

Lebanon Family YMCA

Aquatics:

Swimming Lessons- Learn to swim, or improve your skills. Classes for all ages & abilities.

Four classes per week, for two weeks. Monday-Thursday, 9:30am or 6:30pm

\$15 / YMCA Members \$40 / Non-Members

Summer Session Dates: August 9-19 *Saturdays are also available, June 12-31, 9:30-10:15am

Private Lessons: Call the Y to schedule. \$75 / YMCA Members \$100 / Non-Members (6 lessons)

For more information contact Meredith Sewell 588-1177 msewell@lebanon-ymca.org

Aqua Babes- This parent & child class will help your child become comfortable being in the water while you have fun together. Parents will work with their child in the water with body positioning, safety & bubbles.

Fall Session Dates: Coming Soon

\$15 / YMCA Members \$40 / Non-Members

For more information contact Meredith Sewell 588-1177 msewell@lebanon-ymca.org

Boswell Aquatic Center- Enjoy the hot summer days at the outdoor pool.

*BAC/Outdoor Pool will be open through Sunday, August 15th.

Monday-Saturday: 11:00am-6:00pm & Sunday: 1:00pm-5:00pm

FREE for YMCA Members Ages 13-Adult: \$3/day Ages 4-12: \$2 Ages 3 & younger: FREE

Individual Season Pass: \$70 Family Season Pass: \$175

Group Rentals & Parties available: Monday-Saturday 6:30-8:30pm or Sundays 5:30-7:30pm

For more information contact Meredith Sewell 588-1177 msewell@lebanon-ymca.org

PRIME TIME-After School Child Care

REGISTRATION IS NOW OPEN!!!

Prime Time is a school-year long program designed to serve families who need quality after school child care for children grades K-6.

HOURS: Immediately After-School until 6:00pm.

LOCATION: Esther Elementary. Children that attend Esther will walk down from their class rooms.

Children attending Maplecrest, Boswell and Hillcrest schools will exit buses and meet YMCA Staff at the bus transfer area, at Esther Elementary.

Full Time (4-5 days): Y Family Members=\$25/week (\$100/month), Non-Members=\$31.25/week (\$125/month)

Part Time (1-3 days): Y Family Members=\$21.25/week (\$85/month), Non-Members=\$25/week (\$100/month)

A \$20 enrollment fee (per child) is due at time of registration.

*When Lebanon Schools have a half-day of attendance, Prime Time will be in session.

*When Lebanon Schools are cancelled, the Lebanon Family YMCA will offer Holiday Adventure Club.

For more information contact: Cody McChristian, cmchristian@lebanon-ymca.org , 588-1177

HOME SCHOOL Interaction:

Join us for our NEW Home School enrichment program.

3 Courses:

Recreation (45 minutes): Group Games, Inflatables, Dancing

Sports (45 minutes): Basketball, Volleyball, Soccer, Flag Football, Baseball, etc.

Aquatics (1 hour): 30 minutes of free swim & 30 minutes of instruction/games

Beginning Aug. 24th, Tuesdays, 1-3:30pm.

Additional Home School Art Class: Tuesdays, 12pm-1pm

YMCA Family Members: FREE for Home School Interaction / \$30 per semester for Art

Non-Members: \$40 per semester for Home School Interaction/ \$30 per semester for Art

*Semester I: Mid August-Mid December

*Semester II: Mid January-Mid May

For more information contact: Cody McChristian, cmchristian@lebanon-ymca.org , 588-1177

Wellness:

Let us help you meet your goals and begin the journey to health.

Healthy Lifestyle Appointments (Free with your Membership):

Our coaches will help you identify your goals and offer step by step support and accountability to establishing a healthy lifestyle.

Wellness Orientation (Free with your Membership)

Become oriented to our Fitness Equipment and the availability of classes and services.

*Contact Meredith or our Welcome Center to make an appointment.

For more information contact: Meredith Sewell, msewell@lebanon-ymca.org or 588-1177

Body Composition Measurements:

The YMCA will help you determine your weight, body measurements, body fat and BMI.

\$5 for YMCA Members / By appointment only.

For more information contact: Meredith Sewell, msewell@lebanon-ymca.org or 588-1177

SPORTS:

Youth Sports:

Youth Basketball (Session I) for Grades K-8th

Registration: August 30-Sept. 27th

Games Played: Saturdays, beginning Oct. 30th (No games Nov. 27)

\$15 for YMCA Family Members / \$40 for Non-Members

*Session 2: Registration Nov. 1-Dec.15, Games beginning Feb. 5.

Adult Sports:

Adult Flag Football

Register: Aug. 1-27 Games Played: Tuesday evenings, beginning Sept. 14 \$200/Team

Adult Men's Basketball

Register: Aug. 2-23 Games Played: Monday evenings, beginning Sept. 13 \$200/Team

Adult League Volleyball (More info coming soon)

For more information contact: Cody McChristian, cmchristian@lebanon-ymca.org , 588-1177

Lebanon Community Events:

Kids Night Out– Kids send your parents out and come to the Y for an awesome night of games, inflatables, dancing, swimming and pizza. Friday nights, 6:00pm-9:00pm. For children entering grades K-6th.

Next date: August 20th. (*Pre-Registration preferred, not required.)

\$5 / YMCA Members \$10 / Non-Members

(Fall dates with new extended hours, 6-9:30pm: Sept. 24, Oct. 15, Nov. 19 and Dec. 17)

For more information contact: Cody McChristian, cmchristian@lebanon-ymca.org , 588-1177

S.T.A.N.D.-Stop Abuse Next Door

FREE Community event at the Cowan Civic Center, Friday, Sept. 10, 5-10pm

COMING SOON!:

Teen Dance Night at the Y

7:30-10:30pm, Sept. 3, Oct. 22, Nov. 12, Dec. 10

Holiday Adventure Club

When Lebanon Schools are out, the fun will be at the Y! Dates, times and pricing TBA

**The Y has opportunities for everyone to be involved.
Financial Assistance is available for those who qualify.**