



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



*Cover photo courtesy of  
Jessica Maynard Photography*

# **REACHING NEW HEIGHTS**

**PROGRAM GUIDE  
WINTER 2012  
YMCA OF MARTHA'S VINEYARD**

# GENERAL INFORMATION



## OUR MISSION

The YMCA of Martha's Vineyard is dedicated to improving the quality of life for children, individuals, families and the Island community by helping our members realize their fullest potential through the development of body, mind and spirit.

## important dates

### winter session dates

January 9 - February 25, 2012

### registration dates\*

Members ..... Dec 12 – Jan 5

General Public ..... Dec 19 – Jan 5

\*Registrations over the phone are only accepted after 8:30 am.

\*\*Afterschool Program registration is ongoing

## facility hours

Mon- Fri: 5:30 am-9 pm

Sat: 7 am-8 pm

Sun: 8 am-6 pm

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For more information on membership and programs, visit us on the web at [www.ymcamv.org](http://www.ymcamv.org)

## Minimum Enrollment, Class Cancellations & Credit/Refunds

We will cancel a class when the minimum enrollment is not met. If we are unsuccessful in meeting our minimum enrollment, you will be given at least 24 hours notice that your class is cancelled, and be given the option to join another class or be given a refund or credit. Otherwise, a refund or credit will only be issued in the event that a class is missed for medical reasons and a physicians note can be provided.

## staff directory

Phone: (508) 696 7171

Member Service Desk..... x0

Café (to go orders) .....x222

### Jill Robie

Executive Director ..... x102

### Brian Mackey

Chief Financial Officer ..... x103

### Matt Ferro

Director of Facilities ..... x118

### Nina Lombardi

Director of Membership and Programs ..... x112

### Asil Cash

Health & Wellness Director .....x121

### Melissa Aldeborgh

Group Fitness Coordinator ..... x120

### Kelly McBride

Aquatics Director..... x115

### Tony Lombardi

Teen Center Director ..... x128

### Apryl Anastacio

School Age Program Director.....x105

### Debbie Brewer

Child Watch Coordinator .....x114

### Emily Galligan

Director of Marketing & PR ..... x108

### Jennifer Nightlinger

Financial Development Manager .....x104

### Sarah Soushek

Campaign & Events Manager ..... x107

### Bryan Garrison

Director of Food Services ..... x119

## WHAT WE DO

### OUR CAUSE

At the Y, strengthening community is our cause. We are committed to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, and we work with our neighbors in our community to provide such opportunities to each individual. Our Scholarship program makes sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

### ISLAND IMPACT CAMPAIGN

The annual Island Impact campaign is an integral part of the Y mission. As a cause-driven, charitable non-profit, our organization relies on contributed support as one of the essential elements to help us reach out and impact our unique community.



The Island Impact campaign raises money for our programs, services, annual operations and scholarships. Through our Open Doors scholarship program, the Y helps deserving children and families live a healthier life. The Y has provided numerous health and wellness opportunities to our community including afterschool childcare, summer camp, teen programs, swim lessons, water safety programs, aqua fitness for adults, group exercise, resolution relay, and more. All of our programs and services are available to members and non-members, and everyone is welcome to apply for financial assistance for these programs regardless of membership.

To learn more about how the Y is impacting our island community and how your donation can make a difference and change lives, please visit our website at [ymcamv.org/support](http://ymcamv.org/support) or call us today!

## HOW YOU CAN HELP

### SUPPORT THE Y

Financial assistance makes the Y accessible to kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

### STRENGTHEN YOUR COMMUNITY

#### *Your donation of...*

- \$70** will enroll a child in 8 swim lessons, teaching them lifelong skills and basic water safety.
- \$90** will enable a grandparent raising a grandchild to receive one week of after school care.
- \$100** will help a senior to manage his arthritis by participating in an 8 week aqua aerobics program.
- \$220** will provide a one year membership for a high school student, giving them access to a variety of health and wellness and teen activities.
- \$230** will allow a child to spend a week making friends at summer camp.
- \$846** will help a single dad join the Y and spend time with his children.

**To help make a difference today,** Contact Jennifer Nightlinger, Financial Development Manager, at (508) 696 7171 x 104 or [jnightlinger@ymcamv.org](mailto:jnightlinger@ymcamv.org).

# MEMBERSHIP INFORMATION



## Member Benefits

When you belong to the Y of Martha's Vineyard, you are entitled to take advantage of a wide variety of opportunities where health and wellness are highly valued and where programs and activities are founded upon the basic principles of caring, honesty, respect, and responsibility.

### Family & Individual Memberships Include:

- 25 yard, 6 lane competitive lap pool, recreational section, waterslide
- Cybex cardio & weight machines
- Group exercise classes
- Child Watch
- Teen Center
- Reduced rates for programming
- Free weights
- Complimentary fitness orientation
- Outdoor playground & basketball court
- Wi-Fi
- Priority registration

Visit our website for more information: [www.ymcamv.org](http://www.ymcamv.org)

## 2012 Membership Rates

Membership Category	Monthly *	Short Term**	Seasonal**
2 Adult Family***	\$93	\$195	\$450
1 Adult Family***	\$81	\$167	\$383
Individual (25-61)	\$57	\$111	\$254
Senior (62+)	\$47	\$88	\$211
Senior Couple (age 62+)	\$73	\$148	\$340
Young Adult (20-24)	\$47	\$88	\$211
Teen (13-19)	\$28	\$43	\$97

**Day Pass:** Adult \$20/ Child \$10      **Week Pass:** Individual \$75/ Family \$110

\*The monthly rate is an ongoing membership that is paid through an automatic withdrawal from a checking/savings account, debit card or credit card. Annual memberships require a one-time joiner fee of \$75 (per membership, not per individual). The first month of membership is prorated from the date you join until the end of the month.

\*\*Short term memberships are valid for a period of up to four (4) consecutive weeks; seasonal memberships are valid for a period of up to three (3) consecutive months. \$75 joiner fee does not apply.

\*\*\* Includes dependants under the age of 22

## Open Doors Scholarship Program

The YMCA of Martha's Vineyard is a non-profit charitable organization committed to building strong communities, families, and individuals. We believe no one should be denied membership or program participation due to financial circumstances. Scholarship assistance is made possible through charitable donations to our scholarship fund. Financial assistance is granted based on the need demonstrated by household income and/or extenuating circumstances. Each application is reviewed on an individual basis; scholarship is awarded as a percent off total membership or program cost. We strongly encourage you to visit the Y to see how our scholarship program can help you and your family live a healthier life. Please contact Membership Director, Nina Lombardi for additional information at [nlombardi@ymcamv.org](mailto:nlombardi@ymcamv.org) ext. 112.

## Child Watch

Members can take advantage of the free Child Watch service for a period of up to 1½ hours (limited to one visit per day); parents must remain in the facility. Children must be between 6 mo. and 10 years of age. Only the parent who signed in the child is authorized to sign out the child. Child Watch is for members and their dependent children only. **Hours\*:** Mon-Fri: 8:00 am-1:00 pm; 4:30-8:00 pm;

**Sat:** 8:00 am-1:00 pm \*hours are subject to change

## FAMILY & COMMUNITY



### FAMILY PROGRAMS

#### Parent's Night Out

**Friday Dates** (Ages 4+; 6-9pm): December 2 and January 6

**Saturday Dates** (Ages 3+; 5-8pm): December 17, January 21 and February 25

*The Y is holding a special Parent's Night Out on Valentine's Day, February 14th!*

**Fee:** Member \$20/child; Siblings \$15/child; Non-Member \$25/child; Siblings \$20/child

Parents - take a night off and let your children join the YMCA for some fun! Activities include swimming, arts & crafts and games. Please remember to pack your child's bathing suit and towel. Light snacks will be provided. *\*Minimum enrollment is 4 children; maximum enrollment 15. Registration closes the day prior to the event. Please note a note that payment is due upon registration and cancellations not given within 48 hours will not be refunded.*



**Recreational Swim Fee:** Members -included; Non-members - day pass required

Bring the kids for family swim time in our recreation pool and water slide!

Recreational swim is not always available, please check the pool schedule for specific times.

#### Splash Parties

Enjoy one hour of pool time followed by a one hour party celebration.

Parties include use of family locker room, recreation pool, lifeguard, and party room. Depending on age group and swim ability of the children, parents will be required to accompany children in the pool.

Party size is limited to 12 guests unless you have written prior approval. Maximum of 20 guests permitted. Non-refundable \$50 deposit due at time of booking; minimum 2 weeks notice for cancellations (full payment required for parties cancelled with less than 2 weeks notice). Registration form required.

Y Café available for catering; no outside food permitted.

#### Available Party times:

Saturdays: 3-4 pm (pool), 4-5 pm (room) **or** 4-5 pm (pool), 5-6 pm (room)

Sundays: 1-2 pm (pool), 2-3 pm (room) **or** 2-3 pm (pool), 3-4 pm (room)

**Fee:** Parties of 12 or fewer: Members \$175; Non-members \$250

Parties of 13-20: Members \$200; Non-members \$275

*Please contact Kelly McBride, Aquatics Director to schedule your splash party.*

*Reservations must be made 30 days prior to the date of your event.*



**COMMUNITY\*** all program are subject to minimum participation

#### Holiday Drop & Shop

**Sunday December 18, 2-5pm**

Have some last minute shopping to do? Drop the kids off at the Y for crafts, games and treats while you finish up your holiday shopping! **Fee:** \$20/child; Siblings \$15/child

#### An Afternoon of Jazz (at the Teen Center)

**Sundays, 1-3pm**

Join us every Sunday for live jazz and light refreshments. Admission \$5

#### Sunday Matinee (at the Teen Center)

**Sundays, 3:30-5:30**

We're playing your favorite old films; light refreshments served. Admission \$2

#### Polynesian Pool Party

**February 11, 4-7pm**

Beat those winter blues with a tropical night at the Y! Event features a tropical pool party followed by luau-themed games and refreshments!



## LEARN TO SWIM PROGRAM

### parent/child (ratio 1:10)

**Fee:** Member \$55; Non-member \$85  
*Participate in water adjustment activities that include but are not limited to blowing bubbles, kicking, paddling and jumping in and out of the pool. For children ages 6 months—36 months. (Ski, Kipper, Inia, Perch). Sat 9:00-9:30 am*

### preschool

(30 minute class; ages 3-5)  
**Fee:** Member \$55; Non-member \$85  
*Children not yet potty trained must wear a swim diaper or disposable diaper with rubber pants*

### pike

For the beginner swimmer who needs to build skills and confidence in the water

**Mon** 4:30-5:00pm, 5:05-5:35pm  
**Tues** 4:30-5:00pm, 5:05-5:35pm  
**Wed** 4:30-5:00pm, 5:05-5:35pm  
**Thurs** 5:40-6:10pm  
**Sat** 9:00-9:30am, 10:10-10:40am

### eel

For children who can swim independently in a horizontal position with a floatation device on their front & back for a minimum of 10 yards; must be comfortable putting their faces in the water.

**Mon** 4:30-5:00pm, 5:05-5:35pm  
**Tues** 4:30-5:00pm, 5:05-5:35pm, 5:55-6:25pm  
**Wed** 5:20-5:50pm, 5:40-6:10pm  
**Thurs** 4:30-5:00pm, 5:05-5:35pm  
**Sat** 9:35-10:05am, 10:45-11:15am

### ray

For children who can swim without a floatation device for part or all of the class time. Children will be introduced to rotary breathing and over arm recovery.

**Mon** 4:30-5:00pm, 5:40-6:10pm  
**Tues** 5:20-5:50pm **Wed** 5:55-6:25pm  
**Thurs** 5:20-5:50pm, 5:55-6:25pm  
**Sat** 9:35-10:05am

### starfish (ratio 1:6)

For children who can swim without a floatation for the entire class on their front and back. Children will work on developing their front crawl and backstroke skills.

**Tues** 5:40-6:10pm  
**Wed** 4:30-5:00pm **Sat** 10:10-10:40am

### \*SWIM LESSON REGISTRATION

Registration is on a first come, first serve basis; we cannot guarantee availability of classes. Late registration will only be accepted based on availability. Minimum numbers must be met in order for class to run. You will be given at least 24 hours notice of any cancelled classes. Register at the Member Service Desk. Registration over the phone only accepted after 8:30 am.

### youth

(45 minute class; grades 1-8)  
**Fee:** Member \$70; Non-member \$100

### polliwog advanced

(ratio 1:6)  
 For children who can swim with 2 bubbles or less, but cannot yet swim one length of the pool non-stop without floatation. Children will work on endurance and floating, and be introduced to the front crawl and back stroke.

**Mon** 5:40-6:25pm **Wed** 4:30-5:15pm  
**Thurs** 4:30-5:15pm

### guppy (ratio 1:6)

For children who can swim one length of the pool on their front and back without a floatation or support. Children must also be comfortable with rhythmic breathing.

**Mon** 5:55-6:40pm **Tues** 4:30-5:15pm  
**Wed** 5:55-6:40pm  
**Thurs** 5:20-6:05pm, or 6:10-6:55pm

### minnow (ratio 1:8)

Children should be able to float on their front & back for 1 minute without assistance, and be able to swim one length of the pool of front crawl with rotary breathing and backstroke. Children will be introduced to the breast stroke.

**Mon** 5:05-5:50pm **Tues** 5:40-6:25pm  
**Thurs** 4:30-5:15pm

### fish (ratio 1:8)

Children must be able to swim 50 yards nonstop using front crawl & backstroke & 25 yards breast stroke. They will work to refine those strokes and be introduced to butterfly and flip turns.

**Wed** 5:05-5:50pm **Sat** 10:45-11:30am

**\*Snow/inclement weather cancelation policy:** Swim lessons will be canceled if the school system cancels school or calls for early dismissal. All cancelations will be posted on our website. If your swimming lesson is canceled you will receive a credit on your account for the cost of that lesson which can be applied to future programs.

**Contact:** Kelly McBride, Aquatics Director at kmcbride@ymcamv.org or x 115  
**Note:** Swim cap is required for all participants.

### **Private & Semi-Private Swim Lessons** (40 minutes) *By appointment only*

**One-on-One**    **Fee** (1 lesson): Member \$40; Non-member \$50  
                         **Fee** (5 lessons): Member \$175; Non-member \$225  
                         **Fee** (10 lessons): Member \$300; Non-member \$400

**Semi-Private (2 individuals) \*price per person**  
**Fee** (1 lesson): Member \$30; Non-member \$40  
**Fee** (5 lessons): Member \$125; Non-member \$175  
**Fee** (10 lessons): Member \$200; Non-member \$300

## **COMPETITIVE SWIMMING**

**Contact:** David Espindle, Competitive Swim Coordinator at despindle@ymcamv.org

### **Bonito Swim Club**

**Fridays 4:15-5:00pm**

The Bonito Swim Club provides an introduction to competitive swimming for children ages 6-12. Children will learn and practice competitive swimming skills and gauge their level of interest in swimming competitively. This is a great program for those already enrolled in swimming lessons that want to take their skills to the next level. Participants should be able to swim 25 yards without assistance. **All Winter session Learn to Swim participants will receive a \$10 program credit towards Bonito registration.** Season runs Jan 13-Feb 24. **Fee:** Member \$50; Non-member \$80.

### **Makos Swim Club**

The Makos is a competitive swim club open to boys & girls ages 6-18. Current season runs through March 31st. Try out now or join in the spring! Email David Espindle.

### **Masters Swimming**

**Open to Swimmers 18+**

Masters Swimming provides structured fitness swimming workouts that include stroke refinement and set design. The coach will adapt the workout to your goals while providing a fun, yet challenging group swimming workout. This class is perfect for those that want to cross-train for fitness, improve their swimming ability, or train for a triathlon or other swimming competition. *Enrollment ongoing. Maximum 15.*

## **AQUA FITNESS**

**Contact:** Melissa Aldeborgh, Group Fitness Coordinator (508) 696 7171 x120

### **AQUA ZUMBA**

**Fee:** Member \$70; Non-member \$100

A revitalizing aqua Zumba formula paired with traditional Zumba fitness disciplines, this workout consists of 45 minutes of choreographed routines to a wide-range of music. The water adds resistance for the avid exerciser as well as provides a low-impact workout for seniors and individuals with disabilities.

**Tues & Thurs:** 9:15-10:00 am **or** 7:30-8:15 pm

### **Water Aerobics**

**Fee:** Member - free; Non-member - see below

A water workout for all! This exciting class is for both swimmers and non-swimmers who enjoy exercising. It's geared toward increasing cardiovascular output and muscle tone. Through exercising in the water you can condition both your body and heart.

**Mon, Wed & Fri:** 8:30-9:15 am (Non-member: \$100/session)

**Mon & Wed:** 10:15-11:00 am **or** 6:45-7:30 pm (Non-member: \$70/session)

### **Deep Water Training**

**Fee:** Member \$35; Non-member \$65

Journey into the deep while wearing a floatation belt and experience this intense training program. Alternate between high and low intensity moves to break through training plateaus, increase power and strength, and improve cardiovascular endurance.

**Tues & Thurs:** 10:15-11:00 am

# HEALTH & WELL BEING

**Contacts:** Asil Cash, Health & Wellness Director at [acash@ymcamv.org](mailto:acash@ymcamv.org) or x121  
Melissa Aldeborgh, Group Fitness Coordinator at [melissa@ymcamv.org](mailto:melissa@ymcamv.org) or x120

## Cardio Vascular & Strength Training Center

Our state-of-the-art cardio machines (ellipticals, treadmills, Arc trainers, stairmasters, recumbent and up-right stationary bikes) are equipped with a personal TV and cable, as well as iPod and headphone plug-ins. We also have Cybex circuit weight machines, free weights, and Star Trac spinning bikes.

### Group Exercise Classes *all classes are included with membership*

*Please check the group exercise schedule for actual class offerings and times; some classes require 1/2 hour advance sign up at the Member Service Desk.*

**Body Pump™:** This 60-minute workout challenges all major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight. Get the results you came for – and fast!

**Y Cycle:** An excellent workout focusing on endurance, strength, intervals, intensity and recovery to simulate a ride in real terrain. For all skill levels, studio cycling is an all-terrain adventure! Also try **Y Cycle Blast** for an intense, 45 minute ride!

**Fusion:** Kick it up a notch with this total body workout with intervals including step, kickboxing and sculpting! Sure to make you sweat!

**Kick!:** Divided into three parts for a genuine cross-training regimen. Learn new techniques across the widest array of styles. Warm up to classic cardio kickboxing. Peak with MMA and Muay Thai moves and finish with combination work.

**Pilates:** Promotes core strength, flexibility, & spinal health through a total body workout on the mat. Beginner Pilates, Mat and Advanced Pilates available.

**Prenatal Yoga:** Stretch, strengthen, and tone, while gently preparing the body and mind for labor, birth, and motherhood and alleviate many of the common discomforts of pregnancy from swelling to nausea, backache to leg cramps. Instructors are certified prenatal yoga instructors and labor doulas. *Free to members & non-members!*

**Strength, Balance & Core:** This workout uses weights and/or body bars to promote muscular strength, flexibility, body alignment and posture. Includes floorwork for core and spinal strength.

**Steam:** Improve cardiovascular and muscular conditioning with an up-tempo mix of cardio activity (hi/low aerobic intervals) designed to unleash your body's potential.

**Y Core:** A twenty minute abdominal, oblique, and lower back workout.

**Yoga:** Silver Yoga, Vinyasa Yoga, Yoga, Power Yoga

**Zumba®:** A basic choreography of Salsa, Samba and Latino style moves, mixed in a free style choreography to give you the best, most effective aerobic workout!

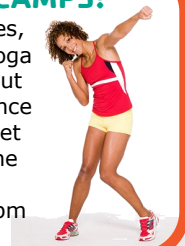
**Zumba® Toning:** Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all target zones, including arms, abs and thighs.

## SHAPE UP YOUR NEW YEAR WITH OUR BOOT CAMPS!

Start your new year off right with a month of intense interval exercises, circuit stations and sports drills, combined with weekly additions of yoga and aqua fitness and other group exercise to offer a total body workout that will strengthen and tone muscles. Basic body-weight and resistance exercises coupled with nonstop cardio intervals will ensure that you get a full body workout each class. Boot Camp runs Monday-Friday for the entire month of January! **Registration begins December 5.**

**Dates:** Class runs Mon-Fri, Jan 2-31 **Times:** 7-8am or 12:30-1:30pm

**Fees:** Member: \$200; Non-member: \$300



## Personal Training \*

Our Certified personal trainers use their knowledge of current research concepts, methods of sound exercise principles and state-of-the-art equipment to guide you to your fitness goals. Based on your health and individual needs, the Personal Trainer designs and implements a program tailored just for you. Sessions are either 30 minutes or 1 hour in length and are scheduled at times convenient for you.

**\*Payment plans available. Packages expire if not used within 6 months.**

*By appointment only*

<b>One-On-One (30 minute)</b>	<b>Fee</b> (1 session):	Member \$50; Non-member \$60
	<b>Fee</b> (5 sessions):	Member \$225; Non-member \$275
	<b>Fee</b> (10 sessions):	Member \$430; Non-member \$500
<b>One-On-One (1 hour)</b>	<b>Fee</b> (1 session):	Member \$70; Non-member \$85
	<b>Fee</b> (5 sessions):	Member \$300; Non-member \$375
	<b>Fee</b> (10 sessions):	Member \$550; Non-member \$700
	<b>Fee</b> (20 sessions):	Member \$1,000; Non-member \$1,300

### Group Personal Training (1 hr) \*price per person

<b>Fee</b> (group of 2):	Member \$40/person; Non-member \$60/person
<b>Fee</b> (group of 3 or more)	Member \$35/person; Non-member \$55/person
<b>Fee</b> (5 pack 2 person):	Member \$185/person; Non-member \$285/person
<b>Fee</b> (10 pack 2 person):	Member \$350/person; Non-member \$450/person
<b>Fee</b> (20 pack 2 person):	Member \$650/person; Non-member \$750/person

**Body Composition\*** **Fee:** Member \$25/session; Non-member \$35/session  
*\*free with purchase of 5 (1 hr) training sessions.* Personal assessment with a trainer to determine your body composition and design a workout to best achieve your goals.

### Youth and Teen Fitness\* (ages 10+)

<b>One-On-One Training (1 hour)</b>	<b>Fee</b> (5 sessions):	Member \$200; Non-member \$350
	<b>Fee</b> (10 sessions):	Member \$385; Non-member \$500
	<b>Fee</b> (20 sessions):	Member \$700; Non-member \$900
<b>Group Training</b> Groups of 2, 3 or 4 *Prices per person	<b>Fee</b> (1 session):	Member \$20; Non-member \$40;
	<b>Fee</b> (5 sessions):	Member \$90; Non-member \$175
	<b>Fee</b> (10 sessions):	Member \$170; Non-member \$250;
	<b>Fee</b> (20 sessions):	Member \$300; Non-member \$450

\*Children between the ages of 10-12 interested in using the Wellness Center must complete a Youth Strength training orientation. Please contact Asil Cash for details.

## Kick start your New Year's Resolution with Resolution Relay!

Join our second annual Resolution Relay and rediscover yourself in just one month! Lose weight and earn points for individual workouts, boot camps, private training sessions and group exercise classes during the ENTIRE month of January! Prizes will be awarded to members who with the most points earned. **This is a FREE program for all members.** Registration begins December 5.

## A NEW YEAR A NEW YOU

### RESOLUTION RELAY

Rediscover  
yourself in  
one month!

Free to all Members!



# YOUTH & TEENS

## ALEXANDRA GAGNON TEEN CENTER

Your NEW full Teen Center facility is opening this Fall and will offer a safe, fun, supervised place JUST FOR TEENS grades 7-12!

### NEW facility Hours:

Mon - Thurs: 3-7:00 pm

Friday & Saturday: 3-11:00 pm

**Games:** Wii, Playstation, board games, XBOX Competitions & more!



**Contact:** Tony Lombardi, Teen Center Director at [tlombardi@ymcamv.org](mailto:tlombardi@ymcamv.org) or x 128

### New programs/activities include:

Film Nights

Concerts

Martial Arts

Open Mic Nights

Homework Assistance

T.C. Advisory Board

## TEEN PROGRAMS & EVENTS (GRADES 9-12)

### Arts & Enrichment

#### Studio 57 Audio/Video Production Suite *Sponsored by Comcast*

Recording sessions by appointment only Create your own film & music projects! Use our state-of-the-art equipment to produce, record and edit your own audio and video creations!

### Teen Events at the Base

Located under the Alexandra Gagnon Teen Center, the Base is the second largest dance floor on the Island - and ONLY space dedicated just for teens! The BASE will be open every day for Studio work, and on weekends for dances and concerts. See our calendar of events for dance parties, concerts and more!

**\*All events are drug & alcohol free!**



## DANCE PROGRAM

Featuring Yard choreographer-dance educator, Jesse Keller. The Y is collaborating with the Yard to offer dance students fundamentals of modern, ballet, and creative dance skills that emphasize body awareness and confidence in movement. Each session, students will also work with professional visiting artists from The Yard and participate in drumming and rhythm training with guest artists, student choreography opportunities, and end of session performance for family and friends presented in the new Y Teen Center and The Yard. \*Limited availability for winter session (Jan 2-Feb 24). Please contact Member Services for availability.

**New session begins March 5! Times:** All classes run from 3:30-4:30pm:

Monday (5-7 yrs); Tuesday (8-11yrs); Wednesday (5-7yrs); Thursday (Teens)

**Fees:** Member \$140; Non-member \$175

## CAMP BLUE EARLY BIRD REGISTRATION

Camp Blue offers traditional and specialty summer camp activities for boys and girls from K - 8. Now's your chance to take advantage of our early payment plan - monthly or weekly drafts towards your child's Camp Blue adventure of 2012!

**Registration begins: Members Feb 13; Non-members Feb 27.**

*Make a donation to our scholarship fund and help send a child to camp!*

## SCHOOL AGE CHILD CARE PROGRAMS (K-6)

**Contact:** Apryl Anastacio, School Age Program Director, at [aanastacio@ymcamv.org](mailto:aanastacio@ymcamv.org)

### Afterschool Program\*

**Session II: November 7 - January 6**

**Session III: January 9 - March 9**

**\*enrollment is on-going**



The Y Afterschool program offers children a safe, fun place to be where they can enjoy homework time, healthy snack, swimming, recreational time and enrichment. Our dedicated staff is committed to providing quality programming emphasizing the four core values: caring, honesty, respect and responsibility.

- Licensed by the EEC for children grades K-6
- Transportation from Oak Bluffs, Edgartown, Tisbury, West Tisbury & Charter Schools
- Open Monday-Friday after school until 5:30 pm
- Financial assistance available & third party subsidies accepted
- Three or five day enrollment options.

**Fees\*:** Member: \$18/day; Non-member: \$21/day (3 or 5 day options)

\*Full session commitment required (8 weeks). Deposit required at registration; weekly payment plans available.

### Leaders-in-Training Program (ages 12-14)

This program blends our traditional after-school programming such as homework assistance and physical activities with a service learning component that focuses on character building, leadership and community service projects around the camp property and community.

**Fees\*:** Member: \$18/day; Non-member: \$21/day.

\*Full session commitment required (8 weeks). Deposit required at registration; weekly payment plans available.

### School Vacation Programs

Let your child enjoy their school vacations and holidays here at the Y! Children will have the opportunity to participate in sports, swimming, arts and crafts, and have fun with friends. Please send your child with a bagged lunch and a bathing suit and towel. Snack will be provided.

#### Program Hours & Fees:

Half day 12:30pm - 5:30pm. Member \$35; Non-member \$40

Full day 8:30am - 5:30pm. Member \$55; Non-member \$63

**Martin Luther King Jr. Day**

January 16

Full Day Program

**President's Day**

February 20

Full Day Program

### School Break Camps

Children will explore new worlds with themed activities in our multi-day school break camps. Full day programs are designed to provide working parents with quality child-care during school break weeks. 2, 3 or 5 day enrollment options available.

**December Break:** December 27-29 (Tues, Wed, Thurs only)

Full day program 8:30am-5:00pm.

**Fee:** Member: \$185; Non-member: \$200

**Winter Break:** February 27 - March 2

Full day program 8:00am-5:30pm.

#### Choose from:

2 day (T/Th only) **Fee:** Member: \$100; Non-member: \$110

3 day (MWF only) **Fee:** Member: \$135; Non-member: \$150

5 day **Fee:** Member: \$205; Non-member: \$230





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