



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR OUR COMMUNITY

Winter 2012 Program Guide

SANTA BARBARA FAMILY YMCA

a branch of the Channel Islands YMCA

STRENGTHENING COMMUNITIES 125 YEARS



IT'S NOT JUST KID STUFF

The Y is a diverse organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

We bring men, women and children – just like you together – and our shared commitment to our communities ensures the opportunities to learn, grow and thrive that we create for all are ones that endure.

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for more information:
ciymca.org/santabarbara



WELCOME TO THE SANTA BARBARA FAMILY YMCA

Our Mission

The Channel Islands YMCA is a charitable organization providing programs based upon Christian principles to men, women, and children of all ages, races, religious beliefs and economic status, to develop and enrich the spirit, mind, and body.

Financial Assistance

The Channel Islands YMCA programs and services are available to everyone regardless of ability to pay. OPEN DOORS, the Channel Islands YMCA financial assistance program, uses a sliding fee scale designed to meet financial needs of families and individuals. People of all ages, backgrounds, abilities and incomes need assistance at different times in their lives; anyone can apply for OPEN DOORS Financial Assistance. If we can serve you or your family in this way, please complete the Financial Assistance application available online at ciymca.org or visit any of our local YMCA branches.

Giving

The Channel Islands YMCA is a non-profit 501c(3) organization dedicated to enriching the lives of kids, families, and seniors in our community. Many programs are subsidized and a significant portion of financial assistance is supported through generous donations of individuals, local businesses and foundations. Help us help others by supporting the Channel Islands YMCA Campaign for Youth and Families. Please visit ciymca.org to learn more about the many ways you can make a difference.

Volunteer

Volunteers make up the heart of the Channel Islands YMCA. Over 2,000 YMCA volunteers including coaches, camp counselors, fundraisers and board members make a difference in our community through their compassion, dedication and love. Through the commitment of these caring people, we are able to provide our members with high quality programs and services. If you have an interest, we invite you to get involved with your local YMCA. There are numerous ways your talent and time can help to change the life of another person.

YMCA Staff

Staff can be reached by dialing 805.687.7720, and their extension, or by emailing them at firstname.lastname@ciymca.org. For example, to reach our District Vice President, please email Tim.Hardy@ciymca.org.

Tim Hardy-District Vice President, ext. 231

Shawn Dahlen-Facility Director, ext. 252

Jennifer Freed-Office Manager, ext. 267

Amy Freedman-Preschool Co-Director, ext. 237

Janine Greenfield, Youth Program Coordinator, ext. 256

Vince Iuculano-Associate Executive Director, ext. 251

Bente Maike-Sr. Director of Membership, Wellness & Aquatics, ext. 254

Aaron Martinez-Sports Director, ext. 261

Shomari McLemore-Physical Director, ext. 238

Andrea Opfer-Youth Director, ext. 266

Nathan Remy-Associate Membership Director, ext. 246

Matt Renfro - Teen and Family Program Director, ext. 226

Denise Sanchez-Aquatics Director, ext. 230

Beth Schmid-Preschool Co-Director, ext. 263

Paul Villarroel-Associate Membership Director/Financial Assistance, ext. 258

Program Sessions

Winter 1 Session

January 2 (Monday)–February 12 (Sunday), 6 weeks

Member Registration Begins Tuesday, December 6

Community Registration Begins Tuesday, December 13

Winter 2 Session

February 13 (Monday)–March 25(Sunday), 6 weeks

Member Registration Begins Tuesday, January 31

Community Registration Begins Tuesday, February 7

Hours of Operation

Monday–Friday 5:30 am–9:30 pm

Saturday 6:30 am–6:30 pm

Sunday 10:30 am–6:30 pm

Locker rooms are open until 10:00 pm on weekdays and 7:00 pm on weekends.

Business Hours

The Welcome Center is open the following hours:

Monday–Friday 8:00 am–7:00 pm

Saturday 8:00 am–3:00 pm

Sunday 11:00 am–3:00 pm

Holidays/Special Hours

Please visit ciymca.org or call 805.687.7727 for Holiday Hours.

Facility Maintenance Closures

It is necessary from time to time to shut down YMCA areas and/or the building for short periods to do facility improvements and construction. The YMCA cannot provide refunds or credits due to occasional closing of building or specific facility areas.

For more facility closure updates, please visit ciymca.org or www.facebook.com/SantaBarbaraFamilyYMCA.

Board of Managers

The YMCA is advised by a volunteer Board. If you are interested in learning more or volunteering for a YMCA committee, please contact the District Vice President.

Miguel Castillo
Will Cunningham
Jessica DiMizio
Gary Gray–Past Chair
Daniel Hochman
Michael Jordan
Jaylon Letendre
Simon Livingston

Sean Mason–Vice Chair
Cassi Noel
Kevin O'Connor
Vanessa Patterson
Laird Riffle–Chair
Matt Rowe
John Slavin
Kristi Wrightson



YMCA MEMBERSHIP

THE BEST WAY TO ENJOY THE Y!

A YMCA membership is one of the best investments you can make for personal or family well-being and fun. Enjoy unlimited use of the YMCA facilities, special low member rates on classes and activities, plus first choice of popular classes and activities, and guest privileges at a reduced fee for friends. Being a YMCA member has advantages! Perhaps you want to lose weight, tone up, reduce stress, spend time with your family, provide value-based activities for your child, or just feel better; the YMCA is the place for you and your family. Through programs that build healthy spirit, mind, and body, the YMCA builds strong kids, strong families, and strong communities. Come see the fantastic opportunities that await you!

Facility Features

- 16 stations of TechnoGym strength training equipment with Wellness System
- 8 Recumbent Bicycles
- 5 Exercise Bicycles
- 12 Treadmills
- 2 Stair Climbers
- 3 Airdyne Bicycles
- 6 Elliptical Trainers
- 5 Cross-Trainers
- 2 Concept II Rowers
- 1 Gravitron
- 1 Upper Body Ergometer
- Complete Free Weight Room
- 25-Yard, 6-Lane Indoor, Heated Pool
- Whirlpool, Steam Room, Sauna
- Multi-Court Basketball/Volleyball Gymnasium
- 6 Racquetball Courts
- Aerobics Studio
- Yoga/Specialty Class Studio
- Cycling Studio (23 Keiser Cycles)

Membership Includes

- A wholesome, family-oriented environment
- Baby-sitting (included with Family Memberships)
- Wellness counseling and exercise instruction
- Equipment orientation
- Use of basketballs, volleyballs, weight belts, and racquets
- Kids' Gym (included with Family Membership)
- Over 75 exercise classes each week
- Cardio Training Center
- Free Weight Center
- A generous availability of lap swim and recreation swim
- Guest privileges
- Membership privileges at over 2,400 YMCAs across the U.S. and Canada
- Reduced fees and priority registration for specialty programs

AWAY

Members are Always Welcome at YMCAs. The AWAY program allows members to use their membership at over 2,400 YMCAs (free of charge or at reduced rates) nationwide. Locally, your Santa Barbara Family YMCA membership entitles you to use the Camarillo, Lompoc, Montecito, Santa Ynez, and Ventura YMCAs six times per month at no additional charge. To find any YMCA in the US call (800) 333-9622 or visit ymca.net.

Membership Categories

Category	Monthly Rate	Joining Fee
Adult (Ages 19-65)	\$58	\$100
Senior (Ages 66 +)	\$48	\$100
Teen (Ages 12-18)	\$33	\$50
Family	\$99	\$150

Methods of Payment

1) Electronic Fund Transfer (EFT)

An easy way to pay as you go! Your checking, savings or credit card account is debited once per month. The joining fee may be divided over ten months if paying by EFT.

2) Annual Payment

Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check or credit card.

Satisfaction Guarantee

We are so confident in meeting your needs that we offer a 30-day satisfaction guarantee. We will refund your joining fee within your first 30 days of membership, provided you have used the YMCA six times and attended an exercise orientation with a staff member.

Membership Freezes

Should you need to freeze your membership a 30 day written notice is required. A membership can be put on a medical freeze at no charge if the freeze request is accompanied by a doctor's note. All other freezes require a \$10 monthly charge in place of the monthly membership fee. This charge can either be drafted out of your account or will be required to be paid in full at the time of the freeze request. Personal freezes may be for a minimum of two months and maximum of six months per calendar year. Only one freeze is permitted per year for each account. All memberships will automatically resume their full fee at the end of the designated freeze.

Transferring or Canceling Your Membership

Your membership may be transferable to another YMCA. Stop by the Welcome Center for assistance before you join another YMCA. To cancel your membership, you must provide a minimum of 30 days written notice prior to your draft date and return your membership card. The YMCA reserves the right to change membership fees with 30 days written notice to members.



FOR YOUTH DEVELOPMENT

SWIM, SPORTS AND PLAY

YOUTH SWIM LESSONS

WINTER 1 SWIM LESSONS

Monday, January 2-Saturday, February 4 (5 weeks)

WINTER 2 SWIM LESSONS

Monday, February 13-Saturday, March 17 (5 weeks)

FEES:

Mondays and Wednesdays (10 lessons total):
Member \$75, Community \$175

Tuesdays and Thursdays (10 lessons total):
Member \$75, Community \$175

Fridays (5 lessons total):
Member \$37.50, Community \$87.50

Saturdays (5 lessons total):
Member \$37.50, Community \$87.50

PARENT AND CHILD SWIM LESSONS AGES 6 MONTHS-4 YEARS

You and your child will become comfortable in the water and learn aquatics skills. In this fun class, the two of you will build social connections with other parents and toddlers by singing songs and playing games as a group. With your participation, your child will learn new skills such as kicking, arm strokes and breath control. This class is for you and your child 6 months to 3 years old.

SHRIMP / KIPPER AND INIA /PERCH COMBINATION CLASS (6-18 MONTHS AND 18 MONTHS -3 YEARS)

02101-72 Fridays 11:00-11:25 am

02101-73 Saturdays 11:00-11:25 am

ALMOST 3 (AGES 2-4)

Your toddler will transition from a parent/child format class to the structure of our Pike class. If your child is not yet ready to separate from you for swim lessons, this class is perfect for the two of you. You will participate and help your child learn pool rules, front and back floats, water entry and how to swim. Your child will receive some one on one time with your instructor to help with the transition from swimming with you to swimming with a swim instructor.

02101-01 Fridays 11:30-11:55 am

02101-02 Saturdays 11:30-11:55 am



PRESCHOOL SWIM LESSONS (AGES 3-5)

Your child will learn the basic building blocks of swimming and safety in his/her first pool experience without your assistance. In this 25 minute class, your child will learn stroke techniques, endurance and personal safety while having fun playing water sports and games.

PIKE

This level is for your beginner swimmer. Your child will learn safe pool behavior and learn to be comfortable while moving independently in the water.

02702-01 Mondays and Wednesdays 3:00-3:25 pm

02702-03 Tuesdays and Thursdays 3:00-3:25 pm

02702-04 Tuesdays and Thursdays 6:00-6:25 pm

02702-05 Fridays 10:30-10:55 am

02702-06 Saturdays 9:30-9:55 am

02702-07 Saturdays 10:30-10:55 am

02702-08 Saturdays 11:00-11:25 am

EEL

This level is for your intermediate swimmer who is able to move through the water without assistance. Your child should be able to swim 10 yards on his/her front and back and be comfortable submerging.

02703-01 Mondays and Wednesdays 3:00-3:25 pm

02703-03 Tuesdays and Thursdays 3:00-3:25 pm

02703-04 Tuesdays and Thursdays 6:00-6:25 pm

02703-05 Fridays 11:00-11:25 am

02703-06 Saturdays 10:00-10:25 am

02703-07 Saturdays 11:00-11:25 am

RAY

This is a more advanced level for your child who can swim 25 yards on his/her front, back and side with minimal assistance.

02704-01 Mondays and Wednesdays 3:30-3:55 pm

02704-03 Tuesdays and Thursdays 4:30-4:55 pm

02704-04 Tuesdays and Thursdays 6:30-6:55 pm

02704-05 Fridays 11:30-11:55 am

02704-06 Saturdays 10:30-10:55 am

STARFISH

This is the most advanced level for your child who is comfortable in the water and can swim 25 yards of front crawl, backstroke, sidestroke and elementary backstroke.

02705-01 Mondays and Wednesdays 3:30-3:55 pm

02705-03 Tuesdays and Thursdays 4:30-4:55 pm

02705-04 Tuesdays and Thursdays 6:30-6:55 pm

02705-05 Fridays 11:30-11:55 am

02705-06 Saturdays 10:30-10:55 am

FOR YOUTH DEVELOPMENT

SWIM, SPORTS AND PLAY

YOUTH SWIM LESSONS (AGES 6-12)

In this program, your child will improve his/her swimming skills, learn personal safety and have fun playing water sports and games. Your child will focus on stroke technique, endurance and improve his/her ability to perform increasingly complex combinations of movements in the water. These are 25 minute lessons.

POLLIWOG (NON-SWIMMER / BEGINNER)

This is the beginner level for your school-age child. Your child will become comfortable in the pool and learn basic swimming skills such as kicking, arm strokes and floating.

02706-01 Tuesdays and Thursdays 3:30-3:55 pm
02706-02 Tuesdays and Thursdays 6:00-6:25 pm
02706-03 Saturdays 10:00-10:25 am
02706-04 Saturdays 11:30-11:55 am

GUPPY (ABLE TO SWIM AT LEAST A LITTLE BIT)

This level is for your child who can swim 15 yards on his/her front and back.

02707-01 Tuesdays and Thursdays 3:30-3:55 pm
02707-02 Tuesdays and Thursdays 6:30-6:55 pm
02707-03 Saturdays 10:00-10:25 am
02707-04 Saturdays 11:30-11:55 am

MINNOW (INTERMEDIATE SWIMMER)

This intermediate level is for your child who is able to swim 25 yards (one pool length) of crawl stroke, backstroke and elementary backstroke.

02708-01 Tuesdays and Thursdays 4:00-4:25 pm
02708-02 Tuesdays and Thursdays 7:00-7:25 pm
02708-03 Saturdays 10:30-10:55 am

FISH (ADVANCED SWIMMER)

This intermediate level is for your child who can swim 50 yards of crawl stroke, backstroke and breaststroke. Your child should be comfortable with rotary breathing, treading water and floating.

02709-01 Tuesdays and Thursdays 7:00-7:25 pm
02709-02 Saturdays 11:00-11:25 am

FLYING FISH (VERY ADVANCED SWIMMER)

At this advanced level, your child should be able to swim 100 yards of crawl stroke, backstroke, elementary backstroke, breaststroke and sidestroke continuously. Your child should be able to swim 50 yards of butterfly and tread water for two minutes. This class focuses on endurance and technique.

02710-01 Tuesdays and Thursdays 7:00-7:25 pm

PRIVATE AND SEMI-PRIVATE LESSONS

We offer swim lessons for all ages and abilities based on pool and instructor availability. You will receive one on one instruction tailored to your specific needs and goals. We offer private lessons in water polo skills and technique and instruction on competitive swimming. If you would like more information, please leave your contact information in our private swim lesson binder, located at the Welcome Center.

Private Lesson Fee (25 minute lesson):

Member \$25, Community \$50

Semi-Private Lesson Fee (25 minute lesson, two or more students):

Member \$15 per student, Community \$30 per student

YMCA WET BALL – WATER POLO

Your child will improve aquatic skills in a team-oriented and fun atmosphere. This is for your child who is already able to swim at the Minnow level or better. Your child will learn ball handling skills, treading water, teamwork and fundamentals of water polo. This sport will help your child improve endurance, speed and learn what it means to be part of a team. Your team will play games against other YMCA teams in the area. Please note that your child is required to complete a skills assessment before registering. To schedule this, please contact your aquatics department.

Ages: 10-15

Winter Season: 11 weeks: Tuesday, January 3-Thursday, March 15

Program ID: 02713-01

Schedule: Tuesdays and Thursdays, 5:00-5:55 pm

Fee: Member \$143, Community \$275

GATORS SWIM TEAM

This is a competitive team with YMCA spirit. We will provide your child with challenging group activities that focus on fun and wellness. Your child's practices will include stroke work and endurance in a team environment. Swim meets are held in conjunction with other YMCAs in our area. Please note that your child is required to complete a skills assessment before registering. To schedule this, please contact your aquatics department.

Ages: 6-15

Winter Season: 11 weeks: Monday, January 2-Friday, March 16

Fee: Member \$148.50, Community \$280.50

Program ID: 02601-01

Schedule: Monday, Wednesday and Friday, 4:00-4:55 pm

Program ID: 02601-02

Schedule: Tuesday, Thursday and Friday, 4:00-4:55 pm

FOR YOUTH DEVELOPMENT

SWIM, SPORTS AND PLAY

YOUTH SPORTS PROGRAMS

When your child participates in YMCA Youth Sports programs they will learn the fundamentals of the given sport, develop values and interpersonal skills in a positive atmosphere. Our trained coaches will teach your child how to pursue "Victory with Honor" and will make the following pledge: "to play the game the best that I can, to be a team player, to respect my opponents, rules, and officials and to improve myself in spirit, mind, and body."

Please contact the Athletic Director at 805.687.7720 ext. 261 for more information about Youth Sports or if you are interested in coaching or officiating.

A late fee may be added for any participant who registers after the program start date.

YOUTH BASKETBALL LEAGUE

This is a popular program with limited space. Registration will end on December 19 or once at capacity! Please contact the Athletic Director for more information.

Session Dates: January 9–March 17

One practice per week, game schedule below:

03101-09	Kindergarten- Games on Saturday mornings
03101-10	1st/2nd grades-Games on Saturday mornings
03101-11	3rd/4th grades-Games on Saturday afternoons
03101-12	5th/6th grades-Games on Friday nights

Fee: Member \$89, Community \$115

YOUTH BASEBALL LEAGUE

Session Dates: April 14 (Opening Day & Clinic)-June 2.
One practice per week, game schedule below:

Program ID:	Schedule:
03104-01	Pre-K & Kindergarten-T-Ball Games on Saturday mornings
03104-02	1st/2nd-Grade Coach Pitch Games on Saturday early afternoon
03104-03	3rd/4th-Grade Coach Pitch Games on Saturday afternoons
03104-04	5th/6th-Grade Kid Pitch Games on Saturday afternoons

Fee: Member \$89, Community \$115

Location: Santa Barbara Family YMCA Field, some game for older divisions may be played at MUS

Registration will begin on January 2 and end on April 1 or once at capacity!

HOMESCHOOL P.E. CLASS

Your child will experience the benefits of physical education in a group setting with this program. While exploring health, nutrition, and sports fundamentals your child will develop an appreciation for exercise. Our coaches will nurture those concepts while teaching values and social skills while modeling that Character Counts!

Ages:	6-12 year olds
Program ID:	03323-02
Schedule:	Thursdays, 1:00–2:00 pm
Fee:	Member \$43, Community \$55 \$10 Savings for Additional Children

SPRING BREAK YOUTH BASKETBALL CAMP

The "Faith, Fun, & Fundamentals Basketball Camp" will be conducted by the Providence Hall High School coaches and players. The camp will emphasize the building blocks of fundamentals, both in terms of basketball and faith. Lots of fun games will be incorporated each day. Each participant will receive a T-shirt and a snack each day. Come out and join the fun!

Camp Director: Keith Luberto (14 years experience as a high school head coach and former YMCA Youth Sports Director)

Dates/Times:	March 27–29, 9:00 am – 12:30 pm
Fee:	\$75
Ages:	Boys & Girls in 3rd–7th grade
Location:	Santa Barbara Family YMCA

SUMMER SPORTS CAMPS

If you want your child to have a healthy and active summer in a safe environment, Sports Camps at the Santa Barbara Family YMCA are the answer. The variety of sports that are offered will provide many opportunities for children in our community to stay active. Sports Camps begin at 9:00 am and conclude at 4:00 pm. Each camp will include sports fundamentals, swimming, fun games, and Character Counts! For more information please contact the Sports Director, Aaron Martinez at Aaron.Martinez@ciymca.org or 805.687.7720 extension 261. Registration begins March 1, check ciymca.org for details coming soon!



FOR YOUTH DEVELOPMENT

SWIM, SPORTS AND PLAY /CHILD CARE

HEALTHY FAMILY HOME (FAMILY P.E.)

In order to incorporate healthy lifestyle habits, parents need ongoing support. Healthy Family Home is a family p.e. class designed to equip family members with tools that will promote healthy eating, physical activity, and quality family time. Families will participate in fun physical games and small group discussions. Contact the Physical Director at extension 238 for more information.

Ages: Children 7–12 years olds and their families
Program ID Number: 01207-07
Session Dates: January 7 - February 11
Schedule: Saturdays, 10:15 am–12:00 pm
Fee per family: Member \$17, Community \$27
Location: Conference Room

PARENT-TOT BALLET

Your child will engage in ballet and creative dance movements designed enhance body awareness in space. Parent participation is essential for a successful program. Contact the Physical Director at extension 238 for more information.

Ages: 2–3 year olds
Program ID: 03110-01
Schedule: Saturdays, 12:15 pm–1:00 pm

Ages: 4–5 year olds
Program ID: 03110-02
Schedule: Saturdays, 1:05 pm–1:50 pm
Fee: Member \$31, Community \$47

CHILD CARE

KIDS' KORNER AND KIDS' GYM

We believe that providing parents with a safe and nurturing environment for their children to grow and learn while they work on their overall health and well being is essential. Our passionate and caring staff create a positive environment in Kids' Korner and Kids' Gym where all kids, regardless of age, have the opportunity to develop socially and emotionally while in our care. For more information contact the Youth Care Program Coordinator.

Fee: Included in Family Membership
10 visit pass: Adult Member \$20, Community \$50

Kids' Korner

Ages: 3 months through 4 years

Schedule:
Monday–Thursday: 8:30 am–1:30 pm, and
3:30–8:15 pm
Friday: 8:30 am–1:30 pm, and
3:30–7:15 pm
Saturday: 9:00 am–1:00 pm

Kids' Gym

Ages: 5 through 12 years

Schedule:
Monday–Thursday: 3:30–8:15 pm
Friday: 3:30–7:15 pm
Saturday: 9:00 am–1:00 pm

PARENTS' NIGHT OUT

Wouldn't it be great to have a fun evening where you get to escape to dinner and a movie or maybe just do laundry? Our caring child care staff provide a safe and entertaining evening where your child will enjoy pizza, healthy snacks, themed games, Kids' Gym, and a movie. For more information contact the Youth Care Program Coordinator.

Ages: 4–12 years old
Dates: Third Friday of each month
Times: 5:00–9:45 pm
Fee: Member \$20, Community \$30

AFTERSCHOOL CARE

Our child care staff create a safe, nurturing environment for your kindergarten through sixth grade child to receive homework help, meet new friends, develop social skills, and learn that Character Counts! For more information contact the Youth Program Director.

Session Dates: Hope School District School Year Calendar
Schedule: Monday–Friday 12:15–6:15 pm
Fee: Rates vary by schedule (see registration packet)
Location: Hope Elementary Monte Vista Elementary
(Lic # 426206158) (Lic # 421708152)
805.563.9912 805.569.5844

WINTER AND SPRING DAY CAMP

For more information contact the Youth Care Program Coordinator.

Session Dates: Hope School District Breaks
Times: 7:30 am–6:00 pm
Fee: See below for weekly rates, or \$40/day
Location: Santa Barbara Family YMCA

Program ID:	Schedule:	Fee:
08207-01	Winter Camp 1–December 19–23	\$160
08207-02	Winter Camp 2–December 27–30	\$128
08207-03	Spring Camp - March 26–30	\$160

PRESCHOOL (D.S.S. LICENSE # 421700341)

Our preschool creative play curriculum includes ample opportunities for your child to explore the world around them inside the classroom, outdoors, in our Kids' Gym, and pool. Swim lessons are included in the tuition for children who are potty trained! Our staff is warm, welcoming and 100% invested in high quality care and education for your child. We pride ourselves on relationships with the entire family and have family events throughout the year where everyone is welcome! Contact the Preschool Director for more information.

Ages: 2 years old–kindergarten
Schedule: Monday–Friday, 7:30 am–6:00 pm
Fee: 5 days/week \$830/month
4 days/week \$748/month
3 days/week \$694/month
Half day rates are also available
(7:30 am–12:00 pm)

FOR YOUTH DEVELOPMENT

EDUCATION AND LEADERSHIP

EDUCATION AND LEADERSHIP

BABYSITTER TRAINING

Your child will receive training on leadership, professionalism, basic care, safety, and first aid that can help make him/her a safe and responsible babysitter. During our course your child will have experience with hands-on practice, small group interactive learning, role-playing and games all taught by trained instructors. Your child must provide his/her own lunch. Pre-registration is required. Course is subject to cancellation if minimum enrollment is not reached. Contact Matt Renfro, Teen and Family Program Director for more information.

Ages: 11-15
Program ID Number: 06245-10
Session Dates/Times: February 25, 2012, 9:00 am-3:30 pm
Fee: Member \$59, Community \$69

ARC BABYSITTING SUPER CAMP

During this two-day camp, your child will receive information on leadership, professionalism, basic care, safe play, first aid and CPR that can help make them safe and responsible babysitters. During our course your child will have experience with hands-on practice, small group interactive learning, role playing and games all taught by trained instructors. Your child must provide their own lunch. Contact Matt Renfro, Teen and Family Program Director for more information.

Ages: 11-15
Dates/Times: December 19-20, 2011, 9:00 am-3:30 pm
Fee: Member \$149, Community \$159

MODEL UNITED NATIONS (MUN)

The California YMCA Youth and Government Model United Nations (Model UN) program is a simulation of the "real-life" United Nations Assembly. Delegates will research, debate and establish policies, treaties and resolutions focusing on international issues including disputes between countries, peace-keeping responsibilities, border crises, stabilizing financial markets and dealing with hunger, disease and poverty.

Watch as your child matures before your eyes. He/she will develop leadership skills, public speaking skills and increase their awareness of global issues. Most importantly though, your child will be making new friends, both here at the Y and across the state of California as they convene with the 800 Jr. High Students in the program.

Training Conferences take place in March 2012 and May 2012. Food, travel and lodging are all included in the fee.

Contact Matt Renfro, Teen and Family Program Director for more information.

Ages: Grades 6-8
Program ID Number: 06104-02
Schedule: Thursdays, 4:00-5:30 pm
December 2011 to June 2012
Fee: \$770 / \$128 per month
Financial aid is available.

YOUTH AND GOVERNMENT (GRADES 9-12)

During a nine-month period, the teen delegates write bills, select governmental positions to role-play, attend statewide training conferences, and run for various elected offices. The program reaches its peak in Sacramento at the State Capitol with the convening of the five-day Model Legislature and Court each February. There, "real" government moves over and the teen delegates "takeover," using the historic halls, chambers, and offices of our State Capitol, Supreme Court, and Governor's Office.

However, the program is by no means a government boot camp. A key focus of Youth and Government is the building of friendships among it's participants. During free time at conferences (which can consist of dances, games or just relaxing) relationships are built that last a lifetime. It is extremely common for participants to refer to their "Youth and Government buddies" as the best friends they ever had.

The key here is that Youth and Government uses the tool of a Model Legislature and Court session to provide its participants with the life skills that they will use even if they decide to pursue a professional career outside of government. 12 days of conference time, food, lodging and travel is all included in the fee.

Registration for this program will close December 30.

Contact Matt Renfro, Teen and Family Program Director for more information.

Ages: Grades 9-12
Program ID Number: 06104-01
Schedule: Meets Wednesdays 6:00-8:00 pm
September 2011-June 2012
Fee: \$1,100 Financial aid is available.



FOR HEALTHY LIVING

FAMILY TIME/HEALTH, WELL-BEING AND FITNESS

FAMILY TIME

BIRTHDAY PARTIES

Have the best birthday party ever at the YMCA! Parties are scheduled on Saturday and/or Sunday afternoons. We provide balloons, streamers, tables, chairs, and a T-shirt for the birthday child. Prices include up to 10 children—additional charge for more children. For more information contact the Youth Care Program Coordinator.

Package A: Kids' Gym and Pool (3 hours)

Hour 1: Kids' Gym

Hour 2: Swimming

Hour 3: Party Room

Fee: Member \$200, Community \$230

Package B: Basic Kids' Gym (2 hours)

Hour 1: Kids' Gym

Hour 2: Party Room

Fee: Member \$160, Community \$190

ADVENTURE GUIDES & TWEETS (YOUTH AGES 3-10 AND PARENTS)

The YMCA Adventure Guides program was established over 85 years ago and still today has a place in improving family bonds and strengthening communities. The program is designed to create activities for parents to be directly involved with their sons or daughters. Alongside you and your child are other similar parent/child pairs that form a small cohesive group called a Circle.

Each circle conducts monthly meetings and participates in circle events like hiking, campouts, bowling or arts and crafts.

The Santa Barbara Family YMCA Adventure Guides program gives parents an opportunity to better connect with their children through events promoting the development of self-esteem, self-confidence, and parent-child interaction.

Fathers and children in grades K-5th can join as Fathers/Sons and Fathers/Daughters.

Mothers and children in grades Pre-K-1st can join as Tweets in Mothers/Daughter or Mothers/Son circles.

The program is open to both members and the community. Members of the Santa Barbara Family YMCA can participate in Adventure Guides for \$50. Community members pay \$85 for one parent and one child. Each additional child is \$35.

Guidebook, patches and t-shirts are included in the joining fee.

Contact Matt Renfro, Teen and Family Program Director for more information.

HEALTH, WELL-BEING AND FITNESS

PRENATAL EXERCISE

Enjoy the company of other expectant moms as we practice postures and movement specifically designed for the pregnant body preparing you for giving birth and an easier recovery. Prenatal Dance, Yoga, Strengthening and Stretching, Relaxation skills for a labor and life, prenatal bonding, informal education and support.

Schedule: Tuesdays and Thursdays, 1:00 pm–2:30 pm

Fee: Included in Membership
Community \$100 for 12 visit pass

Location: Studio 2

POST-PARTUM EXERCISE

Join other moms in a comfortable and supportive environment to share the joys and challenges of new parenthood. Get back onto shape and have more energy. Enjoy fun dance, strengthening and toning through yoga, pilates, relaxation and bonding. Moms are encouraged to bring their babies to class!

Schedule: Tuesdays and Thursdays, 11:45 am–1:00 pm

Fee: Included in Membership
Community \$100 for 12 visit pass

Location: Studio 2

T'AI CHI

T'ai Chi is a slow, gentle exercise based on the internal, soft Chinese martial arts. The benefits of T'ai Chi include improved posture, coordination, flexibility, stress management, balance, strength and more.

BEGINNING T'AI CHI

Program ID Number: 01132-03

Schedule: Mondays and Fridays, 9:30 am–10:30 am

Fee: Member \$30, Community \$50

Location: Mondays—Studio 2
Fridays—Front Patio

INTERMEDIATE T'AI CHI

Program ID Number: 01132-01

Schedule: Mondays and Fridays, 11:05 am–12:10 pm

Fee: Member \$30, Community \$50

Location: Studio 1

FIT FOR LIFE

If you are looking for a total body wellness program, you will find it in Fit for Life. Our volunteer instructors have years of experience; they are knowledgeable, personable and caring. Not only will you improve your cardio, strength and flexibility to the sounds of pleasant music, but you will very quickly feel like "you belong here" and that you have been friends forever with your fellow participants. You will leave this class feeling invigorated and energized. You will want to come back once you have tried it.

Session: On-going

Days/Times: See Gymnasium schedule

Fee: Included in membership

Location: Gymnasium

FOR HEALTHY LIVING

HEALTH, WELL-BEING AND FITNESS

BALANCE CLASS

Beginner level class that develops systems of the body necessary for balance and body awareness.

Schedule: Mondays, Wednesdays and Fridays
10:05 am–11:00 am
Fee: Included in membership
Location: Studio 1

SILVERSNEAKERS

Have fun and move to the music through a variety of exercises designed to increase your muscular strength, range of movement and activity for daily living skills. You will be provided with a chair you can use while seated or for support if standing. To increase your strength, the instructor will teach you how to use hand-held weights, elastic tubing with handles or a ball for resistance. You will increase your sense of well-being in a safe and comfortable group setting.

Session: On-going
Days/Times: See Studio 2 schedule
Fee: Included in membership
Location: Studio 2

PERSONAL AND SMALL GROUP TRAINING

Partnering with a certified personal trainer is a great tool for achieving your wellness goals. Our nurturing staff will take time to listen to your needs, develop a customized workout, and equip you with knowledge to ensure your success.

EXERCISE EQUIPMENT ORIENTATION

We provide orientations for you and your teens so you can feel confident working out on our cardio-and strength training equipment. You will meet with a trainer one-on-one, or if you prefer, you can sign up together with your friend, spouse or teen. Depending on your experience, the trainer will meet with you up to six times in order for you to feel safe, learn the techniques and skills before you continue on your own. If you are a parent of a teen age 12-17 years, please make sure you sign the Parent Consent form when your teen arrives for the orientation.

Fee: Included in membership

TEEN CERTIFICATION

The Santa Barbara Family YMCA is committed to strengthening the youth through Health & Wellness Programs. Because of this, the Y requires all teen members ages 12 – 17 years old to complete certification training. Teens 12 – 14 must participate in an orientation in order to get certified. Teens 15 – 17 can either participate in an orientation or successfully complete an exit exam. Contact the Physical Director for more information.

Schedule: By appointment with Physical Director
Fee: Included in membership

PHYSICAL PROFILE

The Physical Profile program is designed to measure and track your physical wellness. Under the direction of a certified personal trainer, you will go through three basic assessments that will gauge your overall strength, flexibility, and cardiovascular well-being. For more information, contact the Physical Director.

Fee: Member \$50
Re-assessment: \$35 (if appointment is made within 10 weeks of previous assessment)

PERSONAL TRAINING

One-on-One appointment(s) that provides continual feedback and customized workout.

Fee: \$60 per hour
Personal Training Packages: 5 Training Session \$275
10 Training Session \$500
20 Training Session \$900

FUNDAMENTALS OF WELLNESS

In this beginner's class you will learn the basics of the Cardio-and Strength training equipment. We provide you with a separate, safe and non-intimidating room during the course, meeting twice a week for eight weeks with your trainer in a supportive group setting of 10 participants. If you are new to exercise, having trouble committing to an exercise routine, recovering from an injury or experiencing weight management challenges, then this class is highly recommended for you. Your trainer will also discuss how to make progression toward a healthier lifestyle.

Program ID Number: 01201
Session: January 16 – March 7, 2012 (Eight weeks)
Days/Times: Monday and Wednesday 9:15-10:15 am, or
Monday and Wednesday 4:30-5:30 pm
Fee: Included in Membership, Community \$100
Location: Wellness Center

FUNDAMENTOS DE EJERCICIO Y VIDA SANA

En esta clase para principiantes, usted aprenderá los conceptos básicos del uso apropiado del equipo para entrenamiento cardiovascular y de pesas.

El curso se reúne dos veces a la semana por ocho semanas con un entrenador. Las clases se proporcionan a un grupo máximo de 10 personas dentro de un ambiente relajado y fácil de entender. Esta clase se recomienda ampliamente si usted es una persona que empieza un programa de ejercicio, tiene problemas en participar en dichos programas, se está recuperando de una lesión o tiene problemas para manejar su peso. Su entrenador le podrá recomendar la progresión adecuada para una vida más saludable.

Program ID Number: 01201
Session: January 16 – March 7, 2012 (Eight weeks)
Days/Times: Tuesday and Thursday 9:15-10:15 am
Fee: Included in Membership, Community \$100
Location: Wellness Center

FOR HEALTHY LIVING

HEALTH, WELL-BEING AND FITNESS

F.I.T. CAMP

If you are looking for accountability, personal improvement and camaraderie, our certified trainers are here to support you. By using integrated training techniques you will notice an increase in your cardiovascular stamina and improve your strength, mobility and stability. We provide a comfortable non-intimidating environment for a small & personalized group training of 12 participants. F.I.T.Camp is recommended for the intermediate adult exerciser.

Program ID Number: 01301
Session 1: January 9 – February 10 (Five weeks)
Session 2: February 20 – March 23 (Five weeks)
Days/Times: Mondays, Tuesdays, Wednesdays, Thursdays
7:15 – 8:15 am
Fee: Member \$130, Community \$240

CARDIO AND STRENGTH CIRCUIT TRAINING

Are you looking for a fun and fast paced way to complete both your cardio and strength training workout in only 60 minutes? This class focuses on 3-6 minutes of cardio intervals and 90 seconds strength training; switching back and forth keeping you at your target heart rate zone for 30-40 minutes. We provide fun and upbeat music in a small group setting of 11 participants. You are welcome to drop in at any time and join the fun!

Session: On-going
Days/Times: Mondays and Wednesdays, 8:00-9:00 am
Mondays and Wednesdays, 5:45-6:45 pm
Tuesdays and Thursdays, 6:00-7:00 pm
Fee: Included in membership
Location: Wellness Center



GROUP EXERCISE CLASSES

We are committed to offering group exercise classes that provide members with the opportunity to improve their physical, emotional, and social wellness. In addition to instructing classes for all ability levels, group exercise instructors take the time to know each member personally. What's more, instructors create an environment that promotes member interaction. Our hope is that each participant leaves class invigorated by their workout and empowered by developing meaningful relationships. All classes are included in membership. For class times see schedule at ciymca.org.

STRENGTH/PILATES

Prime Cut

- All-Level class
- Full body strength training

Body Sculpting

- All-Level class
- Improves muscle strength
- Incorporates dumbbells, exercise bands, medicine ball & stability ball

Body Bar

- All-Level class
- Improves muscle strength
- Incorporates dumbbells, exercise bands, medicine & stability balls

Boot Camp

- All-Level class
- Strength & Cardio conditioning
- Fast paced workout

Strength & Conditioning

- Intermediate level class
- Cardio, strength, stretch combination
- Dynamic movements
- Interval exercise

Pilates

- All-Level class
- Strengthen core muscle groups
- Lengthen the body
- Full body stretch

Strength Fusion

- All-Level class
- Interval strength training
- Core & Flexibility emphasis

FOR HEALTHY LIVING

HEALTH WELL-BEING AND FITNESS

AEROBICS

Step Classes

- Beginning-Intermediate level
- 30-35 minutes of Target Heart Rate
- Strength, Abs, & Stretch

Hi-Lo Impact

- Beginner/Intermediate Level Aerobics
- Learn how to vary your exercise intensity
- 30-35 minutes of Target Heart Rate

Senior Workout

- Intermediate level Aerobics
- Challenging choreography
- 30-35 minutes of Target Heart Rate
- Emphasizes cardiovascular exercise

Kickbox Aerobics

- All-Level class
- Build speed, strength, and flexibility
- Improve aerobic and anaerobic conditioning
- Fast paced workout

Piloxing Aerobics

- All-Level class
- Build speed, strength, and flexibility
- Pilates-Boxing combination
- Interval exercise

STUDIO CYCLING CLASSES

Group exercise classes taught on stationary bicycles. Classes included in membership. For class times, see current schedule at ciymca.org.

Cycle 45

- All-level
- 10 minute warm up
- 30 – 35 minute aerobics
- Cool down & stretch

Cycle 60

- All-level
- 10 minute warm up
- 45 – 50 minute aerobics
- Cool down & stretch

Pedal Metal Floor (PMF)

- All-level
- 10 minute warm up
- 30 – 35 minute aerobics
- 10-15 minute strength training
- Cool down & stretch

Power Cycle

- Intermediate
- 10 minute warm up
- 30 – 50 minute aerobics
- Cool down & stretch

DANCE

Nia Dance

- All-Level class
- Increases Strength, Flexibility and Cardiovascular Health
- Stimulates Body Awareness and Pleasure
- Combines Martial Arts with Dance and Healing Arts

Zumba® Dance

- All-Level class
- Dynamic movements
- Latin inspired dance

Belly Dance

- Beginning Level class
- Low-impact aerobic workout
- Increases posture, flexibility, and balance

Latin Aerobics

- All-Level class
- Dance choreography
- Latin inspired dance

YMCA YOGA PROGRAMS

Establishing a strong connection between the mind, body, and spirit is essential to achieving life balance. Through a series of strength, flexibility, breathing and relaxation exercises you will enhance your sense of self awareness as well as increase your ability to connect with others. All classes are included in membership. For class times see current schedule at ciymca.org.

Yoga

- All-level
- Various styles
- Improves balance and coordination

Beginning Yoga

- Beginning-level
- Intro to posture and breathing techniques

Let It Go Yoga

- All-level
- Long gentle stretches
- Reclining with eyes closed
- Hip & spine focused

Gentle Yoga

- All-level
- Posture basics and modifications
- Improves balance and coordination
- Guided relaxation

Restorative Yoga

- All-level
- Rebuild & revitalize
- Passive poses utilizing props

Dynamic Flow Yoga

- Intermediate – Advanced level
- Powerful progressive movements
- High activity

FOR HEALTHY LIVING

HEALTH WELL-BEING AND FITNESS /AQUATICS

ADULT SPORTS

RACQUETBALL

Challenge Court-Do you want to play racquetball but have no partner? Come join other players at the Challenge Court!

Days: Tuesdays-Fridays
Time: 5:30-9:30 pm
Location: Court #5

Wednesday Shooters Night-This is round robin play for intermediate to advanced players.
Time: 5:30-8:30 pm

Saturday Morning Doubles-Courts 6-7
Time: 10:00 am-12:00 pm

Monday Night Doubles-Courts 6-7
Time: 5:30-7:30 pm

OPEN VOLLEYBALL

Join other members for open volleyball and pick-up volleyball games. All ages welcome. See the gymnasium schedule at ciymca.org for open court times.

OPEN BASKETBALL

Two basketball courts provide a chance for members to shoot hoops or get involved in a pick-up game. Check out a basketball from the Welcome Center. See the gymnasium schedule at ciymca.org for open court times.



ADULT AQUATICS PROGRAMS

PRIVATE AND SEMI-PRIVATE LESSONS

We offer swim lessons for all ages and abilities based on pool and instructor availability. You will receive one on one instruction tailored to your specific needs and goals. We offer private lessons in water polo skills and instruction on competitive swimming. If you would like more information, please leave your contact information in our private swim lesson binder, located at the Welcome Center.

Private Lesson Fee (25 minute lesson):

Member \$25, Community \$50

Semi-Private Lesson Fee (25 minute lesson, two or more students):

Member \$15 per student, Community \$30 per student

MASTERS SWIM / COACHED WORKOUTS

Masters swim is ideal for you if you like instruction and guidance. These coached workouts will improve your strokes, times and fitness level. You will improve your self confidence and meet new friends at the Y.

Program ID: 02401-11

Schedule: Mondays and Wednesdays 7:30-8:30 pm
Saturdays 8:00-8:55 am

Fee: Included in membership
Community \$84 (12 visit card)

WATER FITNESS CLASSES

We are committed to offering group water fitness classes that provide members with the opportunity to improve their physical, emotional, and social wellness. All classes are included in membership. For class times see the pool schedule at ciymca.org.

DEEP WATER FITNESS

You will enjoy the minimal impact of water exercise while improving your cardiovascular wellness, balance, muscular strength and self-esteem. Using a float belt, you will walk, jog and focus on your core strength while in the deep end of the pool.

AQUA FLEX

You will enjoy this gentle shallow water exercise designed for those with arthritis, recovering from an injury or surgery, or anyone with limited mobility. You will gain flexibility, strength and endurance in a friendly and welcoming environment. You will not run, jog or jump in this class.

SHALLOW WATER FITNESS

You will improve your fitness level while minimizing stress on your joints. You will improve your muscle tone, strength, flexibility and endurance in the shallow end of the pool. This is a high energy and low impact class.

FOR SOCIAL RESPONSIBILITY

SOCIAL RESPONSIBILITY

The Santa Barbara Family YMCA knows that being prepared is just as important to you as it is to us. Your Y has certified instructors who teach the following classes through our training partner, American Safety & Health Institute (ASHI):

CPR for the Professional Rescuer (includes AED)
Basic First Aid
Emergency Oxygen Administration

These classes are offered in a “blended learning” format. Blended learning combines the convenience of online learning with a practical skills session in order to meet both knowledge and skill objectives for learners. The blended learning approach includes an evaluated physical skills component. Using an online learning platform to meet knowledge objectives provides flexibility and self-control for the learner.

The online learning platform used for various blended learning classes is hosted by Elsevier | MC Strategies. This specially designed Web-based learning system allows for a variety of sensory interactions to provide users with a low-stress, easy-to-use, convenient way to gain or maintain the knowledge necessary to function effectively as a first responder. It is important to note that certification in ASHI first responder courses requires that students successfully complete both the online and practical skills sessions. Completion of the online portion alone will not result in certification.

CPR for the Professional Rescuer (includes AED):

CPR Pro certification card
Electronic format of CPR student handbook
CPR barrier mask

Fee: Member \$30, Community: \$45

Basic First Aid:

Basic First Aid certification card
Electronic format of CPR student handbook

Fee: Member \$30, Community: \$45

Emergency Oxygen Administration:

Oxygen certification card
Electronic format of CPR student handbook

Fee: Member \$30, Community: \$45

Current schedule can be found at our Welcome Center or on our website at ciymca.org

AARP DRIVER SAFETY PROGRAM

Refresh your skills and perhaps qualify for lower insurance rates.

Cars have changed. So have the traffic rules, driving conditions, and the roads you travel every day. If you are a driver age 50-plus and have never looked back since you got your first driver’s license you will benefit from brushing up on your driving skills. After completing this course, you will have a greater appreciation of driving challenges and of how you can avoid a potential collision and injuries to yourself and others. This class is taught in a classroom-like setting.

Fee: \$12 AARP Members, \$14 Non-AARP Members

Please visit ciymca.org for times and locations.



SCHEDULES

STUDIO 1 SCHEDULE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am Body Sculpting Jen	6:00-7:00 am Beg./Int. Step Jen	6:00-7:00 am Body Sculpting Jen	6:00-7:00 am Beg./Int. Step Jen	6:00-7:00 am Body Sculpting Jen		
	7:15-8:15 am F.I.T. Camp (reg. required)					
8:00-9:00 am Senior Workout Rebekah	8:40-9:20 am Pilates Juliana	8:00-9:00 am Senior Workout Will	8:40-9:20 am Pilates Juliana	8:00-9:00 am Senior Workout Rebekah		
9:05-10:00 am Hi/Low Charnee	9:30-10:25 am Latin Aerobics Tracy	9:05-10:00 am Hi/Low Charnee	9:30-10:25 am Latin Aerobics Charnee	9:05-10:00 am Hi/Low Charnee	9:15-10:30 am Challenge Step Valerie/ Samantha	
10:05-11:00 am Balance Nancy	10:30-11:20 am Sculpt and Stretch Tracy	10:05-10:45 am Balance Nancy	10:30-11:20 am Sculpt and Stretch Charnee	10:05-11:00 am Balance Will	11:20 am- 12:00 pm Arms and Abs Leslie	
11:05 am- 12:10 pm Tai Chi Eileen (reg. required)		11:00 am- 12:00 pm NIA Dance Cleo	11:25 am- 12:20 pm Pilates Kristine	11:05 am- 12:10 pm Tai Chi Eileen (reg. required)		12:00-1:00 pm Pure Stretch Leslie
12:15-1:15 pm Pilates Hazel	12:30-1:30 pm Zumba® Dance Molly	12:15-1:15 pm Pilates Peggy		12:15-1:15 pm Pilates Linda R.	1:30-2:30 pm Zumba® Dance Norman	
					3:30-4:30 pm Pilates Molly	
4:30-5:25 pm Challenge Step Valerie	4:30-5:25 pm Pilates Hazel	4:30-5:25 pm Challenge Step Valerie	4:30-5:25 pm Pilates Hazel	4:30-5:30 pm Nia Dance Cleo		
5:30-6:15 pm Prime Cut Linda	5:30-6:20 pm Beg./Int. Step Samantha	5:30-6:10 pm Prime Cut Leslie	5:30-6:20 pm Beg./Int. Step Samantha	5:35-6:35 pm Zumba® Dance Carol		
6:20-7:00 pm Pure Stretch Linda	6:20-7:00 pm Body Bar Samantha	6:15-7:00 pm Pure Stretch Leslie	6:25-7:00 pm Body Bar Leslie	6:45-7:30 pm Zumba® Dance Ashley		
7:05-8:00 pm Piloxing Leslie	7:05-8:00 pm Zumba® Dance Eva	7:05-8:00 pm Kickboxing Leslie	7:05-8:00 pm Boot Camp Leslie		Schedules are subject to change. Please visit ciymca.org for current schedules.	
		8:05-9:00 pm Strength & Cond. Ashlee				

SCHEDULES

STUDIO 2 SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:40-9:25 am Strength Fusion Drea	8:00-9:20 am Let It Go Yoga Jean	7:15-8:15 am F.I.T. Camp (reg. required)	8:00-9:20 am Let It Go Yoga Jean	7:15-8:15 am F.I.T. Camp (reg. required)	7:45-9:00 am Yoga Andrea/Aliki
9:30-10:30 am Beg. Tai Chi Eileen (reg. required)	9:25-10:25 am Pilates Fusion Juliana	9:00-10:30 am Yoga Ksenjia	9:25-10:25 am Pilates Fusion Juliana	9:00-10:30 am Yoga Ksenjia	
10:45-11:45 am Pilates Leslie	10:35-11:30 am Silver Sneakers Debbie	10:30 am-12:05 pm Gentle Yoga Ksenjia	10:35-11:30 am Silver Sneakers Debbie	10:30 am-12:05 pm Gentle Yoga Ksenjia	
12:00-1:15 pm Dynamic Flow Yoga Kellen	11:45 am- 1:00 pm Post-Partum Tracy	12:30-2:00 pm Restorative Yoga Andrea	11:45 am- 1:00 pm Post-Partum Tracy	12:30-2:00 pm Restorative Yoga Nancy	
	1:00-2:30 pm Pre-Natal Tracy		1:00-2:30 pm Pre-Natal Tracy		12:15-1:00 pm Ballet for Toddlers Dawn/Lauren
					1:05-1:50 pm Ballet for Toddlers Dawn/Lauren
4:15-5:15 pm Beg. Yoga Aliki	3:30-5:00 pm Yoga Aliki		3:30-5:00 pm Yoga Aliki		2:00-3:00 pm Beg. Yoga Aliki
5:30-7:00 pm Yoga Nancy	5:30-7:00 pm Yoga Aliki/Andrea	4:15 - 5:15 pm Beg. Yoga Aliki	5:30-7:00 pm Yoga Andrea/Aliki	4:30-5:45 pm Dynamic Flow Yoga Kellen	
7:00-8:30 pm Let it Go Yoga Nancy		5:45-7:00 pm Dynamic Flow Yoga Cindy			
		7:15-8:15 pm Belly Dance Lesa		Schedules are subject to change. Please visit ciymca.org for current schedules.	



SCHEDULES

CYCLING STUDIO SCHEDULE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am Cycle 60 Ashlee	5:45-6:30 am Cycle 45 Leslie	6:00-7:00 am Cycle 60 Ashlee	5:45-6:30 am Cycle 45 Brea	6:00-7:00 am Cycle 60 Ashlee		
7:15-8:15 am F.I.T. Camp (reg. required)						
8:45-9:30 am Cycle 45 Jade	8:45-9:30 am Cycle 45 Jennifer	8:45-9:30 am Power Cycle Drea	8:45-9:30 am Cycle 45 Jennifer	8:45-9:30 am Cycle 45 Jade		
9:45-10:30 am Cycle 45 Drea	9:45-11:00 am PMF Jade	9:45-10:30 am Power Cycle Drea	9:45-11:00 am PMF Jade	9:45-10:30 am Cycle 45 Juliana	9:15-10:15 am Cycle 60 Molly	
10:45-11:30 am Cycle 45 Jennifer	12:15-1:00 pm Cycle 45 Brea	10:45-11:30 am Cycle 45 Jennifer	12:15-1:00 pm Cycle 45 Ashlee	10:45-11:30 am Cycle 45 Rose	10:30-11:15 am Cycle 45 Leslie	10:45-11:45 am Cycle 60 Leslie
	4:15-5:00 pm Power Cycle Shomari					4:15-5:00 pm Cycle 45 Leslie
5:30-6:15 pm Cycle 45 Molly	5:30-6:15 pm Cycle 45 Leslie	5:30-6:15 pm Cycle 45 Linda	5:30-6:15 pm Cycle 45 Leslie	5:30-6:30 pm Cycle 60 Lauren/Rose	Schedules are subject to change. Please visit ciymca.org for current schedules.	
6:30-7:30 pm Power Cycle Ashlee	6:30-7:15 pm Cycle 45 Leslie	6:30-7:15 pm Cycle 45 Lauren				

WELLNESS CENTER SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 am Cardio/Strength Circuit (drop-in) Brigitte		8:00-9:00 am Cardio/Strength Circuit (drop-in) Brigitte		7:15-8:15 am FITCamp (pre-reg.)	
9:15-10:30 am FUNdamentals (pre-reg)	9:15-10:30 am Fundamentos (pre-reg) Brigitte	9:15-10:30 am FUNdamentals (pre-reg)	9:15-10:30 am Fundamentos (pre-reg) Brigitte		10:00 am-12:00 pm Healthy Family Home (pre-reg)
5:45-6:45 pm Cardio/Strength Circuit (drop-in) Bente	6:00-7:00 pm Cardio/Strength Circuit (drop-in) Ashlee	5:45-6:45 pm Cardio/Strength Circuit (drop-in) Ashlee	6:00-7:00 pm Cardio/Strength Circuit (drop-in) Ashlee	Schedules are subject to change. Please visit ciymca.org for current schedules.	

SCHEDULES

GYMNASIUM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:15 am	Fit for Life	Fit for Life	Fit for Life	Fit for Life	Fit for Life	Open Gym	
7:15 am- 8:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
8:00 am - 9:00 am	Fit for Life	Fit for Life	Fit for Life	Fit for Life	Fit for Life	Fit for Life	
9:15 - 10:15 am	Fit for Life	Fit for Life	Fit for Life	Fit for Life	Fit for Life	Youth Basketball League	
10:15 am - 3:45 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		9:00 am - 6:30 pm
3:45 - 6:15 pm	Youth Basketball League Practice	Club/Youth Basketball League Practice	Youth Basketball League Practice	Club/Youth Basketball League Practice	Youth Basketball League Practice	Closed	
6:15- 7:15 pm	1/2 Open Gym 1/2 Youth Basketball League Practice		1/2 Open Gym 1/2 Youth Basketball League Practice	Club Basketball	Youth Basketball League Practice		Schedules are subject to change. Please visit ciymca.org for current schedules.
7:30 - 9:30 pm	Open Gym	Open Volleyball	Open Gym	Open Volleyball	Youth Basketball League		

FIELD CLOSURE

The field will be closed for maintenance during the Winter Program Session. Please visit ciymca.org for the current field schedule.



SCHEDULES

POOL SCHEDULE								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30-8:55 am Lap Swim (6)	5:30-8:55 am Lap Swim (6)	5:30-8:55 am Lap Swim (6)	5:30-8:55 am Lap Swim (6)	5:30-8:55 am Lap Swim (6)	6:30-8:00 am Lap Swim (6) 8:00-8:55 am Master Swim (1)	CLOSED		
9:00-9:45 am Shallow Water Fitness (1)	9:00-9:45 am Shallow Water Fitness (1)	9:00-9:45 am Shallow Water Fitness (1)	9:00-9:45 am Shallow Water Fitness (1)	9:00-9:45 am Shallow Water Fitness (1)	9:00-9:45 am Deep Water Fitness (1)			
9:45-10:30 am Deep Water Fitness (1)	9:45-10:30 am Deep Water Fitness (1)	9:45-10:30 am Deep Water Fitness (1)	9:45-10:30 am Deep Water Fitness (1)	9:45-10:30 am Deep Water Fitness(1)	9:00 am- 12:00 pm Swim Lessons (1)			
10:00-10:45 am Aqua Flex (1)		10:00-10:45 am Aqua Flex (1)		10:00-10:45 am Aqua Flex (1)			10:00-10:45 am Aqua Flex (1)	10:30- 12:00 pm Swim lessons (2)
10:30 am (2)	10:30 am- 2:00 pm Recreation Swim & Lap Swim (3-4)	10:30 am (2)	10:30 am- 2:00 pm Recreation Swim & Lap Swim (3-4)	10:30 am-11:30 am Deep Water Fitness (2)			12:00-6:30 pm Recreation Swim & Lap Swim (3-4)	
10:45-11:30 am Deep Water Fitness (2-3)		10:45-11:30 am Deep Water Fitness (2-3)		10:45-11:30 am Deep Water Fitness (2)				10:30 am - 4:00 pm Recreation Swim (3-4)
11:30 am- 2:00 pm Recreation Swim & Lap Swim (3-4)	2:00-4:00 pm Swim Lessons (3)	11:30 am- 2:00 pm Recreation Swim & Lap Swim (3-4)	2:00-4:00 pm Swim Lessons (3)	2:00-4:00 pm Swim Lessons (3)				12:00-6:30 pm Recreation Swim & Lap Swim (3-4)
2:00-4:00 pm Swim Lessons (3)	4:00-4:55 pm Swim Team, Swim Lessons & Recreation Swim (NO LAP LANES)	2:00-4:00 pm Swim Lessons (3)	2:00-4:00 pm Swim Lessons (3)	4:00-4:55 pm Swim Team, Swim Lessons & Recreation Swim (NO LAP LANES)				
4:00-4:55 pm Swim Team (1)	5:00-5:55 pm Water Polo & Lap Swim (3)	4:00-4:55 pm Swim Team (1)	4:00-4:55 pm Swim Team, Swim Lessons & Recreation Swim (NO LAP LANES)	4:00-4:55 pm Swim Team (1)				
5:00-5:55 pm Recreation Swim & Lap Swim (3-4)	6:00-6:45 pm Deep Water Fitness (1-2)	5:00-5:55 pm Recreation Swim & Lap Swim (3-4)	5:00-5:55 pm Water Polo & Lap Swim (3)	5:00-5:55 pm Recreation Swim & Lap Swim (3-4)				
6:00-6:45 pm Deep Water Fitness (1-2)	6:00-7:30 pm Swim Lessons (1-2)	6:00-6:45 pm Deep Water Fitness (1-2)	6:00-6:45 pm Deep Water Fitness (1-2)	6:00-6:45 pm Deep Water Fitness (1-2)				
6:45-7:25 pm Recreation Swim & Lap Swim (3)		6:45-7:25 pm Recreation Swim & Lap Swim (3)	6:45-7:25 pm Recreation Swim & Lap Swim (3)	6:45-9:30 pm Recreation Swim & Lap Swim (3-4)				
7:30-8:30 pm Master Swim (1)	7:30-9:30 pm Recreation Swim & Lap Swim (3-4)	7:30-8:30 pm Master Swim (1)	7:30-9:30 pm Recreation Swim & Lap Swim (3-4)	Lap swim available at all times. Number of lanes available designated by parenthesis (.). Recreation Swim is not allowed during classes or lessons. Please allow 5 minutes between activities for lane changes. Schedules are subject to change. Please visit ciymca.org for current schedules. The lifeguard is the final authority at all times.				
8:30-9:30 pm Recreation Swim & Lap Swim (3-4)		8:30-9:30 pm Recreation Swim & Lap Swim (3-4)			8:30-9:30 pm Recreation Swim & Lap Swim (3-4)			

YMCA POLICIES

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs.

YMCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if assistance is needed.

1. To assure a safe and pleasant visit the YMCA:

- Please bring your membership card with you every time you use the facility. If a guest, you must sign in.
- Enrolled program participants who are not members may only participate in their program and do not have freedom to use the entire facility.
- Gym bags and personal belongings may not be stored in program areas. Please secure your valuables by locking them in a locker. The YMCA is not responsible for lost or stolen items.
- Please dress modest and appropriately for your activity. Wear closed toe shoes with non marking soles. No heels or sandals are allowed in workout areas. Swimsuits are required in pools, spas. Bathing suits are required in saunas and steam rooms. Shirts are required in all program areas except on basketball courts during pick up basketball games.
- Children 5 years and older must use a gender appropriate locker room.
- Children 11 years and younger must be accompanied by a responsible adult and involved in an organized activity while at the YMCA. We reserve the right to escort a child to baby-sitting or Kids' Gym if staff deem a child needs closer supervision for safety reasons.
- Children 8 years and younger must be accompanied by an adult in the pool during recreational swim times. Children 11 and younger must have an adult present with them in the pool area.
- Members 12-17 years old must attend an orientation prior to using cardio or weight equipment. Children under the age of 12 may not be in the cardio or strength training rooms.
- Participants must be 15 years of age to use the whirlpool, steam room, and sauna. Lap lanes are for swimmers 15 years and older.
- Eye protection is recommended while playing racquet ball, anyone under the age of 18 must wear eye guards.
- Please follow all posted rules and directions of YMCA staff.

2. Prohibited actions specifically include:

- Inappropriate attire.
- Angry or vulgar language, including swearing, name-calling or shouting.
- Physical contact with another person in any angry, uncomfortable or threatening way.
- Any demonstration of sexual activity or sexual contact with another person.
- Harassment or intimidation by words, gestures, body language or other menacing behavior.

- Photography, video or audio recording without prior approval of YMCA staff.
- Representing the YMCA organization without prior permission from the YMCA.
- Theft or behavior that results in the destruction of property.
- Carrying or concealing any weapons, devices or objects that may be used as weapons.
- Using or possessing alcohol or illegal substances on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- The use of any tobacco products on YMCA property. The YMCA and its property is a smoke-free environment.
- Any other conduct of any inappropriate, threatening or offensive nature.
- Use of cellular phones in locker rooms or where signage indicates they are not permitted.

3. Loitering is not permitted in or outside the YMCA.

4. The YMCA reserves the right to deny access or membership to any person who has been convicted of any crime involving sexual abuse, is or has been a registered sex offender. The YMCA reserves the right to conduct background checks on current and prospective members.

5. Members and guests are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their comfort or safety to refrain from such conduct. However, if a member or guest feels uncomfortable speaking to the person directly, they should report the behavior to a YMCA staff person or the Building Supervisor on duty.

In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked.

The Branch Executive will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the Branch Executive if in their discretion a violation of the YMCA Member Code of Conduct has occurred.

GUESTS

We encourage our members to introduce their friends and family to the YMCA. This Guest Policy has been adopted to protect your membership and to assure safety to members and guests. Members, 18 years and older, may bring in guests under the following guidelines:

- The cost is \$10 per person per visit when accompanied by a Santa Barbara Family YMCA member.
- A valid picture ID is required of the member and guest at the time of visit.
- Guests under 18 years of age must be accompanied by a parent or legal guardian who must sign a waiver of liability, and remain in the facility for the entire visit.

COMMUNITY USE

The community Members (non-members of the YMCA) may use the YMCA facility for \$20 per visit. Community members may enroll in YMCA programs and activities not filled by members. At any time during the session, a community member enrolled in a program may apply the difference between the member and community program fee toward the joining fee of a membership (not to exceed the value of the joining fee).

POLICIES

MEMBERSHIP CARDS

Members, 12 years and older, will be given a membership card. For security, you may be asked to show your membership card to staff. Lost or damaged cards are replaced for \$5 per card.

PROGRAM ACTIVITY CARDS

Community class participants will be provided with an activity card. Your activity card must be presented at the Service Center each time you attend a YMCA program. Activity cards allow participants to arrive and depart 15 minutes before and after class.

PROGRAMS

Full class fees must be paid at the time of registration. We accept cash, checks, MasterCard, American Express and Visa. Our expenses are the same no matter who attends a class, so we do not allow credits or refunds for missed classes or activities. There will be no pro-rating of classes due to late registration.

LOCKERS

All lockers are for day use only. Items may not be stored overnight. We encourage you to bring a lock to secure your belongings. Small security lockers are available in the main hallway. Request a token at the Service Center. Locks are kept at the Service Center for checkout.

EQUIPMENT USE

Courtesy weight belts, racquets, basketballs, and volleyballs are available at the Service Center with a membership card or photo I.D. Members are responsible for lost, damaged, or stolen equipment.

REFUNDS, CREDITS AND CANCELLATIONS

The YMCA reserves the right to cancel or combine a program due to low enrollment or other circumstances beyond our control. When necessary, those registered will receive full refunds. Members and participants have the right to cancel reservations in a program or activity under the following refund policy:

- Cancel more than one week in advance of the beginning of the program and receive a full refund.
- Cancel one week or less in advance of the beginning of the program and receive a refund minus \$20 per person late cancellation charge.
- Cancel after the beginning of the program and receive no refund or credit.

Checks

Checks returned as non-sufficient funds will be re-deposited. If the check is returned the second time, a \$20 service fee will be charged to the member. The membership will be suspended until all fees have been reconciled.

ELECTRONIC FUND TRANSFERS (EFT)

A 30-day written notice is required to stop EFTs. It is the member's responsibility to check monthly bank/credit card statements to ensure the cancellation has taken effect. No refund will be given for an EFT that occurs during the interim. The YMCA will not take the responsibility to cancel your EFT. Accounts with non-sufficient funds (NSF) will be re-drafted the next EFT date (6th or 20th) for the returned draft plus a \$20 service fee. If the account drafted has NSF a second time, or has been closed, the membership will be suspended until all fees have been reconciled.



SANTA BARBARA FAMILY YMCA
a branch of the Channel Islands YMCA
36 Hitchcock Way, Santa Barbara CA 93105
805.687.7727 ciymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter 2012 Program Guide

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