YMCA OF THE INLAND NORTHWEST

ABOUT OUR Y

Strengthening community is our cause where everyone, regardless of age, income, or background has the opportunity to learn, grow and thrive. We believe everyone deserves the opportunity to discover who they are and what they can achieve. We count on the generosity of our cause-driven donors and partners to allow us to offer low-cost programs and services to the community. Together, we provide rich volunteer opportunities and a variety of membership options.

The YMCA of the Inland Northwest includes the Central Spokane, North Spokane, and Spokane Valley Ys, as well as Camp Reed, EWU Children’s Center, Central YMCA Children’s Center and 18 Before-and-After School Age Care sites serving 21 schools.

Membership Categories

We have a variety of memberships to choose from. For more details on YMCA of the Inland Northwest membership types, please visit us at ymcaspokane.org or call 509 777 YMCA (9622).

PREMIER MEMBER

Premier members have full access to all (3) branches of the YMCA of the Inland Northwest including most health and wellness programs. Specialty classes and programs with fees are offered at a lower rate to the following categories: Young Adult (Ages 19–24), Adult, One-Adult Family, Two-Adult Family, Senior Adult (62+), One-Adult Senior Family, Two-Adult Senior Family. All categories receive priority early registration for programs.

PROGRAM MEMBER

Program members are limited to those enrolling in a specific YMCA program(s) with privileges based on the program(s) for which you register. General use of the YMCA facilities is not included.

YMCA Program Scholarships & Membership For All

Our doors are open to everyone. Financial assistance is available for program fees. Membership dues can be calculated with our income-based rating scale. We work together with our generous neighbors, Spokane County United Way and the YMCA’s Annual Campaign donors, to make these opportunities possible. Scholarship applications are available at any Y facility or online.
Facility Locations

- Central Spokane Y
  930 N. Monroe
  Spokane WA, 99201

- North Spokane Y
  10727 N. Newport Hwy
  Spokane WA, 99218

- Spokane Valley Y
  2421 N. Discovery Place
  Spokane Valley, WA 99216

Facility Hours of Operation

Regular Hours
- Monday - Friday: 5am - 10pm | Saturday: 7am - 10pm | Sunday: 9am - 8pm

Holiday Hours
- Labor Day: Central Closed/North & Valley 5am - 4pm
- Thanksgiving Day: All Branches Closed
- Christmas Eve: All Branches 5am - 4pm
- New Year’s Eve: All Branches 5am - 4pm
- Christmas Day: All Branches Closed
- New Year’s Day: Central Closed/North & Valley 5am - 4pm

Facility Locations

- Central Spokane Y
  930 N. Monroe
  Spokane WA, 99201

- North Spokane Y
  10727 N. Newport Hwy
  Spokane WA, 99218

- Spokane Valley Y
  2421 N. Discovery Place
  Spokane Valley, WA 99216

Facility Hours of Operation

Regular Hours
- Monday - Friday: 5am - 10pm | Saturday: 7am - 10pm | Sunday: 9am - 8pm

Holiday Hours
- Labor Day: Central Closed/North & Valley 5am - 4pm
- Thanksgiving Day: All Branches Closed
- Christmas Eve: All Branches 5am - 4pm
- New Year’s Eve: All Branches 5am - 4pm
- Christmas Day: All Branches Closed
- New Year’s Day: Central Closed/North & Valley 5am - 4pm

Corporate Office | Camp Reed | RSVP

Location
- Corporate Office
  1126 N. Monroe
  Spokane WA 99201

Regular Hours
- Monday - Friday: 8am - 5pm
- Saturday: Closed
- Sunday: Closed

Holiday Hours
- Christmas Eve (8am - Noon)
YOU CAN.....AT THE YMCA

Babies
YOU CAN...
• Enjoy playtime in Child Watch
• Take swimming lessons with mommy or daddy
• Have fun in Baby Bugs gymnastics
• Learn, grow & thrive at the Y Children’s Center

2-5 yr olds
YOU CAN...
• Have your birthday party at the Y
• Shine in Tiny Stars cheer class
• Become a ballerina
• Discover how to be a team player in Y Winners sports

6-12 yr olds
YOU CAN...
• Learn how to pitch a baseball or throw a football
• Know how to be safe in the water
• Learn Caring, Honesty, Respect & Responsibility at the YMCA’s Before & After School Program
• Get fit & have fun with Kids Yoga, Zumba Kids and FIT 4 Kids
• Groove to the beat in the Hip Hop Dance class

Teenagers
YOU CAN...
• Uncover your video talent during Friday Film Club
• Become a lifeguard
• Get involved! Join the Y Teen Advisory Board
• Make a difference by participating in Youth Legislature
• Have the best week of your life at Camp Reed
• Make new friends at Y Teen Center events
• Become a Safe Sitter®
• Get stronger with Youth Wellness Center Training

At the YMCA you can join together with men, women and children from your community who are committed to youth development, healthy living and social responsibility.
AT THE YMCA.....YOU CAN

Adults
YOU CAN...

• Be supported by other cancer survivors in the LIVESTRONG® at the YMCA program
• Train for a triathlon
• Become a YMCA Volunteer and make an impact in the community
• Improve your swimming skills – join the Masters Lap Swim
• Reach your Health & Wellness goals in a Small Group Training Class
• Bring a guest for a FREE visit to the Y
• Learn nutrition & meal planning for weight loss or increased energy
• Reduce your risk of developing Diabetes

Active Older Adults
YOU CAN...

• Get a Personal Trainer (yes, you can!)
• Mentor a youth – become a YMCA Volunteer
• Bring a guest for a FREE visit to the YMCA
• Stay strong in a Silver Sneakers® fitness program
• Help with the YMCA’s Annual Campaign
• Make new friends in a group exercise class

Families
YOU CAN...

• Celebrate a family birthday
• Spend quality time together in the Family Activity Center
• Volunteer as a family at a Y special event
• Enjoy family fun in the Aquatics Center
• Spend time together getting healthy
• Gain strength with Family Yoga
• Share the Y’s values of Caring, Honesty, Respect & Responsibility
For many of our scholarship campers, camp is their only opportunity to get away from the city during the summer, to participate in camp activities, hike, swim, sing songs around a campfire and sleep out under the stars. It is not uncommon to have children come to camp who have never hiked in the woods, swam in a lake, or learned how to build healthy relationships with peers and adults.

To hear children say to their counselor, “This was the best week of my life” is beyond compare and is the aim of Camp Reed. Join us for the 2014 YMCA Camp Reed Auction on Oct 11 and help us make Camp Reed every child’s best week.
**YOUTH DEVELOPMENT**

**EARLY CHILDHOOD EDUCATION & CARE**

Central YMCA Children’s Center • Ages 4 weeks – 6yrs

Invest in your child’s future. The Central YMCA Children’s Center places your infant, toddler, and preschooler in a caring and supportive environment where they will engage in individual development and learning. Following developmentally age appropriate curriculum and activities, your child gets exactly what they need to thrive. Contact the Central Y for tours and registration info. For pricing and other information please refer to our website at ymcaspokane.org.

**EWU Children’s Center • Ages 6 weeks – 10yrs**

Childcare, Preschool, and ECEAP are available to EWU students, staff, and faculty at the EWU Children’s Center from 7:30am to 6pm. Experienced Early Childhood professionals with open hearts meet the social and emotional needs of children while supporting their learning. Curriculum is designed to encourage children’s emergent concept development and individual skill goals. Please contact Jessie Green, 509 359 2025 or jgreen@ymcaspokane.org or Tammy Landsiedel, 509 359 2028 or tlandsiedel@ymcaspokane.org for information and enrollment and pricing.

---

**BEFORE & AFTER SCHOOL CARE**

Engaging activities in a safe place right in your child’s school! Children build lasting friendships, interact with positive role models and have choices of activities such as arts & crafts, physical activity, clubs, and homework time. Full time and part time options are available to meet the needs of your family. Registration packets and pricing can be found on our website. You can also pick one up at your school office or at any Y location. Your hand-written signature is required on the registration packet, therefore online registration is not available. We accept state assistance and the YMCA also has financial assistance available to those who qualify. For pricing and other information please refer to our website at ymcaspokane.org.

**PARTICIPATING SCHOOLS & ON-SITE PROGRAMS**

Before and After School Site = BA Site

**Mead School District**

- Brentwood BA Site
- Colbert BA Site
- Evergreen BA Site plus AM & PM Kindergarten
- Farwell BA Site plus AM & PM Kindergarten
- Meadow Ridge BA Site
- Midway BA Site
- Prairie View BA Site
- Shiloh Hills BA Site

**Nine Mile School District**

- Lake Spokane Children’s Center
  - BA Site grades 1–6 and All Day ages 3–6
- Nine Mile BA Site

**Riverside School District**

- Chattaroy After school only site
- Riverside After school only site
  *Riverside students are bussed to Chattaroy

**East Valley School District**

- CCS BA site follows CCS school year calendar
- Otis Orchards BA Site
- East Farms* EVSD transports East Farms students to Otis Orchards
- Trent BA Site
- Trentwood BA Site

**West Valley School District**

- Pasadena BA Site
- Seth Woodard BA Site
- Orchard Center ASO (pending transportation from WVSD)

**Central Valley School District**

- South Pines BA Site

**Kindergarten Locations**

Evergreen students from Prairie View are bussed to Evergreen. Farwell students from Brentwood, Colbert, Meadow Ridge, & Midway are bussed to Farwell for kindergarten care. Lake Spokane on-site kindergarten & preschool available.

**No School Days & Winter Break • Grades K-6**

Arts & crafts, group games, swimming and much more are only a few of the constructive activities your child will enjoy on their no school days. Under the guidance of caring adults, your child is sure to have a blast with friends enjoying the many fun activities we offer. For more information about No School Days and for a list of available dates please visit ymcaspokane.org/programs/childcare/schoolagecare.

---

**PRICING ON PAGE 24**

---

**CHILDMATCH**

Our drop-in Child Watch provides a fun, safe place for children ages 6 weeks to 6 years while you work out or take an exercise class. Child Watch may close early if there are no children during the last scheduled 1/2 hour. Available to Premier Members. Limited to 2 free hours per day while you work out. See posted schedules at your Y or on our website.
EDUCATION & LEADERSHIP FOR TEENS

Homework Club • Grades 7–8
Northwood & Mountainside Middle School
The after-school homework club is a productive, enriching environment giving students assistance with homework, guest speakers, field trips, and the FAB 5 Health curriculum. This is a great, fun way to spend the day after classes. Meets at school sites.

Outside the Box • North Central High School Grades 9–10
Not all students are fully ready for the transition to high school. The Outside the Box program works with freshmen and sophomores to develop the tools to create a successful high school experience. Students gain help with homework, participate in community-building activities, and enhance social skills while positive adult mentors guide the students toward their success. Currently this program is only available to North Central High School students. For more information, contact Jenny Jamison at jjamison@ymcaspokane.org or call 777 9622 x 115.

Safe Sitter® Workshops • Ages 11–16
Prepare for a productive future of babysitting through our Safe Sitter® Workshops. Created by a doctor, this course will teach what it takes to be a safe, nurturing babysitter and how to gain the confidence to be successful. These foundational skills can be beneficial throughout life, especially in future interactions with children. First Aid/CPR certification is not included in this course, but will be addressed. Fee includes a Safe Sitter Student Manual and 6.5 hours of instruction. Saturday workshops available at all three YMCA locations.

Washington Drug Free Youth
Are you a member of WDFY? The YMCA of the Inland Northwest and Washington Drug Free Youth have teamed up to support teens who have pledged to be drug free. Sign up with your school’s WDFY chapter and receive discounts on most YMCA Teen Programs and Events.

VOLUNTEER
Teen Advisory Board • Grades 10–12
Get involved! We depend on teens to help create the great teen programs and special events at the Y. We need YOU to give your input and let your voice be heard in order to make the community a better place. Meetings are once a month, September – May. Contact Christine Brischie, Association Teen Director at 509 777 9622 x 415.

BOBFest 2015 Battle of the Bands Committee
Get involved in the annual Battle of the Bands teen event. We need your help and are looking for people to help with live sound production, art design, event promotion and more. Contact Spencer Koonz at 509 777 9622 x 315 and make this the best event in Spokane!

TEEN MUSIc PROGRAMS
Learn the basics of acoustic or electric guitar, piano, and voice.

MUSIC

Rockband Club
Share your love to play, perform and enjoy music while learning from others with the same interests. This weekly club will provide knowledge of music and theory, performance coaching, and a history of various genres, all while building new friendships.

Recording Studios • Open to all Ages
Want your own demo CD? Sign up to use our recording studio. All who sign up for studio time are provided with an instructor and a fully equipped recording studio to help bring your project to life. Available at Central and North Y locations.

Intro to Guitar • Individual Lessons • Open to all Ages
Learn the basics of acoustic or electric guitar and experience the magic behind the music through your private lesson. Includes theory, site reading, and proper form. Music can promote positive change in the world, come make yours. Bring your own guitar or one will be available for you included in the fee.

Group Guitar • Ages 8+
Build teamwork, motivation, and friendships while learning to play or improving your current skills. Sessions are 8 weeks and offer both beginning and intermediate classes.

Intro to Piano • Open to all Ages
Learn to tickle the ivories as you learn the basics including theory, site reading and proper form. Become one who creates the magic of music.

Intro to Voice • Open to all Ages
Find your voice while learning the foundations of singing and vocal improvement. Includes theory, site reading and proper form.

TEEN CENTERS
A safe place to hang out! Created specially for teens, by teens, our Teen Centers have it all: video games, recording studios, movies, and more! Your teen will have the ability to chill with friends or get help on homework – all under the guidance of caring staff. Come join us to find a place to belong and to help build a community.

SPECIAL EVENTS
Join the fun! We’re always mixing it up with all-nighters, music and movie nights, and outdoor adventure trips. Watch the YMCA Teen Programs Facebook page for event dates!

Facebook.com/SpokaneYMCATeenPrograms

DETAILS & PRICING ON PAGE 24–25
OUTDOOR RECREATION
Teen Disc Golf Club
The North Y has a new Disc Golf course. Come out and learn the fundamentals of Disc Golf and make new friends at the Y!
Survive!
A five hour emergency survival experience covering techniques for shelter building, thermoregulation, signaling, fire building and water capture/purification. No experience necessary.

FILM CLUB & CAMPS
Friday Film Club
Lights, camera, action! Learn what it takes to make a movie from start to finish while having time to bond with your friends. Learn storyboarding and other filmmaking techniques to develop High Definition videos like the pros. Contact Spencer Koonz at 509 777 9622 x315 for more information.
Film Camps • Winter, Spring, Summer Breaks
Work with other teens to plan, develop, and film your own movie. Explore your imagination, make friends and enjoy the holiday breaks.
Teen Film Festival • Sept 19
Young filmmakers from the Y Film program showcase their films. To submit films contact Spencer Koonz at skoonz@ymcaspokane.org.

ACT SIX LEADERSHIP SCHOLARSHIP
The YMCA of the Inland Northwest is the Spokane affiliate for this full-tuition, full-need Leadership Scholarship program. Eight of Spokane’s most promising emerging community leaders will be selected for full scholarships to Whitworth and Gonzaga Universities. The initiative brings together diverse, multicultural cadres of young people who want to use their college education to make a difference on campus and in their communities at home. Learn more and apply at actsix.org. Application Deadline: October 28, 2014.

YOUTH INVESTMENT PROGRAM • Ages 12-19
Provides at-risk youth an opportunity to complete court ordered community service requirements and gives them a safe, encouraging learning environment centered on making a difference in their lives. Participants work alongside a mentor to develop work ethic, values, and principles that will help them succeed. Projects include helping in our garden and greenhouse, as well as landscaping for senior citizens and the YMCA locations. Students may also complete their high school community service credits. For more information contact Jesse Richner at 509 777 9622 x215.

WASHINGTON STATE YOUTH AND GOVERNMENT
We believe democracy must be learned by every generation in order to create new generations of ethical and informed public-minded citizens. Our Youth Legislature and Mock Trial Programs work to develop social competence, problem-solving ability and communication skills. For more information about Youth Legislature and Mock Trial Programs contact Saralyn Cook at scook@ymcaspokane.org.

Ask about how to start a club at your school!
Youth Legislature • Central Spokane YMCA Delegation Grades 8-12
Join today and make a difference tomorrow! The Youth Legislature is a student directed mock legislature offering teens the opportunity to develop leadership skills and explore opportunities in public service. This program includes a trip to Olympia for the 68th Youth Legislature with teens from around the state. Get empowered and learn how to strengthen your community while learning the democratic process.
Mock Trial • Central Spokane YMCA Team • Grades 9-12
Do you have what it takes to tackle the legal system? Work with legal professionals in the community to develop understanding of real life case law in our democratic society. Become part of a competitive team and work to develop your skills in oral advocacy, research, and critical thinking.
Payment plans & financial aid are available.

Check us out on Facebook!
facebook.com/SpokaneYMCATeenPrograms

DETAILS & PRICING ON PAGE 24-25
YOUTH DEVELOPMENT | Nurturing the potential of every child & teen

SWIM, SPORTS, PLAY

FALL & WINTER SWIM LESSONS AND POOL PROGRAMS
FALL SWIM LESSONS & PROGRAMS please choose a session:
14SEP (9/8–10/4) | Premier Member registration begins: 8/25 | Program Member registration begins: 9/2
14OCT (10/6–11/1) | Premier Member registration begins: 9/22 | Program Member registration begins: 9/29
14NOV (11/3–12/6)* | Premier Member registration begins: 10/20 | Program Member registration begins: 10/27

WINTER SWIM LESSONS & PROGRAMS please choose a session:
15JAN (1/5–1/31)** | Premier Member registration begins: 12/22 | Program Member registration begins: 12/29
15FEB (2/2–2/28)** | Premier Member registration begins: 1/19 | Program Member registration begins: 1/26
15MAR (3/2–3/28) | Premier Member registration begins: 2/16 | Program Member registration begins: 2/23

**No classes the week of Thanksgiving, 11/24–11/29.

M/W or T/TH • 2 DAYS A WEEK • 4 WEEK SESSIONS
Fees: North Y & Valley Y - $56 Program Member / $28 Premier Member | Central Y - $66 Program Member* / $32 Premier Member

**Includes parking up to 3 1/2 hours free.

FRI or SAT • 1 DAY A WEEK • 4 WEEK SESSIONS
Fees: North Y & Valley Y - $32 Program Member / $16 Premier Member | Central Y - $34 Program Member* / $16 Premier Member

**Includes parking up to 3 1/2 hours free.

**PRO-RATED FEES FOR 15JAN M/W CLASSES AND 15FEB M/W CLASSES
Fees: North Y & Valley Y - $36 Program Member / $28 Premier Member | Central Y - $60 Program Member* / $28 Premier Member

**Includes parking up to 3 1/2 hours free.

PRESCHOOL SWIM LESSONS • 6 months – 5 years

Shrimp/Kippers • Parents and Kids 6–18 Months
Provides a positive parent/child experience while developing trust and safety between parents, children and instructors. Parents and babies are encouraged to have fun in the water by exploring basic water skills using toys, floatation devices and interacting with other families.

<table>
<thead>
<tr>
<th>Location</th>
<th>M/W</th>
<th>T/TH</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central</td>
<td>----</td>
<td>----</td>
<td>9:30am</td>
<td>10:10am/6pm</td>
</tr>
<tr>
<td>North</td>
<td>----</td>
<td>----</td>
<td>6pm</td>
<td>----</td>
</tr>
<tr>
<td>Valley</td>
<td>----</td>
<td>----</td>
<td>----</td>
<td>----</td>
</tr>
</tbody>
</table>

Inia/Perch • Parents and Kids 18–36 Months
Children explore their environment and their own skills, with their parent’s help. Expanding on skills learned in Shrimp/Kippers, your child will continue to develop basic swimming skills while increasing their comfort and confidence in the water. This class prepares them for the preschool program where children begin swimming without parents.

<table>
<thead>
<tr>
<th>Location</th>
<th>M/W</th>
<th>T/TH</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central</td>
<td>----</td>
<td>----</td>
<td>6pm</td>
<td>----</td>
</tr>
<tr>
<td>North</td>
<td>----</td>
<td>----</td>
<td>9:30am</td>
<td>10:10am/6pm</td>
</tr>
<tr>
<td>Valley</td>
<td>----</td>
<td>----</td>
<td>----</td>
<td>----</td>
</tr>
</tbody>
</table>

Pike • Ages 3–5
Children learn the basics of full water immersion and how to be safe in the pool through fun and educational games designed to get them used to having their face in the water. Will also focus on basic water skills, floating on their own and elementary backstroke.

<table>
<thead>
<tr>
<th>Location</th>
<th>M/W</th>
<th>T/TH</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central</td>
<td>4pm</td>
<td>4pm</td>
<td>9:25am</td>
<td>9:25am/10:45am</td>
</tr>
<tr>
<td>North</td>
<td>5:20pm</td>
<td>5:20pm</td>
<td>9:25am/10:45am</td>
<td></td>
</tr>
<tr>
<td>Valley</td>
<td>9:25am/10:05am</td>
<td>9:25am/10:45am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Eel • Ages 3–5
Advanced beginner level. Children learn arm movements and how to integrate kicking and floating for a progressive and independent paddle stroke. Introduction of basic crawl and backstroke, focusing on getting their arms out of the water and flutter kicking.

<table>
<thead>
<tr>
<th>Location</th>
<th>M/W</th>
<th>T/TH</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central</td>
<td>5:20pm</td>
<td>4pm</td>
<td>9:40am/10:20am</td>
<td>8:45am/10:05am</td>
</tr>
<tr>
<td>North</td>
<td>5:20pm</td>
<td>4pm</td>
<td>8:45am/10:05am</td>
<td></td>
</tr>
<tr>
<td>Valley</td>
<td>10:45am/11:25am</td>
<td>10:45am/11:25am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Ray • Ages 3–5
Focuses on efficient swimming techniques and enhancing strokes. Introduction of diving from a kneeling position and treading water.

<table>
<thead>
<tr>
<th>Location</th>
<th>M/W</th>
<th>T/TH</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central</td>
<td>4:40pm</td>
<td>4:40pm</td>
<td>4:40pm</td>
<td>10:10am/5:20pm</td>
</tr>
<tr>
<td>North</td>
<td>5:20pm</td>
<td>4:40pm</td>
<td>4:40pm</td>
<td>4:40pm</td>
</tr>
<tr>
<td>Valley</td>
<td>----</td>
<td>----</td>
<td>----</td>
<td>----</td>
</tr>
</tbody>
</table>

Starfish • Ages 3–5
Focuses on the fundamentals of lap swimming, swimming as part of a team, and the basics of the four main strokes. Front crawl and backstroke are refined while increasing strength and endurance.

<table>
<thead>
<tr>
<th>Location</th>
<th>M/W</th>
<th>T/TH</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central</td>
<td>----</td>
<td>----</td>
<td>4:40pm</td>
<td>9:25am/10:05am</td>
</tr>
<tr>
<td>North</td>
<td>----</td>
<td>----</td>
<td>10:05am</td>
<td>10:10am</td>
</tr>
<tr>
<td>Valley</td>
<td>----</td>
<td>----</td>
<td>----</td>
<td>----</td>
</tr>
</tbody>
</table>

SPokane AREA SWiMMiNG • SWiMMTEAm
Join a tradition of excellence, while building life-long skills and friendships. Spokane Area Swimming (SAS) is a year-round competitive swim team, providing professional coaching and technique instruction for all ages and abilities. Our team is about giving every member the opportunity to improve swimming skills and achieve success at their level of ability, from novice to international competition. Our coaches are trained and certified by USA Swimming, the most comprehensive program for youth coaches of any sport in the US. We are committed to developing young athletes into successful adults, placing a child’s self-image as out top priority. SAS practices at the North and Valley YMCA from Fall to Spring, and at Witter Pool during the Summer. More information at spokaneareaswimming.org
YOUTH SWIM LESSONS • 6 years - 14 years

Polligw • Ages 6–14
Beginning level for school-age children. Focuses on the pool environment, safety, flotation devices, basic stroke and kicking skills. Swimmers learn to float on their front and back, and swim front, back and side paddle 20 feet without support.

Guppy • Ages 6–14
Swimmers continue skill development, learn breaststroke on how to pull, kick and breathe efficiently, how to tread water effectively in the deep end of the pool. They will also learn basic rescue skills.

Minnow • Ages 6–14
Minnow’s focus on boosting coordination by emphasizing technique for both crawl and backstroke. Will continue to work on breaststroke as well introducing dolphin kick.

Fish • Ages 6–14
Swimmer will refine all their strokes including the new butterfly stroke. They will begin elements of competitive swimming. Leadership skills are also a component as they support and learn to teach each other.

Flying Fish • Ages 6–14
Transition into swim team. Refinement of all four competitive strokes (butterfly, backstroke, breaststroke and freestyle) and more structured training sessions.

Shark • Ages 6–14
Students learn the relevance of swimming skills, lifesaving techniques, conditioning and teamwork. Stroke refinement builds on the student’s already well developed understanding of strokes.

ADULT SWIM LESSONS
These 45-min classes are designed for teens and adults who are beginning swimmers, or looking to develop stroke technique and improve endurance.

1 day/week • $35 Program Member / $17.50 Premier Member
2 days/week • $70 Program Member / $35 Premier Member

PRIVATE / SEMI-PRIVATE SWIM LESSONS
We offer 30-min lessons, scheduled by appointment only. To register, contact the Aquatics Director at your local Y. Please do not register for your lesson until your appointment has been scheduled. To prevent paying for lessons not attended, please notify us 24 hours prior to the lesson you plan to miss.

NOVICE SWIM TEAM
Our team is a great way to start competitive swimming! We hold 60-min practices with an emphasis on stroke technique and conditioning in a fun environment. Children of all skill levels from the ages of 6–18 are welcome.

Must be able to swim 25 yards (length of pool). Beginner & Advanced levels.

Fee: $60 Program Member monthly / $30 Premier Member monthly

LIFEGUARDING • AGES 15+
Red Cross Lifeguard Training Certification. Class includes certification in Red Cross Lifeguard Training, First Aid and CPR/AED all valid for 2 years. Participants will also receive a CPR Pocket Mask and Lifeguard Training Manual. Participants must attend all classes in order to be eligible to pass the course. Pre-requisites: 15 years or older by the last day of the course. Swim a continuous 300 yd swim using freestyle, breaststroke or a combination of the two. Swim 20 yds freestyle or breaststroke, dive down 7-10 ft, retrieve a 10 pound brick & bring it back to the surface, then swim the brick back to the starting point (both hands must be on the brick and the swimmer’s face must be out of the water), this is a timed skill and must be completed within 1 min 40 sec (no goggles allowed). 2 min of continuous treading water, legs only.
YOUTH SPORTS GENERAL INFO
• For boys and girls where everyone plays with the emphasis on skill development, fair play, teamwork and fun.
• Organized by school and grade level.
• Teams practice once or twice a week at local schools or parks.
• Coaches will be in contact about practice days, times and locations after the coaches meetings.
• Program fees include: T-shirts, certificates, referees and any needed equipment or facility fees, unless otherwise noted.
• For more information & program details visit ymcaspokane.org.
• Refunds will be granted less a $10 administrative fee for requests made before teams begin practicing or football equipment issue takes place. A 50% refund will be granted prior to the first game. Once games begin no refunds will be granted. Late fees are non-refundable unless we are unable to place you on a team.
• Volunteer coaches are needed.

FALL YOUTH SPORTS
FALL FOOTBALL
Flag Football • Grades 1-6
If not ready for tackle, flag football builds teamwork and skills in a non-contact format. Teams formed by grade and school. Practices once or twice a week with games on Saturdays. Volunteer coaches needed. Practices have begun but there are still places available on teams. Call for placement. See page 25 for fees.

Grid Kids Football League • Grades 3 & 4
Full contact league with teams formed by high school boundaries. Practices have begun but there are still places available on teams. Call for placement. See page 25 for fees.

Grid Kids Football League • Grades 5 & 6
Full contact league with teams formed by high school boundaries. Practices have begun but there are still places available on teams. Call for placement. See page 25 for fees.

Grid Kids Football League • Grades 7 & 8
This league is facilitated by our partner, Spokane Youth Sports Association (SYSA). Register at sysa.com or call 509 536 1800 for more information. Practices have begun but there are still places available on teams. Call for placement.

FALL VOLLEYBALL
Volleyball • Grades 5 & 6
Serves up! Build teamwork and skills. Games played at Evergreen Middle School (Valley) and The Warehouse [Downtown]. Volunteer coaches needed. Practices have begun but there are still places available on teams. Call for placement. See page 25 for fees.

WINTER I YOUTH SPORTS
WINTER I BASKETBALL
Competitive Basketball (Select) • Season I • Grades 3-6
This league is designed to be more competitive than the YMCA recreational league, yet still provide a positive experience for all. Coaches register their team, schedule their own practices and teams provide their own uniforms. All teams are guaranteed 12 games, which includes a season ending playoff. Games are played on M/W/F at the Warehouse and HUB beginning the first week of November.

Recreational Basketball • Grades 3-8
The YMCA Recreational Basketball program allows your child to play the sport they love without the pressure of competition. Focusing on building skills and teamwork, we offer separate divisions for boys and girls. League play consists of eight games taking place on Friday & Monday nights and/or Saturdays. Games are played at City, Valley & Mead schools, the Hub and the Warehouse. This is a recreational league where the YMCA forms teams by grade and school. Volunteer coaches are needed.

Y Winners Basketball • Ages 4-5
Build teamwork, learn the basics and have fun. Practices and games on Saturdays for five weeks. Volunteer coaches needed. See page 26 for specifics.

Holiday Jamboree • Grades 3-8
Holiday Basketball Jamboree Grades 3-8
It’s time for a Jamboree. Separate boys and girls divisions play three games over three days at The Warehouse from 3-9pm. Open to all YMCA and AAU basketball teams. See page 25 for specifics. To register call 509 777 YMCA (9622).

WINTER II YOUTH SPORTS
WINTER II BASKETBALL
Recreational Basketball • Grades K-2
The YMCA Recreational Basketball program allows your child to play the sport they love without the pressure of competition. Focusing on building skills and teamwork, we offer separate divisions for boys and girls. League play consists of 7 games taking place on Friday & Monday nights and/or Saturdays. Games are played at City, Valley & Mead schools, the Hub and the Warehouse. Teams are formed by grade and school. Volunteer coaches are needed. See page 26 for details.

Competitive Basketball (Select) • Season II • Grades 3-7
Did your team get enough time on the court? Sign your 3rd-6th grade team for a second season of 6 games. Games take place on Wednesdays & some Mondays/Fridays and leave your weekends available for other family activities. See page 26 for details.

DETAILS & PRICING ON PAGE 25-26
SPRING YOUTH SPORTS

SPRING BASEBALL

Kids Pitch Baseball • Grades 3-4
Is your child ready for traditional baseball? Sign your child up today and get them involved in this traditional all American sport! No machines or aids means your child will get to play like the pros and make it to home plate by their own skills. Volunteer coaches are needed.

Machine Pitch Baseball • Grades K-2
Get your child involved in the all American sport of baseball! Machine Pitch Baseball gives your child the opportunity to work on dexterity, agility, and teamwork without the fear of being hit with a ball. By utilizing a pitching machine, the pitches go over the plate every time allowing your child to practice their batting skills. Volunteer coaches are needed.

Y Winners T-Ball • Ages 4-5
Introduce your 4 or 5 year old to baseball the easy way. By using a tee your child gets to work on their skills without having to hit a moving target. T-ball gears your child up and prepares them for many joyful years of playing baseball. Volunteer coaches are needed.

SPRING FOOTBALL

Arena Football • Grades 5-8
Continue your child’s football experience year round with our Arena Football Program. Like the Spokane Shock, your 5th - 8th grader will continue their football experience inside on a shorter field. Teams are formed by grade and high school boundaries with separate divisions for grades 5, 6, 7, and 8. We are limited to 16 teams and priority registrations will be given to returning players if registered by Feb 23. This program is more advanced than Fall Football.

SPRING BASKETBALL

3 ON 3 BASKETBALL LEAGUE
Tune up your Hoopfest team in the YMCA’s 3 on 3 Basketball League!
All teams will play 2 games a night on Wednesdays over the course of 5 weeks, totaling 10 games to fine tune your 3 on 3 skills!

See page 26 for more info.

Check us out on Twitter!
twitter.com/ymcaspokane
YOUTH DEVELOPMENT | Nurturing the potential of every child & teen

SWIM, SPORTS, PLAY

**MARTIAL ARTS**
- **Karate • Ages 4–6 • Beginning**
  Building physical fitness, confidence and respect for self and others are only a few of the benefits your child will develop through the art of Karate. Our Beginning Karate Class will teach your child the basics while giving them a fun and interactive experience. Our karate programs are not affiliated with any federation.
- **Karate • Ages 6+ • Beginning/Intermediate**
  This two month session is focused on the growth of your child’s character traits & self-defense skills. Incentives for advancement encourage kids to reach new goals while learning and having fun together. Our karate programs are not affiliated with any federation.
- **Soo Bahk Do Moo Duk Kwan • Ages 7–14**
  Increase physical fitness, build confidence, and respect for self and others, through Korea’s most traditional and oldest martial art. Soo Bahk Do Moo Duk Kwan gives your child the opportunity to learn the art of a different culture, while engaging in a fun and structured program.
- **Taekwondo • Ages 6–Adult**
  Sign your child up for Taekwondo today! This Olympic style martial art will build self-confidence while helping your child reach new goals through this world-wide self-defense class.

**SPORTS & PERFORMANCE TRAINING FOR YOUTH**
- **Sports & Performance Training For Youth • Ages 9–14**
  Get a boost in your sports! Our sports and performance training sessions allow your young athlete to learn lifelong skills and further develop a long-term enjoyment of sports. This program targets development in specific skills and the essential components needed for optimum performance in athletics. We offer this program to teams as well as individuals.

**KIDS YOGA STORYTIME • Ages 4–8**
  Improve your child’s mind, body, and spirit through Kids Yoga & Storytime! Through interactive stories incorporating basic yoga poses, your child gets the chance to improve imagination, focus, mental and physical health, and self-esteem during this monthly program.

**FITTER CRITTERS • Ages 3–5**
  Make your child feel proud about going to the gym! Featuring many activities for children that will include age appropriate learning, teamwork and togetherness. The class will focus on one theme for a complete week so children can learn through repetition. Topics and activities will include shapes, colors, letters and numbers, enhancing gross and fine motor skills.

**DANCE CLASSES**
- **Pre-Ballet • Ages 3–6**
  Introduce your child to the art of ballet. This monthly class is designed to introduce your child to ballet technique and positions, through fun games and songs.
- **Ballet • Ages 7+**
  Your child will gain body awareness, strength, grace and poise along with basic ballet techniques. Ballet training encourages awareness of movement and line, builds balance and confidence, and tones and strengthens the body.
- **Hip Hop Dance • Ages 7+**
  Send your child to learn how to move and groove to the beat in our hands on Hip Hop Dance Class. Your child will enjoy music while having fun finding their own style.

**PHYSICAL EDUCATION**
- **Homeschool Students Program • Ages 6–14**
  Let the YMCA be your child’s partner in physical activities! The YMCA Physical Education for Homeschool Students Program is a great way for students to get the most out of their home schooling through combining physical activity, healthy living, socialization, and play into their home school curriculum.

**YMCA KIDS TUMBLING CLASSES**
  Introduce your child to the art of tumbling! Incorporating strength, flexibility, speed, balance, coordination, power and discipline, tumbling introduces your child to one of our most comprehensive “lifestyle exercise programs.” Tumblers will work on skill building moves that will increase strength and body control while learning the fundamentals necessary for more advanced skills.
- **Baby Bugs • Ages 1.5 – 3**
  Join in with your Baby Bug, in a parent and tot style class for balance, coordination & skill development.
- **Tumble Bugs • Ages 3–5**
  Your child will be introduced to the art of tumbling in a fun and active learning environment.
- **Jitter Bugs • Ages 5–7**
  Children develop coordination, balance and athleticism along with body awareness and self-confidence. Y staff guide and challenge your child through a progressive curriculum.
- **Tumble and Splash • Parent and Child Ages 1.5–3**
  Join in our fun and exciting Tumble and Splash Class! This enjoyable parent and tot combination class gives you and your tot a chance to bond while participating in 20 minutes of tumbling to develop balance and coordination with 20 minutes of swim lessons.
- **Tiny Stars • Ages 3–4**
  Jumping, dancing, cheering! What more could a kid ask for? Our Tiny Stars program teaches kids the basics of teamwork while learning fun and exciting routines. This exciting program allows kids to express themselves through movement in a positive and encouraging environment!
- **Mini Sparkles • Ages 5–7**
  Childhood should be a time to frolic and play! Mini Sparkles gives your child the chance to dance, jump, run, and shout. Learning cheers, routines, and new skills your child is sure to have a blast!

Pricing on Page 27
SKATE PARK
Kick it up and grind it out at the Valley YMCA Skate Park. Our 8,500 sq. ft. park boasts three consecutive bowls and plenty of elevated features for grinding. Grab your board, skates, helmets, pads, best buds and come to the YMCA for the time of your life. The park is open Spring through Fall. Please visit ymcaspokane.org/programs for specific dates and hours.

FAMILY ACTIVITY CENTER
Bring your family time to the YMCA! Each of our facilities offers a unique Family Activity Center where you and your entire family can enjoy activities such as board games, ping pong, foosball, arts and crafts, and much, much more!

PARTIES AND EVENTS
The YMCA is the perfect place for your child’s next party or group event! Each of our three full service facilities offers a variety of party and rental options. Whether you’re a Boy Scout troop looking for a swim, a nonprofit hosting an event or a 6 year-old looking to run wild at the Y, book your party today!

VALLEY CLIMBING WALL
Open Climb • Ages 4+
Reach all new heights at the Valley YMCA Climbing Wall! Our 21ft. wall features routes to satisfy all climbers from easy to advanced. All routes are top roped and staff members are there to help with your harness and to belay you. Open Climb hours are available on our website at ymcaspokane.org/programs.

Belay Certification Class • Ages 18+
Are you ready to bring your rock climbing skills to the next level? Sign up for one of our Belay Certification classes and learn the basics of rock climbing. All participants must be 18 or older or have instructor approval. All classes are the first Saturday of every month and require a belay test by one of our belay staff no sooner than 24 hours after the class. For more information please feel free to talk to one of our belay staff during open climb time. See page 27 for pricing.

PARTIES & EVENTS
The YMCA is the perfect place for your child’s next party or group event! Each of our 3 full service branches offer a fun selection of party and rental options to accommodate a variety of needs.

For complete pricing & party information:
Call 777 YMCA (9622)
or ymcaspokane.org / programs

Check us out on Facebook!
facebook.com/YMCAoftheInlandNorthwest
GROUP INTERESTS

GROUP EXERCISE
We offer many Group Exercise Classes which fit a variety of age groups and skill sets. Whether you party it up in Zumba® or want a more specially designed work out, we have a class for you. For descriptions, schedules, and class info see our website ymcspokane.org/59/group-exercise/. Check out a sample of our classes below!

NEW Barre Classes at the Y:
Beyond Barre, Beyond Barre Pilates and Beyond Barre30
Fuses ballet, strength, Yoga and Pilates elements into one exciting class that will sculpt your body. This “Bar Free” class challenges and builds the bodies balance while helping to decrease the risk of overuse injuries by allowing you to work within your own range of motion. Each class begins with a dynamic warm-up to build heat, followed by a standing strength segment that incorporates upper and lower body while engaging the core and finishes with floor core work. This is an intense workout but offers modifications for all skill levels and fitness abilities. Small tools such as hand weights and small balls may be used during class. Barefoot is recommended but sock or shoes are always welcome. Other formats include Beyond Barre Pilates which blends in more elements of traditional Pilates and Beyond Barre 30 is the same intense class balanced in 30 minutes.

HoopFit Fusion
A low impact workout that combines the use of hula hoops, world dance and yoga for toning, slimming, cardio and fat burning incorporated together with inspiring music to keep you moving. Our handmade hoops, with a variety of sizes and weights, ensure that anyone who attends will have a hoop for their body and skill level.

PILOXING®
Incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscles and increase stamina. The program uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. Add to that exhilarating dance moves and you have a muscle-toning, fat-burning workout that will make you feel physically and mentally empowered!

R.I.P.P.E.D.
The one-stop body shock! R.I.P.P.E.D. combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet components to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective for any fitness level. Each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the format.

Pickleball®
Designed to be fun and easy to play whether you’re five or eighty-five. Pickleball® is a racquet sport in which two to four players use solid paddles to hit a perforated ball over a net. We invite you to drop in and join a game! Instructors are available to help get you started in your Pickleball® career!

Zumba®
A Latin inspired dance–fitness class. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a uniquely blended balance of cardio and muscle–toning benefits.

TRX
TRX is a Suspension Training bodyweight exercise that develops strength, balance, flexibility and core stability simultaneously. TRX believes in training movement not muscles. The YMCA offers several classes including TRX Fundamentals where you learn the basics, TRX Intervals for all levels, and Advanced TRX.

H.I.I.T. (High Intensity Interval Training)
Total body, heart pumping, aerobic and strength conditioning workout. This challenging interval-based class combines full-body strength training with high intensity cardio bursts and uses short slower intervals to recover. HIIT is designed to tone your body, improve your endurance and athletic performance, and help increase the ability of your muscles to burn fat. Modifications for all fitness levels are provided but come prepared to work hard while you maximize your workout time!

Water Exercise Classes
Can’t decide between swimming or exercising in the gym? Now you can do both with one of our Water Exercise Classes! We offer many Water Ex Classes which fit a variety of age groups and skill sets. Whether you party it up in Aqua Zumba® or want a more specially designed work out, we have a class for you. For descriptions, schedules, and class info check out our website.

Women’s Basketball • Ages 16+
Come and have a ball while playing B-Ball! Join our league Sunday nights, January – June. Play Winter ball then get ready for Hoopfest next Spring. All levels welcome.

Open Volleyball
Serves up! Check out our Open V-ball Group Ex Class and spend some time playing the classic game of volleyball with others determined to have fun.

TRIATHLON & 5K TRAINING
Tri Training Program • Ages 12+
Need that extra push to complete your triathlon? Check out our Tri Training Program and work your way to success! Work with a Wellness Coach or Certified Level I Triathlon coach. Program begins in January, with skill specific clinics for improving performance.
• Learn and practice drills for technique, strength and endurance.
• Small Group or Personal training available
• Underwater swim video and analysis available.
• Indoor Triathlons – join us for a Saturday morning workout, sprint triathlon, free to Premier Members.

5K For All • Begins Sep 9
The 5K for all is an 8 week training that provides you with the tools and support needed to accomplish your own 5k or beyond. Let us help you achieve your running goals.

PRICING ON PAGE 28
SWIM LESSONS
Swim Lessons • Adult
See page 11 for details.

Masters Lap Swim • Open to All Ages
Looking to improve your stroke technique or just swimming to get fit? We welcome you to join our Master Lap Swim. An on-going program designed for those wanting more instruction on endurance & technique.

FITNESS TRAINING & MORE!
Tabata Bootcamp™
An 8 week group training program that is based on High Intensity Interval Training (HIIT). Group members receive an easy and individually formatted program from a certified Tabata Bootcamp™ trainer. Participants meet in small groups with their trainer 3 times a week for comprehensive total body workouts that focus on lower body, upper body, and core providing both cardio and strength. These exercises are combined with a nutritional component, metabolic tracking, and 24/7 web support.

Small Group Personal Training • Ages 12+
Why work out alone when you can work out in a supportive and encouraging group? Custom workouts are tailored specifically to each group based on personal goals and fitness levels. Every group is led by a Nationally Certified Personal Trainer who will keep your group focused, motivated, and working toward the common goal of increased health. Whether you are looking for weight loss, general fitness, or sport-specific training, Small Group Personal Training has a place for you! Options include: TRX®, Rip Trainer, Battle Ropes, Kettlebell, Tabata Bootcamp, seasonal fitness & more.

COMING SOON! – Learn to Lift
Have you ever wanted to strength train but weren’t sure where to start? Eight 1-hour classes will teach participants the basics of weightlifting exercises and safe form. Participants will be guided through a steady progression from beginning to advanced lifting and training techniques over the succession of the course.

Metabolic Makeover • Ages 15+
Begin your lifestyle change today! We offer a fun and supportive Small Group Program designed specifically for those ready to break away from the things holding them back and seek a lifestyle change. Our 12 week program includes three exercise sessions per week led by a Wellness Coach, as well as nutritional counseling. Sign up at the Wellness Center on the interest form or contact the Health and Wellness Director at your facility.

Silver Sneakers® Fitness Program
Are you 62 or older and looking for a healthy activity? Check out our SilverSneakers® Fitness Program and join in the fun! Our program allows active adults the chance to participate in an exciting, energizing environment that allows them to take control of their health by encouraging physical activity and offering social events. Your insurance or Medicare plan may offer this program. For more information please visit silversneakers.com.

S.M.A.R.T. Start • Ages 12+
Research indicates that participating in an activity for 12 weeks establishes a routine which will increase your rate of success to develop and maintain a healthy lifestyle. Our S.M.A.R.T. Way to Health Program will provide you with a 12 week, detailed program, designed by a nationally certified personal trainer, tailored to meet your goals.

SUPPORT FOR HEALTHY LIFESTYLES
YMCA’s Diabetes Prevention Program • Ages 18+
Are you at risk for developing type 2 Diabetes? The YMCA’s Diabetes Prevention Program is designed to help those with prediabetes or those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles to reduce their chances of developing the disease. This year-long lifestyle change program provides a supportive environment where participants work together in a small group to learn about healthier eating, and increasing their physical activity in order to reduce their risk for developing diabetes. The program goals are to reduce body weight by 7% and increase physical activity to 150 minutes per week. The YMCA’s Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-lead National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance. For more information or to see if you qualify for the program, please visit ymcaspokane.org/programs/healthwellness/adultseniors or contact Mindy Wallis at healthyliving@ymcaspokane.org. If you have United HealthCare insurance or are a Washington State Employee contact the Diabetes Prevention Control Alliance at 1 800 237 4942 to see if your insurance plan covers the program cost for you!

LIVESTRONG® at the YMCA
This is a 12-week program designed to empower adult cancer survivors to improve functional capacity and increase their quality of life through an organized program of fitness and strength. Cancer survivors work together in small groups to regain physical, emotional and spiritual balance and to reclaim their health and well-being following cancer treatment. LIVESTRONG at the YMCA coaches are specially trained in supportive cancer care. They facilitate the program in a safe, non-clinical environment and personalize program protocols in a way that honors and respects the unique journey of each participant. LIVESTRONG at the YMCA wellness classes meet twice per week for 90 minutes each session. Approximately 60 minutes of each class consists of exercise. Each class also includes time for community building and personal reflection. The goals of the program are to: enhance muscular strength and endurance; increase cardiovascular endurance; improve flexibility, circulation and functional ability; restore balance; reduce side effect severity; improve vitality, body image, self efficiency and psychosocial functioning; and provide social interaction and peer support. Visit ymcaspokane.org/livestrong for more info.
HEALTH, WELL-BEING & FITNESS

PREMIER MEMBER WELLNESS CENTER SERVICES

QUICK START Complimentary Wellness Appointments
As a premier member you receive (2) one-hour appointments with a Wellness Coach who will speak with you about your goals and introduce you to both our cardio and strength lines of equipment. These appointments will help you to be comfortable and confident while exercising at the YMCA. You will complete a workout card with a Wellness Coach that will include seat settings as well as safe starting weights and reps for one of our selectorized strength lines.

YOUTH WELLNESS CENTER
Is your teen ready to work out on our Wellness floors? Check out our Youth Wellness Center programs. Teens will learn all the skills needed to live a healthy lifestyle. These programs will start your teen off on the right path and teach them all they need to know about working out in our facilities.

Cardio Training • Ages 10-15
In an hour long training session, your teen or pre-teen will spend dedicated time with a Wellness Coach to learn the proper use of cardio equipment. Adults must be present anytime the youth is on the wellness floor prior to turning 12 years-old. We encourage adults to attend this training with their 10 - 11 year-olds. This course also covers rules and responsibilities of the Wellness Center.

Strength Training • Ages 12-15
Through our hour long Strength Training class your teen will learn the necessary skills to be able to use strength training equipment in the Wellness Center. Upon completion, youth can access the wellness floor independently. Participants must have taken Cardio Training to register. Please note this training does not include free-weights.

Free Weight Training • Ages 12-15
Working with a Wellness Coach, your teen will learn how to use free weights safely and properly. Teens may attend as many as 3 sessions. Participants must have taken Cardio and Strength Training to register.

1-ON-1 NUTRITION COUNSELING WITH A REGISTERED DIETITIAN
Learn the concepts of basic nutrition and meal planning from one of our registered dietitians! Whether you want to lose weight, increase your energy level, decrease your stress, or sleep better, our dietitian will work with you to create a personalized nutrition plan.

PERSONAL TRAINING
We believe in health and well-being for everyone. We are here for you, to help you grow in spirit, mind and body. Our Nationally Certified Personal Trainers will coach, motivate and inspire you to reach your goals.

At the Y, you will be part of a welcoming and nurturing environment where together we will achieve the results you have always wanted. Break out of your current fitness plateau, reduce injury by learning proper techniques, and stay motivated and committed to your exercise program.

GET CONNECTED
STAY MOTIVATED
REACH YOUR GOAL

Precor Cardio Equipment with Preva Net

GETTING STARTED IS EASY... Create an account, set goals, start tracking progress!
• Create personalized fitness goals
• Save favorite workouts
• Track progress & earn fun achievement badges
• Preva mobile app for iPhone & Android
• On Demand video channels
• Internet access
• Share accomplishments on your social network

Each time you visit the Y, log in via your email account & password or purchase a Preva Key Tag for $5 at Member Services for quick and easy one-touch log in. See a Wellness Coach to get started!

ymcaspokane.org | 777 YMCA (9622)

PRICING ON PAGE 28

3 for $99*

Start Pack
See page 28 for more info
*Limited to Premier Members ONLY
*For 1st-time participant
Receive individualized training and create a community of support to help reach your wellness goals. Groups have a limited number of participants – sign up today!
Premier Members only.

Tabata Bootcamp™ | Valley YMCA | $190 Premier Members
Tabata Bootcamp™ is an 8 week group training program that is based on High Intensity Interval Training (HIIT) using the 20-10 Microburst Training Protocol. These exercises are combined with metabolic tracking, and 24/7 web support that help deliver amazing body transformation results. Minimum 8 and maximum 10 participants.

RIP Trainer Circuit | Valley YMCA | $60 Premier Members
This program uses spiral movement patterns to train both anti-rotational strength and power. The use of elastic resistance allows you to customize your workout for either high-speed, low-load or low-speed, high-load training. Sessions are 4 weeks, 2x per week. Minimum 4 and maximum 8 participants.

12 Days of Fitness | North YMCA
See Small Group Pricing Page 28

Winter Sports Conditioning | North YMCA
See Small Group Pricing Page 28

For details and additional small group classes, please contact:
Wendy Jackson, Valley H&W Director, wjackson@ymcaspokane.org
John Harshman, North H&W Director, jharshman@ymcaspokane.org
Eric Denney, Central H&W Director, edenney@ymcaspokane.org
VOLUNTEERISM & GIVING

As the leading nonprofit for youth development, healthy living and social responsibility, the Y works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. When you volunteer or donate to the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood.

Get to know your neighbors
Gather and connect with friends and neighbors at Y activities and community events.

Support your neighbors in need
Each year volunteers raise funds during our Annual Campaign to secure vital resources which allow us to meet our mission to serve all.

BECOME A VOLUNTEER!
As a YMCA Volunteer, you play a vital role in helping the YMCA increase and extend service to our community. By serving as a role model for young people, helping at a special event, raising much needed funds, or being part of a group or committee working on a neighborhood issue, you make a difference.

Download your volunteer application at ymcaspokane.org/volunteer.
For more information please contact Tony Manley, nmanley@ymcaspokane.org or call 777 9622 x 479.

- Child Watch Helper
- Youth Sports Coach
- Safety Ambassador
- Teen Programs Volunteer
- ECC Classroom Assistant
- Retired Senior Volunteer Program (RSVP)
- Teen Advisory Board

Follow us! SpokaneYMCAVolunteers
WHAT IS PEDAL FOR A PURPOSE?

A YMCA spin bike relay event to raise money for, and awareness of, Y programs giving people opportunities to make a better life for themselves.

YMCA programs funded by this event include: LIVESTRONG at the YMCA, Camp Reed scholarships, youth sports, teen programs, Membership For All, YMCA’s Diabetes Prevention Program and much more.

WHO BENEFITS? Friends, colleagues, neighbors, anyone who needs better tools to help them to Learn, Grow & Thrive...like:

CELESTE, a cancer survivor who regained her spirit and strength as she found the joy in life again.

DON, who turned the tide of diabetes by gaining a support system and strategy to maintain a healthy lifestyle for years to come - no longer needing medication and losing over 100 pounds.

JERIMIAH, who found a mentor and broke the cycle of hopelessness to build a better future.

HOW CAN I HELP?
1. Create a team and challenge others to participate.
2. Join as a single rider with a minimum pledge and we’ll place you with a team
3. Sponsor a team by making a donation.

Your participation helps to provide services that build a healthier today and stronger tomorrow for people in our community.

PEDALING IS EASY
HERE’S HOW

1. Put together a team of 12 people -- Invite friends, family, co-workers or classmates. Fill out and submit your registration form.

2. Ask each team member to raise a minimum of $100 in pledges (for a team total of $1200). Make it simple – ask ten friends for $10 or five friends for $20.

3. Choose your date:
   - Jan 31 Central Spokane YMCA
   - Feb 7 North Spokane YMCA
   - Feb 21 Spokane Valley YMCA

   Each event will be from 8am – 2pm
   (Every team will have two riders per hour)

NO TEAM? WE HAVE A SPOT FOR YOU!

Questions? 509 777 YMCA (9622)
Rachel Leibrant x 419 | rleibrant@ymcaspokane.org
ymcaspokane.org/pedal
SOCIAL RESPONSIBILITY | Caring for, and giving back to our neighbors

ANNUAL CAMPAIGN

HELP SOMEONE IN NEED

Throughout our community, countless people know the YMCA. But the Y is so much more than a gym. It’s a cause, dedicated to youth development, healthy living, and social responsibility.

From exercise to education, from volleyball to volunteerism, from preschool to preventative health, the Y doesn’t just strengthen our bodies. It strengthens our community.

Our community faces new challenges that create a greater need than ever for the work we do every day. Fortunately, where some see obstacles, we see opportunities for our members, volunteers and staff to make a difference.

The Y. So Much More™

Please Give Today
ymcaspokane.org/ac
Y STORY: Vickie Hunter

Once struggling to live and care for herself, Vickie Hunter was determined to make a change, and when a nurse recommended the YMCA, she knew this was the step she needed to regain her independence. She started by working out in the gym and pool with two goals in mind: to ride 20 miles on a bike, and swim one mile in the pool. She discovered she loved setting and accomplishing goals - each time pushing herself farther than she had gone before. In no time, she accomplished her bike and swim goals. Next, she challenged herself to swim one mile every day for a week, and in December, she did just that!

The Y has not only been a place where she has achieve renewed wellness but where she could connect with YMCA staff who encouraged her progress each step of the way and who continue to inspire her to accomplish her next goals. For her, they “are like family!”

The Membership for All Program has changed my life! I don’t know what I would do if I couldn’t come to the Y. Thank you from the bottom of my heart!

So far, Vickie has lost over 75 pounds and where once she needed daily oxygen and diabetes medication, she now only uses oxygen at night and is off her diabetes medication. Her continued motivation comes from wanting to “be there” for her daughter who is fighting cancer and her young granddaughter. All the hard work has paid off and she feels physically better to be there for her family.

At the YMCA of the Inland Northwest, we are able to provide support for families through our Partners For Youth Annual Support Campaign. In 2013, we fulfilled 45,347 requests for financial assistance and provided $1,591,424 of financial support. Our generous community and donors allow us to welcome anyone, no matter what hardships they might be facing.

The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Share your YMCA story: ymcaspokane.org/stories
### Camps

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days,Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>YMCA Camp Reed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Child Care

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before &amp; After School Age Programs</td>
<td>School Age</td>
<td>Grades K-6</td>
<td>School year</td>
<td>Mon – Fri school days See website for locations</td>
<td>Open all year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No School Days</td>
<td>School Age</td>
<td>Grades K-6</td>
<td>See website</td>
<td>See website for program dates &amp; locations</td>
<td>3 weeks in advance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Central Y Children's Center</td>
<td>Childcare DT</td>
<td>4 weeks - 6 yrs</td>
<td>All year</td>
<td>Mon – Fri, 7am-6pm, Central YMCA location</td>
<td>Open all year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EWU Children's Center</td>
<td>Childcare Cheney</td>
<td>6 weeks - 10 yrs</td>
<td>All year</td>
<td>Mon – Fri, 7:30a-6p, EWU Campus</td>
<td>Open all year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lake Spokane Childrens Center</td>
<td></td>
<td>Ages 3-6</td>
<td>All year</td>
<td></td>
<td>Open all year</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Education & Leadership For Teens

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homework Club</td>
<td>Teen Programs</td>
<td>Grades 7-8</td>
<td>MSMS: Oct-Apr NWMS: Sept-June</td>
<td>Mountainside &amp; Northwood Middle Schools Tues/Wed/Thurs 2:30-5pm</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outside the Box</td>
<td>Teen Programs</td>
<td>Grades 9-10</td>
<td>Sept – June</td>
<td>Tues/Wed/Thurs</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Safe Sitter® Workshops</td>
<td>Teen Programs</td>
<td>Ages 11-16</td>
<td>Saturdays 9am-4pm. See website for calendar</td>
<td></td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Act Six Leadership Scholarship</td>
<td>Teen Programs</td>
<td>High school seniors or up to 2 years out of high school and enrolled in community college</td>
<td>1st meeting Oct 21 Every Tues at 5:30-7pm YMCA Corporate Office</td>
<td></td>
<td>---</td>
<td>Oct 28, 2014</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Mock Trial</td>
<td>Teen Programs</td>
<td>Grades 9-12</td>
<td>Oct – Feb</td>
<td></td>
<td>---</td>
<td>Sept 1, 2014</td>
<td>Dec 15, 2014</td>
<td>$100 $125</td>
</tr>
<tr>
<td>Youth Legislature</td>
<td>Teen Programs</td>
<td>Grades 8-12</td>
<td>Nov – May</td>
<td>Starts Nov 6 Meets every other Thurs 5:30-7pm Central YMCA</td>
<td>---</td>
<td>Sept 1, 2014</td>
<td>Dec 15, 2014</td>
<td>$420 $470</td>
</tr>
</tbody>
</table>

### Leadership

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOBFest 2015 Battle of the Bands Planning Committee</td>
<td>Teen Programs</td>
<td>Ages 14-19</td>
<td>Sept 2014 – June 2015</td>
<td>2nd Tuesday of each month YMCA Corporate Office 4-5pm</td>
<td>---</td>
<td>---</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Group Guitar</td>
<td>Teen Programs</td>
<td>Ages 8+</td>
<td>Begins on the first Sat of each month</td>
<td>North &amp; Valley YMCA See website for details</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro to Guitar • Individual Lessons</td>
<td>Teen Programs</td>
<td>Open to all Ages</td>
<td>Available by appointment only</td>
<td>Available at Central, Valley and North locations</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro to Piano</td>
<td>Teen Programs</td>
<td>Open to all Ages</td>
<td>Available by appointment only</td>
<td>North and Central</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro to Voice</td>
<td>Teen Programs</td>
<td>Open to all Ages</td>
<td>Available by appointment only</td>
<td>North and Central</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Music Programs

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOBFest 2015 Battle of the Bands Planning Committee</td>
<td>Teen Programs</td>
<td>Ages 14-19</td>
<td>Sept 2014 – June 2015</td>
<td>2nd Tuesday of each month YMCA Corporate Office 4-5pm</td>
<td>---</td>
<td>---</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Group Guitar</td>
<td>Teen Programs</td>
<td>Ages 8+</td>
<td>Begins on the first Sat of each month</td>
<td>North &amp; Valley YMCA See website for details</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro to Guitar • Individual Lessons</td>
<td>Teen Programs</td>
<td>Open to all Ages</td>
<td>Available by appointment only</td>
<td>Available at Central, Valley and North locations</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro to Piano</td>
<td>Teen Programs</td>
<td>Open to all Ages</td>
<td>Available by appointment only</td>
<td>North and Central</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro to Voice</td>
<td>Teen Programs</td>
<td>Open to all Ages</td>
<td>Available by appointment only</td>
<td>North and Central</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recording Studios</td>
<td>Teen Programs</td>
<td>Open to all Ages</td>
<td>Available by appointment only</td>
<td>Available at North and Central locations</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Aquatics Programs

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim Lessons</td>
<td>Aquatics Preschool</td>
<td>Ages 6 months - 5yrs</td>
<td>Sept - Nov</td>
<td>Central, North &amp; Valley YMCA</td>
<td>See page 10 for details</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swim Lessons</td>
<td>Aquatics Youth</td>
<td>Ages 6 - 14</td>
<td>Sept - Nov</td>
<td>Central, North &amp; Valley YMCA</td>
<td>See page 11 for details</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lifeguard Training</td>
<td>Aquatics Youth</td>
<td>Ages 15+</td>
<td></td>
<td>See page 11 for program details.</td>
<td>See website for dates, times &amp; location</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Master Lap Swim</td>
<td>Aquatics Adult</td>
<td>Ages 18+</td>
<td></td>
<td>Tues/Thurs 6:30pm Central YMCA</td>
<td>See website for more information</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Adult Swimm Lessons
- Private/Semi Private Swimm Lessons
- Novice Swim Team

### Youth Sports

**FALL - 2014**

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flag Football</td>
<td>Youth Flag Football</td>
<td>Grades 1-6</td>
<td></td>
<td>Practices have begun but there are still places available on teams. Call for placement.</td>
<td>Sept 1, late registration add $15</td>
<td>$67</td>
<td>$92</td>
<td></td>
</tr>
<tr>
<td>Grid Kids Football League</td>
<td>Youth Tackle Football</td>
<td>Grades 3-4</td>
<td></td>
<td>Practices have begun but there are still places available on teams. Call for placement.</td>
<td>Aug 8, late registration add $25</td>
<td>$160</td>
<td>$185</td>
<td></td>
</tr>
<tr>
<td>Grid Kids Football League</td>
<td>Youth Tackle Football</td>
<td>Grades 5-6</td>
<td></td>
<td>Practices have begun but there are still places available on teams. Call for placement.</td>
<td>July 27, late registration add $25</td>
<td>$195</td>
<td>$220</td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>Youth Volleyball</td>
<td>Grades 5-6</td>
<td></td>
<td>Practices have begun but there are still places available on teams. Call for placement.</td>
<td>Sept 1, late registration add $10</td>
<td>$79</td>
<td>$104</td>
<td></td>
</tr>
</tbody>
</table>

---

Check us out on Facebook!
facebook.com/YMCAoftheInlandNorthwest

---
# Youth Sports

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WINTER I - 2014/2015</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball Competitive/Select Season I</td>
<td>Youth Basketball</td>
<td>Grades 3-6</td>
<td>Team Registrations Only. 12 Game Season including Tournament beginning Nov 5. Games are played primarily on Wed with Mon &amp; Fri possibilities. Games are played at The Warehouse &amp; The Hub. Coaches Meeting Oct 22, 6:30pm at YMCA Corporate Office</td>
<td>Aug</td>
<td>Oct 1</td>
<td>$1,300 per team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Holiday Jamboree</td>
<td>Online Registration Not Available</td>
<td>Grades 3-8</td>
<td>Games: Take place Dec 27, 29, &amp; 30. 3 games over 3 days. Register your current YMCA, AAU or Upward Basketball Team. Registration forms: Available at ymcaspokane.org</td>
<td>Nov</td>
<td>Dec 18 by 5pm</td>
<td>$220 per team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Y Winners Basketball</td>
<td>Y Winners Sports</td>
<td>Ages 4-5</td>
<td>Coaches Meeting: Nov 5, 6pm at the YMCA Corporate Office. Games/Practices: Nov 15-Dec 20. No games Nov 29 Games Played: North, South, &amp; Valley</td>
<td>Sept</td>
<td>Oct 30, late registration add $10</td>
<td>$69</td>
<td>$94</td>
<td></td>
</tr>
<tr>
<td><strong>WINTER II - 2015</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball Competitive League Season II</td>
<td>Youth Basketball</td>
<td>Grades 3-7</td>
<td>Team Registration Only. Coaches meeting Feb 18, 6pm at the YMCA Corporate Office. Games played Wednesdays at The Warehouse Feb 25-Apr 1</td>
<td>Jan 2015</td>
<td>Feb 6</td>
<td>$650 per team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball Recreational</td>
<td>Youth Basketball</td>
<td>Grades K-2</td>
<td>Coaches Meeting: Jan 14, 2015, 6pm at The Warehouse. Coaches Clinic: Jan 21, 5:30p at The Warehouse. Practices: Begin the week of Jan 26 Games: Feb 14-Mar 30 Games played Mon, Fri &amp; Sat</td>
<td>Nov</td>
<td>Dec 19, late registration add $20</td>
<td>$95</td>
<td>$120</td>
<td></td>
</tr>
<tr>
<td><strong>SPRING - 2015</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arena Football</td>
<td>Youth Tackle Football</td>
<td>Grades 5-8</td>
<td>Coaches Meeting: Mar 12, 5:30-8:30pm at the YMCA Corporate Office. Equipment Checkout: Kimmel Athletic Supply (202 E. Mission) Tue, Mar 17 &amp; Wed, Mar 18, 4:30-7pm. Coaches will sign up for times by team. Practices: Begin the week of Mar 23. Each team will have 1 practice/wk at the Shock Ctr &amp; 1 or 2/wk at local schools. Coaches determine practice times &amp; locations. Games: Fridays &amp; Saturdays Apr 7-May 16 at the Shock Center, 3212 N. Eden Rd, Spokane Valley.</td>
<td>Jan 2015</td>
<td>Mar 4, late registration add $20</td>
<td>$175</td>
<td>$200</td>
<td></td>
</tr>
<tr>
<td>Basketball 3 on 3 League</td>
<td>Youth Basketball</td>
<td>Grades 3-8</td>
<td>Maximum of 4 players per team. Team T-Shirts will be provided. Coaches meeting: Apr 22, 6:30pm, at YMCA Corporate Office. Games: Wednesdays Apr 29 - May 27</td>
<td>Jan 2015</td>
<td>Apr 9</td>
<td>$280/team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Y Winners T-Ball</td>
<td>Y Winners Sports</td>
<td>Ages 4-5</td>
<td>Coaches Meeting: Thurs, Apr 16, 6:30pm at Corporate YMCA. Games &amp; Practices: on Saturdays, Apr 25 - May 30 (No Games May 23)</td>
<td>Feb 2015</td>
<td>Apr 7, late registration add $10</td>
<td>$67</td>
<td>$92</td>
<td></td>
</tr>
</tbody>
</table>

**OUR CORE VALUES**

Caring, Honesty, Respect and Responsibility
### Other Youth Activities

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports Performance Training for Youth</td>
<td>Fitness Youth</td>
<td>Ages 9-14</td>
<td>Monthly Sessions</td>
<td>Valley YMCA Mon/Wed 4:30-5:30pm</td>
<td>On Going</td>
<td>---</td>
<td>$60</td>
<td>$100</td>
</tr>
<tr>
<td>Kids Yoga and Storytime</td>
<td>Fitness Youth</td>
<td>Ages 4-8</td>
<td>Monthly Sessions</td>
<td>Central and Valley YMCA</td>
<td>On Going</td>
<td>---</td>
<td>$20</td>
<td>$30</td>
</tr>
<tr>
<td>Fitter Critters</td>
<td>Fitness Youth</td>
<td>Ages 3-5</td>
<td>Monthly Sessions</td>
<td>Central YMCA</td>
<td>On Going</td>
<td>---</td>
<td>$30</td>
<td>$40</td>
</tr>
<tr>
<td>Physical Education for Homeschool Students Program</td>
<td>Fitness Youth</td>
<td>Ages 6-14</td>
<td>Fall: Sept 8-Nov 19 Winter: Dec 1-Mar 4* No classes: Dec 22, 24, 29, 31 Jan 19, Feb 16</td>
<td>Valley YMCA Mon/Wed 1:30-2:30pm</td>
<td>On Going</td>
<td>---</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Baby Bugs</td>
<td>Youth Gymnastics</td>
<td>Ages 1.5-3</td>
<td>Classes available at North and Central YMCA, and Centerplace. Please refer to ymcaspokane.org for more info</td>
<td></td>
<td>---</td>
<td>---</td>
<td>$25</td>
<td>$35</td>
</tr>
<tr>
<td>Tumble and Splash</td>
<td>Youth Gymnastics</td>
<td>Ages 1.5-3</td>
<td>Classes available at North and Central YMCA, and Centerplace. Please refer to ymcaspokane.org for more info</td>
<td></td>
<td>---</td>
<td>---</td>
<td>$30</td>
<td>$45</td>
</tr>
<tr>
<td>Tumble Bugs</td>
<td>Youth Gymnastics</td>
<td>Ages 3-5</td>
<td>Classes available at North and Central YMCA, and Centerplace. Please refer to ymcaspokane.org for more info</td>
<td></td>
<td>---</td>
<td>---</td>
<td>$30</td>
<td>$40</td>
</tr>
<tr>
<td>Tiny Stars</td>
<td>Youth Gymnastics</td>
<td>Ages 3-4</td>
<td>Classes available at North and Central YMCA, and Centerplace. Please refer to ymcaspokane.org for more info</td>
<td></td>
<td>---</td>
<td>---</td>
<td>$35</td>
<td>$45</td>
</tr>
<tr>
<td>Jitter Bugs</td>
<td>Youth Gymnastics</td>
<td>Ages 5-7</td>
<td>Classes available at North and Central YMCA, and Centerplace. Please refer to ymcaspokane.org for more info</td>
<td></td>
<td>---</td>
<td>---</td>
<td>$30</td>
<td>$40</td>
</tr>
<tr>
<td>Mini Sparkles</td>
<td>Youth Gymnastics</td>
<td>Ages 5-7</td>
<td>Classes available at North and Central YMCA, and Centerplace. Please refer to ymcaspokane.org for more info</td>
<td></td>
<td>---</td>
<td>---</td>
<td>$35</td>
<td>$45</td>
</tr>
<tr>
<td>Pre-Ballet</td>
<td>Youth Dance</td>
<td>Ages 3-6</td>
<td>One Month Sessions</td>
<td>Central: Mon 3pm or 4pm North: Wed 4pm Valley: Sat 12:30pm CenterPlace: Mon 4:15pm</td>
<td>On Going</td>
<td>1 Week Before Class Begins</td>
<td>$33/month</td>
<td>$45/month</td>
</tr>
<tr>
<td>Ballet</td>
<td>Youth Dance</td>
<td>Ages 7+</td>
<td>One Month Sessions</td>
<td>Central: Mon 5pm Valley: Sat 1:30pm CenterPlace: Wed 4:15pm</td>
<td>On Going</td>
<td>1 Week Before Class Begins</td>
<td>$33/month</td>
<td>$45/month</td>
</tr>
<tr>
<td>Hip Hop Dance</td>
<td>Youth Dance</td>
<td>Ages 7+</td>
<td>One Month Sessions</td>
<td>Valley: Sat 2:30pm</td>
<td>On Going</td>
<td>1 Week Before Class Begins</td>
<td>$33/month</td>
<td>$45/month</td>
</tr>
<tr>
<td>Karate – Beginning</td>
<td>Youth Karate</td>
<td>Ages 4-6</td>
<td>One Month Sessions</td>
<td>Central: Fri 3:30pm or 4:30p North: Mon/ Wed 1pm</td>
<td>On Going</td>
<td>1 Week Before Class Begins</td>
<td>North: $45 Central: $24</td>
<td>North: $60 Central: $31</td>
</tr>
<tr>
<td>Karate – Beginning/Intermediate</td>
<td>Youth Karate</td>
<td>Ages 6+</td>
<td>Two Month Sessions</td>
<td>Valley: Tues/Thurs 3:30pm North: Mon/ Wed 5:15pm</td>
<td>On Going</td>
<td>1 Week Before Class Begins</td>
<td>$90/session</td>
<td>$120/session</td>
</tr>
<tr>
<td>Soo Bahk Do Moo Duk Kwan</td>
<td>Youth Karate</td>
<td>Ages 7-14</td>
<td>Two Month Sessions</td>
<td>Central: Tues/Thurs 6:15pm Valley: Tues/Thurs 4:30pm</td>
<td>On Going</td>
<td>1 Week Before Class Begins</td>
<td>$90/session</td>
<td>$120/session</td>
</tr>
<tr>
<td>Taekwondo</td>
<td>Youth / Adult Karate</td>
<td>Ages 6-Adult</td>
<td>One Month Sessions</td>
<td>North: Fri Beg-6:30pm; Int-7:30pm North: Sat 2pm; Central: Sat 12pm</td>
<td>On Going</td>
<td>1 Week Before Class Begins</td>
<td>Fri: $29 Sat: $29</td>
<td>Fri: $36 Sat: $36</td>
</tr>
</tbody>
</table>

### Family Time

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belay Certification Class</td>
<td>Fitness Youth</td>
<td>18+</td>
<td>Monthly</td>
<td>First Sat of every month, 2-3pm</td>
<td>N/A</td>
<td>Day of Class</td>
<td>$25</td>
<td>$35</td>
</tr>
</tbody>
</table>

---

**Opt-in and Stay Up To Date!**

Opt-in to receive our member e-newsletters and stay up to date on all news and updates happening at the YMCA. Sign up today by visiting ymcaspokane.org!
## Group Interests

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sk For All</td>
<td>Fitness Adult Programs</td>
<td>Ages 12+</td>
<td>Session 1</td>
<td>Central YMCA</td>
<td>Contact: Eric Denney <a href="mailto:edenney@ymcaspokane.org">edenney@ymcaspokane.org</a></td>
<td>$80/session</td>
<td>$120/session</td>
<td></td>
</tr>
<tr>
<td>Adult Swim Lessons</td>
<td></td>
<td></td>
<td></td>
<td>Central, North &amp; Valley YMCA See page 11 for details or visit website</td>
<td>Free</td>
<td>Limited to</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group Ex</td>
<td>Fitness Adult Programs</td>
<td>Ages 7+ allowed at instructors discretion, TRX 12+</td>
<td></td>
<td>For Times and locations please visit our website at ymcaspokane.org</td>
<td>Free</td>
<td>Limited to</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn To Lift</td>
<td>Fitness Adult Programs</td>
<td>Ages 12+</td>
<td>Monthly Sessions 2x/wk</td>
<td>Central and North Valley YMCA</td>
<td>Contact: Central: <a href="mailto:edenney@ymcaspokane.org">edenney@ymcaspokane.org</a> North: <a href="mailto:jharshman@ymcaspokane.org">jharshman@ymcaspokane.org</a> Valley: <a href="mailto:wjackson@ymcaspokane.org">wjackson@ymcaspokane.org</a></td>
<td>$80/month (8 classes)</td>
<td>Limited to</td>
<td></td>
</tr>
<tr>
<td>LIVESTRONG® at the YMCA</td>
<td>Fitness Adult Programs</td>
<td>Ages 18+</td>
<td></td>
<td>Contact <a href="mailto:LIVESTRONG@ymcaspokane.org">LIVESTRONG@ymcaspokane.org</a> for more info or to see if you qualify for this program Free</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Masters Lap Swim</td>
<td>No Registration Necessary</td>
<td>Open to all Ages</td>
<td></td>
<td>This Program is on going</td>
<td>Central YMCA Tues/Thurs 6:30pm</td>
<td>Join Any Time Free</td>
<td>Limited to</td>
<td></td>
</tr>
<tr>
<td>Metabolic Makeover</td>
<td>Fitness Adult Programs</td>
<td>Ages 15+</td>
<td>Central &amp; North: 9/15 Valley: 9/29</td>
<td>Contact: Central: <a href="mailto:cwellness@ymcaspokane.org">cwellness@ymcaspokane.org</a> North: <a href="mailto:nwellness@ymcaspokane.org">nwellness@ymcaspokane.org</a> Valley: <a href="mailto:vwellness@ymcaspokane.org">vwellness@ymcaspokane.org</a></td>
<td>$360</td>
<td>$500</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Small Group Training</td>
<td>Fitness Adult Programs</td>
<td>Ages 12+</td>
<td>Monthly Sessions 2x/wk</td>
<td>Central YMCA</td>
<td>Contact: Central: <a href="mailto:edenney@ymcaspokane.org">edenney@ymcaspokane.org</a> North: <a href="mailto:jharshman@ymcaspokane.org">jharshman@ymcaspokane.org</a> Valley: <a href="mailto:wjackson@ymcaspokane.org">wjackson@ymcaspokane.org</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.M.A.R.T. Start</td>
<td>Fitness Adult Programs</td>
<td>Ages 12+</td>
<td>---</td>
<td>Contact: Central: <a href="mailto:cwellness@ymcaspokane.org">cwellness@ymcaspokane.org</a> North: <a href="mailto:nwellness@ymcaspokane.org">nwellness@ymcaspokane.org</a> Valley: <a href="mailto:vwellness@ymcaspokane.org">vwellness@ymcaspokane.org</a></td>
<td>$129</td>
<td>Limited to</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tabata Bootcamp™</td>
<td>Fitness Adult Programs</td>
<td>Ages 15+</td>
<td>Sept 8 - Oct 31 or Nov 3 - Dec 29</td>
<td>Valley YMCA</td>
<td>Contact: Wendy Jackson <a href="mailto:wjackson@ymcaspokane.org">wjackson@ymcaspokane.org</a></td>
<td>$190</td>
<td>Limited to</td>
<td></td>
</tr>
<tr>
<td>Tri Training</td>
<td>Fitness Adult Programs</td>
<td>Ages 12+</td>
<td>Season Jan 8 - May 28, 2015</td>
<td>Group Training Thurs 7-8pm Individual TBA</td>
<td>Contact: Wendy Jackson <a href="mailto:wjackson@ymcaspokane.org">wjackson@ymcaspokane.org</a> See Personal Training Pricing 3/99 Group season $100 or $10 drop in fee</td>
<td>$25 drop in fee</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women's Basketball</td>
<td>Fitness Adult Programs</td>
<td>Ages 16+</td>
<td>Session: Jan - June</td>
<td>Sundays, Games at 8 pm &amp; 9 pm, Valley YMCA</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>YMCA's Diabetes Prevention Program</td>
<td>Fitness Adult Programs</td>
<td>Ages 18+</td>
<td></td>
<td>Contact <a href="mailto:healthyliving@ymcaspokane.org">healthyliving@ymcaspokane.org</a> for more info or to see if you qualify for this program Free</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Health, Well-Being & Fitness

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Registration Category</th>
<th>Age Group</th>
<th>Session Dates</th>
<th>Days, Times, and Location</th>
<th>Registration Opens</th>
<th>Registration Deadline</th>
<th>Premier Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 on 1 Nutrition Counseling with a Registered Dietitian</td>
<td>Fitness Adult Programs</td>
<td>Ages 12+</td>
<td>---</td>
<td>---</td>
<td>Contact: <a href="mailto:healthyliving@ymcaspokane.org">healthyliving@ymcaspokane.org</a> to schedule your appointment</td>
<td>$40 /1 hour appointment $40 1 hour</td>
<td>$55 1 hour appointment</td>
<td></td>
</tr>
<tr>
<td>Personal Training</td>
<td>Fitness Adult Programs</td>
<td>---</td>
<td>Available by appointment only.</td>
<td></td>
<td>Contact: <a href="mailto:cwellness@ymcaspokane.org">cwellness@ymcaspokane.org</a> <a href="mailto:nwellness@ymcaspokane.org">nwellness@ymcaspokane.org</a> <a href="mailto:nwelness@ymcaspokane.org">nwelness@ymcaspokane.org</a></td>
<td>$40 1 hour</td>
<td>$55 1 hour</td>
<td>Free for</td>
</tr>
<tr>
<td>Quick Start-Complimentary Wellness Appts</td>
<td>Fitness Adult Programs</td>
<td>Ages 16+</td>
<td>Available by appointment only.</td>
<td></td>
<td>Contact: <a href="mailto:cwellness@ymcaspokane.org">cwellness@ymcaspokane.org</a> <a href="mailto:nwellness@ymcaspokane.org">nwellness@ymcaspokane.org</a> <a href="mailto:nwelness@ymcaspokane.org">nwelness@ymcaspokane.org</a></td>
<td>Free for</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth Wellness Center Cardio Training</td>
<td>Fitness Youth</td>
<td>Ages 10-15</td>
<td>---</td>
<td></td>
<td>Contact: <a href="mailto:cwellness@ymcaspokane.org">cwellness@ymcaspokane.org</a> <a href="mailto:nwellness@ymcaspokane.org">nwellness@ymcaspokane.org</a> <a href="mailto:nwelness@ymcaspokane.org">nwelness@ymcaspokane.org</a></td>
<td>$15 one</td>
<td></td>
<td>$15 one</td>
</tr>
<tr>
<td>Youth Wellness Center Strength Training</td>
<td>Fitness Youth</td>
<td>Ages 12-15</td>
<td>Available by appointment only.</td>
<td></td>
<td>Contact: <a href="mailto:cwellness@ymcaspokane.org">cwellness@ymcaspokane.org</a> <a href="mailto:nwellness@ymcaspokane.org">nwellness@ymcaspokane.org</a> <a href="mailto:nwelness@ymcaspokane.org">nwelness@ymcaspokane.org</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth Wellness Free Weight Training</td>
<td>Fitness Youth</td>
<td>Ages 12-15</td>
<td>---</td>
<td></td>
<td>Contact: <a href="mailto:cwellness@ymcaspokane.org">cwellness@ymcaspokane.org</a> <a href="mailto:nwellness@ymcaspokane.org">nwellness@ymcaspokane.org</a> <a href="mailto:nwelness@ymcaspokane.org">nwelness@ymcaspokane.org</a></td>
<td></td>
<td></td>
<td>$15 one</td>
</tr>
</tbody>
</table>
No Matter Your Fitness Level
THE Y IS HERE TO HELP YOU
Reach Your Goals

READY THIS IS YOUR YEAR
You’re making your health a priority, and you’re ready to get into shape. Try one of our Group Exercise classes, which fit all ages and skill sets, or have a Y Wellness Coach design a custom workout to fit your goals in our S.M.A.R.T. Start Program.

SET CONGRATULATIONS
You already exercise 2-3 times a week, and your fitness level is well above the national average. Now you want to take it to the next level - sign up for Metabolic Makeover or Small Group Training.

GO! YOU ARE STRONGER THAN EVER
Health and Wellness define who you are, and you work out 4-5 times a week. You are reaching higher goals with Tri Training, Tabata Bootcamp™, and Personal Training.

Check us out on Twitter!
twitter.com/ymcaspokane
How to register online

If you or a family member has participated in a YMCA program in the last two years you are in the database and are set to register.

Helpful Hint: In order to reduce the chance of duplicating your information in the system, please enter login and password for the person who will participate in the program you are registering for. If Child1 will attend the class, login using Child1’s name and birth date.

If you have any questions about logging in, registering, or searching for programs, please view the online FAQ or call 509 777 YMCA (9622).

New users

First time logging in?

Follow the instructions below.

1. Your password is automatically set to your first initial of your first name + first initial of your last name + birth date (ex: John Doe DOB January 5th 1975 – Default Password – JDO10575). Once you login the first time you can change your password under My Family and My Information. Remember to login as the individual participating in the program/class. Unless you want to take Pike swimming lessons or sign up for T-ball, log in as the participant.

2. After you login select time range, location, and program category. Selecting All Program Categories will provide a list of all available programs.

3. Select the program(s) you want and select click here after selecting program(s). Your price will be displayed including any scholarships or discounts (these are already deducted). Click “Add to Cart” to complete the transaction.

4. Enter credit card information and click Check Out. A receipt will pop up showing your transaction. We recommend you print this and keep it for your records.
Program Registration Form
YMCA OF THE INLAND NORTHWEST
Program Registration Form

Today’s Date: __________________________

Participant A
First Name Middle Initial Last Name Birth Date M F
School Attending

Participant B
First Name Middle Initial Last Name Birth Date M F
School Attending

Participant C
First Name Middle Initial Last Name Birth Date M F
School Attending

Home Address
City State Zip E-mail

Mother’s Name Cell Phone Wk Phone

Father’s Name Cell Phone Wk Phone

Y Programs – PAYMENT IN FULL MUST ACCOMPANY REGISTRATION, UNLESS OTHERWISE NOTED IN THE PROGRAM DESCRIPTION

<table>
<thead>
<tr>
<th>Participant</th>
<th>Sessions</th>
<th>Program Name</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
</table>

Current YMCA Premier Member
Premier Member #

TOTAL ENCLOSED ___________

Camp Reed Programs – NON-REFUNDABLE DEPOSIT MUST ACCOMPANY REGISTRATION. For more info & all required forms visit campreed.org

<table>
<thead>
<tr>
<th>Participant</th>
<th>Week/Group</th>
<th>Camp Reed Program</th>
<th>Buddy</th>
<th>Store $</th>
<th>Fee</th>
<th>Total</th>
</tr>
</thead>
</table>

TOTAL ENCLOSED _______

☐ Check Enclosed (Make all checks payable to: YMCA) Credit Card: ☐ VISA ☐ Master Card ☐ Discover

Credit Card Number Expires $

Name on Card Signature

Parent/Guardian Agreement: I approve this application, and certify that the proposed applicant is capable of such an experience. I also agree to pay fees by date due and that any refund granted will be in accordance of the policy stated. Permission is granted for applicant to participate in all planned activities and programs, understanding that competent leadership will be provided. I also authorize the YMCA to have and use all photographs and videos of the person named on this application as needed. Any overpayments made to the Y will be treated as customer credits. Any credits not used after 6 months will be treated as a contribution to the Y.

Parent or Guardian’s Signature: ________________________________________ Date: ______________________

Please complete this form and fax with credit card information to (509) 343-4096 OR mail with your payment to:
YMCA of the Inland Northwest Corporate Office / Camp Reed Office · 1126 N. Monroe Spokane, WA 99201

Official Use Only: Date Received: ______ Initials: ______

Date Posted: ______ Initials: ______ Financial Assistance: ___________%
YMCA Before & After School Programs

We are committed to providing kids with a safe and positive experience as we nurture community, promote the Y’s core values, and encourage the joy of being active.

When your child is enrolled in our before and after school program, you have the peace of mind knowing your child is in a safe and educational environment.

Registration is now open.
ymcaspokane.org/schoolageprograms

YMCA WINTER BASKETBALL

Kids have fun all fall and winter with a variety of basketball options. Even the little ones can get in on the game. SIGN UP TODAY and don’t forget the Holiday Jamboree!

Registration is now open
ymcaspokane.org/schoolageprograms

UPCOMING DATES

October 11
Camp Reed 2014 Auction | Northern Quest Resort

November 14
Holiday Jamboree Basketball Tournament | See pg 26

OCTOBER 29
Lights On After School | Check for updates on our website

December
Recreational Basketball • Grades K-2
Y Winners Basketball • Ages 4-5

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Competitive Basketball • Grades 3-8

Holiday Jamboree • Grades 3-6

Holiday Jamboree • Grades 3-6

Y Winners Basketball • Ages 4-5

Holiday Jamboree • Grades 3-6

Holiday Jamboree • Grades 3-6

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basketball • Grades 3-8

Recreational Basket