



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WARM UP AT THE Y



Winter Program Brochure
La Porte County Family YMCA
LA PORTE BRANCH
901 Michigan Ave, La Porte, IN 46350

WELCOME TO OUR Y!

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.

BRANCH HOURS & LOCATIONS

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

LA PORTE BRANCH

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

Hours of Operation:

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.

KID WATCH:

Monday - Saturday	8:00 a.m. - 11:30 a.m.
Monday - Thursday	4:00 p.m. - 7:30 p.m.
Sunday	Closed

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

Hours of Operation:

Day after Labor Day through

Memorial Day

Monday - Friday	5:00 a.m. - 8:30 p.m.
Saturday	6:00 a.m. - 5:00 p.m.
Sunday	10:00 a.m. - 5:00 p.m.

Summer Hours:

Day after Memorial Day through

Labor Day

Monday - Friday	5:00 a.m. - 9:00 p.m.
Saturday	6:00 a.m. - 5:00 p.m.
Sunday	10:00 a.m. - 5:00 p.m.

MICHIGAN CITY

ELSTON BRANCH

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

Hours of Operation:

Monday - Friday	6:00 a.m. - 8:00 p.m.
Saturday	6:00 a.m. - 5:00 p.m.
Sunday	Closed

KID WATCH

Monday - Thursday	4:00 p.m. - 7:30 p.m.
Friday - Sunday	Closed

See Michigan City Elston Branch brochure for branch program information or contact Michigan City Elston Branch Member Connections Staff at (219)221-4055 or

CHILDCARE & LEARNING CENTER

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

Hours of Operation:

Monday-Friday	6:00 a.m. - 6:00 p.m.
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ANDREW AVENUE OUTDOOR CENTER

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

Hours of Operation:

Seasonal hours based on programs. For information on renting the pavilion, contact the La Porte Branch Member Connections Staff at (219)325-9622.

JOIN OUR Y!

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and our community have the resources and support needed to learn, grow and thrive. With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your participation will not just bring about meaningful change in yourself, but in your community too.

MEMBERSHIP

Join any branch of the La Porte County Family YMCA and become part of a community committed to helping you and your kids learn, grow and thrive. Y members receive full access to all of our branches, dozens of free classes and discounts on programs with a fee. For rates and for further information please contact Member Services at our La Porte branch at (219)325-9622, Long Beach branch at (219)879-1395 and Michigan City Elston branch at (219)221-4055. When you join any La Porte County Family YMCA branch, you get unlimited use of all our branches. Three for the price of one!

Reciprocal Agreement:

We have some exciting news to share with you! You can now access Ys across the United States through the new Nationwide Membership program. The main requirement is that you use your home Y at least 50% of the time. Visit <http://www.ymca.net/nationwide-membership> to learn more and find participating Ys.

We also have a reciprocal agreement with the La Porte Hospital wellness centers.

Guest Rates:

Youth Day Pass (ages 0-18 years)	\$5
Adult Day Pass (age 19 & up)	\$10
Family Day Pass	\$15
Hotel Guest Pass	\$3
Active Duty Military Day Pass	\$5

Scholarships:

The La Porte County Family YMCA must charge for its membership and program services in order to cover the costs involved providing these services to our members and members of the community. Part of the mission of the YMCA is to ensure that our services are available to everyone in the community, even when someone is unable to afford the full cost of

the program or membership. Awarding of Financial Assistance is based on need and is done confidentially. Contact the Member Services Staff at any of our branches for more information about our Y Scholarship Fund.



ANNUAL CLOSINGS

branches will be closed (unless noted):

Christmas Eve: December 24th all branches will close at 12:00 p.m.

Christmas Day: December 25th

New Year's Eve: December 31st all branches will close at 12:00 p.m.

New Year's Day: January 1st

Memorial Day: May 28th

Fourth of July: July 4th

Labor Day: September 3rd

Please "Like" our Facebook page to receive updates on closings for all branches!

VOLUNTEER HERE

YOUTH SPORTS COACH

Join us in our focus on youth development by volunteering to coach a youth sports team such as soccer, basketball or football. The commitment is just 1 to 4 hours per week, with games in most leagues held on Saturday mornings. Knowledge of sports and experience coaching is a plus, but we are willing to train interested candidates. Fill out a volunteer application at the Member Services Desk. For more information, contact us at (219)325-9622 or sports@lpymca.org.

VOLUNTEER CLEANERS/MAINTENANCE FOR SHUTDOWN WEEK

Interested in lending a helping hand to spruce up our Y? We are looking for volunteers to help us scrub, detail, paint and refinish the Y during shutdown week to ensure longevity. Any help is much appreciated. Contact our Development Director, Michelle Shirk at (219) 325-9622 or mshirk@lpymca.org.

INTERESTED IN VOLUNTEERING? There are always ways to help. Contact our Development Director, Michelle Shirk, at (219)325-9622 or mshirk@lpymca.org.

Y CAREERS

BE A PART OF SOMETHING BIGGER

Want to join our Y team? We are always hiring! Currently we have job opening ranging from Before/After School Caregivers to Lifeguards and Swim instructors. Contact our Director of Administrative Services, Caitlin Bladecki, at (219)325-9622 or cbladecki@lpymca.org.

Applications for all open job positions are available to download online at www.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 at our indoor or outdoor facilities.

Our La Porte Branch offers you the use of our Multi-purpose room, Shick Gym, Swanson Gym, Teen Center and 25-yard pool with lifeguards.

Our Andrew Avenue Outdoor Center has a grill, basketball courts, gaga pits, treehouse, walking trails, soccer fields and more, guaranteeing 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 Services staff member for more information or call (219)325- 9622.

WATER FITNESS CLASSES

See monthly pool schedule for days and times. Schedules are available at our Member Services desk or visit www.lpymca.org and click on the schedules tab.

AQUA-BURN — This program challenges everyone from basic to advanced fitness levels. It is a mix of deep-water and shallow-water exercise with a 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!

SENIOR STRETCH — 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!

SILVERSPLASH® — 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.



SWIM LESSONS



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 swimmer's skill level.

GREEN: Deep water safe swimmers who have no restrictions.

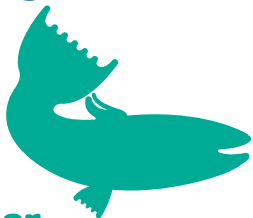
RED: Swimmers who are restricted to the shallow end only.

SWIM LESSONS CONTINUED

	<u>Registration Dates</u>	<u>Classes Begin</u>	<u>Classes End</u>
Winter 1 Session	December 18th - January 15th	January 8th	February 24th
Winter 2 Session	February 5th - February 23rd	February 26th	April 21st
		<u>Members</u>	<u>Non-Members</u>
MON./WED. or TUES./THUR. Classes		\$42 per session	\$84 per session
SATURDAY Classes		\$38 per session	\$76 per session

Sessions are 7 weeks long. A late fee will be added to any registration made on or after January 9th and February 27th.

Parent & Child Lessons (for Ages 3 months - 3 years)



kipper

Level: **RED**

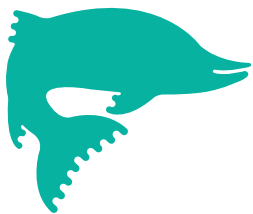
Kippers

Tuesday/Thursday:
9:00 a.m. - 9:30 a.m.

Saturday:
9:00 a.m. - 9:30 a.m.

In these lessons, parents help children build confidence and become comfortable moving in the water. 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 fun opportunity for adults and infants to interact. Lessons are 30 minutes long.

Preschool Progressive Lessons (for Ages 3-5)



pike

Level 1 - **RED**

Pike

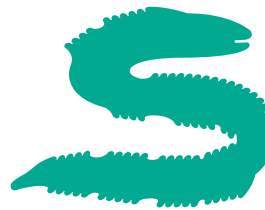
Monday/Wednesday:
4:00 p.m. - 4:30 p.m.

Saturday:
9:00 a.m. - 9:30 a.m.
9:35 a.m. - 10:05 a.m.

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 kick board, front and back paddle strokes, jumps, and water and boat safety.

Tuesday/Thursday:
10:00 a.m. - 10:30 a.m.
10:30 a.m. - 11:00 a.m.
4:00 p.m. - 4:30 p.m.

Preschool Progressive Lessons, continued



eel

Level 2 - **RED**

Eel

Monday/Wednesday:
4:00 p.m. - 4:30 p.m.

Saturday:
9:00 a.m. - 9:30 a.m.

In this class, we will review Pike skills plus learn to swim without a flotation device, practice rhythmic breathing and learn water games, somersaults and treading water while continuing to work on endurance.

Tuesday/Thursday:
9:30 a.m. - 10:00 a.m.
4:00 p.m. - 4:30 p.m.



rays

Level 3 - **GREEN**

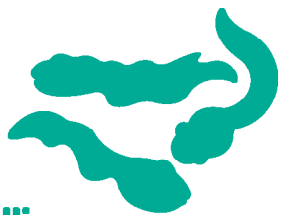
Rays

Monday/Wednesday:
4:00 p.m. - 4:30 p.m.

In this class, we continue to build on the skills learned in the Eel level plus learn to front and back crawl the length of the pool. Side stroke, breast stroke, mask and fins and emergency procedures are introduced.

Saturday:
9:35 a.m. - 10:05 a.m.

School Age Progressive Lessons (for Ages 6-12) Goggles are Recommended



polliwogs

Level 1 - **RED**

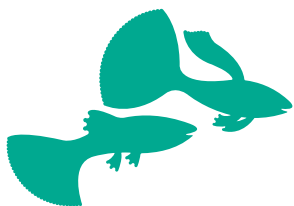
Polliwogs

Monday/Wednesday:
4:35 p.m. - 5:20 p.m.

Saturday:
10:10 a.m. - 10:55 a.m.

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 as well as water safety.

Tuesday/Thursday:
4:35 p.m. - 5:20 p.m.



guppies

Level 2 - **RED**

Guppies

Monday/Wednesday:
4:35 p.m. - 5:20 p.m.

Saturday:
10:10 a.m. - 10:55 a.m.

In this class, children will continue to build upon the basic skills they learned in Polliwogs. They will work on swimming on their front and back 50 yards without assistance. This class will focus on stroke development, rhythmic breathing and rescue skills.

Tuesday/Thursday:
4:35 p.m. - 5:20 p.m.

School Age Classes continued



minnows

Level 3 - **GREEN**

Minnows

Monday/Wednesday:
4:35 p.m. - 5:20 p.m.

This 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, advanced breaststroke skills, dives and continued emphasis on rescue skills.

Saturday:
10:10 a.m. - 10:55 a.m.

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 or fears and also for adults who have never learned how to swim. Contact the Aquatics Department at (219) 325-9622 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

Note: Refunds are not given for class cancellations due to weather. If the Y cancels a class for non-weather reasons, a cash refund will only be given if make-up classes are not offered. No cash refunds are given for absences. Credits are only given for medical reasons, verified by a note from a doctor.

Y Family Swim 7:50p.m.-9:45 p.m. every Friday Evening

A Y tradition! As part of our commitment to building strong families, we have designated times for family swim time every Friday evening. 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 www.lpymca.org to see our compete pool schedule.

CPR & LIFEGUARD CERTIFICATION CLASSES

CPR/AED & First-Aid Certification (For Ages 15 and Up)

This 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. Questions? Contact Program Director Kathy Workman, at (219) 221-4055 or kworkman@lpymca.org.

ASHI CPR, AED & First-Aid Training

Member: \$50/class

Non-member: \$80/class

La Porte Branch 2018 Classes:

6 p.m. Classes

February 6th
March 6th
May 8th
July 10th
September 4th
November 6th

9 a.m. Classes

January 18th
April 19th
June 14th
August 16th
October 18th
December 20th

10 a.m. Classes

February 24th
April 28th
June 23rd
August 25th
October 27th
December 29th

Michigan City Elston Branch 2018 Classes:

6 p.m. Classes

January 9th
April 10th
June 5th
August 7th
October 9th
December 11th

9 a.m. Classes

February 15th
March 15th
May 17th
July 19th
September 13th
November 15th

10 a.m. Classes

January 27th
March 24th
May 26th
July 28th
September 22nd
November 24th

Lifeguarding Certification (For Ages 15 and Up)

This program certifies individuals to become lifeguards using 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. Questions? Contact our Aquatics Director, Kathy Workman, at (219) 221-4055 or kworkman@lpymca.org for more details.

LIFEGUARDING CERTIFICATION

Member
\$175/class

Non-Member
\$200/class

(Plus a \$35.00 fee that is paid to the Red Cross)

Lifeguarding 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 have 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.

LIFEGUARDING RE-CERTIFICATION

Member
\$75.00

Non-Member
\$90.00

La Porte Branch 2018 Classes:

January 15 - January 17

Monday-Wednesday: 3:30 p.m.-8 p.m.

May 21 - May 24

Monday-Wednesday: 3:30 p.m.-8 p.m.

September 17 - 19

Monday-Wednesday: 3:30 p.m.-8 p.m.

March 19 - March 21

Monday-Wednesday: 3:30 p.m.-8 p.m.

July 16 - 18

Monday-Wednesday: 3:30 p.m.-8 p.m.

November 19 - 21

Monday-Wednesday: 3:30 p.m.-8 p.m.

Michigan City Elston Branch 2018 Classes:

February 19 - February 21

Monday-Wednesday: 3:30 p.m.-8 p.m.

June 18 - June 20

Monday-Wednesday: 3:30 p.m.-8 p.m.

October 15 - October 17

Monday-Wednesday: 3:30 p.m.-8 p.m.

April 16 - April 18

Monday-Wednesday: 3:30 p.m.-8 p.m.

August 20 - August 22

Monday-Wednesday: 3:30 p.m.-8 p.m.

December 17 - December 19

Monday-Wednesday: 3:30 p.m.-8 p.m.

GROUP EXERCISE CLASSES

Group exercise classes are an interactive way 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.

We offer a variety of classes from Tabata to Zumba to Yoga and much more!

See our Group Exercise Monthly Schedules next to the Member Services desk for class times.



PERSONAL TRAINING

INDIVIDUAL PERSONAL TRAINING is available for \$40 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 \$175 or 10 sessions for \$300 are also available.

PARTNER PERSONAL TRAINING

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

The cost is \$30.00 per person/per session.

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 a certified personal trainer.

The cost is \$20.00 per session/per person

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

WELLNESS BODY COMPOSITION PROGRAM

Want to know your number? The Wellness Department has started a Wellness Body Composition Program. In this program, Y members can have their BMI, weight, body fat percentage, and measurements taken up to four times in one year. For more information, contact our Healthy Living Coordinator, Erika Kozlowski, at (219) 325-9622 or ekozlowski@lpymca.org.

Individual Member: \$15 annually

CHRONIC DISEASE PROGRAMS

ENHANCE@FITNESS PROGRAM

This CDC-approved program is available to members and non-members. ENHANCE@FITNESS helps 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 program will take place on Monday, Wednesday, and Fridays at 9:00 a.m. and is taught by certified instructors.

For further information, contact Healthy Living Director Elizabeth Downs at (219)325-9622 or edowns@lpymca.org. Registration is offered throughout the year.

There is a \$90 fee for non-members.

LIVESTRONG AT THE Y (Cancer Survivor Program)

LIVESTRONG® at the YMCA is a 12-week program 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.

For further information, contact Healthy Living Director, Elizabeth Downs at (219)325-9622 or edowns@lpymca.org. Registration is offered throughout the year, please contact Elizabeth Downs for dates.

DIABETES PREVENTION PROGRAM

The La Porte County Family YMCA now offers the **YMCA's Diabetes Prevention Program** – an evidence-based program shown to reduce the burden of type 2 diabetes, one of the nation's costliest chronic diseases. The YMCA's Diabetes Prevention Program is a group-based lifestyle intervention for adults at high risk for developing type 2 diabetes, and has been shown to reduce the number of new cases of diabetes by 58 percent overall and by 71 percent in adults over 60.

The CDC reports that 29 million Americans have diabetes and, if trends continue, this number could triple by 2050. Currently 86 million, or 1 in 3, adults have prediabetes but only 10 percent are aware of it. Knowing your risk for prediabetes is the key to taking control and reducing these statistics. The YMCA's Diabetes Prevention Program empowers participants to make lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes."

The YMCA's Diabetes Prevention Program is a year-long program with 16 weekly sessions followed by 8 monthly sessions. In a relaxed classroom setting, a trained Lifestyle Coach helps participants learn skills to help them incorporate healthy eating, increased physical activity, and other behavior changes into their everyday lives. The goals of the program are 7 percent weight loss and an increase in physical activity to 150 minutes per week. A Y membership is not required for participation. Financial assistance is available for those who qualify. The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. Have questions or want to find out if you qualify for this program? Contact Elizabeth Downs at (219)325-9622 or edowns@lpymca.org.

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.

Change is tough—we can help.

PROGRAM FEATURES

- **25 sessions delivered over the course of one year.**
- **Led by a trained Lifestyle Coach.**
- **A group that offers motivation and support.**

BLOOD PRESSURE SELF-MONITORING

If you are living with high blood pressure, taking action to keep it well-controlled will minimize your risk for complications like stroke, heart attack, and even death. The simple process of checking and recording your blood pressure twice a month over a period of four months has been shown to lower blood pressure many people with higher blood pressure.

This forms the basis for the Y's Blood Pressure Self-Monitoring Program, an evidence-based program that features personalized support as you develop the habit of routinely self-monitoring your blood-pressure, tips for maintaining for cardiovascular health, and nutrition education.

Have questions or want to find out if you qualify for this program? Contact Elizabeth Downs at (219)325-9622 or edowns@lpymca.org.

Chronic Disease Programs Continued

MOVING FOR BETTER BALANCE

Moving for Better Balance works to improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, which leads to better functioning in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem.

This program is lead by a qualified instructor and teaches an eight-form routine of Tai Chi-based movements modified specifically for falls prevention. Moving for Better Balance is offered at the La Porte Branch and includes two classes and two-plus hours of at-home practice a week.

Have questions or want to find out if you qualify for this program? Contact Elizabeth Downs at (219)325-9622 or edowns@lpymca.org.

SPORTS PROGRAMS

Preschool Basketball (Ages 3-5)

This program introduces preschoolers the FUN-damental skills associated with basketball. This is a fun atmosphere designed to teach fundamentals, teamwork and sportsmanship. Games/practices are held Saturday mornings at La Porte Branch. This session runs **Saturday, January 20th** through **Saturday, February 24th**. **Registration is open now!**

Early Bird rate ending December 23rd:

<u>Member</u>	<u>Non-Member</u>
\$42/session	\$60/session

Regular Rate:

<u>Member</u>	<u>Non-Member</u>
\$52/session	\$70/session

Youth Boys Basketball (Grades K-6)

This basketball program emphasizes sportsmanship, fair play and teamwork, while teaching the fundamentals, rules and traditions of the game to beginners or those who just want to play for fun. Grades K/1 will have one combined weekly practice/game from **Saturday, January 20th** through **Saturday, February 24th**. Older grades will have one weeknight practice beginning the week of **Monday, January 15th**. Games will be on Saturdays beginning **Saturday, January 20th**. A skills clinic will be held on **Saturday, January 6th**.

Early Bird rate ending December 23rd:

<u>Member</u>	<u>Non-Member</u>
\$42/session	\$60/session

Regular Rate:

<u>Member</u>	<u>Non-Member</u>
\$52/session	\$70/session

Missed out on his season? Second chance basketball practices will start the week of February 26th with games running March 3rd through March 31st!

Tae Kwon Do (For Adults & Children, ages 6 & up)

This program is run by 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 in the Korean art for over two decades. Jerry owns a 6th-Degree Black Belt and Mary has reached the rank of 4th-Degree Black Belt. The program honors existing ranks and no contracts are required.

	<u>Member</u>	<u>Non-Member</u>
Ages under 18	\$46/session	\$88/session
Ages over 18	\$46/session	\$104/session

Adult Coed Volleyball

The YMCA offers a league on Wednesday nights, which is played by high school rules. Teams include three men and three women. Follow us on Facebook for updates on the Winter season start dates!

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

PRESCHOOL

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 programs, 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 programs 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. Questions? Contact Childcare Director Stefanie Gurband at (219)326-7646 or sgurband@lpymca.org.

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 the 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)

Three year olds (Tuesday and Thursday):

School starts the 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)

PRESCHOOL HOURS

La Porte Branch 8:30 a.m. – 11:30 a.m. M/W/F
8:30 a.m. – 11:30 a.m. T/Th

Prairie View 8:45 a.m. – 11:45 a.m. M/W/F

*Prairie View offers one combined class for 3, 4 and 5 year-olds.



Looking for a Preschool in Michigan City? We've got you covered!

Our Y has Educare programs at Pine Elementary and Springfield Elementary, covering Marsh, Knapp, Edgewood, Joy and Coolspring. Contact our Childcare Director Stefanie Gurband at (219) 326-7646 or sgurband@lpymca.org for information regarding Educare. You can also find this information in our program brochure for our Michigan City Branch located at our Member Services Desk.

CHILDCARE & LEARNING CENTER

Looking for a top-notch Childcare Center? We've got you covered!

Our Childcare & Learning Center is a fully licensed, curriculum-based facility, which has achieved Level 4 Paths to Quality certification and accreditation from National Early Childhood Program Accreditation (NECPA). It is one of only two centers in the county to achieve a Level 4 Paths to Quality. Our caring staff are eager and ready to help your child grow and thrive. Our center serves children from 6 weeks old through kindergarten. For more information about our center and pricing, contact Childcare Director Stefanie Gurband at (219)326-7646 or by email at sgurband@lpymca.org.

Childcare & Learning Center: 2510 Monroe St., La Porte, IN 46350

CAMPS & CHILDCARE

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 after school 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: \$3.00/hour plus annual registration fee of \$20/one child or \$30/two or more children.

Westville: This program only operates after school, from the time school lets out until 6:00 p.m. Afternoon snack is provided.

Cost: \$3.00/hour plus annual registration fee of \$20/one child or \$30/two or more children.

South Central: This program only operates after school, from the time school lets out until 6:00 p.m. Afternoon snack is provided.

Cost: \$3.00/hour plus annual registration fee of \$20/one child or \$30/two or more children.

For more information, contact the school office or Sandy Stefanko, School Age Director, at (219)325-9622 or email sstefanko@lpymca.org.



SCHOOL'S OUT DAY 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 including gym time to keep the kids physically active, arts and crafts, STEM (science, technology, engineering and math) activities, the Y Readers program and much more. Children should bring a sack lunch, swimsuit and towel each day. Afternoon snack is provided.

Members: \$25/child

Non-members: \$35/child

Questions? Contact School Age Childcare Director Sandy Stefanko at (219) 325-9622 or [sstefanko@lpymca.org](mailto:ssstefanko@lpymca.org).

School Day Out Camp's Dates for 2017/2018 school year:

October 19th*

October 20th*

January 15th*

February 16th*

February 19th*

March 12th*

March 30th*

*Denotes School Make Up Days- if school is not in session, the Y will have camp.



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. Children should bring a sack lunch, swim suit, and towel. Register at Member Services Desk before dropping your child off.

Members: \$25/child

Non-members: \$35/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 School Age Director Sandy Stefanko at (219) 325-9622 or [sstefanko@lpymca.org](mailto:ssstefanko@lpymca.org).

SERVING 108 YEARS & COUNTING



LA PORTE COUNTY FAMILY YMCA
www.lpymca.org



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

Michigan City Elston 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

Andrew Avenue Outdoor Center
1400 Andrew Ave
La Porte, IN 46350
(219) 325-9622

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