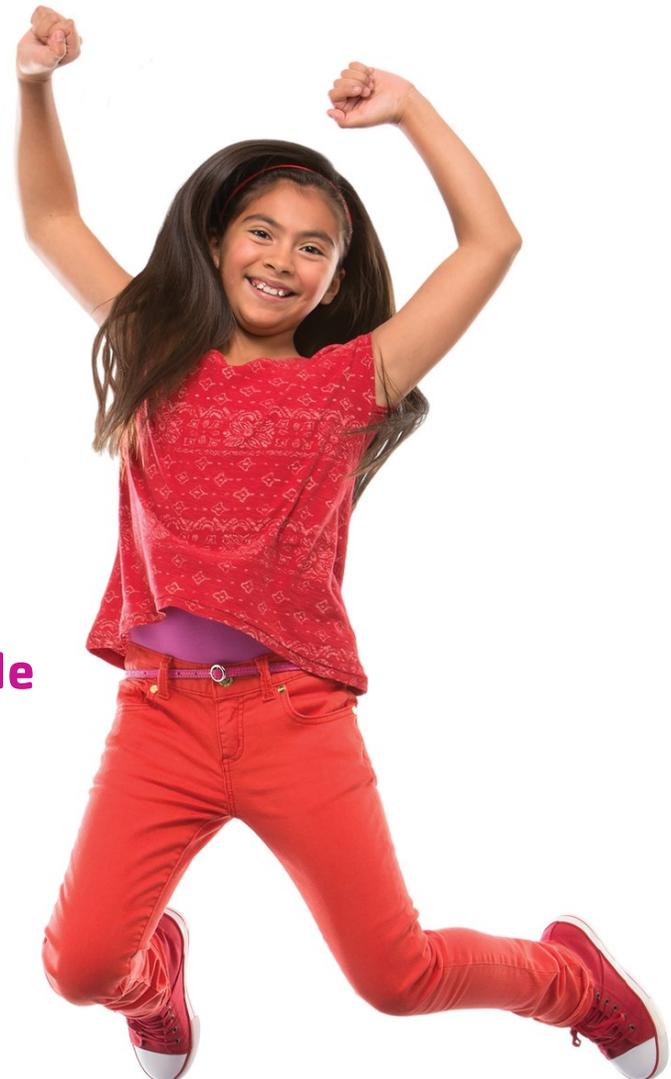




**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **A SUMMER TO REMEMBER**

**2020 Summer Program Guide  
HARRISON COUNTY YMCA**



# AQUATICS PROGRAMS

## Stroke Development (11 and up)

This class is designed to assist youth in accomplishing correct stroke technique. Must be able to swim 25 yards on front and back, swim under water, and tread water for one minute.

Monday/Wednesday/Friday 3-4p

YMCA Members: \$50 Non-Members: \$100

## Water Aerobics (13 and up)

Tuesday/Thursday 8:30-9:30a

# YOUTH DEVELOPMENT

## KARATE PROGRAM June 20-August 1 (Ages 6 & up)

This class helps develop concentration, coordination and agility, as well as builds stronger self-confidence. All levels of Chi-Do-Kwan Freestyle Karate are taught at the Y.

Saturday

Introductory for ages 6-8 9:30-10:15a

Beginner/Intermediate/Advanced 9:30-11a

Members: \$25 Non-members: \$50

## SUMMER DAY CAMP Projected Start Date July 1

The purpose of Summer Day Camp at the Y is to help youth grow spiritually, mentally and physically. YMCA Day Camps give young people an experience that can last a lifetime and inspire them to continue involvement with the Y for years to come.

### Age Categories:

Little Explorers - Ages 3 to 5 (Limited to 14 campers) FULL

Adventurers - Grades K to Age 7

Voyagers - Ages 8 to 9

Challengers - Ages 10 to 12

**Camp Fees: Members \$90 per child per week Non-members \$100 per child per week**

Camp is held weekly, Monday through Friday.

Camp activities begin at 8:30am and conclude at 4:30pm each day.

› Daily drop-off time begins at 7:00am › Pick-up time concludes at 5:30pm

# LET'S GET FIT TOGETHER

YMCA GROUP EXERCISE AND FITNESS CLASSES



## Zumba

Tuesday/Thursday 11a-Noon

## Tabata

Monday/Wednesday/Friday 8-8:30 a

## Tai Chi

Monday/Wednesday/Friday 9-10 a

## Refit

Monday/Wednesday 11:15a-12:15p

## Pound

Wednesday 5-6p

Saturday 11:15a-12:15p

## Muscles and Mascara

Monday 5-6p

## WELLNESS COACHING

### SINGLE SESSIONS:

#### Fees for Individuals:

YMCA Members \$30 for 1 hour

Non-Members \$40 for 1 hour

### BULK PACKAGES:

› Buy 5 one hour sessions, get the 6th hour free!

YMCA Members \$150 for 6 hours

Non-Members \$200 for 6 hours

## Massage Therapy

Multiple massage techniques are offered including Chair Massage, Relaxation, Swedish, Deep Tissue/ Neuromuscular, Prenatal, Myofascial Release, and Hot Stone. Prices vary. Please refer to the Massage Therapy pamphlet descriptions and pricing. Appointments are preferred.



## ANNUAL CAMPAIGN

The YMCA works to ensure that regardless of ability to pay, we make it possible for everyone in the community to participate in our programs and activities. For that reason, our Y has a scholarship program to make our programs and activities more affordable.

If you believe in the mission of the Y and you believe in how the Y can help individuals and families in our community with improving their health, then please consider a donation to the Harrison County YMCA Annual Campaign. The Annual Campaign is our yearly drive to fund the scholarship assistance program. One hundred percent of the money donated goes directly to the benefit of children, adults and families in our community.



**HARRISON COUNTY YMCA**

304.623.3303

[www.harrisoncountyyymca.org](http://www.harrisoncountyyymca.org)

