TIS’ THE SEASON TO BE HEALTHY

2015 WINTER BROCHURE
LA PORTE COUNTY FAMILY YMCA
LA PORTE BRANCH
WE ARE SO MUCH MORE

FOR
YOUTH
DEVELOPMENT

Nurturing the potential of every child and teen.
All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of adults who care about them and believe in their potential. We see every interaction with young people as an opportunity for learning and development.

FOR
HEALTHY
LIVING

Improving our community’s health and well-being.
Health and well-being are all about balance. That’s why we help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all backgrounds improve their health and well-being, we build a stronger La Porte County together.

FOR
SOCIAL
RESPONSIBILITY

Giving back and providing to our neighbors.
With our doors open to all, we work every day to connect people from all backgrounds across La Porte County and provide support to those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

Building Friendship
One of the many great and magical things that the La Porte County Family YMCA Child Care and Learning Center brings to the community of La Porte is its ability to build lifelong friendships.

Ava and Ceci started in Ms. Kelly’s Nursery room when they were only six weeks old and instantly became friends. Little did they know that they would become best friends forever! As they grew older, they moved from room to room, strengthening their friendship along the way. They helped each other to learn and master new skills, such as reading, writing, math, science and of course art and music. Over these important five years they encouraged and helped each other. When they saw each other every morning at our Center, you could not help to have noticed happy smiles while they immediately planned to find something great to do together. They used their creative minds to explore new things and let their imagination soar. They were always willing to help other children and liked to volunteer with little chores.

Now, five years later, they are ready to start the next chapter in their lives and move on to Kindergarten at Kingsbury Elementary School. Ava and Ceci are very excited that they are going to be in the same Kindergarten class for the 2015-2016 school year. Not only did Ava and Ceci became friends at a young age, their little sisters, Isla and Ellie, and their Moms became closer than ever. Now Ava and Ceci tell me how excited they are to be able to ride the bus together on the first day of school and they are not scared to start Kindergarten at all!

Changing Lives
If you treat everyone with kindness, watch how it will spread! Shirley is a member who does just that. Shirley joined the Y several years ago and said she was nervous at first to become a member, but knew she needed to use the YMCA for her health. She going to the Y would also be a good way for her to meet new people. She was timid at first thinking she would not be able to afford a membership. The Member Services Desk informed her about the scholarship program. Shirley applied for a scholarship and she qualified and her Y experience began. She was amazed how friendly and welcoming the Y community was. People were there to help her with the machines, exercising, and were there to talk to her and ask her how she was doing. Shirley said everyone treats me the same as everyone else. You see, Shirley has special needs and was afraid that people may make fun of her or treat her differently because she was not like them, but at the Y she found a community that embraces everyone with kindness. Because of that kindness Shirley has become a champion for the Y. If you go to the local restaurant where Shirley works and Shirley knows you are from the Y, she will make sure she talks and greets you. Shirley stated everyone at the Y has made her feel good and she wants to make sure she treats everyone that same way when they come to her restaurant. When at Shirley’s work, you will hear her tell people “You know, you should go to the Y I know it will help you.” Treating people with a bit of kindness can be contagious. Our Y staff is taught that everyone should be treated the way they would want to be treated. Kindness can be spread just through a smile, a kind word, opening a door, or just being there to listen to what someone has to say. Shirley saw how kind the Y staff and members were and it had a great impact on Shirley. At the Y, we help reach the needs of our community one person at a time!
WELCOME!

The La Porte County Family YMCA builds strong kids, strong families and strong communities by enriching the lives of all people in spirit, mind and body.

We have many branches across La Porte County to better serve the diverse needs of our communities.

BRANCH LOCATION & HOURS

**LAPORTE BRANCH**

901 Michigan Ave., La Porte, IN 46350  
P: (219)325-9622  F: (219)325-3600

**MICHIGAN CITY ELSTON BRANCH**

1202 Spring St Door K, Michigan City, IN 46360  
P: (219)221-4055

**HOURS OF OPERATION:**

<table>
<thead>
<tr>
<th>Branch</th>
<th>Hours of Operation</th>
</tr>
</thead>
</table>
| LAPORTE BRANCH          | Monday - Friday  5:00 a.m. - 10:00 p.m.  
                        | Saturday  6:00 a.m. - 5:00 p.m.  
                        | Sunday  10:00 a.m. - 5:00 p.m.  
| MICHIGAN CITY ELSTON BRANCH | Monday - Friday  6:00 a.m. - 8:00 p.m.  
                        | Saturday  6:00 a.m. - 5:00 p.m.  
                        | Sunday  Closed  
| KID WATCH               | Monday - Saturday  8:00 a.m. - 11:30 a.m.  
                        | Monday - Thursday  4:00 p.m. - 7:30 p.m.  
                        | Sunday  Closed  
| CHILDCARE & LEARNING CENTER | Monday - Friday  6:00 a.m. - 6:00 p.m.  
                        | Sunday  10:00 a.m. - 5:00 p.m.  

Please be respectful to our neighbors and of local parking ordinances. Please do not park in the Haverstock Funeral Home or First Christian Church parking lots or in reserved spots.

**LONG BEACH BRANCH**

2501 Oriole Trail, Long Beach, IN 46360  
P: (219)879-1395  F: (219)879-1358

**CHILD CARE & LEARNING CENTER**

2510 Monroe Street, La Porte, IN 46350  
P: (219)326-7646

**HOURS OF OPERATION:**

<table>
<thead>
<tr>
<th>Branch</th>
<th>Hours of Operation</th>
</tr>
</thead>
</table>
| LONG BEACH BRANCH       | Day after Labor Day through Memorial Day  
                        | Monday - Friday  6:00 a.m. - 9:00 p.m.  
                        | Saturday  6:00 a.m. - 5:00 p.m.  
                        | Sunday  10:00 a.m. - 5:00 p.m.  
| CHILD CARE & LEARNING CENTER | Day after Memorial Day through Labor Day  
                        | Monday - Friday  5:00 a.m. - 10:00 p.m.  
                        | Saturday  6:00 a.m. - 5:00 p.m.  
                        | Sunday  10:00 a.m. - 5:00 p.m.  

**ANDREW AVE. OUTDOOR EDUCATION & RECREATION CENTER**

1400 Andrew Avenue, La Porte, IN 46350  
P: (219)325-9622

**HOURS OF OPERATION:**

<table>
<thead>
<tr>
<th>Branch</th>
<th>Hours of Operation</th>
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</thead>
</table>
| ANDREW AVE. OUTDOOR EDUCATION & RECREATION CENTER | Seasonal hours based on programs.  
                        | For information on renting the pavilion, contact the  
                        | La Porte Branch Member Connections Staff at (219)  
                        | 325-9622  
|                        | See Michigan City Elston Branch brochure for branch program information or contact Bobbi Petru, Michigan City Elston Branch Director, at bpetru@lpymca.org.

We’re staying social...how about you?
Website: www.lpymca.org  
Facebook: La Porte County Family YMCA (Like Us Today)  
Twitter: @lpymca  
LinkedIn: La Porte County Family YMCA

Stay Alert: Check out our Alerts page for any cancellations or class changes.
MEMBERSHIP MEANS MORE

More than just a gym, a pool, or a place for fitness, YMCA members experience a sense of belonging that can’t be found anywhere else! Our network of locations gives our friends and neighbors across La Porte County many ways to take charge of their health through our growing programs and services.

**MEMBERSHIP BENEFITS:**
- FREE Child Watch (for household memberships while you work out)*
- FREE wellness orientation
- Special member rates for programs and classes
- FREE unlimited group exercise classes, water exercise and indoor cycling*
- FREE access to our pool
- FREE access to all three La Porte County Family YMCA locations
- Limited guest privileges for friends and family
- No contract. Ask staff about 10-day cancellation policy
- AWAY privileges at Ys across the nation

**LA PORTE YMCA BRANCH AMENITIES:**
- Two Gymnasiums for open gym and a variety of Y programs
- Aquatic Center to utilize lap swimming, aquatic classes, swimming lessons
- Hot tub and sauna
- Weight Room and Cardio Center
- Multi-purpose room/TRX Training Center
- Racquetball Court
- Land and Water Aerobics classes
- Kid Watch Center
- Andrew Avenue Outdoor and Education Center

**PROGRAMS FOR ALL:**
- Health seminars and information fairs
- Summer day camp
- Before and afterschool care
- Youth and adult sports
- Fitness classes
- Personal Training
- Youth and adult swim lessons
- SilverSneakers®
- Water safety programs
- Volunteer opportunities

Check out our group exercise and pool schedules, as well as our current program guide for a complete listing of all our programs offered!
DONATE

GIVE FROM THE HEART
The Y is a charity, dedicated to youth development, healthy living and social responsibility. Since 1909, we’ve been proud to help our neighbors learn, grow and thrive.

La Porte County faces challenges that create a greater need than ever for the work we do. Fortunately, where some see obstacles, we see opportunities for our members, volunteers, staff, and generous donors like you, to make a difference.

Help us to do more...make your donation today. For more information on how to give, contact Jessica Schutz at (219)325-9622 or email at admin@lpymca.org.

CAREER OPPORTUNITIES

BE A PART OF SOMETHING BIGGER

HOUSE KEEPERS – La Porte and Michigan City Elston
Join our team. We are looking for team members to help keep the Y clean and safe for all. The right person will be self motivated and have a eye for detail. Fill out a job application at the Member Connections Desk. For more information, contact Community Connections Director, Ben Fout at (219)325-9622 or email bfout@lpymca.org.

MEMBER CONNECTIONS STAFF—La Porte, Long Beach and Michigan City Elston
If you enjoy working with public, have a good attitude and are dependable, the Y is looking for you. We are hiring for part time positions at the Membership Connections Desk. You must possess strong customer service skills, have the ability to multitask, have knowledge of computers, have flexibility in your schedule and be a team player. Stop by and complete an employment application at the Y. For additional information contact Membership Director, Marla Bruns at (219)325-9622 or email mbruns@lpymca.org.

YOUTH SPORTS REFEREE – La Porte and Michigan City Elston
Be a part of our commitment to nurture the potential of every child. Immediate openings for Youth Sports Referees. Games in most leagues are held Saturday mornings. Knowledge of sports rules and experience refereeing a plus. Willing to train right candidate. Fill out a job application at the Member Connections Desk, available at 3 branches. For more information, contact Kevin Upp at (219)325-9622 or email kupp@lpymca.org.

WELLNESS STAFF– La Porte and Michigan City Elston
Are you interested in making a difference and helping to create a healthier community? The need for Wellness Floor staff in our facilities is growing. We are looking for applicants that have a working of knowledge of wellness, good people skill, excellent communication skills, take initiative and are goal orientated. If you are interested in more information about these positions, please contact Elizabeth Downs at (219)325-9622 or email edowns@lpymca.org.

KID WATCH STAFF – Michigan City Elston
Join the Y team and make an impact. We are looking for part-time Kid Watch staff for our Michigan City Elston branch. This position provides direct supervision of children and ensures a quality experience. We are looking for applicants who finds creative ways to implement and emphasize the YMCA core values of honesty, respect, responsibility and caring. Must also be able to maintain a working relationship with parents and children. For more information, contact Membership Director, Marla Bruns at (219) 325-9622 or email mbruns@lpymca.org.

ASSISTANT TEACHERS – Child Care and Learning Center
Be a part of our commitment to nurture the potential of every child. We have immediate openings for Assistant Teachers at our Childcare and Learning Center. We are interested in applicants who provide direction for the program and staff, and implements program curriculum in the classroom. Applicants must also provide a quality experience for children and parents. If this fits you, contact Ben Fout at (219) 325-9622 or bfout@lpymca.org

You may download an application for all available job positions online at www.lpymca.org.
ANNUAL SHUTDOWN

La Porte Branch - Shutdown Week: August 28th - September 7th
Our building will be closed for annual cleaning and preventative maintenance. The building will close at 6:00 p.m. on Friday, August 28th. We will reopen for regular business hours, Tuesday, September 8th. During this time we are closed, we will be scrubbing, painting and refinishing each little nook and corner of our YMCA! We do this once a year to keep our Y in top notch condition, as well as keep you away from any fumes from varnish, paint or other harsh cleaners. If you rent a locker, we ask that all locker contents be removed by Friday, August 28th at 5:00 p.m. Want to volunteer? Contact Ben Fout, Community Connections Director, at (219)325-9622, ext. 101 or bfout@lpymca.org

FACILITY RENTAL

A party at the La Porte County Family YMCA is great for birthdays, graduations, church outings, Girl Scouts, Boy Scouts, family reunions, etc. Come and celebrate with us and enjoy our indoor and outdoor facilities.

Our La Porte Branch offers you the use of our Multi-purpose room, Shick Gym, Swanson Gym, Teen Center and our 25 yard pool with lifeguards. Our Andrew Avenue Outdoor Center has a grill, basketball courts, gaga pits, treehouse, walking trails, soccer fields and more. Plenty of outdoor fun for the entire family. Also available for rent is the pavilion, kitchen, and amenities at the Andrew Ave. Outdoor Center. Ask a Member Connection Staff for more information or call (219)325-9622.

BRANCH CLOSINGS

All Branches and Childcare and Learning Center will be closed for the following Holidays in 2015:
Thanksgiving Day, Thursday, November 26, 2015
Christmas Eve, Thursday, December 24, 2015 (Branches will close at 12:00 p.m.)
Christmas Day, Friday, December 25, 2015
New Years Eve, Thursday, December 31, 2015 (Branches will close at 12:00 p.m.)
New Years Day, Friday, January 1, 2016
Learn to swim in a safe and fun environment!
The Y swim-safe initiative of **GO-FOR-GREEN** is focused on keeping heads above water! Each swimmer entering the pool facility for the first time must take a short swim test to determine their skill level of **RED** or **GREEN**. Breakaway wrist bands will then be given to identify each swimmers skill level.

**GREEN:** Deep water safe swimmers who have no restrictions.

**RED:** Swimmers who are restricted to the shallow end only.

<table>
<thead>
<tr>
<th>Parent &amp; Child Lessons (For Ages 3 months-3 years) <strong>RED</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>In these lessons, parents help children build confidence in the water as they become aware of moving in the water and its' difference to moving on land. Children also have fun with age-appropriate games and songs that use basic water movements. This class is not designed to teach babies to swim, but rather to introduce them to the aquatic environment and provide a special fun time for adults and infants to interact. Lessons are 30 minutes long.</td>
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</tbody>
</table>

**SKIPPERS**
Tuesday/Thursday 9:00-9:30 a.m.  
Saturday 9:00-9:30 a.m.

<table>
<thead>
<tr>
<th>Preschool Progressive Lessons (For Ages 3-5) <strong>RED</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PIKE (LEVEL 1)</strong> This is a beginner level for children who are comfortable in the water, but have no formal instruction. Children work on front and back floats, kicking with a kickboard, front and back paddle strokes, jumps, water and boat safety.</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>EEL (LEVEL 2)</strong> <strong>RED</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>In this class, we will review Pike skills, plus learn to swim without floatation device, practice rhythmic breathing, water games, somersaults, treading water, and continuing work on endurance.</td>
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</table>

<table>
<thead>
<tr>
<th>**RAY (LEVEL 3) ** <strong>GREEN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>In this class, we continue to build on the skills learned in the Eel level, plus learn front and back crawl the length of the pool, start dives, sidestroke, introduction to breast stroke, water games, introduction to mask and fins and emergency procedures.</td>
</tr>
</tbody>
</table>
School Age Progressive Lessons (For Ages 6–12) Goggles are recommended

POLLIWOG (LEVEL 1) RED
This class is for beginning swimmer, who may or may not be comfortable in the water and may not have previous swim instruction. The class will focus on basic swim skills such as kicking, floating, stroke development and water safety.

Monday/Wednesday  4:35 - 5:20 p.m.  
Tuesday/Thursday  4:35 - 5:20 p.m.  
Saturday  10:10-10:55 a.m.  
11:00-11:45 a.m.

GUPPY (LEVEL 2) RED
In this class, children will continue to build upon the basic skills they learned in Polliwog. They will work on swimming on their front and back 50 feet without assistance. This class will focus on stroke development, rhythmic breathing and rescue skills.

Monday/Wednesday  4:35 - 5:20 p.m.  
Tuesday/Thursday  4:35 - 5:20 p.m.  
Saturday  10:10-10:55 a.m.  
11:00-11:45 a.m.

MINNOW/FISH (LEVEL 3) GREEN
This class is an advanced level class for swimmers who are able to swim 75 yards using freestyle and backstroke swims. This class focuses on continued stroke development, advance breaststroke skills, start dives, and continued emphasis on rescue skills.

Monday/Wednesday  4:35 - 5:20 p.m.  
Saturday  10:10 - 10:55 a.m.

PRIVATE LESSONS

Private Lessons for ALL AGES RED & GREEN
Private swim lessons are available for any experience level. Private lessons work well for children who need one-on-one attention to work through challenges of fear and also for adults who have never learned how to swim. Call the Aquatics Department at (219) 325-9622 or aquatics@lpymca.org for more information and to schedule lessons.

Members
$18/30-minute lesson
$45/(3) 30-minute lessons

Non-Members
$30/30-minute lesson
$65/(3) 30-minute lessons

For Fun, JUST ADD WATER!

Y Family Swim 7:50 p.m.–9:45 p.m. every Friday Evening
A Y tradition! Each Friday evening, as part of our commitment to building strong families, we have designated times for family swim time in our indoor pool. This is a great way to introduce your children to swimming as a lifelong exercise … and it’s fun too! Free to Y members. Children under age 12 must have an adult with them to swim at this time. Visit our website, www.lpymca.org, for a current pool schedule to determine additional open swim times.

Note: Aquatic programs do not dispense monetary refunds. Aquatic Programs will give program credit ONLY for cancellations by the Y not due to weather and if Y does not offer a make up class. These classes include but are not limited to: swim lessons (private and public), lap swim, aquacise classes, lifeguard classes, open swim, etc.
WATER FITNESS CLASSES

Aqua ZUMBA® — Join our “pool party” workout for all ages. A challenging, water-based workout that’s cardio conditioning, body-toning, and most of all, exhilarating beyond belief! (Water must be at be at chest level for children to participate.)

AQUA-BURN — This program challenges everyone from basic to advanced fitness levels. It is a mix of deep-water and shallow-water exercise with the combination of weights and noodles. If getting fit is what you really want to do, then here is your workout.

A.M. AQUACISE — An aerobic workout that challenges both beginner and advanced levels of fitness. This class will allow you to strengthen your whole body with the natural resistance of the water. The faster you move, push and pull, the greater the resistance will be in your workout. Get up early and make a splash!

ARTHRITECLASS — Certified by the Arthritis Foundation®, this is a beginning level fitness class. Slow movements in shoulder deep water help to increase strength and flexibility. Come swim away your aches and pains!

SILVERSPASHER® — This water fitness class is designed to enhance each individual’s quality of life and daily function. A variety of exercises utilizing the physical properties of water will help you increase agility, range of movement and cardiovascular conditioning. No swimming skills are necessary.

AQUA BOOTCAMP— A cardio/aerobic workout that challenges you with strength and resistance water exercises. It is an Advanced workout combining water weights and noodles and is perfect for those who can’t get enough of our Aqua-Burn class.

CPR/AED & First-Aid Certification (For Ages 15 and Up)
Program utilizes the American Safety and Health Institute materials. Participants are required to have 100 percent attendance in our skills clinic and must pass prerequisite online portion to receive certification. Call (219) 325-9622 for class dates.

<table>
<thead>
<tr>
<th>ASHI CPR AED &amp; FIRST-AID CLASS CERTIFICATION</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>$50/class</td>
<td>$80/class</td>
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Lifeguarding Certification (For Ages 15 and Up)
Program certifies individuals to become lifeguards using the American Red Cross materials. Advanced swim skills are necessary and participants must be able to pass a swim skill test the first night of class to continue the course. Fee includes Lifeguarding, CPR/AED for the Professional Rescuer, First Aid, Emergency Oxygen and Bloodborne Pathogens certifications, contact the Aquatics Department at (219) 325-9622 for class dates.

<table>
<thead>
<tr>
<th>LIFEGUARDING CERTIFICATION</th>
<th>Member</th>
<th>Non-Member</th>
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<tbody>
<tr>
<td>$175/class</td>
<td>$200/class</td>
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</table>

Life Guarding Recertification (For Ages 16 and Up)
Classes will be scheduled by demand. Participants must be at least 16 years old and their past certification cannot be expired longer than two years ago. To recertify, participants must pass all written and practical exams. Fee includes Lifeguarding, CPR/AED for the Professional Rescuer, First Aid, Emergency Oxygen and Bloodborne Pathogens recertifications. Contact the Aquatics Department at (219) 325-9622 or aquatics@lpymca.org for more details.

<table>
<thead>
<tr>
<th>LIFEGUARDING RE-CERTIFICATION</th>
<th>Member</th>
<th>Non-Member</th>
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<tbody>
<tr>
<td>$75.00</td>
<td>$90.00</td>
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</table>
YMCA youth sports programs emphasize sportsmanship, fair play and teamwork; emphasize the values of caring, honesty, respect and responsibility; keep winning in perspective; enable all participants to play in every game; include family involvement; include coaches and officials training; emphasizes safety and age-appropriate progressive skill development; emphasizes using volunteers as coaches and officials; and are open to all segments of the community.

Most school age youth sports are kindergarten through fifth grade with either three divisions (K/1, 2/3, and 4/5) or two divisions (K/2 and 3/5). The K/1 division includes a weekly scrimmage preceded by half an hour of instruction. The 2/3 and 4/5 division includes a weekly game and one weekday practice. Each participant in Y preschool & youth sports leagues receives a YMCA sport t-shirt and completion certificate. We also offer a wide variety of preschool sports programs for ages 3 years old thru Pre K.

**Youth Boys Basketball (For Boys, Grades K-5)**
Basketball fundamentals, character development and fun where the game was invented — the Y. The season starts with a skills clinic on Saturday, Jan. 10th. Practices begin the week of Jan. 19th. Games start Saturday, Jan. 24, and run through Saturday, Feb. 28. REGISTRATION IS OPEN.

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<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
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<tbody>
<tr>
<td>YOUTH BOYS BASKETBALL</td>
<td>$42/season</td>
<td>$60/season</td>
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</tbody>
</table>

**Youth Coed Cheerleading (For Boys & Girls, Grades K-8)**
Cheerleaders will build self-confidence while developing social skills and healthy relationships with others. Learn the fundamentals of cheerleading including basic motions, jumps, tumbling, and cheers. There will be two age groups: Kindergarten - 3rd Grade and 4th through 6th Grade. Groups will be combined depending upon the number of registered participants. Preschool will only run one day a week from Jan 24th to Feb 28th. K-8 will practice once a week on Saturdays starting Jan 19th in preparation for our half time show on Feb 28th for a final game in La Porte and the tournament in Michigan City on Mar 7th. REGISTRATION BEGINS DECEMBER 15TH.

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<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
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<tbody>
<tr>
<td>YOUTH COED CHEERLEADING</td>
<td>$36/season</td>
<td>$54/season</td>
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</table>

**Youth Coed Indoor Soccer (For Boys & Girls, Grades K-5)**
For the players who cannot get enough soccer, we take our league indoors during the winter months. Players enjoy the constant, off-the-wall action, while keeping their skills sharp until spring. Start the season with a skills clinic on Tuesday, Jan. 20th. Games are played at the YMCA and local schools starting Tuesday, Jan. 27 through Tuesday, March 3rd. No practices. REGISTRATION BEGINS DECEMBER 15TH.

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<th>Member</th>
<th>Non-Member</th>
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</thead>
<tbody>
<tr>
<td>YOUTH COED INDOOR SOCCER</td>
<td>$36/season</td>
<td>$54/season</td>
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</table>

**Tae Kwon Do (For Adults & Children, Ages 6 and Up)**
This program is run by Black Belts Jerry and Mary Crosslin, who have conducted the Y’s martial arts program since 1993. Their outstanding program is held on Tuesdays and Thursdays at 5:00 p.m. (beginners) and 6:00 p.m. (advanced). Jerry and Mary have instructed the Korean art for over two decades. Jerry owns a 5th-Degree Black Belt and Mary has reached the rank of 3rd-Degree Black Belt. The program honors existing ranks and no contracts are required.

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<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
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<tbody>
<tr>
<td>TAE KWON DO (Age 18 and Under)</td>
<td>$46/session</td>
<td>$88/session</td>
</tr>
<tr>
<td>TAE KWON DO (Over Age 18)</td>
<td>$46/session</td>
<td>$104/session</td>
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</table>

Please contact Kevin Upp at (219)325-9622 or kupp@lpymca.org for questions or more information about our preschool or school age sports programs.
**Youth Coed Second Chance Basketball (Grades K-5)**
Do you want another four weeks of hoop action? New teams, coaches, and friends are all a part of our Second-Chance Youth Co-ed Basketball. Four, additional, weeks of Saturday games will start **March 7th** and end on **March 28th.** One weekly practice for 2/3rd grade and 4/5th grade divisions will begin the week of March 2nd. Registration is open now.

<table>
<thead>
<tr>
<th>YOUTH COED SECOND CHANCE B-BALL</th>
<th>Member</th>
<th>Non-member</th>
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<tbody>
<tr>
<td>$25/season</td>
<td>$36/season</td>
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**Youth Coed Spring Soccer (Grades K-5)**
Kick into Spring at the Y’s Andrew Avenue Outdoor Recreational and Educational Center at 1400 Andrew Avenue in La Porte. Keep your kids moving and happy by participating in Youth Coed Soccer this spring! Children in grades K-5 will practice important team building and fitness skills to last them a lifetime. **REGISTRATION IS OPEN NOW.** Skills Clinic is Saturday, April 4th. Practice begins the week of April 14th. Games will be Saturday, April 18th - Saturday, May 30th * No games on May 23rd – Memorial Day Weekend

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<thead>
<tr>
<th>YOUTH COED SPRING SOCCER</th>
<th>Member</th>
<th>Non-member</th>
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<tr>
<td>$42/season</td>
<td>$60/season</td>
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**Preschool Sports**

**Preschool Basketball (For Boys and Girls, Ages 3-5)**
Back by popular demand – Preschool Basketball! This program provides your 3-5 year old with a fun atmosphere designed to teach fundamentals, teamwork and sportsmanship. The season consists of games and practices, held on Saturday mornings. Parents are encouraged to participate with their child. This session runs from **January 10th** through **February 21st.** Spots are limited—don’t miss out!

**REGISTRATION IS OPEN NOW!!**

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<tr>
<th>PRESCHOOL BASKETBALL</th>
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<td>$42/session</td>
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**Preschool Coed Spring Soccer (Ages 3-5)**
Kick into Spring at the Y’s Andrew Avenue Outdoor Recreational and Educational Center at 1400 Andrew Avenue in La Porte. Keep your kids moving and happy by participating in Preschool Coed Soccer this spring! Children ages 3-5 will practice important team building and fitness skills to last them a lifetime. **Registration is open now.**

Skills Clinic is Saturday, April 4th. Practice begins the week of April 14th. Games will be Saturday, April 18th - Saturday, May 30th * No games on May 23rd – Memorial Day Weekend

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<th>PRESCHOOL COED SPRING SOCCER</th>
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ADULT SPORTS

ADULT COED DODGEBALL (Age 16 and up)
Bring your family and friends together for some fast paced, ball hurling, good old fashion fun! Our Adult Dodgeball League teams are made up of 6 players and 3 additional substitutes. Expect 6 weeks of competitive regular season games plus a final week of double elimination tournament play. Win the tournament and each player will receive a championship T-shirt!

Dates: March 16th – April 27th Captain’s Meeting: March 9th at 6:00 p.m.

Adult Co-Ed Dodgeball: Team: $120 (6 people, 3 substitutes)
Non-member, team Member: $10 additional per person

PICKLEBALL
It’s not about Pickles! Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic ball (waffle ball) and composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. It can be played in singles or doubles format (like tennis, but on a modified court with modified equipment). Recommended for ages 14 and up... Courts will be available when classes are not in session. Please reserve your court with a Member Connection Staff at the front desk. Mondays and Thursdays: 9:00-11:00 a.m. in Swanson Gym

Member: FREE Non-member: Day Pass

ADULT COED VOLLEYBALL – MICHIGAN CITY ELSTON BRANCH
The YMCA offers an advanced league on Wednesday nights, which is played by high school rules. Teams include three men and three women. The Winter season begin the week of Feb. 1st, running for 12 weeks followed by league tournament. Leagues are limited to the first 12 teams, so teams are encouraged to register as soon as possible. Team captains must attend a mandatory meeting at 6 p.m. Wednesday, Jan. 30th at the YMCA.

ADULT COED VOLLEYBALL $180/team plus $10 for each non-member participant

PRESCHOOL AND EDUCARE

The Y is the nation’s leading nonprofit committed to strengthening our community through youth development, healthy living and social responsibility. Through our Preschool and Michigan City Area Schools Educare Program, we are committed to providing a safe, nurturing environment for children to learn, grow and develop social skills. The La Porte County Family YMCA’s Preschool and Educare Program offers child care and early childhood education to a wide variety of families without regard to sex, race, creed, religious beliefs, color, financial ability or a child’s ability. Enroll your child today!

PRESCHOOL LOCATION & RATES
La Porte County Family YMCA—La Porte Branch, 901 Michigan Ave., La Porte, IN 46350
Prairie View Elementary School, 6434 East 700 North, Rolling Prairie, IN 46371

Four year olds & Five year olds (Monday, Wednesday, and Friday)
School starts Wednesday after Labor Day and Ends the Friday before Memorial Day.
Member: $90.00 a month Non-member: $115.00 a month
(plus a $50.00 non-refundable registration fee per child)

OPEN ENROLLMENT ALL SCHOOL YEAR.

Three year olds (Tuesday and Thursday)
School starts Tuesday after Labor Day and Ends the Thursday before Memorial Day.
Member: $75.00 a month Non-member: $95.00 a month
(plus $50.00 non-refundable registration fee per child)

OPEN ENROLLMENT ALL SCHOOL YEAR.

HOURS
La Porte Branch – 8:30 a.m. –11:30 a.m.
Prairie View – 8:45 a.m. –11:45 a.m.

For more information on Y preschool, contact, Stefanie Gurband at (219) 325-9622 or sgurband@lpymca.org
EDUCARE PROGRAM LOCATION & RATES
Coolspring Elementary School, 9121 West 300 North, Michigan City, IN 46360
Pine Elementary School, 1660 County Line Road, Michigan City, IN 46360
Springfield Elementary School, 3054 West 800 North, Michigan City, IN 46360
* Edgewood Elementary School, Lake Hills & Joy Elementary School students will attend Pine Elementary School Educare Program

Educare starts, August, 2016 (Follows the Michigan City Area School schedule)
Full day – $120.00 a week (plus $50.00 non-refundable registration fee per child)
Half day – $85.00 a week (plus $50.00 non-refundable registration fee per child)
$10.00 extra a week for before school care & $10.00 extra a week for after school care

HOURS
Before School Care 7:30 a.m. – 8:30 a.m.
½ Day Program 8:30 a.m. – 12:15 p.m.
Full Day Program 8:30 a.m. – 3:30 p.m.
After School Care 3:30 p.m. – 5:30 p.m.

*All dates, times, and rates are subject to change based on enrollment.
*No refunds for class cancellations due to weather.

For more information on Michigan City Area School Educare program, contact Stefanie Gurband, Youth Development Director, at the Childcare and Learning Center at (219) 326-7646 or email at sgurband@lpymca.org.

CHILDCARE & LEARNING CENTER

Our Childcare and Learning Center is State Licensed, accredited through National Early Childhood Program Accreditation (NECPA) and is a Level 4 Paths to Quality rated center. Our caring, loving staff are eager and ready to help your child learn, grow and thrive. Our Center serves children from 6 weeks old through kindergarten.

We strive to provide a safe, healthy, nurturing environment for children. Our Childcare and Learning Center includes the play-based curriculum, Creative Curriculum, that nurtures the spirit, mind and body. Our curriculum follows the Indiana Foundations for young children and is aligned with the State of Indiana Kindergarten Common Core Standards. Our staff members provide education in gross and fine motor development skills, values education, character development, along with an opportunity to develop and improve social skills. Parents are able to go to work with peace of mind, confident that their children are safe and learning preschool skills that help them to successfully integrate into kindergarten.

WE HAVE OPENINGS! ENROLL YOUR CHILDREN TODAY!

CHILDCARE & LEARNING CENTER LOCATION & HOURS
2510 Monroe Street, La Porte, IN 46350
Monday – Friday 6:00 a.m. – 6:00 p.m.
Saturday & Sunday Closed

Questions? Contact Stefanie Gurband, Youth Development Director, at the Childcare and Learning Center at (219) 326-7646 or email at sgurband@lpymca.org.

A BENCH FOR CAPS” – DONATE YOUR BOTTLE CAPS TO OUR CHILD CARE AND LEARNING CENTER
Following our curriculum lesson “Reduce, Re-use, Recycle”, we have taken on the challenge to collect 400 pounds of plastic bottle caps. When we turn in the bottle caps, we will be able to receive a bench made of all the bottle caps donated to signify our Center is keeping our planet green. Donate your bottle caps at any of our Y branches. For more information contact Lilly Ake, CCLC Director Assistant at the Childcare and Learning Center at (219) 326-7646 or email at lake@lpymca.org.
**SCHOOL AGE**

**BEFORE AND AFTER SCHOOL CARE**
When the bell rings at the end of the school day, children need a safe and nurturing place to go when their parents are still at work or away from home. Our Y provides afterschool programs for children that attend Westville Elementary and Rolling Prairie Elementary School. Olive Elementary and Prairie View Elementary are provided care at Rolling Prairie. Children are led in fun games, homework assistance, arts and crafts and are provided with a snack in the afternoon everyday. We also provide care before school at Rolling Prairie School.

**Rolling Prairie**: This program serves Rolling Prairie, Prairie View and Olive Elementary Schools. The program is located at Rolling Prairie Elementary School. New Prairie United School Corporation provides busing to and from the other schools served. Children have the option of attending the school’s free breakfast each morning. Hours are 6:00 a.m. until the start of school and from the end of school until 6:00 p.m. Afternoon snack is provided. **Cost: $2.50/hour plus annual registration fee of $20/one child or $30/two or more children.**

**Westville**: The program is only run after school, from the time school lets out until 6:00 p.m. Afternoon snack is provided. **Cost: $2.50/hour plus annual registration fee of $20/one child or $30/two or more children.**

**ENROLLMENT AT BOTH LOCATIONS IS OPEN THROUGHOUT THE SCHOOL YEAR.**
For more information, contact the school office or Ben Fout, Community Connections Director, at (219)325-9622 or email bfout@lpymca.org.

**SCHOOL’S DAY OUT CAMP**
No school? No problem? Our Y offers full-day mini-camps for those days when La Porte Community School Corporation Elementary and Middle Schools are not in session. Children can be dropped off as early as 6:30 a.m. and picked up as late as 6 p.m. Counselors lead children in scheduled activities throughout the day such as activities in the gym to keep the kids physically active, arts and crafts, STEM (science, technology, engineering and math) activities and the Y Readers program to keep the young minds sharp, swimming and much more. Children bring a sack lunch, swimsuit and towel each day. Afternoon snack is provided. **Questions? Contact, Ben Fout, Community Connections Director, at (219)325-9622 or bfout@lpymca.org.**

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<td>January</td>
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<td>March</td>
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<td>March</td>
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(*denotes Snow Day Make Up Day – if school is not in session on this day, the Y will have camp)

**Members:** $20/child **Non-members:** $30/child

**SNOW DAY OUT CAMP**
School canceled due to weather? No problem! The Y is here. We offer Snow Day Out Camp on days La Porte Community School Corporation cancels school due to inclement weather. Drop your kids off as early as 6:30 a.m. and pick up as late at 6:00 p.m. Bring a sack lunch, swim suit, and towel.

**Members:** $20/child **Non-members:** $30/child

Follow us on Facebook or visit our Alert Page on our website (www.lpymca.org) for up-to-date Snow Day Out Camp information. **Questions? Contact, Ben Fout, Community Connections Director, at (219) 325-9622 or bfout@lpymca.org.**
GROUP EXERCISE PROGRAMS
Group Exercise Programs are group based interactive ways to get fit while having fun. The Y’s Group Exercise instructors are highly-trained to provide safe and effective exercise programs. Our instructors help bring the class together to form supportive connections. See our Group Exercise Monthly Schedules, available from Member Connections Desk or on our website www.lpymca.org.

INDIVIDUAL PERSONAL TRAINING is available for $30 per hour sessions. Your certified trainer will develop a personalized program that is perfect for you and will support you with coaching and motivation to help you live, look and feel better.

Packages of five sessions for $125 or 10 sessions for $250 are also available.

PARTNER PERSONAL TRAINING This is a great opportunity to accomplish your health and wellness goals with a friend!

Package of 5 sessions for $100 per person.

SMALL GROUP PERSONAL TRAINING This unique training opportunity focuses on getting you results through power in numbers. You will strengthen your body through exercises that focus on core stability, correct movement, strength and cardiovascular performance. All fitness levels are welcome. You will receive qualified instruction and pre/post assessment by Elizabeth Downs, Healthy Living Director.

Monday at 10:00 a.m./Friday at 9:00 a.m.
Member: $150 (10 sessions)  Non-member: $250 (10 sessions)

For more information, contact Elizabeth Downs at (219)325-9622 or email at edowns@lpymca.org

CHISEL PROGRAM
Chisel is a healthy living program designed to help you take full advantage of what the YMCA has to offer. This twelve week program will provide each individual guidance on a balanced, healthy lifestyle. You will learn how to strengthen muscles, burn fat, improve nutrition and properly stretch. The La Porte Y has been here since 1909 to help you achieve a healthy spirit, mind and body. For further information, contact Healthy Living Director, Elizabeth Downs at (219)325-9622 or edowns@lpymca.org. Chisel registration is offered throughout the year, please contact Elizabeth Downs to schedule an assessment.

(Individual)                 Member: $60  Non-member: $120
(Partner Sign-up)        Members: $50/person  Non-member: $100/person

CHRONIC DISEASE PROGRAMS
For more information on our Chronic Disease Programs listed below, contact Elizabeth Downs at (219) 325-9622 or edowns@lpymca.org.

DIABETES PREVENTION PROGRAM—Coming Spring of 2016
The YMCA’s Diabetes Prevention Program helps adults at high risk for developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. YMCA’s DPP can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over the age of 60.

ENHANCE@FITNESS PILOT PROGRAM
Enhance@Fitness will begin a second program on Monday, February 1st. This CDC approved program is available to members and non-members. Enhance@Fitness will help our community find healthy balance and an improved quality of life through evidence based programming. Enhance@Fitness is for older adults living with the chronic pain of arthritis. The 16 week pilot program will take place on Mondays, Wednesdays, and Fridays at 10:00 a.m. and is taught by certified instructors.

Program is free to members and 90$ for non-members.

LIVESTRONG® at the YMCA is a twelve week program to be offered free at the La Porte County Family YMCA. It is open to Y members and the community. Program focus includes improving cardiovascular endurance, muscle strength, flexibility, balance, stress management and confidence.

LIVESTRONG at the YMCA will launch a pilot program February 15, 2016.
13th Annual 10K Run & 5K Run and Walk
A CALUMET REGION STRIDERS GOLD CUP SERIES

DATE: MARCH 19th 2016
TIME: 8:00 A.M. TO 12:00 P.M.
WHERE: SOLDIERS MEMORIAL PARK—LA PORTE, IN

Course: The course starts near Stone Lake beach, takes you past Pine Lake, though scenic La Porte County and back through Soldiers Memorial Park. The 10K course is certified by USA Track & Field (Code: IN 06018 MW). The 10K and 5K have separate start lines, however, both races finish at Cummings Lodge. Please plan to arrive early.

Entry Fee*
10K Run: $20 per entry by March 9, 2015, $17 per entry by March 11, 2015 (without t-shirt), $25 per entry after March 9, 2015 (shirt not guaranteed)

5K Run / Walk: $18 per entry by March 9, 2015, $15 per entry by March 11, 2015 (without t-shirt) $23 per entry after March 9, 2015 (shirt not guaranteed),

* $2 DISCOUNT for CRS members if registered by March 16, 2015.

Featuring CHIP TIMING and AWARDS for both 10K and 5K events

REGISTER ON OUR WEBSITE TODAY!
www.lpymca.org OR www.goracego.com
OTHER SPECIAL EVENTS

OUTDOOR TRIATHLON - 36th ANNUAL TRIATHLON, AUGUST 1st, 2015

THE RACE: The race is a quarter-mile lake swim, a 12.4-mile bike and a 3.3-mile run. The course begins in Soldiers Memorial Park at the Stone Lake Beach House and winds through scenic La Porte County. The triathlon, which features chip timing, includes male and female divisions for ages 12 and up, as well as team categories. Included in fee is a cinch sack, collapsible water bottle, and a dry fit shirt.

Race packet pick-up will take place August 2nd from 6:30 a.m.-7:30 a.m. (CST) at Cummings Lodge during registration. Race as an individual or as a team with up to 3 members. Additional information and registration will be available on our website at www.lpymca.org/special-events/triathlon.

BUNNY BUBBLES UNDERWATER EASTER EGG HUNT

The event is FREE to the public. Waiver must be signed by parent or guardian prior to event. Children under age 8 must have a guardian over age 18 in the pool with them unless the child can pass the swim test. Swim test must be passed for those wishing to dive for eggs in the deep end of the pool. Swim tests will begin at 11:45 a.m. There will be four dives during the one-hour event. Each egg retrieved gets a pick from the prize baskets. Limit 10 eggs per child, per dive.

For more information contact, Aquatics Department at (219) 325-9622, or by e-mail at aquatics@lpymca.org.
LA PORTE COUNTY FAMILY YMCA
SERVING LA PORTE COUNTY
FOR 107 YEARS!

La Porte County Family YMCA

La Porte Branch
901 Michigan Ave
La Porte IN, 46350
(219) 325-9622

Michigan City Branch
1202 Spring St., Door K
Michigan City, IN 46360
(219) 221-4055

Long Beach Branch
2501 Oriole Trail
Long Beach, IN 46360
(219) 879-1395

Childcare & Learning Center
2510 Monroe St.
La Porte, IN 46350
(219) 326-7646

Andrew Avenue Outdoor Recreational Facility
1400 Andrew Ave
La Porte, IN 46350

Follow us on:
Visit www.lpymca.org