



Shaping the Generations
YMCA of Pueblo | Fall Program Guide 2007



Welcome

Investing in our community

The YMCA puts Christian principles into practice through programs that build healthy spirit, mind and body for all. We welcome all adults, youth, families and seniors - regardless of gender, ethnicity, creed or income - at the YMCA. We work hard to provide programs that appeal to all segments of our community.

Many programs, particularly those for youth, teens and seniors, require financial support beyond the fees that participants pay for them. The YMCA of Pueblo's "Strong Kids" Campaign provides the funds that help make the YMCA "open to all." More than 100 volunteers organize each year to contact YMCA members and friends, tell the story of the YMCA's work in the community, and secure pledges to continue and expand that work for 2007.

We hope you'll consider supporting the YMCA of Pueblo this year! For more information, please call (719) 543-5151!



FALL 2007 SESSION CALENDAR

Session #1	September 4 - September 29
Session #2	September 30 - October 27
Session #3	October 28 - November 24
Session #4	November 25 - December 22

HOLIDAYS

September 2nd & 3rd	Labor Day Weekend	CLOSED
November 22nd	Thanksgiving	CLOSED
December 24th	Christmas Eve	close at 3 p.m.
December 25th	Christmas Day	CLOSED
December 31st	New Year's Eve	11 a.m. to 3 p.m.
January 1st	New Year's Day	9 a.m. to 3 p.m.

HOURS

Monday - Friday	5:00 a.m. - 9:00 p.m.
Saturday	5:00 a.m. - 6:00 p.m.
Sunday	1:00 p.m. - 5:00 p.m.

TINY TOWN HOURS (FREE for YMCA Members)

Available for children 6-months to 6-years old. This service can be utilized by parents who are using the facility. Parents must remain in the building while their children are in the Tiny Town Room. Monthly schedule will be offered at the YMCA.

Monday - Friday	8:00 a.m. - 1:00 p.m. 4:00 p.m. - 8:00 p.m.
Saturday	8:15 a.m. - 10:15 a.m.

YMCA Members who bring children other than their own must pay \$2.00/child. Late Fee: \$1/minute after 2 hour time limit.

BUILDING RENTAL

The YMCA's facilities are available for rental during non-business hours not conflicting with member usage.

LOST OR STOLEN ITEMS

The YMCA of Pueblo is not responsible for personal items that are lost, damaged, or stolen while on YMCA premises or property.

LOCKERS AND LOCKS

For your protection, we strongly suggest using lockers and locks. Locks must be removed after each use. You must be 18 years and older to get a key to a locker.

WELCOME

The YMCA of Pueblo builds strong kids, strong families, and strong communities by putting Christian principles into practices through programs that build healthy spirit, mind, and body for all. We welcome all adults, youth, families, and seniors, regardless of gender, ethnicity, creed, or income. We work hard to provide programs and services that serve the needs of all people in our community.

YMCA CHARACTER DEVELOPMENT

All YMCA programs emphasize our four core values - **caring, honesty, respect, and responsibility**. Through discussion, role modeling, and skill development, YMCA program leaders help participants develop and practice these values. In addition, we expect all our members to model our four core values in their conduct and language. The YMCA reserves the right to suspend or cancel a membership at our discretion if a member's actions or behavior are not deemed in the best interest of the YMCA.

VOLUNTEERS

At the YMCA of Pueblo, your time and talent go a long way. You can lead a program, serve as a role model for young people, help out in the office or at a special event, raise money, be a health and wellness instructor, or be a part of a group or committee working on a community issue. No matter how you help, you will make a difference as you work with others to create a feeling of connection in your community. If you are interested in becoming a YMCA volunteer, call 543-5151.

SUGGESTIONS, COMMENTS OR CONCERNS

This is your YMCA. We value your opinion. We pledge to acknowledge each comment and respond appropriately.

ATTIRE

The YMCA of Pueblo is an inclusive, family-friendly organization; please dress appropriately. Tasteful clothes must be worn in all areas of the facility. Athletic shoes must be worn in the aerobics room and gymnasium. Proper swimsuits must be worn in the pool area. Street clothing is not allowed in the pool. Jeans and open-toed shoes are prohibited in the cardio and strength areas.

GUEST POLICY

Members are welcome to bring guests. The host member takes responsibility for the guest and must remain in the building with the guest.

Youth Guest Fee	(17 years and under)	\$5.00
Adult Guest Fee	(18 years and older)	\$10.00
Family Guest Fee	(2 adults, 3 children)	\$25.00
Senior Guest Fee	(60 years and over)	\$8.00
Fitness Center	(18 years and older)	\$15.00

YMEMBERSHIP™

We build strong kids, strong families, strong communities.

What you can expect from your YMCA of Pueblo membership ...

The YMCA of Pueblo actively pursues excellence in all we do for you. When you come to this YMCA you can expect:

- To be served by friendly staff dedicated to making your Y experience great
- To enjoy a clean facility
- To use up-to-date equipment in good working order
- To encounter caring, honesty and respect in all your interactions with Y staff
- To have every member of your family treated like one of our family.

Full privilege members enjoy the following:

- NO CONTRACT
- FREE Tiny Town while you work out - up to 2 hours
- FREE group exercise classes including Pilates, Yoga & "Y" Cycle
- Reduced member rate on program fees
- Advance registration for programs
- Membership privileges in over 2,000 YMCA's across the USA (AWAY Program - certain restrictions may apply)
- Use of day lockers
- Lap swimming
- Unlimited attendance of group exercise classes
- Open recreational swim times
- Open recreational gym times
- YMCA of Pueblo members have access to 12 YMCA's in Colorado
- Use of the cardiovascular and strength training equipment
- FREE aquatic exercise classes
- "Y" Personal Training at reduced rates
- FREE racquetball court time
- FREE 12-week "Commit to Get Fit" Program

MEMBERSHIP CARDS

In an effort to provide a safe place for your family we give each member, including children, a membership card and ask that you always present it to gain admittance to the YMCA. For the safety and security of all, members who do not present their cards upon check-in may be denied access to the facility at the YMCA's discretion. Membership cards are non-transferable. You may purchase new or additional cards at any time for \$1.

CANCELING YOUR MEMBERSHIP

Should you desire to cancel your membership, you must complete and submit a Membership Cancellation Form. Membership Cancellation Forms are available at the Customer Service Desk. If you are paying for your membership by bank draft, you must submit the cancellation form at least 15 days prior to your draft date. If you submit the form less than 15 days prior to your draft date, your account may be drafted for the next month's membership fees. Your membership cards must be returned at the time of your cancellation.

FITNESS CENTER OPTION

Fitness Center locker room usage can be added to your monthly or annual payment plan. Fitness Center locker room service includes: sauna, whirlpool, towel service, locker and key service and private kit locker. For this option, add \$10.00 per month per adult. Maximum 2 adults; no children allowed in the fitness center locker rooms.

METHODS OF PAYMENT

BANK DRAFT: Payment by bank draft is an easy way to join the YMCA and divide the annual fee into manageable payments throughout the year. Your account is debited on the 1st or 15th of each month.

QUARTERLY AND ANNUAL: If you chose to pay your membership fees quarterly or annually, you can expect to receive a bill from the YMCA every 3 to 12 months, respectively. Full payment of the fees is required immediately upon receipt of the bill. Payments are accepted by cash, check, Visa or MasterCard.

NON-SUFFICIENT FUNDS PROCEDURE

If any payment by check, bank draft, or credit card is returned to the YMCA unpaid, you will be assessed a minimum non-sufficient funds (NSF) fee of \$20 (or the maximum amount allowed by your bank, credit card company, or the law). In addition, a collection agency contracted by the YMCA will attempt to collect your payment electronically until it is paid in full and you will be assessed the minimum NSF fee for each collection attempt. The YMCA is not responsible for any collection costs.

REFUND POLICY

MEMBERSHIP REFUNDS: Refunds for membership fees are given only to individuals, couples, or families who are moving from Pueblo or have a legitimate medical condition preventing them from taking advantage of their membership. Refunds will be prorated depending on the date on which they are requested.

PROGRAM REFUNDS: You may cancel your reserved space in a program at least seven (7) days before the program begins. At the time of your cancellation, you may request one of the following: a transfer to another YMCA program, a credit for a future YMCA program (good for six months only), or a full refund. Please allow 10 days for check processing. After a program begins, transfers, credits, and refunds are not issued. If the YMCA cancels a program, you may choose one of the following: a full credit (good for six months), or a full refund.

INSURANCE STATEMENT

The YMCA of Pueblo does **NOT** provide accident insurance for injuries sustained during YMCA activities. Members and guests participate in programs and use the facility at their own risk, and are encouraged to have personal medical insurance coverage.

CELL PHONE USAGE

Out of respect for others and as a common courtesy, please refrain from using your cell phone while in the facility and especially when you are working out or participating in a program or class. Use of cell phones is strictly prohibited in any locker room.





YTODDLER

We build strong kids, strong families, strong communities.

SPECIAL AFTERNOONS (ages 2-5 years)

A unique session of one time classes to keep children happy and busy. Each series has a theme in which arts and crafts, gym games, cooking and more are centered around!

Friday 12 noon - 1 p.m.

FEES

YMCA Members: \$12/session
Non Members: \$16/session

DATES

September 7 - 28
October 5 - 26
November 2 - 30 (no class 11/23)
December 7 - 14 (only 2 classes)



BRAIN GAMES FOR TOTS (ages 1-4 years)

Research has shown that movement is key to healthy brain development and essential to learning. With this in mind, the YMCA of Pueblo will be providing tots the opportunity to participate in a variety of gross motor activities that are designed to stimulate brain development. Brain Game participants will meet twice a week

Monday & Wednesday 9:00-10:00 a.m. (1-2 yrs)
Monday & Wednesday 11:15-12:15 p.m. (3-4 yrs)

FEES

YMCA Members: \$24/session
Non Members: \$28/session

DATES

September 5 - October 1
October 3 - 29
November 5 - December 5
December 10 - 19 (only 4 classes)

contact

Your Toddler contact is **Becky Wahlen** ext. 123 or **Peggy Summers** ext. 138 or psummers@puebloymca.org

The YMCA of Pueblo is...

SHAPING THE GENERATIONS

Children are our hope. We can do more to support more children and families.

TODDLER ADVENTURE (ages 2-5 years)

Toddler Adventure gives children the opportunity to explore and discover the world around them through fun-filled sessions. Let us provide your child with adventures that will brighten their world.

Tuesday 9:00 - 10:00 a.m.

FEES

YMCA Members: \$12/session
Non Members: \$16/session

DATES

September 4 - 25
October 2 - 23
November 6 - 27
December 4 - 18 (only 3 classes)

BUSY BEES (ages 2-5 years)

A great opportunity for your child to increase social skills, develop coordination and listening skills and explore their creativity with arts & crafts.

Monday & Wednesday 12:30 - 1:30 p.m.

FEES

YMCA Members: \$24/session
Non Members: \$28/session

DATES

September 5 - October 1
October 3 - 29
November 5 - December 5
December 10 - 19 (only 4 classes)



JUMP, SHOUT & BOOGIE (ages 2-4)

A great opportunity for your child to increase social skills, develop coordination and listening skills in a spirited environment.

Friday 9:00 - 10:00 a.m.

FEES

YMCA Members: \$12/session
Non Members: \$16/session

DATES

September 7 - 28
October 5 - 26
November 2 - 30 (no class 11/23)
December 7 - 14 (only 2 classes)

YPRESCHOOL

We build strong kids, strong families, strong communities.

HALF DAY PRESCHOOL (ages 3-6)

At Y-Wee Care Preschool, we recognize that each child is unique. Children have varying needs and come with different levels of ability. Designed with the richness of diversity in mind, our program strives to promote each child's growth in terms of their own personality. Under the guidance of our experienced, loving teachers the children develop positive self concepts, learn responsibility and reach their maximum level of developmental growth.



Parents/guardians are always welcome in our classroom. They are especially needed as chaperons for field trips, classroom parties and more. Our "Helping Parent Program" allows you the opportunity to share the classroom experience and receive a reduction in tuition.

SESSIONS

2 Day Program for Ages 3-4
T/TH 8:45-11:30 a.m.

3 Day Program for Ages 4-6
M/W/F 8:45-11:30 a.m.

4 Day Program for Ages 4-6
M-TH 12:15-3:00 p.m.

** LIMITED SPACE AVAILABLE **

contact

Your Preschool contact is **Sheila Grutt** ext. 136

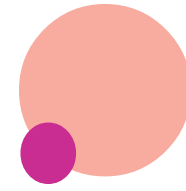


CURRICULUM

• Swimming • Science Activities • Special Centers • Language Enrichment • Small Group Time • Math Their Way • Multi-Cultural Enrichment • Field Trips • Free Play • Arts & Crafts • Fitness Fun • Cooking • Songs/Science • Gym Games

Y SCHOOL AGE™

We build strong kids, strong families, strong communities.



YMCA SCHOOL AGE PROGRAM

This program helps children develop to their fullest potential by offering developmentally appropriate activities that help children grow physically, emotionally, intellectually, socially and spiritually. Children learn about the YMCA's four core values: *caring, honesty, respect and responsibility*. These values are stressed in all activities and help children develop a healthy self-esteem, feel part of a group and learn how to get along with others.

Program hours are Monday through Friday, 7 a.m. to the start of school; and school dismissal to 6:30 p.m. (Times may vary due to individual school schedules.) The YMCA will provide the program all day on teacher in-service days and days that children are excused from school (President's Day, Martin Luther King, Jr. Day, etc.) **Program will not be offered Labor Day, Thanksgiving Vacation, Christmas Vacation - separate camps will be offered at these times.**

District #60

Belmont, Franklin, Haaff, Morton, Sunset Park, Hellbeck, Beulah Heights, Highland Park, Heritage, Goodnight, Carlile

District #70

Sierra Vista, Prairie Winds, Desert Sage, Pueblo West & Cedar Ridge
NOTE: Schools serviced are based on need. A minimum number of students is required at each listed school, if the minimum is not met the YMCA may stop servicing the site and move services to another school.



contact

Your School Age contact is **Peggy Summers**, ext. 138 or psummers@puebloymca.org or **Jennifer Ortiz**, ext. 142 jortiz@puebloymca.org

YMCA BEFORE KINDERGARTEN PROGRAM

This program was developed to promote the growth of the kindergarten child who attends **afternoon kindergarten** and needs care in the morning from 7:00 a.m. to the start of kindergarten. After school care is available in the School Age Program starting at school dismissal.

District #60

Belmont, Franklin, Haaff, Morton, Sunset Park, Heritage, South Park, Highland Park, Carlile & Hellbeck

District #70

Desert Sage, Pueblo West, Sierra Vista, Cedar Ridge, Prairie Winds

SCHOOL AGE CURRICULUM

- Arts & Humanities • Character Development
- Health, Wellness & Fitness • Homework Support
- Literacy (YMCA KidzLit) • Science & Technology
- Service Learning • Social Competence

School Breaks are a BLAST at the YMCA!

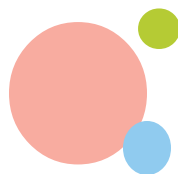
Youth ages 5-13 have the opportunity to experience a multitude of fun, safe and educational activities during their time off from school. The YMCA of Pueblo's Holiday Camps feature swimming, gym games, arts & crafts, science and daily field trips. The program will not be held on Thanksgiving, Christmas Day or New Year's Day.

Thanksgiving Camp

November 19th - November 23rd
 No care on November 22nd

Holiday Camp

District #60: December 20th - January 3rd
 District #70: December 21st - January 3rd
 No care on Christmas Day, December 25th or New Year's Day, January 1st
 Care on Christmas Eve & New Year's Eve will be from 7 a.m. to 3 p.m.



Y FAMILY™

We build strong kids, strong families, strong communities.

FAMILY NIGHTS

The YMCA of Pueblo hosts a fun family evening the first Friday of every month! Y Family Nights are geared around a special theme each month and include an inexpensive dinner, games, crafts and prizes from 6 to 7 p.m. Families can then enjoy the fun of the YMCA pool and gym from 7 to 9 p.m. or try out family fitness from 7-8 p.m. Join us for quality family time and a great opportunity to develop friendships with other families in the Pueblo Community. Cost is \$3/meal for both YMCA members and non members. Reservations required.

- September 7th Aladdin's Magic Carpet Ride Back to School
- October 5th Wonderful World of Webs
- November 2nd Harvest Hoe-Down
- December 7th Snow Ball



FLICK-N-FLOAT

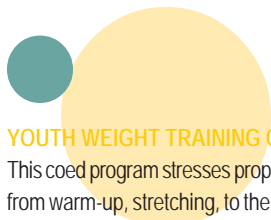
Grab your bathing suit and rafts and scurry everyone on over to the YMCA pool for a great time of swimming and movies. Enjoy family friendly movies as you're floating in the pool. It's a great way to end your week and to meet others in your community. Held on the second Friday of each month!

Fees for YMCA Members and Non Members:

- Family (2 adults, 3 children) \$5
- Single Parent Family (1 adult, 3 children) \$3
- Individual \$2



- September 14th
- October 12th
- November 9th
- December 14th



YOUTH

We build strong kids, strong families, strong communities.

YOUTH WEIGHT TRAINING ORIENTATION ages 13-15 years

This coed program stresses proper strength and conditioning techniques from warm-up, stretching, to the use of Badger-Magnum weight equipment and cardiovascular equipment. When participants complete the course, they will receive a card allowing them access to the machines. Space is limited so please register at the front desk. For more information contact Victoria Esquibel at 543-5151 ext. 141.

Members: FREE

H.I.P. KIDS ages 8-12 years

Health Intervention Program for boys & girls 8-12 years of age who need help adopting a healthier lifestyle that are at risk of becoming or who are, overweight or obese (85% or above their BMI for their age category). This 12-week program meets twice a week and is led by a professional team made up of a Registered Dietician, Social Worker, and Exercise Specialist. H.I.P. Kids features individual and group sessions that educate children and their parents about their nutrition and physical activity choices. Participants then learn about behavior modifications that improve nutrition and increase daily activity, which are two very important components of a healthy lifestyle.

TAE KWON DO

This is a relatively new Korean martial art though its roots are hundreds of years old. Tae kwon Do is a hard and linear style that is distinguished from other martial arts by the quick and powerful kicking techniques. This form of training has several physical and mental benefits. Conditioning, building endurance, and developing muscle tone are just a few of the physical benefits; and increased concentration and focus are just some of the mental benefits. Our classes are instructed by Master Instructor C.R. Valdez, 3rd

Degree Blackbelt.

Beginner: Tuesday & Thursday 4 p.m.

Intermediate: Tuesday & Thursday 5 p.m.

Advanced: Saturday 10-11:30 a.m. (approval required)

YMCA Members: \$40/12 classes

Non Members: \$60/12 classes



PRIME TIME FAMILY CENTER

Opening September 4

Our new Prime Time Family Center helps make the YMCA experience even more of a family-friendly experience! The Center is designed to appeal to youth ages six and older and provide them with a place to hang out during the YMCA's "prime time" hours in the late afternoon when parents are working out or participating in health and wellness classes. The Center is also designed as a place where families can go to hang out and just spend quality time with each other. YMCA staff will provide supervision, help with homework, and facilitate games and activities. The Prime Time Family Center is conveniently located in our preschool just down the hall from Tiny Town. Parents can drop off children under the age of six in Tiny Town and older children in the Prime Time Family Center. Check at the Customer Service Desk for more information.

FACILITY USE

GUIDELINES FOR YOUTH AT THE YMCA

In general, children 10 years and older are welcome to access the YMCA without parental supervision. However, in order to provide a safe and enjoyable experience for everyone, we require adult supervision (18+) for children less than 10 years of age unless they are in an organized, supervised program such as youth sports, martial arts, or swim lessons. Additionally, specific age guidelines apply to some areas of the facility (e.g., the Cardio and Circuit Room and the Free Weight and Conditioning Rooms). Please adhere to the guidelines posted in these rooms.

AREA	AGE	PRIVILEGE
Circuit Room	12 & under	No access or participation
	13-15	Access and participation upon completion of the Youth Training Orientation with YMCA certified staff
	16 & up	Access and participation with proper use
Free Weight & Conditioning Room	15 & under	No access or participation
	16 & up	Access and participation with proper use
Cardio Rooms	5 & under	No access or participation
	6-12	Access and participation with adult supervision
	13 & up	Access and participation with proper use
Aerobics Studio	12 & under	No access or participation
	13-15	Access and participation with adult supervision
	16 & up	Access and participation with proper use
Swimming Pool	8 & under	Access and participation with adult supervision
	9-17	Access and participation with proper use
Track	5 & under	No access or participation
	6 - 12	Access and participation with adult supervision
	13 & up	Access and participation with proper use

PARTY AT THE "Y"

Celebrate at the YMCA! Perfect for birthday parties, club meetings, family gatherings and more!

Standard Party -
YMCA Members: \$50;
Community Guests: \$75

Includes: use of meeting room for up to two hours, tables and chairs, counter space, sink with hot and cold water, electrical outlets and garbage service

Pool Party -
YMCA Members: \$50 + \$3/guest;
Community Guests: \$75 + \$5/guest

Includes: everything in the Standard Party plus up to one hour of swimming in the pool

contact

Your Health & Wellness contact is Victoria Esquibel, ext. 141 or vesquibel@puebloymca.org

School Age Leagues

FEES
YMCA Member: \$33/league
Non Member: \$63/league

FLAG FOOTBALL (Boys & Girls Ages 6-11 yrs.)
Registration Deadline: Tuesday, September 4, 2007
Registrations will be taken through September 11th w/\$10 late fee.
League Dates: September 29 - November 3

VOLLEYBALL (Boys & Girls Ages 6-14 yrs.)
Registration Deadline: Tuesday, September 11, 2007
Registrations will be taken through September 18th w/\$10 late fee.
League Dates: October 6 - November 10

CHEERLEADING (Girls Grades K-6th)
Registration Deadline: Tuesday, September 4, 2007
Registrations will be taken through September 11th w/\$10 late fee.
League Dates: September 29 - November 3

JUNIOR NUGGETS YOUTH BASKETBALL
(Boys & Girls Ages 6-13 yrs.)
Registration Deadline: Tuesday, October 30, 2007
Registrations will be taken through November 6th w/\$10 late fee.
League Dates: December 1 - January 19

contact Your Youth Sports contact is **Peggy Summers**, ext. 138 or psummers@puebloymca.org

THE FIRST TEE OF PUEBLO

The First Tee is dedicated to providing affordable golf access for everyone, especially young people, who otherwise might not have an opportunity to play. The emphasis in the program is to learn golf skills and valuable life-skills at the same time. These life-skills include: courtesy, confidence, sportsmanship, perseverance, responsibility, honesty, respect, judgment and integrity.

Session A: September 4-27 T/TH 4-6 p.m. at Desert Hawk
Session B: September 5-28 W/F 4-6 p.m. at Elmwood

contact Your The First Tee contact is **Ken Lewis** 543-5151 or klewis@puebloymca.org

UPCOMING SCHOOL AGE SPORTS
INDOOR SOCCER (Boys & Girls 6-11 yrs)
OUTDOOR SOCCER (Boys & Girls 6-11 yrs)
VOLLEYBALL (Boys & Girls 6-14 yrs)
CHEERLEADING (Girls grades K-6th)



Preschool Leagues (Boys & Girls 4 & 5)

These leagues are for boys and girls ages 4 and 5 years old. The YMCA preschool sports programs provide young children the opportunity to begin to develop sport skills along with teamwork and sportsmanship in a fun and safe environment. An essential part of each program is the focus on the four core values of the YMCA: caring, honesty, respect and responsibility.

FEES
YMCA Member: \$32/league
Non Member: \$57/league

PEEWEE FLAG FOOTBALL (Flag Football)
Registration Deadline: Tuesday, September 11, 2007
Registrations will be taken through September 18 w/\$10 late fee.
League Dates: October 6 - November 3

UPCOMING PRESCHOOL SPORTS
LITTLE HOT SHOTS (Basketball)
Boys & Girls Ages 4-5
LITTLE KICKERS (Indoor Soccer)
Boys & Girls Ages 4-5
PEE WEE SOCCER (Outdoor Soccer)
Boys & Girls Ages 4-5

Teen Leagues

INTRAMURAL VOLLEYBALL
Grades 6th-8th
In partnership with District #60, the YMCA will be offering a volleyball league for middle school students in the fall. The league will give all middle school students in District #60 the opportunity to compete in a league with organized practices and games that focuses on skill development and having fun!
Look for registration forms in September at your middle school and at the YMCA.

UPCOMING TEEN SPORTS
TEEN 3 ON 3 BASKETBALL
Boys & Girls Grades 5-12





We teach your child to swim for life!

SWIM CLASS SESSION DATES

Tuesday & Thursday Classes
 September 4-27 • October 2-25 • October 30-November 20(pro-rated) • November 26-December 20

Monday & Wednesday Classes
 September 5-26(pro-rated) • October 1-24 • October 29-November 21 • November 26-December 19

Saturday Classes
 September 1-22 • September 29-October 20 • October 27-November 17 • November 24-December 15

The YMCA...America's Favorite Swim Instructor for over 100 years.

Learning to swim at the YMCA is more than just stroke development. We have an aquatic program for every skill level and interest. Our programs are about more than just the techniques and skills. They are about building friendships and self-esteem and creating positive experiences that will last a lifetime. Certified instructors help children overcome their fears, show them how to swim safely and enable them to develop lifelong skills.

PARENT / CHILD SWIM PROGRAMS

6 months through 3 years

Saturday 9:00 - 9:30 a.m.
 Members: \$12/session • Non-Members: \$24/session

SKIP

This program gives parents and their infants/toddlers an early introduction to water safety and swimming. Instructors provide individual and group activities to help promote water knowledge and readiness skills. One parent is required to participate with their child.

PRESCHOOL SWIM PROGRAMS

3 years through 5 years

Tuesday & Thursday 6:05 - 6:35 p.m.
 Members: \$16/session • Non-Members: \$32/session
 - OR -
Saturday 10:30 - 11:00 a.m.
 Members: \$12/session • Non-Members: \$24/session

PIKE/EEL (Beginner I)

This progressive approach to swimming begins with water adjustment, games, floating, gliding and safety skills. Our main focus is on swimmers learning to have fun in the water.

RAY/STARFISH (Beginner II)

Swimmers learn breathing, basic arm and kicking skills, helping them to become more comfortable in the water.



SCHOOL AGE SWIM PROGRAM

6 to 14 years

Tuesday & Thursday 6:05 - 6:50 p.m.
 Members: \$20/session • Non-Members: \$40/session

Saturday 9:40 - 10:25 a.m.
 Members: \$15/session • Non-Members: \$30/session

BEGINNER SWIM LEVELS

POLLIWOG (Beginner I)

Water orientation, breath control, floating, basic arm and kicking skills, and personal safety skills are introduced to these swimmers. Confidence building is emphasized at this level.

GUPPY (Beginner II)

The introduction of side paddle, alternate and symmetrical front and back paddle, and rotary breathing are stressed. The swimmers confidence and safety skills are being built.

INTERMEDIATE SWIM LEVELS

Monday & Wednesday 6:05 - 6:50 p.m.
 Members: \$20/session • Non-Members: \$40/session

Saturday 11:05 - 11:55 a.m.
 Members: \$15/session • Non-Members: \$30/session

MINNOW (Intermediate I)

Swimming skills included are elementary back stroke and side stroke. New skills introduced are breast stroke, back crawl, treading water and survival skills. Mastering rotary breathing and increased endurance are stressed at this level.

FISH (Intermediate II)

Objectives at this level include learning breast stroke, perfecting front and back crawl and survival float. There will be an introduction to non-swimmer assistance and sustained underwater swimming.

contact

Your Aquatic contact is **Peggy Summers**, ext. 138 or psummers@puebloymca.org or **Terra Spinuzzi** ext. 135

Aquatic Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00 a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
9:00-9:45 a.m.	Aqua Motion	Aqua Motion	Aqua Motion	Aqua Motion	Aqua Motion
10:00-10:45 a.m.	Aquacise		Aquacise		Aquacise
10:45-11:30 a.m.	Getting In Deep		Getting In Deep		Getting In Deep
1:30-2:30 p.m.	SilverSplash		SilverSplash		SilverSplash
6:00-7:00 p.m.		Getting In Deep		Getting In Deep	
6:15-7:00 p.m.	Jiving Joints		Jiving Joints		Jiving Joints

Classes emphasize flexibility, relaxation and muscle strength - ideal for those with back injuries or joint weakness. Great for pregnant women as well.



Aquatic Fitness Class Descriptions

Water exercise classes improve physical fitness by using water for resistance with only 10% impact on your joints. Our wide range of classes incorporate fitness, flexibility and toning.

AQUACISE

Focus on cardiovascular training while improving flexibility and strengthening of major muscle groups. This class is held in the shallow and transitional depths of the pool and instructors may use a variety of equipment from kickboards, resistant gloves, hand held weights, and more. All fitness levels welcome.

AQUA MOTION

Moderate level workout to get your heart rate up and strengthen muscle groups. Participants will walk the width of the pool in the shallow depth incorporating upper and lower body movement with a 5 minute run to challenge your cardiovascular level. You will run at your own pace. All fitness levels welcome.

GETTING IN DEEP

A moderate to high intensity workout that promotes cardiovascular and muscle conditioning in the deep water wearing float belts for support and safety. By using resistance of the water, participants can get their heart rate up and get a total body workout without any impact. All fitness levels welcome, but recommended for intermediate and advanced fitness levels.

JIVING JOINTS

A low intensity workout in the shallow depth, designed for anyone with muscle, bone or joint difficulties. Work on improving flexibility, strength, endurance and body stability. The warmth of the pool is an added plus!

SILVERSPLASH®

Activate your aqua exercise urge for variety! SilverSplash® offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Swim Lessons

PRIVATE and SEMI-PRIVATE LESSONS

Designed for any age who wants individual instruction. Call the aquatic coordinator, Terra Spinuzzi at 543-5151 ext. 135 to set up an appointment.

Cost per 1/2 hour: Member: \$10 Non Member: \$20

GENERAL POOL RULES & INFORMATION

(These are not meant to be inclusive)

- Showers before swimming are mandatory.
- Children under the age of 3 years must wear an aquatic diaper at all times.
- The pool temperature ranges between 83 and 86 degrees.
- All children under 8 years old must be accompanied by an adult in the water.
- Lifeguards on duty have the final authority in all matters pertaining to the conduct of members, guests and staff in the pool area.

Thank you for your cooperation in advance.

GET INTO THE SWIM

Opportunities for employment and/or volunteering are available for: Lifeguards, Swim Instructors and Water Fitness Instructors. Candidates must be 16 years and older. Call Peggy Summers at 543-5151 ext. 138 for more information.

LAP SWIM

Swimming is great exercise! You must be swimming the full length of the pool; if you are under the age of 18 years and want to participate in lap swim, you must prove your swimming ability to the aquatic staff on duty.

100 Mile Swim Club

Record your mileage and earn a t-shirt for 100, 500, and 1000 miles. YMCA Members are invited to sign up FREE. Sign up in the pool office or call 543-5151.

Inquire at the front desk for monthly pool schedule.

YHEALTH & WELLNESS

We build strong kids, strong families, strong communities.

PERSONAL WELLNESS PROGRAM

"Commit to Get Fit"

"Commit to Get Fit" is free to our members and is designed to point you in the right direction. You will be given the opportunity to team up with a wellness coach for a 12-week period, with a total of 4 appointments to keep track of your progress. Commit to get fit and you will be 12 weeks on your way to a healthier YOU!

PERSONAL FITNESS TRAINING

Our trained professional staff will help design a fitness program based on your own personal interests, goals and fitness level. You can schedule a one time appointment to get you started or you can plan to meet on a regular basis to keep you motivated and fit.

1-Hour Session - Member: \$25; Non Member: \$35

Block of 6 sessions - Member: \$125; Non Member: \$210

Block of 12 sessions - Member: \$225; Non Member: \$420

contact

Your Health & Wellness contact is **Victoria Esquibel**, ext. 141 or vesquibel@puebloymca.org

BODY COMPOSITION & FITNESS TESTING

Do you know what your body fat/lean body mass ratio is? This is one of the leading health indicators, and is available at the YMCA of Pueblo. We cannot only measure your body fat percentage, we can also conduct a fitness test showing your muscular strength, cardiovascular endurance, core strength, and flexibility level. Based on the results of your fitness test, our trained professionals will recommend fitness classes and exercises to help you improve and maintain your health.

YMCA Members: \$10/test

Non Members: \$25/test

STEPS to a Healthier Pueblo

The YMCA of Pueblo is an active partner in the 5-year STEPS project that addresses priority conditions through awareness, education, prevention, and evidence based intentions. The STEPS to a Healthier Pueblo work plan incorporates programs such as YMCA Fitness on the Riverwalk, 5-A-Day, Colorado on the Move in Pueblo, VERB, Stairwell to better Health, Healthy Foods at Worksites, TV Turnoff, and Take 1/2 to Go campaigns, in worksites, youth organizations, churches, senior centers, schools, grocery stores, and restaurants. Diabetes, asthma, and tobacco activities will be offered through support groups, free community classes/events and case management.

Group Fitness Class Descriptions

Basic Step: Not familiar with Step lingo or choreography? This is the perfect class to get introduced to Step, while still getting a great leg and cardiovascular workout. In no time, you will be ready for our Step & Multi Step classes. All fitness classes welcome. Recommended for beginning steppers.

Core Strength: With the use of the stability ball, body bar, resistant band, and other equipment, increase your balance, coordination, strength, and flexibility. Working out with the stability ball is a great way to condition your core muscles; abdomen, back, thighs and glutes, and work multiple muscle groups at once. All fitness levels welcome.

Fab Abs: 15 minutes of abdominal work

Kick & Strength: This class is sure to help you build muscular strength and cardiovascular endurance. The class is designed so that the first half is kickboxing and the second half is toning. All fitness levels welcome.

Multi Step: Additional benches (STEPS) are used in this fast paced, exciting, and choreographed class. This class will challenge you both mentally and physically. Recommended for intermediate and advanced steppers.

Pilates: Mat work designed to connect the mind to the body, and to develop core strength and full body conditioning and flexibility. Create long, lean muscles from the inside out. All fitness levels welcome.

SilverSneakers® I – Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Recommended for beginning fitness levels and SilverSneakers® members.

SilverSneakers® II – Cardio Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. Recommended for beginning, intermediate and SilverSneakers® members.

SilverSneakers® YogaStretch: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restoration breathing exercises and final relaxation will promote stress reduction and mental clarity. Recommended for beginning and intermediate fitness levels.

Step: Strengthen your leg muscles and get a cardiovascular workout through the use of benches (STEPS). You control the impact through the height of risers used. All fitness & stepper levels welcome.

Step Mix: This class will alternate between a variety of step combinations – single bench, double bench, cardio bursts.

Step & Tone: A combination of Step altered with resistance training designed to get an effective and efficient strength & cardiovascular workout. All fitness levels welcome.

Strength Training: This 90 minute class uses cardiovascular machines and circuit strength machines and runs for four weeks, meeting twice a week. This class is free to YMCA members, but space is limited to 21 participants, so registration is required at the front desk. Recommended for intermediate and advanced fitness levels.

Total Body Fitness: Each day focuses on strengthening two major muscle groups leading to a week of a total body workout. Abdominals and cardiovascular work are incorporated each day. All fitness levels welcome.

Walk & Step: This class is designed so that the first half is walking in the gym with upper body movements to increase workout intensity, strength, and cardiovascular endurance; and the second half is 30 minutes of Basic Step in the aerobics studio to focus on a leg workout. Recommended for beginning and intermediate fitness levels.

Walk & Tone: This class is designed so that the first half is walking in the gym with upper body movements to increase workout intensity, strength, and cardiovascular endurance; and the second half is 30 minutes of total body muscular strength and endurance workout.

Y Cycle: Intensity based on the use of heart rate monitors, it is a non-impact, time efficient, high calorie burning cardiovascular workout. All fitness levels welcome.

Y Firm & Toning: A total body muscular strength and endurance workout, through hand-held weights, body bars, resistant bands, fit balls, glides, and more. No cardio included. Y Firm is a 60 minute class, and Toning is either 30 – 45 minutes. All fitness levels welcome.

Yoga: Experience an integration of mind and body through movement, breath, and stillness. Rebalance your body alignment, build strength and flexibility and relieve stress. This is a complete Yoga workout incorporating stationary and flowing poses with relaxation. All fitness levels welcome.

Inquire at the front desk for monthly group fitness schedule.

FITNESS FEST - Saturday, December 1st

Get ready to sweat! The YMCA's first annual Fitness Fest this season, will consist of an Aerob-A-Thon and Health Fair. Proceeds from the Aerob-A-Thon will go toward new equipment to enhance the Health & Wellness department. The event is open to YMCA members and the general public, and is geared to all fitness levels. Participants can pick up pledge sheets at the front desk. The half day event promises to be fun filled and will feature all your favorite YMCA fitness instructors, as well as our signature group fitness classes. Fitness minded businesses and organizations from the Pueblo community will also be on hand with lots of important information on health and wellness and fitness products. More details to come!

Frostbite 5 - Five Mile Run/5K Walk

This race will be held in February 2008 and takes place at the Pueblo City Park. Come join us for a fun race whether you're a runner or a walker. All participants will receive a race t-shirt with their registration. Following the race, enjoy fruit, bagels, and warm apple cider while awards are being distributed. Awards will be given to overall male and female finishers, overall male and female master finishers, and top three finishers in each age category. Registration forms will be available in November.

Southern Colorado Runners Club

The SCR Club offers a wide variety of programs for the running enthusiast, from specialized clinics to a monthly newsletter. Monthly meetings are held at the YMCA of Pueblo the first Wednesday of each month at 7:00 p.m. Club members receive discounts on many local road races. Visit us at www.socorunners.org for race dates and information. Calendar year fee: Single: \$15 Family: \$20
Now available - Student Rates!
Members who are 70+ will receive a FREE lifetime membership

Coming Soon!

Fitness Classes to Empower Cancer Survivors

The YMCA now has a Cancer Exercise Specialist qualified to assess, design, and implement individual and group exercise programs for individuals diagnosed with cancer. Studies have shown that exercise during treatment and during recovery after surgery results in patients being stronger both mentally and physically; and consistently demonstrates that physical exercise following cancer diagnosis has a positive effect on the quality of life. The various studies show increased stamina, increased functional capacity, strength, self-esteem, improved treatment tolerance and satisfaction with life, and decreased pain. Psychological changes include a decrease in total mood disturbance, decrease in depression, and fewer problems sleeping. Contact Victoria Esquibel for more details.



Adult Leagues/Tournaments

COED RECREATIONAL VOLLEYBALL

Registration Deadline: October 9, 2007
League Dates: October 15 - December 10
Games will be played on Monday evenings at the YMCA. No games will be played on November 19th. Tournament will be played the week of December 17th. Contact the YMCA at 543-5151 for more information.

HOLIDAY VOLLEYBALL TOURNAMENTS

Turkey Tournament

4 person coed (2 male/2 female) • November 18
Registration Deadline: November 13, 2007
Fees: \$80/team (limit 12 teams)

Christmas Tournaments

4 person women's • December 9
Registration Deadline: December 4, 2007
Fees: \$80/team (limit 12 teams)

4 person men's • December 16

Registration Deadline: December 11, 2007
Fees: \$80/team (limit 12 teams)

contact

Your Adult Sports contact is Peggy Summers, ext. 138 or psummers@puebloymca.org

NOON BASKETBALL FOR ADULTS

Are you a basketball player? Are you looking for a place to play? At noon every weekday, an informal "pick-up" game occurs in the YMCA gymnasium. Just come on down, put on your sneakers and get some exercise while having fun!

M/W/F (18 yrs & older) 12:00-1:30 p.m.
YMCA Members: FREE • Non Members: \$10

Message Therapy this fall at the YMCA - contact Victoria Esquibel at 543-5151 ext. 141 for more information.

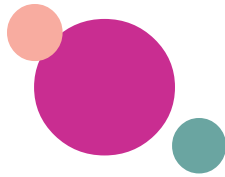
Around The World Fitness Challenge

Earn mileage for your workouts and travel around the world to nine YMCAs. You will be given a world map with nine YMCA locations. The goal is to earn enough mileage to make it around the world in a three week period, October 15th through November 2nd. Following the challenge there will be a reception with food from "around the world", music, awards, and FUN! All participants will receive a certificate and t-shirt, and top travelers will receive medals.

Nine YMCA Destinations

North America • Central America-Caribbean • South America • Europe
Middle East • Africa • Asia • Southeast Asia • Australia





YTEENS™

We build strong kids, strong families, strong communities.

CHASE (Middle School Students)

Pitts, Corwin, & Risley Middle Schools

September - May

Monday - Thursday dismissal to 5:30 p.m.

This program is a collaboration with the Pueblo Youth Project and is free to youth looking for a fun place to be after school. Middle school students have the opportunity to get together for fun, teen-guided activities that will help them grow personally and become better leaders. CHASE stands for Character, Health, Abstinence, Service and Excellence. **Do not be left out of the fun!** For more information, contact the YMCA at 543-5151 and ask for Douglas Lauritzen.

SUPER SITTERS ages 11-16 years

Learn the skills necessary to earn money as a Super Sitter. This course is designed to teach you the fundamentals of providing quality, safe child-sitting services for children of all ages. You will receive an Emergency Care and First Aid Manual, Sitters Resource Guide, suggestions for activities and a Super Sitters Certificate. For more information contact Peggy at 543-5151 ext. 138.

Members: \$20 • Non Members: \$35

The YMCA of Pueblo is...

SHAPING THE GENERATIONS

We will become an even more dynamic force in building a flourishing community.



YOUTH & GOVERNMENT™

High School Students

September - November

Students will be hands on in activities that teach the workings of our state government. Early fall is spent researching and writing bills to be presented at a three-day session at the state Capitol in Denver. Participate as an active member of "Congress" as the bills go through the process of becoming a law. **For students who want to learn how to make a difference in the world, this is the place to be!** For more information contact Douglas Lauritzen at 543-5151 ext. 132.



Teen Sports Leagues

INTRAMURAL VOLLEYBALL Grades 6th-8th

In partnership with District #60, the YMCA will be offering a volleyball league for middle school students in the fall. The league will give all middle school students in District #60 the opportunity to compete in a league with organized practices and games that focuses on skill development and having fun!

Look for registration forms in September at your middle school and at the YMCA.

UPCOMING TEEN SPORTS

TEEN 3 ON 3 BASKETBALL Boys & Girls Grades 5-12

TEEN NIGHTS

Middle School Students!

Held on the third Friday of each month beginning in October! Pueblo teens are invited to the YMCA for a safe, inexpensive and fun Friday evening of music with a DJ, swimming, open gym, games, door prizes, food and more! Teen Nights are held from 7:30 to 9:30 p.m. **Bring your friends and meet lots of new ones!**

YMCA Members: \$2/teen

October 19

November 16

December 14

Non Members: \$3/teen

YSPECIAL EVENTS

We build strong kids, strong families, strong communities.



The 1st Annual Southern Colorado Pro Am benefitting The First Tee Pueblo, will be held on Thursday, September 27th - Saturday, September 29, 2007 - at Walking Stick and Desert Hawk Golf Courses. Proceeds from the

tournament benefit local youth participating in the YMCA of Pueblo Golf Programs. Please contact Janelle Markert at 543-5151 ext. 137 for more information.



YMCA FAMILY HALLOWEEN CARNIVAL

Tuesday, October 31st • 3:00-6:00 p.m.

Bring your family and join the YMCA for a fun & safe Halloween at the Pueblo Mall! Join ghosts & goblins for fun galore at the YMCA Halloween Carnival and Fun Haunted House. Don't forget your costume there will be contests for all ages. Visit the booths to play games for candy and prizes. **Don't be caught in the Colorado elements this Halloween.**

FALL Colors Family Camp

September 21st-23rd • YMCA Camp Jackson

Bring your family and friends and join us to watch the aspens put on their fall display of colors. No crowds, no hassle, just you and a great view of mother nature's best show. Cabin rentals are \$50 per adult and \$25 per child and includes Friday and Saturday night lodging, Saturday breakfast, lunch and dinner and Sunday brunch. Cabins are rustic with enough beds to sleep 14 people. All cabins are heated and centrally located to the bathhouse, which has hot showers and flush toilet facilities. With over fourteen miles of trails, you can fill your day hiking or just experiencing the woods. Canoeing, challenge course, archery and riflery times will be scheduled for families. Don't forget the Saturday night campfire with S'mores.

contact

Your Camping contact is **Douglas Lauritzen**, ext. 132 or douglas@campjackson.com

HOLIDAY HAPPENINGS

YOUTH PROGRAMS HOLIDAY BAKE SALE

Wednesday, November 14th

No time to bake? Purchase delicious homemade cookies and baked goods for the holidays at the YMCA of Pueblo!

PRESCHOOL COOKIE WALK

Wednesday, December 5th

Fill a box with a wide selection of delicious holiday treats that benefit the Y Wee Care Preschool.

BRUNCH WITH SANTA

Saturday, December 8th

Parents and children of all ages will enjoy brunch and a visit from Ol' Saint Nick. Brunch served at 10 a.m.

CORPORATE WELLNESS

2007 YMCA CORPORATE CUP "GET YOUR REAR IN GEAR"

September 15 - October 4

The primary purpose of the Corporate Cup is to promote healthy lifestyles in the Pueblo community. The Corporate Cup will encourage Pueblo area employees to physically demonstrate ideals of a healthy community - not only with their physical strength and skills, but also with their positive mental attitudes, their sportsmanship, and the feeling of comradery that will sweep through team members and spectators alike. Here are some of the events employees participate in:

- 5K Predicted Walk/Run
- Basketball Shoot
- Golf Tournament
- Tug of War
- Bicycle Predicted Time Ride
- Softball Tournament
- Executive Contest
- Bowling
- T-Shirt Competition
- Volleyball Tournament
- Mile Run
- Challenge Course/Mountain Bike

2006 Winners	
Division I:	Kiwanis
Division II:	TTCI
Division III:	Parkview Medical Center



Visit corpcup.puebloymca.org for more information.

CORPORATE MEMBERSHIP

The YMCA of Pueblo is partnering with businesses in Pueblo that wish to improve employee morale, retention, productivity and physical well being. A YMCA Corporate Membership entitles you to a full privilege membership and programs and events that are developed to fit the employee's needs at special corporate rates.

Activities at your site

- Fitness Classes • Team Building
- Health Screenings

YMCA Site Activities

- Fitness Classes • Aquatics • Personal Fitness Training • Wellness Program • Sports
- Nutritional Seminars • Family Night
- Room Rentals

YMCA Camp Jackson

For more information on how your company can benefit call Victoria Esquibel, Director of Health and Wellness at 543-5151 ext. 141.



YMCA OF PUEBLO 719-543-5151



OLDER ADULTS

We build strong kids, strong families, strong communities.

Senior Volunteers

Become a SilverStar & GoldStar® Volunteer! The main objective of a SilverStar® is to assist the Senior Advisor with SilverSneakers® Fitness Program activities. As a YMCA Volunteer, your time and talent go a long way. You can lead a program, serve as a role model for young people, help out in the office or at a special event, raise money, or be part of a group or committee. No matter how you help, you will make a difference as you work with others to create a feeling of belonging in your YMCA.

Water Fitness

Personal Aqua Training

Personalized attention for all your aquatic needs. Work with a qualified YMCA instructor to learn proper techniques to work out in the water on your own. Instruction in water walking, water aerobics, arthritis, stroke technique and competitive swimming. Contact the YMCA at 543-5151.

Fee: YMCA Member: \$10/half hour
Non Member: \$20/half hour

Aquacise

Focus on cardiovascular training while improving flexibility and strengthening of major muscle groups. This class is held in the shallow and transitional depths of the pool and instructors may use a variety of equipment from kickboards, resistant gloves, hand held weights, and more. All fitness levels welcome.

Aqua Motion

Moderate level workout to get your heart rate up and strengthen muscle groups. Participants will walk the width of the pool in the shallow depth incorporating upper and lower body movement with a 5 minute run to challenge your cardiovascular level. You will run at your own pace. All fitness levels welcome.

Jiving Joints

A low intensity workout in the shallow depth, designed for anyone with muscle, bone or joint difficulties. Work on improving flexibility, strength, endurance and body stability. The warmth of the pool is an added plus!

SilverSplash®

Activate your aqua exercise urge for variety! SilverSplash® offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Fall Colors Trip

Friday, September 21st
YMCA Camp Jackson

Join us to watch the aspens put on their fall display of colors. No crowds, no hassle, just you and a great view of mother nature's best show. The YMCA bus will leave from the YMCA at 9:00 a.m. and return around 2:00 p.m. To warm up on a cool Fall day, we will provide soup and hot drinks for lunch. Space is limited so be sure to make your reservation at the front desk.

FEE • Member: \$5/person



Fitness Classes

SilverSneakers® I – Muscular Strength & Range of Motion

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Recommended for beginning fitness levels and SilverSneakers® members.

SilverSneakers® II – Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. Recommended for beginning, intermediate and SilverSneakers® members.

SilverSneakers® YogaStretch

This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restoration breathing exercises and final relaxation will promote stress reduction and mental clarity. Recommended for beginning and intermediate fitness levels.



The SilverSneakers® Fitness Program is the nation's leading fitness program designed exclusively for older adults and is a trademarked product of HealthCare Dimensions (HCD).

The purpose of the SilverSneakers® Fitness Program is to provide a universal fitness benefit for managed care organizations' Medicare members through an exclusive network of contracted fitness centers and approved class only sites.

The SilverSneakers® group exercise class **SilverSneakers® I – Muscular Strength & Range of Movement** is HCD's core class for older adults and will be offered at the YMCA of Pueblo on **Tuesdays & Thursdays from 10:15-11 a.m.** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Become a SilverStar® Volunteer! The main objective of a SilverStar® is to assist the Senior Advisor with SilverSneakers® Fitness Program activities.

For more information contact Victoria Esquibel, YMCA of Pueblo Health & Wellness Director at 543-5151 x141.

GoldGetters



YCOMMUNITY DEVELOPMENT™

We build strong kids, strong families, strong communities.

Taking the Time to Share in the YMCA's Future

When you make a commitment to support the YMCA, you are making a statement: "The YMCA and the people it affects are important to me." The YMCA exists because of people who care about each other, take responsibility to help improve and share in the lives of others. The ways to support the YMCA are endless:

- A gift to the annual **Strong Kids Campaign** is an important way of making sure that every one in the community gets the opportunity to participate in YMCA programs and services.
- A gift made **in Memory or in Honor** of someone is a wonderful, lasting tribute.
- A gift made to the **Capital Campaign** will help make the new YMCA Community Campus a reality for the benefit of the entire community.
- A gift made to the **Endowment Fund** is a way of ensuring the future of the YMCA in Pueblo.

2007 Chairman's Round Table Members

The Chairman's Round Table recognizes and honors those making annual contributions of \$1,000 or more in support of the YMCA's ongoing scholarship programs.

BENEFACTOR	Centennial Insurance Centennial State Paving Maggie & Dominic Cingoranelli Colorado East Bank Comcast Community Banks of Colorado Cresswell Consulting Dan Daniels Dave Solon Motors DD Marketing Jill & Russell DeGroot Cassie & Steve Delport Karen & Paul Depalio Neta & Ed DeRose Tanya & Mike DeRose Cathy & Ron Diodosio Omega Homes Don's Landscaping Irene Elgart & Mickey Moore Ent Federal Credit Union Farmers Insurance Fekete Homes - Tom Black Freedom Ford Frontier Bank Violet & Anthony Garone Gobin's Inc. Art & Lorraine Gonzales Barb & Jim Hadley Dr. Robert Hamilton Janet & David Hawkins Tom Healy Marilyn & Duncan Henrikson High Plains Homes Allison & Kent Hootman Dr. William G. Hopkins Lana & Jack Hunter Kelley & Buzz Kaufman Mary Lou Keating Kathleen & Mark Kennedy Mary Ann Kennedy Irene & Dr. Charles Kessler Nancy & Todd Kettelkamp Kirkland Construction Mr. & Mrs. Richard Knudsen Paula & Kirk Kochenberger LaFarge West, Inc. Land America Lawyers Title	Land Title Guarantee Company Larry's Electric Dr. Richard & Joyce Lawrence LDC Properties Ann Leach Karen & Bob Leach Legacy Bank Rollie Leyh Little Caesar's Pizza Jackie & Terry Lockwood MacIndoe Plumbing & Heating, Inc. Mangini & Associates Joanne & Charles Martin Rita McDonald McKinney Door & Hardware Beth & James McKinney BJ McNamara Meadow Gold Helen & Ed Miklich Renee & Gary Miller Dian & Gerry Montgomery Musso Excavating Christy Naranjo & Doug Wilson Northstar Engineering Kellie & Joe O'Brien Dr. Rudy & Berni Padula Berta & Don Pagano Parkview Medical Center Dr. John & Mary Parrish Pate Construction Peakview Plum Creek Associates Power Transmission Premier Homes Premier Mortgage Katrina & Blair Presti Pueblo Bank & Trust Pueblo Chieftain/Robert Rawlings* Pueblo Disposal Quality Custom Woodwork Kathy & Lewis Quigg Karen & Paul Rastrelli Leary Ratcliff Red Creek Ranch Redwine Financial - Rob Redwine Rice & Rice Michael Richardson	Helen & Ed Robinson Rocky Mountain Steel Mills Gretchen & Greg Rode Royal Electric Services RSC Rental Mary Jo & Jarvis Ryals SCA Insurance Schmidt Aggregates Shisler Concrete Kevin Shriver Kathy & David Simpson Southern Colorado National Bank Spera Homes St. Mary Corwin Hospital Dr. Jack & Linda Stachler Judy & Chris Stjernholm Summit Brick Swerdfeger Construction T & T Electric Randy Thurston Dr. & Mrs. Jay Tonne Drs. Sara & Robert Tonsing Transit Mix Kelly Tucker UBS United Rentals Mary Lou Urenda USBank Vectra Bank Barb & Bill Vidmar Vision Air Dr. Larry & Carole Walls Wells Fargo Bank Jan & Ralph Williams Nancy & Fred Wisthoff Amy Wolf & Dean Volk Wright-Jones Plumbing Yellico Leach Co. Dr. Stephen Zielinski Zupan Enterprises
BENEFACTOR Mr. and Mrs. Mahlon T. White* The Mahlon Thatcher White Foundation* Hasan Foundation Rocky Mountain Steel Mills - William Gilmore Foundation R.T.A. Associates			
PATRONS Banner, Bower, & Chostner* Demicell Wealth Managers, Inc. H.W. Houston Construction Company Jackson Foundation* Mary Koch Loaf N' Jug McPherson, Breyfogle, Daveline & Goodrich, P.C.*			
MEMBERS ABC Bank Adams Electric Mary Adams Aon Corporation Maria & Martin Appenzeller Aqua Flow Aquila Bessie & James Armstrong Atlas-Pacific B & K Janitorial Kim Barickman Mary Bates Cynthia & George Beck Patty & Charles Bedard Sue & Jeff Bertoldo Best Block Ana & Michael Bhagat Bochnak Mechanical, Inc. Martha & Spencer Bonnie Boughton's Precast Inc. Treena & Roy Breyfogle Dr. Stephen Brown Judy & Jim Butcher Donna & Dave Caporicci Ann Carruth Mary Jo & Jim Carter			

* Charter Members

COMMUNITY PROGRAMS

FIRST AID & CPR / AED CLASSES

The YMCA offers training in Adult CPR and AED, Infant/Child CPR and First Aid. For more information contact the YMCA at 543-5151.

September 18th-20th • 6-9 p.m. • YMCA of Pueblo

Test Out: \$25

YMCA Member: \$40 Non Member: \$50

AMERICAN SIGN LANGUAGE CLASSES

in collaboration with Easter Seals of Southern Colorado

Learn about Deaf culture and heritage, the structure of the language and vocabulary, how to have dialogue with Deaf friends and others in the community and begin your journey into American Sign Language to discover and appreciate the broad culture and heritage of the Deaf and hard-of-hearing community. Classes run in 8 weeks sessions on Thursday nights and require "A Basic Course in American Sign Language, 2nd Edition" textbook. Register on/or before August 31st at the YMCA.

September 6th-October 25th • 6-8 p.m. • YMCA of Pueblo

\$130 if you need the textbook

\$100 if you don't need the textbook

YMCA OF PUEBLO 719-543-5151

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Back to school, back to family -- back to the Y!


Bring your family and friends to our open house
and experience:

- Cardio equipment featuring personal viewing screens
- Family-Centered classes and programs
- FREE 12-week "Commit to Get Fit" Wellness Program
- A wide variety of group exercise classes
- No joining fee (a savings of \$50)

Whether your life is focused on shaping up,
studying up, meeting up or growing up...it all
begins with signing up at the Y!

Sunday, September 9
1:00-5:00 p.m.

Register online at www.puebloymca.org

 **YMCA of Pueblo**
700 N. Albany Avenue
Pueblo, CO 81003
719.543.5151

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