

Y-Teens

Teen After School

An after school program designed to build character and provide a safe place for middle school age students with an optional homework and tutoring time. We serve Meadowlark and Clemmons Middle Schools.

Ages: Middle School Students
Where: Jerry Long Family YMCA
Fee: \$180 Members, \$220 Non-members
Hours: Upon arrival – 6:00 pm
Registration: Ongoing

Leaders Club

This teen club meets regularly to develop physical fitness and leadership skills. The club travels to Blue Ridge Leaders School in Black Mountain in June.

Ages: 11 – 18 year olds
Where: Jerry Long Family YMCA Game Room
Days/Times: Tuesdays, 6:30 – 7:30 pm beginning August 31
Fee: \$10 dues per year – Additional costs for Leaders School

Registration: Contact Teen Director, Erin Glasgow



Youth & Government

This high school program teaches students various skills that are needed in state politics such as lobbying, bill writing, judicial, and even a press program. The program wraps up with a trip to Raleigh to participate in a mock state legislature in February. Schools served are West Forsyth High School, Reagan High School and Forsyth Country Day School.

Ages: High School Students
Fee for trip: \$350 Members; \$400 Non-members
Registration: Contact Teen Director, Erin Glasgow

Snow Ball

The Snow Ball is a winter formal for middle school students. Teens will enjoy a safe and fun night of dancing, games, refreshments and friends at the YMCA.

Days/Times: December 11, 7:30 – 10:30 pm
Fee: \$8 Members; \$12 Non-members
Registration: Begins August 15

Spring Fling

The Spring Fling is a Spring semi-formal for middle school students. Teens will dance the night away and participate in some friendly-fun competition.

Days/Times: May 7, 7:30 – 10:30 pm
Fee: \$8 Members; \$12 Non-members
Registration: Begins August 15

Group Acoustic Guitar Lessons

Come learn to play guitar at the YMCA while enjoying meeting new people. Fun for all ages!

Days/Times: Wednesdays, 6:30 and 7:30 pm
Fee: \$40 Members; \$35 Non-members
Registration: Begins August 15
* Private lessons available.



1150 S. Peace Haven Road
Clemmons, NC 27012



Our Mission:
Helping people reach their God-given potential in spirit, mind and body.

Aquatics

Prenatal Water Fitness

Offered monthly except December.
Days and hours: Tuesday and Thursday: 9:30 – 10:30 am
Fee: Free for Members, \$40 Non-members/Month

Water Fitness

Exercise in deep or shallow water. Class info and schedule are on the website. Members only.

Water Recovery

Designed for people recovering from a medical condition.
Days and hours: Offered monthly; Tues/Thurs: 11:00 am and 1:15 pm
Fee: Free for Members; \$40/month Non-members
Registration: Ongoing

Tyde Swim Team

Competitive and developmental teams offered. Practices vary Mon – Fri, 3:30 – 5:30 pm depending on program. Fee is drafted monthly. Check website for more info www.swimtyde.org.

Private Lessons & Stroke Clinics

Private, semi-private, youth and adult lessons are available. Please visit www.jerrylongymca.org or the Welcome Center for pricing.

Tri-Aquathon

Triathlon cross training class that focuses on cycling, finning and running in water.
Hours: Offered monthly on Saturdays, 11:00 am
Fee: Free for Members, \$40 Non-members/Month

Swim Lessons

Days and hours: Parent/Child (6 – 36 months)(30 Minutes) Mon/Wed 10 am, Tues/Thurs 10:30 am or 5:40 pm or Sat 9:00 am or 9:45 am
Preschool (ages 3 – 5)(45 Minutes) Mon/Wed or Tues/Thurs 9:15 am, 2:00 pm, 2:45 pm, 5:40 pm, 6:30 pm or Saturday 9:00 am (beginners) 9:45 am (advanced)
Youth (ages 6 – 14) (45 Minutes) Mon/Wed or Tues/Thurs 5:40 pm, 6:30 pm or Saturday 9:00 am (beginners) 10:00 am (advanced)
Adult (ages 14+) (45 Minutes) Tues/Thurs 6:15 pm or Saturday 11:00 am

Weekday sessions: Aug 2 – 26, Sept 7 – Oct 30, Oct 4 – 28, Nov 1 – 18, Nov 29 – Dec 16, Jan 3 – 27, Feb 7 – 24

Saturday sessions: Sept 11 – Oct 30, Nov 6 – Dec 18, Jan 8 – Feb 26
Fee: \$40 Member; \$85 Non-member

Registration: Members 15th of the month prior; Non-members 22nd of the month prior

*Please note Nov/Dec lessons are three weeks and will be prorated.

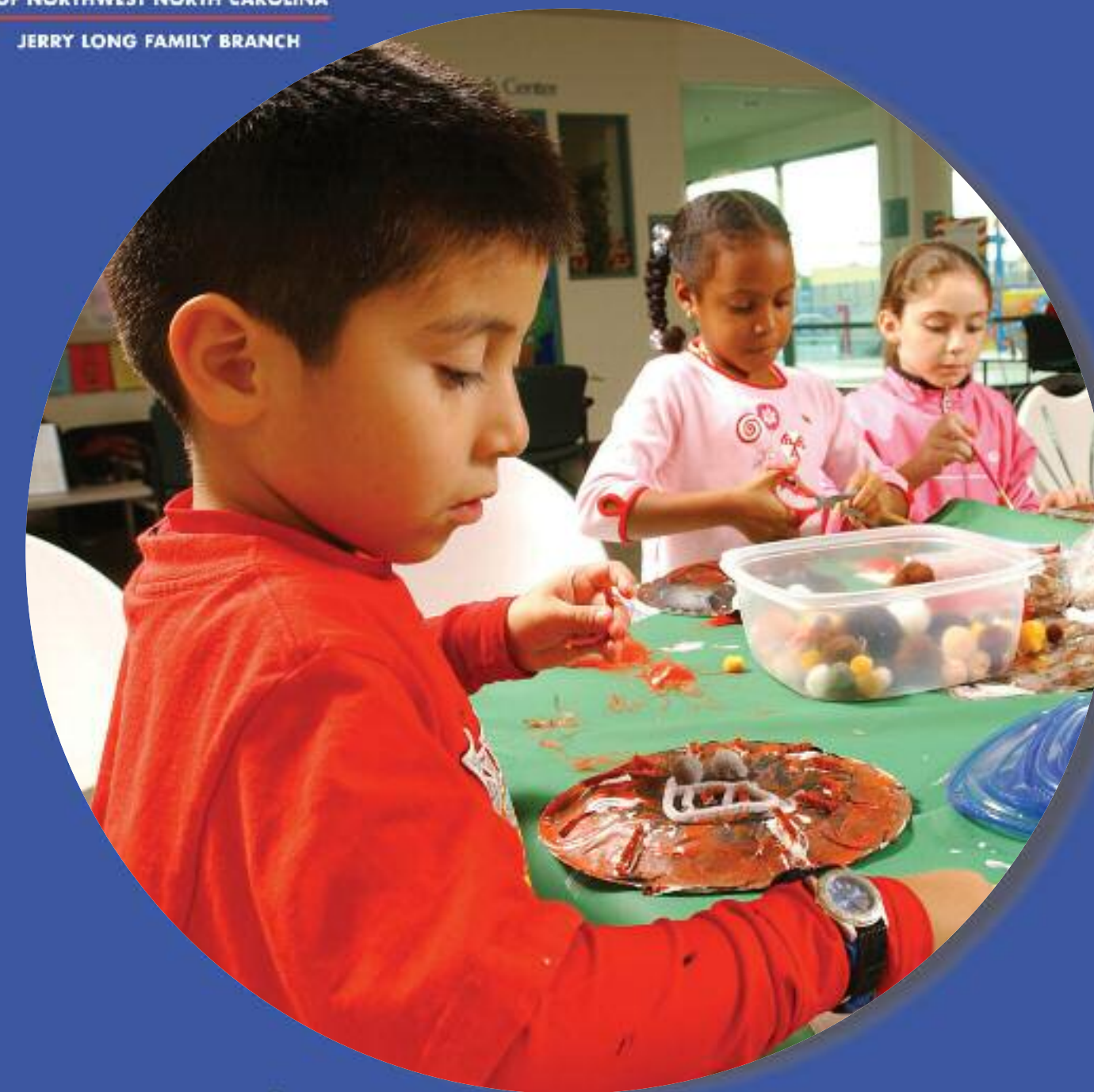
YMCA Lifeguard Certification Class

Participants will be certified in YMCA lifeguarding, CPR, AED, O2 and First Aid.
Ages: 16+
Dates: October 8 – 26; days and times on website
Fee: \$200 Members, \$225 Non-members
Registration: Begins August 15

Masters Swim Team

Swim team for adults of all levels. Come for fun, or to train to compete. Offered four days a week; 2- or 3-day packages available.
Dates and hours: Mon, Tues, Thur, Fri, 6:00 - 7:00 am
Fee: Package pricing available, check website for details.

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Fall/Winter Programs

1150 S. Peace Haven Road | Clemmons, NC 27012
336-712-2000 | www.jerrylongymca.org

October 2010 – March 2011



Healthy Communities 2015 Priority Goals
Prepare Youth and Teens to Succeed • Strengthen and Support Families
Develop Caring Communities • Adopt Healthy Living Habits
Open Doors Financial Assistance Available

Youth Enrichment

Sessions: All programs run for four-week monthly sessions.



Tae Kwon Do

This class is taught by Metro Tae Kwon Do.

Ages: 5 yrs to Adult
Months: September, October, November, January, February, March, April and May
Days/Times: Tuesdays, 4:00 – 4:45 pm
Fee: \$40 Members; \$60 Non-members
Registration: Begins August 15

Cheerleading

This class is taught by Nicole Lowder of Clemmons Gymnastics.

Grades: K – 5
Months: February, March, April
Days/Times: Thursdays, 4:00 – 5:00 pm
Fee: \$50 Members; \$70 Non-members
Registration: Begins August 15

Parents' Morning Out

Parents can enjoy a morning out while their children enjoy exercise, arts and crafts, music, story time and much more. September – May.

Ages: 3 months – 5 years
Days/Times: Monday-Friday; 9:00 am – 12:00 pm
Fee:

Members	Non-members
Mon – Fri \$195/month	\$225/month
3 days/week \$145/month	\$175/month
2 days/week \$105/month	\$135/month
Daily \$20/day	\$35/day

**Lunch bunch is offered after Parents' Morning Out from 12:00 – 1:00 pm for an additional \$5 per child.

Registration: Begins August 15

K – 5 After School

After school care is available for the following schools: Meadowlark, Lewisville, Southwest, Clemmons and Ward until 6:00 pm. This program includes homework time, snacks, sports, arts and crafts and character development. Please visit www.ymcawnwc.org for more information.



Participants are encouraged to register early for all programs. Registrations fill up quickly!

Y Family Life

Nursery & Y-Kid's Club

This is a member's only program.

Ages: Nursery 3 months – 5 years; Y Kid's Club grades K – 5
Days/Times: Monday-Thursday, 8:00 am – 1:00 pm and 4:15 – 8:00 pm; Friday, 8:00 am – 1:00 pm; Saturday, 8:00 am – 12:00 pm

Fee: Free to all husband, wife and dependent memberships and adult with dependent memberships. Otherwise, there is a \$5 guest fee for a child to attend for a day.

**Please note that Y Kid's Club will only be open for morning hours on scheduled Winston-Salem Forsyth County out of school days.

Parents'/Babies' Night Out

Parents enjoy an evening out while the kids have an evening of themed fun at the Y. This is a member's only program.

Days/Times: September 18 - Kick-off to Fall, October 16 - Spooky Night' November 13 - Pajama Night; January 8 - Birthday Party Night; February 12 - Princess & Pirate Night; March 19 - Kite Night; April 16 - Easter Egg Hunt; May 15 - Beach Blast
Fee: \$10 per child
Registration: Begins August 15

Drop & Shop

Drop the kids at the Y and do a little shopping.

Days/Times: Saturday, Nov 20, and Saturday, Dec 11
 1:00 – 5:00 pm

Fee: Members \$20 first child, \$10 each additional child; Non-members \$30 first child, \$15 each additional child.

Registration: Begins August 15

Spanish Classes

Hosted by World Languages for Children.

Days/Times: Fridays, September – May
Ages and hours: 6 – 9 years old, 4:15 – 5:00 pm; 3 – 5 years old, 3:30 – 4:00 pm

Fee: \$55 Members; \$75 Non-members
Registration: Begins August 15

Gingerbread Houses

Days/Times: December 10, 6:30 – 8:00 pm
Fee: \$20 Members; \$25 Non-members
Registration: Begins August 15

YMCA Fall Festival

The Jerry Long Family YMCA wants to celebrate the fall season with you and your family. The YMCA Fall Festival will include games and activities for all ages. Friendly costumes are encouraged.

Days/Times: October 22, 6:00 – 8:00 pm
Registration: Begins August 15

Y Birthday Parties

Parents choose a theme for the party and the YMCA does all of the work.

Days/Times: Saturdays and Sundays; 4:00 – 5:30 pm
Fee: \$225 Members; \$275 Non-members
Registration: Ongoing



Y Wellness

Personal Training Program

Certified personal trainers are available to work with any member or non-member.

Cost per session: \$45 Members
Package fees: Success Story – \$500 Twelve Sessions
 Achievement Package – \$345 Eight Sessions
 Goal Seeker Package – \$180 Four Sessions
Group Fees: \$70 for 2 people; \$90 for 3 people; \$100 for 4 people
 Private instruction is also available for any of our group exercise classes.

Teen Strength Training 1 (Members Only)

This program is designed for middle school aged teens who are interested in developing a basic strength training and fitness program. Successful completion of this course will allow participants access to the Wellness Center without a parent between the hours of 2:30 pm and 4:30 pm Monday – Friday.

Days/Times: Monday and Wednesday, 4:00 – 5:00 pm, Monthly
Sessions: September 8 – 29 (Will not meet on Labor Day); October 4 – 27; January 3 – 26; February 2 – 28

Fee: \$40
Registration: Ongoing

Teen Strength Training 2 (Members Only)

This program is designed for 14 and 15 year olds who are interested in building a well-rounded, safe, exercise routine. Successful completion of the course will allow participants to utilize the Wellness Center without a parent.

Days/Times: Tuesdays and Thursdays, 4:00 – 5:00 pm, Monthly
Sessions: September 7 – 30; October 5 – 28; January 4 – 27; February 1 – 24

Fee: \$40
Registration: Ongoing

Ballroom Dancing

This class is ideal for beginning or intermediate ballroom dancers. The 6-week class incorporates instruction in swing, waltz, fox trot, rumba and cha cha.

Days/Times: Mondays, 8:15 – 9:30 pm
 October 11 – November 15
 January 10 – February 14

Fee: \$45 Members; \$65 Non-members
Registration: Begins August 15

Youth Sports

Fall Soccer League (One-on-One Training Available)

Soccer Leagues, for ages 3 – 15, are designed to teach soccer fundamentals during practice along with games on Saturdays. In addition to league games, each team will practice one day during the week for one hour.

Ages: Boys and girls 3 – 15
Dates: August 23 – October 30
Early bird registration: June 28 – July 22
Fee: \$60 Members; \$90 Non-members
Regular registration: July 23 – August 10
Fee: \$70 Members; \$100 Non-members

Fall Soccer Clinics (Kiddie Kicker) (One-on-One Training Available)

Soccer Clinics for ages 3 – 4 will introduce participants to the game of soccer utilizing fun age appropriate games along with skill development drills. Each participant will receive an age appropriate ball. Recommended for first time soccer players.

Ages: Boys and girls ages 3 – 4
Clinic days: Mondays, Tuesdays or Thursdays, 4:30 – 5:30 pm
Fee: \$70 Members; \$100 Non-members

Jerry Long Running Club

Participants train together in a supportive and social environment as they prepare themselves for the events. All abilities are welcome and are encouraged to participate.

Ages: 16 and older
Days/Times: Monday and Wednesday, 5:30 – 6:30 am
Fees: \$65 Members; \$85 Non-members
Event: Mistletoe 5K – December 4
Running club dates: October 13 – December 4
Registration: Begins August 15

Spartan & Athena Bootcamp

This class will take you and your partner/friend through a grueling workout that is a high intensity training regimen. Certified personal trainers will challenge you to bring out the real gladiator in your household. All participants must register with a partner.

Session: August 23 – October 15 (7 weeks)
Days/Times: 5:30 – 6:30 am; Days will vary from week to week.
Fee: \$100 Members; \$125 Non-members
Registration: Begins July 15

New Year, New You Bootcamp

This class is an excellent way to get a head start on your new year's resolutions. This class will be taught by a variety of outstanding certified personal trainers and will focus on strength, intense cardiovascular and flexibility training. This is ideal for men and women!

Session: January 10 – March 4
Days/Times: Mondays, Wednesdays and Fridays, 5:30 – 6:30 am
Fee: \$100 Members; \$125 Non-members
Registration: Begins August 15



Y-Weigh (Weight Loss Contest)

Y-Weigh is an ideal incentive program for beginner exercisers who are interested in slimming down and leading a healthier lifestyle. The individual with the greatest percentage of overall weight loss will win a free year's membership to the Jerry Long Family YMCA!

Dates: September 9 (Kick-off) – November 18
Fee: \$100 Members; \$125 Non-members
Registration: Begins August 15

Volleyball

Ages: Boys and Girls ages 8 – 16
Age divisions: Under 10 (8 - 9); Under 12 (10 - 11); Under 15 (12 – 14)

*Age groups are subject to change depending on registration.

Days/Times: Under 10: Mondays, 5:30 – 6:30 pm; Under 12: Tuesdays and Thursdays, 5:30 – 6:30 pm; Under 15: Tuesdays, and Thursdays, 6:30 – 7:30 pm

Early bird registration: June 28 – July 22
Fee: \$60 Members; \$90 Non-members

Regular registration: July 23 – August 10
Fee: \$70 Members; \$100 Non-members

Youth Sports

Flag Football

Gives youth an opportunity to play the game of football in a non-contact environment.

Ages: Boys and Girls ages 4 – 12
Age divisions: 4 – 6, 7 – 9, 10 – 12, 13 – 15
 *Age groups are subject to change depending on registration.
Practice starts: September 11, Teams will practice prior to playing games on Saturdays. Practice times will be approx. 45 minutes prior to when games start.

Early bird registration: June 28 – July 22
Fee: \$60 Members; \$90 Non-members
Regular registration: July 23 – August 10
Fee: \$70 Members; \$100 Non-members

Fall Basketball Academy (One-on-One Training Available)

Skill development / additional basketball fundamentals during the off-season. The program is co-ed and designed for ages 5 – 14.

Dates: Fridays, September 10 – October 29
Days/Times: Ages 5 – 7, 5:30 – 6:25 pm
 Ages 8 – 10, 6:30 – 7:25 pm
 Ages 11 – 14, 7:30 – 8:25 pm

Note: Ages and times are subject to change based on registration.

Early bird registration: June 28 – July 22
Fee: \$60 Members, \$90 Non-members
Regular registration: July 23 – August 10
Fee: \$70 Members, \$100 Non-members

Fall Little Kiwis Tennis

Little Kiwis Tennis is a USTA Quickstart Junior Program. Program presented and taught by: Something Kiwi Community Tennis.

Ages: Boys and Girls ages 4 – 10
Dates: September – December
Days/Times: Tuesdays or Thursdays, 4:00 – 5:00 pm
Fee: \$50 Members; \$75 Non-members
Registration: 15th of the month prior

Winter Basketball League

YMCA basketball is a top quality, values oriented program emphasizing teamwork, friendship, skills, and respect for coaches, players and self.

Ages: Boys and Girls ages 5 – 18
Age divisions: Boys: 5 – 6, 7, 8, 9, 10, 11, 12, 13, 14 – 15, 16 – 18
 Girls: 5 – 7, 8 – 9, 10 – 12, 13 – 15

Season starts: Week of November 15th
Game dates: December 4, 11, 18; January 8, 15, 22, 29; February 5, *12 (*Age groups with tournaments)

Screening dates: Participants 8 – 18 must attend one screening date. October 31 and November 6.
Fee: \$70 Members; \$115 Non-members
Early bird registration: September 1 – September 23
Fee: \$80 Members; \$125 Non-members
Regular registration: September 24 – October 21

Indoor Soccer (One-on-One Training Available)

Indoor soccer is an exciting fast pace game that tests your skills of dribbling and ball handling.

Ages: Boys and Girls, ages 3 – 13
Age divisions: Under 5, Under 6, Under 8, Under 10, Under 12, Under 14, Under 16

Note: There will be separate divisions for boys and girls.
Practice starts: Week of February 14
Season ends: March 19
Early bird registration: December 27 – January 13
Fee: \$60 Members; \$90 Non-members
Regular registration: January 14 – February 1
Fee: \$70 Members; \$100 Non-members

Fall Baseball League

Practices will be one day during the week, Monday through Friday, while games will be played on Saturdays.

Age divisions: T-ball: 4 – 5; Modified T-ball: 6 – 7; Coach Pitch: 8 – 9; Kid Pitch: 10 – 12

*Age groups are subject to change depending on registration.

Dates: August 23 – October 30
Early bird registration: June 28 – July 22
Fee: \$60 Members; \$90 Non-members
Regular registration: July 23 – August 10
Fee: \$70 Members; \$100 Non-members

Little Dribblers

Little Dribblers is a program for ages 3 – 4 that will introduce participants to the game of basketball utilizing fun age appropriate games along with skill development drills. Parent participation required.

Days/Times: Mondays, Tuesdays, and Thursdays; 5:30 – 6:15 pm

Location: Jerry Long Family YMCA, Court 4
Early bird registration: September 1 – September 23
Fee: \$60 Members; \$105 Non-members
Regular registration: September 24 – October 21
Fee: \$70 Members; \$115 Non-members
Practice starts: Week of November 15

Youth Wrestling Club

Ages: Boys and girls ages 6 – 16
Season starts: December 1
Days and location: Tuesdays and Thursdays at Southwest Elementary

Hours: 6:30 – 7:30 pm
Early bird registration: October 11 – November 4
Fee: \$75 Members; \$95 Non-members
Regular registration: November 5 – 30
Fee: \$85 Members; \$105 Non-members

Adult Sports

Fall Adult Basketball

Game days: Tuesday nights; August 31 – October 26* (*Tournament)
Team fee: \$475
Individual fee: \$50 Members; \$80 Non-members
Registration: July 1 – August 6

Fall Adult Volleyball

Divisions: Beginner (Monday nights); Intermediate (Monday nights); Advanced (Thursday nights)
Team fee: \$200
Individual fee: \$30 Members; \$60 Non-members
Registration: August 1 – September 3

Fall Adult Flag Football

Dates: September 13 – November 8
Registration: August 1 – September 3
Team fee: \$200
Individual fee: \$30 Members; \$60 Non-members

