



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FIND YOUR BALANCE

MAGDALENA ECKE FAMILY YMCA | PROGRAM CATALOG
FALL • WINTER • SPRING • 2018-2019



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OUR MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

CONTACT INFORMATION

Phone Directory

Main Facility	760.942.9622
Registration	760.635.3050
Courtesy Counter	760.635.3055
Gymnastics Center	760.635.3070

Fax Numbers

Athletics	760.633.3755
Adventure Clubs	760.633.3755
Camp Department	760.944.9021
Gymnastics Center	760.804.8170
Main Facility	760.944.9329
Membership	760.944.9197
Wellness Center	760.633.3755

Hotlines

Call our main facility at 760.942.9622, then key in the extension:

Skate Park	ext. 2562
Sports	ext. 2517

Facility Hours

Monday–Friday	5:00 am–10:00 pm
Saturday & Sunday	7:00 am–7:00 pm

Gymnastics Center Hours

Monday–Friday	9:00 am–7:30 pm
Saturday	9:00 am–12:00 pm
Sunday	Closed

Courtesy Counter & Main Lobby

Monday–Friday	5:00 am–10:00 pm
Saturday	7:00 am–7:00 pm
Sunday	10:00 am–2:00 pm

Membership Office

Monday–Friday	7:00 am–7:00 pm
Saturday & Sunday	8:30 am–4:30 pm

Holidays

The Magdalena Ecke Family YMCA is closed on the following holidays: Easter and Christmas. We will be open limited hours on: Christmas Eve, New Year's Eve, New Year's Day, Memorial Day, Independence Day, Labor Day and Thanksgiving.

YMCA Management Staff

The YMCA Executive Team strives to provide the best programs and services possible. They work closely with both staff and volunteers to meet the needs of the families in our community. Call 760.942.9622, then key in the extension:

Executive Director | Lauren Hall, ext. 12556 | lhall@ymca.org

Assoc. Executive Director | Roberto Trada, ext. 12527 | rtrada@ymca.org

Assoc. Executive Director | Blaze Zarev, ext. 12554 | bzarev@ymca.org

Dept. Head Fitness & Member Experience | Shannon Hughes, ext. 12573 | shughes@ymca.org

Accounting | John Ashley, ext. 12503 | jashley@ymca.org

Capital & Planned Giving | Emily Figueiredo, ext. 12507 | efigueiredo@ymca.org

Community Fundraising & Events | Paula Ford, ext. 12548 | pford@ymca.org

Human Resources | Eric Snyder, ext. 12550 | esnyder@ymca.org

Marketing & PR | Laura Merritt | lmerritt@ymca.org

Web Production | Kevin Swed, ext. 12570 | kswed@ymca.org

Aquatics & Aquatic Park | Janelle De Santi, ext. 12565 | jdesanti@ymca.org

Camp | Chassen Eddow, ext. 12515 | ceddow@ymca.org

Child Watch | Debbie Bishop, ext. 12546 | dbishop@ymca.org

Dance | Jerilyn Harp, ext. 12510 | jharp@ymca.org

Group Exercise | Angela Hunter, ext. 12576 | arhunter@ymca.org

Gymnastics | Laura Madamba, ext. 12604 | lmadamba@ymca.org

Martial Arts | Cameron Greene, ext. 12581 | cgreene@ymca.org

Member Engagement | Ann Conway, ext. 12523 | aconway@ymca.org

Membership | Geoff Andrews, ext. 12577 | gandrews@ymca.org

Member Services | Shawnae Towner, ext. 12599 | stowner@ymca.org

Playground Partners | Cameron Greene, ext. 12581 | cgreene@ymca.org

Preschool | Krista Russell, ext. 12588 | krussell@ymca.org

Scholarship | Cindy O'Brien, ext. 12558 | cobrien@ymca.org

Skate Park | Mike Wilson-Thorpe, ext. 12591 | mjwilson@ymca.org

Sports (Adult) | Don Culbertson, ext. 12518 | dculbertson@ymca.org

Sports (Youth) | Austin Rowe, ext. 12572 | arowe@ymca.org

Teens | Chassen Eddow, ext. 12515 | ceddow@ymca.org

Volunteering | Ann Conway, ext. 12523 | aconway@ymca.org

Childcare & Youth Programs | Cameron Greene, ext. 12581 | cgreene@ymca.org

Wellness & Training | Carrie Myers, ext. 12579 | cmyers@ymca.org

Adventure Clubs | Rexanne Greenstreet, ext. 12595 | rgreenstreet@ymca.org

Si necesita ayuda en español por favor de llamar
760.942.9622 y pregunte por un hispanohablante.



MEMBERSHIP INFORMATION

There's a Y in every family! Family Memberships get so much more! In addition to traditional membership benefits, Family Members get these exclusive values: **FREE** Child Watch, **FREE** Skate Park membership, **FREE** Adventure Guides membership, **FREE** kids access to designated work-out areas and group exercise classes (children 7+), **FREE** family events, **WAIVED** Preschool and Character Builder's Program registration fees, **FREE** family wellness activities...and so much more!

MEMBERSHIP OPTIONS | Visit our website for monthly membership fees

Membership Categories Available

Membership Categories Available	Joining Fee*
Adult 26+ years	\$50
Dual Adult 2 adults same residence	\$50
Family 1 1 adult & their children 25 years & under	\$50
Family 2 2 adults & their children 25 years & under	\$50
Senior 65+ years	\$50
Teen/Young Adult 13-25 years	\$25
Skate Park 6 years & older	\$50 Annual Fee* Included in Family memberships
Locker Rental	\$10 Monthly Fee \$120 Annual Fee

*Joining fees and annual Skate Park membership fees are non-refundable.

Group & Employer Memberships

Group memberships and wellness in the workplace opportunities available. **Please contact the Member Engagement Director at ext. 12523 for information.**

Guest Passes

Members, please bring a guest to visit our facility at any time! Guests accompanying a member will receive two free visits per calendar year.

Day Use Passes

Non-members may purchase a one day pass to use our facility. Photo identification required. Please see a Member Service Representative to purchase a day use pass.

\$20 per person

MEMBER BENEFITS

MEMBER BENEFITS INCLUDE:

- 25-meter x 25-yard competition pool
- Adventure Clubs membership (Families only)
- Basketball & volleyball open gym
- Boot Camps
- Cardio Center
- Childcare & Preschool registration fees waived (Families only)
- Complimentary coffee bar
- Educational lectures and seminars
- Fitness Equipment Orientation
- Family activities & community events
- Family swim
- Free Child Watch for Family Members
- Locker rooms for adults, youth and families
- Functional Fitness area including Synergy Trainer
- Interactive Splash Pad
- KickStart-30 day Wellness Program
- Lap swim during all open hours
- Les Mills BODYPUMP + CXWORX
- Free day-use lockers
- Masters Swim
- Member rates for classes and programs (up to 25% off)
- Over 190 fitness classes per week, including Studio Cycling, Pilates, SportWalk and Yoga
- Sauna
- Skate Park membership (Families only)
- Strength Training Center
- Teen activities
- Therapeutic Swim and Aquacize
- Warm-water Instructional pool
- Wellness Center
- Wellness Coaches and assistance during all open hours
- Zumba & Barre Fitness



Youth Facility Access

Youth ages 0-25 may become members of the Y on a Teen/Young Adult, Family I or Family II membership or by purchasing a day use pass. Free amenities with facility access include Child Watch, family swim, family events and family fitness classes. Youth ages seven and up have inclusive access to the family fitness center and designated cardio and strength equipment after completion of a family orientation.



GENERAL INFORMATION

Code of Conduct

All individuals using the YMCA facilities are expected to conduct themselves in a manner consistent with the character, welfare, best interests and policies of the Magdalena Ecke Family YMCA. Failure to do so may result in immediate dismissal from the premises and may result in termination of membership privileges.

Insurance

Health and accident insurance is not included in a Magdalena Ecke Family YMCA membership or program fees.

Interest List Policy

When a program, class or camp becomes full, an interest list is started. Should space become available, those individuals who are listed on the interest list are called in the order that they were placed on the list. The first person that is contacted is offered the available space. If we call and you are not at

home, we will leave a message, but we cannot guarantee that the open space will still be available when you return our phone call. We will continue to call the remaining individuals on the interest list.

Adult, Youth & Family Changing Rooms

Our Youth and Family Changing Rooms are located next to the Splash Pad and can be accessed from the courtyard. Families may change together in our private changing stalls and youth 13 years and younger may change in our traditional boys and girls locker rooms. Open shower areas are provided for families and youth to rinse off before and after swimming. Suits must be worn when in these shower areas. Adults may use the family changing area only when accompanying their child.

We do not rent youth lockers. Participants are encouraged to bring their own lock. For your convenience, we offer locks for sale at the Courtesy Counter.

American Disabilities Act

The YMCA of San Diego County serves all people regardless of age, gender, race, color, national origin, religion, ethnicity or disability. Questions regarding this policy may be directed to the YMCA of San Diego Team Headquarters at 858.292.9622.

Inclusivity Statement:

The YMCA is an organization open to all people. We welcome and value individuals of all age, race, ethnicity, religion, gender identity, gender expression, ability, sexual orientation and financial circumstance. We are committed to having programs and services that embrace diversity, reflecting the people and needs of our community.

Volunteering at the YMCA

Both adult and teen volunteers play an active role within the YMCA. They serve on various committees, teach classes, lead caravans, fundraise, coach sports teams and provide office support. There are many YMCA programs looking for people who are willing to commit their time and special talents to the Magdalena Ecke Family YMCA. The YMCA is looking to you to help make your YMCA even better! For more detailed information about volunteering opportunities, visit our website.

Any adult wishing to volunteer may apply online from our website. For more information, or to follow up on an application, **please contact Eric Snyder at ext. 12550.**

BOARD OF ADVISORS



BOARD CHAIR

Eugenia Welch

Jon Archer
Pete Beauchamp
Jay Bell
Connor Cook
Taylor Cronin
Derek Davis
Joe Delaney
Mark Durfee
Maureen Ecke
Tiffany English
Mike Fake

James Flores
Robert Green
Shiloh Hall
Don Hubbard, Jr.
Joni Laura
Alex Levine
Michael McFarland
Jim McLennan
Dr. Robert Meade
Dan Morilak
Jeff Morris

Elwyn Pompei
Mary Purviance
Julie Rader
Bryan Rohr
Kathryn Rooney
Mark Rowan
Eric Schenk
Scott Strom
Sheila Wirick
Tom Woolway

**BECOME A YMCA
VOLUNTEER!**

Give the gift
of time to your
community!



REGISTRATION INFORMATION

Easy Ways to Register

Registration is required for all programs including one-day classes. A current liability release form must be on file in order to register for any class or program. Liability release forms are available on our website.

Walk-In Registration

The Registration Desk is open for class and program registration:

Monday-Friday 7:00 am-7:00 pm

Saturday 8:30 am-4:30 pm

Sunday* 10:30 am-2:30 pm

*Sunday registration hours change seasonally. Please check website for current hours.

Phone Registration 760.635.3050

The credit card registration phone line is open for class and program registration:

Monday-Friday 7:00 am-7:00 pm

Saturday 8:30 am-4:30 pm

Sunday* 10:30 am-2:30 pm

*Sunday registration hours change seasonally. Please check website for current hours.

Gymnastics Phone Registration 760.635.3070

The credit card registration phone line is open for gymnastics registration:

Monday-Friday 9:00 am-7:30 pm

Saturday 9:00 am-12:00 pm

Closed on Sunday

Website Registration

Register online at www.ymca.org/ecke

Program Disclaimer

Class/program schedules, fees, instructors, policies and procedures are subject to change.

Program Pricing & Discounts

YMCA Members receive the Member

Rate:

\$92 | \$110

Program participants (Non-YMCA Members) pay this rate.

We do not offer make-up classes. Classes and programs are prorated for the following holidays: New Year's Day, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

ACCESS Scholarship Program

Our Scholarships provide opportunities for people of all ages to enjoy the member services and programs offered at the YMCA. Scholarships are made available for low-income families or individuals. Confidential applications are available at the Registration Desk during regular business hours.

For more information, contact Cindy O'Brien at ext. 12558.

**WELCOME
TO THE Y
FAMILY!**

Check out all the
benefits the Y
has to offer!

JOIN TODAY!

760.635.3050

CREDITS & REFUNDS POLICY

General Program Credit & Refund Policy

Some programs may have additional restrictions/policies; these will be noted with their program information.

- If the YMCA cancels a class/program, registration and fees will be refunded at no charge. Please allow two to three weeks for processing.
- If you wish to cancel your registration before the start date of the program, you will receive 100% of the program fee (less deposit or uniform fees if applicable) as a

voucher or refund.

- After the first meeting of the program, you may request a voucher or refund for 75% of the original program fee (less deposit or uniform fees if applicable).
- After the second meeting of the program, no refund will be given (medical/special circumstances may be taken into consideration and partial fees may be refunded at the branch's discretion).
- Annual memberships may be canceled at any time, with a prorated voucher/

refund based on time used. This voucher may be used toward a new membership at another branch if the member wishes to transfer.

- All memberships have a 30 day, money back guarantee. If a member isn't happy within the first 30 days, we will fully refund their money. Joining fees are non-refundable.
- Vouchers are valid at any YMCA in San Diego County for any program, membership or service.

YOUR CHARITY OF CHOICE

The Magdalena Ecke Family YMCA is a 501(c)(3) charitable organization and your partner in supporting our community through youth development, healthy living and social responsibility. Please consider us in your charitable giving plans! The Y offers membership and programs on a sliding scale with scholarships available to those seeking a healthier and happier life but who do not have the ability to pay.

Our Heritage Club is 187 members strong and would love to welcome you as a fellow endowment donor. This group is committed to the legacy they'll leave in our community and the longevity of our Y serving this community for generations to come through a planned or estate gift. Please contact our Office of Giving at ext.12507 for more information.

In addition to offering scholarships and valuable programs to thousands of individuals and families, the Magdalena Ecke Family YMCA offers hundreds of children a Y experience through various community organizations, school districts, and military services.



The 2018 Annual Campaign raised \$653,053 to fund outreach programs, scholarships and subsidize valuable programs to open our doors to all people of the community. Thank you to our generous supporters for making our mission possible!



**DOUBLE
YOUR
IMPACT!**

Ask your company about charitable matching gift programs.



ATTEND A YMCA EVENT TO SUPPORT THE COMMUNITY!



PAUL ECKE, JR. POINSETTIA BALL

Formal Gala
December 8, 2018



BIKE-A-THON

Studio Cycling Fundraiser
February 23, 2019



ROOF RAISERS

Golf Tournament & Dinner
May 10, 2019

COMMUNITY EVENTS

We offer various member and community events each month! These events are filled with creative activities the whole family can enjoy. From toddlers to grandparents, everyone will find a fun and enriching environment to enjoy quality time together.

SEPTEMBER Painting Party ←

OCTOBER Trick or Treat Trails

NOVEMBER Thankful Month

DECEMBER Santa at the Y

JANUARY Fitness Challenge

FEBRUARY Heart Health

MARCH Step Into Spring

APRIL Healthy Kids Day

MAY Celebrate MOM ←

JUNE Dad's Rock

JULY Scavenger Hunt ←

AUGUST Pool Party





ACTIVE ADULTS

The YMCA has a strong group of members we consider to be Active Adults – those age 50 & older who stay active by participating in physical and social activities that enhance the spirit, mind and body. We understand the importance of making friends, staying connected & being part of the community.

WORKSHOPS & CLUBS

The following unique and fascinating programs are offered on-site, tailored just for the specialized interests of our adult members.

SPIRIT CLUBS AND OUTREACH PROGRAMS

Ambassadors Club

Want to make a difference in your Y and your community? Volunteer your time, energy and heart to support the great programs and cause of the Y.

**1ST Monday
of every month 10:30 am-12:00 pm**

Conference Room C

Heritage Club

Be a part of the YMCA Endowment Fund which ensures that children, families and seniors will continue to benefit from our Y programs and services for years to come. Your Heritage Club membership includes invitations to special events, exclusive publications and special recognition.

Rare Bear Army

Drop in to help us in supporting children living with rare diseases. The Rare Bear program plays an instrumental role in patient and family support. Your job is to help us sew the seams shut on already stuffed, one of a kind bears who are then mailed to children living with rare diseases around the world.

Every Tuesday 9:00 am-12:00 pm

Tables by the elevator

For more information and specific dates and times of activities, please contact **Ann Conway** at ext. 12523 or aconway@ymca.org.

HOBBY CLUBS AND EDUCATIONAL SEMINARS

Knitting Club

**2ND & 4TH Monday
of every month 12:30-2:00 pm**

Conference Room D

Mystery Book Club

For the book of the month, check the flyer in the facility.

**1ST Tuesday
of every month 12:30-2:00pm**

Conference Room C

Educational Seminars

Watch for our flyers in the facility or visit our website. We offer seminars twice a month with topics ranging from Mindfulness, Medicare Education, using Essential Oils, Handwriting Analysis and other interesting topics.

Pickle Ball

Join us to learn or participate in the fastest growing sport for adults over 50. The Pickle Ball program is in the gym, just drop in Tuesday through Friday from 6:00-9:00 am. Paddles are available for use at the Courtesy Counter.

Active Aging Week

Inspiring Wellness is the theme of the International Council on Aging Active Aging Week this year. From September 23TH-29TH in addition to the already robust Group Exercise schedule that supports wellness for our active adult population we will be hosting seminars on topics that deal with mind, body and spirit, offering blood pressure checks, conducting In-Body consultations to help you chart the fitness program tailored for your needs to meet your fitness goals.



FALLPROOF™

If you would like to reduce your risk of falling while improving your balance and mobility, this is the perfect program for you!

September 4 - November 2, 2018

January 15 - March 15, 2019

Tuesday & Friday

1:45-2:45 pm

\$105 | \$131

Studio 1



ADVENTURE CLUBS

Enjoy special time with your son or daughter in some of the best camping spots Southern California has to offer. Beyond hiking, kayaking, and fishing, you may also design and race your own pinewood derby car or star in a campfire skit. Monthly campouts include many long-standing traditions. Treasure time with your child while they learn and live the Six Aims values of the Adventure Clubs Program.

ADVENTURE CLUB PROGRAMS

One of the largest programs the YMCA offers, Adventure Clubs nurtures relationships between parent and child through camping and other outdoor activities, creating memories that will last a lifetime! The Adventure Clubs season runs from September to June, but we accept participants year-round. Organized geographically, you may attend one meeting and one scheduled weekend activity per month with your club. Weekend activities may include a campout in the desert, mountains, beaches and even Catalina Island. All new participants must belong to an affiliated club to register for the events. Visit the Adventure Clubs page on our website for more information on these events and other exciting excursions.

Call **Rexanne Greenstreet** at ext. 12595 or an **Adventure Clubs Coordinator** to join our Adventure Club today!

Adventure Guides Dads & Sons

Ages 5-10 years

September-June

Redhawk, Falcon and
Ahwahnee

\$100 | Program fee waived with a
YMCA Family membership

Adventure Princesses Dads & Daughters

Ages 5-10 years

September-June

Bear, Spirit, Wildcat, Tahoe and
Coyote

\$100 | Program fee waived with a
YMCA Family membership

Y-Explorers Moms & Sons/ Moms & Daughters

Take a trip with your son/daughter in the great outdoors! Monthly activities vary from day events to weekend-long campouts. Try kayaking, rock climbing, games and crafts. Treasure time with your son/daughter while he/she learn and live the Six Aims values of the Adventure Clubs Program.

Ages 5-10 years

September-June

Phoenix

\$65 | Program fee waived with a
YMCA Family membership

(Mom & Daughter program will be three
campouts in the 2018-2019 season)

Trail Programs

Capture special time with your teen or pre-teen on exciting trips such as backpacking, mountain biking, horseback riding, white water rafting and more!

Trailblazers: Dads & Sons

Ages 9-15 years

September-June

\$65 | Program fee waived with a
YMCA Family membership

Trail Mates: Dads & Daughters

Ages 9-15 years

September-June

\$65 | Program fee waived with a
YMCA Family membership





AQUATICS

Teaching people how to swim has been one of the YMCA's most effective tools in encouraging social responsibility, youth development and healthy living for over 150 years. Private and group lessons are available for all ages...it's never too early or too late to learn to swim! Enjoy Family Swim in our recreational pool and play in the adjacent Splash Pad or swim laps in our competition pool.

SWIM TEAM

The Magdalena Ecke Family YMCA Riptides Swim Team is comprised of all levels of swimmers, from novice to advanced. The Riptides are a USA swimming team that practices year-round and competes locally with other USA and YMCA teams in San Diego. All of the team requirements can be found on our website.



Bronze

Our team is an introductory program to the sport of competitive swimming.

All ages

Monday-Friday	3:30-4:20 pm
\$86	Monthly Fee

Silver

Our focus is on proper technique and performance.

All ages	Practice 3x/week
Monday-Friday	4:00-5:15 pm
\$97	Monthly Fee

Gold

Focus is on all aspects of competitive swimming.

11 years and older	Practice 4x/week
Monday-Friday	4:30-6:45 pm
\$121	Monthly Fee

Platinum

Our senior level prepares swimmers for local competitions, high school, university and professional level teams.

12 years and older or with coaches approval, practice 5x/week	
Monday-Friday	4:30-7:00 pm
\$138	Monthly Fee



POOL HOURS

Open Recreational Swimming

This program is free to members. Participants pay a day use fee at the Courtesy Counter.

The following schedule begins September 1

Monday & Wednesday	7:00-8:00 am 11:15 am-2:00 pm 6:30-8:30 pm
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Tuesday & Thursday	7:00-8:00 am 12:05 -3:00 pm 6:30-8:30 pm
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Friday	7:00-8:00 am 9:00 am-2:00 pm 3:00-8:30 pm
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Saturday	12:30-5:55 pm
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Sunday	11:00 am-5:55 pm
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Lap Swim

Please refer to the monthly schedule for details on lane availability.

Masters Swim

This program provides pool time to participants 14 years of age and older who are seeking a coached swim workout. Great for triathletes. Participants will work on improving strokes, speed and endurance. Members may swim any workout they desire. Drop-in passes for participants may be purchased at the Courtesy Counter.

Monday-Friday	6:00-7:15 am 11:45 am-1:00 pm
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Saturday	7:15-8:30 am
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Sunday	9:45-11:00 am
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SWIM LESSON SESSIONS & FEES MATRIX

SESSIONS	DAY/DATES	SWIM STARTERS	WATER INDEPENDENCE
SEPTEMBER	MW 9/5 - 9/26	\$72/\$95	\$113/\$149
	T/Th 9/4 - 9/27	\$82/\$109	\$129/\$170
	Sat 9/8 - 9/29	\$41/\$55	\$65/\$86
OCTOBER	MW 10/1 - 10/31	\$102/\$136	\$161/\$213
	T/Th 10/2 - 10/30	\$92/\$122	\$144/\$191
	Sat 10/6 - 10/27	\$41/\$55	\$65/\$86
NOVEMBER	MW 11/5 - 11/28	\$82/\$109	\$129/\$170
	T/Th 11/1 - 11/29	\$82/\$109	\$129/\$170
	Sat 11/3 - 11/24	\$41/\$55	\$65/\$86
DECEMBER	MW 12/3 - 12/19	\$62/\$82	\$96/\$129
	T/Th 12/4 - 12/20	\$62/\$82	\$96/\$129
	Sat 12/1 - 12/15	\$31/\$41	\$48/\$65
JANUARY	MW 1/2 - 1/30	\$82/\$109	\$129/\$170
	T/Th 1/3 - 1/31	\$92/\$122	\$144/\$191
	Sat 1/5 - 1/26	\$41/\$55	\$65/\$86
FEBRUARY	MW 2/4 - 2/27	\$72/\$95	\$113/\$149
	T/Th 2/5 - 2/28	\$82/\$109	\$129/\$170
	Sat 2/2 - 2/23	\$41/\$55	\$65/\$86
MARCH	MW 3/4 - 3/27	\$82/\$109	\$129/\$170
	T/Th 3/5 - 3/28	\$82/\$109	\$129/\$170
	Sat 3/2 - 3/30	\$51/\$69	\$81/\$108
APRIL	MW 4/1 - 4/29	\$92/\$122	\$144/\$191
	T/Th 4/2 - 4/30	\$92/\$122	\$144/\$191
	Sat 4/6 - 4/27	\$31/\$41	\$48/\$65
MAY	MW 5/1 - 5/29	\$82/\$109	\$129/\$170
	T/Th 5/2 - 5/30	\$92/\$122	\$144/\$191
	Sat 5/4 - 5/18	\$31/\$41	\$48/\$65



PRESCHOOL	SCHOOL AGE	TEEN/ADULT	
		AM	PM
\$84/\$112	\$91/\$122	-----	\$91/\$122
\$96/\$128	\$105/\$139	-----	\$105/\$139
\$48/\$65	\$53/\$70	\$53/\$70	-----
\$121/\$159	\$131/\$173	-----	\$131/\$173
\$108/\$144	\$118/\$156	-----	\$108/\$1446
\$48/\$65	\$53/\$70	\$53/\$70	-----
\$96/\$128	\$105/\$139	-----	\$105/\$139
\$96/\$128	\$105/\$139	-----	\$105/\$139
\$48/\$65	\$53/\$70	\$53/\$70	-----
\$72/\$96	\$78/\$105	-----	\$78/\$105
\$72/\$96	\$78/\$105	-----	\$78/\$105
\$36/\$49	\$39/\$53	\$39/\$53	-----
\$96/\$128	\$105/\$139	-----	\$105/\$139
\$108/\$144	\$118/\$156	-----	\$118/\$156
\$48/\$65	\$53/\$70	\$53/\$70	-----
\$84/\$112	\$91/\$122	-----	\$91/\$122
\$96/\$126	\$105/\$139	-----	\$105/\$139
\$48/\$65	\$53/\$70	\$53/\$70	-----
\$96/\$128	\$105/\$139	-----	\$105/\$139
\$96/\$128	\$105/\$139	-----	\$105/\$139
\$61/\$80	\$66/\$87	\$66/\$87	-----
\$108/\$144	\$118/\$156	-----	\$118/\$156
\$108/\$144	\$118/\$156	-----	\$118/\$156
\$36/\$48	\$36/\$48	\$36/\$48	-----
\$96/\$128	\$105/\$139	-----	\$105/\$139
\$108/\$144	\$118/\$156	-----	\$118/\$156
\$36/\$48	\$39/\$53	\$39/\$53	-----

SWIM LESSONS

All Aquatic classes are held Monday/Wednesday, Tuesday/Thursday, or Saturdays. Sorry we do not offer make-up classes. Classes with less than 3 participants enrolled will not run. For more information about swim lessons, please visit the website, call registration at 760.942.9622, or e-mail eckeaquatics@ymca.org.

Swim Starters

Water Discovery and Exploration (6-36 months) (1:12 ratio) Parent Participation Stages A/B

A In this stage, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

B Parents accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

30 Minute Classes | Monday-Thursday & Saturday

Preschool Age

Stage C: Water Independence (2-3 years) (1:3 ratio)

This class is designed to help children make a smooth transition from Swim Starters into a Water Acclimation class. Children will learn front and back floating, kicking, independent swimming, confidence in deep water and they will begin to develop breath control.

30 Minute Classes | Monday-Thursday & Saturday

NOTE: STAGES A, B & C

Any child not sufficiently potty trained under the age of 3 will be required to wear two, tight-fitting swim diapers while in the pool. One of them may be disposable.

Preschool Age

Stage 1: Water Acclimation (3-5 years) (1:5 ratio)

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

30 Minute Classes | Monday-Thursday & Saturday

Preschool Age

Stage 2: Water Movement (3-5 years) (1:5 ratio)

In this stage, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

30 Minute Classes | Monday-Thursday & Saturday

Preschool Age

Stage 3: Water Stamina (3-5 years) (1:6 ratio)

In this stage, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

30 Minute Classes | Monday-Thursday & Saturday

Preschool Age

Stage 4: Stroke Introduction (3-5 years) (1:6 ratio)

Students in this stage develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is enforced through treading water and elementary backstroke.

30 Minute Classes | Monday-Thursday & Saturday



SWIM LESSONS FILL QUICKLY!

Advanced Registration Is Recommended

Pick up a schedule at the Front Desk
or visit www.ymca.org/ecke

School Age

Stage 1: Water Acclimation (6-12 years) (1:6 ratio)

This stage is for non-swimmers with no experience in the water. Children are introduced to submerging independently, gliding on front and back and exiting the water.

40 Minute Classes | Monday-Thursday & Saturday

School Age

Stage 2: Water Movement (6-12 years) (1:6 ratio)

This is an intermediate-level stage that focuses on independent swimming and proper movement in the water. Children learn side breathing at the wall, front and back glide independently, tread water, and swim float swim for 5 yards.

40 Minute Classes | Monday-Thursday & Saturday

School Age

Stage 3: Water Stamina (6-12 years) (1:8 ratio)

This is an intermediate/advanced level stage that focuses on building endurance and beginning to refine basic movements. Students swim on front and back for 15 yards, tread water for one minute, and swim float swim for 25 yards.

40 Minute Classes | Monday-Thursday & Saturday

School Age

Stage 4: Stroke Introduction (6-12 years) (1:8 ratio)

This is an advanced stage where children will begin focusing on strokes and endurance. Children will learn freestyle, backstroke, breaststroke, butterfly and diving. They will also continue practice of treading water, side breathing, and elementary backstroke.

40 Minute Classes | Monday-Thursday & Saturday

School Age

Stage 5: Stroke Development (6-12 years) (1:8 ratio)

This is a stage for swimmers who already have knowledge of the four competitive strokes and are comfortable in the deep end. Students in this class will focus on developing strokes further and gaining the endurance to swim up to 50 yards. Swimmers will also continue practice of treading water and diving.

40 Minute Classes | Monday-Thursday & Saturday

School Age

Stage 6: Stroke Mechanics (6-12 years) (1:8 ratio)

In this stage, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

40 Minute Classes | Monday-Thursday & Saturday

Adult & Teen Swim Lessons

13 years and older

It's never too late to learn how to swim! Small class sizes enable our swim instructors to focus on individual swimming needs. All abilities welcome. Beginning & Intermediate level classes available

40 Min Classes | Monday-Thursday & Saturday

Private & Semi-Private Swim Lessons

Any Age

Private lessons are offered Friday, Saturday and Sunday. **For more information, or to schedule your private or semi-private lessons, please call Registration.**

Options	Fees per lesson
Private	\$39 \$51
Semi Private	\$42 \$55



PRIVATE SWIM LESSONS



ONE ON ONE INSTRUCTION!

Private lessons are for refining strokes at any age. Private lessons allow an instructor to spend more time with a student, helping overcome obstacles which may require more time and dedication than a standard swim lesson with multiple students can allow for.

All private lessons are offered Fridays, Saturdays and Sundays. For more information about private lessons please call Registration or email eckeaquatics@ymca.org.

AQUATIC PARK EVENTS!

Enjoy boating, camping, swimming, fishing and other fun activities at this primitive, outdoor aquatic facility. The Park is located in the middle of Agua Hedionda Lagoon in Carlsbad.

Rental Fee:

4 hours of fun - \$500 | Weekend Overnight - \$1900

Water jumpies will be available during Summer months.

Includes SUP boards, Kayaks, Picnic area, and Swimming.

Lifeguard Policy:

A Magdalena Ecke Family YMCA certified lifeguard must be on duty at all times whenever swimming or boating is allowed.

Please note: With all YMCA facilities and programs, there is a no-alcohol policy at the Aquatic Park.



For more information, please contact Aquatic Director Janelle De Santi at jdesanti@ymca.org.

CPR/AED/BFA CERTIFICATIONS MAKE A DIFFERENCE. SAVE A LIFE!

The YMCA provides a CPR/AED, first aid, and O2 certification training course that covers basic CPR for adults, children, and infants, as well as two-person administrated CPR. The course addresses airway management, bag valve use, and AED training. Upon completion, the certification card remains valid for two years. We offer Red Cross classes and ASHI classes.

Classes available in Spanish
2nd Wednesday of the month.
Wednesdays | 5:00-9:00 PM

Ages: 16+ Members: \$41 | Non-Members: \$52
Tuesdays, 5:00-9:00 PM

2018 UPCOMING DATES

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Tuesdays: 4,8,18	Tuesdays: 2,9,16,23	Tuesdays: 6,13,20	Tuesdays: 4,11,18

Please contact Eliza Lantz for more information ealantz@ymca.org



GET CERTIFIED AS A LIFEGUARD, SWIM INSTRUCTOR AT THE YMCA. DRIVE INTO A GREAT JOB!

Classes are offered for first-time lifeguards, returning lifeguards that need re-certification, and lifeguards that are interested in becoming an instructor. Through classroom activities, online learning, group discussion and hands-on practice, you'll learn the skills you need to work as a lifeguard. The Y offers continued lifeguard training and certification. If you are already certified or looking to complete your certifications, we have the training program for you! We also offer scholarships so anyone can be certified, no matter their financial situation.

Participants must be able to:

- Be 16 years old or older
- Tread water for at least 2 minutes
- Swim 100 yards of front crawl
- Swim 50 yards each of: front crawl with head up, sidestroke, breaststroke, breaststroke with head up, inverted breaststroke kick with hands on stomach
- Perform a feet first surface dive in 8 to 10 feet of water and then swim underwater for 15 feet
- Perform a series of tasks given by the instructor to demonstrate listening and scanning ability as well as stamina and endurance
- Swim 25 yards of each: butterfly, backstroke, sidestroke, freestyle at intermediate to advanced level.

**LIFEGUARD,
SWIM INSTRUCTOR &
OTHER JOBS IN AQUATICS!**

**INQUIRE WITH THE
AQUATICS DEPARTMENT!**

Janelle De Santi | jdesanti@ymca.org

If you'd like to learn more about available aquatic positions or financial aid for lifeguard training, contact Patty Herman at pberman@ymca.org or jdesanti@ymca.org.



ATHLETICS & SPORTS

Get into the game! Whether you are a rookie or seasoned athlete, the YMCA has a spot for you on our sports teams. Offering leagues for all ages and abilities, our Sports Department provides a safe and fun atmosphere for everyone.

PEE WEE SPORTS

The Pee Wee Sports program is a great way to introduce children to sports in a non-competitive atmosphere. Participants are divided into teams according to age groups. Volunteer coaches encourage the basics of the sport and team work. For more information on any Pee Wee Sports program, or to become a volunteer coach, please contact **Austin Rowe** at ext. 12572 or arowe@ymca.org.

Pee Wee Basketball

Boys & Girls 3-5 years

Practice and games on Saturdays

SPRING SEASON ONLY

YMCA outdoor courts

\$85 | \$114

Pee Wee Soccer

Boys & Girls 3-5 years

Practice and games on Saturdays

Fall & Winter YMCA

Spring TBD

\$85 | \$114

Pee Wee T-Ball

Boys & Girls 3-6 years

Practice and games on Saturdays

FALL SEASON ONLY

YMCA

\$85 | \$114

Pee Wee Track

Boys & Girls 3-6 years

Practice and games on Saturdays

Fall & Winter YMCA

Spring TBD

\$85 | \$114

Coaches Meetings

Date and times of coaches meetings will be announced before each season begins.

Registration Dates

Fall August 1-October 27

Winter November 1-January 27

Spring February 1-April 26

Season Dates

Fall October 13-December 8

Winter January 19-March 23

Spring April 27-June 22

YOUTH SPORTS

For more information on any Youth Sports program, contact **Austin Rowe** at ext. 12572 or arowe@ymca.org.

Arena Soccer

Arena Soccer has all the excitement of playing outdoor soccer with the added fun of passing and dribbling off the walls.

Saturdays

Boys & Girls 6-11 years

Coed Divisions 12-17 years

Sundays (Winter & Spring only)

Coed Divisions 12-14 years

YMCA Arenas

\$106 | \$139

Basketball

The Youth Basketball league plays 5-on-5 with modified rules for each division.

Boys & Girls 6-12 years

Practice and games on Saturdays

YMCA Gymnasium

\$93 | \$124



Registration Dates

Fall August 1-October 27

Winter November 1-January 19

Spring February 1-April 6

Season Dates

Fall October 13-December 22

Winter January 5-March 16

Spring April 6-June 22

Assessments

Fall October 13

Winter January 5

Spring April 6

* Divisions may be coed depending on enrollment.

* Schedule and game times may change due to enrollment.



Youth Competitive Volleyball: Moonlight Crashers Volleyball Club Team

The goal for Moonlight Crasher athletes is to learn how to compete each day in practice. Players compete in a single age group and determine their own play time and position based on an objective analysis. These analyses are done frequently to give the players motivation throughout the year. Sound like fun? It is. We have adopted this style of accountability to teach players one of the most important skills in life: The ability to compete.

10-14 years & 15-18 years

Practices twice a week

Tuesday | Thursday | Friday

November- June

Tournaments start in December

Moonlight Crashers

\$1770 | \$2000

Developmental Local Tournament Team

Our goal in the developmental program is to develop volleyball team concepts and skills necessary to compete in tournament play. We do this through fun drills, team bonding, and conditioning, while creating an atmosphere of sportsmanship, personal growth, team mentality and a LOVE FOR VOLLEYBALL!

10-14 years & 15-18 years

Development Tournament Team

\$716 | \$950

Practices are Tuesdays from 5:00-6:30 pm with an optional Thursday skills clinic. There will also be one tournament per month.



Volleyball Clinics

Bump, set and spike at the YMCA! Classes are held four times a month during the school year (September-May; no classes in December). This class is a great introduction to volleyball but is also beneficial to any intermediate club team player.

8-12 years

Tuesday 3:45-5:00 pm

September 4, 11, 18, 25

October 2, 9, 16, 23

November 6, 13, 20, 27

January 8, 15, 22, 29

February 5, 12, 19, 26

March 5, 12, 19, 26

April 2, 9, 16, 23

May 7, 14, 21, 28

YMCA Gymnasium

\$74 | \$97

9-15 years

Thursday 3:45-5:00 pm

September 6, 13, 20, 27

October 4, 11, 18, 25

November 1, 8, 15, 29

January 3, 10, 17, 24

February 7, 14, 21, 28

March 7, 14, 21, 2

April 4, 11, 18, 25

May 2, 9, 16, 23

YMCA Gymnasium

\$74 | \$97

Challenger Soccer

This is a competitive league offered to club and recreational teams for boys and girls in the age groups listed below. Play is 5-on-5 with a goalie. Teams may secure a spot with a \$100 deposit. Registration fees cover a nine-game season plus playoffs, referees, league administration and championship shirts for the top team. **Contact Don Culbertson at ext. 12518 for more information.**

Registration Dates

Winter November 1-January 8

Spring February 1-April 3

Season Dates

Winter January 8-March 31

Spring April 3-June 25

Manager Meetings

Winter TBA

Spring TBA

Game days and times vary. Visit our website for schedules.

YMCA Arenas

\$642 | \$690

Teams comprised of 50% or more YMCA Family members qualify for the lower member rate.

\$642 Club rate—must have at least 4 teams from your club participating.

3D BOX LACROSSE

Box lacrosse is quickly becoming recognized as the most effective way to develop skills of any lacrosse player. 3D Lacrosse integrates the "Box/Field Hybrid™" Development System for all of our programs. This program will take the "box" element of your game to the next level. The training will be run by former NLL players and 3D Lacrosse's experienced box lacrosse coaching staff. Box lacrosse skills and techniques such as high level stick handling, finishing, faking, feeding, physical dodging, two man game, picks and screens and how to play against all of these skills defensively will be the focus of the program. Each participant must have a current medical release/liability form on file in order to play in the league. Inquiries should be directed to Don Culbertson at ext. 12518 or dculbertson@ymca.org.

Season Dates

September 11 – October 21

Game Schedule

Each team will play 8 games over 6 weeks: Sept. 17, Sept. 24, Oct. 1, Oct. 8, Oct. 15 & Oct. 22

Age Levels

Pee Wee: 2ND/4TH Grades

Youth: 5TH/6TH Grades

MS: 7TH/8TH Grades

HS JV: 9TH/10TH Grades

HS VARSITY: 10TH/12TH Grades

*There are multiple teams in the same age group that will practice at once. We have two rinks and can accommodate up to 4+ teams.

Fall Box Pee Wee League

September 11- October 21

\$175 | \$200

Fall Box Youth League

September 11- October 21

\$290 | \$350

Fall Box Middle School League

September 11- October 21

\$290 | \$350

Fall Box High School League

September 11- October 21

\$290 | \$350

Fall Box Girls High School League

September 11- October 21

\$210 | \$250

3D Lacrosse Clinic

Youth Clinic

November 12-December 19

Monday & Wednesday 4:00-6:00 pm

\$175 | \$200

Middle School Clinic

November 11-December 20

Tuesday 4:00-6:00 pm

\$175 | \$200

3D Lacrosse Winter Specialty Clinic (invite only)

January 14-February 22

Monday 4:00-6:00 pm

\$175 | \$200



EQUIPMENT RENTAL!

NEW AND TRYING IT OUT?

Rental Equipment Available, Contact
The YMCA For More Information.

ADULT SPORTS

Enjoy healthy competition, meet new friends and get moving with one of our Adult Sports leagues. All league inquiries should be directed to **Don Culbertson** at ext. 12518 or dculbertson@ymca.org

Basketball

Adult basketball season consists of nine games plus playoffs.

Men's Open 18+	Monday
Men's Open 18+	Wednesday
Men's 30+	Sunday

Game start times	
Monday & Wednesday	6:00-9:00 pm
Sunday	2:00-6:00 pm

Seasons	
Fall	October 7-December 22
Winter	January 6-March 31
Spring	April 7-June 25

YMCA Gymnasium

18+ \$467 | \$622
30+ \$454 | \$605

Basketball Pick-Up

Pick-up games are open to all levels, 18 years and older.

Tuesday & Thursday	11:30 am-1:00 pm
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Friday	7:00-10:00 pm North Court only
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Sunday	7:00-10:00 am
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YMCA Gymnasium

Free | \$20 for non-members

Soccer

Arena Soccer leagues play consists of five players plus a goalkeeper.

Women's Open	18+ Monday
Women's 30+	Monday
Men's Open 18+	Tuesday
Men's Open 18+	Wednesday
Coed Open 18+	Thursday
Coed 30+	Friday
Coed Open 18+	Sunday
Men's 30+	Sunday

All games start between 6:00 pm and 9:00 pm, except Sunday Coed games start between 1:00 pm and 6:00 pm.

Seasons	
Fall	October 1-December 22
Winter	January 6-March 31
Spring	April 7-January 25

YMCA Arenas

\$584 | \$778

Soccer Pick-Up

Open to all players 18 and older. Games will be purely recreational in nature with the emphasis placed on fun and fitness.

Sunday 18+ COED	7:00-10:00 pm
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Wednesday & Friday 30+ COED	7:00-9:00 am
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Thursday (Women only on West Arena)	7:00-9:00 am
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YMCA Arenas

Free | \$20 for non-members

Softball

Slow pitch softball is a great way to have fun with friends.

Coed Open	Tuesday
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Men's Open	Thursday
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Games start between 6:00 pm and 9:15 pm

Seasons	
Fall	September 11-November 29
Winter	December 6-February 24
Spring	March 5-May 23

Ecke Sports Fields

\$463 | \$622

Important League Information

- A \$100 deposit is needed to hold a spot for any team entering our league. Full payment is due prior to the start of the first game of the season.
- Teams comprised of 50% or more active YMCA members qualify for the lower member rate.
- All adult leagues are for participants ages 18 and older.
- Each player must be in possession of valid identification while participating in our programs.
- All adult soccer participants must have a valid YMCA player's card to enter the arenas.
- All Adult Sports leagues start at 6:00 pm and end at 10:00 pm. The only exception is our softball league, which finishes at 10:25 pm.
- Games will start promptly. Please arrive with adequate

time to be ready to start by game time.

- A minimum of four teams in each division is needed or teams will be combined with another division. In the event teams cannot be combined, the division will be cancelled and refunds will be issued by the Adult Sports Director.
- The utmost level of sportsmanship is expected of all our Adult Sports program participants. The YMCA reserves the right to suspend players from future participation due to behavior and actions that go against our code of conduct.
- League rules, registration packets and rosters are available on our website.

For the Adult Sports Hotline and weather updates, please call 760.635.3030.

YMCA MEMBER SPOTLIGHTS

SAM REITMAN

Age: 90 Years Old | Member at Y: 27 Years

When Sam and his wife moved to Encinitas and needed a gym facility they went to all the facilities in the neighborhood. When they found the Y, they stayed. The people were friendly and welcoming and they felt comfortable. Twenty-seven years later, Sam still says that is what he loves about the Y. "Great people working here and they help you". The Member Services group is always pleasant and starts his day off in a positive manner. At 90, Sam works out Monday, Wednesday and Friday for four hours each day. He uses the elliptical and the rowing machine. He has a goal to row 5000 meters in 30 minutes. Currently his record is 31 minutes, 10 seconds. He also uses weights with his friends in the Strength Training area. This last year he lost his love handles walking 1000-1500 steps with Kettle Bells. After his workout, he enjoys the Jacuzzi and showers. Sam will celebrate his 91ST birthday in November and what motivates him to keep coming to the Y are the people.

“ IT IS EASY TO COME TO THE Y! ”





CAMPS

Camps are designed to give your child unique experiences that challenge their natural curiosity and highlight their specific interests while developing meaningful relationships between caring adult role models and campers. Spend a week or more at the YMCA during any school break and let your child engage in this wonderful experience.

CAMPS

Camp is for everyone! Serving youth grades K-11 in a variety of camps that are stimulating and educational. For more information on our Camp program, please contact **Chasen Eddow** at ext. 12515.

Camp Hours

Our regular camp hours are 8:00 am-3:45 pm. If you need care outside of regular camp hours, the Y offers extended day that runs on either end of the camp program.

Drop-off	8:00-8:30 am
Pick-up	3:00-3:45 pm

Extended Day Camp

Drop-off	7:30-8:00 am
Pick-up	3:45-6:00 pm

One Day Fun Day Options

Drop-off	7:30-8:30 am
Pick-up	3:00-6:00 pm

Registration Information

In order to effectively staff and coordinate each camp, please register prior to Tuesday before camp starts.

Ways to Register

All required forms and waivers must be submitted regardless of method of registration. If your camper has any special needs, please let us know when registering. The Magdalena Ecke Family YMCA funds and operates an Inclusion Program that may be able to provide an aide for your camper. For more information regarding the Inclusion Program, please contact Chasen Eddow at ceddow@ymca.org or 760.942.9622, ext.12515.

On our website

In person at the Registration Desk

Phone Registration
760.635.3050

What You Will Need Before You Register

In order to register, all campers must have a current Medical Release form updated and submitted to the YMCA after January 2018. Medical Release forms can be found at the YMCA Registration Desk or on our website.

Payment Information

At time of registration, you may choose to:

Pay in full (includes a \$25 non-refundable deposit)

Put down a \$25 non-refundable deposit at time of registration. Balances will be due the Monday prior to the first day of camp.

Note: Registration for Extended Day and Single Day Camps must be paid in full at the time of registration.

Scholarships

Scholarships are made available to families who qualify. To see if you qualify, simply fill out an application. Confidential applications are available at the Registration Desk or by contacting Cindy O'Brien at 760.942.9622, ext. 12558 or cobrien@ymca.org.

Cancellations, Transfers, Y-Voucher & Refund Policy

Before camp begins, we pay our vendors, purchase admission tickets and supplies, and hire our staff according to enrollment. For these reasons, the following policies are in place:

Cancellations

If you request to cancel your enrollment before the start of the camp week, you will receive a 100% Y-voucher or refund (minus any deposit or vendor fees). If you request to cancel your enrollment the Monday of the camp week, you will receive a 75% Y-voucher or refund (minus any deposit or vendor fees). No Y-vouchers or refunds will be given for cancellations after Monday of the camp week. Y-vouchers expire 12 months from the date of issue and may be used by another member of your family or may be donated to our Annual Campaign.

Transfers

Camp deposits are fully transferable to another camp. Transfer requests may be made through Tuesday of the camp week (space permitting). Camp fee differences need to be paid at the time of the transfer. All transfers are subject to availability and no transfers are guaranteed. Children absent two or more days during a session due to illness or injury may receive a prorated Y-voucher or refund. Doctor's note must accompany the credit/refund application and all requests must be received within one week of the last day of the program.

One Day Fun Day Camp Credit & Refund Policy

If you wish to transfer or cancel your Single Day registration, you must submit a request three business days in advance. No credits/refunds or transfers will be made within this three day window.



CAMP'S PRIORITY REGISTRATION ends the Monday prior to each camp's start date. After this date, a \$25 fee will be added to the listed price.

Weekly Camps

Note: Prorated fees apply for our 4-day camps.

Art Mania

Calling all artists! Do you enjoy painting, drawing or creating various works of art? This camp will help you build your artistic talents. Working with professionals from Arimaw Productions, campers will be able to paint, sculpt with clay, and work with various other mediums.

Grades 1-5

December 26-28*

April 2-6

\$261 | \$306

Camp Adventure



Campers travel to different and exciting field trips daily. See the sites of San Diego and visit the beautiful parks.

Grades 1-6

October 22-26

October 29-November 2

November 19-21

December 26-28*

January 2-4

April 1-5

April 8-12

One Day Fun Day options available for each camp week Monday-Friday

\$240 | \$282

\$67 | \$79

One Day Fun Day

Cooking

Work with experienced chefs from Arimaw Productions to create everything from appetizers to main courses and desserts! Learn about recipes and traditions from around the world. Daily recipes take into account campers' food allergies.

Grades 1-5

April 8-12

\$279 | \$328

Discovery

A supportive and enriching camp for younger campers. Activities will include arts and crafts, team games, special visitors and water activities.

Grades K-2

October 22-26

October 29-November 2

November 19-21

December 26-28*

January 2-4

April 1-5

April 8-12

One Day Fun Day options available for each camp week Monday-Friday

\$170 | \$199

\$64 | \$75

One Day Fun Day

Kayak



Each day campers will be traveling to our YMCA Aquatic Park to kayak in the lagoon. Campers will be able to explore and play in the water. Campers will get instruction time and practice time for this popular water sport.

Grades 3-8

October 22-26

October 29- November 2

April 1-5

April 8-12

\$399 | \$469

Gymnastics



Campers will travel to the YMCA's Gymnastics Center in Carlsbad for two and a half hours for ability specific instruction by expert YMCA gymnastics coaches every day. The rest of the day will be spent playing with new friends at local parks and back at the Y.

Grades 1-5

October 22-26

December 26-28*

April 2-6

\$254 | \$299



Triathlon



Campers can learn more about the multi-sport of Triathlon. Campers will experience beginner level open water swimming, cycling and running in sequence, over a variety of distances and terrains located at our YMCA Aquatic Park. Time is spent on teaching basic fundamentals of each component. Like all YMCA camp programs, the environment is safe, enjoyable, and fun!

Grades 4-8

October 22-26

October 29- November 2

April 1-5

April 8-12

\$299 | \$350

Leaders In Training Fieldwork

Available during full week camps to campers who went through the YMCA's L.I.T. course in Summer 2018. L.I.T.'s will meet with Camp Directors and Coordinators on Monday morning to discuss and refresh on camp policy, then will be placed into a camp for the remainder of the week. Great opportunity for service hours.

Grades 8-11

October 22-26

October 29-November 2

November 19-21

December 26-28*

January 2-4

April 1-5

April 8-12

\$85 | \$99

Coding

Come and learn how to speak the language of computers! Campers will dive into the exciting world of computer programming through a block-based programming tool called "Scratch" that makes it simple for anyone to learn programming! With Scratch, the possibilities to create are endless! Throughout the camp, new programmers create projects like an "epic space battle game" or a "choose your own adventure story!"

Grades 2-6

October 29-November 2

\$330 | \$385

Multi-Sport

Recreational games and skill building with focus on sportsmanship and a different sport each day. Enjoy basketball, soccer, baseball, flag football, a trip to our pool and many other active games.

Grades 1-5

October 22-26

April 8-12

\$222 | \$261

Skate

Explore and learn in the YMCA's world famous skate park. Campers will participate in group lessons and free skate daily.

6 years-Grade 6

October 29-November 2

November 19-21

December 26-28*

January 2-4

April 1-5

April 8-12 (skate and scooter)

\$257 | \$302

Additional Options

Extended Day

The Extended Day morning session runs 7:30-8:00 am. The morning session provides a variety of activities for children arriving before normal camp hours and includes a light snack for campers arriving at 7:30 am. The afternoon session runs 3:00-6:00 pm. Campers who choose to participate in the Extended Day Program must pay in full at the time of registration. This program is only offered on a weekly basis (during the week your child is registered for any regular camp offered that same week). Includes a morning and afternoon snack.

Grades K-6

October 29-November 2

November 19-21

December 26-28*

January 2-4

April 1-5

April 8-12

\$58 | \$68



One Day Fun Days—Onsite

Campers participate in fun, traditional camp activities which include group games, crafts, songs, special visitors and playing outside. Campers should bring a sack lunch and snack. This price includes our extended program at no additional cost.

Grades K-2

Let's Get Cookin'

November 9

Winter Wonderland

December 21

Crazy Science

January 21

All Star Sports

February 15

Zookeeper

February 18

\$64 | \$76

per day

One Day Fun Days—Traveling



Campers travel on a field trip to a local San Diego location or Crazy Adventure. Campers should bring a sack lunch and snack. This price includes our extended program at no additional cost.

Grades 1-6

Dave & Busters

November 9

Glowzone

December 21

Laser Tag

January 21

Boomer's

February 15

Rock Climbing

February 18

\$67 | \$80

per day



CHILDCARE

We take pride in offering the best childcare and preschool programs in the county. Our well-trained YMCA staff provides a safe and nurturing environment for your child to laugh, learn and grow.

CHILD WATCH, KIDS CLUB

& INFANT CENTER

Welcome to the Child Watch Center! Children ages 6 weeks to 12 years on a Family Membership have a safe and fun place to play while you enjoy the use of our facilities. For more information please call the Child Watch Coordinator at ext.12546.

Parents MUST remain on site while using CHILD WATCH, KIDS CLUB and the INFANT CENTER. First Come, First Served. 2 hour Maximum

Infant Center

Childcare for our youngest members starts at six weeks in our Infant Center. Infant care is provided in a separate room with an eight baby maximum. Our 1:4 ratio, along with caring, well-trained and experienced staff, affords your infant the best care in North County.

6 weeks–22 months (approximately)

Monday–Friday 7:45 am–2:00 pm

Saturday 8:45 am–12:00 pm

Closed Sunday

Child Watch Center

We provide care for children up to age twelve. When the Infant Center and Kids Club are closed all children will be cared for in the Child Watch Center. Child Watch offers age-appropriate activities, toys and art materials for all ages.

6 weeks–12 years

**Monday–Friday 7:45 am–2:00 pm
3:00–7:30 pm**

**Saturday 7:45 am–2:00 pm
& Sunday**

Closed 2:00–3:00 pm on weekdays.

Kids Club

Kids Club is for children ages six to twelve years. We offer age-appropriate activities for this specific age group. Kids Club is only available during after school hours and school breaks.

6–12 years

Monday–Friday 3:00–7:30 pm*

**Saturday 7:45 am–2:00 pm
& Sunday**

***Extended hours on weekdays during school breaks: Open 7:45 am–2:00 pm (closed 2:00–3:00 pm).**

PRESCHOOL

The Magdalena Ecke Family YMCA offers several different preschool programs to meet the differing needs of families. At the YMCA site, we offer a full day program for children 2–5 years old, full day classroom for children turning 5 September 2 – December 2 of the school year, and one part day classroom. At our Flora Vista site, we offer a part day program for children 3 year olds & 4 year olds. For more information about Preschool located onsite please contact ext. 12589.

For information about the Flora Vista Preschool program, please contact ext. 12588.

Philosophy

We believe children are strong, capable learners who learn best—both intellectually and socially—through exploring, investigating and practicing in a warm, homelike environment. Our preschool teachers provide opportunities for children that stimulate their cognitive, social, emotional and physical development at every age level.

Curriculum

Our approach to learning is based on the Creative Curriculum and the Emergent Curriculum philosophy. All of our preschool programs are developmental programs designed to help children learn through play. The role of our teachers is to extend and deepen children's ideas and theories. Through careful observation, documentation, thoughtful questions and deep reflections, our teachers work in partnership with the children to negotiate curriculum, extend thinking and develop lesson plans.

Preschool Tours

Tours of our preschool programs located at the YMCA facility are given every Thursday at 9:15 am. Tours of our Next Steps program occur every Thursday at 10:15 am. Tours at our Flora Vista YMCA preschool occur on Tuesday at 9:30 am. Please contact Krista Russell at ext. 12588 to schedule an appointment.

PRESCHOOL

Registration & Fees

We enroll year-round. To register you will need the following:

Emergency contact and pick up information

Doctor and health insurance information and immunization records.

\$50 registration fee*

***Registration fee waived for Y Family Members. These fees are NON-REFUNDABLE.**

2018-2019 School Year

Once registered for preschool, families pay a monthly flat rate through the Automatic Transfer System (ATS) and use the hours they need per enrollment. The ATS process will deduct your tuition fees from your credit card, checking or savings account. Cancellations and all changes to your child's enrollment must be received in writing two weeks in advance.

Magdalena Ecke Family YMCA On-Site Year-Round Full Day

2 years 6:30 am-6:30 pm

Monday-Friday \$1,273 | \$1,414

Monday, Wednesday & Friday \$849 | \$942

Tuesday & Thursday \$582 | \$648

3-5 years 6:30 am-6:30 pm

Monday-Friday \$1,109 | \$1,231

Monday, Wednesday & Friday \$738 | \$820

Tuesday & Thursday \$507 | \$563

Program License #372005598



FOR MORE INFORMATION
about Preschool call
760.942.3050
Ext. 12589

August-June Part Day Program

CHILDREN MUST BE POTTY-TRAINED.

3-5 years 9:00 am-2:00 pm

Tuesday & Thursday \$424 | \$471

3-5 years 9:00 am-2:00 pm

Monday, Wednesday & Friday \$585 | \$649

Next Steps Transitional Preschool Full Day Program

The Next Steps program runs from August to June and is closed for all school holidays and breaks in the Encinitas Union School District.

4 years old who turns 5 between September 2- December 2

7:00 am-6:00 pm

Monday - Friday \$948 | \$1052

7:00 am-6:00 pm

Monday, Wednesday & Friday \$631 | \$700

7:00 am-6:00 pm

Tuesday & Thursday \$434 | \$480

YMCA Preschool at Flora Vista Part Day Program

CHILDREN MUST BE POTTY-TRAINED.

1690 Wandering Rd, Encinitas 92024

LICENSE #376700490 (follows Encinitas School District Schedule, August-June).

The Flora Vista preschool program runs in partnership with the school district's own special needs preschool program on the campus of Flora Vista Elementary School. The Flora Vista program runs from August to June and is closed for all school holidays and breaks in the Encinitas Union School District.

3-5 years 9:00 am-2:00 pm

Tuesday & Thursday \$404 | \$449

Monday, Wednesday & Friday \$489 | \$542

Monday-Friday \$733 | \$815

AFTER SCHOOL CARE

The Magdalena Ecke Family YMCA is proud to provide a safe, structured and creative environment to kindergarten through sixth grade students in our After School Program. Required registration forms may be found at our front desk or at the school offices we serve.

For more information, please contact **Cameron Greene** at ext. 12581.

YMCA School-Age Care Curriculum

Our programs offer a wide variety of structured enrichment activities that allow your child to explore their creativity while learning new things. Our core components are:

- Arts and Humanities
- Character Development
- Health, Wellness and Fitness
- Homework Assistance
- Literacy
- STEM: Science, Technology, Engineering and Math
- Community Building
- Social Competence and Conflict Resolution

Character Builders Licensed Program

Come join our After School Care family! This program is designed to enrich your child's day with academic support, extracurricular activities, meaningful relationships, and so much more! Students will be given a daily snack, participate in outdoor activities, receive homework support, and participate in our amazing enrichment clubs. Scholarships are available for families that qualify. **Contact Cindy O'Brien at ext. 12558 for more information.**

During the school year, all payments must be paid by Automatic Transfer System from a checking account on the 10th of the month or a credit card on the 15th of the month. Fees are calculated on a set rate based on the number of days in the current school year including all minimum days.

August-June

After school care runs from school dismissal to 6:00 pm.

Schools with pick up: Capri, Ocean Knoll, Park Dale Lane & Paul Ecke Central

Note: Students are transported via school bus.

**Held at the Encinitas Union School District Farm Lab
441 Quail Gardens Dr, Encinitas
760.423.9459**

Monthly Fee

\$302 | \$355 5-days a week
\$225 | \$264 3-days a week*

\$50 Yearly registration fee (waived for children on a Family Membership)

***Must pick 3 days at time of registration**

**California State Licensing
376701310**





DANCE

Dance with the best! Here at the Y, we have an incredible team of dedicated professionals who are able to instill our core values of respect, caring, honesty and responsibility in dancers without losing a single drop of technical quality. Our instructors all have immense talent and are committed to increasing the dance potential in each and every one of their students.

INTRODUCTORY DANCE

Our 8-week Dance classes are a fun introduction to the world of dance. Please contact the Dance Department at ext. 12510 for more information. *In January all classes are 4 weeks.

LEGEND: Studio 2 | S2 | Studio 3 | S3 | Mega | MG |

Creative Kids: 2-5 Years

Sing, dance and create! We'll make crafts, boogie down with creative movement dances, march in musical bands & play games. Attire: comfortable play clothes. Parent participation.

Friday 11:30 am-12:20 pm | MG |

September 7-October 26

November 2-December 21

January 11-February 1

February 8-March 29

April 5-May 24

\$87 | \$115 1 class/week

\$156 | \$208 2 classes/week

\$207 | \$276 3 classes/week

Parent/Tot Ballet & Tap: 2-3 Years

Your child will learn the basics of ballet and tap while you participate and have fun too! Moms, dads and grandparents welcome. Children come in dance attire with ballet and tap shoes. Adults come as you are.

Wednesday 9:00-9:50 am | S3 |

Saturday 9:00-9:50 am | S3 |

September 1-October 24

October 27-December 19

January 9-February 2

February 6-March 30

March 3-May 25

\$87 | \$115 1 class/week

\$156 | \$208 2 classes/week

\$207 | \$276 3 classes/week

Parent/Tot Hip Hop: 2-3 Years

Your child will learn the basics of hip hop while you participate and have fun too!

Friday 10:00-10:50 am | S3 |

September 1-October 26

October 27-December 21

January 11-February 1

February 2-March 29

March 30-May 24

\$87 | \$115 1 class/week

\$156 | \$208 2 classes/week

\$207 | \$276 3 classes/week

Transitional Twos: 2-3 Years

This class is designed for children who have taken Parent/Tot dance classes and are ready to be in class without a parent or guardian.

Monday 10:00-10:50 am | S3 |

Thursday 10:00-10:50 am | S3 |

September 3-October 25

October 29-December 20

January 7-January 31

February 4-March 28

April 11-May 23

\$128 | \$170 1 class/week

\$230 | \$306 2 classes/week

\$306 | \$408 3 classes/week

Hip Hop Heroes: 3-6 Years

Boom! Pow! C'mon now...what could be more fun than learning sweet hip hop and break dance moves with your favorite super hero?

Thursday 3:00-3:50 pm | S3 |

September 6-October 25

November 1-December 20

January 10-January 31

February 7-March 28

April 4-May 23

\$128 | \$170 1 class/week

\$230 | \$306 2 classes/week

\$306 | \$408 3 classes/week

NO CLASSES

THANKSGIVING HOLIDAY
November 22-24

EASTER SUNDAY
April 21



PARENTS NIGHT OUT!

OFFERED EVERY MONTH

Drop your kids off for a night of fun and games. Check the schedule for dates and times & register at the front desk.

YOUTH DANCE | 3-9 YEARS

Our youth dance classes are fun, healthy and challenging. Please contact the Dance Department at ext. 12510 for more information.

LEGEND: Studio 2 | S2 | Studio 3 | S3 | Mega | MG |

Ballet & Tap: 3-4 Years

Imagination and creativity are used to teach basic ballet and tap skills. Traditional music, terms and steps introduced in a fun format.

Monday	11:00-11:50 am S3
	3:00-3:50 pm S3
Tuesday	10:00-10:50 am S3
Wednesday	10:00-10:50 am S3
Thursday	11:00-11:50 am S3
Friday	11:00-11:50 am S3
	3:30-4:20 pm S2
Saturday	10:00-10:50 am S3
Sunday	9:00-9:50 am S3

September 1-December 21

January 7-February 3

February 10-May 19

\$239 \$319	1 class/week
\$430 \$574	2 classes/week
\$573 \$765	3 classes/week



Ballet: 6-9 Years

Classical ballet with strong emphasis on technique, choreography, placement and discipline.

Wednesday	4:00-4:50 pm S3
Friday	3:00-3:50 pm S3
Saturday	1:30-2:20 pm S3

September 1-December 21

January 7-February 2

February 6-May 19

\$239 \$319	1 class/week
\$430 \$574	2 classes/week
\$573 \$765	3 classes/week

Ballet & Tap: 4-6 Years

Basic introduction to classical ballet and tap. Focus is on having fun while learning terms, feet and arm placement, dance etiquette and technique.

Tuesday	3:00-3:50 pm S3
Wednesday	11:00-11:50 am S3
	3:00-3:50 pm S3
Thursday	4:30-5:20 pm S2
Friday	4:30-5:20 pm S2
Saturday	11:00-11:50 am S3
Sunday	10:00-10:50 am S3

September 1-December 22

January 7-February 2

February 4-May 19

\$239 \$319	1 class/week
\$430 \$574	2 classes/week
\$573 \$765	3 classes/week

Tap: 6-9 Years

Fun and challenging; this class promotes a combination of rhythm, timing and coordination.

Wednesday	5:00-5:50 pm S2
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September 1-December 19

January 9-January 30

February 6-May 19

\$239 \$319	1 class/week
\$430 \$574	2 classes/week
\$573 \$765	3 classes/week

Jazz: 6-9 Years

Each class will build on a strong technique base and full body isolations for warm up, followed by a more contemporary dance combo to finish.

Wednesday	3:00-3:50 pm S2
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September 1-December 19

January 9-January 30

February 6-May 19

\$239 \$319	1 class/week
\$430 \$574	2 classes/week
\$573 \$765	3 classes/week

Hip Hop: 4-6 Years

High energy boys and girls will have a blast learning hip hop basics and introductory break dance moves to today's popular music in this fun, age-appropriate class.

Wednesday	4:00-4:50 pm S2
Friday	3:00-3:50 pm MG
Sunday	11:00-11:50 am S3

September 1-December 21

January 9-February 3

February 6-May 19

\$239 \$319	1 class/week
\$430 \$574	2 classes/week
\$573 \$765	3 classes/week

Contemporary: 6-9 Years

This eclectic class combines elements of ballet, jazz and modern dance techniques and encourages dancers to explore their individual dance styles.

Thursday	3:30-4:20 pm S2
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September 1-December 20

January 10-February 31

February 7-May 19

\$239 \$319	1 class/week
\$430 \$574	2 classes/week
\$573 \$765	3 classes/week

Hip Hop: 6-9 Years

Bust a move! High energy boys and girls will have a blast in this YMCA-approved hip hop style and choreography class.

Monday	3:00-3:50 pm S2
Friday	4:00-4:50 pm MG

September 1-December 21

January 7-February 1

February 4-May 19

\$239 \$319	1 class/week
\$430 \$574	2 classes/week
\$573 \$765	3 classes/week

YOUTH DANCE | 9-16 YEARS

LEGEND: Studio 2 | S2 | Studio 3 | S3 | Mega | MG |

Ballet: 9-16 Years

Focus on ballet technique, body placement, posture, balance, flexibility and coordination using Classical music.

All Levels

Tuesday 4:00-4:50 pm | S3 |
Friday 4:00-4:50 pm | S3 |

Intermediate/Advanced*

Tuesday 6:00-7:20 pm | S3 |

September 1-December 21

January 5-February 1

February 2-May 19

\$239 | \$319 1 class/week
\$430 | \$574 2 classes/week
\$573 | \$765 3 classes/week

Tap: 9-16 Years

Fun and challenging; this class promotes a combination of rhythm, timing and coordination. Students develop musicality through various barre, center and cross-floor exercises and routines. Focus is on proper techniques, clear taps and appropriate speed.

All Levels

Tuesday 5:00-5:50 pm | S3 |

September 1-December 18

January 8-February 29

February 5-May 19

\$239 | \$319 1 class/week
\$430 | \$574 2 classes/week
\$573 | \$765 3 classes/week

Jazz: 9-16 Years

Each class will build on a strong technique base and full body isolations for warm up, followed by a more contemporary dance combo to finish.

All Levels

Tuesday 4:00-4:50 pm | S3 |
Friday 5:00-5:50 pm | S3 |

Intermediate/Advanced*

Thursday 4:30-5:50 pm | S3 |

September 1-December 21

January 8-February 1

February 4-May 19

\$239 | \$319 1 class/week
\$430 | \$574 2 classes/week
\$573 | \$765 3 classes/week

Hip Hop: 9-16 Years

Learn fundamentals, popping, tutting, mainstream studio hip hop and freestyle. Work on musicality, choreography and individuality.

All Levels

Monday 4:00-4:50 pm | S2 |
Wednesday 5:00-5:50 pm | S3 |
Friday 5:00-5:50 pm | MG |

Intermediate/Advanced*

Monday 5:00-6:20 pm | S3 |

September 1-December 21

January 7-February 1

February 4-May 19

\$239 | \$319 1 class/week
\$430 | \$574 2 classes/week
\$573 | \$765 3 classes/week

Latin: 9-16 Years

Learn the principals of authentic Latin dancing. Focus on the body rhythms inherent in Salsa/Mambo, Bachata, Chacha, Merenge, and Rumba.

All Levels

Monday 4:00-4:50 pm | S3 |

September 1-December 17

January 7-January 28

February 4-May 19

\$239 | \$319 1 class/week
\$430 | \$574 2 classes/week
\$573 | \$765 3 classes/week

Contemporary: 9-16 Years

This eclectic class combines elements of ballet, jazz and modern dance techniques and encourages dancers to explore their individual dance styles.

All Levels

Thursday 6:00-7:20 pm | S3 |

September 1-December 20

January 10-January 31

February 7-May 19

\$239 | \$319 1 class/week
\$430 | \$574 2 classes/week
\$573 | \$765 3 classes/week

PRIVATE LESSONS

One-on-one instruction in ballet, tap, jazz, or hip hop. Your instructor will personalize each lesson to your individual needs.

Contact the Dance Department at ext. 12510 for instructor availability.

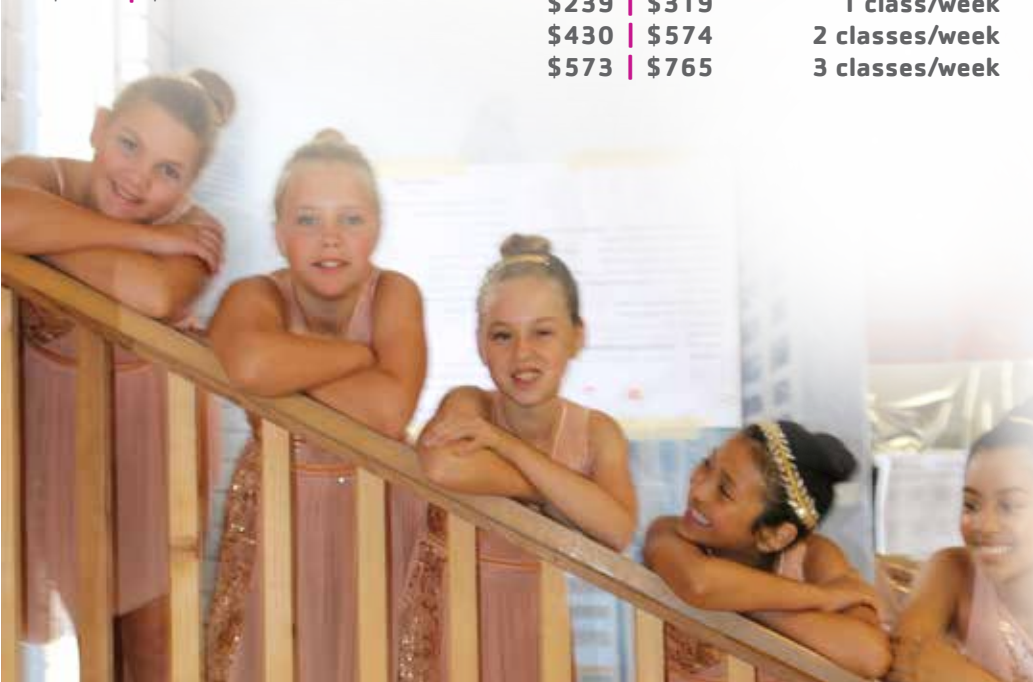
\$27 | \$36 per half hour
\$35 | \$46 per 45 minutes
\$51 | \$67 per hour

SEMI-PRIVATE LESSONS

Participants may create their own group lessons with up to four participants.

\$17 | \$22 per half hour
\$31 | \$41 per hour

Participants must register together.
Price per individual.



YMCA DANCE — PRESENTS — THE 2018 NUTCRACKER

Rehearsals

Saturdays,
September 15 - December 16

Performances

December 15-16

Rehearsal Schedule

2:00 - 5:00 pm
Must be 4 years old

\$172 | \$229 by September 15

Must enroll in at least one weekly
technique class to participate.



CARLSBAD TUMBLE ZONE DANCE

Ballet/Tap 3-5 yrs

Tuesday 9:00-9:50 am
Wednesday 9:00-9:50 am
3:30-4:20 pm
Thursday 3:30-4:20 pm
Saturday 9:00-9:50 am
10:00-10:50 am

Ballet 6-9 yrs

Thursday 4:30-5:20 pm

Tap 6-9 yrs

Wednesday 4:30-5:20 pm

\$68 | \$89 (1 class/week)
\$119 | \$158 (2 classes/week)
\$158 | \$209 (3 classes/week)

Classes held at the Tumble Zone
6100 Avenida Encinas, Carlsbad 92011



EXPRESSION DANCE TEAMS

Looking for rising stars to join this fun group of dancers who perform at local, non-competitive events throughout San Diego County. Teams are for girls and boys 9-16 years of age.

LEGEND: Studio 2 | S2 | Studio 3 | S3 | Mega | MG |

Jazz Dance Team | S3 |

Wednesday 6:00-7:00 pm (Level 1)
6:30-7:30 pm (Level 2)

\$135 | \$179 monthly

Includes Wednesday rehearsal and up to 3 technique classes per week.

\$181 | \$240 monthly

Includes Wednesday rehearsal and up to 5 technique classes per week.

\$50 one-time uniform fee.

See page 39 for technique class options. Level 2 and intermediate/advanced technique classes by invitation only.

Hip Hop Dance Team | S3 |

Monday 6:30-7:30 pm (Level 1)
7:00-8:00 pm (Level 2)

\$135 | \$179 monthly

Includes Wednesday rehearsal and up to 3 technique classes per week.

\$181 | \$240 monthly

Includes Wednesday rehearsal and up to 5 technique classes per week.

\$50 one-time uniform fee.

See page 39 for technique class options. Level 2 and intermediate/advanced technique classes by invitation only.

GOALS

- To be dedicated and passionate dancers.
- To enhance dance technique and performance skills.
- To explore different dance styles and choreographers.
- To be uplifting and positive teammates.
- To be role models and mentors to our peers and younger students.
- To positively represent the Y in our community; to be honest, caring, responsible, and respectful to ourselves, our teachers, our teammates, and our community.
- Dance qualifies for middle school Independent Study P.E.

ADULT DANCE

Our adult dance classes are tailored to welcome all levels, especially beginners. Step into the studio and see what all the fun is about! You can 'drop-in' for a single class or purchase a class card. Class cards valid all days, times and styles. (Class Cards Non-Refundable)

LEGEND: Studio 2 | S2 | Studio 3 | S3 | Mega | MG |

Classical Ballet

A good class for beginning and intermediate dancers. Focus is on technique and placement to build core strength, flexibility, balance and coordination. Come in yoga or dance attire with ballet shoes or socks.

Monday	12:00-1:20 pm S3 		
Tuesday	7:30-8:50 pm S3 		
Wednesday	12:00-1:20 pm S3 		
Thursday	7:30-8:50 pm S3 		
Saturday	12:00-1:20 pm S3 		
\$6 \$8		single class	
\$56 \$75		10 class card	
\$105 \$140		20 class card	

Tap

Get your stomp on! Increase muscle tone and overall health in this fun, energetic class.

Tuesday	11:00-11:50 am S3 		
Thursday	9:00-9:50 am S3 		
\$6 \$8		single class	
\$56 \$75		10 class card	
\$105 \$140		20 class card	

Jazz

Each rehearsal will focus on fun, upbeat choreography. Multiple styles will be taught including Lyrical Jazz, Theatrical Jazz and Classical Jazz

Thursday	12:00-1:20 pm S3 		
\$6 \$8		single class	
\$56 \$75		10 class card	
\$105 \$140		20 class card	

Belly Dance

Open to all levels. Intrigue the mind and stimulate the body. A fun, fabulous way to express yourself!

Tuesday	12:30-1:20 pm S2 		
\$6 \$8		single class	
\$56 \$75		10 class card	
\$105 \$140		20 class card	

Latin Ballroom

Partners and singles welcome. Learn basic steps and terminology, leading and following, how to move comfortably around the dance floor and proper dance etiquette.

Wednesday	7:30-8:20 pm S3 		
\$6 \$8		single class	
\$56 \$75		10 class card	
\$105 \$140		20 class card	





FAMILY PROGRAMS

From Adventure Club programs, dance and gymnastics classes, to family swim time, there is something for every member of the family at the YMCA. Get fit with our complimentary KickStart Wellness program or enjoy one of our many family-friendly classes, including indoor cycling, Zumba, yoga and Pilates. We welcome you and your family to join us in our commitment to youth development, healthy living and social responsibility.

CHILD & FAMILY FITNESS

Try one of over 40 fitness classes for the entire family! The following classes are **FREE** for members. Current fitness class schedules are available outside of studio 1, on our website or on our MobileFit App. For more information, contact **Angela Hunter** at ext. 12576.

Look for the Family Friendly symbol on our fitness schedules for family friendly classes



Dance! Family

Enjoy a cardio dance workout taught to World Beats.

5+ years with parent/guardian

Lil' Boucin' Buddies

Get your little ones moving to the beat of age appropriate songs & games. Adult participation encouraged!

18mo-4 years with parent/guardian

Preschool Yoga

Age-appropriate poses, fun breathing exercises and games for little ones.

3-5 years with parent/guardian

Group exercise classes after 5:00pm are open to families with children 7 & up. (Excluding BodyPump)

Kid Friendly Yoga

Kids can experience the same mind/body benefits of a traditional yoga class.

5-12 years with parent/guardian

Adaptive Yoga

A safe fitness class for women who are pregnant or have recently delivered. This class offers a balanced practice of safe and effective stretching and strengthening postures, deep breathing and relaxation exercises.

Infants with parent/guardian or expectant mothers

Cycle Family

Cardio workout performed to music on specially designed stationary bikes.

7+ years with parent/guardian

ISPE INDEPENDENT STUDY P.E.

The ISPE program provides Jr. High and High School students the opportunity to earn P.E. credits at the Y. The student's ISPE fitness program may include studio cycling, yoga, aerobics and strength training. Progress is monitored and attendance logs are submitted and reviewed throughout the semester. At the end of the school semester, the ISPE Coordinator submits a Coach Evaluation to the school in accordance to the school district's requirements.

For Additional Information, Contact:
Carolyn Mack | cmack@ymca.org or 760.942.9622 ext. 12513
\$158 per semester | \$291 per school year

*ISPE participants must be a YMCA member

FAMILY ENRICHMENT

Gymnastics

Gymventures Mommy/Daddy & Me

Children will be introduced to gymnastics skills in a fun environment. Requires full parent participation.

Boys & Girls	10 months-2½ years
Monday	10:00-10:45 am
Tuesday	9:00-9:45 am 10:00-10:45 am
Wednesday	10:00-10:45 am
Thursday	9:00-9:45 am
Friday	9:00-9:45 am
Saturday	9:00-9:45 am
\$68 \$90	1x per week
\$106 \$141	2x per week
\$139 \$185	3x per week

Gymventures Open Gym in the Tumble Zone

Participants are welcome to come & play at the gym. Parents must be within an arms reach of their children.

6 months-5 years

Monday	11:00 am-12:00 pm
Tuesday	11:00 am-12:00 pm
Wednesday	12:00-1:00 pm
Thursday	12:00-1:00 pm
Friday	11:00 am-12:00 pm 5:30-6:30 pm
Saturday	11:00 am-12:00 pm

\$8 | \$11 per hour

Open Gym Workouts

Participants may attend an Open Gym workout. Pre-registration recommended.

6-15 years

Friday	6:30-8:00 pm
Saturday	11:00 am-12:00 pm*
\$12 \$14	per day
\$10* \$13	per day

Open Gym Workouts & Tumble Zone

Must have a current Medical Release and Liability Waiver on file to participate.

FAMILY ENRICHMENT

Adventure Clubs

Parents and children have a chance to bond over fun-filled weekends where groups go camping, hiking, kayaking and much more. **See page 13 for details.**

Aquatics

For additional information, please contact Aquatics at ext. 12564.

Open Recreational Swimming

This program is free to members. Participants pay a day use fee at the Courtesy Counter.

The following schedule begins September 1

Monday & Wednesday 7:00-8:00 am
11:15 am-2:00 pm
6:30-8:30 pm

Tuesday & Thursday 7:00-8:00 am
12:05 -3:00 pm
6:30-8:30 pm

Friday 7:00-8:00 am
9:00 am-2:00 pm
3:00-8:30 pm

Saturday 12:30-5:55 pm

Sunday 11:00 am-5:55 pm

Free for members

Participants pay day use fee: \$20



Dance

For more information, please contact the Dance Department at ext. 12594.

Creative Kids: 2-5 Years

Sing, dance and create! We'll make crafts, boogie down with creative movement dances, march in musical bands & play games. Attire: comfortable play clothes. Parent participation.

Friday 11:30 am-12:20 pm | MG |

September 7-October 26

November 2-December 21

January 11-February 1

\$87 | \$115 1 class/week
\$156 | \$208 2 classes/week

Parent/Tot Ballet & Tap: 2-3 Years

Your child will learn the basics of ballet and tap while you participate and have fun too! Moms, dads and grandparents welcome. Children come in dance attire with ballet and tap shoes. Adults come as you are.

Wednesday 9:00-9:50 am | S3 |
Saturday 9:00-9:50 am | S3 |

September 1-October 24

October 27-December 19

January 9-February 2

\$87 | \$115 1 class/week
\$156 | \$208 2 classes/week

Parent/Tot Hip Hop: 2-3 Years

Your child will learn the basics of hip hop while you participate and have fun too!

Friday 10:00-10:50 am | S3 |

September 1-October 26

October 27-December 21

January 11-February 1

\$87 | \$115 1 class/week
\$156 | \$208 2 classes/week

Parents Night Out

Drop your child off for a fun filled themed evening. We'll have a blast learning dance moves and playing games. Refreshments will be provided. Parents do not need to stay onsite. Enjoy a date night or extra-long workout. Space is limited. Advanced enrollment suggested. Members \$19 | Non Member \$24

Family Events

Spend more time at the Y with your family! Each month we have a family friendly event perfect for the kids, parents, and grandparents to attend. There are scavenger hunts, painting parties, visits from our North County Sheriff Department and many other opportunities. Check at the Registration Desk monthly for a flyer for the event and join us for activities and snacks!



Haunted Halloween

October 31, 2018 2:30-4:00 pm

Courtyard

Santa at the Y

December 21, 2018 2:30-3:30 pm

Main Lobby

Chess

FREE for members, held every Friday year-round in the Lobby from 3:00-4:30 pm. Children must be supervised by a parent or guardian.

BIRTHDAY PARTIES

The Magdalena Ecke Family YMCA provides parties that are sure to make your birthday a memorable celebration! Sign up in person at the YMCA or call our Registration line.

Aquatics Party

Aquatic Birthday Parties are held on Saturdays & Sundays from 5:00-7:00pm. The first hour will take place in a conference room, and the second hour will be in the instructional pool and splash pad. Parties can accommodate up to 50 people in the water.

Call ext. 12564 for information and to schedule a party.

All Ages

\$212 | \$281
for up to 50 guests

Creative Kids Party

Have two hours of fun for your child on their special day! For an hour-and-a-half: play games, sing songs, dance, enjoy story time and make a craft to take home. The last 30 minutes is dedicated to serving refreshments (provided by parent). **Call ext. 12510 for information and to schedule a party.**

18 months-6 years

\$212 | \$281
for up to 15 guests
+ \$10 for each additional guest

Art Party

Grab your paint brushes and add a little color to your birthday! Come celebrate your birthday with a paint party at the YMCA! Parties include an hour-and-a-half of step-by-step painting, plus 30 minutes for cake and ice cream (provided by parent). **Call ext. 12510 for information and to schedule a party.**

5 years & older

\$304 | \$404
for up to 15 guests
+ \$10 for each additional guest

Requires a \$50 NON-REFUNDABLE DEPOSIT.

Dance Party

Jump, jive, twist, spin and leap into your next year with a dance party! An hour and a half of instruction with a professional dancer, movement warm-up, dance games and activities followed by a half hour for refreshments (provided by parent).

Call ext. 12510 for information and to schedule a party.

3-12 years

\$212 | \$281
for up to 15 guests
+ \$10 for each additional guest

Gymnastics Party

Bounce, swing and jump in the pit at a gymnastics party! Enjoy the gym with coaches and then celebrate with cake, ice cream, etc. (provided by parent). Parents may decorate the area however they desire. A refrigerator and freezer are available for your convenience. **Call 760.635.3070 to schedule a party.**

Tumble Zone Party (5 years & under)
Gymnastics Center Party
(6 years & older)

Saturdays or Sundays
Call for available times

\$275 | \$350 for 1.5 hour party
for up to 15 guests
(including the birthday child)
+ \$10 | \$12 charge for each
additional child after 15 children.
+ \$50 charge for an additional
30 minutes.

2 Week Advanced Notice Recommended.
Requires a \$50 NON-REFUNDABLE DEPOSIT.



Martial Arts Party

Kick-start your birthday with Sensei Shane Rivera. Participate in Freestyle Karate/Tae Kwon Do for 1.5 hours with non-stop action and fun-filled activities. Must be scheduled two weeks in advance. **Call ext. 12581 for information and to schedule a party.**

5 years and older

\$212 | \$281
for up to 15 guests
+ \$10 for each additional guest

Skate Party

Grind, ollie and slide into your next birthday with a party at the skate park! Enjoy 3hrs of skating with your friends and one of our amazing skate staff! YMCA will provide the instructor/host, party area, and gift bags. **Call ext. 12591 for information and to schedule a party.**

All birthday party participants must be at least 6 years old and have a valid Skate Park Waiver. Must provide own board, pads & helmet.

\$225 | \$265
3 hours for up to 10 participants
+ \$15 for each additional guest

Child celebrating birthday must be a Skate Park member.



FITNESS & WELLNESS

With over 180 free weekly exercise classes, 10 workout areas, an extensive free weight area for functional movement and dozens of personalized fitness options, the Magdalena Ecke Family YMCA is dedicated to helping you meet your health and wellness goals.

GETTING STARTED

The Strength Training Center and adjacent Cardio Room offer a complete line of strength training and cardio equipment. The newly upgraded Functional Training Center, offers a complete line of free weights, stretch equipment and dynamic training options. All cardio machines are equipped with personalized TV viewing screens.

Our welcoming Wellness Center upstairs features a full circuit of strength training machines, treadmills, upright and recumbent bicycles, elliptical cross-trainers, AMT's and rowers.

KickStart

KickStart is a **FREE** program that provides you with an easy-to-follow plan and cutting-edge fitness equipment. You will meet with your wellness coach 3x over 30 days to develop a program that meets your health and fitness goals.

Equipment Orientation

A wellness coach will help design your fitness program and show you how to use the fitness center's equipment.

FamilyFit Orientation

Families are encouraged to workout together (children ages 7-12). Family orientations are required prior to using the facilities and will cover exercise technique, etiquette and safety protocols.

TeenFit Orientation

Required for members 13-17 years, this orientation teaches basic fitness principles, proper use of the facility and equipment, as well as correct form and technique.

InBody Consultation

Meet with a fitness professional that will utilize the INBody 570 to lead you through a body composition analysis that includes more than 20 measurements.

\$15 for members

Group Exercise Consultation

Designed for those who would like help building a customized group exercise workout schedule. For more information, contact Cheri Pogeler at ext. 12584.

SCHEDULE A FITNESS APPOINTMENT AND GET STARTED TODAY!
Contact Our Wellness Staff 760.942.9622 ext.12541

FITNESS CLASSES INCLUDED WITH MEMBERSHIP

We can help you meet your wellness goals! Find classes that enhance specific skills like flexibility, cognitive health, cardiovascular fitness, balance and muscular strength. Current fitness class schedules are available at the Courtesy Counter, on our website or on the Mobile Fit app.

Aquatic Fitness

The support and resistance of the water offers many benefits to enhance strength, improve range of motion in the joints and improve quality of life!

Cardio & Dance Classes

Move to the beat as you strengthen your heart and lungs. Dance-based classes offer the fun of fancy footwork as you exercise.

Child & Family Fitness

Try one of over 30 fitness classes for the entire family! Most weekday group fitness classes starting on or after 5:00 pm are family friendly (for children 7-12 with a parent/guardian).

Flexibility & Strength

Classes designed to enhance your flexibility and/or muscular strength and endurance.

Mind & Body

Classes that enhance the connection between the mind and body. We offer Yoga, Pilates and Somatics classes.

Outdoor Fitness

We offer many outdoor fitness options providing a great way to get fit while having fun and enjoying the great outdoors!

Fitness Class

Introduction Clinic
This 30-minute clinic is designed for those who need assistance navigating our fitness schedule.



CLASSES INCLUDED WITH MEMBERSHIP

Class Benefits:

Flexibility Enhances the mind/body connection improving coordination and reducing stress. Enhances joint range of motion.	Cardiovascular Fitness Strengthens the heart and lungs for efficiency.	Core Stability Strengthens the deep abdominal muscles and improves postural alignment.	Balance Improves proprioception and reduces the risk of falling.	Muscular Strength Increases strength and enhances muscular development and coordination.	Cognitive Health Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.
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CARDIO & STRENGTH

Barre™ F CS B MS
 Sculpt your body and improve your posture using basic ballet principles.

BODYPUMP™ CF MS CS
 A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.

BOSU® CF CS B MS
 An intense workout performed on a BOSU half ball/balance platform.

Cardio Blast CF CS MS
 A total body high intensity cardio and strength workout.

CoreFit CF CS B MS
 Strengthen your abs, obliques, lower back and more in this core focused class.

CXWORX™ CS B MS
 A pre-choreographed, challenging but achievable 40 minute core training workout using crunches, hovers, resistance, tubes and weight plates.

Cycling CF
 Cardio workout to music on specially designed stationary bicycles. Workout towel required.

Dance! CF B
 High energy dance inspired workout. No partner or special footwear required.

Exercise Lite CF MS CH
 Low impact workout followed by strength and stretching exercises. May include floor work.

Extreme Fit CF CS MS
 Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises.

Forever Fit CF MS CH
 Chair-based fitness using seated and standing exercises.

HIIT CF MS
 High Intensity Interval Training.

Hi/Lo Cardio CF
 Fun and energetic workout using high and low impact movement.

Step CF B MS
 High energy choreographed workout that uses adjustable step (step-board optional).

Strength CS MS
 A full body strength and conditioning class using a variety of equipment.

Zumba® CF
 Combines unique Latin moves and rhythms to create an exciting dynamic workout.

Zumba® Gold CF
 A modified Zumba® class that recreates the original moves you love at a lower intensity.

MIND & BODY

Adaptive Yoga F CS B CH
 Ideal for pre and post-natal moms, injury recovery and people with mobility challenges.

Bender Ball® F CS MS CH
 Movements to enhance core activity through Pilates and functional training exercises.

Chair Yoga F CS B CH
 Enjoy the benefits of yoga utilizing a chair for support.

Fusion Yoga/Pilates F CS B CH
 Enjoy the exploration of different yoga styles combined with Pilates.

Gentle Yoga F CS B CH
 Breathing and relaxation in postures that are gentle on the joints.

Hatha Yoga F B CH
 Series of traditional postures that release tension and stress.

Iyengar Yoga F CS B CH
 Emphasis on detail, precision and alignment in the performance of posture and breath control.

Pilates F CS MS CH
 A sequence of carefully performed movements that strengthen the body, open joints and release tension.

Power Yoga F CS B MS CH
 Dynamic and challenging high-energy workout for experienced yogis.

Restorative Yoga F CH
 Signed to revitalize the body and energize the spirit. Please bring a blanket or towel.

Somatics F CH
 Moving, sensing and feeling the body through exercise.

Stretch F
 Improve range of motion, joint health and posture.

Tai Chi F B CH
 A form of Martial Arts that builds strength and balance.

Vinyasa Yoga F CS B MS CH
 Series of poses that unite movement with breath.

WATER EXERCISE

Aqua Fit CF CS MS
 Low impact water exercise in shallow water. Non-swimmers welcome.

Aqua Interval CF CS MS
 A tough workout that utilizes intervals and high intensity activity.

Aqua Mind Body F CS B CH
 Movement is linked with breath creating awareness and relaxation.

Deep Water CF CS MS
 Non-impact exercise in deep water with assistance of a flotation belt.

Hydro Healing CS B MS
 Gentle exercise designed to enhance joint mobility and is beneficial for participants with chronic health conditions.

**FAMILY FITNESS
 CLASSES LOCATED
 ON PAGE 43**

NUTRITION PROGRAMS

Our Y Evolution Nutrition program provides you with the tools, knowledge and support to improve your health and reach your goals. Our program offers personalized dietary plans that can help you improve your cardiovascular health, balance your blood sugar, reduce your cholesterol, lose body fat and more.

Evolution Nutrition

Work one-on-one with a Nutrition Coach to reach your nutrition and body composition goals. You will receive personalized menus designed by Registered Dietitians as well as convenient grocery lists and easy to follow recipes. You'll track your progress with weekly weigh-ins and measurements. Get real support, eating real food for real change!

1 Week Trial Now Available!
\$31 | \$39
Jump Start 3 Week Program
\$76 | \$95
Jump In 6 Week Program
\$126 | \$158
Jump On 12 Week Program
\$201 | \$251
Note: Programs purchased are non-refundable.



Register At The Front Desk Or Call 760.942.9622.

Once you register, you will be contacted to set-up an appointment.

QUESTIONS? Angela Hunter | arhunter@ymca.org | 760.942.9622 ext. 12576

OUTDOOR FITNESS

With such beautiful weather and scenery, why confine yourself to working out inside the gym? The YMCA offers many outdoor fitness options providing a great way to get fit while having fun and enjoying the great outdoors! Listed here are programs we offer **FREE** to members.

Extreme Fit

Exercise in the fresh air and get a great total body workout! Boot Camp combines cardio drills, balance training, core conditioning, weights and challenging large muscle group exercise. Bring a towel or mat for ground work.

Tuesday 9:00-9:50 am
Saturday 7:00-7:50 am

Running Club

If you are interested in a 4-6 mile run, please join a group of dedicated runners who do both trail and coastal runs. All levels welcome.

See current fitness schedule for days and times.

Group meets in the Lobby.

Walking Club

Get a breath of fresh air and a great workout at the same time! Join us and see Encinitas from a new perspective... SportWalking! **Contact Shannon Hughes at ext. 12573 for more information.**

See current fitness schedule for days and times.

Meet in the Lobby five minutes before class.

HYDRO CORE FITNESS USING BOOGA FITMAT



Check Out The Coolest New Workout! HC PILATES | HC FIT | HC YOGA

Hydro Core classes use the instability of a floating board on the water to provide a dynamic platform to take your workout to the next level!

Single Class \$25 | 10 Sessions \$209 | 20 Sessions \$339
See flyers & website for class schedules.

For more information call Angela Hunter at 760.942.9622 x12576

PERSONAL TRAINING & SMALL GROUP PROGRAMS

Check for flyers in the Functional Training Center for additional small group training programs!

Personal Training Programs

Personal Training

Your trainer will work with you one-on-one to guide and motivate you through a safe and effective 55-minute session geared to your fitness level and goals. We offer: Functional/Core Training, Sport-Specific Training, Post Rehabilitation, Balance and Reaction Time Training. **Contact Shannon Hughes at ext. 12573 for more information.**

5 session package | \$250
\$50 per session

10 session package | \$480
\$48 per session

15 session package | \$690
\$46 per session

20 session package | \$880
\$44 per session

New Client Special: 5 for \$219
(one time opportunity)

Note: 24-Hour notice is required for cancellations For All Personal Training. Appointments cancelled without notice will be charged full price. Training sessions are NON-REFUNDABLE.



Partner Training

Groups of two people will work with one of our certified personal trainers who will guide and motivate you through a safe and effective 55-minute session geared to everyone's fitness level and goals. **Contact Carrie Myers at ext. 12579 for more information.**

5 session package, per person
Partner | \$180

10 session package, per person
Partner | \$340

15 session package, per person
Partner | \$480

20 session package, per person
Partner | \$580

Teen Personal Training

One-on-one instruction with a nationally certified personal trainer. Workouts are geared towards the specific needs and goals of the individual. **Contact Carrie Myers at ext. 12579 for more information.**

5 session package, per person
Partner | \$250

10 session package, per person
Partner | \$480

15 session package, per person
Partner | \$690

20 session package, per person
Partner | \$880

New Client Special: 5 for \$219
(one time opportunity)

Due to YMCA of San Diego County liability requirements, all personal training and/or instruction must be provided by the Magdalena Ecke Family YMCA Fitness staff only. No exceptions!

Small Group Training

Groups from three to six people will work with one of our certified personal trainers who will guide and motivate you through a safe and effective 55-minute session geared to everyone's fitness level and goals. We offer: Functional/Core Training, Sport-Specific Training, Post Rehabilitation, Balance and Reaction Time Training. **Contact Carrie Myers at ext. 12579 for more information.**

5 session package, per person
Small Group | \$165

10 session package, per person
Small Group | \$290

15 session package, per person
Small Group | \$405

20 session package, per person
Small Group | \$460





SMALL GROUP CLASSES & PILATES

Questions? Call Carrie Myers at 760.942.9622 x12579 or cmyers@ymca.org.
 Schedule and fees subject to change.

Small Group Programs

Maximize efficiency, time and effect in a small group training atmosphere.

Strength & Conditioning Program

Olympic lifting and power lifting meets boot camp and cardio conditioning! Combining the attention of personal training with the energy and value of group training, this program offers a full-body workout that emphasizes fun, functional movements done at relatively high intensity. **Contact Carrie Myers at ext. 12579 for more information.**

Monday, Wednesday & Friday **6:00-7:00 am**

Mega Studio

\$149 | \$212 per monthly session

Small Group Classes

Mix-and-match to build variety to your workout routine for optimal results. Contact Angela Hunter at ext. 12576 for more information.

Hydro Core **NEW**

Floating aqua board specialty class.

Total Body Ax

Dynamic strength conditioning class working all muscle groups on specialty Queenax equipment.

Glide

Combination of strength, flexibility & low intensity cardio utilizing glide equipment.

FSM

Kettlebell specialty classes.

Single Class	\$25
10 sessions	\$209
20 sessions	\$339

Pilates

Payment is due before each session begins. Purchase sessions at the Courtesy Counter, at the Registration Desk or by calling the Registration line. Medical clearance may be required for certain conditions. 24-Hour notice is required for cancellations. Appointments canceled without notice will be charged full price. One private session is required before beginning semi-private training. Fees are non-refundable.

To make an appointment contact, Carolyn Mack at ext. 12513.

Private & Semi-Private Pilates

Your trainer will work with you one-on-one or with a partner to guide and motivate you through a safe and effective 55-minute session on the Pilates apparatus.

PRIVATE	
\$75	per session
\$265	4-pack
\$503	8-pack
SEMI-PRIVATE	
\$57	per session
\$199	4-pack
\$369	8-pack

Group Reformer Pilates

A trainer led workout for up to three members utilizing the Pilates Reformer to sculpt long, lean muscles and enhance range of motion. **To schedule a session, call Carolyn Mack at ext. 12513.**

For members only	
\$35	per session
\$129	4-pack
\$239	8-pack

Payment for classes accepted at the Registration desk or Courtesy Counter. To reserve your place in Small Group Training classes, contact Carolyn Mack at cmack@ymca.org or 760.942.9622 ext. 12513. **PLEASE BRING YOUR PAPER RECEIPT TO CLASS AND GIVE TO YOUR INSTRUCTOR.**

If you are not at your class within 10 minutes of the start time, you will be charged and your spot will be given away. Kindly cancel 24 hours in advance.

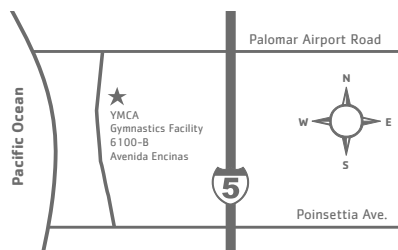


GYMNASTICS

Tumble into our Gymnastics Center and Tumble Zone for first-rate instruction in a fun and safe environment. Whether you are a recreational gymnast or looking for more, we have a program for you!

GYMNASTICS PROGRAMS

All participants are required to register with the Gymnastics Center only. All classes and programs run in monthly sessions. For more information about our program, please call the Gymnastics Center at 760.635.3070 or visit our facility at 6100 Avenida Encinas, Carlsbad, 92011.



Gymnastics Center Hours

Monday-Friday 9:00 am-7:00 pm
 Saturday 9:00 am-12:00 pm
 Closed on Sunday

Program Information

Sessions run on the calendar month. Registration is for specific days and times. Fees are per monthly session unless otherwise indicated.

Registration Information

Priority registration for current participants runs the 1st-15th of the previous month.

Open enrollment for new students begins on the 17th of the previous month.

Private Lessons

Call Gymnastics registration line for more information.

Days and times will be arranged

\$35 | \$45 per half hour
\$57 | \$75 per hour

Semi-Private Lessons

Designed for two or three students only. Call Gymnastics registration line for more information.

Days and times will be arranged

\$23 | \$30 per half hour
\$30 | \$40 per hour

Gymventures Open Gym in the Tumble Zone

Participants are welcome to come and play at the gym. Parents must be within an arms reach of their children.

6 months-5 years

Monday	11:00 am-12:00 pm
Tuesday	11:00 am-12:00 pm
Wednesday	12:00-1:00 pm
Thursday	12:00-1:00 pm
Friday	11:00 am-12:00 pm 5:30-6:30 pm
Saturday	11:00 am-12:00 pm
\$8 \$11	per hour



Check out our Tumble Zone dance schedule on page 40.

Must have a current Medical Release and Liability Waiver on file to participate.

Open Gym Workouts

Participants may attend an Open Gym workout. Pre-registration recommended.

6-15 years

Friday	6:30-8:00 pm
Saturday	11:00 am-12:00 pm*
\$12 \$15	per day
*\$10 \$13	per day

Must have a current Medical Release and Liability Waiver on file to participate.

Adaptive Gymnastics

This class is for children with special needs. Activities will be adapted to the level of the child's ability.

Contact the Gymnastics Center for more information.

6-15 years

Saturday	8:00-8:55 am
\$73 \$96	per month



PRESCHOOL CLASSES

Gymventures Mommy/Daddy & Me

Children will be introduced to gymnastics skills in a fun environment. Requires full parent participation.

Boys & Girls 10 months-2½ years

Monday	10:00-10:45 am
Tuesday	9:00-9:45 am 10:00-10:45 am
Wednesday	10:00-10:45 am
Thursday	9:00-9:45 am
Friday	9:00-9:45 am
Saturday	9:00-9:45 am

\$68 \$90	1x per week
\$106 \$141	2x per week
\$139 \$185	3x per week

Gymventures Transitional Twos

This class serves as a transition from Mommy/Daddy and Me to the Tiny Tumblers. Parents participate when necessary.

Boys & Girls 2½-3 years

Monday	9:00-9:45 am
Tuesday	9:00-9:45 am 10:00-10:45 am
Wednesday	9:00-9:45 am
Thursday	10:00-10:45 am 11:00-11:45 am
Friday	10:00-10:45 am
Saturday	9:00-9:45 am 10:00-10:45 am

\$68 \$90	1x per week
\$106 \$141	2x per week
\$139 \$185	3x per week



Gymventures Tiny Tumblers

Children will learn basic skills on floor exercise, bars, balance beam and vault in this introduction to gymnastics. The class will increase confidence, coordination and develop listening skills.

Boys & Girls 3-4 years

Monday & Friday	9:00-9:45 am
	10:00-10:45 am
	3:30-4:15 pm
	4:30-5:15 pm

Mondays only 5:30-6:15 pm

Tuesday	9:00-9:45 am
	10:00-10:45 am
	3:30-4:15 pm
	4:30-5:15 pm 5:30-6:15 pm

Wednesday & Thursday	9:00-9:45 am
	10:00-10:45 am
	11:00-11:45 am
	3:30-4:15 pm
	4:30-5:15 pm 5:30-6:15 pm

Saturday	9:00-9:45 am
	10:00-10:45 am

\$68 \$90	1x per week
\$106 \$141	2x per week
\$139 \$185	3x per week

GIRLS CLASSES

Novice—Ages 5-7

Girls will concentrate on learning basic skills in floor exercise, bars, balance beam and vault.

Monday-Friday	3:30-4:25 pm
	4:30-5:25 pm
	5:30-6:25 pm
Saturday	9:00-9:55 am 10:00-10:55 am

\$73 \$96	1x per week
\$111 \$149	2x per week
\$147 \$193	3x per week
\$177 \$234	4x per week

Novice—Ages 8+

Girls will concentrate on learning basic skills in floor exercise, bars, balance beam and vault. **Schedule and fees same as Novice ages 5-7.**

Level 1

A progression from our Novice program.

Monday-Friday	3:30-4:25 pm
	4:30-5:25 pm
	5:30-6:25 pm
Saturday	9:00-9:55 am 10:00-10:55 am

\$73 \$96	1x per week
\$111 \$149	2x per week
\$147 \$193	3x per week
\$177 \$234	4x per week

Level 2

Girls are introduced to more advanced skills in floor exercise, bars, balance beam and vault. Dance skills are introduced.

Monday-Friday	3:30-5:00 pm
Monday-Thursday	5:30-7:00 pm
Saturday	10:00-11:30 am

\$96 \$130	1x per week
\$147 \$193	2x per week
\$189 \$253	3x per week

Level 3

This class is designed for advanced girl gymnasts, Level 3 and above, who do not wish to compete, but want to continue learning higher level gymnastics skills.

Monday & Wednesday	3:30-5:30 pm
Tuesday & Thursday	5:30-7:30 pm

\$177 | \$234

Youth Tumbling

This class is designed to teach tumbling skills primarily used in cheer and dance. Beginning through advanced skills.

Girls	6-12 years
Tuesday	3:30-4:25 pm

\$73 | \$96

Teen Tumbling

This class is designed for female participants in junior high or high school to work on specific tumbling skills.

12-18 years	
Monday and/or Wednesday	6:00-7:30 pm

\$96 \$130	1x per week
\$147 \$193	2x per week



BOYS CLASSES

Boys five years and older may participate in gymnastics classes that will provide guidance and instruction on how to use the various boys' gymnastics equipment.

Level 1

Boys will learn basic skills on all equipment in this introductory class. They will be taught proper body positioning and skill name recognition. The class will increase confidence, coordination and attentiveness.

5 years and older

Monday	3:30-4:25 pm 4:30-5:25 pm	\$73 \$96 1x per week
Tuesday	3:30-4:25 pm 5:30-6:25 pm	\$111 \$149 2x per week
Wednesday	3:30-4:25 pm 4:30-5:25 pm	\$147 \$193 3x per week
Thursday	3:30-4:25 pm 4:30-5:25 pm	\$177 \$234 4x per week
Friday	3:30-4:25 pm 4:30-5:25 pm	
Saturday	9:00-9:55 am 10:00-10:55 am	

Level 2

Boys will learn basic and intermediate skills on floor exercise, pommel horse, rings, vault, parallel bars and high bar.

5 years and older

Monday	3:30-4:25 pm	\$73 \$96 1x per week
Tuesday	4:30-5:25 pm	\$111 \$149 2x per week
Wednesday	3:30-4:25 pm	\$147 \$193 3x per week
Thursday	5:30-6:25 pm	\$177 \$234 4x per week
Friday	4:30-5:25 pm	
Saturday	10:00-10:55 am	

Level 3

Boys will learn intermediate to advanced skills on all boys' events.

5 years and older

Tuesday	5:30-6:55 pm	\$96 \$130 1x per week
Wednesday	3:30-4:55 pm	\$147 \$193 2x per week
Thursday	5:30-6:55 pm	\$189 \$253 3x per week
Friday	3:30-4:55 pm	

Non-Competitive Boys

Designed for advanced gymnasts who do not wish to compete, participants will be taught to progress to more difficult gymnastics skills.

Monday & Friday	3:30-5:30 pm	\$177 \$234
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COED CLASSES & COMPETITIVE TEAMS

Aerial Arts Silks Classes

Climb, spin & fly on the silks! Begin on the ground with basic climbing, foot and hand locks. Then take to the air to flip, drop and descend. Music, choreography, strength and flexibility training are also large components of this program.

Tiny Flyers **3-5 years old**

Tuesday 11:00 am-11:45 am
Thursday 10:00 am-10:45 am

Novice **6 years and older**

Monday 5:30-6:15 pm
Tuesday 4:30-5:15 pm

Basic Aerial Skills including climbing, foot & hand ties, safety & rigging.

Level 1 **6 years and older**

Monday 3:30-4:15 pm
4:30-5:15 pm

Mastery of basic skills with emphasis on combos, descents & entries.

Level 2 **8 years and older**

Tuesday 3:30-4:15 pm

Comprehensive knowledge of all basic aerial skills & how they combine. Class is for strong climbers and begins to focus on drops & flips.

Adult

Tuesday 10:00 am-10:45 am
Thursday 11:00 am-11:45 pm

DRESS CODE: For the safety of participants legs must be covered to below the knee, entire torso must be covered and hair must be tied up.

\$73 | \$96 1x per week
\$111 | \$149 2x per week
\$147 | \$193 3x per week

Competitive Teams

Gymnasts must have a serious commitment to the competitive aspect of the sport. Depending upon competitive level, training will be set up for 3 to 5 days a week for a total of 5 to 20 hours a week. Students will be evaluated individually to determine their training schedule.

Boys Development Pre-Team By Invitation Only

5-7 years

Tuesday & Thursday 3:30-5:30 pm

\$177 | \$234

Boys Competitive Team Level 4-10

Contact Kevin Fucella at ext. 12610 for more information.

Girls Competitive Team Level 4-10

For more information please contact Wendy Margowski at the Gymnastics Center - 760.635.3070.



SIGN UP TODAY!
760.635.3070

GYMNASTICS CENTER
6100 AVENIDA ENCINAS, CARLSBAD 92011



MARTIAL ARTS

Build your confidence, personal discipline, muscle strength and self-respect! Under the direction of Sensei Shane Rivera, Fourth Degree Black Belt in Tae Kwon Do, our martial arts program focuses on Tae Kwon Do with Wi-Shu, Karate, Judo and boxing. Belt rankings and tournaments are included. Monthly sessions are available for youth, teens and adults of all levels.

MARTIAL ARTS PROGRAMS

Uniform may be purchased through the instructor. Sessions run monthly; schedule and fees are subject to change. For more information contact **Cameron Greene** at ext. 12581 or cgreene@ymca.org.

All classes are held in Studio 1.

Belt Exams

Belt exams are held every twelve weeks. Sign-up one week before exam.

4 years & older

Black belt exams	6:00 pm
Color belt exams	Class time

August 20 & 21

Make-up: September 7

November 19 & 20

Make-up: December 7

February 18 & 19

Make-up: March 1

May 20 & 21

Make-up: June 7

\$36 \$47	regular belt exam
\$40 \$53	make-up exam
\$52 \$69	black belt exam

Martial Arts Classes

Ninjas

Students enter the Ninja program as a white belt and progress through the belt ranking system. Skills learned are progressive and students earn the honor of testing in the belt exams. Students will learn many positions and stances and will place them into Tae Kwon Do Forms.

3-4 years

Monday & Wednesday	3:00-3:30 pm
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4-6 years

Monday & Wednesday	3:30-4:00 pm
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Monday & Wednesday	4:00-4:30 pm
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Tuesday & Thursday	4:00-4:30 pm
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\$98 | \$130

Karate Kids

Students enter Karate Kids program as a White Belt and Ninjas who have progressed through the Ninja ranks are admitted in their current belt rank. Students are expected to commit to learning the Tae Kwon Do Forms. Sparring is introduced at the intermediate level.

6-9 years

Monday & Wednesday	4:30-5:15 pm
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Tuesday & Thursday	4:30-5:15 pm
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9-12 years

Monday & Wednesday	5:15-6:00 pm
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Tuesday & Thursday	5:15-6:00 pm
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Studio 1

\$105 | \$139

Make-Up Classes

Participants must register for Make-Up classes with Sensei in advance. Available only for Ninjas & Karate Kids classes.

4-12 years

Friday	5:00-5:30 pm
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Teens & Adults

This class is a mixed ranked class and Sensei Rivera accepts all new students blending with current ranked teens and adults. A positive and challenging atmosphere allows students to advance to Black Belt excellence.

13 years & older

All Ranks

Monday & Wednesday	6:45-7:30 pm
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\$105 | \$139

Kickboxing

NEW

Kick it up a notch in this brand new class! Students will get a work out while learning basic kickboxing techniques.

13 years & older

Monday	6:00-6:45 pm
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\$79 | \$105

Black Belt Club

The Academy of Freestyle Martial Arts introduced The AFMA Black Belt Club in Fall 2008. Sensei Rivera will challenge students to expand their skills with a monthly rotation of martial arts' skills, weapons, forms, strength and conditioning. Upper ranked students increase skills for tournaments and showmanship. Participation may lead to AFMA Demo Team.

6 years & older (Ranking above the Yellow Belt White Stripe)

Wednesday	6:00-6:45 pm
Friday (Advanced only)	4:15-5:00 pm

\$74 | \$98



SKATE PARK

Our world famous Skate Park is one of the biggest and most diverse in San Diego County. Our concrete park includes a mixture of transitions and plaza elements. Mini land is perfect for beginners and anyone looking to increase their ability and learn new tricks. The kidney pool, sponsored by SPY, has been considered one of the best of its kind. Stop by and come shred with us!

SKATE PROGRAMS

PRICE KEY: FAMILY | SKATE | NON-MEMBER

Public Session Times

Weekdays	2:30–5:00 pm 5:15–7:45 pm (or dark)
Oct. 1–March 11	3:00–6:00 pm
Weekend Sessions (all year)	9:00–11:30 am 11:45 am–2:15 pm 2:30–5:00 pm

Skate Park Membership

\$50

Skate memberships are included with a Y Family Membership & Unlimited Pass.

Session Fees

\$6 | \$7 | \$9 Per Session

\$3 Thursday For members only

Unlimited Pass

The new Unlimited Pass is a monthly pass paid through a draft system. This allows you to enter the park as often as you would like. The pass allows you to stay in the park for multiple sessions without having to purchase each session at the Registration desk. Families with more than one skater will be eligible for additional benefits.

Single Unlimited Pass:

(Allows for one skater to enter the park.)

\$33 | Per Month | Member

\$43 | Per Month | Skate Member

Full Family Unlimited Pass:

(Allows for 2 or more family members to enter the park.)

\$58 | Per Month | Member

\$78 | Per Month | Skate Member

There is a one-time joining fee of \$50. The first time joining fee for the Unlimited pass will be waived for current YMCA Family and Skate Park members. Visit us online at www.ymca.org/ecke for more information on the skate park and the Unlimited Pass.

Elite Skate Pass

This pass allows you to buy session entries in packs of 10. Purchase your pass at the Registration desk and bring the receipt to the skate park. The Elite skate pass is for Skate Park and Family Members only.

\$51 | \$59 | \$90

Skate Park Requirements

6 years and up

All skaters must wear a helmet at all times. Participants under 18 must also wear both elbow and knee pads.

Waiver: Youth waivers must be signed by a parent or guardian in person at the Registration desk or be notarized by a notary public. Adult waivers can also be signed at the Registration desk. All waivers can be found online.

Lessons

Lessons begin the first week of every month. Classes are one hour a week and run for a total of four weeks. Classes cancelled due to weather or illness will be prorated and added as a credit voucher.

Group Lessons

3–5 years Pee Wee
6–15 years Youth

See schedules on our website for times and dates.

\$74 | \$84 | \$98

Semi-Private Lessons

Participants may create their own group lessons with up to three participants. Participants must register together.

3 years and up

\$97 | \$111 | \$130

Private Lessons

3 years and up

\$129 | \$146 | \$171 One Hour
\$69 | \$78 | \$91 Half Hour

Birthday Party Plus

Come out to the park and celebrate your birthday! See page 46 of this catalog for more information and pricing.

Transportation Skate

Join our hugely popular Transportation Skate program! After participants are transported from school to the skate park, they are given snack, followed by skate tips and free skate. Participants will be skating during our open skate session.

1st–6th Grade

Participating Schools: Capri, Ocean Knoll, Paul Ecke Central & Park Dale Lane

Transportation Skate runs from school dismissal until 6:00 pm. During summer hours, participants will be able to continue skating in our open session after the program ends.

\$241 | \$273 5 Day*
\$171 | \$193 3 Day*
\$127 | \$143 2 Day*

*Must choose days at time of registration

Prices are Family Member | Skate Member. Participants must be a Family or Skate Park member.





TEENS

YMCA Teen Programs provide an exciting outlet for teens to express themselves through a variety of YMCA activities. From leadership conferences to Youth & Government, Teen programs are a great way to have fun and meet new friends.

TEEN PROGRAMS

Leadership Conferences

Launch your future at our Teen Leadership Conferences!

Teen Conference

9th-12th Grade

October 12-14

Raintree Ranch

Middle School Conference

6th-8th Grade

TBD

Camp Surf

Model United Nations

Model United Nations is modeled after the actual United Nations Assembly and is a program which middle school students, 6th-8th grade are given the opportunity to engage in international issues, discover other cultures, develop life skills and make new friends.

The program consists of two conferences and weekly meetings. Throughout the program students will:

- research topics that impact countries around the world
- debate international issues
- establish policies and treaties
- speak their mind
- deliver speeches
- make new friends statewide

Program runs January - May

Thursdays

6:00-7:30 pm

Youth Center

Visit our website for up-to-date information.

Training Conference

March 16-17, 2019

18TH MUN Summit

April 25-28, 2019

Youth & Government

A life-changing program for high school students entering grades 9-12 who are interested in politics and love to debate. Participants will create legislation and gain first-hand experience with governmental procedure. Weekly meetings are held to prepare for three conferences throughout the year. Participants will travel to Fresno and to Sacramento. The year culminates in a mock legislation in Sacramento where students can walk into the Supreme Court and present their case to a judge, debate on the Senate and Assembly Chamber floors, meet current and past state politicians and hang out with nearly 3,500 teens from throughout California.

Weekly meetings run

September - February.

Tuesdays

6:30-8:00 pm

Informational Meetings

September 4

6:00 pm

Multi Use Room

Visit our website for up-to-date information.

Training & Elections Conferences

November 9-11, 2018

January 19-21, 2019

71ST Model Legislature & Court

February 14-18, 2019*

*One day may be added on either end for travel

For More Information Contact

Teen Program Director Chasen Eddow

ceddow@ymca.org | 760-942-9622 ext. 12515



