

# Y Teens

**Teen After School**  
An after school program designed to build character and provide a safe place for middle school students. Y tutor and homework time with a certified teacher are included in this program.  
**Grades:** 6th – 8th at Meadowlark and Clemmons Middle  
**Hours:** Upon arrival until 6:00 pm  
**Fee:** \$180 Members; \$220 Non-members

**Spring Fling**  
The Spring Fling is a Spring Semi-Formal Dance for middle school students.  
**Date and hours:** May 8, 7:30 – 10:30 pm  
**Fee:** *Presale Tickets:* \$10 Members; \$15 Non-members  
*At The Door Tickets:* \$12 Members; \$18 Non-members

**Chicks on the Move & Guys on the Go**  
These programs will give middle school girls and guys the opportunity to learn healthy lifestyles, positive life lessons and train for Young Life 5K on May 8, 2010. Chicks and Guys meet separately.  
**Chicks days and dates:** Tuesdays and Thursdays, March 2 – May 8  
**Guys days and dates:** Mondays and Wednesdays, March 8 – May 8  
**Hours:** 4:15 – 5:30 pm  
**Fee:** \$165 Members; \$205 Non-members  
*\*Fee includes a 10-week training program, race entry fee and running shirt.*



1150 S. Peace Haven Road  
Clemmons, NC 27012

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



# Spring/Summer Programs

1150 S. Peace Haven Road • Clemmons, NC 27012  
336-712-2000 • [www.jerrylongymca.org](http://www.jerrylongymca.org)

March 2010 – October 2010



# Y Camps

Registration begins March 1st  
**Traditional Day Camp**  
YMCA Day Camps include daily assembly, group games, swimming, crafts and character development. All camps are based outdoor.

Camp One	Grades K – 1
Camp Two	Grades 2 – 3
Camp Three	Grades 4 – 5

**Hours:** 7:00 am – 6:00 pm  
**Registration fee:** \$40  
**Fees:** \$125 Members; \$160 Non-members  
½ Day Camp ½ Specialty or Sports Camp:  
\$180 Members; \$270 Non-members



**Teen Summer Day Camp-Camp Summit**  
An outdoor-based day camp designed to entertain and challenge teens through character development and team building. Weekly activities

include sports, games, arts and crafts, swimming, archery and a field trip. This is an outdoor-based camp.

Session I	Mission Impossible	June 14 – 18
Session II	Extreme Sports	June 21 – 25
Session III	Holidaze	June 28 – July 2
Session IV	The Great Outdoors	July 5 – 9
Session V	Around the World	July 12 – 16
Session VI	Wild and Crazy	July 19 – 23
Session VII	Be a Super Hero	July 26 – 30
Session VIII	Olympic Week	August 2 – 6
Session IX	Time Machine	August 9 – 13
Session X	Spirit Week	August 16 – 20

**Ages:** Rising 6th – Rising 9th  
**Hours:** 7:00 am – 6:00 pm  
**Registration Fee:** \$40  
**Fees:** \$130 Members; \$160 Non-members  
½ Day Camp ½ Specialty or Sports Camp:  
\$180 Members; \$270 Non-members

**Little Hero's Camp**  
A one-week outdoor day camp experience designed for high functioning Autistic children. Activities will include music, swimming, sports and arts and crafts. Please visit [www.jerrylongymca.org](http://www.jerrylongymca.org) or call 336-712-2000 for additional information and the application process.  
**Ages:** 4 – 8 (must be potty trained)  
**Dates:** July 12 – 16  
**Hours:** 9:00 am – 12:00 pm; Rides-in begin at 8:30 am  
**Fees:** \$225 Members; \$270 Non-members

Participants are encouraged to register early for all programs. Programs will be cancelled two days prior to the scheduled start date if registration numbers are not met.



**Specialty Camps**  
**Hours:** 9:00 am – 12:00 pm; Rides-in begin at 8:30am  
**Fees:** \$90 Members; \$135 Non-members  
½ Day Camp ½ Specialty or Sports Camp:  
\$180 Members; \$270 Non-members

**CAMP QUEST**  
*Explorers:* Grades K – 2; *Navigators:* Grades 3 – 5

A half-day enrichment camp designed for children grades K – 2nd (Explorers) and 3rd – 5th (Navigators). Themed weekly activities will include assemblies, art, games and character development.

Session I	The Amazing Race	June 14 – 18
Session II	Damp, Dripping and Drenched	June 21 – 25
Session III	Holiday Hullabaloo	June 28 – July 2
Session IV	The Great Outdoors	July 5 – 9
Session V	Around the World	July 12 – 16
Session VI	Messy Games	July 19 – 23
Session VII	Be a Super Hero	July 26 – 30
Session VIII	Cloudy with a Chance of Meatballs	August 2 – 6
Session IX	Blast from the Past "iTunes Travel"	August 9 – 13
Session X	YMCA "Spirit Week"	August 16 – 20

**CAMP PLAY BALL**  
*Winners:* Grades K – 2nd; *Champions:* Grades 3rd – 5th

Camp Play Ball is a specialized camp that teaches, trains and enhances sportsmanship and athletic ability for children grades K – 2 (Winners) and 3 – 5 (Champions). Each child will experience creative skill development, thrilling competition and, of course, have fun!

Session I	All-Sport I	June 14 – 18
Session II	Soccer	June 21 – 25
Session III	Golf	June 28 – July 2
Session IV	Baseball	July 5 – 9
Session V	All-Sport II	July 12 – 16
Session VI	Basketball	July 19 – 23
Session VII	Football	July 26 – 30
Session VIII	Tennis	August 2 – 6
Session IX	All-Sport III	August 9 – 13
Session X	Soccer II	August 16 – 20

**FUTURE STARS ALL-SPORTS CAMP**  
*Rookies:* 3 – 5 years  
This half-day option will offer your child a fun introduction to soccer, basketball, and t-ball, plus traditional day camp activities. Drop-off is 8:30 am and camp starts at 9:00 am.

Session I	All-Sports Camp I	June 14 – 18
Session V	All Sports Camp II	July 12 – 16
Session IX	All Sports Camp III	August 9 – 13

**PRESCHOOL SUMMER ADVENTURE**  
*Summer Sproutz:* 3 months – 2 years; *Kiddie Camp:* 3 – 5 years

Summer Sproutz is an enrichment time for babies and toddlers. Children will participate in themed daily art, creative play, story time and music.

Kiddie Camp is half-day camp experience for older preschool children. Campers will participate in traditional day camp activities including field games, arts and crafts, daily assembly and outdoor education.

Session I	Pirates and Princesses	June 14 – 18
Session II	Down on the Farm	June 21 – 25
Session III	First in Flight "Planes, Trains & Cars"	June 28 – July 2
Session IV	Christmas in July	July 5 – 9
Session V	Seasons and Such	July 12 – 16
Session VI	Creepy, Crawly, Critters	July 19 – 23
Session VII	Cloudy with a Chance of Meatballs "Cooking"	July 26 – 30
Session VIII	Destination "Vacation in NC"	August 2 – 6
Session IX	"We all Work Together" Community Helper Week	August 9 – 13
Session X	"See You Later Alligator" Family, Friends and Pets	August 16 – 20

# Y Family Life

**Child Watch**  
**Ages:** *Nursery:* 3 months – 5 years  
*Y-Kids' Club:* grades K – 5

**Days and hours:** 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, and adult with dependent members.

Y-Kids' Club follows the WSFCS Calendar; morning hours are only offered during out of School days. Morning Care is not offered on snow days.

**Themed Birthday Parties**  
Parents choose a theme for the party and the YMCA does all of the work.

**Themes:** Princess, Pirates, Game Time, Rock Star  
**Days and hours:** Saturdays and Sundays, 4:00 – 5:30 pm  
**Fee:** \$225 Members; \$275 Non-members



# 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. Children in grades K-5 will go to the Y Kids Club room. They will enjoy activities, games and the swimming pool. Children ages 3 months to 5 years will go to the Nursery.

**Ages:** 3 months – 5 years and Grades K – 5  
**Dates and hours:** Saturdays, 5:30 pm – 8:30 pm

January 16 – Pirates and Princesses Night  
February 13 – Wacky Tacky Night  
March 13 – March Madness  
April 17 – Easter Egg Hunt  
May 22 – Luau

**Fee:** \$10.00 per child  
**Registration:** Monday prior to the Saturday event

Snacks will be provided for children grades K – 5. Please bring a snack for all younger children. Please label all belongings. K – 5 children will go swimming and should bring swimsuits and towels.

# Family Life Summer Clinics

The following applies to all Family Life Summer Clinics  
**Hours:** 1:00 – 4:00 pm  
**Fees:** \$90 Members; \$135 Non-members  
½ Day Camp, ½ Specialty or Sports Camp:  
\$180 Members; \$270 Non-members

**DAZZLING DANCE WEEK**  
A week of dance and creative movement classes taught by In Motion Dance Center instructors. A parent performance will be held at the end of each week.  
**Session VI** 2 ½ – 4 year olds July 19 – 23  
**Session IX** 5 – 8 year olds August 9 – 13

**AMAZING ART WEEK**  
A week of art classes focusing on painting, crafts and creative expression.  
**Session II** 6 – 9 year olds June 21 – 25  
**Session VIII** 10 – 12 year olds August 2 – 6

**CHEERLEADER WEEK**  
A week of cheerleading taught by Nicole Lowder of Clemmons Gymnastics  
**Ages:** 5 – 8, 9 – 12  
**Dates:** July 26 – 30

**TAE KWON DO WEEK**  
A week of Tae Kwon Do instruction taught by Metro Tae Kwon Do. Participants will enjoy Tae Kwon Do exercises, techniques, arts and crafts and a parent performance.  
**Ages:** 5 – 8, 9 – 12  
**Dates:** July 12 – 16

# Y Aquatics

## Week-Day Swim Lessons

**Parent/Child:** (6 – 36 months), 30 minutes, Tuesday/Thursday, 10:00 am or 5:40 pm  
**Preschool:** (ages 3 – 5), 45 minutes, Monday/Wednesday or Tuesday/Thursday 9:15 am, 2:00 pm, 3:00 pm, 5:40 pm and 6:30 pm  
**Youth:** (ages 6 – 14), 45 minutes, Monday/Wednesday or Tuesday/Thursday, 5:40 pm and 6:30 pm  
**Adult:** (ages 14 and up), 45 minutes, Tuesday/Thursday, 6:30 pm  
**Dates:** Jan 4 – 28, Feb 1 – 25, March 1 – 25, April 5 – 29; May 3 – 27, May 31 – June 24, July 5 – 29, August 2 – 26

## Saturday Swim Lessons

**Parent/Child:** (6 – 18 months), 30 minutes, 9:00 am; (18 – 36 months), 30 minutes, 9:45 am  
**Preschool:** (ages 3 – 5), 45 minutes, 9:00 am, beginner levels; 10:00 am advanced levels  
**Youth:** (ages 6 – 14), 45 minutes, 9:00 am, beginner levels; 10:00 am, intermediate/advanced levels  
**Adult:** (ages 14 and up), 45 minutes, 11:00 am  
**Dates:** Jan 9 – Feb 27, March 6 – April 24; May 1 – June 5, (6 lessons; will be prorated)  
**Registration:** 15th of the month prior for members; 22nd of the month prior for Non-members  
**Fee:** \$40 Members; \$85 Non-members

## Swim Lessons for Spanish-Speaking Participants

**Preschool:** (ages 3 – 5), 45 minutes, Saturday, 11 – 11:45 am  
**Youth:** (ages 6 – 14), 45 minutes, Saturday, 12 – 12:45 pm  
**Dates:** Jan 9 – Feb 27, March 6 – April 24; May 1 – June 5, (6 lessons; will be prorated)  
**Registration:** 15th of the month prior for members; 22nd of the month prior for Non-members  
**Fee:** \$40 Members; \$85 Non-members

## Two-Week Summer Swim Lessons (Preschool and Youth only)

**Hours:** 9:00 – 9:45 am, Advanced levels of Preschool and Youth; 10:00 – 10:45 am, Beginner levels of Preschool and Youth  
**Dates:** June 14 – 25; July 5 – 16; July 19 – 30; August 2 – 13; Lessons are scheduled Monday – Friday  
**Fee:** \$50 Members; \$100 Non-members (10 lessons)  
**Registration:** Opens May 15th for ALL two-week sessions this year – Registration will close the Friday before each session starts.

## Private Swim Lessons

Swim Lessons for children and adults that would like one on one attention and stroke work. More information on the website.

## Swim lessons for Participants with Special Needs

We have experienced instructors available in a group or private swim lesson setting. Please contact the Aquatic Director or check the website for more details.



## Dive-in Movies

**Dates and hours:** March 26, June 11, August 20, 7:00 – 9:00 pm  
**Fee:** Free for members, Guests are welcome (Guest Fee).

*\*Parents must be in the water with all children under the age of 10 and any children not able to stand up with their head comfortably above the water.*

## Triathlon Cross Training Program – Tri-aquathon

Running, Cycling and Fitting in the water. Utilizes deep water and provides a great cross training workout for triathletes or other athletes looking to get a great workout.  
**Dates and hours:** Offered monthly Saturday mornings Begins in February  
**Fee:** Free for Members; \$40 Non-members

## Pre/Postnatal Water Fitness

**Dates and hours:** Offered monthly for expectant mothers; Tuesday – Thursday, 9:30 – 11:00 am  
**Fee:** Free for Members; \$30 Non-members

## Water Recovery

**Dates and hours:** Offered monthly Tues/Thur, 11:00 am or 1:00 pm  
**Fee:** Free to members; \$40 Non-members  
**Registration:** Required for Members and Non-members – open registration dates

## YMCA Lifeguard Certification Class

**Dates:** Will be offered in April, May and October.  
**Fee:** \$200 Members; \$225 Non-members  
**Registration:** 1st of the month prior

## Tyde Swim Team

Tyde is the premier North Carolina competitive swim program for swimmers of all ages. We also offer the recreational team for children ages 10 and under. Please visit the website for more information – [www.swimtyde.org](http://www.swimtyde.org)

## Master's Swim Team

The Master's swim team is designed for adults age 16 and up that are looking for coached workouts to improve stroke technique, speed and endurance. Please visit the website for more information – [www.jerrylyongymca.org](http://www.jerrylyongymca.org)

## Triathlon Training Program

**36 Degree North Triathlon** – Meets twice weekly the months of April and May. For beginning or experienced triathletes.  
**Registration:** Opens March 1st  
**Angles Race** – Meets twice weekly the months of July and August  
**Registration:** Opens June 1st  
**Fee:** \$175 Members; \$225 Non-members Includes race registration fee.

# Y Wellness

## Personal Training Program

Certified personal trainers are available to work with any member. Sessions focus on developing a personalized workout and reaching individual goals. Sessions are for one hour.  
**Fee per session:** \$45 Members  
**Package fees:** *Success Story:* \$500/Twelve Sessions  
*Achievement Package:* \$345/Eight Sessions  
*Goal Seeker Package:* \$180/Four Sessions

**Group fees:** 2 people \$70, 3 people \$90  
 Private instruction is also available for any of our group exercise classes. You may experience your favorite class on your own. Prices for group apply.

## Teen Strength Training 1 (Members Only)

This program is for middle school students 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.  
**Ages:** Middle School Students  
**Days and hours:** Monday and Wednesday, 4:00 – 5:00 pm, Monthly  
**Fee:** \$40  
**Registration:** 15th of the month prior

## 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. Instruction with machines, free weights and sports specific training will be introduced. Successful completion of the course will allow participants to utilize the Wellness Center without a parent.  
**Ages:** 14 – 15 year olds  
**Days and hours:** Tuesdays and Thursdays, 4:00 – 5:00 pm, Monthly  
**Fee:** \$40  
**Registration:** 15th of the month prior

## Team West Running Club

This program is ideal for folks who are interested running a 5k or 10k race.  
**Ages:** 16 and older  
**Days and hours:** Mondays and Wednesdays, 5:30 – 6:30 am  
**Fee:** \$65 Members; \$85 Non-members

## Spring/Summer event: Beat the Heat 5 K

**Date of event:** Saturday, July 17  
**Running club dates:** May 24 – July 17  
**Registration:** Begins May 1

## Ballroom Dancing

The 6-week class incorporates instruction in swing, waltz, fox trot, rumba, and cha cha. A partner is suggested.  
**Days and hours:** Mondays, 8:15 – 9:30 pm  
**Sessions:** March 1 – April 15; Registration begins February 1; and July 12 – August 16; Registration begins June 1  
**Fee:** \$45 Members; \$65 Non-members



## Spartan and Athena Bootcamp

This 8-week class will take you and your partner / friend through a grueling workout that is a high intensity training regimen resembling the training of the Spartans. All participants must register with a partner.  
**Sessions:** Begins in August  
**Days and hours:** 5:30am – 6:30am; Days will vary from week to week.  
**Fee:** \$100 Members; \$125 Non-members  
**Registration:** Begins July 15

## Bride to Be Bootcamp

This class is an excellent way to get a head start in preparing for your special day! This class will be taught by a variety of outstanding certified personal trainers and will focus on strength, intense cardiovascular and flexibility training. This program is ideal for ANY WOMAN wanting to take their workout to the next level!  
**Dates:** April 12 – June 4  
**Hours:** Mondays, Wednesdays and Fridays; 5:30 – 6:30 am  
**Fee:** \$100 Members; \$125 Non-members  
**Registration:** March 1

## Y Weigh

Y Weigh is for beginner exercisers 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. This 10-week program includes a variety of workouts, weekly weigh ins and a final celebration. All participants will be given the opportunity to workout with certified personal trainers in a variety of settings.  
**Date:** March 3 (kickoff) – May 15  
**Fee:** \$100 Members; \$125 Non-members  
**Registration:** February 1



# Y Enrichment

These programs run throughout the school year. Registration is the 15th of the month prior for members and the 22nd of the month prior for non-members. All programs run for a four-week monthly session. Please see individual flyers for more specific information.

## Tae Kwon Do

**Ages:** 5 years – Adult  
**Dates:** January – May  
**Days and hours:** Tuesdays, 4:00 – 4:45 pm  
**Fee:** \$40 Members; \$60 Non-members

## Cheerleading Clinics

Taught by Nicole Lowder of Clemmons Gymnastics.  
**Grades:** K – 5th  
**Dates:** February – April  
**Days and hours:** Thursdays, 4:00 – 5:00 pm  
**Fee:** \$50 Members; \$70 Non-members

## Y-Tutor

Private tutoring sessions taught by certified teachers.  
**Grades:** K – 12th  
**Dates:** Based on individual requests  
**Fee:** \$40/hour Members; \$60/hour Non-members

## Parents' Morning Out

**Ages:** 3 months – 5 years  
**Dates and hours:** January – May, 9:00 am – 12:00 pm  
**Fee:**

	Members	Non-Members
5 days	\$195/month	\$225/month
3 days	\$145/month	\$175/month
2 days	\$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.*



## Gym Swim

This program combines basic motor skills and gymnastics fun in the gymnasium followed by swim activities in the pool.  
**Ages:** 3 – 5 years (must be potty trained)  
**Dates:** March, April and May  
**Days and hours:** Tuesday and Thursday, 9:15 – 10:30 am  
**Fee:** \$65 Members; \$95 Non-members

## Guitar Classes

Acoustic group guitar classes for all ages.  
**Ages:** 6 years – Adult  
**Dates:** January – May  
**Days and hours:** Wednesdays, 6:30 and 7:30 pm  
**Fee:** \$35 Members; \$40 Non-members

## Private Guitar Lessons

**Ages:** 6 years – Adult  
**Dates:** Based on individual requests  
**Fee:** \$40/one hour; \$20/half hour

# Adult Sports

## Adult Basketball League

**Ages:** 18 & up  
**Days and hours:** Tuesdays and Thursdays, 6:00 pm  
 Begins week of April 12th  
**Fees:** *Team:* \$475 or  
*Individual:* \$50 Member; \$80 Non-members

## Spring Adult Volleyball

**Ages:** 18 & up; Beginner, Intermediate and Advanced  
**Days and hours:** Mondays, 6:00pm  
 Begins week of March 22nd  
**Fees:** *Team:* \$200 or  
*Individual:* \$30 Member; \$60 Non-members

## Adult Kickball League

**Ages:** 18 & up  
**Days and hours:** Sundays, 2:00 pm  
 Begins week of April 12th  
**Fees:** *Team:* \$200 or  
*Individual:* \$30 Member; \$60 Non-members



# Y Sports

## Spring Sports

**Season starts:** Week of March 22, 2010  
**Early bird registration:** February 1 – 19  
**Fee:** \$60 Members; \$90 Non-Members  
**Regular registration:** February 20 – until filled  
**Fee:** \$70 Members; \$100 Non-members

## Spring Soccer League

**Kiddie Kickers:** Boys and Girls, ages 3 – 4  
**Days and hours:** Mondays, Tuesdays or Thursdays, 4:30 – 5:30 pm or 5:30 – 6:30 pm  
**Soccer Strikers:** Boys and Girls 4 – 15 yrs; Separate divisions for boys and girls. Under 6 (4 – 5), Under 8 (6 – 7), Under 10 (8 – 9), Under 12 (10 – 11), Under 14 (12 – 13), Under 16 (14 – 15)

## Spring Baseball League

**Age divisions:** *T-ball:* 4 – 5; *Modified T-ball:* 6 – 7; *Coach Pitch:* 8 – 9;  
*Kid Pitch:* 10-12  
**Days:** Weekday practice and Saturday games

## Spring Basketball Academy

**Ages:** Boys and Girls, ages 5 – 14  
**Days:** Fridays

## Spring Flag Football

**Ages:** Boys and Girls, ages 5 – 14  
**Days:** Saturday afternoon

## Spring Youth Volleyball

**Ages:** Boys and Girls, ages 8 – 16  
**Days and hours:** Under 10 (Mondays, 5:30 – 6:30 pm); Under 13 (Tuesdays and Thursdays 5:30 – 6:30 pm); Under 16 (Tuesdays and Thursdays 6:30 – 7:30 pm)  
**Season starts:** Week of April 12th

## Spring Little Kiwis Tennis

Program presented and taught by: Something Kiwi Community Tennis; Gordon and Angie McEachran.  
**Ages:** Boys and Girls, ages 4 – 10  
**Days and hours:** Tuesdays and Thursdays, 4:00 – 5:00 pm  
**Fees:** \$50 Members; \$75 Non-Members

**Session dates:**  
 Session I: January 18 – March 15, Registration begins January 1  
 Session II: March 22 – May 17, Registration begins February 1  
 Session III: August 23 – October 18, Registration begins June 1



## Summer Hot Hoops Basketball

Meets twice a week for practices and games (Monday, Tuesday, Wednesday). Practice begins the week of June 21st  
**Ages:** 5 – 18 years old  
**Early bird registration:** April 12 – 30  
**Fee:** \$70 Members; \$115 Non-Members  
**Regular registration:** May 1 – Until Filled  
**Fee:** \$80 Members; \$125 Non-members

## Field Hockey Clinics

Weekend Clinic for participants interested in Field Hockey.  
**Ages:** 8 – 16 years old  
**Registration:** May 1 – May 21  
**Fee:** \$15 Members; \$30 Non-members

## Field Hockey Club

Meets twice a week; begins week of June 14th  
**Ages:** 8 – 14 years old  
**Registration:** April 1 – May 21  
**Fee:** \$45 Members; \$105 Non-members

## Y Sports Clinic

The following information applies to all Summer Sports Clinics.  
**Hours:** 1:00 – 4:00 pm  
**Registration:** Begins March 1st  
**Fee:** \$100 Members; \$165 Non-members; ½ Day Camp ½ Specialty or Sports Camp: \$180Members; \$270 Non-members

## YMCA BASKETBALL CLINIC WITH CHARLENE CURTIS

**Ages:** Boys and Girls, ages 6 – 18  
**Dates:** August 9 – 12

## YMCA GOLF CLINIC

**Ages:** Boys and Girls, ages 6 – 16  
**Dates:** August 2 – 6

## YMCA VOLLEYBALL CLINIC WITH CHUCK MCCrackEN

**Ages:** Boys and Girls, ages 10 – 18  
**Dates:** August 16 – 20

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**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