

Co-Ed Splash Aerobics

This one-hour class choreographed to music is a high energy, low-impact water aerobic program, enabling participants to improve cardiovascular conditioning, as well as flexibility and muscle tone. This class will enable you to work at your own level of intensity using various forms of exercise. Non-swimmers welcome.

Instructor: TBD
Mon./Wed. 9:00-10:00 am
Tue./Thurs. 9:30-10:30 am
Tue./Thurs. 7:30-8:30 pm

Aquatic Fitness

Come join the R.E. Lindner's newest addition to our aquatic department. This is a fast paced high endurance class that is a great cardio workout.

Th 5:15-6:00 pm
Instructor: Pat Brown

YMCA Child Watch

Ages: 6 weeks - 8 years

M -Th 8:30 am - 1:00 pm
5:30 pm - 8:30 pm
Fri 8:30 am - 1:00 pm
Sat 9:00 am - 1:00 pm
Sun Closed

The YMCA provides quality child watch while members and program participants use our facility. For safety reasons, service for infants 6 months and younger, as well as children that have difficulty being away from their parents, may be limited.

Hours are subject to change due to usage. Child Watch is closed on holidays. There is a limit of 10 children allowed in Child Watch at a time

Fees:

Children who are members: Free

Children who are not members:

\$4.00 per child

Health and Fitness Program Fees

Fitness Fees:

Members FREE
Program Participants \$35/session

Pump

Pump iron in a classroom setting to firm and shape the upper body (arms, chest, and back) and lower body (hips, thighs, and abs). Participants work with weights to improve muscle tone, flexibility and posture. For beginner to advanced fitness level.

Instructor: Shari Fleming
Mon./Wed. 5:30-6:30 pm

Cardio Kickboxing

A fun cardiovascular workout, similar to Tae-Bo. We combine boxing-like punches, kicks and traditional aerobics.

Instructor: Endora Harvey
Mon. 6:35-7:45 pm
Fri. 6:00-7:00 pm

Yoga:

Stretch, tone, strengthen, breathe, relieve stress and energize with this beginner's yoga class. Please try to bring your own yoga mat, the YMCA can only provide a few mats for participants.

Instructor: Heather Simms
Tues./Thurs. 5:30 - 6:30 pm

Martial Arts - Tae -Kwon-Do

Learn the ancient art of Korean Karate at your own pace. This is an excellent program to enhance your level of physical fitness, gain self-confidence, and improve self-discipline while learning the traditional art of self-defense.

Tue. 7:30 - 9:30 pm
Thurs. 7:30 - 9:30 pm

Fees: \$25 Members
\$35 Program Participants

Massage Therapy

Come treat yourself today! 30 minute and 60 minute sessions available. Please schedule your appointment at the front desk.

Fees: 30-min./60-min. session
\$25/\$50 Members
\$35/\$60 Program Participants

Fitness Center

The following is the equipment available for use in our fitness center:

- 6 Treadmills
- 7 Elliptical Machines
- 4 Recumbent Cycle
- 15 Cybex Strength Training stations
- Racks of Free Weights

In addition, there are two TV sets that members can watch and listen to while working out.

SUMMER CAMP

Welcome to YMCA Summer Camp, where the 150 year-old tradition of building strong kids happens right in your own neighborhood! Getting your child enrolled is easy! First, pick up a registration form at the R.E. Lindner branch, or visit www.myy.org to download the forms. Walk-in registration occurs during all operational hours of your YMCA branch. Contact your branch for instructions on how to fax or mail in your registration. Check, money order, Visa, Mastercard, or AMEX is accepted. For full or partial scholarship information, talk to a front desk representative.

Camp Dates: June 2 - August 15th

Hamilton County Vouchers accepted. (Scholarships available)

Registration Fees: \$25*

Deposits are non-refundable and non-transferable. Camp sessions have a limited enrollment and registration is on a first-come, first-served

basis.

Camp Fees:

	Members	Program Participants
Camp	\$119	\$149
Pre&Post Camp	\$15	\$30
Pre-Camp only	\$10	\$15
Post-Camp only	\$10	\$15

Summer Day Camp (Ages 5-12)

Hours of Operation: 9:00am- 4:00pm
Precamp 7:00-9:00 am, Postcamp 4:00-6:00 pm. Songs, games, crafts, field trips, special guests, constant activity and constant fun! These are just a few of the things your child will experience while attending our camp this summer.

Teen Aces (Leadership Development, ages 11-13)

Fees/week:

\$119 Members

\$149 Program Participants

Teen Aces Campers will learn valuable leadership skills while having all the fun that day campers do with fieldtrips, games crafts and swimming. These weeks feature a combination of the traditional camp activities with teen programs geared toward leadership development, cultural awareness, self-worth and community understanding.

Preschool Speciality Camp (ages 3-4) & 5yr olds not attending Kindergarten yet.

Fees: Full day \$130/week

Part time campers (1-2 days)
\$89/week

Campers will enjoy introductory camp activities including songs, arts & crafts, games, sport skills, swimming and sacks.