	10-10:30am	\$20	\$40
	Saturday	10:30-11:00am	\$20	\$40
Schererville	Monday	4:30-5:00pm	\$20	\$40
	Wednesday	10:30-11:00am	\$20	\$40
	Saturday	9-9:30am	\$20	\$40
Southlake	Sunday	9:45-10:15am	\$20	\$40
	Sunday	10:55-11:25am	\$20	\$40
	Monday	9:30-10:00am	\$20	\$40
	Tuesday	4:30-5:00pm	\$20	\$40
	Wednesday	9:30-10:00am	\$20	\$40
	Thursday	4:40-5:10pm	\$20	\$40
	Saturday	10:20-10:50am	\$20	\$40

**Paddlers** (2–3yrs; Water Exploration) Learn swim readiness and water safety through song, instruction and games. Parent participation required. 30 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	10:30-11:00am	\$20	\$40
	Thursday	5:35-6:05pm	\$20	\$40
	Saturday	11-11:30am	\$20	\$40
Hobart	Sunday	11:15-11:45am	\$20	\$40
	Wednesday	5:30-6:00pm	\$20	\$40
	Friday	10-10:30am	\$20	\$40
	Saturday	10:30-11:00am	\$20	\$40
Schererville	Monday	10:30-11:00am	\$20	\$40
	Monday	5:05-5:35pm	\$20	\$40
	Saturday	9:35-10:05am	\$20	\$40
Southlake	Sunday	10:20-10:50am	\$20	\$40
	Tuesday	9:30-10:00am	\$20	\$40
	Tuesday	5:05-5:35pm	\$20	\$40

Location	Days	Time	Member	Guest
Southlake	Thursday	9:30-10:00am	\$20	\$40
	Thursday	5:05-5:35pm	\$20	\$40
	Saturday	9:45-10:15am	\$20	\$40
	Saturday	10:55-11:25am	\$20	\$40

## BRICKIES IN MOTION | HOBART

A 30 minute class that focuses on music and movement geared towards children ages 0-4. This class encourages learning through songs, dance, instruments and body movement. Music and movement is a wonderful way to work on physical skills, while also encouraging young children to learn sounds, words, and patterns. Parent Participation Required.

Location	Days	Time	Member	Guest
Hobart	Tuesday	11-11:30am	\$25	\$50
	Tuesday	5:15-5:45pm	\$25	\$50

## EARLY LEARNING ACADEMY

The Early Learning Academy uses a holistic approach to foster language, cognitive, emotional, physical, and social development to promote life-long learning and academic achievement. Our trained professionals who are chosen for their warmth, creativity, experience with children and commitment to excellence create a fun, positive classroom atmosphere that engages multiple styles of learning.

Location	Preschool	Days/Times	Ages	Member	Guest	Supply Fee
Southlake	<b>Explore with Me</b>	Fridays AM 1: 9-10:00am AM 2:10:30-11:30am	Children 1 year old, must be 1 year old by August 1, 2024 and sitting up independently	\$40/month	\$55/month	N/A
Southlake	<b>Learning Together</b>	Monday/Wednesday OR Tuesday/Thursday AM 1: 9-11:00am AM 2: 11:30am-1:30pm**	Children 2-3 years old, must be 2 years old by August 1, 2024	\$75/month	\$90/month	\$50

\*Fees are subject to change. Registration Fees (first month's tuition plus supply fee) are due upon enrollment for all Early Learning Academy programming. Registration fees are non-refundable. \*\*Times for 2024-2025 school year

**Explore with Me** is designed specifically for children aged 12-24 months. Young toddlers have a newfound interest in the world around them and their curiosity is endless. In Explore with Me toddlers will enjoy activities involving fine motor skill development, sensory play, exploratory art, and a language rich story time. Grownups and children will explore topics such as colors, shapes, seasons, holidays, and animals together. All sensory activities have been designed as taste safe (but not always TASTY) for curious little learners that still put everything in their mouths.

**Learning Together** is a grownup plus child class for toddlers aged 2-3. At this age, toddlers abilities are growing quickly; they are communicating more clearly, learning about boundaries, have big feelings, showing interest in friends, and can't stop exploring! Toddlers will develop social emotional, self-expression, fine motor, and gross motor skills (weekly swim and gym classes) while building their vocabulary. Most of all they will develop the confidence to attend and thrive in preschool independently at age 3.

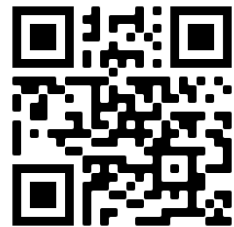
**Tuition Due Dates:** Families must pay for the next month's tuition by the 15th of the month to avoid a \$25 late fee. All tuition payments are due by recurring payment only. Tuition fees are non-refundable.

**\*We offer childcare at Griffith Family YMCA beginning at 13 months old. See more information on page 23.**

# PRESCHOOL

## **PRESCHOOL INCLUDES:**

- Book & Cook
- Dance
- Early Learning Academies/Preschool
- Gymnastics
- Ninja
- Sports FUNdamentals
- STEAM
- Swim Lessons





## DANCE

**Wiggles and Giggles (Age 3)** This class will give your little dancer a basic introduction to ballet steps and positions, while enhancing their motor skills and coordination with fun music and rhythms. Leotard, tights and ballet shoes required. 30 minute class.

Location	Days	Time	Member	Guest
Scherverville	Monday	11:05am	\$25	\$50
	Tuesday	4:15pm	\$25	\$50
	Thursday	10:30am	\$25	\$50
Southlake	Monday	9:45am	\$25	\$50
	Tuesday	4:15pm	\$25	\$50
	Wednesday	9:45am	\$25	\$50
	Wednesday	4:15pm	\$25	\$50
	Saturday	10:40am	\$25	\$50

**Preschool Ballet & Tap (Ages 4-5)** Introduce your little dancer to the beautiful art of ballet! This beginner class will work on fundamental ballet and tap techniques, combining music, movement and ballet and tap terms. Leotard, tights, ballet and tap shoes required. 45 minute class.

Location	Days	Time	Member	Guest
Hobart	Monday	5:00pm	\$25	\$50
Scherverville	Monday	11:50am	\$25	\$50
	Tuesday	4:55pm	\$25	\$50
	Wednesday	4:15pm	\$25	\$50
	Thursday	11:10am	\$25	\$50
Southlake	Monday	10:30am	\$25	\$50
	Monday	4:15pm	\$25	\$50
	Wednesday	10:30am	\$25	\$50
	Wednesday	4:55pm	\$25	\$50
	Thursday	5:10pm	\$25	\$50
	Saturday	11:20am	\$25	\$50

**Preschool Hip Hop (Ages 4-5)** This is a high energy dance class! Dancers will learn how to groove to a variety of rhythms while learning introductory hip hop moves. Comfortable athletic clothing and tennis shoes required. 45 minutes.

Location	Days	Time	Member	Guest
Scherverville	Thursday	4:30pm	\$25	\$50
Southlake	Monday	5:50pm	\$25	\$50
	Wednesday	11:30am	\$25	\$50
	Wednesday	4:15pm	\$25	\$50

**Preschool Jazz** (Ages 4-5) This jazz class will introduce dancers to develop creativity and imagination through movement using a variety of music styles. Leotard, tights and jazz or ballet shoes required. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Tuesday	5:10pm	\$25	\$50

**Preschool Pom** (Ages 4-5) Dancers will be introduced to pom techniques plus dance and cheer skills. Pom positions and performance/entertainment skills will be taught. Leotard, tights and jazz or ballet shoes required. Poms will be provided. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Monday	11:30am	\$30	\$60

## GYMNASTICS

**3 Just Me** (Age 3) 3 Just Me is a child's first independent experience in gymnastics. This program allows the child to continue to enhance their gymnastics skills while learning in a group setting and understanding the importance of following directions. 30 minute class.

Location	Days	Time	Member	Guest
Hammond	Wednesday	4:45pm	\$25	\$50
	Saturday	9:30am	\$25	\$50
Scherverville	Monday	4:15pm	\$25	\$50
	Tuesday	9:40am	\$25	\$50
	Tuesday	4:30pm	\$25	\$50
	Wednesday	10:00am	\$25	\$50
	Thursday	5:30pm	\$25	\$50
	Saturday	11:00am	\$25	\$50
Southlake	Monday	11:30am	\$25	\$50
	Monday	6:05pm	\$25	\$50
	Tuesday	12:40pm	\$25	\$50
	Tuesday	5:05pm	\$25	\$50
	Wednesday	10:50am	\$25	\$50
	Thursday	10:10am	\$25	\$50
	Thursday	2:10pm	\$25	\$50
	Friday	8:35am	\$25	\$50
	Friday	5:10pm	\$25	\$50
	Saturday	9:25am	\$25	\$50
Saturday	10:20am	\$25	\$50	



**Preschool (Ages 4-5)** Preschool Gymnastics is the next progression into gymnastics. It is a program that allows the child to continue independently when learning the basics of gymnastics on all apparatus. 45 minute class.

Location	Days	Time	Member	Guest
Griffith	Thursday	6:30pm	\$25	\$50
	Saturday	11:15am	\$25	\$50
Hammond	Sunday	3:00pm	\$25	\$50
	Wednesday	5:30pm	\$25	\$50
	Thursday	4:00pm	\$25	\$50
	Thursday	4:50pm	\$25	\$50
	Saturday	10:15am	\$25	\$50
	Saturday	11:15am	\$25	\$50
Hobart	Wednesday	4:15pm	\$25	\$50
	Saturday	10:00am	\$25	\$50
Schererville	Monday	4:30pm	\$25	\$50
	Monday	6:15pm	\$25	\$50
	Tuesday	11:00am	\$25	\$50
	Tuesday	5:30pm	\$25	\$50
	Wednesday	9:00am	\$25	\$50
	Wednesday	6:30pm	\$25	\$50
	Thursday	4:30pm	\$25	\$50
	Thursday	6:15pm	\$25	\$50
	Saturday	10:00am	\$25	\$50
	Saturday	11:00am	\$25	\$50
Southlake	Monday	9:55am	\$25	\$50
	Monday	5:10pm	\$25	\$50
	Tuesday	8:20am	\$25	\$50
	Tuesday	1:15pm	\$25	\$50
	Tuesday	4:10pm	\$25	\$50
	Wednesday	9:15am	\$25	\$50
	Wednesday	4:30pm	\$25	\$50
	Thursday	8:20am	\$25	\$50
	Thursday	1:15pm	\$25	\$50
	Friday	10:50am	\$25	\$50
	Friday	4:15pm	\$25	\$50
	Saturday	8:30am	\$25	\$50
Saturday	10:45am	\$25	\$50	

# PRESCHOOL

# P R E S C H O O L

**Intermediate Preschool (Ages 4-5)** Intermediate preschool gymnasts have developed the basic skills and are ready for the next level! All incoming intermediate gymnasts must have been enrolled in beginner gymnastics for a minimum of 6 months. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	4:30pm	\$25	\$50
	Saturday	11:00am	\$25	\$50
Southlake	Tuesday	5:45pm	\$25	\$50
	Wednesday	6:05pm	\$25	\$50

**Advanced Preschool (Ages 4-5)** Advance preschool is an accelerated program for gymnasts that excel on all apparatus in the regular preschool gymnastics class. Please ensure the participants have strong basic skills and are evaluated by an instructor to enroll. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	4:30pm	\$25	\$50
	Saturday	11:00am	\$25	\$50
Southlake	Tuesday	2:50pm	\$25	\$50
	Thursday	9:15am	\$25	\$50

**Purposeful Play (18 months-6 years)** Watch your little one blossom as they engage in hands on activities designed to build and develop motor skills. From sensory exploration to exciting physical challenges, our child-led approach fosters growth in every little explorer. Thoughtfully curated play stations will be provided each week to ignite curiosity and stimulate imaginative play. You and your child can expect to see exciting new stations each week to enhance hands eye coordination and agility.

Location	Days	Time	Member	Guest
Southlake	Tuesday	10:50am	\$25	\$50
	Thursday	10:50am	\$25	\$50

## CHEER/TUMBLING

**Preschool Tumbling (Ages 4-5)** Preschool tumbling includes skills that are age and level appropriate for preschoolers, such as rolls, handstands and cartwheels. 45 minutes class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	4:30pm	\$25	\$50
	Wednesday	9:30am	\$25	\$50
Southlake	Tuesday	9:15am	\$25	\$50
	Wednesday	4:30pm	\$25	\$50
	Saturday	10:50am	\$25	\$50

**Preschool Cheer (Ages 4-5)** Preschool cheer is where you begin learning the fundamentals of cheerleading. Children will learn motion techniques, jumps, stunts, cheers and chants. In addition to learning basic beginner tumbling skills. 45 minutes class.

Location	Days	Time	Member	Guest
Hobart	Thursday	4:30pm	\$25	\$50
Schererville	Wednesday	4:30pm	\$25	\$50
	Monday	4:05pm	\$25	\$50
Southlake	Friday	5:25pm	\$25	\$50
	Saturday	9:00am	\$25	\$50

## NINJA

**Lil' Ninjas** (Ages 3-5) Lil' Ninjas is the entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training, and freestyle movement. 45 minute class. Uniform additional \$25.

Location	Days	Time	Member	Guest
Griffith	Tuesday	4:30pm	\$25	\$50
	Tuesday	5:30pm	\$25	\$50
	Thursday	4:30pm	\$25	\$50
	Saturday	9:30am	\$25	\$50
Hammond	Monday	4:45pm	\$25	\$50
	Monday	5:20pm	\$25	\$50
	Saturday	1:15pm	\$25	\$50
	Saturday	3:15pm	\$25	\$50
Hobart	Monday	4:15pm	\$25	\$50
	Monday	9:45am	\$25	\$50
	Tuesday	4:15pm	\$25	\$50
	Wednesday	5:15pm	\$25	\$50
	Friday	9:45am	\$25	\$50
	Saturday	12:00pm	\$25	\$50
Schererville	Monday	5:30pm	\$25	\$50
	Tuesday	6:30pm	\$45	\$90
	Wednesday	5:30pm	\$45	\$90
	Wednesday	6:30pm	\$45	\$90
	Thursday	11:45am	\$45	\$90
	Thursday	5:30pm	\$45	\$90
	Saturday	9:00am	\$45	\$90
	Saturday	10:45am	\$45	\$90
Southlake	Monday	12:10pm	\$45	\$90
	Monday	4:30pm	\$45	\$90
	Tuesday	11:45am	\$45	\$90
	Tuesday	1:15pm	\$45	\$90
	Tuesday	5:50pm	\$45	\$90
	Thursday	11:55am	\$45	\$90
	Thursday	1:15pm	\$45	\$90
	Thursday	2:50pm	\$45	\$90
	Friday	9:55am	\$45	\$90
	Friday	5:00pm	\$45	\$90
	Friday	5:40pm	\$45	\$90
	Saturday	8:45am	\$45	\$90
	Saturday	3:30pm	\$45	\$90
	Saturday	4:30pm	\$45	\$90
Whiting	Tuesday	4:00pm	\$25	\$50
	Thursday	4:00pm	\$25	\$50
	Saturday	9:45am	\$25	\$50

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

PRESCHOOL

## SWIM LESSONS

**Preschool** (Ages 3-5; Stages 1-4) Introduction to independent swim lessons, participants will progress through four levels of swim instruction. Progress reports are provided at end of the course. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	4-4:45pm	\$25	\$50
	Tuesday	4:50-5:35pm	\$25	\$50
	Tuesday	5:40-6:25pm	\$25	\$50
	Tuesday	6:30-7:15pm	\$25	\$50
	Thursday	10:05-10:50am	\$25	\$50
	Thursday	4-4:45pm	\$25	\$50
	Thursday	4:50-5:35pm	\$25	\$50
	Thursday	5:40-6:25pm	\$25	\$50
	Thursday	6:30-7:15pm	\$25	\$50
	Saturday	9:50-10:35am	\$25	\$50
	Saturday	10:40-11:25am	\$25	\$50
	Saturday	11:35pm-12:20am	\$25	\$50
Hobart	Sunday	10:30-11:15am	\$25	\$50
	Monday	4-4:45pm	\$25	\$50
	Friday	10:30-11:15am	\$25	\$50
	Friday	3:45-4:30pm	\$25	\$50
	Saturday	10:45-11:30am	\$25	\$50
	Saturday	11:30am-12:15pm	\$25	\$50
Schererville	Monday	4-4:45pm	\$25	\$50
	Monday	4:50-5:35pm	\$25	\$50
	Wednesday	9-9:45am	\$25	\$50
	Wednesday	4-4:45pm	\$25	\$50
	Wednesday	4:50-5:35pm	\$25	\$50
	Saturday	9:25-10:10am	\$25	\$50
	Saturday	10:15-11:00am	\$25	\$50
	Saturday	11:05-11:50am	\$25	\$50



# PRESCHOOL

Location	Days	Time	Member	Guest
Southlake	Sunday	9-9:45am	\$25	\$50
	Sunday	9:50-10:20am	\$25	\$50
	Sunday	10:30-11:15am	\$25	\$50
	Sunday	11:20am-12:05pm	\$25	\$50
	Monday	9:25-10:10am	\$25	\$50
	Tuesday	9:25-10:10am	\$25	\$50
	Tuesday	11-11:45am	\$25	\$50
	Tuesday	4-4:45pm	\$25	\$50
	Tuesday	4:50-5:35pm	\$25	\$50
	Tuesday	5:40-6:25pm	\$25	\$50
	Tuesday	6:30-7:15pm	\$25	\$50
	Wednesday	9:25-10:10am	\$25	\$50
	Thursday	9:25-10:10am	\$25	\$50
	Thursday	11-11:45am	\$25	\$50
	Thursday	4-4:45pm	\$25	\$50
	Thursday	4:50-5:35pm	\$25	\$50
	Thursday	5:40-6:25pm	\$25	\$50
	Thursday	6:30-7:15pm	\$25	\$50
	Saturday	9-9:45am	\$25	\$50
	Saturday	9:50-10:20am	\$25	\$50
Saturday	10:30-11:15am	\$25	\$50	
Saturday	11:20am-12:05pm	\$25	\$50	

**Two times per week for two weeks**  
**6/4-6/13, 6/18-6/27, 7/9-7/18, 8/6-8/15**

Location	Days	Time	Member	Guest
Hobart	Tu/Th	9:15-10:00am	\$50	\$100

**Two times per week for four weeks**  
**6/3-6/28, 7/1-7/26**

Location	Days	Time	Member	Guest
Hammond	Tu/Th	9-9:45am	\$45	\$90
Schererville	Mon/Wed	9:50-10:35am	\$45	\$90

**Four times per week for two weeks**  
**(6/3-6/13, 6/17-6/27, 7/1-7/11, 7/15-7/25, 7/29-8/8)**

Location	Days	Time	Member	Guest
Hammond	Mon/Tu/ Wed/Th	11-11:45am	\$50	\$100
Southlake	Mon/Tu/ Wed/Th	10:10-10:55am	\$50	\$100

## FREE SPORTS FUNDAMENTALS

The YMCA's FUNDamental Sports Programs (Ages 2-4) teach the basic skills of the sport through drills and practices with less emphasis on the game. We concentrate more on the fundamentals of the sport. FUNDamental Sports run 30 minutes. Gym shoes and sports attire required. Equipment provided. Parent involvement required. Registration limited and required.

FREE Sports FUNDamentals			
Registration required.			
BRANCH	JUNE	JULY	AUGUST
<b>Griffith</b>	<b>T-Ball</b>	<b>Soccer</b>	<b>T-Ball</b>
	4:45-5:15pm	4:45-5:15pm	4:45-5:15pm
Wednesday	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm
<b>Hammond</b>	<b>Basketball</b>	<b>Soccer</b>	<b>Basketball</b>
	4-4:30pm	4-4:30pm	4-4:30pm
Tuesday			
Wednesday	4-4:30pm	4-4:30pm	4-4:30pm
Thursday	4-4:30pm	4-4:30pm	4-4:30pm
Friday	4-4:30pm	4-4:30pm	4-4:30pm
<b>Hobart</b>	<b>Basketball</b>	<b>Soccer</b>	<b>T-Ball</b>
	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm
Wednesday			
Friday	11:15-11:45am	11:15-11:45am	11:15-11:45am
<b>Schererville</b>	<b>Basketball</b>	<b>T-Ball</b>	<b>Soccer</b>
	4-4:30pm	4-4:30pm	4-4:30pm
Monday			
Tuesday	11-11:30am	11-11:30am	11-11:30am
Wednesday	4-4:30pm	4-4:30pm	4-4:30pm
Thursday	11-11:30am	11-11:30am	11-11:30am
<b>Southlake</b>	<b>Soccer</b>	<b>Flag Football</b>	<b>T-Ball</b>
	3:30-4:00pm	3:30-4:00pm	3:30-4:00pm
Tuesday			
Wednesday	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm
	3:30-4:00pm	3:30-4:00pm	3:30-4:00pm
Friday	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm
	3:30-4:00pm	3:30-4:00pm	3:30-4:00pm
<b>Whiting</b>	<b>Basketball</b>	<b>Soccer</b>	<b>Basketball</b>
	9:45-10:15am	9:45-10:15am	9:45-10:15am
Saturday			

## RECREATIONAL SPORTS LEAGUES

Here, we introduce more game play versus skills like our FUNDamentals or Clinics. In Y leagues, children will have a unique and unforgettable experience. Your child will feel like a superstar when their name is announced at the beginning of the game while they run out onto the field/court through faux smoke and the music pumping. We believe the overall experience and fun is more important than being the next pro athlete. **We offer basketball, flag football, soccer, and t-ball across the Crossroads YMCA locations for ages 3-5; Pre-K through 1st grade. Check out the full details in our Elementary Sports Section on Page 37.**

## STEAM

**Book & Cook** (Ages 3-5) Explore cooking with our Preschool and Parent Book and Cook class. Meeting once a week, classes will read a book and explore a recipe that goes along with the story.

Location	Days	Time	Member	Guest
Hobart	Thursday	5-5:45pm	\$35	\$70
Southlake	Monday OR Wednesday	9:30-10:15am	\$57	\$114
Whiting	Monday	5-5:45pm	\$35	\$70

## Book and Craft

Parent & Child class that meets weekly to explore a craft related to that week's story. Class requires parents to participate with their child.

Location	Days	Time	Member	Guest
Hobart	Wednesday	9:45-10:30am	\$25	\$50

**Little Picasso** For artists ages 3-5, a series of art and design projects to enhance skills. Art class can help your child grow and develop their creativity, fine motor skills, problem solving ability, communication skills, and much more. Plus, it's a great way to introduce your child to a life-long hobby or after school activity!

Location	Days	Time	Member	Guest
Hobart	Tuesday	4:30-5:00pm	\$25	\$50
Whiting	Monday	4-4:45pm	\$25	\$50



## PRESCHOOL NIGHT OUT

Parents, enjoy a night out knowing your kids are having fun and are well cared for at the YMCA! Our experienced and caring child-care staff will provide fun activities for your child in a safe and well-supervised environment. Preschool Kids Night Out includes key YMCA program elements, including fun physical activities, positive relationships and enriching activities. Pizza & craft included. All children must be potty trained.

AGES: 3-5 years old

DATE: Meets on select Fridays each month from 6:30-9:30pm as follows:

June 21, July 19, August 16

COST: \$25 per child (members only)\*

\*All participants must be pre-registered and have a completed Participant Emergency Information form on file.

Only at Schererville & Southlake branches

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# PRESCHOOL

## EARLY LEARNING ACADEMY

Now registering for Preschool classes for the 2024/2025 school year at Griffith and Southlake locations.

The Early Learning Academy uses a holistic approach to foster language, cognitive, emotional, physical, and social development to promote life-long learning and academic achievement. Our trained professionals who are chosen for their warmth, creativity, experience with children and commitment to excellence create a fun, positive classroom atmosphere that engages multiple styles of learning.

Location	Preschool	Days/Times	Ages	Member (per month)	Guest (per month)	Supply Fee
Southlake	Explore with Me*	Fridays AM 1: 9-10:00am AM 2: 10:30-11:30am	Children 1 year old, must be 1 year old by August 1, 2024 and sitting up independently	\$40	\$55	N/A
Southlake	Learning Together*	Monday/Wednesday OR Tuesday/Thursday AM 1: 9-11:00am AM 2: 11:30am-1:30pm**	Children 2-3 years old, must be 2 years old by August 1, 2024	\$75	\$90	\$50
Southlake	2 Day Preschool	Tuesday/Thursday AM: 9-11:30am PM: 12-2:30pm	Children 3-4 years old, must be 3 years old by August 1, 2024	\$135	\$165	\$60
Griffith	3 Day Preschool	Monday/Wednesday/ Friday 9-11:30am	Children 3-5 years old, must be 3 years old by August 1, 2024	\$155	\$185	\$60
Southlake	3 Day Preschool	Monday/Wednesday/ Friday AM: 9-11:30am PM: 12-2:30pm	Children 3-4 years old, must be 3 years old by August 1, 2024	\$155	\$185	\$75
Southlake	3 Day Pre-K	Monday/Wednesday/ Friday AM: 9-11:30am PM: 12-2:30pm	Children 4 years old, must be 4 years old by August 1, 2024	\$155	\$185	\$75
Griffith	5 Day Pre-K	Monday-Friday 9-11:30am	Children 4-5 years old, must be 4 years old by August 1, 2024	\$200	\$240	\$60
Southlake	5 Day Pre-K	Monday-Friday AM: 9-11:30am PM: 12-2:30pm	Children 4-5 years old, must be 4 years old by August 1, 2024	\$200	\$240	\$75
Southlake	5 Day Full Day Pre-K	Monday-Friday 9:00am-2:30pm	Children 4-5 years old, must be 4 years old by August 1, 2024 and attending Kindergarten next school year and have 1 year of preschool already	\$420	\$500	\$100

Fees are subject to change. Registration Fees (first month's tuition plus supply fee) are due upon enrollment for all Early Learning Academy programming. Registration fees are non-refundable.

\*Grownup participation required. \*\*Times for 2024-2025 school year

**Tuition Due Dates:** Families must pay for the next month's tuition by the 15th of the month to avoid a \$25 late fee. All tuition payments are due by recurring payment only. Tuition fees are non-refundable.





## Childcare at Griffith Family YMCA

Childcare is an extension of the preschool program offering full-day care.

### COMPLIMENTARY FAMILY MEMBERSHIP FOR FULL-TIME EARLY LEARNING ACADEMY STUDENTS

Early Learning Academy at Griffith YMCA	Member
Registration Fee (one-time, new family)	\$60
3-5 year olds; care available 6:00am-6:30pm	\$185/week
13-36 months, care available 6:00am-6:30pm	\$225/week

#### Tuition Due Dates:

Families must pay for weekly tuition by the Wednesday prior to services to avoid a \$25 late fee. Tuition must be set up through autodraft.

The childcare accepts outside funding for qualified families from the Child Care Development Fund (CCDF) and from On My Way Pre-K (OMWPK) vouchers.

**Kindergarten Readiness (Ages 4-5)** Designed for 4-and-5-year-olds entering Kindergarten in Fall 2024, our Kindergarten Readiness class helps children strengthen their skills, so they are prepared for school. Teachers create hands-on lessons that help refine children's skills in all the Indiana Early Learning Foundations domains, including English & language, math, science, and more! This is a Summer ONLY program with limited space available. (June 3-August 2)

Kindergarten Readiness at Griffith YMCA	Member
Registration Fee (one-time, new family)	\$60
4-5 years old	\$185/week



For additional information regarding Early Learning Academy programming such as class descriptions, site specific contact information, parent handbook, required registration packet/documents, and enrollment process please visit our website at [crymca.org](http://crymca.org).



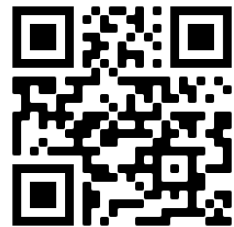
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# E L E M E N T A R Y



## ELEMENTARY INCLUDES:

- Culinary
- Cheer
- Dance
- Gymnastics
- Music
- Ninja
- School Age Programs
- Sports
- Swim Lessons
- STEAM
- Youth Fitness



## DANCE

**Ballet I** (Ages 6-7) This is a beginner class. Dancers will learn the fundamentals of ballet, including positions, leaps, jump, technique and proper ballet terminology. Leotard, tights and ballet shoes required. 45 minutes class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	5:55pm	\$25	\$50
Southlake	Wednesday	5:50pm	\$25	\$50

**Ballet II** (Ages 8 & Up) This class is for intermediate/advanced dancers to take their ballet skills to the next level while focusing on technique. Dancers will work on advanced jumps, kicks and leaps. Dancer must complete all skills on their Ballet I progress report. Leotard, tights and ballet shoes required. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	5:50pm	\$25	\$50

**Jazz I** (Ages 6-7) Dancers will learn stylized jazz steps and dance terminology in these fun upbeat classes. Isolation of movement and control are also taught, along with turns and leaps. Leotard and jazz or ballet shoes are required. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Thursday	5:25pm	\$25	\$50
Southlake	Tuesday	6:05pm	\$25	\$50

**Jazz II** (Ages 8 & Up) This class is for intermediate/advanced dancers who have completed all skills on their Jazz I progress report or have been assessed by a dance teacher. Leotard, tights, jazz or ballet shoes required. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Tuesday	6:05pm	\$25	\$50

**Hip Hop I** (Ages 6-7) This class will teach the basic understanding of rhythm and beginner hip hop steps. Dancers will be taught combinations and tricks. Comfortable athletic clothing and tennis shoes required. 45 minutes class.

Location	Days	Time	Member	Guest
Hobart	Thursday	4:30pm	\$25	\$50
Southlake	Wednesday	5:10pm	\$25	\$50

**Hip Hop II** (Ages 8 & Up) This class for intermediate/advanced dancers that want to build on their hip hop skills. Dancers will learn isolations, floor tricks and more advanced dance steps. Dancers need to complete all skills on their Hip Hop I progress report to be in this class. Comfortable athletic clothing and tennis shoes required. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	5:10pm	\$25	\$50

**Acro I** (Ages 6 and up) The participants will work on tumbling skills specifically needed for dance. They will work on walkovers, aerials, partner skills and much more! Must wear leotard or comfortable clothing and bare feet. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Friday	10:20am	\$25	\$50
Southlake	Monday	6:15pm	\$25	\$50
	Wednesday	6:05pm	\$25	\$50
	Thursday	4:15pm	\$25	\$50
	Saturday	9:00am	\$25	\$50

**Acro II** (Ages 6 and up) The participants will work on tumbling skills specifically needed for dance. Dancers will build off their Acro I training and advance their skills! Must wear leotard or comfortable clothing and bare feet. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Monday	6:15pm	\$25	\$50
	Wednesday	6:05pm	\$25	\$50
	Thursday	4:15pm	\$25	\$50
	Saturday	9:00am	\$25	\$50

**Contemporary** (Ages 6 and up) Dancers will learn to express themselves through dance while telling a story. This style combines elements of several dance genres including modern, jazz and lyrical. Leotard, tights and ballet shoes or bare feet. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Wednesday	5:15pm	\$25	\$50
Southlake	Tuesday	5:10pm	\$25	\$50

**Pom** (Ages 6 and up) This class focuses on sharp arm movements, execution of choreographic visuals and dance team/cheer skills. Dancers will learn beginner level fundamentals of Pom positions, performance skills and how to expand on their entertainment skills. Leotard, tights and jazz or ballet shoes required. Poms will be provided. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Thursday	6:05pm	\$30	\$60

**Dance Technique: Flexibility & Conditioning** (Ages 7 & up) This class is designed to help dancers increase their body strength, stamina, and flexibility while teaching dancers about the mechanics of their body as it relates to dance technique. Dancers will work on increasing their range of motion, balance, muscle flexibility, and overall strength.

Location	Days	Time	Member	Guest
Schererville	Wednesday	6:10pm	\$20	\$40
	Friday	11:20am	\$20	\$40
Southlake	Monday	5:35pm	\$20	\$40
	Wednesday	10:45am	\$20	\$40
	Thursday	6:30pm	\$20	\$40

**Dance Technique: Leaps & Jumps** (Ages 7 & up) This class is dedicated to learning, improving and perfecting jumps, leaps, and kicks with emphasis on the safe execution of these skills that are used in all forms of dance. The class will focus on a variety of leaps, jumps, and kicks i.e. front and side leap, toe touch, stag leaps, pas de chat, surprise leaps, hitch kicks, etc.

Location	Days	Time	Member	Guest
Schererville	Friday	12:00pm	\$20	\$40
Southlake	Monday	4:55pm	\$20	\$40
	Wednesday	10:00am	\$20	\$40
	Thursday	5:50pm	\$20	\$40

**Dance Technique: Turns** (Ages 7 & up) This class teaches the fundamentals of turning. Dancers will combine turns with choreography. Class will focus on learning how to spot and develop the skills necessary to perform a variety of turns i.e. pirouettes, chine turns, fouette turns, pencil turns, attitude turns, leg holds, etc.

Location	Days	Time	Member	Guest
Schererville	Thursday	12:10pm	\$20	\$40
	Thursday	6:25pm	\$20	\$40
Southlake	Monday	4:15pm	\$20	\$40
	Wednesday	9:15am	\$20	\$40
	Thursday	5:10pm	\$20	\$40



## GYMNASTICS

**Beginner** Gymnastics is a program that allows new gymnasts starting at the age of 6 to learn basic skills on all apparatuses. There is no minimum skill requirement. Once the gymnasts have mastered the basic skills, an evaluation will be conducted by an instructor. 45 minute class.

### Youth Beginner (Ages 6-7)

Location	Days	Time	Member	Guest
Griffith	Tuesday	6:30pm	\$25	\$50
	Saturday	12:00pm	\$25	\$50
Hammond	Sunday	4:00pm	\$25	\$50
	Wednesday	6:30pm	\$25	\$50
	Thursday	5:45pm	\$25	\$50
Hobart	Saturday	11:00am	\$25	\$50

## Youth Beginner (Ages 6-7)

Location	Days	Time	Member	Guest
Schererville	Tuesday	4:30pm	\$25	\$50
	Wednesday	4:30pm	\$25	\$50
	Wednesday	5:30pm	\$25	\$50
	Thursday	4:30pm	\$25	\$50
	Saturday	9:00am	\$25	\$50
Southlake	Monday	4:00pm	\$25	\$50
	Monday	5:45pm	\$25	\$50
	Tuesday	1:15pm	\$25	\$50
	Tuesday	4:50pm	\$25	\$50
	Wednesday	4:30pm	\$25	\$50
	Thursday	4:00pm	\$25	\$50
	Thursday	5:50pm	\$25	\$50
	Saturday	8:30am	\$25	\$50
	Saturday	9:25am	\$25	\$50
Saturday	4:40pm	\$25	\$50	

## Beginner (Ages 8+)

Location	Days	Time	Member	Guest
Hammond	Sunday	5:00pm	\$25	\$50
	Wednesday	6:30pm	\$25	\$50
	Thursday	5:45pm	\$25	\$50
	Saturday	12:15pm	\$25	\$50
Hobart	Monday	7:00pm	\$25	\$50
	Thursday	6:30pm	\$25	\$50
Schererville	Monday	4:30pm	\$25	\$50
	Tuesday	6:30pm	\$25	\$50
	Wednesday	4:30pm	\$25	\$50
	Saturday	10:00am	\$25	\$50
Southlake	Monday	4:50pm	\$25	\$50
	Tuesday	2:10pm	\$25	\$50
	Tuesday	4:00pm	\$25	\$50
	Tuesday	5:45pm	\$25	\$50
	Wednesday	6:20pm	\$25	\$50
	Thursday	4:55pm	\$25	\$50
	Saturday	3:45pm	\$25	\$50
	Saturday	8:30am	\$25	\$50

## Intermediate (Ages 6+)

Location	Days	Time	Member	Guest
Hammond	Thursday	6:30pm	\$25	\$50
Schererville	Tuesday	6:00pm	\$25	\$50
	Thursday	5:00pm	\$25	\$50
	Saturday	11:00am	\$25	\$50
Southlake	Wednesday	5:25pm	\$25	\$50
	Saturday	11:05am	\$25	\$50
	Saturday	5:35pm	\$25	\$50

**BOYS GYMNASTICS** is a program that allows new gymnasts starting at the age of 6 to learn basics skills on vault, bars, and floor while developing their core strength, flexibility and body awareness. This is a great program for any male athlete looking to develop basic strength and flexibility. There is no minimum skill requirement. 45 minute class.

## Youth Beginner (Ages 6-7)

Location	Days	Time	Member	Guest
Southlake	Monday	4:50pm	\$25	\$50
	Tuesday	4:20pm	\$25	\$50

## Beginner (Ages 8 and Up)

Location	Days	Time	Member	Guest
Southlake	Monday	5:45pm	\$25	\$50
	Tuesday	3:05pm	\$25	\$50

**Advanced Gymnastics** are for gymnasts looking to train and progress their skills during off season. Advanced I gymnasts will focus on intermediate skills and Advanced II gymnastics will focus on elite skills on all apparatuses. 60 minutes.

## Advanced Gymnastics I (Ages 6 and up)

Location	Days	Time	Member	Guest
Schererville	Monday	5:00pm	\$45	\$90
	Thursday	6:30pm	\$45	\$90
Southlake	Monday	4:15pm	\$45	\$90
	Wednesday	5:25pm	\$45	\$90
	Saturday	9:25am	\$45	\$90

## Advanced Gymnastics II (INSTRUCTOR APPROVAL. Ages 6 & Up)

Location	Days	Time	Member	Guest
Schererville	Monday	6:15pm	\$45	\$90
	Wednesday	5:00pm	\$45	\$90
Southlake	Monday	5:25pm	\$45	\$90
	Wednesday	4:15pm	\$45	\$90

## CHEER/TUMBLING

**Beginner Tumbling (Ages 6 & Up)** This beginner class focuses on skills such as cartwheels, round-offs, handstands, bridges, and back walkovers on a padded surface. Strength, flexibility, and balance will be taught in a controlled and safe environment. No prior experience is necessary. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	5:30pm	\$25	\$50
	Tuesday	5:30pm	\$25	\$50
	Wednesday	10:30am	\$25	\$50
	Wednesday	5:30pm	\$25	\$50
	Thursday	4:30pm	\$25	\$50
Southlake	Monday	4:15pm	\$25	\$50
	Wednesday	5:25pm	\$25	\$50
	Thursday	4:30pm	\$25	\$50
	Friday	5:10pm	\$25	\$50
	Saturday	8:45am	\$25	\$50
	Saturday	4:00pm	\$25	\$50

**Intermediate Tumbling (INSTRUCTOR APPROVAL. Ages 6 & Up)** Students must complete a "Beginner Tumbling" evaluation before entering the class. Skills focused on in this class will be: dive rolls, back handspring and connecting two or more skills together. We will continue to challenge students and prepare them to move up. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	6:30pm	\$25	\$50
	Wednesday	6:30pm	\$25	\$50
	Thursday	5:30pm	\$25	\$50
Southlake	Monday	6:05pm	\$25	\$50
	Thursday	6:20pm	\$25	\$50
	Friday	6:05pm	\$25	\$50
	Saturday	9:40am	\$25	\$50
	Saturday	6:05pm	\$25	\$50

**Advanced Tumbling I (INSTRUCTOR APPROVAL. Ages 6 & Up)** Students must complete a "Intermediate Tumbling" evaluation before entering the class. We will continue to perfect standing back handsprings as well as series tumbling. New skills will be taught such as back tucks, punch fronts, side aerials and more. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Thursday	6:30pm	\$25	\$50
Southlake	Monday	5:10pm	\$25	\$50
	Thursday	5:25pm	\$25	\$50
	Friday	4:15pm	\$25	\$50

**Advanced Tumbling II (INSTRUCTOR APPROVAL. Ages 6 & Up)** Students must complete an "Advanced Tumbling" evaluation before entering the class. Students continue to work on standing back handspring series tumbling. New skills will be taught such as back handspring tuck, standing tuck and layout. 60 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	6:20pm	\$25	\$50
	Saturday	10:35am	\$25	\$50



**Elite Tumbling** (INSTRUCTOR APPROVAL Ages 6 & Up) Students must complete an "Advanced II Tumbling" evaluation before entering the class. Students continue to work front/back tumbling and layouts. New skills will be taught such as twisting and connecting multiple forward and backward skills. 60 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	6:35pm	\$40	\$80
	Saturday	4:55pm	\$40	\$80

**Cheer Level I** (Ages 6 & Up) Cheer I is a beginner cheer class for those who have an interest in learning fundamentals of cheerleading. This class will focus on basic skills, such as: motion technique, jumps, beginner tumbling, entry level stunting, and terminology. 45 minute class.

Location	Days	Time	Member	Guest
Hobart	Thursday	5:30pm	\$25	\$50
Schererville	Thursday	6:30pm	\$25	\$50
	Saturday	10:00am	\$25	\$50
Southlake	Wednesday	4:30pm	\$25	\$50
	Friday	4:30pm	\$25	\$50

**Cheer Level II** (Ages 11 & Up) Cheer II is an intermediate level cheer class for those who are interested in cheering competitively or within a school program. This class will focus on a higher level of skills, such as: repetitive motions, double jumps, intermediate tumbling, and beginner stunting. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	6:30pm	\$25	\$50
Southlake	Monday	6:40pm	\$25	\$50
	Friday	6:20pm	\$25	\$50
	Saturday	9:55am	\$25	\$50

**Cheer Technique: Motion** (Ages 7 & Up) This class teaches the fundamentals of motions. Class will focus on learning the variety of motions to merge into choreography at the next progressive level. 30 minute class.

Location	Days	Time	Member	Guest
Schererville	Wednesday	11:30am	\$20	\$40
Southlake	Wednesday	4:00pm	\$20	\$40
	Wednesday	5:30pm	\$20	\$40

**Cheer Technique: Jumps** (Ages 7 & Up) This class teaches the fundamentals of jumps. Class will focus on learning placement of each jump, technique approach, and how to connect multiple jumps. 30 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	3:30pm	\$20	\$40
	Wednesday	5:00pm	\$20	\$40

**Cheer Technique: Stunts** (Ages 7 & Up) This class teaches the fundamentals of stunts. Class will focus on basing, backing, and flying. 30 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	6:00pm	\$20	\$40

## CHEER TEAM

Southlake YMCA Fusion All-Star is a program dedicated to fostering confidence through youth development and promoting a social community. Within YMCA Fusion, each athlete is encouraged to express their individuality and love for the sport, showcasing their unique personalities. Competitive All-Star is a sport where athletes perform a routine lasting two minutes and thirty seconds. Southlake YMCA Fusion follows The Open Championship rules and guidelines. Prices vary on team placement, please contact Kennedy Tolbert if you have any questions at ktolbert@crymca.org.

Location	Level	Ages
Southlake	Level 1-4	6-18

## NINJA

**Youth Ninjas** (Ages 6-8) Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values. Children advance and learn at their own pace. 45 minute class.

Location	Days	Time	Member	Guest
Griffith	Thursday	5:30pm	\$25	\$50
Hammond	Monday	6:15pm	\$25	\$50
	Saturday	2:15pm	\$25	\$50
Hobart	Monday	5:15pm	\$25	\$50
	Wednesday	6:15pm	\$25	\$50
Schererville	Monday	4:30pm	\$45	\$90
	Tuesday	4:30pm	\$45	\$90
	Wednesday	6:30pm	\$45	\$90
	Thursday	5:30pm	\$45	\$90
	Saturday	9:00am	\$45	\$90
Southlake	Monday	6:05pm	\$45	\$90
	Tuesday	2:50pm	\$45	\$90
	Tuesday	4:55pm	\$45	\$90
	Wednesday	12:10pm	\$45	\$90
	Thursday	1:55pm	\$45	\$90
	Thursday	2:50pm	\$45	\$90
	Friday	11:45am	\$45	\$90
	Friday	6:35pm	\$45	\$90
	Saturday	9:40am	\$45	\$90
	Saturday	11:15am	\$45	\$90
	Saturday	3:30pm	\$45	\$90
	Saturday	4:30pm	\$45	\$90
Whiting	Tuesday	5:00pm	\$25	\$50
	Thursday	5:00pm	\$25	\$50
	Saturday	10:30am	\$25	\$50

**Ninjas** (Ages 9–12) Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values. Children advance and learn at their own pace. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Monday	6:15pm	\$25	\$50
	Saturday	2:15pm	\$25	\$50
Hobart	Monday	6:15pm	\$25	\$50
Scherverville	Monday	6:30pm	\$45	\$90
	Tuesday	5:30pm	\$45	\$90
Southlake	Friday	6:35pm	\$45	\$90
Whiting	Thursday	6:00pm	\$25	\$50

 **ACADEMY CLASSES** *See Page 2 for details.*

**Ninja Academy** (INSTRUCTOR APPROVAL. 6–15 years) Ninjas will learn the appropriate skills for White Level on floor, bars and vault. In addition to kicks, which can be incorporated into/after skills on those apparatus. A progressive level system will help advance each Ninja to the next level. You must select two classes. A uniform will be required for their color level with additional cost of \$20 for Ninja shirt. 50 minute class.

Location	Days	Time	Member	Guest
Southlake	White Ninja			
	Tuesday	4:30pm	\$70	\$140
	Wednesday	4:30pm		
	Thursday	4:30pm		
	Friday	4:30pm		
	Yellow Ninja			
	Tuesday	5:30pm	\$70	\$140
	Wednesday	5:30pm		
	Thursday	5:30pm		
	Friday	5:30pm		
	Green Ninja			
	Tuesday	6:30pm	\$70	\$140
Wednesday	6:30pm			
Thursday	6:30pm			
Friday	6:30pm			

**SWIM LESSONS**

**Youth Swim** (Ages 6–12; Stages 1–6) Participants will progress through 6 levels of stroke development focusing on water safety and mastering swim skills. Progress reports are given at the end of the course. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	4–4:45pm	\$25	\$50
	Tuesday	4:50–5:35pm	\$25	\$50
	Tuesday	5:40–6:25pm	\$25	\$50
	Tuesday	6:30–7:15pm	\$25	\$50
	Thursday	4–4:45pm	\$25	\$50
	Thursday	4:50–5:35pm	\$25	\$50
	Thursday	5:40–6:25pm	\$25	\$50
	Thursday	6:30–7:15pm	\$25	\$50

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# ELEMENTARY

Location	Days	Time	Member	Guest	
Hammond	Saturday	9-9:45am	\$25	\$50	
	Saturday	9:50-10:35am	\$25	\$50	
	Saturday	10:40-11:25am	\$25	\$50	
	Saturday	11:35am-12:20pm	\$25	\$50	
Hobart	Sunday	9:45-10:30am	\$25	\$50	
	Monday	4-4:45pm	\$25	\$50	
	Monday	4:45-5:30pm	\$25	\$50	
	Monday	5:30-6:15pm	\$25	\$50	
	Wednesday	4-4:45pm	\$25	\$50	
	Wednesday	4:45-5:30pm	\$25	\$50	
	Friday	10:30-11:00am	\$25	\$50	
	Friday	4:30-5:15pm	\$25	\$50	
	Saturday	9:45-10:30am	\$25	\$50	
	Saturday	11:30am-12:15pm	\$25	\$50	
	Schererville	Monday	9-9:45am	\$25	\$50
		Monday	4-4:45pm	\$25	\$50
Monday		4:50-5:35pm	\$25	\$50	
Monday		5:40-6:25pm	\$25	\$50	
Wednesday		4-4:45pm	\$25	\$50	
Wednesday		4:50-5:35pm	\$25	\$50	
Wednesday		5:40-6:25pm	\$25	\$50	
Saturday		12-12:45pm	\$25	\$50	
Southlake	Sunday	9:30-10:15am	\$25	\$50	
	Sunday	10:20-11:05am	\$25	\$50	
	Sunday	11:10-11:55am	\$25	\$50	
	Sunday	12-12:45pm	\$25	\$50	
	Monday	9:25-10:10am	\$25	\$50	
	Tuesday	11-11:45am	\$25	\$50	
	Tuesday	4-4:45pm	\$25	\$50	
	Tuesday	4:50-5:35pm	\$25	\$50	
	Tuesday	5:40-6:25pm	\$25	\$50	
	Tuesday	6:30-7:15pm	\$25	\$50	
	Tuesday	7:15-8:00pm	\$25	\$50	
	Thursday	11-11:45am	\$25	\$50	
	Thursday	4-4:45pm	\$25	\$50	
	Thursday	4:50-5:35pm	\$25	\$50	
	Thursday	5:40-6:25pm	\$25	\$50	
	Thursday	6:30-7:15pm	\$25	\$50	
Thursday	7:15-8:00pm	\$25	\$50		

Location	Days	Time	Member	Guest
Southlake	Saturday	9:30-10:15am	\$25	\$50
	Saturday	10:20-11:05am	\$25	\$50
	Saturday	11:10-11:55am	\$25	\$50
	Saturday	12-12:45pm	\$25	\$50

**Two times per week for two weeks  
(6/4-6/13, 6/18-6/27, 7/9-7/18, 8/6-8/15)**

Location	Days	Time	Member	Guest
Hobart	Tu/Th	9:15-10:00am	\$50	\$100

**Two times per week for four weeks  
6/3-6/28, 7/1-7/26**

Location	Days	Time	Member	Guest
Hammond	Tu/Th	9-9:45am	\$45	\$90
Schererville	Mon/Wed	9:50-10:35am	\$45	\$90

**Four times per week for two weeks  
(6/3-6/13, 6/17-6/27, 7/1-7/11, 7/15-7/25, 7/29-8/8)**

Location	Days	Time	Member	Guest
Hammond	Mon/Tu/Wed/Th	11-11:45am	\$50	\$100
Southlake	Mon/Tu/Wed/Th	10:10-10:55am	\$50	\$100

**Spanish Youth Swim (Ages 6-12; Stages 1-6) Natación Bilingüe para niños y niñas.**

Location	Days	Time	Member	Guest
Hammond	Saturday	1:15-2:00pm	\$25	\$50

**Swim Academy (Age 6 & up)** Take your love for the water to the next level with the Crossroads YMCA Swim Lessons. This specialized program teaches the basics of swim team and competitive swimming and helps advanced swimmers hone their skills. With the help from our qualified and experienced coaches, you'll learn sound stroke techniques, fundamental skills, and all the best race strategies that will help you become a more efficient, confident swimmer.

Location	Days	Time	Member	Guest
Hammond	Mon/Wed	5-5:45pm	\$40	\$75
	Mon/Wed	6-6:45pm	\$40	\$75
Hobart	Mon/Wed	4:45-5:30pm	\$40	\$75
	Wed/ Sat	4:45-5:30pm 11:30am-12:15pm	\$40	\$75
Schererville	Mon/Wed	6:30-7:15pm	\$40	\$75
Southlake	Mon/Wed	5-5:45pm	\$40	\$75

**Diverse Abilities Swim Program** Our specialized program swim program is designed for children and adults with autism, down syndrome, cerebral palsy and other developmental challenges. Participants will explore abilities, develop skills and find the confidence to pursue goals. Skills and techniques covered include water safety, swim, float swim for five feet assisted or unassisted, back float, and submerge head under water. A meeting with parent or guardian is recommended prior to first day of class. Parent will participate in program if 1:1 care is needed. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Saturday	1:15pm	\$25	\$50
Southlake	Saturday	12:00pm	\$25	\$50

## PARISI SPEED SCHOOL: THE FASTEST WAY TO BECOME A BETTER ATHLETE

### Pee-Wee (5-7 years old)

Pee-Wee classes teach fundamental athletic movements, while integrating age-appropriate educational strategies with motivational coaching. Whether your child ever sets foot on a soccer pitch, football field or basketball court, the skill sets learned extend well beyond any playing surface. The Parisi Pee Wee program will develop critical gross motor skills while providing its young participants with an opportunity to also practice essential social, emotional, and problem-solving skills. The class is broken down into four separate periods, which aim to engage the athlete, get them moving, follow directions, work as a team...and have fun!

### Game Time (7-12 years old)

This program is designed to get kids off the sofa, off electronics and into having fun while getting fit. The program develops good exercise habits and awareness of nutrition. Parisi's Total Conditioning uses fun and exciting modalities like medicine balls, resistance bands, ladders, plyometrics, and yoga. It also incorporates the Parisi signature speed training methods and the latest in performance and strength training. That combination make the program come alive and produce quick results, keeping kids coming back for more.

### Jump Start (7-10 years old)

Utilizes the most up-to-date research to build up an athlete's foundation, improve coordination and self-confidence. Certified Parisi Performance Coaches teach signature speed and strength methods in a fun and friendly environment. This ensures the athletes are engaged and motivated to give 100%. The Jump Start program is a must for any child who wants to develop an athletic foundation of skills, that will help them get faster and stronger to rise above the competition.

**Find classes for those 11 & up in the Middle and High School sections**

SPORTS PERFORMANCE   PARISI			
Program	Days	Times	Cost
<b>Schererville</b>			
Pee-Wee	Saturday	10-11:00am	Attend 1 time/week \$25 members; \$50 guests
Game Time	Saturday	9-10:00am	Attend 1 time/week \$25 members; \$50 guests
Jump Start	Ages 7-8 Monday Wednesday Friday Saturday	4:30-5:30pm 6:30-7:30pm 9-10:00am 9-10:00am	Attend 2 times/week \$45 members; \$90 guests
	Ages 9-10 Tuesday Thursday Saturday	11:00am-12:00pm 9-10:00am 11:00am-12:00pm	
<b>Southlake</b>			
Pee-Wee	Tuesday	4:30-5:15pm	Attend 1 time/week \$25 members; \$50 guests
Game Time	Saturday	11:00am-12:00pm	Attend 1 time/week \$25 members; \$50 guests
Jump Start	Monday Tuesday Wednesday Thursday Friday Saturday	9-10:00am 6:30-7:30pm 9-10:00am 4:30-5:30pm 5-6:00pm 9-10:00am	Attend 2 times/week \$45 members; \$90 guests

## RECREATIONAL SPORTS LEAGUES

Here, we introduce more game play versus skills like our FUNdamentals or Clinics. In Y leagues, children will have a unique and unforgettable experience. Your child will feel like a superstar when their name is announced at the beginning of the game while they run out onto the field/court through faux smoke and the music pumping. We believe the overall experience and fun is more important than being the next pro athlete.

### BASKETBALL LEAGUE

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere. Reversible jersey additional \$10.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
<b>Griffith</b>				
Register 4/14-6/2	6/17-8/17	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues (2nd-3rd) Thurs(4th-5th) Games: Sat	\$40 members; \$80 guests
Register 6/23-8/18	9/3-10/26	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues (2nd-3rd) Thurs(4th-5th) Games: Sat	\$40 members; \$80 guests
<b>Hammond</b>				
Register 4/14-6/2	6/17-8/17	Pre K K-1st  2nd-3rd	Practice & Game: Sat  Practices: Wed Games: Sat	\$40 members; \$80 guests
Register 6/23-8/18	9/3-10/26	Pre K K-1st  2nd-3rd	Practice & Game: Sat  Practices: Wed Games: Sat	\$40 members; \$80 guests
<b>Hobart</b>				
Register 4/14-6/2	6/17-8/17	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues (2nd-3rd) Thurs(4th-5th) Games: Sat	\$40 members; \$80 guests
Register 6/23-8/18	9/3-10/26	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues (2nd-3rd) Thurs(4th-5th) Games: Sat	\$40 members; \$80 guests
<b>Schererville</b>				
Register 4/14-6/2	6/17-8/17	Pre K K-1st  2nd-3rd	Practice & Game: Sat  Practices: Mon/Tues Games: Sat	\$60 members; \$120 guests
Register 6/23-8/18	9/3-10/26	Pre K K-1st  2nd-3rd	Practice & Game: Sat  Practices: Tues Games: Sat	\$60 members; \$120 guests
<b>Southlake</b>				
Register 4/14-6/2	6/17-8/17	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues Games: Sat(2nd-3rd) Fri(4th-5th)	\$60 members; \$120 guests
Register 6/23-8/18	9/3-10/26	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues Games: Fri(4th-5th) Sat(2nd-3rd)	\$60 members; \$120 guests

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## CROSS COUNTRY

Lets Run! Improve upon your endurance and stamina through sprints, intervals and distance running. Athletic shoes and sports attire required. 8 week program consists of practices and a timed 5K finale. The timed 5k finale on Saturday, October 26th is our Annual Run for the Hills 5k, held at Triangle Hills. Race fee is included in the program cost for cross country participants. Fun games and activities will follow with Fall Fest. Reversible jersey additional \$10.

Registration Dates	Dates	Ages & Divisions	Days	Fees
<b>Griffith</b>				
Register 6/23-8/18	9/3-10/26	2nd-3rd 4th-5th	Practice & Meet: Sat Practices: Wed Meets: Sat	\$60 members; \$120 guests
<b>Hobart</b>				
Register 6/23-8/18	9/3-10/26	2nd-3rd 4th-5th	Practice & Meet: Sat Practices: Wed Meets: Sat	\$60 members; \$120 guests
<b>Southlake</b>				
Register 6/23-8/18	9/3-10/26	2nd-3rd 4th-5th	Practice & Meet: Thurs Practices: Thurs Meets: Sat	\$60 members; \$120 guests

## FLAG FOOTBALL

Flag Football teaches the basics of football, highlighting teamwork and sportsmanship. Flag Football is a great way for kids to experience football without the worries of tackling and pads.

Registration Dates	Dates	Ages & Divisions	Days	Fees
<b>Hammond</b>				
Register 4/14-5/26	6/3-8/3	K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues Games: Sat	\$40 members; \$80 guests
<b>Hobart</b>				
Register 6/24-8/28	9/3-10/26	K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues/Thurs Games: Sat	\$40 members; \$80 guests
<b>Southlake</b>				
Register 4/14-6/2	6/17-8/17	K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Wed Games: Sat	\$60 members; \$120 guests
Register 6/24-8/28	9/3-10/26	K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Wed Games: Sat	\$60 members; \$120 guests





# SOCCER LEAGUE

Pass, dribble, shoot! Improve upon your fundamentals and advance past the basics of Soccer in a game atmosphere while increasing strength, endurance, and building relationships. Reversible jersey additional \$10.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
<b>Griffith</b>				
Register 4/14-5/26	6/17-8/17	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues Games: Sat	\$40 members; \$80 guests
Register 6/23-8/18	9/3-10/26	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues Games: Sat	\$40 members; \$80 guests
<b>Hammond</b>				
Register 4/14-5/26	6/3-8/3	K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues (2nd-3rd) Thurs(4th-5th) Games: Sat	\$40 members; \$80 guests
<b>Hobart</b>				
Register 6/23-8/18	9/3-10/26	K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues Games: Sat	\$40 members; \$80 guests
<b>Southlake</b>				
Register 4/14-5/26	6/17-8/17	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues Games: Sat	\$60 members; \$120 guests
Register 6/23-8/18	9/3-10/26	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues Games: Sat	\$60 members; \$120 guests

# T-BALL/COACH PITCH LEAGUE

This program is designed to teach basic skills and concepts of baseball/softball. Players will learn the skills of catching, throwing, batting, and base-running through a fun, team atmosphere. All skills and equipment will be age appropriate. Reversible jersey additional \$10.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
<b>Griffith</b>				
Register 6/24-8/18	9/3-10/26	Pre K/Ages 3-5 K-1st  2nd-3rd	Practice & Game: Sat  Practices: Tues Games: Sat	\$40 members; \$80 guests
<b>Hobart</b>				
Register 4/14-5/26	6/17-8/17	Pre K/Ages 3-5 K-1st  2nd-3rd	Practice & Game: Sat  Practices: Tues Games: Sat	\$40 members; \$80 guests
<b>Southlake</b>				
Register 4/14-5/26	6/17-8/17	Pre K/Ages 3-5 K-1st	Practice & Game: Sat	\$60 members; \$120 guests

E  
L  
E  
M  
E  
N  
T  
A  
R  
Y

## VOLLEYBALL LEAGUE

Bump, set, spike! Improve upon your fundamentals and advance past the basics of volleyball while increasing strength, endurance, and building relationships. Reversible jersey additional \$10.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
<b>Hobart</b>				
Register 6/23-8/18	9/3-10/26	2nd-3rd 4th-5th	Practices: Thurs Games: Sat	\$40 members; \$80 guests
<b>Southlake</b>				
Register 4/14-5/26	6/17-8/17	2nd-3rd 4th-5th	Practices: Tues Games: Sat	\$60 members; \$120 guests
Register 6/23-8/18	9/3-10/26	2nd-3rd 4th-5th	Practices: Tues Games: Sat	\$60 members; \$120 guests



## MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
<b>Griffith</b> (no gym access for June and July)					
Now-6/1	Baseball	June	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-7/1	Flag Football	July	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-8/1	Basketball	August	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
<b>Hammond</b>					
Now-6/1 Now-7/1 Now-8/1	Basketball	June July August	K-1st 2nd-3rd 4th-5th	Thursday 5-5:45pm 6-6:45pm Monday 5-5:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Soccer	June July August	K-2nd 3rd-6th	Tuesday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests

# MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
<b>Hobart</b>					
Now-6/1	Flag Football	June	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	\$25 members; \$50 guests
Now-7/1	Soccer	July	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	\$25 members; \$50 guests
Now-8/1	Basketball	August	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	\$25 members; \$50 guests
<b>Schererville</b>					
Now-6/1 Now-7/1 Now-8/1	Basketball	June July August	K-1st 2nd-3rd 4th-5th	Monday 5-5:45pm Monday 6-6:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Dodgeball	June July August	3rd-5th	Tuesday 4-4:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Soccer	June July August	K-1st 2nd-3rd 4th-5th	Thursday 4-4:45pm 5-5:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Volleyball	June July August	K-1st 2nd-3rd 4th-5th	Wednesday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
<b>Southlake</b>					
Now-6/1 Now-7/1 Now-8/1	Archery	June July August	2nd-3rd 4th-5th	Friday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Basketball	June July August	2nd-3rd 4th-5th	Wednesday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Dodgeball	June July August	4th-5th	Saturday TBD	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Flag Football	June July August	2nd-3rd 4th-5th	Friday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Soccer	June July August	2nd-3rd 4th-5th	Friday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Volleyball	June July August	2nd-3rd 4th-5th 6th-8th	Wednesday 5-5:45pm 6-6:45pm 7-7:45pm	\$25 members; \$50 guests
<b>Whiting</b>					
Now-6/1	Volleyball	June	K-2nd 3rd-5th	Saturday 10:30-11:15am 11:30am-12:15pm	\$25 members; \$50 guests
Now-7/1	Soccer	July	K-2nd 3rd-5th	Saturday 10:30-11:15am 11:30am-12:15pm	\$25 members; \$50 guests
Now-8/1	Basketball	August	K-2nd 3rd-5th	Saturday 10:30-11:15am 11:30am-12:15pm	\$25 members; \$50 guests

ELEMENTARY

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## STEAM PROGRAMS

### Artist Studio 101

For artists in Kindergarten through 2nd grade (ages 5-8), a series of art and design projects to enhance skills. Artists take home one of a kind projects. All supplies included.

Location	Days	Time	Member	Guest
Hammond	Wednesday	4-4:45pm	\$25	\$50
	Wednesday	5-5:45pm	\$25	\$50
Schererville	Monday	4-4:45pm	\$25	\$50
	Tuesday	5-5:45pm	\$25	\$50
	Wednesday	9-9:45am	\$25	\$50
	Thursday	9-9:45am	\$25	\$50
Southlake	Monday	5-5:45pm	\$25	\$50
Whiting	Wednesday	5-5:45pm	\$25	\$50

### Artist Studio 102

For artists in 3rd through 5th grade (ages 9-11), a series of art and design projects to enhance skills. Artists take home one of a kind projects. All supplies included.

Location	Days	Time	Member	Guest
Hammond	Wednesday	6-6:45pm	\$25	\$50
Schererville	Monday	4-4:45pm	\$25	\$50
	Tuesday	5-5:45pm	\$25	\$50
	Wednesday	9-9:45am	\$25	\$50
	Thursday	9-9:45am	\$25	\$50
	Monday	6-6:45pm	\$25	\$50

### Build It 1

For engineers in Kindergarten through 2nd grade (ages 5-8), makers will solve a weekly challenge. All supplies provided.

Location	Days	Time	Member	Guest
Griffith	Wednesday	5-5:45pm	\$25	\$50
	Saturday	10-10:45am	\$25	\$50
Schererville	Monday	5-5:45pm	\$25	\$50
	Tuesday	4-4:45pm	\$25	\$50
	Wednesday	5-5:45pm	\$25	\$50
Whiting	Wednesday	6-6:45pm	\$25	\$50

### Build It 2

For engineers in 3rd through 5th grade (ages 9-11), makers will create real world solutions to our themed monthly challenges. All supplies provided.

Location	Days	Time	Member	Guest
Griffith	Saturday	11-11:45am	\$25	\$50
Schererville	Monday	5-5:45pm	\$25	\$50
	Tuesday	4-4:45pm	\$25	\$50
	Wednesday	5-5:45pm	\$25	\$50



# E L E M E N T A R Y

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## Constructables 101 & 102

It's time to unleash your creativity! This class offers kids an opportunity to imagine, design, and build the world they want to see with cardboard construction. Safely cut, fold and connect an endless number of cardboard creations, from rockets to forts and everything in between.

Location	Days	Grade	Time	Member	Guest
Southlake	Wednesday	K-2nd	5-5:45pm	\$25	\$50
		3rd-5th	6-6:45pm		

## Ooey-Gooley

Ooey-gooley is a hands-on experience where young minds (ages 5-12) dive into the fascinating world of messy fun! Each week kids will embark on a new ooey-gooley adventure, exploring a variety of textures, colors, and ingredients. Get ready to dive into the science behind slime, kinetic sand, oobleck and more!

Location	Days	Grade	Time	Member	Guest
Griffith	Saturday	K-6th	12-12:45pm	\$25	\$50
Hobart	Thursday	K-6th	4-4:45pm	\$25	\$50
Southlake	Thursday	K-2nd	5-5:45pm	\$25	\$50
		3rd-5th	6-6:45pm		

## Pipeworks 101 & 102

Splash into the world of aquatic engineering! Pipeworks combines the magic of PVC pipes with the wonders of water, turning ordinary engineering into hydro-powered excitement. Join us for a journey where innovaton flows as freely as water!

Location	Days	Grade	Time	Member	Guest
Southlake	Tuesday	K-2nd	5-5:45pm	\$25	\$50
		3rd-5th	6-6:45pm		

## STEAM Sampler

STEAM Sampler is the best projects of the Steam programming classes. Each week will be a different focus, from science, engineering, arts and technology. This class is appropriate for children ages 5-12. All supplies are included.

Location	Days	Time	Member	Guest
Griffith	Wednesday	6-6:45pm	\$25	\$50
Hammond	Thursday (bilingual)	5-5:45pm	\$25	\$50
Hobart	Tuesday	6-6:45pm	\$25	\$50
Schererville	Monday	9-9:45am	\$25	\$50
	Tuesday	9-9:45am	\$25	\$50
	Wednesday	4-4:45pm	\$25	\$50
	Thursday	5-5:45pm	\$25	\$50
Southlake	Wednesday (ages 5-8)	4-4:45pm	\$25	\$50
	Wednesday (ages 9-11)	5-5:45pm	\$25	\$50



## Music Lessons

Have you ever wanted to learn how to play a musical instrument? We offer one-on-one and small group instruction to teach the basics, practice and have fun! All ages welcome.

Location	Days	Time	Member	Guest
Griffith Piano, Bass, Drums (percussion) Guitar	Mondays, Tuesdays, Thursday or Friday (1x/week for 30 min)	Options from 4:30-7:30pm (1-on-1)	\$50	\$100
	Saturdays (1x/week for 30 min)	Options from 9:00am-1:00pm (1-on-1)	\$50	\$100
Hammond Piano, Guitar	Mondays or Fridays (1x/week for 30 min)	Options from 4-6:00pm (1-on-1)	\$50	\$100
Whiting*	Monday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	\$50	\$100
	Wednesday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	\$50	\$100
	Saturday (1x/week for 30 minutes)	Options from 9:00am-1:00pm (1-on-1)	\$50	\$100

\*Music lessons are a monthly program. Personal lessons are 30 minutes and held once a week for a month.

## LU Interactive Playground

Join us and play games and complete challenges with the LU interactive playground!

Location	Days	Grade	Time	Member	Guest
Southlake	Monday	K-2nd	5-5:45pm	\$25	\$50
		3rd-5th	6-6:45pm		

## Book and Cook

Explore cooking with our Book and Cook series. Meeting once a week, classes will read a book and explore a recipe that goes with the story.

Location	Days	Time	Member	Guest
Schererville No heat recipes	Thursday	Ages 5-10 4-4:45pm	\$35	\$70

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## Culinary Classics

Do you smell what's cooking? Your kids are making dinner! From fresh pasta to pies, our culinary instructors will teach basic kitchen safety and classic recipes. Recipes and leftovers are sent home after each class. Supplies and ingredients included. Classes available for budding chefs from Kindergarten to Middle School, ages 5-14.

Location	Days	Time	Member	Guest
Hobart	Thursday	5:45-6:30pm	\$57	\$114
Southlake	Classics 1, Ages 5-8 Monday OR Wednesday	10:45-11:30am (June-July) 5-5:45pm (August)	\$57	\$114
Southlake	Classics 2, Ages 9-11 Tuesday OR Thursday	9:30-10:15am (June-July) 5-5:45pm (August)	\$57	\$114
Southlake	Classics 3, Ages 11-14 Tuesday OR Thursday (June-July) Monday OR Wednesday (August)	10:45-11:30am (June-July) 6:15-7:00pm (August)	\$57	\$114



## KIDS NIGHT OUT

Parents, enjoy a night out knowing your kids are having fun and are well cared for at the YMCA! Our experienced and caring child-care staff will provide fun activities for your child in a safe and well-supervised environment. Kids Night Out includes key YMCA program elements, including fun physical activities, positive relationships and enriching activities. Pizza, swim & craft included. Children should come with swim suit, towels and a change of clothes. Everyone must swim.

- AGES: 6-11 years old
- DATE: Meets on select Fridays each month from 6:30-9:30pm as follows:  
June 21, July 19, August 16
- COST: \$25 per child (members only)\*

\*All participants must be pre-registered and have a completed Participant Emergency Information form on file. Schererville will offer Parisi Sports Performance instead of swimming. Not offered at Hobart & Whiting.





## YOUTH FITNESS

### Fun and Fit

This class is designed for all fitness levels. Great class for kids not interested in sports or as an active recovery day for athletes. This class is designed to keep kids moving using fun and challenging games. Class runs monthly 1x/week for 30 minutes. Ages: 9-13

Location	Days	Time	Member	Guest
Griffith	Thursday	5:30-6:00pm	FREE	\$50
Hammond	Tuesday	4-4:30pm	FREE	\$50
Hobart	Friday	5-5:30pm	FREE	\$50
Southlake	Monday	5-5:30pm	FREE	\$50
Whiting	Monday	5-5:30pm	FREE	\$50
	Wednesday	5-5:30pm	FREE	\$50

### Jr. Strength and Conditioning

Youth, Ages 10-14, will focus on proper technique, building strength using implements like kettlebells, dumbbells, medicine balls, resistant band and much more. They will also focus on the importance of metabolic conditioning using implements like sled drags, various carries, battle ropes and more.

Location	Days	Time	Member
Hammond	Friday	4:30-5:15pm	\$30
Hobart	Wednesday	4:30-5:15pm	\$30
Southlake	Tuesday & Thursday	5-5:45pm	\$40
Whiting	Wednesday	5:30-6:15pm	\$30

### Youth & Teen Boxing

Boxing has many key components to it. Students don't just put on gloves and start hitting things - as a martial arts sport, boxing requires physical and mental discipline and skill. Done safely, boxing will unleash the athletic potential of any student and much more. Youth boxers gain life skills that will continue to motivate them throughout their lives.

Location	Days	Time	Member
Southlake 10-15 years old	Monday & Wednesday	5-5:45pm	\$40
	Tuesday & Thursday	10-10:45pm	\$40
	Tuesday & Thursday	5-5:45pm	\$40
	Friday	5-5:45pm	\$30
	Saturday	10-10:45am	\$30

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# MIDDLE SCHOOL



## MIDDLE SCHOOL INCLUDES:

- Babysitter Training
- Dance
- Gymnastics
- Music
- Ninja
- Sports Leagues
- STEAM
- Swim Lessons



## DANCE

**Ballet II** (Ages 8 & Up) This class is for intermediate/advanced dancers to take their ballet skills to the next level while focusing on technique. Dancers will work on advanced jumps, kicks and leaps. Dancer must completed all skills on their Ballet I progress report. Leotard, tights and ballet shoes required. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	5:50pm	\$25	\$50

**Jazz II** (Ages 8 & Up) This class is for intermediate/advanced dancers who have completed all skills on their Jazz I progress report or have been assessed by a dance teacher. Leotard, tights, jazz or ballet shoes required. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Tuesday	6:05pm	\$25	\$50

**Hip Hop II** (Ages 8 & Up) This class for intermediate/advanced dancers that want to build on their hip hop skills. Dancers will learn isolations, floor tricks and more advanced dance steps. Dancers need to complete all skills on their Hip Hop I progress report to be in this class. Comfortable athletic clothing and tennis shoes required. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	5:10pm	\$25	\$50

**Pom** (Ages 6 and up) This class focuses on sharp arm movements, execution of choreographic visuals and dance team/cheer skills. Dancers will learn beginner level fundamentals of Pom positions, performance skills and how to expand on their entertainment skills. 45 minute class

Location	Days	Time	Member	Guest
Southlake	Thursday	6:05pm	\$30	\$60

**Acro II** (Ages 6 and up) The participants will work on tumbling skills specifically needed for dance. Dancers will build off their Acro I training and advance their skills! Must wear leotard or comfortable clothing and bare feet. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Monday	6:15pm	\$25	\$50
	Wednesday	6:05pm	\$25	\$50
	Thursday	4:15pm	\$25	\$50
	Saturday	9:00am	\$25	\$50

**Contemporary** (Ages 6 and up) Dancers will learn to express themselves through dance while telling a story. This style combines elements of several dance genres including modern, jazz and lyrical. Leotard, tights and ballet shoes or bare feet. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Wednesday	5:15pm	\$25	\$50
Southlake	Tuesday	5:10pm	\$25	\$50

**Dance Technique: Flexibility & Conditioning** (Ages 7 & up) This class is designed to help dancers increase their body strength, stamina, and flexibility while teaching dancers about the mechanics of their body as it relates to dance technique. Dancers will work on increasing their range of motion, balance, muscle flexibility, and overall strength.

Location	Days	Time	Member	Guest
Schererville	Wednesday	6:10pm	\$20	\$40
	Friday	11:20am	\$20	\$40
Southlake	Monday	5:35pm	\$20	\$40
	Wednesday	10:45am	\$20	\$40
	Thursday	6:30pm	\$20	\$40

**Dance Technique: Leaps & Jumps** (Ages 7 & up) This class is dedicated to learning, improving and perfecting jumps, leaps, and kicks with emphasis on the safe execution of these skills that are used in all forms of dance. The class will focus on a variety of leaps, jumps, and kicks i.e. front and side leap, toe touch, stag leaps, pas de chat, surprise leaps, hitch kicks, etc.

Location	Days	Time	Member	Guest
Schererville	Friday	12:00pm	\$20	\$40
Southlake	Monday	4:55pm	\$20	\$40
	Wednesday	10:00am	\$20	\$40
	Thursday	5:50pm	\$20	\$40

**Dance Technique: Turns** (Ages 7 & up) This class teaches the fundamentals of turning. Dancers will combine turns with choreography. Class will focus on learning how to spot and develop the skills necessary to perform a variety of turns i.e. pirouettes, chine turns, fouette turns, pencil turns, attitude turns, leg holds, etc.

Location	Days	Time	Member	Guest
Schererville	Thursday	12:10pm	\$20	\$40
	Thursday	6:25pm	\$20	\$40
Southlake	Monday	4:15pm	\$20	\$40
	Wednesday	9:15am	\$20	\$40
	Thursday	5:10pm	\$20	\$40



## GYMNASTICS

Beginner Gymnastics is a program that allows new gymnasts starting at the age of 6 to learn basics skills on all apparatus. There is no minimum skill requirement. Once the gymnasts have mastered the basic skills, an evaluation will be conducted by an instructor. 45 minute class.

### Beginner (Ages 8+)

Location	Days	Time	Member	Guest
Hammond	Sunday	5:00pm	\$25	\$50
	Wednesday	6:30pm	\$25	\$50
	Thursday	5:45pm	\$25	\$50
	Saturday	12:15pm	\$25	\$50
Hobart	Monday	7:00pm	\$25	\$50
	Thursday	6:30pm	\$25	\$50
Schererville	Monday	4:30pm	\$25	\$50
	Tuesday	6:30pm	\$25	\$50
	Wednesday	4:30pm	\$25	\$50
	Saturday	10:00am	\$25	\$50
Southlake	Monday	4:50pm	\$25	\$50
	Tuesday	2:10pm	\$25	\$50
	Tuesday	4:00pm	\$25	\$50
	Tuesday	5:45pm	\$25	\$50
	Wednesday	6:20pm	\$25	\$50
	Thursday	4:55pm	\$25	\$50
	Saturday	3:45pm	\$25	\$50
	Saturday	8:30am	\$25	\$50

### Intermediate (Ages 6+)

Location	Days	Time	Member	Guest
Hammond	Thursday	6:30pm	\$25	\$50
Schererville	Tuesday	6:00pm	\$25	\$50
	Thursday	5:00pm	\$25	\$50
	Saturday	11:00am	\$25	\$50
Southlake	Wednesday	5:25pm	\$25	\$50
	Saturday	11:05am	\$25	\$50
	Saturday	5:35pm	\$25	\$50

**BOYS GYMNASTICS** is a program that allows new gymnasts starting at the age of 6 to learn basics skills on vault, bars, and floor while developing their core strength, flexibility and body awareness. This is a great program for any male athlete looking to develop basic strength and flexibility. There is no minimum skill requirement. 45 minute class.

**Beginner (Ages 8 and Up)**

Location	Days	Time	Member	Guest
Southlake	Monday	5:45pm	\$25	\$50
	Tuesday	3:05pm	\$25	\$50

**Advanced Gymnastics** are for gymnasts looking to train and progress their skills during off season. Advance I gymnasts will focus on intermediate skills and Advance II gymnastics will focus on elite skills on all apparatuses. 60 minutes.

**Advanced Gymnastics I (Ages 6 and up)**

Location	Days	Time	Member	Guest
Schererville	Monday	5:00pm	\$45	\$90
	Thursday	6:30pm	\$45	\$90
Southlake	Monday	4:15pm	\$45	\$90
	Wednesday	5:25pm	\$45	\$90
	Saturday	9:25am	\$45	\$90

**Advanced Gymnastics II (INSTRUCTOR APPROVAL. Ages 6 & Up)**

Location	Days	Time	Member	Guest
Schererville	Monday	6:15pm	\$45	\$90
	Wednesday	5:00pm	\$45	\$90
Southlake	Monday	5:25pm	\$45	\$90
	Wednesday	4:15pm	\$45	\$90

## CHEER/TUMBLING

**Beginner Tumbling (Ages 6 & Up)** This beginner class focuses on skills such as cartwheels, round-offs, handstands, bridges, and back walkovers on a padded surface. Strength, flexibility, and balance will be taught in a controlled and safe environment. No prior experience is necessary. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	5:30pm	\$25	\$50
	Tuesday	5:30pm	\$25	\$50
	Tuesday	6:30pm	\$25	\$50
	Wednesday	10:30am	\$25	\$50
	Wednesday	5:30pm	\$25	\$50
	Thursday	4:30pm	\$25	\$50
Southlake	Monday	4:15pm	\$25	\$50
	Wednesday	5:25pm	\$25	\$50
	Thursday	4:30pm	\$25	\$50
	Friday	5:10pm	\$25	\$50
	Saturday	8:45am	\$25	\$50
	Saturday	4:00pm	\$25	\$50

**Intermediate Tumbling** (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete a "Beginner Tumbling" evaluation before entering the class. Skills focused on in this class will be: dive rolls, back handspring and connecting two or more skills together. We will continue to challenge students and prepare them to move up. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	6:30pm	\$25	\$50
	Wednesday	6:30pm	\$25	\$50
	Thursday	5:30pm	\$25	\$50
Southlake	Monday	6:05pm	\$25	\$50
	Thursday	6:20pm	\$25	\$50
	Friday	6:05pm	\$25	\$50
	Saturday	9:40am	\$25	\$50
	Saturday	6:05pm	\$25	\$50

**Advanced Tumbling I** (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete a "Intermediate Tumbling" evaluation before entering the class. We will continue to perfect standing back handsprings as well as series tumbling. New skills will be taught such as back tucks, punch fronts, side aerials and more. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Monday	5:10pm	\$25	\$50
	Thursday	5:25pm	\$25	\$50
	Friday	4:15pm	\$25	\$50

**Advanced Tumbling II** (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete an "Advanced Tumbling" evaluation before entering the class. Students continue to work on standing back handspring series tumbling. New skills will be taught such as back handspring tuck, standing tuck and layout. 60 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	6:20pm	\$25	\$50
	Saturday	10:35am	\$25	\$50

**Elite Tumbling** (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete an "Advanced II Tumbling" evaluation before entering the class. Students continue to work front/back tumbling and layouts. New skills will be taught such as twisting and connecting multiple forward and backward skills. 60 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	6:35pm	\$40	\$80
	Saturday	4:55pm	\$40	\$80

**Cheer Level II (Ages 11 & Up)** Cheer II is an intermediate level cheer class for those who are interested in cheering competitively or within a school program. This class will focus on a higher level of skills, such as: repetitive motions, double jumps, intermediate tumbling, and beginner stunting. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	6:30pm	\$25	\$50
Southlake	Monday	6:40pm	\$25	\$50
	Friday	6:20pm	\$25	\$50
	Saturday	9:55am	\$25	\$50

**Cheer Technique: Motion (Ages 7 & Up)** This class teaches the fundamentals of motions. Class will focus on learning the variety of motions to merge into choreography at the next progressive level. 30 minute class.

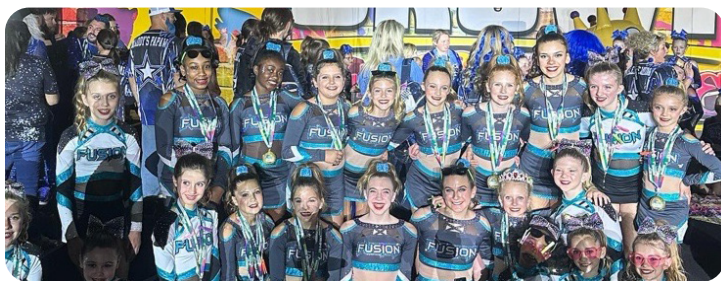
Location	Days	Time	Member	Guest
Schererville	Wednesday	11:30am	\$20	\$40
Southlake	Wednesday	4:00pm	\$20	\$40
	Wednesday	5:30pm	\$20	\$40

**Cheer Technique: Jumps (Ages 7 & Up)** This class teaches the fundamentals of jumps. Class will focus on learning placement of each jump, technique approach, and how to connect multiple jumps. 30 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	3:30pm	\$20	\$40
	Wednesday	5:00pm	\$20	\$40

**Cheer Technique: Stunts (Ages 7 & Up)** This class teaches the fundamentals of stunts. Class will focus on basing, backing, and flying 30 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	6:00pm	\$20	\$40



## CHEER TEAM

Southlake YMCA Fusion All-Star is a program dedicated to fostering confidence through youth development and promoting a social community. Within YMCA Fusion, each athlete is encouraged to express their individuality and love for the sport, showcasing their unique personalities. Competitive All-Star is a sport where athletes perform a routine lasting two minutes and thirty seconds. Southlake YMCA Fusion follows The Open Championship rules and guidelines. Prices vary on team placement, please contact Kennedy Tolbert if you have any questions at [ktolbert@crymca.org](mailto:ktolbert@crymca.org).

Location	Level	Ages
Southlake	Level 1-4	6-18



## NINJA

**Ninjas** (Ages 9–12) Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values. Children advance and learn at their own pace. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Monday	6:15pm	\$25	\$50
	Saturday	2:15pm	\$25	\$50
Hobart	Monday	6:15pm	\$25	\$50
Schererville	Monday	6:30pm	\$45	\$90
	Tuesday	5:30pm	\$45	\$90
Southlake	Friday	6:35pm	\$45	\$90
Whiting	Thursday	6:00pm	\$25	\$50



### ACADEMY CLASSES *See Page 2 for details.*

**Ninja Academy** (INSTRUCTOR APPROVAL. 6–15 years) Ninjas will learn the appropriate skills for White Level on floor, bars and vault. In addition to kicks, which can be incorporated into/after skills on those apparatus. A progressive level system will help advance each Ninja to the next level. You must select two classes. A uniform will be required for their color level with additional cost of \$20 for NinjaShirt. 50 minute class.

Location	Days	Time	Member	Guest
Southlake	White Ninja			
	Tuesday	4:30pm	\$70	\$140
	Wednesday	4:30pm		
	Thursday	4:30pm		
	Friday	4:30pm		
	Friday	4:30pm		
	Yellow Ninja			
	Tuesday	5:30pm	\$70	\$140
	Wednesday	5:30pm		
	Thursday	5:30pm		
	Friday	5:30pm		
	Friday	5:30pm		
Green Ninja				
Tuesday	6:30pm	\$70	\$140	
Wednesday	6:30pm			
Thursday	6:30pm			
Friday	6:30pm			
Friday	6:30pm			

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## SWIM LESSONS

**Youth Swim** (Ages 6–12; Stages 1–6) Participants will progress through 6 levels of stroke development focusing on water safety and mastering swim skills. Progress reports are given at the end of the course. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Monday	11–11:45am	\$25	\$50
	Tuesday	11–11:45am	\$25	\$50
	Tuesday	4–4:45pm	\$25	\$50
	Tuesday	4:50–5:35pm	\$25	\$50
	Tuesday	5:40–6:25pm	\$25	\$50
	Tuesday	6:30–7:15pm	\$25	\$50
	Wednesday	11–11:45am	\$25	\$50
	Thursday	11–11:45am	\$25	\$50
	Thursday	4–4:45pm	\$25	\$50
	Thursday	4:50–5:35pm	\$25	\$50
	Thursday	5:40–6:25pm	\$25	\$50
	Thursday	6:30–7:15pm	\$25	\$50
	Saturday	9–9:45am	\$25	\$50
	Saturday	9:50–10:35am	\$25	\$50
	Saturday	10:40–11:25am	\$25	\$50
	Hobart	Saturday	11:35am–12:20pm	\$25
Sunday		9:45–10:30am	\$25	\$50
Monday		4–4:45pm	\$25	\$50
Monday		4:45–5:30pm	\$25	\$50
Monday		5:30–6:15pm	\$25	\$50
Wednesday		4–4:45pm	\$25	\$50
Wednesday		4:45–5:30pm	\$25	\$50
Friday		10:45–11:15am	\$25	\$50
Friday		4:30–5:15pm	\$25	\$50
Saturday		9:45–10:30am	\$25	\$50
Schererville	Saturday	11:30am–12:15pm	\$25	\$50
	Monday	4–4:45pm	\$25	\$50
	Monday	4:50–5:35pm	\$25	\$50
	Monday	5:40–6:25pm	\$25	\$50
	Wednesday	4–4:45pm	\$25	\$50
	Wednesday	4:50–5:35pm	\$25	\$50
	Wednesday	5:40–6:25pm	\$25	\$50
Saturday	12–12:45pm	\$25	\$50	

Location	Days	Time	Member	Guest
Southlake	Sunday	9:30-10:15am	\$25	\$50
	Sunday	10:20-11:05am	\$25	\$50
	Sunday	11:10-11:55am	\$25	\$50
	Sunday	12-12:45pm	\$25	\$50
	Monday	9:25-10:10am	\$25	\$50
	Tuesday	11-11:45am	\$25	\$50
	Tuesday	4-4:45pm	\$25	\$50
	Tuesday	4:50-5:35pm	\$25	\$50
	Tuesday	5:40-6:25pm	\$25	\$50
	Tuesday	6:30-7:15pm	\$25	\$50
	Thursday	11-11:45am	\$25	\$50
	Thursday	4-4:45pm	\$25	\$50
	Thursday	4:50-5:35pm	\$25	\$50
	Thursday	5:40-6:25pm	\$25	\$50
	Thursday	6:30-7:15pm	\$25	\$50
	Saturday	9:30-10:15am	\$25	\$50
	Saturday	10:20-11:05am	\$25	\$50
	Saturday	11:10-11:55am	\$25	\$50
Saturday	12-12:45pm	\$25	\$50	

**Two times per week for two weeks**  
(6/4-6/13, 6/18-6/27, 7/9-7/18, 8/6-8/15)

Location	Days	Time	Member	Guest
Hobart	Tu/Th	9:15-10:00am	\$50	\$100

**Two times per week for four weeks**  
6/3-6/28, 7/1-7/26

Location	Days	Time	Member	Guest
Hammond	Tu/Th	9-9:45am	\$45	\$90
Schererville	Mon/Wed	9:50-10:35am	\$45	\$90

**Four times per week for two weeks**  
(6/3-6/13, 6/17-6/27, 7/1-7/11, 7/15-7/25, 7/29-8/8)

Location	Days	Time	Member	Guest
Hammond	Mon/Tu/Wed/Th	11-11:45am	\$50	\$100
Southlake	Mon/Tu/Wed/Th	10:10-10:55am	\$50	\$100

**Spanish Youth Swim** (Ages 6-12; Stages 1-6) Natación Bilingüe para niños y niñas.

Location	Days	Time	Member	Guest
Hammond	Saturday	1:15-2:00pm	\$25	\$50

**Swim Academy (Age 6 & up)** Take your love for the water to the next level with the Crossroads YMCA Swim Lessons. This specialized program teaches the basics of swim team and competitive swimming and helps advanced swimmers hone their skills. With the help from our qualified and experienced coaches, you'll learn sound stroke techniques, fundamental skills, and all the best race strategies that will help you become a more efficient, confident swimmer.

Location	Days	Time	Member	Guest
Hammond	Mon/Wed	5-5:45pm	\$40	\$75
	Mon/Wed	6-6:45pm	\$40	\$75
Hobart	Mon/Wed	4:45-5:30pm	\$40	\$75
	Wed/Sat	4:45-5:30pm 11:30am-12:15pm	\$40	\$75
Schererville	Mon/Wed	6:30-7:15pm	\$40	\$75
Southlake	Mon/Wed	5-5:45pm	\$40	\$75

**Diverse Abilities Swim Program** Our specialized program swim program is designed for children and adults with autism, down syndrome, cerebral palsy and other developmental challenges. Participants will explore abilities, develop skills and find the confidence to pursue goals. Skills and techniques covered include water safety, swim, float swim for five feet assisted or unassisted, back float, and submerge head under water. A meeting with parent or guardian is recommended prior to first day of class. Parent will participate in program if 1:1 care is needed. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Saturday	1:15pm	\$25	\$50
Southlake	Saturday	12:00pm	\$25	\$50

## PARISI SPEED SCHOOL: THE FASTEST WAY TO BECOME A BETTER ATHLETE

### Total Performance (11-14 years old)

This program is broken down into an individual focus per session; linear speed, acceleration and deceleration, change of direction and strength. This program builds on an athlete's physical foundation and refines their skills in order for them to maximize their strength, aerobic and/or sport specific training. Athletes will also learn the skills and conditioning necessary.

### Basic Strength (11-14 years old)

Introduction of strength training concepts with an emphasis on proper form, movement patterns, bodyweight resistance training, progressive programming and injury prevention. This program develops the foundation for an athlete's relative strength while teaching optimal body mechanics in a safe, fun environment.

### Elite Sports Performance (15-20 years old)

Utilizing either Basic Strength or Advanced Strength programming, this program builds on an athlete's physical foundation and develops their athletic abilities even further, in order for them to maximize their potential and reach their goals on game day.

### Advanced Strength (15-20 years old)

Provides a sport-specific protocol for the high-level athlete to develop strength in areas that will directly transfer to their chosen sport. This high-level training pushes athletes to the next level, giving them a competitive edge as they prepare to compete at the high school, collegiate, Olympic or professional level.

## SPORTS PERFORMANCE | PARISI

### Schererville

Program	Days	Times	Cost
Total Performance	Tuesday Thursday Friday Saturday	10-11:00am 10-11:00am 10-11:00am 12-1:00pm	Attend 3 times/week \$75 members; \$150 guests
Basic Strength	Monday Wednesday	5:30-6:30pm 5:30-6:30pm	
Elite Sports Performance	Monday Wednesday	6:30-7:30pm 4:30-7:30pm	Attend 3 times/week \$75 members; \$150 guests
Advanced Strength	Tuesday Thursday	4:30-5:30pm 6:30-5:30pm	

## SPORTS PERFORMANCE | PARISI

### Southlake

Program	Days	Times	Cost
Total Performance	Tuesday Thursday Saturday	5:30-6:30pm 5:30-6:30pm 10-11:00am	Attend 3 times/week \$75 members; \$150 guests
Basic Strength	Monday Wednesday	10-11:00am 10-11:00am	
Elite Sports Performance	Monday Wednesday	11:00am-12:00pm 11:00am-12:00pm	Attend 3 times/week \$75 members; \$150 guests
Advanced Strength	Tuesday Thursday	4:30-5:30pm 6:30-7:30pm	

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# MIDDLE SCHOOL

## RECREATIONAL SPORTS LEAGUES

Here, we introduce more game play versus skills like our FUNDamentals or Clinics. In Y leagues, children will have a unique and unforgettable experience. Your child will feel like a superstar when their name is announced at the beginning of the game while they run out onto the field/court through faux smoke and the music pumping. We believe the overall experience and fun is more important than being the next pro athlete.

### BASKETBALL LEAGUE

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere. Reversible jersey additional \$10. Divisions 6th-8th leagues will travel to Southlake on Fridays for games, creating a regional middle school division with more teams, more players and a better experience!

Registration Dates	League Dates	Ages & Divisions	Days	Fees
<b>Griffith</b>				
Register 4/14-6/2	6/17-8/17	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Fri at Southlake YMCA	\$60 members; \$120 guests
Register 6/24-8/28	9/3-10/26	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Fri at Southlake YMCA	\$60 members; \$120 guests
<b>Hobart</b>				
Register 4/14-6/2	6/17-8/17	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Hobart YMCA Games: Fri at Southlake YMCA	\$60 members; \$120 guests
Register 6/24-8/28	9/3-10/26	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Hobart YMCA Games: Fri at Southlake YMCA	\$60 members; \$120 guests
<b>Southlake</b>				
Register 4/14-6/2	6/17-8/17	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues Games: Fri	\$60 members; \$120 guests
Register 6/24-8/28	9/3-10/26	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues Games: Fri	\$60 members; \$120 guests

### CROSS COUNTRY

Lets Run! Improve upon your endurance and stamina through sprints, intervals and distance running. Athletic shoes and sports attire required. 8 week program consists of practices and a timed 5K finale. The timed 5k finale on Saturday, October 26 is our annual Run for the Hills 5K held at Triangle Hills. Race fee is included for Cross Country participants. Fun games and activities will follow with our Fall Fest. Reversible jersey additional \$10.

Registration Dates	Dates	Ages & Divisions	Days	Fees
<b>Griffith</b>				
Register 6/23-8/18	9/3-10/26	6th-8th	Practices: Wed at Griffith YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Hobart</b>				
Register 6/23-8/18	9/3-10/26	6th-8th	Practices: Wed at Hobart YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Southlake</b>				
Register 6/23-8/18	9/3-10/26	6th-8th	Practices: Thursday Meets: Sat	\$60 members; \$120 guests

## FLAG FOOTBALL

Throw, run, touchdown! Improve upon your fundamentals and advance past the basics of Flag Football in a game atmosphere while increasing strength, endurance, and building relationships. Reversible jersey additional \$10. Divisions 6th-8th leagues will travel to Southlake on Saturdays for games, creating a regional middle school division with more teams, more players and a better experience!

Registration Dates	Dates	Ages & Divisions	Days	Fees
<b>Hobart</b>				
Register 6/24-8/28	9/3-10/26	6th-8th	Practices: Thurs at Hobart YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Southlake</b>				
Register 4/14-6/2	6/17-8/17	6th-8th (Boys)	Practices: Wed Games: Sat	\$60 members; \$120 guests
Register 6/24-8/28	9/3-10/26	6th-8th (Boys)	Practices: Wed Games: Sat	\$60 members; \$120 guests

## SOCCER LEAGUE

Pass, dribble, shoot! Improve upon your fundamentals and advance past the basics of Soccer in a game atmosphere while increasing strength, endurance, and building relationships. Reversible jersey additional \$10. Divisions 6th-8th leagues will travel to Southlake on Saturdays for games, creating a regional middle school division with more teams, more players and a better experience!

Registration Dates	League Dates	Ages & Divisions	Days	Fees
<b>Griffith</b>				
Register 4/14-6/2	6/17-8/17	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
Register 6/24-8/28	9/3-10/26	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues at Griffith YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Hobart</b>				
Register 4/14-6/2	6/17-8/17	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Hobart YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
Register 6/24-8/28	9/3-10/26	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues at Hobart YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Southlake</b>				
Register 4/14-6/2	6/17-8/17	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues Games: Sat	\$60 members; \$120 guests
Register 6/24-8/28	9/3-10/26	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues Games: Sat	\$60 members; \$120 guests

## VOLLEYBALL LEAGUE

Bump, set, spike! Improve upon your fundamentals and advance past the basics of volleyball while increasing strength, endurance, and building relationships. Reversible jersey additional \$10. Winter/Spring 6th-8th leagues will travel to Southlake on Saturdays for games, creating a regional middle school division with more teams, more players and a better experience!

Registration Dates	League Dates	Ages & Divisions	Days	Fees
<b>Griffith</b>				
Register 6/24-8/28	9/3-10/26	6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Hobart</b>				
Register 6/24-8/28	9/3-10/26	6th-8th (Girls)	Practices: Tues at Hobart YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Southlake</b>				
Register 4/14-6/2	6/17-8/17	6th-8th (Girls)	Practices: Tues Games: Sat	\$60 members; \$120 guests
Register 6/24-8/28	9/3-10/26	6th-8th (Girls)	Practices: Tues Games: Sat	\$60 members; \$120 guests

## MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
<b>Griffith</b> (no gym access for June and July)					
Now-6/1	Baseball	June	3rd-6th	Monday 6-6:45pm	\$25 members; \$50 guests
Now-7/1	Flag Football	July	3rd-6th	Monday 6-6:45pm	\$25 members; \$50 guests
Now-8/1	Basketball	August	3rd-6th	Monday 6-6:45pm	\$25 members; \$50 guests
<b>Hammond</b>					
Now-6/1 Now-7/1 Now-8/1	Basketball	June July August	6th-8th	Monday 6-6:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Soccer	June July August	3rd-6th	Tuesday 6-6:45pm	\$25 members; \$50 guests
<b>Hobart</b>					
Now-6/1	Flag Football	June	3rd-6th	Wednesday 6:30-7:15pm	\$25 members; \$50 guests
Now-7/1	Soccer	July	3rd-6th	Wednesday 6:30-7:15pm	\$25 members; \$50 guests
Now-8/1	Basketball	August	3rd-6th	Wednesday 6:30-7:15pm	\$25 members; \$50 guests
<b>Schererville</b>					
Now-6/1 Now-7/1 Now-8/1	Basketball	June July August	6th-8th	Monday 6-6:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Dodgeball	June July August	6th-8th	Tuesday 5-5:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Soccer	June July August	6th-8th	Thursday 5-5:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Volleyball	June July August	4th-8th	Wednesday 6-6:45pm	\$25 members; \$50 guests



# MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
<b>Southlake</b>					
Now-6/1 Now-7/1 Now-8/1	Archery	June July August	6th-8th	Friday 7-7:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Basketball	June July August	6th-8th	Wednesday 7-7:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Dodgeball	June July August	6th-8th	Saturday TBD	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Flag Football	June July August	6th-8th	Friday 7-7:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Soccer	June July August	6th-8th	Friday 7-7:45pm	\$25 members; \$50 guests
Now-6/1 Now-7/1 Now-8/1	Volleyball	June July August	6th-8th	Wednesday 7-7:45pm	\$25 members; \$50 guests

## STEAM PROGRAMS

### Music Lessons

Have you ever wanted to learn how to play a musical instrument? We offer one-on-one and small group instruction to teach the basics, practice and have fun! All ages welcome.

Location	Days	Time	Member	Guest
Griffith Piano, Bass, Drums (percussion) Guitar	Mondays, Tuesdays, Thursday or Friday (1x/week for 30 min)	Options from 4:30-7:30pm (1-on-1)	\$50	\$100
	Saturdays (1x/week for 30 min)	Options from 9:00am-1:00pm (1-on-1)	\$50	\$100
Hammond Piano, Guitar	Mondays or Fridays (1x/week for 30 min)	Options from 4-6:00pm (1-on-1)	\$50	\$100
Whiting*	Monday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	\$50	\$100
	Wednesday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	\$50	\$100
	Saturday (1x/week for 30 minutes)	Options from 9:00am-1:00pm (1-on-1)	\$50	\$100

\*Music lessons are a monthly program. Personal lessons are 30 minutes and held once a week for a month.

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## Culinary Classics

Do you smell what's cooking? Your kids are making dinner! From fresh pasta to pies, our culinary instructors will teach basic kitchen safety and classic recipes. Recipes and leftovers are sent home after each class. Supplies and ingredients included.

Location	Days	Time	Member	Guest
Hobart	Thursday	5:45-6:30pm	\$57	\$114
Southlake	Classics 3, Ages 11-14 Tuesday OR Thursday (June-July)	10:45-11:30am (June-July)	\$57	\$114
	Monday OR Wednesday (August)	6:15-7pm (August)		

## STEAM Sampler

Steam Sampler is the best projects of the Steam programming classes. Each week will be a different focus, from science, engineering, arts and technology. This class is appropriate for children ages 5-12. All supplies are included.

Location	Days	Time	Member	Guest
Hammond	Thursday (bilingual)	5-5:45pm	\$25	\$50
Hobart	Tuesday	6-6:45pm	\$25	\$50
	Monday	9-9:45am	\$25	\$50
Schererville	Tuesday	9-9:45am	\$25	\$50
	Wednesday	4-4:45pm	\$25	\$50
	Thursday	5-5:45pm	\$25	\$50
Southlake	Wednesday	6-6:45pm	\$25	\$50

## YOUTH FITNESS

### Fun and Fit

This class is designed for all fitness levels. Great class for kids not interested in sports or as an active recovery day for athletes. This class is designed to keep kids moving using fun and challenging games. Class runs monthly 1x/week for 30 minutes. Ages: 9-13.

Location	Days	Time	Member	Guest
Griffith	Thursday	5:30-6pm	FREE	\$50
Hammond	Tuesday	4-4:30pm	FREE	\$50
Hobart	Friday	5-5:30pm	FREE	\$50
Southlake	Monday	5-5:30pm	FREE	\$50
	Monday	5-5:30pm	FREE	\$50
Whiting	Monday	5-5:30pm	FREE	\$50
	Wednesday	5-5:30pm	FREE	\$50

### Jr. Strength and Conditioning

Youth, Ages 10-14, will focus on proper technique, building strength using implements like kettlebells, dumbbells, medicine balls, resistant band and much more. They will also focus on the importance of metabolic conditioning using implements like sled drags, various carries, battle ropes and more.

Location	Days	Time	Member
Hammond	Friday	4:30-5:15pm	\$30
Hobart	Wednesday	4:30-5:15pm	\$30
Southlake	Tuesday & Thursday	5-5:45pm	\$40
Whiting	Wednesday	5:30-6:15pm	\$30

## Youth & Teen Boxing

Boxing has many key components to it. Students don't just put on gloves and start hitting things – as a martial arts sport, boxing requires physical and mental discipline and skill. Done safely, boxing will unleash the athletic potential of any student and much more. Youth boxers gain life skills that will continue to motivate them throughout their lives.

Location	Days	Time	Member
Schererville 12-16 years old	Tuesday/Thursday	4:30-5:15pm	\$40
Southlake 10-15 years old	Monday & Wednesday	5-5:45pm	\$40
	Tuesday & Thursday	10-10:45pm	\$40
	Tuesday & Thursday	5-5:45pm	\$40
	Friday	5-5:45pm	\$30
	Saturday	10-10:45am	\$30

## BABYSITTER TRAINING

### American Red Cross Babysitter's Training (Ages 11+)

The American Red Cross is the nation's leader in babysitting classes and will prepare you to become one of the most capable, trusted and in-demand sitters in your neighborhood. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. This course is designed to help participants develop leadership skills, build their business, help keep themselves and others safe, help children learn how to behave, and learn basic child care and basic first aid. Those who successfully complete the course will receive an American Red Cross certificate as well as printed materials that will help them succeed. Class size is limited to 10 so register early.

Location	Days	Time	Member	Guest
Hammond	Saturday, June 22	9:00am-3:00pm	\$50	\$70
Hobart	Sunday, June 9 July 14 August 11	9:00am-3:00pm	\$50	\$70

## DID YOU KNOW...

**Middle School and older can participate in:**

- Group Exercise classes (12+)
- Personal Training (12+)
- Equipment Orientation (12+)
- Small Group Training (14+)

# HIGH SCHOOL



## HIGH SCHOOL INCLUDES:

- Gymnastics
- Cheer
- Lifeguard Training for future YMCA lifeguards
- Personal Training
- Small Group Training
- Sports
- STEAM
- Swim Lessons



## SWIM LESSONS

### Teen/Adult Beginner Swim Lessons Water Movement and Stamina

(Ages 13 & Up; Stages 1-3) YMCA teen and adult beginner swim lessons are designed for those with little or no swimming experience. Skills will include water acclimation and comfort, proper floating, breathing techniques, and basic swim strokes including front crawl, back crawl and elementary back stroke. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	7:15-8:00pm	\$25	\$50
	Thursday	7:15-8:00pm	\$25	\$50
	Saturday	9-9:45am	\$25	\$50
	Saturday	12:20-1:05pm	\$25	\$50
Hobart	Sunday	9-9:45am	\$25	\$50
	Monday	5:30-6:15pm	\$25	\$50
	Saturday	9-9:45am	\$25	\$50
Schererville	Monday	6:30-7:15pm	\$25	\$50
	Wednesday	6:30-7:15pm	\$25	\$50
	Saturday	9-9:45am	\$25	\$50
Southlake	Sunday	12-12:45pm	\$25	\$50
	Tuesday	7:15-8:00pm	\$25	\$50
	Saturday	12-12:45pm	\$25	\$50

### Teen/Adult Intermediate Swim Lessons-Stroke Introduction

(Ages 13 & Up; Stages 4-6) YMCA teen and adult intermediate swim lessons are designed to build stroke introduction and endurance. Participants should be able to swim 25 yards continuously and be comfortable in deep water. Skills will include proper lap swimming etiquette, endurance, stroke refinement of front and back crawl, and introduce breaststroke, sidestroke, and treading water. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Thursday	7:15-8:00pm	\$25	\$50
	Saturday	12:20-1:05pm	\$25	\$50
Hobart	Sunday	9-9:45am	\$25	\$50
	Monday	5:30-6:15pm	\$25	\$50
	Saturday	9-9:45am	\$25	\$50
Schererville	Monday	6:30-7:15pm	\$25	\$50
	Wednesday	6:30-7:15pm	\$25	\$50
	Saturday	9-9:45am	\$25	\$50
Southlake	Sunday	12-12:45pm	\$25	\$50
	Tuesday	7:15-8:00pm	\$25	\$50
	Saturday	12-12:45pm	\$25	\$50

### Two times per week for four weeks

6/3-6/28, 7/1-7/26

Location	Days	Time	Member	Guest
Hammond	Tu/Th	9-9:45am	\$45	\$90

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

TOUCHS HIGH



## CROSSROADS YMCA LIFEGUARD CLASSES: Free for future staff!

LIFEGUARD CERTIFICATION CLASS

Must sign up for the class at least one week prior to first day, after completing the pre-requisite swim requirements with an Aquatic Leadership staff.

Pre-swim requirements are:

1. 300 yard swim with combination of breaststroke and Freestyle.
2. 2 minute treading water with feet only.
3. Timed Swim- swim 20 yards, dive 7-10 feet and retrieve 10 pound brick, then swim it back to start on your back while keeping brick on top of the water, then climb out of the water without using a ladder.

*\*Must attend 100 % of all the class dates listed. Must complete the eLearning before the first day. You will receive this once registered.*

CLASS OPTIONS ACROSS LAKE COUNTY:

### JUNE 2024

#### HAMMOND YMCA

June 28 12-8:00pm  
 June 29 2-6:30pm  
 June 30 10:00am-3:30pm  
 July 1 1-5:00pm

#### SOUTHLAKE YMCA

June 21 4:30-9:00pm  
 June 22 12:30-6:30pm  
 June 23 12:30-6:30pm  
 June 24 4:30-9:00pm

### JULY 2024

#### HOBART YMCA

July 26 4-10:00pm  
 July 27 8:00am-4:00pm  
 July 28 8:00am-4:00pm  
 July 29 4-10:00pm

#### SCHERERVILLE YMCA

July 19 4:30-9:00pm  
 July 20 12:30-6:30pm  
 July 21 12:30-6:30pm  
 July 22 4:30-9:00pm

### AUGUST 2024

#### HOBART YMCA

August 23 4-10:00pm  
 August 24 8:00am-4:00pm  
 August 25 8:00am-4:00pm  
 August 26 4-10:00pm

#### SOUTHLAKE YMCA

August 16 4:30-9:00pm  
 August 17 12:30-6:30pm  
 August 18 12:30-6:30pm  
 August 19 4:30-9:00pm

## GYMNASTICS

**Advanced Gymnastics** is for gymnasts looking to train and progress their skills during off season. Advanced I gymnasts will focus on intermediate skills and Advanced II gymnastics will focus on elite skills on all apparatuses. 60 minutes.

### Advanced Gymnastics II (INSTRUCTOR APPROVAL. Ages 6 & Up)

Location	Days	Time	Member	Guest
Schererville	Monday	6:15pm	\$45	\$90
	Wednesday	5:00pm	\$45	\$90

## CHEER

### CHEER TEAM

Southlake YMCA Fusion All-Star is a program dedicated to fostering confidence through youth development and promoting a social community. Within YMCA Fusion, each athlete is encouraged to express their individuality and love for the sport, showcasing their unique personalities. Competitive All-Star is a sport where athletes perform a routine lasting two minutes and thirty seconds. Southlake YMCA Fusion follows The Open Championship rules and guidelines. Prices vary on team placement, please contact Kennedy Tolbert if you have any questions at [ktolbert@crymca.org](mailto:ktolbert@crymca.org).

Location	Level	Ages
Southlake	Level 1-4	6-18

## PARISI SPEED SCHOOL: THE FASTEST WAY TO BECOME A BETTER ATHLETE

### Elite Sports Performance (15-20 years old)

Utilizing either Basic Strength or Advanced Strength programming, this program builds on an athlete's physical foundation and develops their athletic abilities even further, in order for them to maximize their potential and reach their goals on game day.

### Advanced Strength (15-20 years old)

Provides a sport-specific protocol for the high-level athlete to develop strength in areas that will directly transfer to their chosen sport. This high-level training pushes athletes to the next level, giving them a competitive edge as they prepare to compete at the high school, collegiate, Olympic or professional level.

## SPORTS PERFORMANCE | PARISI

### Schererville

Program	Days	Times	Cost
Elite Sports Performance	Monday	6:30-7:30pm	Attend 3 times/ week
	Wednesday	4:30-7:30pm	
Advanced Strength	Tuesday	9-10:00am	\$75 members; \$150 guests
	Thursday	11:00am-12:00pm	

## SPORTS PERFORMANCE | PARISI

### Southlake

Program	Days	Times	Cost
Elite Sports Performance	Monday	11:00am-12:00pm	Attend 3 times/ week
	Wednesday	11:00am-12:00pm	
	Friday	4-5:00pm	
Advanced Strength	Tuesday	4:30-5:30pm	\$75 members; \$150 guests
	Thursday	6:30-7:30pm	

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



## STEAM PROGRAMS

### Music Lessons

Have you ever wanted to learn how to play a musical instrument? We offer one-on-one and small group instruction to teach the basics, practice and have fun! All ages welcome.

Location	Days	Time	Member	Guest
Griffith Piano, Bass, Drums (percussion) Guitar	Mondays, Tuesdays, Thursday or Friday (1x/week for 30 min)	Options from 4:30-7:30pm (1-on-1)	\$50	\$100
	Saturdays (1x/week for 30 min)	Options from 9:00am-1:00pm (1-on-1)	\$50	\$100
Hammond Piano, Guitar	Mondays or Fridays (1x/week for 30 min)	Options from 4-6:00pm (1-on-1)	\$50	\$100
Whiting*	Monday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	\$50	\$100
	Wednesday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	\$50	\$100
	Saturday (1x/week for 30 minutes)	Options from 9:00am-1:00pm (1-on-1)	\$50	\$100

\*Music lessons are a monthly program. Personal lessons are 30 minutes and held once a week for a month.



## YOUTH FITNESS

### Youth & Teen Boxing

Boxing has many key components to it. Students don't just put on gloves and start hitting things – as a martial arts sport, boxing requires physical and mental discipline and skill. Done safely, boxing will unleash the athletic potential of any student and much more. Youth boxers gain life skills that will continue to motivate them throughout their lives.

Location	Days	Time	Member
Schererville 12-16 years old	Tuesday/Thursday	4:30-5:15pm	\$40
	Monday & Wednesday	5-5:45pm	\$40
Southlake 10-15 years old	Tuesday & Thursday	10-10:45pm	\$40
	Tuesday & Thursday	5-5:45pm	\$40
	Friday	5-5:45pm	\$30
	Saturday	10-10:45am	\$30

## DID YOU KNOW...

### High School age can participate in:

- Group Exercise classes (12+)
- Personal Training (12+)
- Small Group Training (14+)

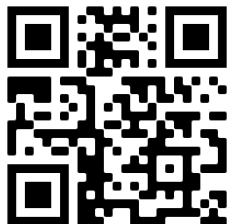


To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# ADULTS/SENIORS

## ADULTS/SENIORS INCLUDES:

- Group Exercise
- Launch Point
- Personal Training
- Senior Activities
- Small Group Training
- Sports Leagues
- STEAM
- Swim Lessons
- Wellness Programs



# LIVE YOUR BEST LIFE!

Live your best life with our comprehensive wellness program that nurtures you, spirit, mind and body! Our trained staff will meet you where you are at and help you find the solutions to achieve optimal health and well-being by making positive lifestyle changes for long-term success.

Crossroads YMCA is much more than just another gym membership.

We offer a holistic approach to wellness that helps you create a long, healthy, balanced life through programs designed to help you not only achieve your fitness goals but also improve your overall health and well-being, including mental and emotional health. You also become a part of a vibrant community of like-minded individuals who will support and cheer you on along your journey.

**We offer more membership value! Explore how we can help you:**

## CONNECT

- Free Wellness Coaching Program
- Small Group Training Challenges and Competitions
- Special Interest Clubs
- Adult Sports

## ENERGIZE

- More than 350 Group Exercises Classes Weekly at 5 Locations
- Aquatics Group Ex Classes and Swimming Lessons
- Personal Training
- Nutritional Programming
- Training Clinics and Workshops
- YMCA360 Virtual Classes Accessible 24/7

## RECHARGE

- Restorative Yoga
- Tai Chi
- Saunas, Steam Rooms and Whirlpools
- Social Interaction

**Contact your home branch for more details on offerings, times and pricing options.**



# ADULTS/SENIORS

## LAUNCH POINT | Where YOUR Fitness Journey Begins

Register today for a FREE, one-hour appointment with a wellness coach, who will help you reach your goals and make the most of your Crossroads YMCA membership. Whether you're new to fitness or have a regular exercise routine, your coach will help you discover the programs, services, technology and equipment that will help you get results. We now offer EGYM at locations in Crown Point, Schererville and Whiting.

This program is tailored to you. After discussing your goals, interests and fitness level, you and your coach will create a blueprint for transforming the way you look and feel on a schedule that works for you. This first session may be all you need to cut through the clutter and jump in.

If you need additional support and guidance to build your confidence and provide accountability, your coach will meet with you twice more for 30 minutes to help you kick start your journey.

### PLAN

Apppt.

1



What are your goals and how can the Crossroads YMCA help you meet them?

### ACT

Apppt.

2



Explore group exercise options. Learn more about cardio fitness and stretching. Create a strength routine.

### EVALUATE

Apppt.

3



We want to hear how it's going for you. What is working, what isn't and what changes need to be made. We also want to celebrate your success.

Creating new healthy habits can be challenging, but studies show that setting specific goals, creating scheduled appointments and developing a plan that is realistic and manageable are the keys to change. To motivate you even more, we will present you with a FREE program T-shirt for completing 3 Launch Point sessions. In addition, you will qualify for a 50% discount on a Seca TruScan and consultation with a personal trainer.

Ready to start your journey? Scan the QR code to go to the web page and select your branch to fill out the form. A coach will call to set your first appointment.





## BLOOD PRESSURE SCREENINGS

This free program helps you monitor and track your blood pressure weekly outside of a medical setting. YMCA wellness coaches will help you take your blood pressure reading and review lifestyle habits that impact blood pressure. Coaches cannot provide medical advice.

Location	Day/Time	Location	Day/Time
Hammond	Tuesdays 11:00am-12:00pm	Schererville	Tuesday/Thursday 8-10:00am
Hobart	Wednesdays 8:30-9:30am	Southlake	Tuesday 8-10:00am in Wellness Center
		Whiting	Tuesdays 10:30am- 12:00pm



## LES MILLS RELAUNCH

Lets get fit together! Les Mills introduces new choreography and music for all the classes every quarter. Our certified instructors learn the new moves and we have a whole morning dedicated to the new releases. Each Relaunch offers new routines, music and energy. Classes are free to join but registration is required on the Crossroads App or by calling the Membership Desk. Relaunches are held on the 3rd Saturday of every quarter. Our classes include BODYBALANCE, BODYCOMBAT, and BODYPUMP.

Location	Day/Time	Member
Schererville	July 20	Free

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## PERSONAL TRAINING

Explore the benefits of customized solutions built around YOU:

**Individualized workout plan:** Receive a workout plan that is tailored specifically to your fitness goals, needs, and abilities to help you achieve your goals more efficiently and effectively.

**Accountability:** Stay accountable to your goals as your trainer provides motivation, encouragement and support to stay on track.

**Knowledgeable:** A personal trainer can teach you proper form and technique for exercises, which can help prevent injuries and provide ways to train around existing injuries and medical conditions.

**Variety:** Mix up your workouts to prevent boredom and keep things interesting as well as explore new exercises and equipment.

**Faster results:** With a customized workout plan and proper form and guidance, you take the guesswork out of your routine and will achieve your fitness goals faster.

### Personal Training Options

We offer a variety of packages to meet your needs and your budget. Schedule a FREE assessment with a nationally certified personal trainer to discuss your health and wellness goals and complete a fitness evaluation. Afterward, your personal trainer will help you make the appropriate selection to meet your goals.

#### Individual Personal Training

Introductory Special – 3 One-Hour Sessions  
for \$99 (One Time Only)  
1 Session \$49 per hour

#### 1-Hour Sessions

1x/week monthly \$160/month\*  
2x/week monthly \$300/month\*  
3x/week monthly \$420/month\*

#### 30-Minute Sessions

1x/week monthly \$99/month\*  
2x/week monthly \$181/month\*  
3x/week monthly \$246/month\*

#### Partner Personal Training

Partners must register and train together with the same goals. Limit of 4 people per group.  
Introductory special – 3 one-hour sessions for \$75 per person (One Time Only)

1x/week monthly \$76/month per person\*  
2x/week monthly \$140/month per person\*  
3x/week monthly \$196/month per person\*

Value added benefits of personal training packages:

\*Commit to 3 months of training through a monthly draft agreement and receive \$35 off the MyZone Switch Heart Rate Monitor, which sells for \$75.

\*Receive a free monthly Seca TruScan Body Composition Analysis. Must schedule appointment at facility where available. (Crown Point, Schererville or Whiting)



Fill out a  
Personal Training  
Interest Form  
today using the  
QR code or at:

**CRYMCA.ORG/PT**  
or  
at the Front Desk.

## Introducing Seca TRUScan

Available now at Crown Point, Schererville and Whiting

- Gold standard in body composition analysis
- Accurate overview of muscle mass and body fat percentage
- Track actual progress over time, not just changes on the scale
- Takes less than a minute to perform analysis
- Receive a full digital report, along with a TRU score to show where you rank.
- A 30-minute TRUScan session includes measurement, detailed digital report delivered to your email. A certified personal trainer will review your report with you and help guide you toward improvements.

### Cost

\$30 for members; \$60 for guests

- Free monthly scans available for those registered in monthly personal training packages
- Receive 50% off members registered for Introductory Personal Training Sessions and monthly Small Group Training packages
- Members who complete all 3 sessions in Launch Point receive 50% discount
- All Crossroads members receive member pricing, regardless of home location
- Appointment required

## EGYM Circuit Training

Available now in Crown Point, Schererville and Whiting

EGYM is state-of-the-art smart training circuit that provides a customized, full-body strength training workout in about 20 minutes. EGYM is completely motorized and retains individual member settings for a new kind of training experience that takes the guesswork out of strength training and gives you a fun, motivating option designed around your goals and provides a game-like experience. EGYM works for everyone, from the beginner to the more advanced athlete. Gain confidence that you're doing the right workouts the right way with EGYM at the Y!

EGYM is FREE for all Crossroads members. Orientation is required by appointment only. Receive a complimentary RFID wristband.

## GROUP EXERCISE

Whether it's a high-energy spin class, a fun-filled dance party, a challenging boot camp, or a restorative yoga session, the Crossroads YMCA offers group exercise options for everyone. Search the Crossroads YMCA app for options by location, class type or instructor to find the options tailored to your interests and goals.

Benefits of group exercise include:

**Motivation:** Accountability to show up for class can motivate individuals to stick to their fitness routine and push themselves to achieve their goals.

**Variety:** The mix of workouts and exercises can help prevent boredom and keep workouts challenging and engaging.

**Community:** Meet new people who share similar interests, which can help improve social connections and overall well-being.

**Expert guidance:** No need to stress about your workout. Just follow the lead of your instructor, who will provide support and modifications to help individuals of all fitness levels get the most out of their workout.

**Fun:** Group exercise classes can be a fun and enjoyable way to stay active.

## SMALL GROUP TRAINING (SGT)

### Small Group Training that Delivers Results

Going it alone during your fitness journey can be confusing and difficult. Small group training program offers the benefit of a personal trainer at a reduced cost while also enjoying the camaraderie of a group of 6 to 10 members. The energy of the trainer keeps the sessions fun and effective while also holding you accountable.

Session types vary among Crossroads YMCA locations. Monthly package good only at location where registered. Priority registration given to those who purchase monthly session package. Drop-ins allowed only if space is available.

Choose from many SGT options:

- **Hammond & Whiting**

- » Unlimited Adult Small Group Training \$30 per month for members, \$60 per month for guests
- » Couples living in same household, \$55 per month
- » Drop-in fee \$7 per class for members, \$12 for guests

- **Schererville**

- » Unlimited adult Small Group Training \$59 per month for members, \$118 per month for guests
- » Couples living in the same household, \$110 per month
- » Drop-in fee \$7 per class for members, \$12 for guests

Check branch location for more details.

## INDOOR/OUTDOOR TURF & SPORTS PERFORMANCE CENTER

### DEAN & BARBARA WHITE SOUTHLAKE YMCA

- Unlimited Adult Small Group Training Pass: \$70 monthly members, \$140 monthly guests
- Choose from a variety of 30+ classes per week including Crush, T2, TRX, Fusion, Skilz, Assisted Stretching and Boxing
- Class sizes limited 6-10 people
- Once your training pass is purchased, you will receive credits in Myzone and be able to reserve your spot in the classes you choose. Credits must be used in the month purchased and do not roll over to the next month.
- Couples (living in same household) \$120 per month
- Drop-in fee: \$10 per class members/\$15 guests\*

\*Classes vary by location. Drop ins if space is available.

### Boxing Only Pass

Location	Days	Time	Member	Guest
Southlake	Monday Wednesday	10:15-11:00am 6-6:45pm	\$40	\$80
	Tuesday Thursday	5:15-6:00am 6-6:45pm	\$40	\$80
	Saturday	9-9:45am	\$30	\$60
	Monday Wednesday (Silver Gloves, 55 & Up)	11:30am-12:15pm	\$40	\$80

### Crush Pass

Location	Days	Time	Member	Guest
Hobart	Tuesday Friday	8:45-9:30am	\$40	\$80



## Introducing Specialized Small Group Training

Similar to SGT, personal trainers organize these training groups around a specific training modality, such as powerlifting, and/or age group, such as older adults or pregnant women. A variable schedule of sessions is offered monthly. No drop-ins allowed.

Check branch location for more details.



Myzone is an innovative wearable heart rate based system that uses wireless and cloud based technology to accurately and conveniently monitor physical activity.

### Myzone Benefits

- Track your heart rate, view your calories and effort in real time
- Set goals and compete with others by measuring effort levels
- Achieve Myzone status ranking based on effort not fitness
- Receive email workout summary

### Myzone at the Y

- Can be used during your individual workouts and group ex classes by streaming live stats straight to your app and YMCA TVs.
- The devices are also used extensively in conjunction with Personal Training and Small Group Training.
- Stay motivated and inspired through regular
- Myzone branch challenges and social interaction via the app.
- Myzone devices can be purchased at the front desk



MZ Switch  
\$75

## WELLNESS

### Nutritional Education Seminars

Seminars instructed by Shannon Hough, BSN, RN, CDCES, LDE. Guests can register for 4 for \$30 and get the fourth one free.

Location	Days	Time	Member	Guest
Hobart	Tuesday	12:15pm	Free	\$10
	June 18 - Dietary Approaches to Stopping Hypertension			
	July 16 - Lowering Sodium Intake			
	August 20 - Shopping, Preparing and Cooking for Better Blood Pressure Management			

## Enhance® Fitness

It helps older adults become more active, energized, and empowered for independent living. Enhance® Fitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Department on Aging, and the National Council on Aging. (4-month program only)

Location	Days	Time	Member	Guest
Hobart	Monday/Wednesday/ Friday	11:00am- 12:00pm	Free	\$100

## Blood Pressure Self-Monitoring

The Y designed the Blood Pressure Self-Monitoring Program to help adults with hypertension lower and manage their blood pressure. The four-month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management. (4-month program only) With the support from a trained Healthy Heart Ambassador, participants:

- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly Nutrition Education Seminars

Location	Days	Time	Member	Guest
Hobart	Tuesday	10:45-11:45am	Free	\$100
	Thursday	10:45-11:45am		
	Friday	8-10:00am		

## Sprint 8 SGT

Sprint 8 is an efficient, fat-burning sprint-intensity interval program that gives you a complete cardio workout, including warm-up and cool-down, in just 20 minutes. Since it's among the best exercises for burning calories and reducing body fat, most people see results in just eight weeks or less. Sprint 8 is a quick and effective way to maximize your health and physique. Work with a personal trainer to deliver a 60 minute full body workout including Sprint 8, 30 minutes of strength training and 10 minutes of cool down and stretching. Class runs 2 times a week for 4 weeks. Registration is required and limited to 6 spots.

Location	Days	Time	Member	Guest
Schererville	Monday/Wednesday	6-7:00pm	\$80	\$160
Southlake	Monday/Wednesday	12-1:00pm	\$80	\$160
	Tuesday/Thursday	10:30-11:30am	\$80	\$160



## SWIM LESSONS

### Teen/Adult Beginner Swim Lessons Water Movement and Stamina

(Ages 13 & Up; Stages 1-3) YMCA teen and adult beginner swim lessons are designed for those with little or no swimming experience. Skills will include water acclimation and comfort, proper floating, breathing techniques, and basic swim strokes including front crawl, back crawl and elementary back stroke. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	7:15-8:00pm	\$25	\$50
	Thursday	7:15-8:00pm	\$25	\$50
	Saturday	9-9:45am	\$25	\$50
	Saturday	12:20-1:05pm	\$25	\$50
Hobart	Sunday	9-9:45am	\$25	\$50
	Monday	5:30-6:15pm	\$25	\$50
	Saturday	9-9:45am	\$25	\$50
Schererville	Monday	6:30-7:15pm	\$25	\$50
	Wednesday	6:30-7:15pm	\$25	\$50
	Saturday	9-9:45am	\$25	\$50
Southlake	Sunday	12-12:45pm	\$25	\$50
	Tuesday	7:15-8:00pm	\$25	\$50
	Saturday	12-12:45pm	\$25	\$50

### Teen/Adult Intermediate Swim Lessons-Stroke Introduction

(Ages 13 & Up; Stages 4-6) YMCA teen and adult intermediate swim lessons are designed to build stroke introduction and endurance. Participants should be able to swim 25 yards continuously and be comfortable in deep water. Skills will include proper lap swimming etiquette, endurance, stroke refinement of front and back crawl, and introduce breaststroke, sidestroke, and treading water. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Thursday	7:15-8:00pm	\$25	\$50
	Saturday	12:20-1:05pm	\$25	\$50
Hobart	Sunday	9-9:45am	\$25	\$50
	Monday	5:30-6:15pm	\$25	\$50
Schererville	Saturday	9-9:45am	\$25	\$50
	Monday	6:30-7:15pm	\$25	\$50
	Wednesday	6:30-7:15pm	\$25	\$50
Southlake	Saturday	9-9:45am	\$25	\$50
	Sunday	12-12:45pm	\$25	\$50
	Tuesday	7:15-8:00pm	\$25	\$50
	Saturday	12-12:45pm	\$25	\$50

**Two times per week for four weeks  
6/3-6/28, 7/1-7/26**

Location	Days	Time	Member	Guest
Hammond	Tu/Th	9-9:45am	\$45	\$90

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

ADULTS/SENIORS



### Adult Swim Academy

(Ages 18 & Up) Take your training to the next level. This specialized program teaches and defines the 4 competitive strokes, while improving endurance. This program is great for those who want to keep that competitive edge going as well as those who need something for their triathlon training.

Location	Days	Time	Member	Guest
Hammond	Monday/ Wednesday	7-7:45pm	\$40	\$75

### ADULT SPORTS

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. That's why you'll find a range of recreational activities at the Y. With something to offer for everyone, there's no such thing as being too old to get into the game.

#### 18+ Adult Basketball (Format:

Paid officials, 5 on 5 full court)  
Times: game times TBD, 9 week program includes playoffs  
\$500/team (Hammond/Hobart)

- REGISTER 1: 4/7-4/28  
SEASON 1: 5/5-7/21
- REGISTER 2: 7/7-7/28  
SEASON 2: 8/4-10/6

#### 18+ Sand Volleyball

Times: game times 6-10pm  
18 & over co-ed  
\$350/team (Whiting)

- League held at Whiting Sports Complex on Tuesdays/Thursdays
- REGISTER 1: 4/21-5/19  
SEASON 1: 5/16-7/25

#### 18+ Futsal

Times: Thursday 6-10:00pm  
18 & over Men's & Women's;  
9 week program includes playoffs

- SOUTHLAKE  
Thursdays, \$300/team
- REGISTER 1: 5/18-6/22  
SEASON 1: 6/27-8/29
- REGISTER 2: 7/19-8/30  
SEASON 2: 9/12-11/7

#### 18+ Softball

Times: game times 6-10pm  
18 & over co-ed  
\$400/team (Whiting)

- League held at Whiting Sports Complex on Thursdays
- REGISTER 1: 6/9-8/4  
SEASON 1: 8/15-10/17

#### 18+ Pickleball

##### Individual & Doubles Leagues

Times: Thursday 6-10:00pm  
18 & over co-ed; 9 week program includes playoffs  
Individual \$45 members;  
\$90 guests  
Doubles \$90 members;  
\$180 guests  
\$15 9 week paddle rental

- SOUTHLAKE Thursdays
- REGISTER 1: 7/19-8/30  
SEASON 1: 9/12-11/7

#### 18+ Volleyball

Times: game times TBD  
18 & over co-ed; 11 week program includes playoffs

- SOUTHLAKE (Games at 3:00pm) Sundays, \$400/team
- REGISTER 1: 7/19-8/30  
SEASON 1: 9/15-11/24

## 18+ Summer of Recreational Adult Sports

Times: game times TBD, 7 week program includes playoffs  
 \$75/team Dodgeball, Sundays; \$100/team Kickball Thursdays;  
 \$100/team Wiffleball Sundays; \$100/team Ultimate Frisbee, Sundays

- Southlake
- REGISTER 1: 5/7-5/28  
SEASON 1: 6/4-7/21

## MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
<b>Hammond</b>					
Now-6/1 Now-7/1 Now-8/1	Pickleball	June July August	18+	Friday 2:30-3:30pm	\$25 members; \$50 guests
<b>Hobart</b>					
Now-6/1 Now-7/1 Now-8/1	Pickleball	June July August	18+	Tuesday 1-2:00pm	\$25 members; \$50 guests
<b>Schererville</b>					
Now-6/1 Now-7/1 Now-8/1	Pickleball	June July August	18+	Tuesday/Thursday 6-7:00pm	\$25 members; \$50 guests

## STEAM PROGRAMS

### Music Lessons

Have you ever wanted to learn how to play a musical instrument? We offer one-on-one and small group instruction to teach the basics, practice and have fun! All ages welcome.

Location	Days	Time	Member	Guest
Griffith Piano, Bass, Drums (percussion) Guitar	Mondays, Tuesdays, Thursday or Friday (1x/week for 30 min)	Options from 4:30-7:30pm (1-on-1)	\$50	\$100
	Saturdays (1x/week for 30 min)	Options from 9:00am-1:00pm (1-on-1)	\$50	\$100
Hammond Piano, Guitar	Mondays or Fridays (1x/week for 30 min)	Options from 4-6:00pm (1-on-1)	\$50	\$100
Whiting*	Monday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	\$50	\$100
	Wednesday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	\$50	\$100
	Saturday (1x/week for 30 minutes)	Options from 9:00am-1:00pm (1-on-1)	\$50	\$100

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## SENIOR ACTIVITIES & EVENTS

### DISCOVERING NEW FORMS OF FITNESS

As you get older, you may find that you have a new set of fitness goals you would like to achieve. Some might be looking to improve balance and flexibility, injury prevention, or one of many others. We are committed to helping older adults stay active—physically and mentally.

ACTIVITIES
<b>Water Exercise</b>
<b>Launch Point</b> Together, we will create Smart goals and learn more about the equipment and programs at the Y.
<b>Social Events</b>
<b>Fitness Classes</b> Yoga, Senior Bootcamp, Low Impact and more!
<b>Pickleball</b>

**CHECK OUT ALL OUR SENIOR CLASSES AT**  
[crymca.org/programs/group-exercise/seniors](http://crymca.org/programs/group-exercise/seniors)

### Senior Art Workshop

A monthly senior art workshop with a new art project each month. There will be conversation, creativity and coffee available.

Location	Days	Time	Member	Guest
Hobart	2nd Thursday of Month	10:30-11:30am	Free	\$15
Schererville	1st Thursday of Month	12:30-1:30pm	\$5	\$15
Whiting	4th Wednesday of Month	12:00pm	Free	\$15

### Healthy Living Center

Location	Days	Time	Member
Southlake	Friday	11:30am-1:00pm	\$25/each
	1st Friday of the Month – Specialty Class		
	June 7 - Cookies & Canvas		
	July 5 - Karaoke		
	August 2 - Line Dancing		
	August 9 - Potluck		Free
3rd Friday of the Month - Bingo			
4th Friday of the Month - Game Day			

## Coffee, Cookies & Bingo

New theme monthly-check branch for monthly theme update.

Location	Days	Time	Member
Schererville	Monday	12-1:30pm	\$5
	3rd Monday of the Month		

## Wii Bowling

Location	Days	Time	Member	Guest
Hobart	Wednesdays	11:00am-1:00pm	Free	\$15

## Yoga & Meditation Workshop

Location	Days	Time	Member
Schererville	2nd Saturday Every Month	10:30am-12:30pm	\$25

## Weekly Coffee Hour for Seniors

Location	Days	Time	Member
Hammond	Friday	8:15-9:15am	Free

## Game Day

Enjoy fellowship and fun as we play a variety of board and card games.

Location	Days	Time	Member
Whiting	1st Monday Every Month	12-1:00pm	Free

## Monthly Birthday Party for Seniors

Location	Days	Time	Member
Hammond	2nd Friday Every Month	12-1:00pm	Free
Whiting	3rd Wednesday Every Month	12-1:00pm	Free

## Creativity Corner

Express your creativity and explore your artistic side through a variety of different projects and mediums. All supplies will be provided.

Location	Days	Time	Member	Guest
Hammond	3rd Thursday of the Month	12-1:00pm	\$10	\$20

## Scrapbooking

Join us to experience the joy of showing off your creativity, making new friends, and reminiscing on memories with our Scrapbooking Club! All supplies will be provided.

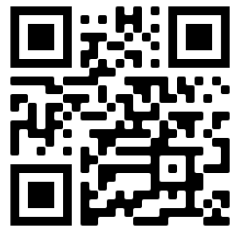
Location	Days	Time	Member	Guest
Hammond	2nd Thursday of the Month	12-1:00pm	\$10	\$20

# FAMILIES



## **FAMILIES INCLUDE:**

- Kids Zone/Kids Club
- Birthday Parties
- Run Programs
- Family Activities
- Community Events







## KIDS ZONE IS A GREAT PLACE FOR YOUR KIDS!

Your child's time in our Kids Zone drop-in nursery will be a fun, enriching experience with activities, games and crafts that reflect the core values of the YMCA.

### Check-In

For your child's safety, a parent/guardian listed on child's membership is required to sign their child in and out of the Kids Zone. The parent/guardian who signs the child in must also sign the child out. No one under the age of 18 is allowed to check children in and out of the Kids Zone. **Be sure all children are listed on your account in our system before check-in.**

### Checklist: Before you drop off

- My child is wearing shoes, socks and is dressed for play, crafts, etc.
- My child is in a clean diaper or has used the restroom.
- My child is well fed/nursed
- All personal items are labeled with my child's name
- I have brought all items needed to care for my child (i.e. plenty of diapers, wipes and prepared bottles).
- The Y Kids Zone has capacity limits. On occasion you may have a wait time before you can sign in your child. We want to ensure each and every child is safe in our Kids Zone.

### Ages

We take children from 6 weeks to 7 years in Kids Zone at our locations. Exception: Southlake's Kids Zone is for 6 weeks to 5 years.

### Time limits

The Y's drop-in Kids Zone is not a licensed child care center. We have a time limit for care while the parent/guardian is at the Y which varies by location.

### Clothing

For your child's safety, shoes or socks are to be worn at all times. Socks are to be worn in the play area. Winter items may be stored in the Kids Zone but must be kept in a cubby.

### Food & Drink

If you provide a drink for your child, please bring only water or juice (milk allowed ONLY for infants). Drinks must be in spill-proof cups. No food, candy, gum, raisins, peanut products or meals are allowed.

### Leaving the YMCA

Kids Zone is not a licensed child care facility, therefore a parent/guardian **MUST** remain inside the YMCA facility during the child's stay. Failure to comply will result in revocation of Kids Zone services.

### Illness

Children showing signs of illness will not be allowed in the Kids Zone. A child must be symptom-free for 48 hours in order to return. If your child has a communicable illness or head lice, please notify the Kids Zone staff immediately so appropriate action can be taken.

**Please see our staff for full details on policies and procedures at your Y location. Rules are subject to change.**

## QUALIFIED STAFF

Our caring and professional Kids Zone staff members are certified in CPR, First Aid, Child Abuse Training, and Appropriate Touch to ensure the safety of your child during their visit.

In addition, staff members work hard to develop a variety of age-appropriate activities to keep your child active and engaged in Kids Zone.

## BIRTHDAY PARTIES

Looking for a great place to host a birthday party? The YMCA may be a great fit! Contact the Y for scheduling and additional information. Be sure to contact us far in advance of your desired dates, in order to secure the best time for your party.

## BIRTHDAY PARTY AVAILABILITY & OPTIONS

Location	Day	Time	Options
<b>GRIFFITH</b> <i>Lu interactive playground</i>	Saturday Sunday	3-5:00pm	Do It Yourself
<b>HAMMOND</b> <i>Pool party or Sports with choice of Basketball, Soccer or Dodgeball</i>	Saturday	2:30-4:30pm 4:30-6:30pm	Do It Yourself
	Sunday	12-2:00pm or 3-5:00pm	
<b>HOBART</b> <i>Pool, Ninja, Gymnastics, Sports/Gym</i>	Thursday	5-7:00pm;	Do It Yourself
	Saturday	3-5:00pm or 6-8:00pm	
	Sunday	12-2:00pm or 3-5:00pm	
<b>SCHERERVILLE</b> <i>Pool party or Ninja party</i>	Saturday (Ninja)	1-3:00pm	Do It Yourself
	Saturday (Pool)	2:30-4:30pm	
<b>SOUTHLAKE</b> <i>Outdoor Pool party, Gymnastics or Lu interactive playground party</i>	Friday (Pool)	3:30-5:30pm	Do It Yourself & Leave it to us
	Saturday (Pool/LU/ Gymnastics) (Pool/LU)	11:30-1:20pm 1:30-3:20pm	
	Sunday (Pool/LU/ Gymnastics) (Pool/LU)	11:30-1:20pm 1:30-3:20pm	
<b>Triangle Hills</b> <i>Y Tower, High Ropes, Team Building, Archery, Fishing, Nature Scavenger Hunt</i>	Friday Saturday Sunday		Do It Yourself
<b>WHITING</b> <i>Ninja party</i>	Sunday (Ninja)	1-3:00pm	Do It Yourself

### Payment:

A deposit of \$100 is required to hold the date/time of the party. This deposit must be paid at the time of booking. The remaining balance is due at the front desk BEFORE the party begins.

### Cancellation Policy:

In the event you need to cancel your party, 50% of your deposit will be refunded. If you need to reschedule to a new date, your total deposit will transfer to that date.

### DO IT YOURSELF

Party duration is scheduled for 2 hours

- 60 minutes in room & 60 minutes in pool/other area as arranged
- Bring your own food, cake, drinks, and supplies

### LEAVE IT TO US

- This option provides two large cheese pizzas, juice boxes, plates, napkins, and utensils for an additional cost of \$75. Option to add additional pizza for additional cost.

## FAMILY ACTIVITIES

Join us for family activities at our locations! Check your local branch for full details and availability.

Location	Class	Days	Time
Hammond	Family Zumba	Saturday	10:30-11:15am
	Family Cardio Drumming	Friday	5:30-6:15pm
	Family Drumming	Check branch schedules for all options	
	Family Swim*	Check branch schedules for all options	
	Family Gym	Check branch schedules for all options	
Hobart	Family Drumming	Tuesday	5-5:30pm
	Family Fun Fridays in Pool*	Friday	6-8:00pm
	Family Swim*	Sunday	3:30-5:30pm
	Family Gym	Check branch schedules for all options	
Schererville	Family Swim*	Check branch schedules for all options	
	Family Cardio Drumming	Thursday	5:45-6:30pm
Southlake	Family Gym	Check branch schedules for all options	
	Family Sports Challenge	Check branch schedules for all options	
	Open Play Turf Fields	Check branch schedules for all options	
	Family Swim*	Check branch schedules for all options	
Tri Hills	Family Gym	Check branch schedules for all options	
	Y Tower Climb	Check branch schedules for all options	
Whiting	High Ropes Adventure	Check branch schedules for all options	
	Family Gym	Check branch schedules for all options	

\*Activity that is in the pool.

### Climbing Session (Ages 8 and Up)

Conquer the world's tallest "Y", a Y-shaped rock-climbing tower, or traverse our high ropes course at Triangle Hills! Led by expert instructors, these thrilling sessions promise an exciting experience in a safe environment. All experience levels welcome & all gear provided.

- Seasonal; Check schedule for times
- Adults, teens and kids are welcome
- \$10 members; \$15 guests
- Climbers must be between 45 and 265 lbs & between 42" and 6'3" due to manufacturer requirements.
- Climbers must wear athletic, closed toe shoes; no crocs or sandals. Long hair must be tied back. Climbers are most comfortable in longer shorts or pants.

### Born 2 Move by Les Mills

Designed to nurture a life-long love of physical activity, BORN TO MOVE™ helps children experience the joy and vitality of moving to music. Each session feeds young people's natural appetite for action, movement and play – and lets them enjoy the energy, confidence, good health and increased ability that goes with it. Optimized for core developmental stages, BORN TO MOVE features programming for children aged 2-5 and for those ages 6-16. Class takes place in Studio B.

Location	Days	Time	Member
Schererville	Monday/Wednesday/ Friday	3-3:45pm	Free

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

F  
A  
M  
I  
L  
I  
E  
S



## OUTDOOR WATERPARK

OPEN MEMORIAL DAY-LABOR DAY

### Features:

- Lap Swim Lanes
- Climbing Wall
- Lilly Pads
- Zero Depth Entry
- Play Features
- Diving Board
- Cabana Rentals



HOURS, TIME SLOTS, ADDITIONAL INFO COMING SOON!  
**VISIT [CRYMCA.ORG/OUTDOORWATERPARK](https://www.crymca.org/outdoorwaterpark)**



# SUMMER CAMP

## DAY CAMP\*\*

ACTIVE, ENGAGED, AND LOVING EVERY SECOND  
1ST-8TH GRADE

Give your child an awesome summer filled with opportunities to develop new skills, discover a new passion or make a lifelong friend! Kids will love spending their summer with action-packed experiences and completing activities that capture their imagination. The possibilities at day camp are limitless.

## ADVENTURE CAMP

EXPLORING THE WORLD AROUND US  
1ST-8TH GRADE

Campers will love spending their summer going on action-packed trips and completing activities that capture their imagination. Campers will travel on mostly Tuesdays and Thursdays - trips outside of these two days will be noted. Trips can be found on our website at [crymca.org/camp](http://crymca.org/camp). Trips are subject to change and waivers may be required for some trips.

## PRESCHOOL CAMP

POTENTIAL BEGINS HERE  
3-5YRS

DISCOVER, LEARN & GROW in Preschool Summer Camp! Join us as we explore the joy of summer through songs, games, crafts, and outdoor play. Your child will spend their day enjoying engaging hands-on learning activities while also having a fun summer camp experience. Campers **MUST** be fully potty-trained to attend. Must be 3 years old by March 1, 2024.

## LEADERS IN TRAINING CAMP

LEADERSHIP & FRIENDSHIPS  
7TH-9TH GRADE

Leaders in Training camps are the big kids' best Specialty Camps. These camps are geared toward the mature camper who is looking for a deeper experience. Some of the specialty focuses include Entrepreneur U, Babysitting Certification, YCAP and Camp Counselor Jumpstart. There are a variety of activities based on the session mixed with traditional camp activities like swimming and arts & crafts.

## SPECIALTY CAMP

BUILD SKILLS & ACHIEVE MORE  
4TH-9TH GRADE

Give your child a great summer with a focused camp experience on a specific area. All the exciting ways to belong and building friendships in camp with increased ways to build skills and achieve more with camps like gymnastics, ninja, cheer, art, baking and more!

Camp options vary by branch.

\*Grades based on 2024/2025 school grade.

\*\*Triangle Hills Day Camp is for 3rd-9th grade.

### CAMP OPTIONS

CAMP	OPTION	DAYS	MEMBER	GUEST	MEMBER	GUEST
			Pricing 3/4-4/16		Prices Starting 4/17	
Day/Preschool Camp	Two Day	M/T/W/TH or F	\$105	\$135	\$120	\$150
Day/Preschool Camp	Three Day	M/T/W/TH or F	\$120	\$180	\$135	\$195
Day/Preschool Camp	Five Day	Monday-Friday	\$155	\$235	\$170	\$250
Adventure Camp	Five Day	Monday-Friday	\$190	\$285	\$205	\$300
Leaders in Training Camp	Five Day	Monday-Friday	\$190	\$285	\$205	\$300
Specialty Camp	Five Day	Monday-Friday	\$185-\$250	\$215-\$255	\$195-\$260	\$225-\$265
Swim Add On	Two Days		\$15	\$20	\$20	\$25
Triangle Hills						
Day Camp	Five Day	Monday-Friday	\$235	\$305	\$250	\$320
Day Camp + Transportation	Five Day	Monday-Friday	\$260	\$330	\$275	\$345
Leaders in Training Camp	Five Day	Monday-Friday	\$235	\$330	\$250	\$345
Leaders in Training Camp + Transportation	Five Day	Monday-Friday	\$260	\$355	\$275	\$370

Visit our website for more details.

[crymca.org/camp](http://crymca.org/camp)



# TRIANGLE HILLS

## CAMP & RETREAT CENTER



3838 W. 141ST AVENUE  
CROWN POINT, IN 46307

The next level in adventure awaits at Triangle Hills Camp & Retreat Center. For the older adventurer, most appropriate for 9 and up, new obstacles range from the High Ropes Adventure Course, the largest Y climbing tower IN THE WORLD, team building challenge courses, Archery and more. The challenge of finding time to discover nature and develop that relationship with the great outdoors is as real as ever. Triangle Hills has all the tools, space, toys and experiences to awaken the avid explorer in anyone.

### LOOKING TO BOOK A TRIP TO TRIANGLE HILLS?

Plan a trip for a fun retreat! Event options available like Hike & Archery, Challenge Course and High Ropes Course. These options are available to businesses, non-profits, schools and professional groups to book an event. Take this opportunity to work on team building, enjoy nature, overcome challenges and more. Make Triangle Hills your retreat destination today!



## COMMUNITY EVENTS

	Event Name/ Details
June	<p><b>Brickyard Run</b>            June 29, 7:30am Start            Chip-timed 5 mile and 5K            \$28 per person  <a href="http://crymca.org/brickyardrun">crymca.org/brickyardrun</a></p>
	<p><b>Group X-tra Summer Sizzle</b>            Keep your fitness fueled by the summer heat! Challenge yourself to take 30 group exercise classes (land or water) at the Crossroads YMCA between Monday, June 10, and Friday, August 30. Only 1 class per day will count and only one entry per person for the Crossroads Y association.</p> <p>Every member who successfully completes the challenge will earn our exclusive Group X-tra Summer Sizzle T-shirt. Ask your instructor to initial your card every time you attend any Y group exercise class. Cards must be turned in by Friday, September 6. T-shirts will be ordered and be available for pick up in about 1 month.</p> <p>Pick up your Summer Sizzle card at Member Services after June 11!</p>
July	<p><b>Deep River Family Night Fundraiser</b>            July 27, 5:30-8:00pm            Doors open at 4:00pm            \$12 members; \$15 guests</p>
August	<p><b>20th Annual Crossroads YMCA Golf Outing</b>            White Hawk Country Club</p> <p>Friday, August 9            12pm Registration, Lunch, &amp; Range Open            1pm Shotgun Start</p>
	<p><b>Senior Prom</b>            TRIANGLE HILLS CAMP AND RETREAT CENTER            Friday, August 16            5-8:00pm            \$28 per person            Active Older Adults event for individuals 55 and up</p>



F A M I L I E S  
F A M I L I E S



**CROSSROADS YMCA**  
TRANSFORMING LAKE COUNTY

100 Burrell Drive, Crown Point, IN 46307

## **MEMBERS HAVE PRIORITY REGISTRATION!**

Member registration begins 4/15;

Guest registration begins 5/3

**OUR MISSION** | To put Christian principles into practice through programs that build healthy spirit, mind and body for all.