

## Welcome from the Clermont Family YMCA

Welcome! We are excited to have you join us in 2009! Please use this catalog to view all the upcoming events and programs the Clermont Family YMCA will be offering this year. Look for exact registration and program dates on Registration Flyers that will be available throughout the year.

On behalf of our staff and volunteers, please accept our heartfelt appreciation for your continued support of the Clermont Family YMCA.

Debi White  
Executive Director

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### BUILDING RENTAL

Looking for a fun and unique place to hold your child's birthday party or other special occasion? Celebrate their special day at the Clermont Family YMCA! Rentals include a private room and designated swim time for each group.



Enjoy your time at the YMCA. Drop your child off with our caring staff and enjoy all we have to offer. Available for children 6 weeks to 8 years old.



We build strong kids, strong families, strong communities.

### SWIM TEST

For safety reasons, any child under the age of 16 must be tested to determine the section of the pool they are permitted to swim. Color wristbands indicate their swimming ability. Please see a lifeguard for assistance.

### FAMILY SWIM

Shared pool time during swim lessons and other programs, allowing our members more pool time. An adult must accompany all children under the age of 12 in the water.

### OPEN SWIM

Pool time open for recreational swim. Children 8 years of age and under must be accompanied in the pool area by an adult (16 years or older) in swimming attire. Children under the age of 6 must have an adult in the water.



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YMCA Swim Lessons are designed to allow the participants to have fun in the water while being guided to learn swimming skills. Activities are based on the developmental abilities of the participant. Participants will learn basic skills that build on one another as the levels increase. They also learn about water safety, water sports, games and rescue.

### IN THE SWIM OF THINGS

Held prior to member registration, this informational meeting will provide you with an overview of the swim lesson program and aquatic offerings. It will give you the opportunity to ask questions about registration, waiting lists and have your child's skill level evaluated. Skill evaluation will follow meeting.

## PARENT/CHILD

Ages 6 months – 36 months

Focus on helping your child become accustomed to water. You and your child will enjoy various one-on-one activities and games. Children enrolled in the parent/child class must be at least 6 months old and have above average head control. A responsible adult must accompany each child. Children must wear snug-fitting swim diapers.

## PRESCHOOL

Ages 3-5 years

### **PIKE** *Beginning Swimmer*

Child develops safe pool behavior, adjustment to the water and basic paddle stroke. To progress, swimmers must be comfortable holding face in water while blowing bubbles and must be able to float on their back.

### **EEL** *Advanced Beginner*

Child is comfortable in the water. Swimmer is taught to kick, dive, float and paddle stroke. To progress, child must swim across the pool without assistance with their face in the water, with or without flotation device.

### **RAY** *Intermediate I*

Child can swim 15 yards independently without a flotation device.

### **STARFISH** *Intermediate II*

Child improves stroke skills, builds endurance and treads water. Child can swim on their front and back without assistance.

## YOUTH

Ages 6-12 years

### **POLLIWOG** *Beginner*

Students become acquainted with the water, flotation devices and pool. Students will learn paddle stroke, side and back paddle. To move to the next level they will need to swim across the pool without assistance with their face in the water.

### **GUPPY** *Advanced Beginner*

Students are introduced to lead-up strokes: front and back crawl, sidestroke, breaststroke

and elementary backstroke. Before moving on students must swim the length of the pool without assistance.

### **MINNOW** *Intermediate I*

Students further refine the lead-up strokes. To move to the next level they need to be comfortable swimming all strokes 25 yards.

### **FISH** *Intermediate II*

Students work to perform the crawl stroke, elementary backstroke, back crawl stroke and sidestroke with turns. They are introduced to butterfly stroke as well as mask and fins. To advance, students must be able to swim all strokes 50 yards without stopping.

### **FLYING FISH** *Advanced Level I*

Students work on endurance and refining their strokes, turns and starts. To move on, students must be able to swim all strokes 100 yards.

### **SHARK** *Advanced Level II*

Students can perform individual medley and additional water skills. New skills include inverted breaststroke, trudgen crawl and the overarm stroke.

## ADULT/TEEN

Ages 13 and older

Classes are offered for teens and adults with all swimming abilities.

## CHALLENGERS

All Ages

This program is designed for those who need assistance due to mental or physical challenges.

## PRIVATE SWIM LESSONS

All Ages

Want to learn how to swim but not in a group setting? This is it! After you fill out a private swim lesson registration form, you will be assigned an instructor who will contact you to personally schedule your lessons.

## GIRL SCOUT/BOY SCOUT

### BADGE WORK

Have your troop/pack work on their water badges at the YMCA. Contact the Aquatics Coordinator to organize a program.



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## COMPETITIVE STROKE CLINIC

Ages 5-18 years

This clinic is designed for swim team members who are interested in extra conditioning before the regular swim team season as well as non-swim team members who might be interested in joining the team, and who have completed the Minnow or Starfish level in YMCA swim lessons.

## FALL SWIM TEAM

“Everybody Swims, Everybody Wins”. The mission of the Clermont Family YMCA swim team is to provide an opportunity for youth to participate in competitive swimming under conditions that will foster skillful aquatic ability, Christian fellowship, team spirit, motivation and sportsmanship. We encourage personal goal setting, self-discipline, achievement, commitment to team objectives and parental involvement. Program is geared toward swimmers of any level, ranging from novice to national level. You must be a YMCA member to be on the swim team.

### Bronze

- Freestyle with bilateral breathing and open turns
- Backstroke 50 yards with open turns
- Breaststroke pull, perfecting kick and glide with open turns
- Learning butterfly stroke
- Mastering dive from starting blocks

### Silver

- Swimming 1,500-2,000 yards each practice
- Correct whip kick
- Mastering butterfly stroke and flip turns
- Learning to read a pace clock

### Gold

- Swimming 3,000-4,000 yards each practice
- Striving for YMCA AA time standards
- Correct competitive stroke technique
- Mastering turns and starts

## JUNIOR SWIM TEAM

Designed to prepare participants for competitive swimming.

- Completed the FISH level of Swim Lessons
- Rudimentary rotary breathing
- Swims 50 yards freestyle and 50 yards backstroke
- Learning whip kick and dolphin kick
- Completes a kneeling dive

## AMERICAN SAFETY & HEALTH INSTITUTE CPR, AED, & OXYGEN ADMINISTRATION FOR THE PROFESSIONAL RESCUER

This course includes Adult, Child and Infant CPR as well as two-rescuer CPR, use of bag valve mask and resuscitation mask. It also includes use of the AED and use of supplemental oxygen. It fulfills the requirement for lifeguard training.

## AMERICAN SAFETY & HEALTH INSTITUTE FIRST AID

This is a three year certification that teaches basic first aid. It fulfills the requirement for the lifeguard training.

## RE-CERTIFICATIONS

Designed for those who have current certifications that are about to expire. Re-certifications available for CPR/AED, Oxygen, and/or First Aid. Please come prepared to take the written and skills tests with no review.

## **Y**LIFEGUARD™

We build strong kids, strong families, strong communities.

After successful completion of the YMCA's On the Guard II program, lifeguards will have the knowledge and skills to lifeguard not only pools, but waterfront and water parks as well.

Prerequisites include:

- Minimum age of 16 prior to the end date
- Long shallow dive and swim 500 yards: 100 yards front crawl, 100 yards sidestroke, 100 yards breaststroke, 100 yards sidestroke with 1 arm forward, and 100 yards inverted breaststroke with one arm on stomach.
- Tread water for 2 minutes legs only
- Surface dive and swim underwater 15 feet
- Proof of current certifications:
  - CPR for the Professional Rescuer
  - First Aid
  - Oxygen Administration for the Professional Rescuer
  - AED (Automatic External Defibrillator)

## **Y**GROUP EXERCISE™

We build strong kids, strong families, strong communities.

Current Fitness class schedules are available at Member Services.

### **OUTREACH FITNESS CLASSES**

If you are interested in fitness classes brought to your place of employment, school or organization. Please contact the Fitness Coordinator.

### **DEEP WATER EXERCISE**

Non-swimmers and swimmers alike can enjoy and will benefit from deep water exercise. No swimming skills are required. A water belt will support you in deep water with your head comfortably above the surface at all times. It will improve cardiovascular conditioning, muscular strength and endurance

### **AQUA MOTION**

This class is a high energy, low impact water aerobic program, enabling participants to improve cardiovascular conditioning, as well as flexibility and muscle tone. Work at your own fitness level of intensity using various forms of exercise and water walking for cardiovascular fitness. Non-swimmers welcome.

### **AQUA EXPLOSION**

This workout conducted in the deep end of the pool helps participants learn not only the fundamental skills of water exercise, but also how to target health and fitness objectives with safe, effective and water-specific exercises in a non-impact environment. Floatation devices are used as well as other resistance equipment.

### **AQUA ARTHRITIS**

Designed in partnership with the Arthritis Foundation for individuals who live with arthritis. The program provides the opportunity to do gentle joint range of motion activities, with emphasis on balance and flexibility with a certified instructor.

### **LIQUID CARDIO**

Aquatic aerobic class for those who want to attain or maintain a healthy exercise lifestyle. A low impact class that also concentrates on strengthening and toning.

### **ZUMBA GOLD**

An introduction to Zumba, designed for the beginner participant, active older adults and anyone that may need modifications for success.

### **ZUMBA**

Zumba combines high energy and motivating music with unique moves that allow Zumba participants to dance away their worries. It is based on the principle that a workout should be fun and easy to do. Zumba uses a fusion of Latin and International music. It is a mixture of easy to follow dance steps and body sculpting.

## GROUP CYCLING

This group exercise is guided by a certified instructor who leads participants through a cycling journey. Studio cycling is a moderate to high intensity, non-impact cardiovascular workout for all fitness levels. You select the intensity of your ride according to your fitness levels.

## STEP

Step is a cardiovascular activity utilizing adjustable steps.

## STEP CIRCUIT

Combines cardio workout with intervals of strength training.

## STEP FIT

Step class designed to increase aerobic capacity and muscular strength.

## POWERSTRIKE

PowerStrike focuses on non-contact martial arts moves. Incorporates kicks, punches, jump rope and strength moves.

## DEFINE YOURSELF, Y PUMP

This class focuses on muscle strength and endurance in addition to essential flexibility training utilizing Troy-lite barbells.

## GLIDE

Incorporates body sculpting, balance, flexibility and core training utilizing specifically designed sliding discs.

## YOGA

Class concentrates on flexibility, balance, strength and relaxation through yoga movement.

## PILATES

Class combines core strengthening, flexibility and balance through Pilates exercises.



## SilverSneakers YOGA STRETCH

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

## SilverSneakers SILVER SPLASH

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

## SilverSneakers MUSCULAR STRENGTH

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities of daily living skills. Hand held weights, elastic tubing and a ball are offered for resistance. A chair is used for seated and/or standing support.

## SilverSneakers CARDIO CIRCUIT

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

## YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

### FITNESS CENTER

A full line of Selectorized Equipment, free weights and cardiovascular equipment are in place to meet all your fitness needs. An orientation is strongly recommended for all first time users. Strength equipment orientations are scheduled at Member Services.

### TEEN ORIENTATIONS

Teens ages 13-15 years old must attend a teen orientation with a parent/guardian to workout in the fitness center. A Health and Activity Questionnaire and Informed consent form must be completed. A physicians release may be required.

This orientation is designed to teach teens the benefits of exercise and strength training. Teens will learn basic anatomy, muscular function, principles of strength training and how to lift using proper techniques.

A teen badge will be issued at completion of orientation if proper form is demonstrated. This will allow teens to work out on their own. The teen badge must be worn while working out.

### NUTRITION COUNSELING

One-on-one counseling is available with a registered licensed dietitian. Limited appointments are available. Contact Member Services and the Dietitian will call to schedule your appointment. An initial visit will last 55 minutes with one, half-hour subsequent session.

### BIGGEST WINNER COMPETITION

An intense program of exercise and nutrition. Teams will meet weekly for boot camp style workouts. Limited space available.

## YPERSONAL TRAINING™

We build strong kids, strong families, strong communities.

- Fitness Assessments
- Body Composition
- Program Design
- Introductory Training Program
- Progressive Training Program and much, much more!

For those interested in learning additional methods of training, more advanced training or are looking for additional motivation and variety, fee-based, one-on-one personal training is available. Your certified trainer will provide guidance and assistance to ensure that your workout is effective and giving you the results you desire. Participants ages 16 & 17 must have permission from a parent or guardian. Partner Training available.

## YCAMP™

We build strong kids, strong families, strong communities.

### Ages 3-15

For nearly a century, the YMCA has led the way as America's largest and most respected provider of summertime activities for our nation's children.

What makes Y camps so special? The YMCA core character values of caring, honesty, respect and responsibility are the cornerstone of every YMCA program.

The Y adds a unique program element to help children develop positive identities, values and social skills. "Developmental Assets" are the 40 essential experiences that young people need to grow up to be healthy, competent, caring and responsible adults.

So don't miss out on the YMCA Summer Camp Experience. We build strong kids and stronger lives. YMCA Summer Camp ... so many possibilities.



## Y PRESCHOOL™

We build strong kids, strong families, strong communities.

### ACADEMY OF CREATIVE PLAY

The Academy of Creative Play is a preschool program licensed by the State of Ohio and offers 4 eight-week quarters per school year. The program is designed to encourage the development of social skills, creativity, self-esteem and large and fine motor skills. All activities are age appropriate and centered around the areas of math, science, language, sensory, dramatic play, art, computers and music. Swimming lessons are also included. Our program is designed to build character by teaching the four core character values of Caring, Honesty, Respect and Responsibility. Children must be potty trained. All classes are limited to 14 children.

## Y CHILD CARE™

We build strong kids, strong families, strong communities.

### YMCA New Beginnings Child Development Center



Clermont YMCA New Beginnings is committed to providing the highest quality of childcare by providing successful, developmentally appropriate activities.

The primary goal of YMCA New Beginnings is to provide a quality service by meeting the developmental needs of young children while supporting the needs of their parents. The center recently achieved its first Star rating through Step Up To Quality. Step Up to Quality is a voluntary, quality rating system for early care and

education programs. Centers can earn a 1-2- or 3 star rating by meeting the quality benchmarks for the State of Ohio.

Our Child Development Center offers additional activities to include recreational gym, recreational swimming and swimming lessons. Nutritious breakfast, lunch and afternoon snacks are provided each day. Our diverse programs offer infants, toddlers and pre-school care year round, five days a week.

### INFANTS

Ages 6 weeks to 18 months

Infants are natural learners. We will follow your baby's individual rhythms for feeding, sleeping and playful interaction, to mirror your patterns at home. We understand separation anxiety-yours and your infant's. Let us help put your mind at ease. We keep individual daily records for good communication between our caregivers and parents.

### TODDLERS

Ages 18 months to 3 years old

Toddlers need warmth, nurturing and safe spaces to experience with a watchful eye over them. Our toddler teachers have unlimited energy, lots of patience and abounding creativity. We set the stage for the toddler to become independent, for learning to interact appropriately with other children and to allow for maximum motor development.

### PRE-SCHOOLERS

Ages 3-5 years old

Pre-school children are happy, inquisitive, enthusiastic and generally excited about everything. They are more social: taking turns, developing friendships and enjoying fantasy. Our teachers offer activities to stimulate creativity and promote imagination through a wide variety of activities including songs, finger plays and listening to stories. They constantly have opportunities to stretch their intellectual, social and emotional development.

## YAFTERSCHOOL™

We build strong kids, strong families, strong communities.

Licensed before and after school child care is available at various locations throughout our community. We offer children a safe and fun place to make friends, develop positive social skills and learn. Children in our care are provided a nutritious snack consisting of two food groups daily. School-age children are provided time for creative free play choices and independent homework time. We provide activities that focus on the YMCA four core values of Caring, Honesty, Respect and Responsibility.

School	Before Care	After Care
Batavia CNE	6:30-8:30am	3:00-6:00pm
Serving St. Louis Merwin	6:30-8:50am	3:00-6:00pm
Serving W-T	6:30-9:10am	3:30-6:00pm
Locust Corner YMCA	6:30-9:00am	3:30-6:00pm
Williamsburg	6:30-8:30am	3:30-6:00pm

### SCHOOLS DAY OUT

Give your kids something fun to do on their day off when school is closed and you are at work. Full day care is available at the YMCA with fun, games and swimming.

## YYOUTH™

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### YOUTH DANCE BALLET/ TAP

Ages 4-10

Dancers will work on basic movements while learning to follow directions.

### TUMBLING

Ages 2-8

We work on terminology, balance, strength and coordination while providing an excellent beginning background in gymnastics.

### CABS-CHILD AND BABYSITTING SAFETY CLASS

Ages 11-Up

The objective of this class is to familiarize young adults with basic skill training and information that is necessary in caring for infants and children. The program teaches the importance of responsibility, recognizing an emergency, emergency action steps, personal safety, fire safety, water safety, infant care and basic first aid and choking management. Saturday class participants should bring a bag lunch.

### SHOTOKAN KARATE

Ages 6 & Up

Shotokan Karate is a traditional Japanese martial art emphasizing self-defense through power kicks, punches and strikes. Shotokan provides physical as well as mental benefits. Our Black Belt Instructors have years of experience. New students are accepted the first week of March, June, September and December. New students should register directly with the class instructor. Call 328-5475 for more information.

### HOME SCHOOL GYM AND SWIM

Ages 5-12

A program designed to give home-schooled children physical education in the gym and pool. Emphasis will be on physical activities and having fun.

### FITKID

Ages 8-12

Make fitness fun for your kids. FitKid is a class that focuses on exercise, health and nutrition. Activities include games, obstacle courses, flexibility, strengthening exercises and plenty of fun!



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All sports are in need of volunteer coaches. Please pick up a Volunteer Application at the Member Service Desk if interested.

### YOUTH SPORTS PHILOSOPHY

Our philosophy is "Kids first, winning second." The child's needs come before everything else. Everyone has the opportunity to play. Children will play in at least half of each game and have the opportunity to start in at least half of all games played. Our leagues are instructional with the focus being on skill development, building self-esteem, and having fun!

### BASKETBALL SKILLS, DRILLS & THRILLS

This program is for both boys and girls. Participants will be exposed to the fundamentals of basketball, such as dribbling, shooting and basic game concepts.

### BASKETBALL

Boys and girls are invited to join our Youth Basketball league. Youth will be placed in leagues according to their age. All leagues will receive team shirts for players and volunteer coaches.

### NEW!! YOUTH INDOOR LEAGUE

Join us for the Clermont YMCA's first indoor soccer league! Children will be assigned to age-appropriate teams and will be instructed on basic skills and team cooperation.

### T-BALL

Boys and girls are invited to join our outdoor T-ball league. Youth are assigned to age appropriate teams with volunteer coaches. League games will be held on Saturday mornings.

### LITTLE KICKERS

This noncompetitive, learning experience for preschoolers focus on the fundamentals of soccer. The program will prepare preschoolers for the soccer league.

### 3 ON 3 SOCCER LEAGUE

This league is instructional in nature and is non-competitive. 3 on 3 soccer will allow each child more interactive play on the field. Children will be assigned to age appropriate teams and will be instructed on basic skills and team cooperation. There will be one skills practice a week with games played on Saturday.

### 2009 SPORTS REGISTRATION SCHEDULE

Sport	Ages	Registration Dates
Adult Volleyball	18+	December 1st-26th
Basketball Skills, Drills & Thrills	3-4	Dec 15th-Jan 2nd
Adult Basketball	18+	Dec 15th-Jan 2nd
Youth Basketball	5-12	Dec 15th-Jan 2nd
Basketball Skills, Drills & Thrills	3-4	Jan 12th-Jan 30th
Indoor Soccer	3-12	Feb 2nd-Feb 20th
Little Kickers	3-4	Feb 9th-Feb 27th
Adult Volleyball	18+	Feb 26th-Mar 6th
Youth Soccer	3-9	Mar 16th-April 3rd
T-Ball	4-6	May 4th-May 29th
Little Kickers	3-4	July 6th-July 31st
Youth Soccer	3-9	Aug 3rd-Aug 28th
Adult Volleyball	18+	Sept 7th-Sept 25th
Basketball Skills, Drills & Thrills	3-4	Sept 14th-Oct 2nd
Adult Basketball	18+	Sept 21st-Oct 2nd
Youth Basketball	5-12	Oct 5th-Oct 23rd
Basketball Skills, Drills & Thrills	3-4	Oct 12th-Oct 30th

## **YADULT LEAGUES**<sup>TM</sup>

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### **SUNDAY NIGHT MEN'S BASKETBALL LEAGUE**

Come join the excitement! This is a competitive league. Cost includes ten league games and tournament. League rules are available at Member Services.

### **DROP-IN VOLLEYBALL**

Ages 14& Up

Love volleyball? So do the dedicated members that play every Monday, Wednesday and Friday afternoon and Monday evenings. Come join us for lots of fun!

### **COED 4-ON-4 VOLLEYBALL**

This league format is 4 on 4 with at least 2 females on the court at all times. Wednesday night league includes ten matches and a tournament. Member teams must have three current YMCA members on the roster. Team fees must be paid in full by registration deadline.

## **YLEADERS CLUB**<sup>TM</sup>

We build strong kids, strong families, strong communities.

If you are between the ages of 12 and 18, the Clermont Family YMCA Leader's Club can change your life. You will gain valuable leadership skills and self-confidence while achieving personal growth. Meetings are held twice a month to discuss club business including program instruction, fundraising and volunteering. Social activities are planned throughout the year with other YMCA Leader's Clubs.

## **YTEENS**<sup>TM</sup>

We build strong kids, strong families, strong communities.

### **TEEN NIGHT**

Join your friends for an evening at the YMCA! Basketball, open swim, ping-pong, foosball, music, games, concessions and so much more!

## **YVOLUNTEERS**<sup>TM</sup>

We build strong kids, strong families, strong communities.

Opportunities are available for you to share your time and talents at the Clermont Family YMCA. For more information, stop by Member Services and fill out a Volunteer Application. Volunteers are needed in a wide variety of areas the following areas:

- Branch Board
- Member Services
- Special Events
- After School Care
- Annual Support Campaign
- Aquatics
- Youth Sports
- Maintenance
- Day Camp

## **YACTIVE OLDER ADULTS**<sup>TM</sup>

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### **SENIOR POTLUCK LUNCHES**

Come share your stories, recipes and a great lunch with friends on the third Wednesday of every month.

## ANNUAL GIVING CAMPAIGN

Since 1851, YMCAs have made a profound difference in the lives of millions of youth and families. Since our start, the Clermont Family YMCA has been dedicated to having a meaningful impact on health, happiness and well-being of youth and adults all over Clermont County.

Each year many of our friends and neighbors experience unexpected challenges in their lives. No matter where a member of our community is in their life, the Clermont Family YMCA is here to make a difference for all of our neighbors.

Because of you – the generous, compassionate, dedicated members of our community who contribute to the scholarship funds that impact hundreds of participants in the Clermont Family YMCA programs throughout the year, we are able to say “YES” to youth and families who otherwise would not be able to afford membership, program fees or tuition.

Your personal contributions make it possible for The Clermont Family YMCA to say “YES” when neighbors confidently apply for scholarships to help them stay connected to the YMCA during difficult times.

Thank you for helping us keep our promise to our community’s children and families by making a donation to our Annual Support Campaign. Find out how you can contribute by visiting our Member Services desk or asking any YMCA employee.

## FINANCIAL ASSISTANCE POLICY

Do you know someone who would like to be a member of the YMCA, but can not because of financial difficulties? The YMCA offers financial assistance based on the income level of the applicant and the availability of funds raised through our Annual Support Campaign. For information on our scholarship program or on how you can assist by contributing to our Annual Support Campaign, please contact Member Services.

## PROGRAM REGISTRATION

Most regularly scheduled classes meet on a 4-week basis. Each session has a corresponding registration date for members and program participants. Please check at Member Services or [www.myY.org](http://www.myY.org) for current registration information throughout the year.

## PROGRAM CREDIT & REFUND POLICY

Our programs are very important to us. If you are not satisfied with a YMCA program, we will offer a full credit toward another class or program. Requests for credits must be made during the program session in question. Cancellation from a program must be made 1 week prior to the scheduled start of class to receive a full refund. The YMCA may add, cancel or combine classes as necessary in order to meet the needs of our members.



The YMCA works to strengthen core values among members of the community we serve so that people will act on them when making decisions in their lives. The YMCA character development program consists of four core values, each represented by a specific color. It is our promise to you to incorporate and share these core values with our members, program participants, staff and volunteers.

**Caring (Red)**—To love others, to be sensitive to the well-being of others, to help others

**Honesty (Blue)**—To tell the truth, to act in such a way that you are worthy of trust, integrity

**Respect (Yellow)**—To treat others as you would have them treat you, to value one’s worth

**Responsibility (Green)**—To do what is right, to be accountable for your behavior and obligations

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## DEVELOPMENTAL ASSETS

Fortunately, the choices young people make on how to act, what to do and who to be are not made simply by chance. Their decisions are influenced based on a web of external and internal developmental assets. Search Institute's studies have consistently shown that young people who experience more of the assets engage in fewer risk-taking behaviors and are more likely to report thriving indicators. This has been shown to be true regardless of age, race, gender or economic situation. The Clermont Family YMCA programs are designed with the Developmental Assets in mind. When you sign your child up for a program at the YMCA, they won't just learn how to swim, they will learn to make healthy choices for life. Give your children the opportunity to thrive for life and let the YMCA help you and your family develop the essential assets youth need.

## EXTERNAL ASSETS

Positive developmental experiences that surround youth with support, empowerment, boundaries and expectations and opportunities for constructive use of time.

1. Family Support
2. Positive Family Communication
3. Other Adult Relationships
4. Caring Neighborhood
5. Caring School Climate
6. Parent Involvement in Schooling
7. Community Values Youth
8. Youth as Resources
9. Service to Others
10. Safety
11. Family Boundaries
12. School Boundaries
13. Neighborhood Boundaries
14. Adult Role Models
15. Positive Peer Influence
16. High Expectations
17. Creative Activities
18. Youth Programs
19. Religious Community
20. Time at Home

## INTERNAL ASSETS

A young person's own commitments, values and competencies.

21. Achievement Motivation
22. School Engagement
23. Homework
24. Bonding to School
25. Reading for Pleasure
26. Caring
27. Equality and Social Justice
28. Integrity
29. Honesty
30. Responsibility
31. Restraint
32. Planning and Decision Making
33. Interpersonal Competence
34. Cultural Competence
35. Resistance Skills
36. Peaceful Conflict Resolution
37. Personal Power
38. Self-Esteem
39. Sense of Purpose
40. Positive View of Personal Future