



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRESS PLAY

FOR SPORTS, HEALTH AND FAMILY TIME



2015
FALL PROGRAM GUIDE

YMCA OF SOUTH FLORIDA
Serving Broward, Miami-Dade and Monroe Counties

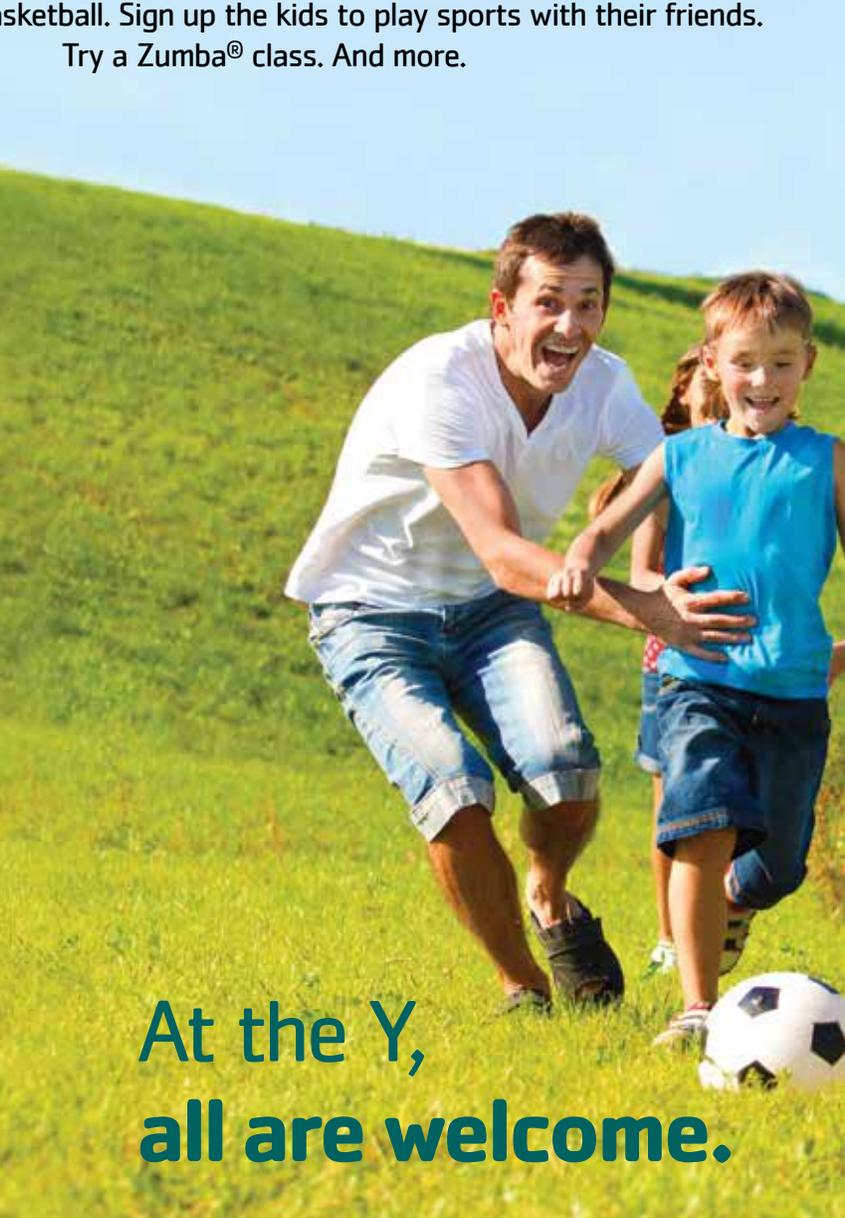


Give yourself permission to be playful while improving your physical activity, achieving a greater life balance, reaching a heightened sense of self-confidence, and attaining an elevated level of well-being in your journey for an active, healthy lifestyle for you and for your family.

Join the Y today and “**press the play button.**” Restart activities you enjoy. Learn to swim. Play pick-up basketball. Sign up the kids to play sports with their friends. Try a Zumba® class. And more.

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At the Y,
all are welcome.

Proud supporters of the YMCA of South Florida
Healthy Living initiatives.





Para obtener esta guía en

Español

Visite

ymcasouthflorida.org

Join the Y today!

New Benefit of Membership!

Full member access to all 10 YMCA Family Centers in South Florida's Broward and Miami-Dade counties

Benefits Included In Your Y Membership

- **FREE** Wellness orientation
- Up to 2 hours **FREE CHILD CARE** in Child Watch while you work out (with Family Membership)
- **REDUCED** member rates on summer day camp and youth sports **SAVE** up to 50%
- **EARLY BIRD** member registration on programs
- Nearly 100 **FREE** group exercise classes each week
- **FUN** specialty classes like Yoga, Zumba® and Spinning®
- **MEMBERS-ONLY** classes and programs like Personal Training, Boot Camp, Kids Club and Senior Activities
- **HEALTHY LIVING** enhancement classes and presentations on nutrition, finances and health
- Family activities and special events
- **FREE** access to the YMCA Aquatic Center
- **NO** contracts

Find a Y in your community at
ymcasouthflorida.org

So **PRESS**  **PLAY** and let the fun begin!



ABOUT OUR Y

We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Every day we work side by side with our neighbors in the communities we serve to ensure everyone has the opportunity to learn, grow and thrive.

At the Y, strengthening communities is our cause.

EVERYONE IS WELCOME

Give Today

The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through our Annual Campaign, the YMCA provides financial assistance to youth, adults and families based on individual needs and circumstances. We encourage everyone in the community to join our cause of strengthening community by giving back. Your financial gift to the Y makes an impact right in your community. Contact your local Y to find out more.

ymcasouthflorida.org/get-involved/give

OUR MISSION

To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.



Message from the CEO

YMCA of South Florida

As we get back into our usual routines this fall, we know parents are looking for ways to keep their kids and families active, healthy and safe. The Y can help you with that. From youth sports, Y Fit and afterschool for your kids, to group exercise and strength-training for moms and dads, we offer programs for the entire family. Then there are social activities, health and wellness education, and other programs for adults, seniors and the community.

We want to help your family stay active, so we invite you to Press Play at the Y. And whether you come to the Y to work out, relax or just spend time with family and friends, the Y is THE PLACE for you and your family. We even have opportunities for you to connect with others in the community and give back.

Make sure to take a look at all the different ways you can Press Play at the Y.



Sheryl A. Woods
CEO & President
YMCA of South Florida



COMMUNITY EVENTS

**Dinner is In
September 21**
Times and dates vary throughout the week.
Check your local YMCA.



Families come together at the Y to share a meal together, spend time and strengthen their bond.
Members Only. Free Event. Pre-registration required.

October Fall Festivals & Halloween

Join us for fall fun for the entire family. October is a time for Fall Festivals and safe, fun Halloween parties. You'll find pumpkin carving, haunted houses, face painting, costumes, trick-or-treating, loads of games and activities, and more.

Pembroke Pines YMCA – The Great Pumpkin Event
October 16; 6-9 pm

Parkland YMCA – YMCA Halloween Spooktacular
October 30; 6-8 pm

Weston YMCA – Halloween Hullabaloo
October 30; Time TBA

LA Lee YMCA – Fall Festival
October 31; Time TBA

Greater Hollywood YMCA – Trick or Treat
October 31; 3-5 pm

Homestead YMCA – City of Homestead Spooktacular
October 31; 6-10 pm

North Pointe YMCA – Halloween Event
October 30; 5-8 pm



Holiday Parties with Santa

Kick off the Holiday Season with Santa. Enjoy quality time with your family, play games and take a picture with Santa.
Cost: Free to members. Pre-registration required.

Breakfast with Santa

Weston YMCA – December 6; Time TBA
Pembroke Pines YMCA – December 12; 9-11 am
Greater Hollywood YMCA – December 12; 9-11 am
North Pointe YMCA – December 12; 9-11 am

Cocoa & Cookies with Santa

Parkland YMCA – December 11; 6-8 pm



3rd Annual Jingle Bell Run 5K

December 5, beginning at 5 pm
Homestead YMCA Family Center

This race is sure to be a highlight of the season where individuals and families celebrate the holidays while raising funds and awareness for a valuable cause—the Homestead YMCA's Financial Assistance Program, which provides scholarship assistance for local individuals and families in need of YMCA programs such as preschool, swim lessons, summer camp and youth sports. Run starts at Homestead Hospital and ends at Harris Field with winner's presentation at the Homestead YMCA Basketball Gym. Drinks and food courtesy local sponsors.

Winner's presentation and celebration at the Homestead YMCA Basketball Gym from 6-9:30 pm

Cost: \$25 prior to November 30; \$35 after.

Contact Mia DeVane, Membership Director at 305-248-5189 Ext 203.

6 Hotspots for Germs

COMPUTER KEYBOARDS

Germs are at your fingertips when keyboards are infrequently cleaned. "Use disinfecting wipes on electronic items such as phones and computers, that are touched often," according to the U.S. Centers for Disease Control and Prevention.



COUNTERTOPS

Before and after every food item, wash cutting boards, countertops and utensils with hot soapy water, the CDC recommends.



PHONES

Holding your smartphone? Germs and bacteria are also on hold. Avoid placing phones on restroom counters and other surfaces.



TELEVISION REMOTES

At home or in hotels, television remotes are often used, but seldom cleaned. Clean with disinfecting wipes, if possible.



DOORKNOBS AND HANDLES

Doorknobs, elevator buttons and faucet handles are high-contact surfaces. Use caution.



PURSES AND WALLETS

Don't place purses and bags on bathroom floors or countertops. Be cautious when in public or outdoors.



Baptist Health is committed to providing the community with health education and resources to promote optimal wellness and the prevention of illness through our partnership with the YMCA.
BaptistHealth.net



WHAT YOU CAN DO

At the Y, we want people of all ages to enjoy an active healthy lifestyle. Use our program guide to find out what FUN activities and events you and your entire family can take advantage of at the Y!



If I Am A Baby I CAN...

- Enjoy playtime in Child Watch
- Enroll in parent/infant intro to swim classes
- Take Mommy and Me classes with an Adult
- Swim with mom, dad or an adult guardian in the pool
- Have my birthday party at the Y
- Enjoy the playground outside with an adult

If I Am 2-5 Years Old I CAN...

- Take Tiny Tots Soccer or Basketball class
- Enjoy playtime in Child Watch
- Swim with mom, dad or an adult guardian in the pool
- Play on the outdoor playground
- Play Sports at the Y
- Have a Y birthday party celebration
- Take Gymnastics classes
- Learn to swim in our group, private, or semi-private swim lessons

If I Am 6-12 Years Old I CAN...

- Swim in the pool with a parent or guardian
- Enjoy playtime in Child Watch or the Spot
- Hang out at the Y and play games or meet with friends
- Participate in Afterschool Programs like performing arts, games, sports, wellness
- Play on a Youth Sports Team
- Join the Y's Competitive Swim Team
- Participate in Basketball, Gymnastics or Adventure Camp during the summer
- Enjoy a Y Fun Day when school is out
- Enroll in Day Camp or Summer Camp
- Enroll in Swim Lessons, Gymnastics, Dance, Cheerleading or Martial Arts
- Get active in YFit, Kids Zumba®, and other Youth Fitness classes
- Schedule my birthday party at the Y
- Play games and activities with my friends or families
- Attend Y Family & Community events
- Spend quality time with parents at Y Princess and Y Adventure Guide programs

If I Am A TEEN I CAN...

- Enjoy the Y without a Parent or Guardian with either a Teen or Family Membership
- Work out in the fitness center without a parent
- Participate in any group exercise class
- Play Basketball or Volleyball
- Play Sports at the Y
- Enjoy the FREE WiFi throughout the building
- Get active in YFit and Youth Fitness classes
- Walk or Jog on the track
- Schedule my birthday party at the Y
- Join Y Leaders Club
- Become a member of Youth in Government
- Enroll in Swim Lessons, Gymnastics, Dance or Martial Arts
- Enjoy swimming and relax on the pool deck with friends
- Join the Y's Competitive Swim Team
- Enroll in group, private or semi-private swim lessons
- Learn how to become a Lifeguard
- Become an L.I.T. (Leader-in-Training) during the summer
- Become a Y volunteer to earn service hours

GO MOBILE

Download YMCA OF SOUTH FLORIDA Mobile App on your iPhone or Droid smartphone for up-to-the-minute program and class schedules.



If I Am An ADULT I CAN...

- Go swimming and enjoy the pool area
- Participate in any Group Exercise class, including Zumba®, Pilates & Yoga
- Join Mommy and Me classes
- Participate in Water Fitness classes
- Work out in the Wellness Center
- Join Adventure Guides with my child
- Get a Personal Trainer
- Volunteer at the Y
- Attend Adult Gymnastics class
- Take Martial Arts classes
- Attend one of many activities and special events
- Play basketball on the court
- Enroll in group, private or semi-private swim lessons
- Learn about becoming certified in CPR or First Aid
- Relax in our Social Area with a cup of coffee and free WiFi
- Attend FREE Lectures and Wellness Seminars
- Join a committee, the Y Board or help out with fundraising
- Play a game of Racquetball or Ping Pong
- Take a Parent/Child Swim or Gymnastics Class
- Bring a guest for a FREE visit to the Y

If I Am An ACTIVE OLDER ADULT I CAN...

- Go swimming and enjoy the pool area
- Participate in Water Fitness classes
- Learn about becoming certified in CPR or First Aid
- Get a Personal Trainer (yes, you can!)
- Learn to swim
- Work out in the Wellness Center
- Play a game of cards
- Participate in Chair Yoga or Tai Chi
- Join Group Interests like a Walking Club or Senior Outings
- Attend Silver Sneakers or other fitness, health and wellness classes for Seniors
- Take a Group Exercise class
- Attend FREE Lectures and Wellness Seminars
- Join a Committee, the Y Board or help out with fundraising
- Have a cup of coffee in the social area with new friends
- Attend one of many special events throughout the year
- Bring a guest for a FREE visit to the Y
- Volunteer at the Y

My FAMILY CAN...

- Play on the playground
- Shoot hoops or bounce the ball on the court
- Kick a Soccer ball around on the field area
- Have a picnic by the pool
- Celebrate a family birthday
- Walk or jog together
- Work on homework in social gathering area
- Enjoy swimming and relax on the pool deck with friends
- Attend family-friendly activities and special events
- Volunteer as a family at the Y or a special event



HEALTH, WELL-BEING & FITNESS

Personal Fitness Training

We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. Ys offer personal training and coaching to help you set and meet your specific goals in order to live healthier. Contact your local Y to learn more.

Healthy Lifestyles

Beyond exercise, the Y provides educational programs to promote healthier decisions, and offers a variety of programs that support physical, intellectual and spiritual strength, including Diabetes Prevention & Self-Management, Pre/Post-Natal Exercise Classes, Stress Management, CPR/First Aid, Lifeguard Training, and more.

Water Activities

What would the Y be without water? You'll find a variety of water-based activities for all ages and abilities at many of our YMCA Centers. From water

exercise to swim lessons to just plain relaxing, we've got your water-fun covered.

Group Exercise

Cardio And Strength

Group exercise classes give you an immediate family of friends and neighbors, all encouraging you on your path to good health. Each class offers benefits from head to toe, strengthening your cardiovascular health and increasing your muscle strength. Each YMCA Center offers a menu of classes for members that often include popular choices such as: Boot Camp; Bosu Cardio; Cardio Circuit, Sculpt, and Box; Core Strength, Step®, Tabata, Total Definition, and Les Mills Body Pump®.

Pilates, Yoga And Meditation

Looking to center yourself, improve your focus and posture, and increase core strength and flexibility?

Then our spirit-mind-body classes are perfect for you. Classes for all levels and abilities are found at our Ys and may include Pilates, Yoga, or Tai Chi.

Dancing

Music is the backdrop for fun dance routines for a dynamic and exciting workout. Zumba® is one of the most popular group exercise classes around. Join in the fun! You might even discover unique dance offerings such as Belly Dancing. Check us out and give it a try!

Indoor Cycling / Spinning®

Let it ride! Indoor cycling class provides a fun and challenging workout that boosts your muscular endurance and generates the higher caloric expenditures that many traditional cardio workouts lack. Regular participation enhances your speed, strength and stamina, and helps you reach your weight loss goal.

Improving our community's health and well-being

Small Group Performance

Small Group Training with a certified personal trainer that challenges you to move to the next level of intensity and strength. Examples of specialized trainings available in various locations throughout South Florida include:

Barbell – Pump it Up
Boot Camp
Cardio-Kick Fitness
Interval Training
Kettlebell
Pilates Barre
Teen Athletic Training
TRX Training
Women on Weights

Active Older Adults

There's no better place than the Y for active older adults. Are you an empty-nester, looking to or already retired, wanting to reconnect with your neighbors and community? You'll find a variety of ways to stay or become healthy and engaged at the Y. Exercise classes are designed for all levels and abilities, with chair and gentle options as well as full range of motion and standing classes. Your local Y offers a variety of classes that may include: Chair Yoga, Tai Chi, Cardio and Strength, EnhanceFitness™, Silver Sneakers®, Spinning® and Zumba®

Water Activities

What would the Y be without water? You'll find a variety of water-based activities for all ages and abilities at a number of our YMCA Centers. From water exercise to swim lessons to just plain relaxing, we've got your water fun covered.

Teen / Adult Swim Lessons

We provide swim lessons for both teens and adults. If you are a beginner or an experienced swimmer we will fit the class to your goals and needs.

Pools are found at our Weston, Pembroke Pines Aquatic Center, Hollywood, North Pointe and Homestead Family Centers.

Sports & Recreation

We believe sports, fun and exploring new interests aren't just for the young. Along with improving health, whenever teamwork is involved, there's the added benefit of being connected to others. That's why you'll find a range of recreational activities at the Y. With something to offer everyone, there's no such thing as being too old to get in the game.

Adult Team Sports

Whether you miss "suing up" or are new to team sports, the Y's sports leagues provide a perfect opportunity to be active, social and reconnect or start fresh with a sport you love. Basketball, soccer, flag football and volleyball are just some of the options available to get you back on the court or on the field.

Recreation

So many activities serve to restore our spirits and energy, get us outdoors or test our limits. And for many of us, they're the foundation of active living and rewarding relationships. Cycling, running, racquetball, swimming and many more recreational activities are available at your Y. Instruction, lessons and group trips are likely part of the mix, so it may be time for you to try something new.



Group Interests

At the Y, we believe healthy living has as much to do with pursuing interests, passions and learning new things as it does with eating healthy and being active. Our minds and spirits need stimulus and enrichment, and we get so much more from life when we find things—and people—that inspire us.

Lifelong Learning

At the Y, we offer a sense of community, fellowship and support that enriches people's lives. You're as likely to find a knitting class as an aerobic class at your Y, and book clubs, language classes, group travel and cooking classes are becoming as popular as anything in the gym. Take a deeper look at something you're interested in while learning alongside others from your community who share your interests

Family Time

Serving families has always been at the heart of the Y. Family time at the Y is about giving families as a unit, and as individuals, the opportunities to build stronger bonds, achieve greater work/life balance, and become more engaged with their communities.

Family Nights

Allow families a time and a place to come together to have a good time; participate in a variety of fun activities; share, communicate and strengthen their relationships; and meet other families.

Adventure Guides

Launch parents and their children on a journey of discovery, with the child as the explorer and the parent as the guide, encouraging parents to get to know your kid while your kid is still a kid with group activities such as games, crafts, songs, stories, skits, ceremonies, and outdoor pursuits such as camping, hiking and swimming. The one-on-one time in a fun, special environment builds important bonds through shared experiences.

Family Wellness/Nutrition and Recreation

The Y has always been a place where families can play, be active and learn together. Whether the activities are physical like sports or exercise classes, or more recreational like swimming, camping, cooking and arts, Ys want families doing them together because you'll live healthier and make memories for a lifetime.



Dr. Jaffer's 10 Pearls of Longevity with Good Health & Happiness

1. Have a positive attitude at all times.
2. Exercise daily.
3. Manage your weight.
4. Maintain a healthy diet.
5. Don't worry.
6. Refrain from smoking, drinking alcohol, stimulants and unnecessary drug use.
7. Take multivitamins daily.
8. Laugh a lot.
9. Have faith, be spiritual and thankful for all the bounties of life.
10. Make every day the best day of your life!

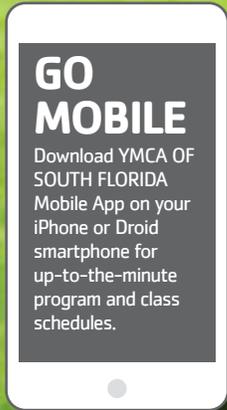
Provided by Dr. Mohsin Jaffer M.D., FAAFP
Senior Medical Associates has partnered with the YMCA of South Florida in offering health empowerment for Active Older Adults across South Florida.



YOUTH DEVELOPMENT



Y Members
**SAVE UP TO
50%**
on specialty
programs



GO MOBILE

Download YMCA OF SOUTH FLORIDA Mobile App on your iPhone or Droid smartphone for up-to-the-minute program and class schedules.

SWIM, SPORTS & PLAY

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

Youth Fitness/Exercise

Stop by your nearest YMCA Family Center for additional Youth Wellness and Fitness options unique to that Family Center.

Looking for a structured, yet fun way for youth to work-out and build healthy exercise habits to last a lifetime? Then check out the many offerings available for kids and teens through youth fitness and exercise including: Kids Yoga Zumba® for Kids; YFit and Kid Fit – Youth Wellness Programs; Kids Cardio Fitness; Teen Strength & Conditioning; Youth Boot Camp; Athlete Speed & Agility; and Teen Athletic Training.

Youth Sports

Recreational

A full range of recreational youth sports options – basketball, soccer, volleyball, flag football, martial arts, baseball, gymnastics – can be found throughout South Florida at the Y. Improve your skills, make new friends, be active with other kids and learn to love a sport at the Y. Check out the sports offerings at your Y and get in the game with Tiny Tots – Soccer, Basketball & T-Ball; Baseball; T-ball; Softball; Flag Football; Volleyball; Soccer; Martial Arts; and Gymnastics – Progressive & Competitive

Competitive

Swimming and gymnastics are the most popular national competitive sports leagues at the Y. In South Florida, the Y also offers competitive swimming and gymnastics, helping kids value hard work, reach for excellence and enjoy spirited competition in state, regional and national championships. Find out what it takes to compete at an intense level.

Gymnastics

Competitive gymnastics is for youth demonstrating advanced gymnastic skill, abilities and interest in becoming a competitive gymnast. Teams compete in state, regional and national championships. Team try-outs required. Offered at Hollywood location only.

Competitive Swimming

Competitive swimming is available at select Ys and is able to accommodate all skill levels from beginner/recreational swimmer to the Olympic athlete. Coaches are certified. Teams compete in state, regional and national championships. Offered at Hollywood & Weston locations only.

Child Care

Child care and early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

Nurturing the potential of every child and teen

Preschool

Quality full-day and partial-day child care for infants through preschoolers is available at select locations in Broward and Miami-Dade counties, enabling parents and family members to go to work knowing their children are in safe, stimulating environments.

Allapattah YMCA Preschool

License #C11MD1791

Greater Hollywood YMCA Preschool

License # 45450

Homestead YMCA Preschool

License #C11MD0137

Martin Luther King Jr. YMCA Preschool

License #C11MD0985

Camp

Overnight, day or specialty camps at the Y share one thing: they're about discovery. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories. And, of course, it's fun!

Fun Days And Spring Break Adventure Camps

When school is out, the fun starts at the Y. Join the Y for a day of camp fun with games, youth fitness, arts and crafts, and more. Our Fun Days have it all. Pre- and post-program supervised activity time also available.

Education And Leadership

It can be hard to figure out your place in the world. As a young person with your whole life ahead of you, having the right guidance and support can make a real difference in figuring out who you are and what you can achieve. Whether kids come to the Y looking to explore their interests, or for support in navigating challenges, our Y is committed to nurturing children and teens and roots for their success. A variety of programs for all ages can be found throughout our Ys in South Florida, including: Arts & Crafts; Youth Dance; Performing Arts; Teen Leaders Club, Counselor-in-Training and Leader-in-Training; and Youth in Government;

Youth In Government

A statewide, youth-led, experiential learning opportunity that involves middle and high school students who immerse themselves in experiential civic engagement and to, quite literally, practice democracy. They meet to debate issues that affect citizens in their state and propose legislation. The program culminates with teens serving as delegates at their state conference and debating bills on the floor of the legislature

Inclusion Programs For Children, Teens And Adults With Special Needs

Learning to read, tying your shoe, going on your first field trip or simply making a new friend are experiences that create lasting memories for every child. For children who have special needs, reaching these milestones comes with unique challenges. The goal of inclusion is to increase each child's ability to take part in activities with their peers and to create a mutual sense of belonging. The Y currently offers inclusion at elementary and middle schools. The program is designed for children, teens and adults ages 3 to 22 with a wide range of special needs, including physical, developmental, sensory and learning disabilities. The service structure and program schedule closely mirror that of a typical Y afterschool program with increased support such as:

- Shorter sessions
- Lower staff-to-participant ratios
- Adaptive materials and supplies

Y Sports Buddies

Y Sports Buddies is an exciting, inclusive sports program for children of all ability levels that teach social skills, increasing self-confidence, skill development and promoting physical activity. They are paired with a volunteer (buddy) that helps engage them in the activity during each session. Volunteers and players alike enjoy interacting with each other while they experience the benefits of such sports as soccer, swimming, cheerleading and basketball. Sessions are facilitated by YMCA staff that can help participants and deal with any challenges that may come up during the sessions.

*Inclusion Programs currently available in Broward County only

Drowning Prevention



Accidental drowning is the leading cause of death among infants and small children in Florida, and Broward and Miami-Dade Counties lead the state. The reality is accidental drowning is preventable when you follow the 3 layers of drowning prevention:

1. Adult supervision
2. Barriers and alarms
3. Water safety instruction

Swimming

Swimming is a life skill as well as great exercise and a challenging sport. South Florida Ys offer swim lessons (for all ages), family swim, competitive swimming teams, a recreational swim team, and many kinds of adaptive swim programs for kids with special needs, so we can all enjoy safely enjoy the pleasures of an aquatic environment.

Recreational Swim Team

Join our recreational swim team to improve your stroke technique and endurance while having fun and making new friends. Offered at Pembroke Pines location only.

Youth Swim Lessons

Swimming is a life skill as well as great exercise and a challenging sport. Ys offer progressive swim lessons (for all ages), family swim, competitive swimming and diving teams, and many kinds of adaptive swim programs for kids with special needs, so we can all enjoy safely enjoy the pleasures of an aquatic environment.

Private And Semi-Private Lessons

If you feel that you work better in a one-on-one setting, want to work on specific skills or strokes, or you would like more flexible class times, private lessons are for you. Semi-private lessons are for two to three participants at the same skill level who would like to have a smaller setting than group lessons. Each participant must register individually. Y staff will not match participants. Please sign up at the same time as the participant with whom you would like to take the lesson. Available for youth or adults.

Stroke Clinics

Professional Y Swim Instructors work with you on your freestyle, back, breast, and butterfly strokes. Receive tips and tricks for swimming more efficient laps to boost your performance for fitness swimming or competitions.

Teen/Adult Swim Lessons

We provide swim lessons for both teens and adults. If you are a beginner or an experienced swimmer we will fit the class to your goals and needs.

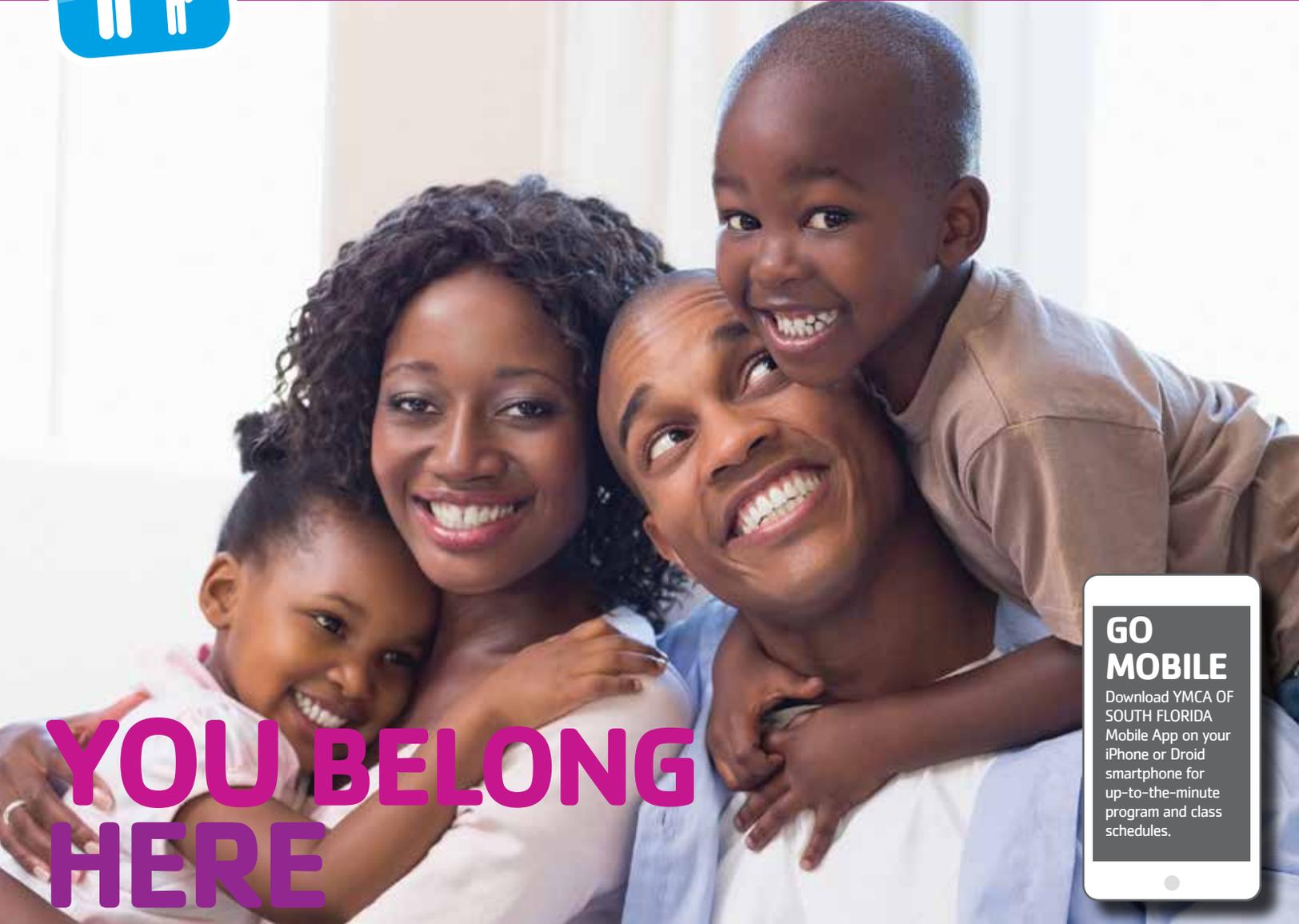
Visit our pools:

Greater Hollywood YMCA
Homestead YMCA
North Pointe YMCA
Pembroke Pines YMCA
Weston YMCA





OUR PROGRAMS AND SERVICES



YOU BELONG HERE

GO MOBILE
 Download YMCA OF SOUTH FLORIDA Mobile App on your iPhone or Droid smartphone for up-to-the-minute program and class schedules.

Programs and Services

	Parkland	Lauderhill	LA Lee	Weston	Hollywood	Pembroke Pines	Aquatic Center	North Pointe	Allapattah	South Dade	Homestead	Upper Keys	Community Locations
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FAMILY CENTER FEATURES

Basketball Court	•	•	•	•	•	•	•	•	•	•	•	•	•
Birthday Party Rental	•	•	•	•	•	•	•	•	•	•	•	•	•
Cardio Equipment	•	•	•	•	•	•	•	•	•	•	•	•	•
Facility Rental	•	•	•	•	•	•	•	•	•	•	•	•	•
Family Locker Rooms	•	•	•	•	•	•	•	•	•	•	•	•	•
Locker Rooms	•	•	•	•	•	•	•	•	•	•	•	•	•
Playground	•	•	•	•	•	•	•	•	•	•	•	•	•
Rock Climbing Wall				•	•	•	•	•	•	•	•	•	•
Sauna & Steam Room			•	•	•	•	•	•	•	•	•	•	•
Skateboard Park												•	
Strength-Training Equipment	•	•	•	•	•	•	•	•	•	•	•	•	•
Swimming Pool	•	•	•	•	•	•	•	•	•	•	•	•	•
Walking Track													
Weights	•	•	•	•	•	•	•	•	•	•	•	•	•
Wellness Equipment	•	•	•	•	•	•	•	•	•	•	•	•	•
WiFi	•	•	•	•	•	•	•	•	•	•	•	•	•

Programs and Services

	Parkland	Lauderhill	LA Lee	Weston	Hollywood	Pembroke Pines	Aquatic Center	North Pointe	Allapattah	South Dade	Homestead	Upper Keys	Community Locations
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SOCIAL RESPONSIBILITY

VOLUNTEER OPPORTUNITIES

Advisory Board Member	•	•	•	•	•	•	•	•	•	•	•	•	•
Annual Support Campaigner	•	•	•	•	•	•	•	•	•	•	•	•	•
Committee Member	•	•	•	•	•	•	•	•	•	•	•	•	•
Community Garden Caretaker	•	•	•	•	•	•	•	•	•	•	•	•	•
Community Service Projects	•	•	•	•	•	•	•	•	•	•	•	•	•
Mentoring	•	•	•	•	•	•	•	•	•	•	•	•	•
Special Events and Projects	•	•	•	•	•	•	•	•	•	•	•	•	•
Teen Community Service Hours	•	•	•	•	•	•	•	•	•	•	•	•	•
Youth Sports Coach	•	•	•	•	•	•	•	•	•	•	•	•	•

Programs and Services	Parkland	Lauderhill	LA Lee	Weston	Hollywood	Pembroke Pines	Aquatic Center	North Pointe	Allapattah	South Dade	Homestead	Upper Keys	Community Locations	
	YOUTH DEVELOPMENT													
CHILD CARE														
Afterschool Care	•			•		•	•						•	•
Before School Care														•
Kids Club	•	•	•	•	•	•	•							
Kid's Zone/Child Watch	•	•		•	•	•		•	•	•	•	•		
Preschool Child Care					•					•	•			
Special Needs Programs- Youth & Adults	•			•										•
EDUCATION AND LEADERSHIP														
Art Club	•		•	•		•								
Homeschool Health & Fitness						•					•			
Preschooler/Toddler Enrichment	•			•		•								
Leader-in-Training				•	•	•					•			
Mommy and Me	•			•	•	•	•				•			
Service Hours – Teens	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Special Needs Programs- Youth and Adults	•			•										•
Teen Leaders Club	•	•	•	•	•	•				•				
Teen Programs	•	•	•	•	•	•			•	•	•	•	•	
Youth and Government			•	•	•	•				•	•			
Y Leaders Club					•	•								
SWIM, SPORTS AND PLAY														
Basketball	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Birthday Party Rental	•	•	•	•	•	•	•	•						•
Boot Camp	•		•	•	•	•				•				
Camp	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Cheerleading				•	•	•								
Dance			•	•	•	•					•			
Diva Club						•	•							
Day Camp	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Flag Football				•	•					•	•	•		
Glee, Voice, Art, Theater			•	•										
Garden Classes-Youth	•													
Gymnastics				•	•									
Kid Fit/YFit	•	•	•	•	•	•	•	•	•	•	•	•		
Martial Arts				•		•			•					
Karate/Kung Fu/Tai Chi	•			•		•			•					
Soccer	•			•	•			•	•	•	•	•	•	
Special Needs Programs- Youth & Adults	•			•										•
Swim Lessons				•	•		•	•			•			
Swim Team				•	•		•							
Summer Camp	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Tee Ball			•	•	•									
Teen Fitness	•			•	•	•	•	•	•	•	•	•		
Tennis												•		
Tumbling	•			•	•									
Volleyball	•			•	•	•				•	•	•		
Youth Fitness/Exercise	•	•	•	•	•	•		•	•	•	•			
Youth Sports – Recreational	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Youth Sports – Competitive			•	•	•									

Programs and Services	Parkland	Lauderhill	LA Lee	Weston	Hollywood	Pembroke Pines	Aquatic Center	North Pointe	Allapattah	South Dade	Homestead	Upper Keys	Community Locations	
	HEALTHY LIVING													
HEALTH, WELL-BEING AND FITNESS														
Active Older Adult Programs	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Aquatic Group Exercise	•			•	•		•	•						•
Body Pump™									•	•	•	•		
Body Sculpt					•	•		•	•	•	•			
Boot Camp	•		•	•	•	•				•	•	•		
Boxing														
Cardio & Strength-Training	•		•	•	•	•			•	•	•	•		
Cross-Training	•			•	•	•				•	•	•		
Group Exercise	•	•	•	•	•	•			•	•	•	•	•	•
Kettlebell Training						•								
Kickboxing	•				•	•				•	•			
Personal Training	•		•	•	•	•			•	•	•	•		
Pilates	•				•	•			•	•	•			
SilverSneakers®	•	•	•	•	•	•	•	•	•	•	•	•		
Spinning®/Cycle	•			•	•	•			•	•	•	•		
Step					•						•	•		
Tabata					•				•	•	•	•		
TRX Training				•	•	•				•	•	•		
Yoga	•	•	•	•	•	•	•	•	•	•	•	•		
Zumba®	•	•	•	•	•	•	•	•	•	•	•	•		
SPORTS AND RECREATION														
Basketball	•		•		•	•								•
Bocce Ball	•													
Dance			•	•	•							•		
Lawn Croquet	•													
Martial Arts-Karate/Kung Fu/Tai Chi	•			•		•					•			
Ping Pong						•								
Racquetball					•	•								•
Softball					•									•
Swim Lessons-Teen/Adult				•	•	•			•	•		•		
Water Activities			•	•	•	•			•	•		•		
FAMILY TIME														
Adventure Guides	•			•	•							•		
Community Events	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Family Nights/Activities	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Water Activities				•	•	•			•	•		•		
GROUP INTERESTS														
CPR/First Aid Certification				•	•	•	•	•	•	•	•	•		
Lifeguard Training				•	•	•	•	•	•	•	•	•		
Parents' Night Out	•	•	•	•	•	•			•	•	•	•		
Swim Instructor Training					•						•			
Walking Club	•	•							•					
Wellness Seminars	•	•	•	•	•					•				



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

STRENGTHEN OUR COMMUNITY AS YOU STRENGTHEN YOURSELF

The generosity of others is at the core of the Y's existence as a nonprofit. It is only through the support of our thousands of volunteers and public and private donors that we are able to support and give back to the communities we serve. In order for our Y to continue to strengthen our South Florida community and impact lives in more meaningful ways, we need your help. Two ways you can help are by giving and volunteering.

Give



Our Annual Campaign allows the Y to provide financial assistance to kids, families, seniors and adults in need so they can experience our programs and services. Juan may need to learn to swim and can't afford it. Or the Johnsons may need a place to keep their family active. Y financial assistance lets them do that.

ASK
how you can
**MAKE A
DIFFERENCE**

Volunteer

Give of your time to help cultivate a community in which we all help one another. There are various types of volunteer opportunities:

- Youth Sports Coach
- Community Garden
- Special Events & Projects
- Mentoring
- Annual Campaign
- Advisory Boards
- Committees



COMMUNITY STARTS HERE



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1034 NE 8th Street
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UPPER KEYS YMCA PROGRAM CENTER
Key Largo Community Park
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