



the

YMCA



**Dover Foundation YMCA**  
**2021 Fall – Winter Program Guide**



# WELCOME

## TO THE DOVER FOUNDATION YMCA

### Areas of Focus

The YMCA is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That is because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

### Mission

Our Mission is to help all people reach their God given potential in spirit, mind and body.

### A Note From Our Director

Welcome to the Dover Foundation YMCA. Here we stand for ALL people. We are a community where everyone matters, everyone belongs and everyone has something to contribute. At our YMCA, you will experience a team and family that works together to help ALL people reach their GOD given potential in spirit, mind and body. You will encounter caring and helpful staff, a wonderful facility, a wide variety of equipment, innovative classes and a nurturing and respectful environment. It is our goal to have a space that can serve all people. As a member, you'll sense our commitment to building a healthy community by helping each individual achieve their goals. No matter where you are on your journey, you will find plenty of opportunities here to grow, get connected and give back.

I pray that you will experience an impact that will shape your own Y story and share that journey with a community that is focused on traveling together!

For A Better Us,  
Mark Pritchett, Executive Director  
Dover Foundation YMCA

### Contact Us

CleveCoYMCA.org      411 Cherryville Highway  
(704) 484-9622      Shelby, NC 28150



### READER'S QUICK GUIDE

<b>Our Team.....</b>	<b>2</b>
<b>Membership.....</b>	<b>3</b>
<b>Family.....</b>	<b>4</b>
<b>Sports.....</b>	<b>5</b>
<b>Wellness.....</b>	<b>6</b>
<b>Aquatics.....</b>	<b>8</b>
<b>Events &amp; Community.....</b>	<b>9</b>

For More Information, Please Visit Our Welcome Center or Contact Us!

### FALL/WINTER FACILITY HOURS

<b>Indoor Facility</b>	
Monday/Thursday	5:00AM-9:00PM
Friday	5:00AM-7:00PM
Saturday	8:00AM-4:00PM
Sunday	1:00PM-5:00PM
<b>Child Watch &amp; KidZone</b>	
Monday & Thursday	8:00AM-10:00AM
Tuesday & Wednesday	4:30PM-6:30PM
<b>Aquatics Center</b>	
Monday-Thursday	5:30AM-8:30PM
Friday	5:30AM-7:30PM
Saturday	8:30AM-3:30PM
Sunday	1:30PM-4:30PM

# Together We Can Do SO MUCH MORE.

Here at the Dover Foundation YMCA, our team is ready to help with any questions you may have. Whether it is health and fitness related, program related or just a general comment or question.

Below are just some of the many staff people who help the Dover Foundation YMCA strengthen the foundations of our community through youth development, healthy living and social responsibility. Feel free to contact us with any questions about the Y!

Mark Pritchett, Executive Director  
MPritchett@CleveCoYMCA.org  
704.669.3630

Nicola Dawson, Family Programs Director  
NDawson@CleveCoYMCA.org  
704.669.3634

Johnny Stamey, Healthy Living  
Director  
JStamey@CleveCoYMCA.org  
704.669.3678

Debra Watson, Director of Administration  
DWatson@CleveCoYMCA.org  
704.669.3632

Erny Gill, Director of Sports &  
Aquatics  
EGill@CleveCoYMCA.org  
704.669.3635

# We Are Much More Than A Gym

## Join Today

A one-time activation fee of \$25 must be paid to start all YMCA memberships.

Type	Monthly	Annually
Household	\$75	\$900
Family	\$68	\$816
Adult	\$43	\$516
Single Parent	\$53	\$636
Senior (60+)	\$36	\$432
Senior Couple	\$51	\$612
Teen (13-18)	\$20	\$240
Adult (19-25)	\$26	\$312
Adult (26-30)	\$35	\$420
Adult (30-59)	\$43	\$516

### Membership Plus

Gives you access to our other branches in Kings Mountain and Boiling Springs! It is available for an additional \$5 per month for individual memberships and \$10 per month for family memberships.

### Global Membership

This includes access to all three YMCA facilities and the River Bend YMCA Golf Course.

Type	Monthly	Annually
Global Adult	\$100	\$999
Global Family	\$120	\$1300

### Included in Membership

- Unlimited use of our facility
- Child Watch & KidZone services for Family Memberships
- Member discounts on programs and special events
- Full access to weekly group exercise classes
- Complimentary wellness evaluation and orientation with a trained wellness coach

At the YMCA we make it our mission to help ALL people despite financial hardships. Ask about our Open Doors Policy and Financial Assistance may be available upon request.

Wellness Center

Indoor Heated Pool

Chapel

Outdoor Fields & Walking Track

Personal Training

Basketball Courts

Rentable Board Room

State-of-the-Art Fitness Equipment

Saunas & Steam Rooms

AND SO MUCH MORE!

# Child Care

Nurturing the potential of every child.

## Child Watch & Kid Zone

8 Weeks-12 Years Old

In Child Watch we welcome your children to visit our drop-in child care so that you can achieve your wellness goals. This is a benefit for family members. No reservations required, but capacity caps at 15 children.

## Ask About Our Upcoming Teen Nights, Family Nights & Parents Night Out!

## 2021-2022 After School Program

The growth and development of a child doesn't stop when the bell rings and the Y creates a space to continue learning without limits! We see the spirit, mind, and body as essential parts of a person and we intentionally support the development of children in our After School Program. Through homework time, arts & crafts and active games, your child will love coming to the Y after school!

## Program Information

With a focus on safety, health, social & emotional learning as well as academic enrichment, programmatic options include: Homework Assistance – Healthy Snack– Age Oriented Group-Games, Physical Activity, STEM, and so much more!

**Nicola Dawson**  
Family Programs Director  
704.669.3634  
NDawson@CleveCoYMCA.org

Dover Foundation YMCA Schools Served:

Jefferson Elementary

Marion Elementary

Shelby Intermediate

Thomas Jefferson Classical Academy

Pinnacle Classical Academy

Other Cleveland County Schools ( Busing if 10 or more children confirmed )

Program Hours:

3 PM to 6 PM (Parents must pick up their child by 6 PM daily.)

Pricing & Options:

5 Day Care: Member \$45 Non-Member \$67.50

3 Day Care: Member \$27 Non-Member \$40.50

Year Round Care: Member \$240 Non-Member \$352

\* Financial Assistance may be available upon request.

## 2022 Summer Day Camp

Summer Day Camp at the Y is the secret recipe for creating your child's BEST SUMMER EVER! Summer Camp includes sports, swimming, STEM, arts & crafts, singing, field trips and so much more! Stay tuned for more information about Summer Day Camp 2022!

# Fall & Winter Sports

## Sports Rates

Member: \$35      Non-Member: \$55      Late Fee: \$10

\*These are our traditional sports rates, unless otherwise noted.



## Fall Flag Football

Registration open Aug.1-Sept 10. Late Registration Sept. 11-Sept. 17 Ages 4-12. Skills night for ages 7-9 will be Sept. 14 at 6:00pm-6:45pm. Skills night ages 10-12 will be Sept.14 at 7:00pm-7:45pm. Ages 4-6 will not have skills night.

## Fall Soccer

Registration open Aug.1-Sept 10. Late Registration Sept. 11-Sept. 17 Ages 3-15. Skills night for U9 Sept. 13th 6:00pm-7:00pm. Skills night for U13 7:00pm-8:00pm. Skills night for U15 will be Sept. 14th 6:00pm. 3-4-year-old and U6 will not have skills nights.

## Fall Volleyball

Registration open Aug.1-Sept 10. Late Registration Sept. 11-Sept. 17 Ages 8-13. Skills night for 8-10 Girls will be Sept. 16th at 6:00pm-7:00pm. Skills night for 11-13 Girls will be Sept.16 at 7:00pm-8:00pm

## Middle & High School Indoor Soccer

Ages: 6th-12th grade (Must be in school)  
Registration: Oct. 25th-Nov. 22nd Cost: \$350 per team (Games will be Saturday/Sunday Nights)

## Youth Basketball

Little Hoops Ages: 3-4      Youth Ages: 5-16  
Registration: Oct. 4th- Nov. 12th (Late registration closes Nov. 19th)  
Skills Nights/ Coaches Meetings: TBD

## Co-Ed Adult Volleyball

Ages: 18+  
Registration open until Oct. 8th  
Cost: \$175 per team  
Tuesday & Thursday Night Games  
Games begin Oct. 12th

## Co-Ed Adult Indoor Soccer

Ages: 18+ (Must be out of High School)  
Registration: Oct. 25th-Nov. 22nd  
Cost: \$350 per team  
Games will be on Sunday nights

# Wellness

## Health, Well-Being & Fitness

We know that staying healthy involves more than working out. Our programs and services focus on the entire family's health, while providing a variety of fitness and wellness programs to serve a person's unique needs. At the Y, we provide educational programs to promote healthier decisions so you can know the best ways to stay fit. We offer the latest fitness classes, personalized training programs, sports leagues for all ages and SO MUCH MORE.

## Group Exercise Classes

Group exercise is one of many ways the Y supports members in achieving their health and wellness goals. The YMCA Group Exercise Programs improve health, encourage social interaction and with motivating music, are one of the most enjoyable ways to move and feel great. Highly trained staff members lead the programs and often tailor them to the specific needs of the community. Each month a new schedule is produced with the Group Exercise classes offered for that month. Group Exercise classes are free for members!

## TRX Functional Training

Located upstairs in our TRX Functional Training space, TRX uses suspension bands and a variety of other equipment in a small group setting. Enjoy the benefits of a small group workout without the price tag of personal training. For members, TRX sessions (1 hour) are \$7. For non-members, TRX sessions are \$10 plus the \$7 guest fee. We also offer TRX training for school athletic teams!

## Personal Training

YMCA Personal Training is a one-on-one session with a personal fitness trainer. Our trainers are educated professionals often with years of experience who can help any YMCA member including working professionals, new moms, seniors and triathletes. YMCA personal trainers come from as many different backgrounds and walks of life as our members do, and we take great care in matching members with the right personal trainer.

# Aquatics

## The Maxine Francis-Forrest Aquatics Center

Our indoor aquatics center is home to many of our swim and active older adults programs. We also have open-swim time each day. Every month we publish a specific calendar for the pool with open-swim times and classes listed.

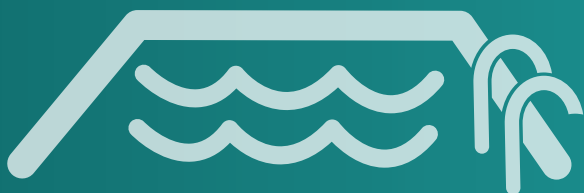
### Private & Semi-Private Swim Lessons

Includes four, 30 minute lessons per session. A private included one instructor with one student and a Semi-Private includes an instructor per a couple of students at the same swimming ability.

Rates Per Child: Privates: \$50 Members \$85 Non-Members Semi-private: \$40/\$70

Birthday Parties, Water Fitness, and  
**SO MUCH MORE.**

**Ask About Our Life Guard Certification Classes!**



Our pool is available for rental for private parties, school groups and youth groups!



# Special Events

## 2021 Light The Night Fall Festival

**RAFFLES, CANDY, FOOD & PRIZES!**

Join us for family-fun, fellowship and candy! This event is free for the entire family and open to the public. There will be a variety of food, candy, games, entertainment, snow cones and popcorn! Be sure to dress in your costume for a chance to win the costume contest. We will also have a DJ and dance contest.

Date: TBD

## Community Get Involved Today

### Annual Campaign

The generosity of others is at the core of our existence. It is only through the supports of our volunteers, public and private donors, that we are able to give back to the communities we serve. The Y's Annual Campaign provides financial assistance to families who would otherwise be unable to participate in value-rich programs that allow youth to create a future beyond their imagination. When you give to the Y, you continue to strengthen our community and move us all forward.

#### How Can You Help?

- Raise funds by asking others to give a gift and ensure that the Y is accessible to all people of our community.
- Give a gift to the Y's Annual Campaign

### Special Event & Program Sponsorship

Support the Y's Annual Campaign by sponsoring a special event or program of your choice. Your contribution allows the YMCA to offer special events that raise money for our Annual Campaign and offer youth and family programs at a reduced or free rate ensuring the Y and its programs are accessible to all members of our community. For more information on becoming a special event sponsor please contact Piper Barnes at [pbarnes@clevecoymca.org](mailto:pbarnes@clevecoymca.org)

### Program Volunteers Needed

At the Y we understand that not everyone can offer a donation, but everyone can offer their time! If interested in volunteering for special events or coaching youth sports please contact Johnny Stamey at [JStamey@CleveCoYMCA.org](mailto:JStamey@CleveCoYMCA.org)

### HOW DOES THE Y HELP YOU AND YOUR FAMILY?

Tell us your stories about how the Y has helped neighbors learn, grow and thrive. Visit our Facebook page and tell us how the Y helps your and your family! Find us on Facebook under Dover Foundation YMCA! You can also share your Y story by contacting Piper Barnes, Director of Annual Giving & Marketing at [pbarnes@clevecoymca.org](mailto:pbarnes@clevecoymca.org)