



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A NEW YEAR A NEW YOU.

PROGRAM GUIDE
January - April 2012

Hemet Family YMCA
305 E. Devonshire Ave
Hemet, CA 92543

HELLO FRIENDS OF HEMET

General Information

We are a powerful organization 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. We believe that lasting personal and social change can only come when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our communities to make sure that everyone, regardless of age, income or background, has the opportunity to live, grow and thrive.

With the Y, you're not just a member of a facility; you're part of a cause. With a common dedication to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership gives you and your community the opportunity to become all together better.

Volunteers who serve as board members, committee members, program volunteers, and fund raisers provide much of the life blood of your YMCA. Join us - we could use someone like you.

Membership Type	Joining Fee	Monthly Fee*	First Year	Renewal
Teen/Young Adult (16-24)	\$45	\$25	\$345	\$300
Adult (25-61)	\$60	\$35	\$480	\$420
One Adult & Children	\$60	\$40	\$540	\$480
Two Adults & Children	\$60	\$50	\$660	\$600
Seniors (62 +)	\$60	\$30	\$420	\$360
Senior Family (62 +)	\$60	\$40	\$540	\$480
Program Member (Swim, Youth Sports, Bitty) Allows registration into paid programs.	Effective 4/1/11		\$45 Annual Fee	\$45

- Membership is based on a 50-week membership.
- Monthly fees are paid annually, quarterly or monthly by automatic payment directly from a checking savings account or debit/credit card.
- Our memberships may increase annually.
- There will be a \$10 fee for a lost membership card.
- Price and information subject to change.

Family & Senior Family Memberships

A Family is defined as two (2) adults and all children under the age of 24 who are living at home and attending school full-time. The adults in the family will receive full use of the facilities. To qualify for Senior Family Membership one (1) or more of the adult members must be 62 or older. If a Grandparent is registering a grandchild, they must prove legal guardianship of the children.

One Adult Family Membership

A Single Adult Family is defined as one (1) adult and all children under the age of 24 who are living at home and attending school full-time. One (1) adult will receive full use of the facilities.

Senior Membership (Ages 62 and older)

Adult Membership (Ages 25 to 61)

Teen/Young Adult Membership (Ages 16 to 24)

Members 16 & Older Receive With Their Membership:

- Unlimited access to aerobic classes and fitness equipment during business hours.
- Co-Ed Fitness Center with Treadmills, Stationary Bikes, Stairmasters, and other equipment.
- Aerobic Classes (see the current schedule for details)
- Free Weights (18 years and up)
- Free Kid Zone while using the facility for children. Kid Zone ages 6 weeks to 12 years. (Members Only)
- Physical Fitness Evaluation/Consultation
- Reduced rates on other YMCA classes/programs

FACILITY HOURS

Monday-Friday 7:00 am - 8:00 pm
Saturday 8:00 am - 1:00 pm
Sunday - Closed

FOR YOUTH DEVELOPMENT

Youth sports, fitness, and more

KidsZone

Let our trained staff watch your children while you workout! With crafts, games, and plenty of fun your child will want to come back for more.

Shizendo Karate Ages 8-over

Builds strength, sharpens reflexes and builds self-confidence.



Mighty Movers Ages 3-5

Develops motor skills through games and fun activities in this high energy class created just for our younger members.

Cardio Dance Jam Ages 10-14

Learn fun dance moves and street smart dance combos.

Bitty Sports Explorer Ages 3-5

This once a week program is designed to help parents find out what sport their child enjoys. This 10 week program focuses on basketball, flag football, T-ball and soccer.

Kids' Cardio Ages 6-12

Designed to continue developing motor skills, coordination and flexibility. This active class includes game concepts and cooperation.

Bitty Sports Monthly Ages 3-5

Basketball · T-ball · Soccer · Flag Football

Twice a week program with a new sport every month.

KIDZONE Must be YMCA Family or Single Parent Family Member (no additional charge)

KidZone is a recreational program offered to our members while they workout. KidZone offers fun crafts, music and play for your child.

Once a month KidZone offers a parent's night out from 5:30pm - 8:30pm. Sign up ahead of time is a must. This is a free service to our members—donations for popcorn and pizza always welcome.



- Children six weeks to 12 years. Non-YMCA members' children are not allowed. Anyone using the baby-sitting service must be in the building at all times
- All parents must sign their children in and out. Only the person who signs the children in may sign them out. All members must show their membership card when signing their children. If sitters consider the children sick, they reserve the right to refuse admittance for the children.
- Parents must sign paperwork and show a current immunization record before children will be accepted.

KIDZONE HOURS

Monday - Friday 8:00am-12:00pm & 4:00pm- 8:00pm
Saturday 8:00am-12:00 pm
Sunday Closed

FOR HEALTHY LIVING

Health & Fitness Classes

Dancercise

Get a great cardio workout while learning fun dance moves and routines.

Pilates Fusion

Core conditioning beginner level combines Ballet, Pilates, Tai Chi and Yoga movements into one fluid core conditioning workout. No previous Pilates experience necessary. Bring your yoga mat and water.

Zumba®

Zumba fuses Latin rhythms and easy to follow dance moves. Achieve long term benefits while experiencing an exhilarating hour of caloric burning, heart racing, muscle pumping, body energizing movements.

Gentle Yoga

Gentle stretching, easing slowly into more difficult stretches. Both standing and floor work stretch routines that will relax and rejuvenate the body. Wear loose, comfortable clothing and bring your yoga mat and water.

Strength Training For Women

Learn the correct form of strength training while using free weights and your own body resistance. This class will improve muscular strength and enhance your sense of well-being

Indoor Cyclery (Spin)

Spin is the perfect way to burn calories and get a great cardio workout. Come take a ride on our Matrix Livestrong Indoor Cycles with classes ranging from beginner; those who have never taken a spin class, all the way through advanced.



SilverSneakers®

Exercises designed to increase muscular strength and range of movement. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

Senior Pilates

This class is great for reducing back pain! Combines simple moves and breathing techniques to help you relax and bring strength to your spine and core.

Step Kick Fusion

Cardio step workout that will keep you jumping and your heart pumping! A wide variety of movements and easy to learn and do.

Yoga Stretch SilverSneakers®

This class 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 final relaxation will promote stress reduction and mental clarity.

Program For Y Members Only *

Personal Training

One-On-One individualized training with our certified personal trainers.

Fee Per Hour Session: \$45 Y Member, 4 Hour sessions \$120

Ready To Be Fit Program

Fitness Coach will set up a personal fitness program designed for you. Meet with your fitness coach 4 times in a 12 week session to check your progress.

Fee Per 12 Week Session: \$40 Y Member

Personal Nutrition Planning & Guidance

Guidance and nutrition together in a new program that is designed to help members take responsibility for their personal health with 4 one-on-one counseling sessions that will help improve your daily diet and fatigue.

Fee Per Month Session \$50

Woman To Woman Workout Ages 14-up

Weight training and body sculpting workout designed specifically for women. Four one-on-one sessions with your fitness coach.

Fee Per Month Session: \$50 Member

*Call the Fitness desk to make an appointment for these programs.

FOR HEALTHY LIVING

Senior Fitness Classes

MSROM

(Muscular Strength Range of Movement)

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

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 final relaxation will promote stress reduction and mental clarity.

Senior Pilates

This class is great for reducing back pain! Combines simple moves and breathing techniques to help you relax and bring strength to your spine and core.



7 Day Guest Pass

We invite you to try out the Y free for 7 days. With a wide array of programs and services to help you learn, grow, and thrive, you'll discover that membership at the YMCA offers endless possibilities. Bring this coupon in and get started today!

Good until: _____

Staff initials: _____



FOR SOCIAL RESPONSIBILITY

The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. Anchored in more than 10,000 neighborhoods around the country, the Y has the long-standing relationships and physical presence not just to promise, but to deliver lasting personal and social change.

Though the world may be unpredictable, one thing remains certain - the Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families, and communities.

OUR MISSION

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

OUR FOCUS

For Youth Development

Nurturing the potential of every child and teen.

For Healthy Living

Improving the nation's health and well-being.

For Social Responsibility

Giving back and providing support to our neighbors.

OUR VOICE

We use the word "voice" to describe the way we are committed to serving our community.

Nurturing - To care for, support and help develop through encouragement.

Genuine - To be honest and open in relationships with others.

Hopeful - To take an optimistic or positive view of future outcomes.

Determined - To devote full strength and concentrated attention to the cause.

Welcoming - To accept neighbors eagerly, warmly, hospitably and as equal participants.

OUR VALUES

The four core values of the Y are essential principles that guide our behavior, interactions with each other and our decision making.

Caring - To put the needs of others above myself.

Honesty - To have integrity by being truthful and trustworthy in every part of life.

Respect - To value others, treating them as I want to be treated.

Responsibility - To be accountable for my attitudes and actions.



OUR RESPONSIBILITY

Giving back and providing support to our neighbors

The Y has been listening and responding to our communities' most critical social needs for 165 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, preventing chronic disease and building healthier communities through collaborations with policy-makers, the Y fosters the care and respect all people need and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people and communities in which they live, to be healthy, confident, connected and secure.

OUR MISSION IN ACTION

EVENTS & NEWS

ANNUAL SCHOLARSHIP CAMPAIGN NEEDS YOUR HELP

For over 128 years, the YMCA of Riverside City & County has been helping those in our community. Now we are asking you to help us help others. Our annual Current Support Campaign, which raises funds to support our scholarship program. This scholarship program allows us to provide vital programming and services to those who otherwise would be unable to pay for them. We are asking you to consider donating, either money or your time, to help us continue this essential community service. Currently across our Association, almost 25% of our members receive scholarship support, and this number has been steadily rising.

Our Campaign kicks off on February 2nd. and we are asking you, our members, for help. This fundraising campaign is also a great way to meet fellow members, along with YMCA staff; not to mention the great feeling you'll have knowing you helped provide funding for your neighbors who need our services the most. Our scholarship campaign could use someone like you. If you'd like to donate or volunteer, please see the Welcome Center. We here at the Y thank you for your dedication and continued support.

Scholarship Fundraising Campaign Calendar of Events

EVENT	DATE / TIME
Volunteer Mixer	Jan. 19th 6:30-8:30pm
Campaigner Training	Jan. 25th 1-2:30pm
Campaigner Training	Jan. 26th 5:15-6:30pm
Campaigner Training	Jan. 31st 6:30-8pm
CAMPAIGN KICKOFF	Feb. 2nd 6:30-8pm
Report Dinner #1	Feb. 9th 6:30-8pm
Report Dinner #2	Feb. 16th 6:30-8pm
Report Dinner #3	Feb. 23rd 6:30-8pm
VICTORY DINNER	Mar. 1st 6:30-8pm

The Wake of Matty O'Malley

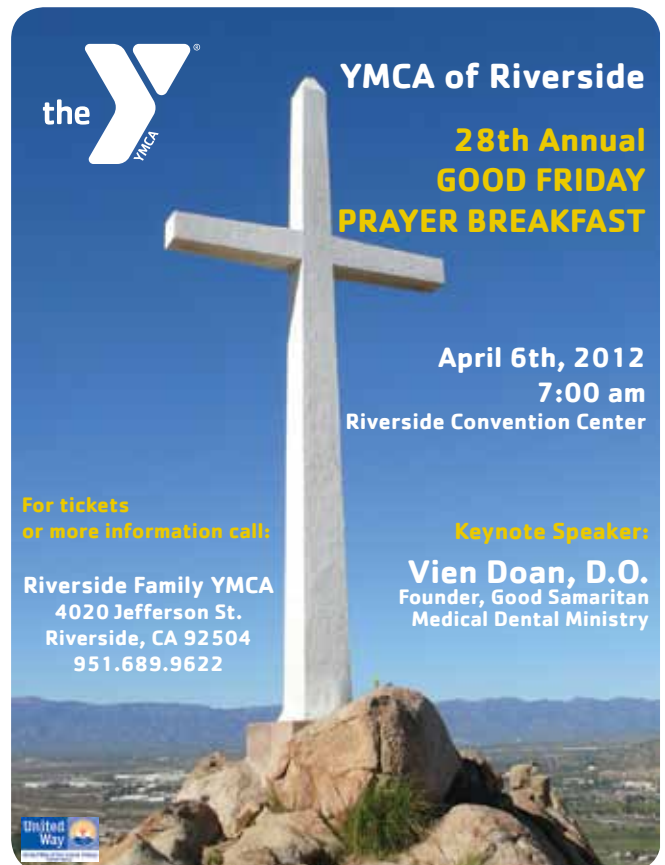
"Laugh yourself to death..."

March 17th, 2012 • Riverside YMCA

Help us celebrate St. Patrick's Day and enjoy a night of hilarious dinner theatre! The Wake of Matty O'Malley is a comedic theatric production, where you are in the midst of a traditional Irish wake. With many twists and turns, this production is sure to make you laugh out loud. Tickets go on sale January 9th, 2012 and are available at the Riverside Welcome Center.

Tickets:

\$35 - Y Members
\$50 - Non-Members



the Y[®] YMCA

YMCA of Riverside

**28th Annual
GOOD FRIDAY
PRAYER BREAKFAST**

**April 6th, 2012
7:00 am
Riverside Convention Center**

**For tickets
or more information call:**

Riverside Family YMCA
4020 Jefferson St.
Riverside, CA 92504
951.689.9622

Keynote Speaker:
Vien Doan, D.O.
Founder, Good Samaritan
Medical Dental Ministry

United Way



Riverside Family YMCA

4020 Jefferson St. • Riverside, CA 92504 • 951-689-9622
www.riversideymca.org • www.facebook.com/riversideymca

Hours of Operation

Monday - Friday	5:00 am - 9:00 pm
Saturday	8:30 am - 6:00 pm
Sunday	12:00 pm - 4:00 pm

Hemet Family YMCA At J. Simpson Center

305 E. Devonshire Ave. • Hemet, CA 92543 • 951-929-9622
www.riversideymca.org

Hours of Operation

Monday - Friday	7:00 am - 8:00 pm
Saturday	8:00 am - 1:00 pm
Sunday	Closed

Temecula Family YMCA

29119 Margarita Rd. • Temecula, CA 92591 • 951-677-9622
www.riversideymca.org • www.facebook.com/southwestfamilyymca

Hours of Operation

Monday - Thursday	6:00 am - 9:00 pm
Friday	6:00 am - 8:00 pm
Saturday	7:00 am - 5:00 pm
Sunday	12:00 pm - 4:00 pm