



WINTER/SPRING



2024

JANUARY-MAY

CROSSROADS YMCA | [crymca.org](http://crymca.org)



# 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

## January 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			

## February 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		

## March 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						

## April 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				

## May 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

# 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  
Jessica Henn  
jhenn@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**

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

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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 2-3) 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	11:30am	\$20	\$40
	Wednesday	4:15pm	\$20	\$40
Southlake	Monday	9:45am	\$20	\$40
	Monday	5:10pm	\$20	\$40
	Wednesday	9:45am	\$20	\$40
	Saturday	10:05am	\$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	9:30am	\$20	\$40
Hobart	Saturday	9:30am	\$20	\$40
Schererville	Monday	5:30pm	\$20	\$40
	Tuesday	9:00am	\$20	\$40
	Tuesday	5:10am	\$20	\$40
	Saturday	9:15am	\$20	\$40
Southlake	Monday	12:10am	\$20	\$40
	Monday	6:00pm	\$20	\$40
	Tuesday	10:35am	\$20	\$40
	Tuesday	4:00pm	\$20	\$40
	Wednesday	9:55am	\$20	\$40
	Wednesday	4:55pm	\$20	\$40
	Thursday	10:10am	\$20	\$40
	Thursday	4:40pm	\$20	\$40
	Friday	11:30am	\$20	\$40
	Friday	4:15pm	\$20	\$40
	Saturday	8:30am	\$20	\$40
	Saturday	10:45am	\$20	\$40

## NINJA

**Baby Ninjas** (Walkers-3 years) 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	4:45pm	\$25	\$50
	Saturday	3:15pm	\$25	\$50
Hobart	Saturday	9:00am	\$25	\$50
Scherverville	Tuesday	10:20am	\$45	\$90
	Wednesday	4:45pm	\$45	\$90
	Saturday	10:00am	\$45	\$90
Southlake	Monday	11:30am	\$45	\$90
	Monday	5:55pm	\$45	\$90
	Wednesday	11:45am	\$45	\$90
	Wednesday	4:30pm	\$45	\$90
	Wednesday	7:45pm	\$45	\$90
	Thursday	4:30pm	\$45	\$90
	Thursday	5:00pm	\$45	\$90
	Friday	9:00am	\$45	\$90
Whiting	Friday	5:25pm	\$45	\$90
	Saturday	9:00am	\$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.

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

## 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	10:30-11:00am	\$20	\$40
	Saturday	10:30-11:00am	\$20	\$40
Schererville	Monday	4:30-5pm	\$20	\$40
	Saturday	9-9:30am	\$20	\$40
Southlake	Sunday	9:45-10:15am	\$20	\$40
	Sunday	10:55-11:25am	\$20	\$40
	Monday	9:45-10:15am	\$20	\$40
	Tuesday	10:20-10:50am	\$20	\$40
	Tuesday	4:30-5:00pm	\$20	\$40
	Wednesday	10:15-10:45am	\$20	\$40
	Thursday	9:45-10:15am	\$20	\$40
	Thursday	5-5:30pm	\$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	5:35-6:05pm	\$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	10:30-11:00am	\$20	\$40
	Saturday	10:30-11:00am	\$20	\$40
Schererville	Monday	5:05-5:35pm	\$20	\$40
	Thursday	9-9:30am	\$20	\$40
	Saturday	9:35-10:05am	\$20	\$40
Southlake	Sunday	10:20-10:50am	\$20	\$40
	Monday	10:20-10:50am	\$20	\$40
	Tuesday	9:45-10:15am	\$20	\$40
	Tuesday	5:05-5:35pm	\$20	\$40

Location	Days	Time	Member	Guest
Southlake	Wednesday	10:50-11:20am	\$20	\$40
	Thursday	10:20-10:50am	\$20	\$40
	Thursday	5:40-6:10pm	\$20	\$40
	Friday	11:25-11:55am	\$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.

Dates	Days	Time	Member	Guest
Monthly	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, 2023 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, 2023	\$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
Schererville	Monday	10:30am	\$25	\$50
	Saturday	9:55am	\$25	\$50
Southlake	Monday	10:30am	\$25	\$50
	Tuesday	4:45pm	\$25	\$50
	Wednesday	10:30am	\$25	\$50
	Wednesday	4:15pm	\$25	\$50
	Saturday	9:25am	\$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
Schererville	Wednesday	5:00pm	\$25	\$50
	Saturday	10:35am	\$25	\$50
Southlake	Monday	11:15am	\$25	\$50
	Monday	4:15pm	\$25	\$50
	Tuesday	4:15pm	\$25	\$50
	Wednesday	11:15am	\$25	\$50
	Wednesday	4:55pm	\$25	\$50
	Saturday	10:45am	\$25	\$50

**Preschool Ballet & Tap Academy (Ages 4-5)** Dancers will learn beginner ballet and tap, like Preschool Ballet & Tap but this class is a full program session long (January-May) with a performance at the end of the session. There will be a \$35 costume fee during the second month of the session. Leotard, tights, ballet and tap shoes required. 60 minute class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	6:00pm	\$40	\$80
Southlake	Monday	12:10pm	\$40	\$80
	Thursday	4:45pm	\$40	\$80

**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
Schererville	Thursday	5:55pm	\$25	\$50
	Saturday	11:30am	\$25	\$50
Southlake	Monday	6:00pm	\$25	\$50
	Wednesday	4:15pm	\$25	\$50

# PRESCHOOL

**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	5:10 pm	\$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	Tuesday	5:25 pm	\$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
Schererville	Monday	4:45pm	\$25	\$50
	Tuesday	9:40am	\$25	\$50
	Tuesday	4:30pm	\$25	\$50
	Thursday	5:30pm	\$25	\$50
	Saturday	11:00am	\$25	\$50
	Monday	9:55am	\$25	\$50
Southlake	Monday	4:25pm	\$25	\$50
	Tuesday	4:40pm	\$25	\$50
	Wednesday	9:15am	\$25	\$50
	Thursday	10:50am	\$25	\$50
	Thursday	4:00pm	\$25	\$50
	Thursday	5:10pm	\$25	\$50
	Friday	12:10pm	\$25	\$50
	Friday	4:55pm	\$25	\$50
	Saturday	9:25am	\$25	\$50
	Saturday	10:05am	\$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	Thursday	4:30pm	\$25	\$50
	Saturday	10:15am	\$25	\$50



# PRESCHOOL

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

## Boys Preschool (Ages 4-5) 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Friday	6:30pm	\$25	\$50

# PRESCHOOL

**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	Monday	6:40pm	\$25	\$50
	Friday	4:15pm	\$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	6:15pm	\$25	\$50
	Thursday	4:15pm	\$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	Saturday	9:00am	\$25	\$50
Southlake	Monday	4:15pm	\$25	\$50
	Tuesday	4:05pm	\$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	5:30pm	\$25	\$50
Schererville	Wednesday	4:30pm	\$25	\$50
Southlake	Thursday	5:00pm	\$40	\$80
	Saturday	9:00am	\$40	\$80

## 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.

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	5:20pm	\$25	\$50
	Saturday	1:15pm	\$25	\$50
Hobart	Monday	4:15pm	\$25	\$50
	Monday	5:15pm	\$25	\$50
	Wednesday	5:15pm	\$25	\$50
	Wednesday	6:00pm	\$25	\$50
	Saturday	12:00pm	\$25	\$50
	Saturday	12:00pm	\$25	\$50
Schererville	Monday	5:30pm	\$25	\$50
	Tuesday	6:30pm	\$45	\$90
	Wednesday	5:30pm	\$45	\$90
	Thursday	4:30pm	\$45	\$90
	Thursday	5:30pm	\$45	\$90
	Saturday	9:00am	\$45	\$90
	Saturday	10:45am	\$45	\$90
Southlake	Monday	9:00am	\$45	\$90
	Monday	5:00pm	\$45	\$90
	Tuesday	9:40am	\$45	\$90
	Tuesday	5:55pm	\$45	\$90
	Wednesday	5:10pm	\$45	\$90
	Thursday	11:30am	\$45	\$90
	Thursday	5:10pm	\$45	\$90
	Thursday	6:35pm	\$45	\$90
	Friday	10:35am	\$45	\$90
	Friday	4:30pm	\$45	\$90
	Saturday	8:45am	\$45	\$90
	Saturday	10:35am	\$45	\$90
Whiting	Tuesday	4:00pm	\$25	\$50
	Saturday	9:45am	\$25	\$50

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	9-9:45am	\$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	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
	Saturday	12:25-1:10pm	\$25	\$50
Hobart	Sunday	10:30-11:15am	\$25	\$50
	Monday	4-4:45pm	\$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	4-4:45pm	\$25	\$50
	Wednesday	4:50-5:35pm	\$25	\$50
	Thursday	9:35-10:20am	\$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	9:45-10:30am	\$25	\$50
	Tuesday	9:45-10:30am	\$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	9:45-10:30am	\$25	\$50
	Wednesday	10:35-11:20am	\$25	\$50
	Thursday	9:45-10:30am	\$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
	Friday	9:45-10:30am	\$25	\$50
	Friday	10:35-11:20am	\$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	



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

## 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	JANUARY	FEBRUARY	MARCH	APRIL	MAY
<b>Griffith</b>	<b>Soccer</b>	<b>T-Ball</b>	<b>Basketball</b>	<b>Volleyball</b>	<b>T-Ball</b>
Wednesday	4:45-5:15pm	4:45-5:15pm	4:45-5:15pm	4:45-5:15pm	4:45-5:15pm
	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm
<b>Hammond</b>	<b>Basketball</b>	<b>Soccer</b>	<b>Basketball</b>	<b>Soccer</b>	<b>Basketball</b>
Tuesday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Wednesday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Thursday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Friday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
<b>Hobart</b>	<b>Soccer</b>	<b>T-Ball</b>	<b>Basketball</b>	<b>Volleyball</b>	<b>T-Ball</b>
Wednesday	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm
Friday	11:15-11:45am	11:15-11:45am	11:15-11:45am	11:15-11:45am	11:15-11:45am
<b>Schererville</b>	<b>Basketball</b>	<b>Soccer</b>	<b>Basketball</b>	<b>T-Ball</b>	<b>Soccer</b>
Monday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Tuesday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Wednesday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Thursday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
<b>Southlake</b>	<b>Soccer</b>	<b>Basketball</b>	<b>T-Ball</b>	<b>Soccer</b>	<b>Basketball</b>
Tuesday	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm
	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm
Wednesday	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm
	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm
Friday	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm
	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm
<b>Whiting</b>	<b>Soccer</b>	<b>T-Ball</b>	<b>Basketball</b>	<b>Volleyball</b>	<b>T-Ball</b>
Saturday	9:45-10:15am	9:45-10:15am	9:45-10:15am	9:45-10:15am	9:45-10:15am

## 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

**Little Picassos** 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

## 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
Southlake	Wednesday	10-10:45am	\$25	\$50

**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
Hammond	Wednesday	5-5:45pm	\$35	\$70
Hobart	Thursday	5-5:45pm	\$35	\$70
Southlake	Monday OR Thursday	1-2:00pm	\$57	\$114



## 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:

January 19, February 16

March 15, April 19, May 17

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

Register early for Preschool classes that begin on Tuesday, September 3, 2024.

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, 2023 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, 2023	\$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, 2023	\$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, 2023	\$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, 2023	\$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, 2023	\$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, 2023	\$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, 2023	\$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, 2023 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.

### SOUTHLAKE YMCA PRESCHOOL NEWS

Registration for the 2024-2025 school year at Southlake YMCA Early Learning Academy opening soon! Mark your calendars as classes fill quickly.

**Members:** January 16, 2024 at 6:00am; **Guests:** January 22, 2024 at 6:00am

**Join us for an Open House on January 13, 2024 from 11:00am-2:00pm** to learn more about our Early Learning Academy program and take a tour of our facilities!



## Childcare

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
<b>3-5 year olds</b> ; care available 6:00am-6:30pm	\$185/week
<b>13-36 months</b> , 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
<b>4-5 years old</b>	\$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).

# 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	Thursday	5:00pm	\$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	6:45pm	\$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	6:45pm	\$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	7:00pm	\$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
Hobart	Thursday	5:30pm	\$25	\$50
Southlake	Wednesday	6:05pm	\$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
Southlake	Monday	6:55pm	\$25	\$50
	Wednesday	6:50pm	\$25	\$50
	Saturday	8:30am	\$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	6:55pm	\$25	\$50
	Wednesday	6:50pm	\$25	\$50
	Saturday	8:30am	\$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	7:00pm	\$25	\$50
Southlake	Tuesday	6:20pm	\$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	5:55pm	\$30	\$60

**Turns and Leaps** (Ages 6 & up) A jazz-based technique class that focuses on strict technique to help the dancer achieve their fullest potential. This class includes a warm-up focused on strength, conditioning, and flexibility. Leotard, tights and jazz or ballet shoes required. 45-minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	4:50pm	\$25	\$50



## ACADEMY CLASSES See Page 2 for details.

**Ballet Academy I** (Ages 6 and up) Dancers will learn ballet fundamentals. Similar to Ballet I, but this class is one full program session (January-May) with a performance at the end of the session. There will be a \$35 costume fee during the second month of the session. Leotard, tights, ballet shoes required. 60 minute class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	4:45pm	\$40	\$80
	Monday	4:50pm	\$40	\$80
Southlake	Thursday	5:55pm	\$40	\$80

**Hip Hop Academy** (Ages 6 and up) This class will teach beginner hip hop basics. Similar to Hip Hop I, but this class is one full program session (January-May) with a performance at the end of the session. There will be a \$35 costume fee during the second month of the session. Comfortable athletic clothing and tennis shoes required. 60 minute class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	6:20pm	\$40	\$80
	Wednesday	5:50pm	\$40	\$80
Southlake	Thursday	4:45pm	\$40	\$80

## GYMNASTICS

**Beginner** Gymnastics is a program that allows new gymnasts starting at the age of 6 to learn basics 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	3:00pm	\$25	\$50
	Wednesday	5:30pm	\$25	\$50
	Thursday	5:20pm	\$25	\$50
Hobart	Saturday	11:00am	\$25	\$50
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	6:45pm	\$25	\$50
	Tuesday	4:15pm	\$25	\$50
	Tuesday	6:10pm	\$25	\$50
	Wednesday	5:35pm	\$25	\$50
	Wednesday	6:35pm	\$25	\$50
	Thursday	6:15pm	\$25	\$50
	Friday	5:10pm	\$25	\$50
	Saturday	8:30am	\$25	\$50
	Saturday	9:10am	\$25	\$50

## Beginner (Ages 8+)

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

## Beginner (Ages 11+)

Location	Days	Time	Member	Guest
Southlake	Monday	7:40pm	\$25	\$50
	Tuesday	6:10pm	\$25	\$50
	Wednesday	4:45pm	\$25	\$50
	Saturday	11:00am	\$25	\$50

## Intermediate (Ages 6+)

Location	Days	Time	Member	Guest
Hammond	Thursday	6:15pm	\$25	\$50
Schererville	Thursday	5:00pm	\$25	\$50
Southlake	Monday	7:20pm	\$25	\$50
	Saturday	11:10pm	\$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	Tuesday	4:20pm	\$25	\$50

**Beginner (Ages 8 and Up)**

Location	Days	Time	Member	Guest
Southlake	Monday	5:50pm	\$25	\$50
	Wednesday	7:30pm	\$25	\$50



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

**Gymnastics Academy** has been revamped into a **NEW** program that allows gymnasts to make a commitment. Gymnasts will train for a longer period and automatically be enrolled for the entire session. Each gymnast will be sized for a meet leotard for additional cost of \$30 for the leotard and be invited to a mock meet at the end of the session. An evaluation is needed to enroll in the Academy program.

**Academy I (Ages 6 and up)** One day a week for 90 minutes.

Location	Days	Time	Member	Guest
Schererville	Thursday	6:00pm	\$50	\$100
	Saturday	10:30am	\$50	\$100
Southlake	Monday	4:30pm	\$50	\$100
	Wednesday	5:25pm	\$50	\$100
	Saturday	9:25am	\$50	\$100

**Academy II (Ages 8 and up)** Two days a week for one hour.

Location	Days	Time	Member	Guest
Schererville	Monday	6:30pm	\$60	\$120
	Wednesday	6:30pm		
Southlake	Monday	6:10pm	\$60	\$120
	Wednesday	4:15pm		

## 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	4:30pm	\$25	\$50
	Tuesday	6:30pm	\$25	\$50
	Wednesday	5:30pm	\$25	\$50
	Thursday	4:30pm	\$25	\$50
	Saturday	10:00am	\$25	\$50
Southlake	Monday	6:05pm	\$25	\$50
	Tuesday	5:55pm	\$25	\$50
	Wednesday	6:20pm	\$25	\$50
	Thursday	4:05pm	\$25	\$50
	Saturday	8:45am	\$25	\$50
	Saturday	11:30am	\$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	5:30pm	\$25	\$50
	Wednesday	6:30pm	\$25	\$50
	Thursday	5:30pm	\$25	\$50
Southlake	Tuesday	6:50pm	\$25	\$50
	Thursday	7:05pm	\$25	\$50
	Friday	5:10pm	\$25	\$50
	Saturday	9:40am	\$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
	Tuesday	5:00pm	\$25	\$50
	Saturday	10:35am	\$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	4:00pm	\$40	\$80
	Thursday	5:55pm	\$40	\$80

**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	Monday	7:00pm	\$40	\$80

**Cheer Level I** (Ages 6 & Up) Cheer I is a beginner class for those who have a passion for sideline cheer. This class will focus on the fundamentals and basic skills; motion technique, jumps and tumbling. 60 minute class.

Location	Days	Time	Member	Guest
Hobart	Thursday	4:30pm	\$40	\$80
Schererville	Tuesday	6:30pm	\$40	\$80
Southlake	Wednesday	5:10pm	\$40	\$80
	Friday	6:05pm	\$40	\$80

**Cheer Level II** (Ages 11 & Up) Cheer II is a beginner/intermediate class for those who are interested in cheering competitively or at middle school. This class will focus on a variety of motions, jumps and tumbling combinations. 60 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	6:30pm	\$40	\$80
Southlake	Friday	4:00pm	\$40	\$80



## ACADEMY CLASSES See Page 2 for details.

**Cheer Academy** Are you ready to take your love for cheer to the next level? Cheer Academy allows athletes to be a part of a full program session and given the chance to perform at one of the YMCA sports games! Athletes will learn a 1 minute and 30 second routine consisting of jumps, motion, stunts and dance. Athletes will receive a T-shirt and bow for their performance; the cost will be included in the second month's draft. 90 minute class.

Location	Days	Time	Member	Guest
Schererville	Thursday	6:30pm	\$60	\$120
Southlake	Saturday	9:55am	\$60	\$120

## 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	5:15pm	\$25	\$50
Schererville	Monday	4:30pm	\$45	\$90
	Tuesday	4:30pm	\$45	\$90
	Wednesday	6:30pm	\$45	\$90
	Thursday	5:30pm	\$45	\$90
Southlake	Monday	6:35pm	\$45	\$90
	Tuesday	6:50pm	\$45	\$90
	Wednesday	6:50pm	\$45	\$90
	Thursday	6:10pm	\$45	\$90
	Thursday	7:30pm	\$45	\$90
	Friday	6:10pm	\$45	\$90
	Saturday	9:40am	\$45	\$90
	Saturday	11:30am	\$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
Schererville	Monday	6:30pm	\$45	\$90
	Tuesday	5:30pm	\$45	\$90
Southlake	Tuesday	5:00pm	\$45	\$90
	Thursday	5:40pm	\$45	\$90
Whiting	Thursday	6:00pm	\$25	\$50



**Advanced Ninjas (6-12 years) - INSTRUCTOR APPROVAL-** 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 & knowledge of core values. Children advance & learn at their own pace. Preparing for the Ninja Games. 45 minute class.

Location	Days	Time	Member	Guest
Whiting	Tuesday	6:00pm	\$25	\$50
	Saturday	11:30am	\$25	\$50

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

**Ninja Academy (6-15 years)** Ninjas will learn the appropriate skills for White, Yellow, or Green on floor, bars, and vault. In addition to kicks, which can be incorporated into/after skills on those apparatuses. A progressive level system will help advance each Ninja to the next level. 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			
	Monday Thursday	5:00pm 5:00pm	\$70	\$140
	Tuesday Wednesday	7:00pm 5:00pm	\$70	\$140
	Yellow Ninja			
	Monday Thursday	6:00pm 6:00pm	\$70	\$140
	Tuesday Friday	5:00pm 5:00pm	\$70	\$140
	Green Ninja			
	Tuesday Wednesday	6:00pm 6:00pm	\$70	\$140
	Thursday Friday	7:00pm 6:00pm	\$70	\$140

## 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
	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	4:30-5:15pm	\$25	\$50
	Saturday	9:45-10:30am	\$25	\$50
Saturday	11:30am-12:15pm	\$25	\$50	
Schererville	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	11:15am-12:00pm	\$25	\$50
	Sunday	12:05-12:50pm	\$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	

Location	Days	Time	Member	Guest
Southlake	Tuesday	7:15-8:00pm	\$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
	Saturday	9:30-10:15am	\$25	\$50
	Saturday	10:20-11:05am	\$25	\$50
	Saturday	11:15am-12:00pm	\$25	\$50
	Saturday	12:05-12:50pm	\$25	\$50

**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	12:05pm	\$25	\$50



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

**Swim Academy (Age 6 & up)** Take your love for the water to the next level with the Crossroads YMCA Swim Academy. 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
Southlake	Mon/Wed	5-5:45pm	\$40	\$75



## 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	4:30-5:30pm 6:30-7:30pm 4:30-5:30pm	Attend 2 times/week \$45 members; \$90 guests
	Ages 9-10 Tuesday Thursday Saturday	6:30-7:30pm 4:30-5:30pm 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	5:30-6:30pm 6:30-7:30pm 5:30-6:30pm 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 11/27-1/7	1/30-3/23	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 2/4-3/17	4/8-6/1	Pre K K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues Games: Sat	\$40 members; \$80 guests
<b>Hammond</b>				
Register 11/27-1/7	1/30-3/23	Pre K K-1st  2nd-3rd	Practice & Game: Sat  Practices: Wed Games: Sat	\$40 members; \$80 guests
Register 2/4-3/17	4/8-6/1	Pre K K-1st  2nd-3rd	Practice & Game: Sat  Practices: Wed Games: Sat	\$40 members; \$80 guests
<b>Hobart</b>				
Register 11/27-1/7	1/30-3/23	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 2/4-3/17	4/8-6/1	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 11/27-1/7	1/30-3/23	Pre K K-1st  2nd-3rd	Practice & Game: Sat  Practices: Tues Games: Sat	\$60 members; \$120 guests
Register 2/4-3/17	4/8-6/1	Pre K K-1st  2nd-3rd	Practice & Game: Sat  Practices: Tues Games: Sat	\$60 members; \$120 guests
<b>Southlake</b>				
Register 11/27-1/7	1/30-3/23	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 2/4-3/17	4/8-6/1	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.

## 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>Griffith</b>				
Register 2/4-3/17	4/8-6/1	K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues Games: Sat	\$40 members; \$80 guests
<b>Southlake</b>				
Register 2/4-3/17	4/8-6/1	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>Hobart</b>				
Register 2/4-3/17	4/8-6/1	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues Games: Sat	\$40 members; \$80 guests
<b>Southlake</b>				
Register 11/27-1/7	1/30-3/23 (Indoor)	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues Games: Sat	\$60 members; \$120 guests
Register 2/4-3/17	4/8-6/1	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 2/4-3/17	4/8-6/1	Pre K/Ages 3-5 K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues Games: Sat	\$40 members; \$80 guests
<b>Hobart</b>				
Register 2/4-3/17	4/8-6/1	Pre K/Ages 3-5 K-1st  2nd-3rd 4th-5th	Practice & Game: Sat  Practices: Tues Games: Sat	\$40 members; \$80 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.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
<b>Hobart</b>				
Register 11/27-1/7	1/30-3/23	2nd-3rd 4th-5th	Practices: Tues Games: Fri	\$40 members; \$80 guests
<b>Southlake</b>				
Register 11/27-1/7	1/30-3/23	2nd-3rd 4th-5th	Practices: Tues Games: Sat	\$60 members; \$120 guests
Register 2/4-3/17	4/8-6/1	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>					
Now-1/1	Volleyball	January	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-2/1	Soccer	February	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-3/1	Basketball	March	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-4/1	Soccer	April	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-5/1	Flag Football	May	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
<b>Hammond</b>					
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Basketball	January February March April May	K-1st 2nd-3rd 4th-5th	Tuesday 5-5:45pm 6-6:45pm Wednesday 5-5:45pm	\$25 members; \$50 guests
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Soccer	January February March April May	K-2nd 3rd-6th	Thursday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Volleyball	January February March April May	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
<b>Hobart</b>					
Now-1/1	Dodgeball	January	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	\$25 members; \$50 guests
Now-2/1	Basketball	February	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	\$25 members; \$50 guests
Now-3/1	Soccer	March	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	\$25 members; \$50 guests
Now-4/1	Basketball	April	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	\$25 members; \$50 guests
Now-5/1	Soccer	May	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	\$25 members; \$50 guests

# MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
<b>Schererville</b>					
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Basketball	January February March April May	K-1st 2nd-3rd  4th-5th	Monday 5-5:45pm 6-6:45pm  Tuesday 5-5:45pm	\$25 members; \$50 guests
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Soccer	January February March April May	K-2nd 3rd-6th	Thursday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Volleyball	January February March April May	K-2nd 3rd-6th	Wednesday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
<b>Southlake</b>					
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Basketball	January February March April May	2nd-3rd 4th-5th	Wednesday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-4/1 Now-5/1	Soccer	April May	2nd-4th 4th-5th	Friday 5-5:45pm 6-6:45pm	\$25 members; \$50 guests
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Volleyball	January February March April May	K-1st 2nd-4th 5th-8th	Wednesday 5-5:45pm 6-6:45pm 7-7:45pm	\$25 members; \$50 guests
<b>Whiting</b>					
Now-1/1	Volleyball	January	K-2nd 3rd-6th	Saturday 10:30-11:15am 11:30am-12:15pm	\$25 members; \$50 guests
Now-2/1	Basketball	February	K-2nd 3rd-6th	Saturday 10:30-11:15am 11:30am-12:15pm	\$25 members; \$50 guests
Now-3/1	Soccer	March	K-2nd 3rd-6th	Saturday 10:30-11:15am 11:30am-12:15pm	\$25 members; \$50 guests
Now-4/1	Basketball	April	K-2nd 3rd-6th	Saturday 10:30-11:15am 11:30am-12:15pm	\$25 members; \$50 guests
Now-5/1	Baseball	May	K-2nd 3rd-6th	Saturday 10:30-11:15am 11:30am-12:15pm	\$25 members; \$50 guests

**Archery** (Age 6-14) Outdoor archery class is perfect for beginners looking to improve their skills. Class will consist of focused target practice & valuable pointers from experienced instructors. Available starting in March.

Location	Days	Time	Member	Guest
Triangle Hills	Monday	4:30-5:30pm	\$25	\$50

## 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
Schererville	Monday	4-4:45pm	\$25	\$50
	Tuesday	5-5:45pm	\$25	\$50
	Wednesday	6-6:45pm	\$25	\$50
Southlake	Monday	4-4:45pm	\$25	\$50
	Monday	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
Schererville	Monday	4-4:45pm	\$25	\$50
	Tuesday	5-5:45pm	\$25	\$50
	Wednesday	6-6:45pm	\$25	\$50
Southlake	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
Southlake	Tuesday	5-5:45pm	\$25	\$50
Schererville	Monday	5-5:45pm	\$25	\$50
	Tuesday	4-4:45pm	\$25	\$50
	Wednesday	5-5:45pm	\$25	\$50
	Thursday	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
Southlake	Tuesday	6-6:45pm	\$25	\$50
Schererville	Monday	5-5:45pm	\$25	\$50
	Tuesday	4-4:45pm	\$25	\$50
	Wednesday	5-5:45pm	\$25	\$50
	Thursday	6-6:45pm	\$25	\$50

### Evening Einsteins 101 & 102

This class encourages learning, creativity and friendship building through science experiments for children.

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

## Edible STEAM 101 & 102

This class encourages learning, creativity and friendship through edible experiments for children.

Location	Days	Grade	Time	Member	Guest
Southlake	Thursday	K-2nd	5-5:45pm	\$40	\$80
		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
Hobart	Tuesday	6-6:45pm	\$25	\$50
Schererville	Monday	6-6:45pm	\$25	\$50
	Wednesday	4-4:45pm	\$25	\$50
	Thursday	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
Hammond Piano, Guitar or Ukulele (Right & left-handed)	Mondays or Fridays (1x/week for 45 min)	4-5:00pm 5-6:00pm 6-7:00pm 7-8:00pm	\$25	\$50
	Saturdays (1x/week for 45 min)	10-10:45am 11-11:45am 12:00-12:45pm 1-1:45pm	\$25	\$50
	Sundays (1x/week for 45 min)	3-3:45pm 4-4:45pm 5-5:45pm 6-6:45pm	\$25	\$50
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		

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

**Nature Art** (Age 5-8) Create beautiful artworks inspired by the outdoors. Participants will learn to harness the beauty of nature to craft masterpieces with the help of an instructor.

Location	Days	Time	Member	Guest
Triangle Hills	Thursday	6-7:00pm	\$25	\$50

**Nature Class** (Age 9-14) Young nature enthusiasts will learn about the outdoor world through engaging activities and interactive lessons. This will be led both outdoors and indoors depending on the weather. Led by instructors, this class will foster curiosity and create connection with the environment! Scholars will study flora, fauna, weather, and more!

Location	Days	Time	Member	Guest
Triangle Hills	Wednesday	4:30-5:30pm	\$25	\$50
	Thursday Homeschool Class	1-2:00pm	\$25	\$50

**Nature Photography** (Age 9-14) Each week, budding shutterbugs will explore different themes, capturing the wonder of nature through their lenses. At the end of the month, photographers will gather for an exciting editing session, refining their skills and transforming their snapshots into works of art! Photographers must bring their own device capable of taking photos! (Phones, iPads, Cameras, etc!)

Location	Days	Time	Member	Guest
Triangle Hills	Thursday	4:30-5:30pm	\$25	\$50



## 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
Hammond No heat recipes	Wednesday	Ages 8-13 5-5:45pm	\$35	\$70
Hobart	Thursday	Ages 3-7 5-5:45pm	\$35	\$70
Schererville No heat recipes	Tuesday	Ages 5-10 6-6:45pm	\$35	\$70
	Thursday	Ages 5-10 4-4:45pm	\$35	\$70

## 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	<i>Classics 1, Ages 5-8</i> Monday OR Wednesday	5-5:45pm	\$57	\$114
Southlake	<i>Classics 2, Ages 9-11</i> Tuesday OR Thursday	5-5:45pm	\$57	\$114
Southlake	<i>Classics 3, Ages 11-14</i> Monday OR Wednesday	6:15-7:00pm	\$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:  
 January 19, February 16  
 March 15, April 19, May 17  
 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 Griffith, Hobart & Whiting.

## SCHOOL AGE PROGRAMS

GRIFFITH, HAMMOND, HOBART & WHITING | The YMCA before and after school program allows kids to engage in learning beyond the classroom through enrichment activities in a secure and fun environment. Children will engage in active play and collaborate on fun projects while continuing to develop physical, emotional and social skills. We are dedicated to molding the lives of our kids and creating friendships and memories that will last a lifetime.

**In our program your child(ren) will have the opportunity to learn and engage in the following:**

- Homework Assistance
- Physical Fitness
- College and Career Readiness
- STEM Activities
- Nutrition
- Art/Global Learning
- And SO MUCH MORE!

All payments are due the Wednesday prior to the week of attendance. You choose the days that you need your child to attend. If you pay for a day and your child does not come, there will be no credits/refunds.

School Age Programs		Cost
One-time, non-refundable, up-front supply fee		\$25
School Age Programs (morning)		\$8/day
School Age Programs (afternoon)		\$11/day
School Age Programs (morning & afternoon)		\$18/day
Full Day (E-Learning/School Days Out)		\$30/day
Location	Before Care Opens	After Care Closes
Griffith	6:00am	6:30pm
Hammond	6:30am	6:30pm
Hobart	6:00am	6:00pm
Whiting	6:30am	6:30pm

### E-LEARNING/SCHOOL DAYS OUT

Childcare is provided for registered children during school vacation/e-learning days and holidays when school is not in session. Parents must provide their child with breakfast, lunch, and snacks on these days. Daily program includes enrichment activities, special events and much more. **Ask us about School Days Out at your Y!**

### SPRING BREAK CAMP

**Check with branch for availability! [askcamp@crymca.org](mailto:askcamp@crymca.org)**

Schools Out! Camps In! Spring Break camp is the perfect way for kids to stay active while they take a break from school. Here at the Y they'll enjoy cool crafts, exciting experiments and swimming as they make new friends and learn great skills.

\*Meals not provided.

\*\*Full Registration packet required for participation if not already enrolled in a school age childcare program.

\*\*\* Swim not included at all branches.



## HOMESCHOOL GYM & SWIM

Homeschool students have the opportunity to participate in weekly, co-ed physical education activities. The co-ed program provides participants with an opportunity to strengthen their motor skills in a safe and fun environment as well as gain socialization skills. The gym portion of the program features games, exercises and sports activities, with an emphasis on fair play and teamwork. The swim portion focuses on the fundamentals of swimming and water safety, ending with free swim time. Ages 6-14.

Location	Days	Time	Member	Guest
Hammond	Wednesdays	1-3:00pm	\$30	\$60
Hobart	Fridays	1-3:00pm	\$30	\$60
Southlake	Wednesdays	11:45am-1:45pm	\$30	\$60

## YOUTH FITNESS

### Youth Run Group

This four week program will teach kids 5-10 about the basics of running. We will train by having fun with games and obstacle courses. The group will finish by running the 2K race at the Hub Run on April 14. Program cost does not include entry fee for the 2K race at the Hub run. Begins Tuesday, March 19.

Location	Days	Time	Member	Guest
Southlake	Tuesday	4:30-5:30pm	\$25	\$50

### 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
Hammond	Tuesday	4-4:30pm	FREE	\$50
Hobart	Wednesday	5:30-6:00pm	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 or Thursday	5-5:45pm	\$40

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	6:45pm	\$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	7:00pm	\$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
Hobart	Thursday	5:30pm	\$25	\$50
Southlake	Wednesday	6:05pm	\$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	5:55pm	\$30	\$60

**Turns and Leaps** (Ages 6 & up) A jazz-based technique class that focuses on strict technique to help the dancer achieve their fullest potential. This class includes a warm-up focused on strength, conditioning, and flexibility. Leotard, tights and jazz or ballet shoes required. 45-minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	4:50pm	\$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	6:55pm	\$25	\$50
	Wednesday	6:50pm	\$25	\$50
	Saturday	8:30am	\$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	7:00pm	\$25	\$50
Southlake	Tuesday	6:20pm	\$25	\$50



## ACADEMY CLASSES See Page 2 for details.

**Ballet Academy I** (Ages 6 and up) Dancers will learn ballet fundamentals. Similar to Ballet I, but this class is one full program session (January–May) with a performance at the end of the session. There will be a \$35 costume fee during the second month of the session. Leotard, tights, ballet shoes required. 60 minute class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	4:45pm	\$40	\$80
Southlake	Thursday	5:55pm	\$40	\$80

**Ballet Academy II** Dancers will learn intermediate Ballet fundamentals for one full program session and perform routine at recital. Learn jumps, kicks and other advanced skills once your dancer has completed all skills on their Ballet I progress report. Ballet shoes required.

Location	Days	Time	Member	Guest
Schererville	Tuesday	6:30pm	\$40	\$80

**Hip Hop Academy** (Ages 6 and up) This class will teach beginner hip hop basics. Similar to Hip Hop I, but this class is one full program session (January–May) with a performance at the end of the session. There will be a \$35 costume fee during the second month of the session. Comfortable athletic clothing and tennis shoes required. 60 minute class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	6:20pm	\$40	\$80
	Wednesday	5:50pm	\$40	\$80
Southlake	Thursday	4:45pm	\$40	\$80

## 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	4:00pm	\$25	\$50
	Saturday	12:15pm	\$25	\$50
Hobart	Monday	7:00pm	\$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	4:55pm	\$25	\$50
	Tuesday	5:10pm	\$25	\$50
	Tuesday	5:15pm	\$25	\$50
	Tuesday	7:10pm	\$25	\$50
	Wednesday	6:30pm	\$25	\$50
	Saturday	8:30am	\$25	\$50

**Beginner (Ages 11+)**

Location	Days	Time	Member	Guest
Southlake	Monday	7:40pm	\$25	\$50
	Tuesday	6:10pm	\$25	\$50
	Wednesday	4:45pm	\$25	\$50
	Saturday	11:00am	\$25	\$50

**Intermediate (Ages 6+)**

Location	Days	Time	Member	Guest
Hammond	Thursday	6:15pm	\$25	\$50
Schererville	Thursday	5:00pm	\$25	\$50
Southlake	Monday	7:20pm	\$25	\$50
	Saturday	11:10pm	\$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	5:50pm	\$25	\$50
	Wednesday	7:30pm	\$25	\$50

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

**Gymnastics Academy** has been revamped into a NEW program that allows gymnasts to make a commitment. Gymnasts will train for a longer period and automatically be enrolled for the entire session. Each gymnast will be sized for a meet leotard for additional cost of \$30 for the leotard and be invited to a mock meet at the end of the session. An evaluation is needed to be enroll in the Academy program.

**Academy I (Ages 6 and up)** One day a week for 90 minutes.

Location	Days	Time	Member	Guest
Schererville	Thursday	6:00pm	\$50	\$100
	Saturday	10:30am	\$50	\$100
Southlake	Monday	4:30pm	\$50	\$100
	Wednesday	5:25pm	\$50	\$100
	Saturday	9:25am	\$50	\$100

**Academy II (Ages 8 and up)** Two days a week for one hour.

Location	Days	Time	Member	Guest
Schererville	Monday	6:30pm	\$60	\$120
	Wednesday	6:30pm		
Southlake	Monday	6:10pm	\$60	\$120
	Wednesday	4:15pm		

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## 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
Hobart	Thursday	4:30pm	\$25	\$50
Schererville	Monday	5:30pm	\$25	\$50
	Tuesday	4:30pm	\$25	\$50
	Tuesday	6:30pm	\$25	\$50
	Wednesday	5:30pm	\$25	\$50
	Thursday	4:30pm	\$25	\$50
	Saturday	10:00am	\$25	\$50
Southlake	Monday	6:05pm	\$25	\$50
	Tuesday	5:55pm	\$25	\$50
	Wednesday	6:20pm	\$25	\$50
	Thursday	4:05pm	\$25	\$50
	Saturday	8:45am	\$25	\$50
	Saturday	11:30am	\$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	5:45pm	\$25	\$50
	Wednesday	6:30pm	\$25	\$50
	Thursday	5:30pm	\$25	\$50
Southlake	Tuesday	6:50pm	\$25	\$50
	Thursday	7:05pm	\$25	\$50
	Friday	5:10pm	\$25	\$50
	Saturday	9:40am	\$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
	Tuesday	5:00pm	\$25	\$50
	Saturday	10:35am	\$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	4:00pm	\$40	\$80
	Thursday	5:55pm	\$40	\$80

**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	Monday	7:00pm	\$40	\$80

**Cheer Level II** (Ages 11 & Up) Cheer II is a beginner/intermediate class for those who are interested in cheering competitively or at middle school. This class will focus on a variety of motions, jumps and tumbling combinations. 60 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	6:30pm	\$40	\$80
Southlake	Friday	4:00pm	\$40	\$80



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

**Cheer Academy** Are you ready to take your love for cheer to the next level? Cheer Academy allows athletes to be a part of a full program session and given the chance to perform at one of the YMCA sports games! Athletes will learn a 1 minute and 30 second routine consisting of jumps, motion, stunts and dance. Athletes will receive a T-shirt and bow for their performance; the cost will be included in the second month's draft. 90 minute class.

Location	Days	Time	Member	Guest
Schererville	Thursday	6:30pm	\$60	\$120
Southlake	Saturday	9:55am	\$60	\$120

## 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	Tuesday	5:00pm	\$45	\$90
	Thursday	5:40pm	\$45	\$90
Whiting	Thursday	6:00pm	\$25	\$50

**Advanced Ninjas** (6–12 years) - INSTRUCTOR APPROVAL- 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 & knowledge of core values. Children advance & learn at their own pace. Preparing for the Ninja Games. 45-minute class.

Location	Days	Time	Member	Guest
Whiting	Tuesday	6:00pm	\$25	\$50
	Saturday	11:30am	\$25	\$50



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

**Ninja Academy** (6–15 years) - Ninjas will learn the appropriate skills for White, Yellow, or Green on floor, bars, and vault. In addition to kicks, which can be incorporated into/after skills on those apparatuses. A progressive level system will help advance each Ninja to the next level. 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			
	Monday Thursday	5:00pm	\$70	\$140
		5:00pm		
	Tuesday Wednesday	7:00pm	\$70	\$140
		5:00pm		
	Yellow Ninja			
	Monday Thursday	6:00pm	\$70	\$140
		6:00pm		
	Tuesday Friday	5:00pm	\$70	\$140
		5:00pm		
Green Ninja				
Tuesday Wednesday	6:00pm	\$70	\$140	
	6:00pm			
Thursday Friday	7:00pm	\$70	\$140	
	6:00pm			



## 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
	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	4:30-5:15pm	\$25	\$50
	Saturday	9:45-10:30am	\$25	\$50
	Saturday	11:30am-12:15pm	\$25	\$50
Scherverville	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



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

# MIDDLE SCHOOL

Location	Days	Time	Member	Guest
Southlake	Sunday	9:30-10:15am	\$25	\$50
	Sunday	10:20-11:05am	\$25	\$50
	Sunday	11:15-12:00pm	\$25	\$50
	Sunday	12:05-12:50pm	\$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	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	11:15-12:00pm	\$25	\$50	
Saturday	12:05-12:50pm	\$25	\$50	

**Swim Academy (Age 6 & up)** Take your love for the water to the next level with the Crossroads YMCA Swim Academy. 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
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	12:05pm	\$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.

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

## SPORTS PERFORMANCE | PARISI

### Schererville

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

## 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. Winter/Spring 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 11/27-1/7	1/30-3/23	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Fri at Southlake YMCA	\$60 members; \$120 guests
Register 2/4-3/17	4/8-6/1	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Fri at Southlake YMCA	\$60 members; \$120 guests
<b>Hobart</b>				
Register 11/27-1/7	1/30-3/23	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Hobart YMCA Games: Fri at Southlake YMCA	\$60 members; \$120 guests
Register 2/4-3/17	4/8-6/1	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Hobart YMCA Games: Fri at Southlake YMCA	\$60 members; \$120 guests
<b>Southlake</b>				
Register 11/27-1/7	1/30-3/23	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues Games: Fri	\$60 members; \$120 guests
Register 2/4-3/17	4/8-6/1	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues Games: Fri	\$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>Griffith</b>				
Register 2/4-3/17	4/8-6/1	6th-8th (Boys)	Practices: Tues Games: Sat	\$40 members; \$80 guests
<b>Southlake</b>				
Register 2/4-3/17	4/8-6/1	6th-8th (Boys)	Practices: Wed Games: Sat	\$60 members; \$120 guests

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

## 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. 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 2/4-3/17	4/8-6/1	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues at Griffith YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Hobart</b>				
Register 2/4-3/17	4/8-6/1	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues at Hobart YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Southlake</b>				
Register 11/27-1/7	1/30-3/23 (Indoor)	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues Games: Sat	\$60 members; \$120 guests
Register 2/4-3/17	4/8-6/1	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 11/27-1/7	1/30-3/23	6th-8th (Girls)	Practices: Tues at Griffith YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Hobart</b>				
Register 11/27-1/7	1/30-3/23	6th-8th (Girls)	Practices: Tues at Hobart YMCA Games: Sat at Southlake YMCA	\$60 members; \$120 guests
<b>Southlake</b>				
Register 11/27-1/7	1/30-3/23	6th-8th (Girls)	Practices: Tues Games: Sat	\$60 members; \$120 guests
Register 2/4-3/17	4/8-6/1	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>					
Now-1/1	Volleyball	January	3rd-6th	Monday 6-6:45pm	\$25 members; \$50 guests
Now-2/1	Soccer	February	3rd-6th	Monday 6-6:45pm	\$25 members; \$50 guests
Now-3/1	Basketball	March	3rd-6th	Monday 6-6:45pm	\$25 members; \$50 guests
Now-4/1	Soccer	April	3rd-6th	Monday 6-6:45pm	\$25 members; \$50 guests
Now-5/1	Flag Football	May	3rd-6th	Monday 6-6:45pm	\$25 members; \$50 guests
<b>Hammond</b>					
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Basketball	January February March April May	6th-8th	Thursday 6-6:45pm	\$25 members; \$50 guests
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Soccer	January February March April May	3rd-6th	Thursday 6-6:45pm	\$25 members; \$50 guests
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Volleyball	January February March April May	3rd-6th	Monday 6-6:45pm	\$25 members; \$50 guests
<b>Hobart</b>					
Now-1/1	Dodgeball	January	3rd-6th	Wednesday 6:30-7:15pm	\$25 members; \$50 guests
Now-2/1	Basketball	February	3rd-6th	Monday 6:30-7:15pm	\$25 members; \$50 guests
Now-3/1	Soccer	March	3rd-6th	Monday 6:30-7:15pm	\$25 members; \$50 guests
Now-4/1	Basketball	April	3rd-6th	Monday 6:30-7:15pm	\$25 members; \$50 guests
Now-5/1	Soccer	May	3rd-6th	Monday 6:30-7:15pm	\$25 members; \$50 guests
<b>Schererville</b>					
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Basketball	January February March April May	6th-8th	Tuesday 6-6:45pm	\$25 members; \$50 guests
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Soccer	January February March April May	3rd-6th	Thursday 6-6:45pm	\$25 members; \$50 guests
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Volleyball	January February March April May	3rd-6th	Wednesday 6-6:45pm	\$25 members; \$50 guests

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

# MIDDLE SCHOOL

## MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
<b>Southlake</b>					
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Basketball	January February March April May	6th-8th	Wednesday 7-7:45pm	\$25 members; \$50 guests
Now-4/1 Now-5/1	Soccer	April May	6th-8th	Friday 7-7:45pm	\$25 members; \$50 guests
Now-1/1 Now-2/1 Now-3/1 Now-4/1 Now-5/1	Volleyball	January February March April May	5th-8th	Wednesday 7-7:45pm	\$25 members; \$50 guests
<b>Whiting</b>					
Now-1/1	Volleyball	January	3rd-6th	Saturday 11:30am-12:15pm	\$25 members; \$50 guests
Now-2/1	Basketball	February	3rd-6th	Saturday 11:30am-12:15pm	\$25 members; \$50 guests
Now-3/1	Soccer	March	3rd-6th	Saturday 11:30am-12:15pm	\$25 members; \$50 guests
Now-4/1	Basketball	April	3rd-6th	Saturday 11:30am-12:15pm	\$25 members; \$50 guests
Now-5/1	Baseball	May	3rd-6th	Saturday 11:30am-12:15pm	\$25 members; \$50 guests

**Archery (Age 6-14)** Outdoor archery class is perfect for beginners looking to improve their skills. Class will consist of focused target practice & valuable pointers from experienced instructors. Available starting in March.

Location	Days	Time	Member	Guest
Triangle Hills	Monday	4:30-5:30pm	\$25	\$50

## STEAM PROGRAMS

**Nature Class (Age 9-14)** Young nature enthusiasts will learn about the outdoor world through engaging activities and interactive lessons. This will be led both outdoors and indoors depending on the weather. Led by instructors, this class will foster curiosity and create connection with the environment! Scholars will study flora, fauna, weather, and more!

Location	Days	Time	Member	Guest
Triangle Hills	Wednesday	4:30-5:30pm	\$25	\$50
	Thursday Homeschool Class	1-2:00pm	\$25	\$50

**Nature Photography (Age 9-14)** Each week, budding shutterbugs will explore different themes, capturing the wonder of nature through their lenses. At the end of the month, photographers will gather for an exciting editing session, refining their skills and transforming their snapshots into works of art! Photographers must bring their own device capable of taking photos! (Phones, iPads, Cameras, etc!)

Location	Days	Time	Member	Guest
Triangle Hills	Thursday	4:30-5:30pm	\$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
Hammond Piano, Guitar or Ukulele (Right & left-handed)	Mondays or Fridays (1x/week for 45 min)	4-5:00pm 5-6:00pm 6-7:00pm 7-8:00pm	\$25	\$50
	Saturdays (1x/week for 45 min)	10-10:45am 11-11:45am 12:00-12:45pm 1-1:45pm	\$25	\$50
	Sundays (1x/week for 45 min)	3-3:45pm 4-4:45pm 5-5:45pm 6-6:45pm	\$25	\$50
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.

## 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 Monday OR Wednesday	6:15-7pm	\$57	\$114

## 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
Hobart	Tuesday	6-6:45pm	\$25	\$50
Schererville	Monday	6-6:45pm	\$25	\$50
	Wednesday	4-4:45pm	\$25	\$50
	Thursday	5-5:45pm	\$25	\$50

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## 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
Hammond	Tuesday	4-4:30pm	FREE	\$50
Hobart	Wednesday	5:30-6pm	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

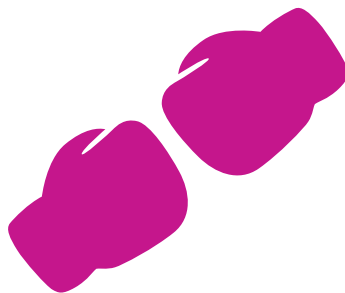
Youth, Ages 10-14, will focus on proper technique, building strength using implements like kettlebells, dumbbells, medicine balls, resistant band and much more. They will also focus on the importance of metabolic conditioning using implements like sled drags, various carries, battle ropes and more.

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

### 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	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, February 17 May 11	9:00am-3:00pm	\$50	\$70
Hobart	Sunday, January 14 February 11 March 10 April 14 May 19	9:00am-3:00pm	\$50	\$70

## HOMESCHOOL GYM & SWIM

Homeschool students have the opportunity to participate in weekly, co-ed physical education activities. The co-ed program provides participants with an opportunity to strengthen their motor skills in a safe and fun environment as well as gain socialization skills. The gym portion of the program features games, exercises and sports activities, with an emphasis on fair play and teamwork. The swim portion focuses on the fundamentals of swimming and water safety, ending with free swim time. Ages 6-14.

Location	Days	Time	Member	Guest
Hammond	Wednesday	1-3:00pm	\$30	\$60
Hobart	Friday	1-3:00pm	\$30	\$60
Southlake	Wednesday	11:45am-1:45pm	\$30	\$60

## 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	9:15-10:00am	\$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	12:05-12:50pm	\$25	\$50
	Tuesday	7:15-8:00pm	\$25	\$50
	Saturday	12:05-12:50pm	\$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	12:05-12:50pm	\$25	\$50
	Tuesday	7:15-8:00pm	\$25	\$50
	Saturday	12:05-12:50pm	\$25	\$50

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## 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:

### JANUARY 2024

#### HOBART YMCA

January 26 6-9:30pm  
 January 27 7:00am-2:00pm  
 January 28 7:00am-2:00pm  
 January 29 4-9:00pm

#### SOUTHLAKE YMCA

January 19 4:30-9:00pm  
 January 20 2:30-6:30pm  
 January 21 2:30-6:30pm  
 January 22 2:30-9:00pm

### FEBRUARY 2024

#### HAMMOND YMCA

February 1 4:30-9:00pm  
 February 2 4:30-9:00pm  
 February 3 2:30-9:00pm  
 February 4 10:00am-2:00pm

#### SOUTHLAKE YMCA

February 9 4:30-9:00pm  
 February 10 2:30-6:30pm  
 February 11 2:30-6:30pm  
 February 12 4:30-9:30pm

#### HOBART YMCA

February 23 6-9:30pm  
 February 24 7:00am-2:00pm  
 February 25 7:00am-2:00pm  
 February 26 4-9:00pm

### MARCH 2024

#### HOBART YMCA

March 29 6-9:30pm  
 March 30 7:00am-2:00pm  
 March 31 7:00am-2:00pm  
 April 1 4-9:00pm

#### SOUTHLAKE YMCA

March 9 2:30-6:30pm  
 March 10 2:30-6:30pm  
 March 11 4:30-9:00pm  
 March 12 4:30-9:00pm

#### SCHERERVILLE YMCA

March 12 4:30-9:00pm  
 March 14 4:30-9:00pm  
 March 17 10:00am-5:00pm

#### SOUTHLAKE YMCA

March 22 4:30-9:00pm  
 March 23 2:30-6:30pm  
 March 24 2:30-6:30pm  
 March 25 2:30-9:00pm

### APRIL 2024

#### HAMMOND YMCA

April 18 4:30-9:00pm  
 April 19 4:30-9:00pm  
 April 20 2:30-9:00pm  
 April 21 10:00am-2:00pm

#### SOUTHLAKE YMCA

April 5 4:30-9:00pm  
 April 6 2:30-6:30pm  
 April 7 2:30-6:30pm  
 April 8 2:30-9:00pm

#### HOBART YMCA

April 26 6-9:30pm  
 April 27 7:00am-2:00pm  
 April 28 7:00am-2:00pm  
 April 29 4-9:00pm

#### SOUTHLAKE YMCA

April 19 4:30-9:00pm  
 April 20 2:30-6:30pm  
 April 21 2:30-6:30pm  
 April 22 2:30-9:00pm

#### SCHERERVILLE YMCA

April 12 4:30-9:00pm  
 April 14 4:30-9:00pm  
 April 17 10:00am-5:00pm

# CROSSROADS YMCA LIFEGUARD CLASSES: Free for future staff!

CLASS OPTIONS ACROSS LAKE COUNTY!

## MAY 2024

<b>HOBART YMCA</b>		May 10 4:30-9:00pm
May 31 6-9:30pm		May 11 2:30-6:30pm
June 1 7:00am-2:00pm		May 12 2:30-6:30pm
June 2 7:00am-2:00pm		May 13 2:30-9:00pm
June 3 4-9:00pm		
<b>SOUTHLAKE YMCA</b>		May 17 4:30-9:00pm
May 3 4:30-9:00pm		May 18 2:30-6:30pm
May 4 2:30-6:30pm		May 19 2:30-6:30pm
May 5 2:30-6:30pm		May 20 2:30-9:00pm
May 6 2:30-9:00pm		

## 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	4:30-5:30pm	\$75 members; \$150 guests
	Thursday	6:30-5:30pm	

## SPORTS PERFORMANCE | PARISI

### Southlake

Program	Days	Times	Cost
Elite Sports Performance	Monday	6:30-7:30pm	Attend 3 times/week
	Wednesday	6:30-7:30pm	
	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.

HIGH SCHOOL TOOLS



## STEAM PROGRAMS

### Music Lessons | Hammond & Whiting

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
Hammond Piano, Guitar or Ukulele (right & left-handed)	Mondays or Fridays (1x/week for 45 min)	4-5:00pm 5-6:00pm 6-7:00pm 7-8:00pm	\$25	\$50
	Saturdays (1x/week for 45 min)	10-10:45am 11-11:45am 12:00-12:45pm 1-1:45pm	\$25	\$50
	Sundays (1x/week for 45 min)	3-3:45pm 4-4:45pm 5-5:45pm 6-6:45pm	\$25	\$50
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

**Teen Boxing** (Ages 12-16) Teen Boxing is a progressive 4-week program that will teach teens the fundamentals of boxing including correct form, head and foot movements, punches and kicks, combinations, and bodily awareness. Class is limited to 11 spots and registration is required.

Location	Days	Time	Member	Guest
Schererville	Tuesday/Thursday	4:30-5:15pm	\$25	\$50

## 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.

HIGH SCHOOL

# 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	January 20 April 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 at 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 \$5 per class for members, \$8 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, 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

### 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.



## Weekend Warrior

A Weekend Warrior is someone who participates in physical activity or sports only on the weekend or part-time. If this sounds like you, we have the perfect class to get you on the right track to creating new workout habits and reach your goals. Weekend Warrior is an 8-week program (January 2-February 22) that meets 2 days per week. Each participant will receive 2 Seca TRUScans, one at the beginning of the 8 weeks and another at the end. The person who had the most improved scan after week 8 will receive 1 month free of SGT classes. This will be a functional fitness class with emphasis on cardio and strength training.

Location	Days	Time	Cost
Southlake	Tuesday/Thursday	6:30-7:15pm	\$90



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
	January 16 - Dietary Approaches to Stopping Hypertension			
	February 20 - Lowering Sodium Intake			
	March 19 - Shopping, Preparing and Cooking for Better Blood Pressure Management			
	April 16 - Heart Healthy Eating for Life			
	May 21 - Dietary Approaches to Stopping Hypertension			

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

**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**

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 8 weeks. Registration is required and limited to 6 spots.

Location	Days	Time	Member	Guest
Schererville	Monday/Wednesday	6-7:00pm	\$160	\$300
Southlake	Monday/Wednesday	12-1:00pm	\$160	\$300

**Run for Fun: 5K Training (4 week program)**

A 5K training program is a great way to prepare for a race, improve your running fitness, or simply set and achieve a fitness goal. This program assumes that you have a basic level of fitness but may not have much running experience. Registration is \$60 for 4 weeks of 5k training with a personal trainer. The program includes all the training you need for your first 5K!

Location	Days	Time	Member
Schererville	Tuesday & Thursday	4:30-5:15pm	\$60

## 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	9:15-10:00am	\$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	12:05-12:50pm	\$25	\$50
	Tuesday	7:15-8:00pm	\$25	\$50
	Saturday	12:05-12:50pm	\$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	12:05-12:50pm	\$25	\$50
	Tuesday	7:15-8:00pm	\$25	\$50
	Saturday	12:05-12:50pm	\$25	\$50

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 (Hobart/  
Schererville)

- REGISTER 1: 12/1-1/11  
SEASON 1: 1/14-3/10
- REGISTER 2: 3/1-3/29  
SEASON 2: 4/7-6/23

**18+ Futsal**

Times: Thursday 6-10:00pm

18 & over Men's & Women's;

9 week program includes  
playoffs

- SOUTHLAKE  
Thursdays, \$300/team
- REGISTER 1: 3/15-4/14  
SEASON 1: 4/21-6/16

**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: 11/27-1/7  
SEASON 1: 1/18-3/14
- REGISTER 2: 3/15-4/14  
SEASON 2: 4/21-6/16

**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: 11/27-1/7  
SEASON 1: 1/14-3/24
- REGISTER 2: 3/15-4/14  
SEASON 2: 4/21-6/30

## STEAM PROGRAMS

### Music Lessons | Hammond & Whiting

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
Hammond Piano, Guitar or Ukulele (right & left-handed)	Saturdays (1x/ week for 45 min)	10-10:45am 11-11:45am 12:00-12:45pm 1-1:45pm	\$25	\$50
	Sundays (1x/week for 45 min)	3-3:45pm 4-4:45pm 5-5:45pm 6-6:45pm	\$25	\$50
Whiting Music lessons are a monthly program. Personal lessons are 30 minutes and held once a week for a month.	MUSIC Monday (1x/week for 30 minutes)	Options from 4-6:00pm (1- on-1)	\$50	\$100
	MUSIC Wednesday (1x/ week for 30 minutes)	Options from 4-6:00pm (1- on-1)	\$50	\$100
	MUSIC Saturday (1x/week for 30 minutes)	Options from 9:00am-1:00pm (1-on-1)	\$50	\$100

## 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

### Water Exercise

#### Launch Point

Together, we will create Smart goals and learn more about the equipment and programs at the Y.

### Social Events

#### Fitness Classes

Yoga, Senior Bootcamp, Low Impact and more!

### Pickleball

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

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

ADULTS/SENIORS

## Yoga & Meditation Workshop

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

## 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	2nd Wednesday 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		
	January 6 - Hearing Life		
	February 2 - Cookies & Canvas		
Southlake	March 1 - Craft Day		Free
	April 5 - Easter Craft		
	May 3 - Specialty Class		
	April 12 - Potluck		
Southlake	3rd Friday of the Month - Bingo		Free
	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

## 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
Hammond	4th Friday Every Month	12:30pm	Free
Whiting	1st Monday Every Month	12:00pm	Free

## Monthly Birthday Party for Seniors

Location	Days	Time	Member
Hammond	2nd Friday Every Month	2:00pm	Free
Whiting (Social Room)	3rd Wednesday Every Month	12:00pm	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	12:30-1:30pm	\$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 featuring inflatable slide or Sports with choice of Basketball, Soccer or Dodgeball</i>	Saturday	2:30-4:30pm	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>Indoor Pool party, Gymnastics or Lu interactive playground party</i>	Friday (Pool)	5-7:00pm	Do It Yourself & Leave it to us
	Saturday (Pool/LU/ Gymnastics) (Pool/LU)	12-2:00pm	
	Saturday (Pool/LU/ Gymnastics) (Pool/LU)	2:30-4:30pm	
	Sunday (Pool/LU/ Gymnastics) (Pool/LU)	12-2:00pm	
<b>Triangle Hills</b> <i>Y Tower, High Ropes, Team Building, Archery, Fishing, Nature Scavenger Hunt</i>	Saturday	9:30-11:30am	Do It Yourself
	Sunday	12-2:00pm 2:30-4:30pm	
<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

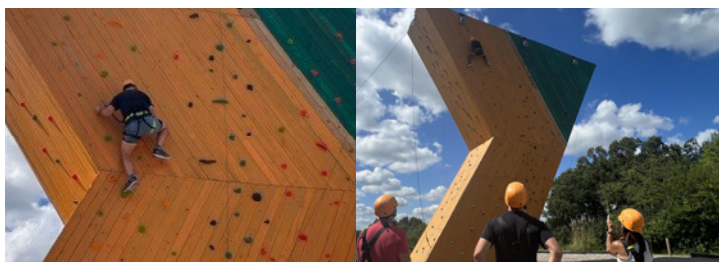
- This option provides two large cheese pizzas, juice boxes, plates, napkins, and utensils for an additional cost of \$75. Option to add additional pizza for additional cost.

## 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 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
	Family Gym	Check branch schedules for all options	
Southlake	Family Sports Challenge	Saturday	1-2:00pm
		Sunday	1-2:00pm
	Open Play Turf Fields	Sunday	2-3:00pm
		Monday	5-7:00pm
		Saturday	2-3:00pm
	Family Swim*	Check branch schedules for all options	
Family Gym	Check branch schedules for all options		
Tri Hills	Y Tower Climb	Check branch schedules for all options	
	High Ropes Adventure	Check branch schedules for all options	
Whiting	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.

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

**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



**Hub Run Training Program**

Train with the Y and run the 43rd Annual Hub Run 5k! We are offering an 8-week 5K training program for new & returning runners. This program is designed to meet your needs whether you are looking to take the next step and train for a full 5K or if you are a runner just looking for a training group with some guidance and information. The race takes place in Crown Point. Cost includes the Hub Run entry fee. Training begins February 20 and ends race day April 14. Cost includes the Hub Run entry fee.

Location	Days	Time	Member	Guest
Hammond	Monday	5:30pm	\$60	\$120
	Wednesday	5:30pm		
Hobart	Tuesday	5:30pm	\$60	\$120
	Saturday	8:00am		
Southlake	Tuesday	5:30pm	\$60	\$120
	Saturday	8:00am		

**Brickyard Training Program**

Train with the Y and run the 43rd Annual Brickyard Run! We are offering an 8-week 5K training program for new & returning runners. This program is designed to meet your needs whether you are looking to take the next step and train for a full 5K or if you are a runner just looking for a training group with some guidance and information. The race takes place in Hobart. Training begins the week of May 6 and race day is June 29. Cost includes the Brickyard entry fee.

Location	Days	Time	Member	Guest
Hammond	Monday	5:30pm	\$60	\$120
	Wednesday	5:30pm		
Hobart	Tuesday	5:30pm	\$60	\$120
	Saturday	8:00am		



# CAMP REGISTRATION OPENS FOR MEMBERS MARCH 4

## TRIANGLE HILLS CAMP & RETREAT CENTER



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
January	<p><b>Wood Sign Workshop</b>            TRIANGLE HILLS CAMP AND RETREAT CENTER            Friday, January 12 from 6-9:00pm            In this hands-on workshop, we provide all the materials you need to create your own wooden signs. Whether you're a beginner or a seasoned DIY enthusiast, join us for a creative session where you can stain, paint, and take home your custom wooden masterpiece!</p>
	<p><b>January Jump Start</b>            Get back into your fitness routine by jumping on board this MyZone challenge. Earn 1300 MEPS in any zone during the month for a chance to win YMCA swag in a random drawing. Five prizes will be awarded per location. Must have MyZone belt to participate.</p>
February	<p><b>Active Older Adults (AOA) Valentine's Day Dance</b>            HAMMOND FAMILY YMCA            Saturday, February 10 from 3-5:00pm            Please join us to celebrate love and friendship with a festive party. Enjoy music, refreshments and selfie station.            \$15 per member, \$25 per couple for members            \$25 per guest, \$35 per couple for guests</p>
	<p><b>Valentine's Day Parent/Child Dance</b>            HAMMOND FAMILY YMCA            Saturday, February 10 from 6-8:00pm            Please join us to celebrate love and friendship with a festive party. Enjoy music, refreshments and selfie station.            \$15 per couple &amp; \$5 for each additional child</p>
	<p><b>Camp Expo</b>            Saturday, February 17 from 9-11:00am            Stop by your branch for a camp pop up to learn all about what adventures you can take this summer at camp.</p>
	<p><b>Indoor Triathlon</b>            Sunday, February 25            Why not try a tri this spring? Swim for 10 minutes, bike for 15 minutes and run/walk for 15 minutes. Your combined distance in all three events will be calculated for the final result. Want to skip the swim or team up? You can do that too! All competitors will receive a water bottle.</p>
	<p>Locations: Hammond, Hobart, Schererville, Southlake            Register by Monday, February 19.</p> <p>Heats start at 7 am, with start times assigned after registration closes.            Individuals: \$25 members, \$50 guests            Teams: \$15 per member, \$30 per guest</p>

## Event Name/ Details

March

### Easter Egg Hunt

DEAN & BARBARA WHITE SOUTHLAKE YMCA  
Saturday, March 16

Gather Easter eggs with a sweet treat with a special appearance by the Easter Bunny. Hunts will be held in groups by age. \$10 per egg hunter. Registration required per person.

### Swim Splash Hunt

HOBART FAMILY YMCA  
Saturday, March 23

1-1:30pm; 1:30-2:00pm;  
2-2:30pm (Open to sensory and diverse abilities); 2:30-3:00pm  
\$5 members; \$10 guests

### Easter Egg Hunt

HAMMOND FAMILY YMCA  
Sunday, March 24

3-4:00pm for 6 & under  
4-5:00pm for ages 6-12

Children participate in our Easter Egg Hunt in the Pool! Collect as many eggs as possible and exchange them for toys. Children who cannot pass the swim test must have a parent in the water. Bunny will make an appearance! Each hour is limited to 25 participants. \$5 members; \$10 guests

### Muscle Up March

Record at least 12 strength training workouts or classes in the Crossroads YMCA app during March to be entered into a drawing for a free Seca TRUScan and consultation. Two prizes will be awarded per location

April

### Hub Run

Sunday, April 14  
1:00pm Start

5K Chip-timed run; 2K Fun run/walk  
Starts and finishes at Bulldog Park  
hubrun.org

### Earth Day at Camp

TRIANGLE HILLS CAMP AND RETREAT CENTER  
Saturday, April 20

### Safe Kids Day

DEAN & BARBARA WHITE SOUTHLAKE YMCA  
Date TBD

Community members will have a chance to celebrate kids, prevent injuries and save lives. The event will feature games, activities, giveaways, refreshments and children's services. This is a free event, but registration is required.

### Grow Your Gains

Complete 20 small group and/or personal training sessions at the Crossroads YMCA between April 1 and May 31 and have your trainer initial your tracking card. Two lucky winners at each location will receive a coupon for \$50 off small group or personal training.

May

### Wood Sign Workshop

TRIANGLE HILLS CAMP AND RETREAT CENTER  
Friday, May 10 from 6-9:00pm

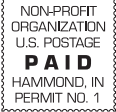
In this hands-on workshop, we provide all the materials you need to create your own wooden signs. Whether you're a beginner or a seasoned DIY enthusiast, join us for a creative session where you can stain, paint, and take home your custom wooden masterpiece!

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 11/27;  
Guest registration begins 12/15

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