



the

YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY FAMILIES PLAY TOGETHER

2019-2020 WINTER/SPRING PROGRAM GUIDE

MIDDLE TYGER FAMILY YMCA

“The mission of the YMCA of Greater Spartanburg is to put Christian principles into practice through programs that build a healthy spirit, mind and body FOR ALL”

WELCOME

Welcome to the YMCA OF GREATER SPARTANBURG. Founded in 1869, the Y is a cause-driven organization that serves children, adults and families in Spartanburg and surrounding counties. As the nation's leading nonprofit, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, race, income or background, has the opportunity to learn, grow and thrive.

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Contents

Membership.....	2
Youth & Family Programs.....	3
Sports Leagues	3
Healthy Living	4-6
Aquatics.....	7-9
Social Responsibility/Special Events.....	10-11

My Y is Every Y

Now, full facility/full privilege members have the flexibility to use other Y facilities nationwide, at no extra charge. Simply present your YMCA membership card and a photo ID at any participating YMCA.



MEMBERSHIP

YMCA OF GREATER SPARTANBURG MEMBERSHIP RATES

Type	Association	Branch
Youth (12 and under)	\$22/mo	\$20/mo
Student (13-18; or up to 25 if a full time student taking 12+ credit hours)	\$37/mo	\$35/mo
Adult	\$63/mo	\$61/mo
Senior Adult (65 and older)	\$57/mo	\$55/mo
Senior Household	\$78/mo	\$76/mo
Household (one or two adults living in the same household and their dependents. Up to 2 additional adults that live in the household may be added to the membership for \$25 a month each. Proof of residency and dependency is required.)	\$84/mo	\$82/mo

The join fee is paid at the time you join (\$25 for Youth, Student & Senior Membership; \$100 for Adult & Household Membership).

Please see membership brochure and handbook for details.

CORPORATE MEMBERSHIP

Partner with the YMCA and help your employees achieve a healthier lifestyle!

MILITARY MEMBERSHIP

If you or your spouse are currently active duty in the Army, Air Force, Marines, Navy or Coast Guard, please see a Membership Specialist for membership options. Discounts are additionally available for retired military members.

YOUTH DEVELOPMENT

Realizing the potential of every child.

YOUTH AND FAMILY PROGRAMS

AFTERSCHOOL PROGRAM: K – 8TH

Transportation

River Ridge Elementary, Reidville Elementary, Berry Shoals, Intermediate School, Florence Chapel, Wellford Elementary, Duncan Elementary, Abnercreek Elementary, Beech Springs Intermediate

Pricing

Weekly option	(\$35 one time registration) Member \$65 Non-member \$105
Monthly 3-Day	(\$35 one time registration fee) Member \$173 Non-member \$296
Monthly option	(\$35 one time registration fee) Member \$232 Non-member \$355
Yearly round care	Member \$315

CHILD WATCH: AGES 6 WK – 12 YR

Monday–Thursday 8am–1pm and 4pm–8:00pm

Friday 8:00am–1:00pm

Saturday 8am–11:15am

Closed on : Friday night, Saturday night and all day Sunday

*2 hour limit

Members: Free

No Food is allowed in Child watch.. Only a baby bottle/sippy cup

PARENTS' NIGHT OUT: AGES 6 WK – 12 YR

A **FREE** program for Household and Youth members offered the 2nd and 4th Saturday of every month 5:30–9:30pm.

To register, please visit the member service desk at your local branch. (Registration closes the Wednesday before the event).

Due to staff and ratios we can only accept 15 children in the 6 weeks– 3 years old age group.

Youth Sports Leagues

HOMESCHOOL PE: AGES 6 – 13

Homeschoolers will be engaged by learning a multitude of sports, games, and even water safety and swim lessons at our Homeschool PE Program!

Starts: September 6th

Ends: December 6th

Takes place every Friday

Pricing		
Gym/Pool	Gym	Pool
Members: \$30	Members: \$15	Members: \$15
Potential-Members: \$60	Potential-Members: \$30	Potential-Members: \$30

YOUTH SOCCER

Spring Season: March 9th–May 16th

Ages 4–7 Mem: \$25 Potential: \$90

Ages 8–13 Mem: \$35 Potential: \$100

Registration begins a month before the season starts

Spring parent meeting: March 6th at 6:30pm

SUMMER CAMP

Registration opens January 1, 2020

Monday–Friday 7:00am–6:00pm

Ages: 5 Years–13 Years

YMCA Members: \$110/Week Per Child

Potential Members: \$180/Week Per Child

(Fees include camper t-shirt & field trips)

\$10 Deposit for each week registered

*\$40 registration fee per family is due at registration for members and non-members

Deposits and registration fees are non-refundable & non-transferable.

HEALTHY LIVING

Health, Well-Being & Fitness

Personal Training and Wellness Coaching

PERSONAL TRAINING

1 Hour / 2 – 30 Minute Sessions – Member \$40
5 – 1 Hour / 10 – 30 Minute Sessions – Member \$190
10 – 1 Hour / 20 – 30 Minute Sessions – Member \$370
20 – 1 Hour / 40 – 30 Minute Sessions – Member \$720

SMALL GROUP TRAINING

1 Hour / 2 – 30 Minute Sessions \$35 PP
5 – 1 Hour / 10 – 30 Minute Sessions \$175 PP
10 – 1 Hour / 20 – 30 Minute Sessions \$350 PP
20 – 1 Hour / 40 – 300 Minute Sessions \$695 PP

KINDERGYM: AGES 1 – 4

This class involves physical activities for your child & you!
It's great opportunity to teach your little one the importance of exercise at a young age!

Fridays: 10:00 am
Free for YMCA members ; \$5 per child for non-members

LIVESTRONG

This is a free 12 fweek program for cancer survivors that includes cardiovascular conditioning, strength training, balance, and flexibility exercise. Participants will enjoy two 75-90 minute sessions per week facilitated by YMCA-certified instructors.

Requires referral and medical clearance from a physician

Y-SPARTAQUATICS SWIM TEAM

Visit: <https://www.teamunify.com/Home.jsp?team=scsyssc> for more information

(one time registration fee \$140)

Age Group 1	Member	\$124 per month
Age Group 2	Member	\$113 per month
Junior 2	Member	\$135 per month
Senior 2	Member	\$145 per month

HEALTH EXPO

FREE fitness assessments, body composition analysis, and a number of vendors who provide nutrition information, health assessments, and health information. Participants receive a free T-shirt

February 10,2020
9:00am- 1:00

POOL PARTIES

Offered at both branches on Saturday and Sundays. Includes the use of a party room and warm pool. 12 and under must pass swim test or wear Coastguard-approved floatation device. \$100 members/\$150 non-members

LIVESTRONG®

AT THE YMCA











**HEALTHY
LIFESTYLES
START HERE**

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LIMITLESS IN 2020!

When it comes to fitness, working out in a group setting can boost motivation, burn more calories and make exercise fun. We have lots of fun classes to choose from that will get you moving and help you reach your fitness goals all with your fitness level in mind. So what are you waiting for?

the  JANUARY-MAY 2020 Middle Tyger Family YMCA								
GROUP FITNESS ROOM	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	5:00AM	LES MILLS BODYPUMP Brian		LES MILLS BODYPUMP Brian		RISE & GRIND Sherry H	9:00AM	LES MILLS RPM Brian
	CLASS TIMES VARY	Sunrise Yoga 45 min@6:45AM Sherry J		Sunrise Yoga 45 min@6:45AM Kendrah		CROSS-HIIT 30min@9:05AM JenniferB (FWA)	9:00AM	CARDIO PUMP Sherry H
	9:05AM	 ZUMBA Lacy / Sherry J	LES MILLS BODYPUMP Sherry J	CARDIO STEP Sherry J	LES MILLS BODYPUMP Sherry J	 ZUMBA Lori	10:05AM	LES MILLS BODYPUMP JoAnn
	10:10AM	 STRONG Svetlana CROSS-HIIT JoAnn (FWA)	YOGA Bonnie	 AMPD TONING Lori	 BARRE Sherry J	KINDERGYM Ages 1-4 Lori	LES MILLS NEW RELEASE LAUNCH DATES - *BODYPUMP@ 10:15AM: (BODYPUMP@10:05AM CANCELLED) #112 - JAN 11TH #113 - APR 11TH *RPM@ 9:00AM: #85 - FEB 8TH #86 - MAY 9TH	
	CLASS TIMES VARY	THERAPEUTIC YOGA 30min@10:55AM S. H. K. A. P. H. U. S. E. 30min@11:30AM Ginger	EASY FIT 45min@11:15AM Sherry J	CROSS-HIIT 30min@11:20AM Sherry J (FWA)	EASY FIT 45min@11:15AM Harry			
	CLASS TIMES VARY	LES MILLS BODYPUMP 45min@12:10PM Harry	CROSS-HIIT 30min@11:20AM Svetlana (FWA)	LES MILLS BODYPUMP 45min@12:10PM JoAnn	MIDDAY YOGA 40min@12:10PM Ginger	LES MILLS BODYPUMP 45min@12:10PM Brian		
	5:30PM	STEP FUSION Becky	CIRCUIT FUSION Becky	RHYTHMIC PULSE Becky	LES MILLS BODYPUMP Becky		Time	Sunday
	6:15PM	I-FIT FOR KIDS Ages 7-15 Naomi		I-FIT FOR KIDS Ages 7-15 Naomi			3:30PM	 ZUMBA Rotation
	6:35PM	LES MILLS BODYPUMP Becky	YOGA Ginger	 raised barre Annie B	YOGA Rotation		NEW CLASS --CROSS-HIIT An effective way to get fit combining a wide variety of functional movements and machines into a timed workout. Anyone can do it! Meet in the Free Weight Room.	
CYCLE STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Class highlighted in YELLOW designates a NEW time or format to the schedule. ***KETTLEBELL AMPD-1/8,22; 2/12,26;3/11,25;4/8,22;5/13,27 Child Care Hours: Mon-Thurs 8am-1pm & 4-8pm; Fri 8am-1pm Sat 8-11am; Sun Closed	
	5:15AM		LES MILLS RPM 45min Brian		LES MILLS RPM 45min Annie			
	8:20AM		CARDIO CYCLE 30min Sherry J		LES MILLS RPM 30min Sherry J	CARDIO CYCLE 30min Jennifer		
	CLASS TIMES VARY	SPINYASA 30min@10:15AM JoAnn		WATTS UP 45min@10:15AM Jennifer				
	12:10PM		LES MILLS RPM 30min JoAnn		LES MILLS RPM 30min Brian			
* Schedules are subject to seasonal change	CLASS TIMES VARY	LES MILLS RPM 30min@5:30PM Brian	WATTS UP 45min@5:30PM Brian	LES MILLS RPM 30min@6:40PM Becky	CYCLE40 40min@7:00PM Jim			
Questions? sjohnson@spartanburgymca.org								



MTY's Group Fitness Class Descriptions



There is a learning curve in each class, some more than others. Expect muscle soreness when trying something new. This is normal. After a few classes, your muscles acclimate and say hey I got this! SMART START is a progressive plan taking the 1st steps into fitness by participating in class for a short time then staying longer each week so that you're eventually staying for the entire class. Inform instructor prior to class you're doing SMART START. Instructors prepare and/or design the warm-up, body and cool down of each class with the participants varying levels of fitness in mind. Our instructors love questions and offering help so introduce yourself before or after class today. Improve mind, body and spirit through a wide variety of classes at the YMCA!

BARRE ABOVE™—A trifecta low impact workout that incorporates lower, upper and core exercises with a focus on flexibility, balance, stability and strength. All levels

BODYPUMP™ – The original barbell class that shapes, tones, and strengthens the entire body using THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. Tones, strengthens, and challenges all muscles. 60-min. **BODYPUMP™ EXPRESS** is a 45-50-min class. All levels

CARDIO STEP—Step to the beat! Move side to side up and down and all around in this fun upbeat class. Level 2,3

CIRCUIT FUSION—Strengthen muscles and improve cardio and muscular endurance using various equipment . All levels

CARDIO CYCLE—Boost your cardiovascular endurance with bouts of speed and resistance. All levels

CARDIO PUMP—Improve your strength and tone with an added cardio benefit. All levels

CROSS-HIIT—An effective way to get fit combining a wide variety of functional movements and machines into a timed workout All levels

CYCLE40—A 40-minute high intensity cardiovascular training ride maximizing caloric burn. All levels

EASY FIT—For active, beginners or deconditioned individuals. Tone and strengthen muscles, improve performance in daily living activities, range of motion, agility, balance and coordination. Chairs may be used for support. Level 1,2

I-FIT FOR KIDS—Fun physical activities for kids ages 7-15. Parents do not need to stay.

KETTLEBELL AMPD—A unique and fun fitness program that takes the best kettlebell moves and choreographs them to music for a full body workout. All levels

KINDERGYM—Age appropriate fun physical activities for kids ages 1-4. Parent must accompany child(ren). 55-min.

MIDDAY YOGA—Have that midday sluggish feeling? This class will refresh, reset and rejuvenate your mind and body. All levels

RAISEDBARRE—An energetic, athletic and completely pre-choreographed Pilates inspired program that is easy to learn. No dance, ballet or fitness background required.

RHYTHMIC PULSE—A fun and effective dance fitness class using interval training, combining fast and slow rhythm for an aerobic and anaerobic workout while targeting your legs, abs, glutes and arms utilizing high energy, motivating music, and unique moves in a superb recipe for sweat success! All levels

RISE & GRIND—An interval-based circuit class combining full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before you start your busy day. 45-min. All levels

RPM™ – An indoor cycling workout where participants ride to the rhythm of powerful and motivating music. Take on the terrain with an inspiring coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. 45-min. **RPM30™** is a 30-min class. All levels.

SPINYASA—The perfect combination of mind, body and spirit.by enjoying an easy ride with scenic views increasing blood flow and reducing stress. All levels

STEP FUSION—Train hard, burn calories and have a blast with step choreography fused with strength, cardio and core. Level 2,3

STRIKE A POSE—A parent-child yoga class that helps improve balance, strength, flexibility, focus and more through family bonding. All levels

STRONG by ZUMBA® – Combines high intensity interval training with the science of Synced Music Motivation. All levels

SUNRISE YOGA —Sync your body and mind with the sounds of nature by starting your day off with gentle stretches that increase clarity & creativity. All levels

THERAPEUTIC YOGA—A type of therapy that uses yoga postures, breathing exercises and guided imagery to improve mental and physical health encouraging the integration of mind, body and spirit. A chair may be used for balance and seated poses.

WATTS UP—Ride through hills, sprints and more to challenge your watts output in this exciting cardiovascular workout. All levels

YOGA—Increase flexibility, strengthen upper and lower body muscles, create a union between mind, breath, and body, and correct posture. Yoga is proven to reduce stress and lead to a sense of internal peace and well-being. Help reduce stress and become a stronger unit with gentle, yet challenging, and stimulating poses. All levels

ZUMBA®—A fusion of Latin and International music / dance themes that create a dynamic and exciting workout. This class is based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. All levels

ZUMBA® TONING—Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using light weights, helps focus on specific muscle groups, so all muscles stay engaged. All levels

*Levels: 1=Beginner, 2=Intermediate, 3=Advanced **Children under 13 are welcome to participate accompanied by parent with no/light weight, if needed for class.

Getting Fit is Better Together! Our Classes are Designed for You!



Building Strong Swimmers & Confident Kids

Spring Session Guide 2020

The YMCA teaches over 1 million children to swim every year and has researched for the past 3 years to bring you better swimming lessons.

- Kids achieve faster
 - Better parent communication tools
 - A skills-based model of instruction
- All will help your child become a strong swimmer and confident kid! See the reverse side to choose your child's stage.

GROUP SWIM LESSON PRICING

Group Lessons (8 Lessons):

Parent & Child: Members \$40 Non-Members \$80

Preschool, Youth, Adult and Teen: Members \$55
Non-Members \$110

Group Lessons (6 lessons):

Parent & Child: Members \$30 Non-Members \$60

Preschool, Youth, Adult and Teen: Members \$42
Non Members \$84

PRIVATE LESSONS:

4 SESSIONS

\$110 MEMBERS \$138 NON-MEMBERS

8 SESSIONS

\$160 MEMBERS \$240 NON-MEMBERS

SEMI-PRIVATES: Per Participant

8 SESSIONS

\$136 MEMBERS \$184 NON-MEMBERS

Middle Tyger YMCA

GROUP SCHEDULE

Mondays & Wednesdays

January 6th – 29th
February 3rd – 26th
March 2nd – 25th
April 6th – 29th
May 4th – 20th
(6 lessons)

Tuesdays & Thursdays

January 7th – 30th (Mornings)
February 4th – 27th (Mornings)
March 3rd – 26th (Mornings)
April 7th – 30th (Both)
May 5th – 21st (Both)
(6 Lessons)

Saturdays

January 11th – February 29th
(7 Lessons)
April 11th – May 9th
(5 Lessons)

Times:

Weekday Lessons

Parent/Child (ages 6mths-3yrs.)

5:00pm-5:30pm

Preschool (ages 3yr-5yr)

5:30pm-6:10pm

Youth (ages 6yr-12yr)

6:15pm-6:55pm

Adult/Teen (ages 13yr+)

9:15am-9:55am

(Tues & Thurs ONLY)

7:00pm-7:40pm

Times: Saturday Lessons:

Parent/Child (ages 6mths-3yrs.)

10:30am-11:00am

Preschool (ages 3yr-5yr)

9:00am-9:40am

Youth (ages 6yr-12yr)

9:45am-10:25am

Adult/Teen (ages 13yr+)

10:30am-11:10am



At the Middle Tyger Family YMCA we strive to give high quality lessons. If your child's instructor feels that your child is falling behind, we will speak to you about scheduling an extra weekend lesson at no charge.

If you have any questions, contact Tonya Elkins,
telkins@spartanburgymca.org



THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 5am-8:15am	Sunrise Boot Camp Jane 5:30a-6:15a	Sunrise Boot Camp Cindy 5:30a-6:15a	Sunrise Boot Camp Jane 5:30a-6:15a	Open Swim 5a-8:15a	Open Swim 7a-9a	Open Swim 1p-5:45p
Water Fitness Henri 8:15a-9a	Open Swim 6:15a-11a	Open Swim 6:15a-8:15a	Open Swim 6:15a-11a	Water Fitness Henri 8:15a-9a	Swim Lessons 9a-11:10a	
Recovery Henri 10:15a-11a	Adult/Teen Swim Lessons 9:15a-9:55a	Water Fitness Henri 8:15a-9a	Adult/Teen Swim Lessons 9:15a-9:55a	Recovery Henri 10:15a-11am	Open Swim 11:10a-5:45p	
AOA Henri 11a-11:45a	Water Walking Regina 11a-11:45a	Recovery Henri 10:15a-11a	Water Walking Regina 11a-11:45a	AOA Henri 11a-11:45a	POOL CLOSINGS: FOLLOW US ON FACEBOOK Middle Tyger Family YMCA WEATHER CLOSINGS: CHECK WYFF NEWS CHANNEL 4 Be apart of our Family! Please register online or contact the Front Desk for Swim Lessons and Home School PE!	
Open Swim 11:45a-5p	Open Swim 11:45a-5p	AOA Henri 11a-11:45a	Open Swim 11:45a-5p	Homeschool Aquatics 12p-1p		
Byrnes HS PE 2:10p-3p	Byrnes HS PE 2:10-3pm	Open Swim 11:45a-5:00p	Byrnes HS PE 2:10p-3p	Open Swim 1p-7:45p		
YSL Swim Team 4:15p-5:30p	YSL Swim Team 4:15p-5:30p	Byrnes HS PE 2:10p-3p	YSL Swim Team 4:15p-5:30p	Byrnes HS PE 2:10p-3p		
Swim Lessons 5p-7:40p	Swim Lessons 5p-7:40p	YSL Swim Team 4:15p-5:30p	Swim Lessons 5p-7:40p	After School Swim 4p-5p		
	Water Running Sabina 6p-6:30p	Swim Lessons 5p-7:40p	Water Fitness Cynthia/Jay 6:30p-7:15pm	YSL Swim Team 4:15p-5:30p		
Open Swim 6:30p-8:45p	Water Boot Camp Sabina 6:30p-7:15p	Open Swim 6:30p-8:45p	Open Swim 7p-8:45p			
	Open Swim 7p-8:45p					

*Tuesdays & Thursdays evenings most areas of the pool **will not** be available for free swim due to lessons and water classes (Look for "Open Swim" for best times for free swimming times).

*There may be instructor substitutions without notice.

*Note in the event of thunder or lightning, the Pool will be **closed for 30 minutes** from the last lightning strike or thunder heard. Please call the Y if you are unsure of closure.

*During Swim Meets, pool could be closed. Contact the Front Desk to check availability.

**YMCA is open on Labor Day, Christmas Eve, New Years Eve, New Years Day (modified hours)
but will be CLOSED Thanksgiving Day and Christmas Day**



LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5a-9:15a <u>ALL Lanes</u> Short Course	Lap Swim 5a-6:45a Short Course	Lap Swim 5a-6:45a Short Course	Lap Swim 5a-10a <u>ALL Lanes</u> Short Course	Lap Swim 5a-6:45a Long Course	<u>Swim Team Practice</u> 7a-10:30a Long Course	Lap Swim 1pm-5:45pm <u>ALL Lanes</u> Short Course
<u>Deep H2O</u> Henri 9:15a-10a	<u>Swim Team Practice</u> 5a-6:45a Short Course	<u>Swim Team Practice</u> 5a-6:45a Short Course	<u>Deep H2O</u> Regina 10a-10:45a	<u>Swim Team Practice</u> 5a-6:45a Long Course	Lap Swim 7a-11:45am <u>1-2 Lanes</u> Long Course	
Lap Swim 9:15a-4p Short Course	Lap Swim 6:45a-10a <u>ALL Lanes</u> Short Course	Lap Swim 6:45a-9:15a <u>ALL Lanes</u> Short Course	Lap Swim 10a-4p Short Course	Lap Swim 6:45a-9:15a <u>ALL Lanes</u> Long Course	<u>Pool Closed</u> Changing from Long course to Short Course 11:45a-12:15	
<u>Swim Team Practice</u> 4p-8p Short Course	<u>Deep H2O</u> Regina 10a-10:45a	<u>Deep H2O</u> Henri 9:15a-10a	<u>Swim Team Practice</u> 4p-7:45p Short Course	<u>Deep H2O</u> Henri 9:15a-10a		
Lap Swim <u>1-2 Lanes</u> 4p-8p Short Course	Lap Swim 10a-4p Short Course	Lap Swim 9:15a-4p Short Course	Lap Swim <u>1-2 Lanes</u> 4-7:45p Short Course	Lap Swim 9:15a-4p Long Course	Lap Swim 12:15p-5:45p <u>ALL Lanes</u> Short Course	
Lap Swim 8p-8:45p <u>ALL Lanes</u> Short Course	<u>Swim Team Practice</u> 4p-8p Short Course	<u>Swim Team Practice</u> 4p-8p Short Course	<u>Pool Closed</u> Changing from Short course to Long Course 7:45p-8:15p	<u>Swim Team Practice</u> 4p-7:30p Long Course		
	Lap Swim <u>1-2 Lanes</u> 4p-8p Short Course	Lap Swim <u>1-2 Lanes</u> 4p-8p Short Course	Lap Swim 8:15p-8:45p <u>ALL Lanes</u> Long Course	Lap Swim 4p-7:30p <u>1-2 Lanes</u> Long Course		
	Lap Swim 8p-8:45pm <u>ALL Lanes</u> Short Course	Lap Swim 8p-8:45pm <u>ALL Lanes</u> Short Course		Lap Swim 7:30p-8:45p <u>ALL Lanes</u> Long Course		

If all lanes are full, we ask that lap swimmers share lanes. Locate a swimmer who swims your equivalent speed and let them know that you would like to join them in the lane. If you cannot get their attention, ask a lifeguard for assistance.

Please do not go past orange cones when you come to swim. Staying close to the lifeguards insures your safety and theirs.

Changing Lanes is subject to change due to Swim Meets or Special Events! Please check Facebook and website for updates regularly.

Upcoming Swim Meet Dates:

- January 4th-5th
- January 31st- February 2nd
- March 12th- 15th:
- March 20th- 22nd
- May 15th- 17th
- May 29th- 31st

Winter Wonderland

2020 Father & Daughter Dance

**When: February 8th
6:30pm-8:30pm**

**Where: Middle Tyger YMCA
Music, Food, Dancing, Crafts, ETC**

\$35 members/per couple

\$45 non-members/per couple

\$8 for each additional child



SOCIAL RESPONSIBILITY

Strengthening foundations of community.

ANNUAL CAMPAIGN

Annual Campaign dollars raised provide children, families and individuals access to Y memberships and programs they otherwise could not afford. At the Y, no one is turned away due to inability to pay. This year, over 900 donors provided \$517,303 to help their neighbors grow stronger in spirit, mind and body through the Y. THANK YOU!

Your Annual Campaign gift helps the Y ensure that everyone, regardless of age, income or background, has an opportunity to learn, grow and thrive.

To learn more about the annual campaign, contact Cassie Lloyd, Director of Mission Advancement at 864 585 0306 x 103 or clloyd@spartanburgymca.org

ENDOWMENT

The Y Endowment fund ensures a healthy future for our YMCA by providing a perpetual source of revenue for programs, facility maintenance and scholarships. Giving to the Endowment is a way to leave a lasting legacy for your children, grandchildren and the community.

To learn more about making a contribution to the Endowment fund, please contact Cassie Lloyd, Director of Mission Advancement at 864 585 0306 x 103 or clloyd@spartanburgymca.org

AREAS OF IMPACT

INSPIRING YOUNG POTENTIAL & DRIVING ACADEMIC SUCCESS

DROWNING PREVENTION

TACKLING COMMUNITY HEALTH CHALLENGES

ENSURING ACCESS AND BELONGING FOR ALL



