



**SPRING / SUMMER 2019
FAMILY NEWSLETTER
YMCA IN GREENFIELD**

WHY THE Y Your Family Belongs Here

FITNESS Everyone knows that regular exercise is medicine that our bodies need every week to be healthier. But it is not an easy goal to accomplish without some external support. At the Y we provide the staff who teach fun, motivating group exercise or yoga classes; free appointments with our supportive Exercise Trainers; and even more support in our First Step Fitness Program – all free with a YMCA Membership. **Y staff is committed to your wellness success!**

FUN & FRIENDS Seven days a week your family can play together which helps your family stay connected to each other and provides opportunities for you to meet other families. **In this 'social media' world, face to face connections are ever important and the YMCA makes this possible, come in and play!**



COST EFFECTIVE All YMCA Memberships are sold on a Sliding Fee Scale. A Family Membership costs between \$20 to \$66 a month; bringing your family to the Y 3 times a week costs you the equivalent of \$1.66 to \$5.50 a visit! **What other fun, healthy activity can you do with your family for this amount of money?!!**

CONVENIENT Bring your whole family to the Y at the same time! Our one-stop activity center is perfect for YMCA Family Members. Your kids (5-12 years old) can play in the Game Room or KidFit Center, or your 8 week-5 year old can explore in ChildWatch, all while you get to have some ME TIME - take a group ex class, swim, lift weights, or just soak in the hot tub. **Everyone goes home healthier and happier!**

For help starting your YMCA Family Membership, contact Bill Fitzpatrick at 413 773 3646 x447.

PLAN YOUR SUMMER! Look inside!

YMCA FAMILY MEMBERSHIPS

Silver Family Memberships provide:

- Free Family Activities 7 days a week
- 8 Family Swims a week
- Family Fun Nights (Fridays and Saturdays)
- Game Room Play (M-Sa)

Gold Family Memberships provide all of the above, PLUS:

- 20-50% discount on Youth Gymnastics, Swim, and Sports classes
- Free ChildWatch Tuesday/Thursday from 6-7:30 pm
- 20% discount on most adult classes
- One FREE 8 week session of Water Fitness Classes
- Discounts on massage

Do the math and see how much your family can save by being Gold Family Members!



PARENTS NIGHT OUT

This is a great opportunity for parents who have Y Family Membership to drop your kids off at the Y, and enjoy some time for themselves! Perfect for kids 5-12 years old!

Saturday, May 18 | 5:30-9:30 pm

Saturday, June 1 | 5:30-9:30 pm

Saturday, June 15 | 5:30-9:30 pm

YMCA Members: \$15 first child
\$5 each sibling

Register at the Welcome Center



Friday and Saturday Family Fun Nights... FREE with your Y Family Membership!!

Family Fun Nights allow families a weekly 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.

The Game Room, Gymnastics Center, Gym, and Pool all offer various opportunity for families with Y Family Memberships to have fun together for free!

May 18th Last Saturday Family Night

June 14th Last Friday Family Night

PUT FAMILY NIGHTS IN YOUR CALENDAR!



Help us plan the 2019-2020 program year.

Fill out this survey and bring back to the Welcome Center, visit ymcaingreenfield.org/surveys, or scan the QR code to register to win a \$25 Village Pizza Gift Certificate!



Q1. What family activities does your family like to do at the YMCA?

- Family Swims
- Family Nights (Friday or Saturday)
- Pizza and Play in the Game Room
- Game Room play
- Parents Night Out
- Other _____

Q2. What program / activity could we offer that might attract more families to the Y?

Q3. Are you able to take advantage of the 'one-stop' activity options we provide? Example: Parent lifts weights while child takes swim/gymnastics lessons, or plays in the Game Room. **YES NO**

If yes, what do you do?

Q4. How can we make Family Nights more fun for your kids and family?

Q5. Are you aware of the Y's Sliding Fee Scale that can cover up to 70% of Silver Membership fees? Family dues range from \$20-\$66 a month. **YES NO**

Q6. Would you choose to attend Family Nights on Saturdays from 6-8 pm or from 3-6 pm?

To enter to win a \$25 Village Pizza Gift Certificate, fill out your information below and bring survey to the Welcome Center.

First & Last Name: _____

Email: _____



WHY Y SUMMER CAMPS

VARIETY We offer three camps with 30 themes, so you can mix and match a combination of indoor and outdoor camp weeks to create a unique summer for your children.

CHILDCARE Making summer childcare easy and convenient for your family, Camp Apex operates 9 weeks including August 19 thru 23rd (Gymnastics and Sports Camps run for 8 weeks). Early Care starts at 6 am and Late Care goes until 6 pm; Breakfast and lunches are provided by the Greenfield Public School Summer Meals Program.

COMPASSIONATE COUNSELORS, STAFF, & DIRECTORS With over 50 years of YMCA experience, our directors are busy planning a fantastic, fun summer for your children. Camp Counselor's will teach the Ys four values (honesty, caring, responsibility, and respect). They will also be responsible for the general safety and development, growth, and skill achievement of the participants in his/her group.

FUN, FITNESS, & FRIENDS Your children will experience these three things every day at our camps. Most kids go home happy and tired talking about all the new friends (some from other schools), new adventures and games they've met and learned.

2019 CAMP DATES

Week 1	June 24 - June 28
Week 2*	July 1 - July 3 (no camp 7/4-5)
Week 3	July 8 - July 12
Week 4	July 15 - July 19
Week 5	July 22 - July 26
Week 6	July 29 - August 2
Week 7	August 5 - August 9
Week 8	August 12 - August 16
Week 9	August 19 - August 23

Early & Late Care offered all weeks
M=Member | PA = Program Associate | NM= Non Member



CAMP APEX Ages 5-14

- Week 1 GOING GREEN
- Week 2* TRASH IS OUR TREASURE
- Week 3 DESTINATION EXPLORATION
- Week 4 UNDER THE SEA
- Week 5 SHIPWRECKED!
- Week 6 KNIGHTS OF THE APEX ROUND TABLE
- Week 7 UNDER THE APEX BIG TOP
- Week 8 APEX'S GREATEST SHOW
- Week 9 SUMMER FINALE!

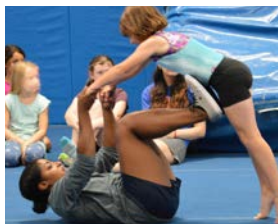
WEEKLY FEES M \$210 • PA \$220 • NM \$230



SPECIALTY CAMPS AT APEX Ages 8-14

- Week 3 ARTS & CRAFTS CAMP!
- Week 4 AVENGERS WEEK!
- Week 5 MYTHICAL CREATURES!
- Week 6 OUTDOOR EXPLORERS!
- Week 7 APEX'S GOT TALENT!
- Week 8 EDIBLE ENGINEERING!

WEEKLY FEES M \$210 • PA \$220 • NM \$230



GYMNASTICS CAMP Ages 5-14

Gymnastics Camp will run Week 1 - Week 8

WEEKLY FEES Full Day
M \$200 • PA \$210 • NM \$220

WEEKLY FEES Half Day
M \$140 • PA \$150 • NM \$160



GYMNASTICS SPECIALTY CAMPS

- Week 1 SUPERHERO CAMP (PM) ages 4-7
- Week 2* CHEERLEADING (PM) ages 8+
- Week 3 SUPERHERO CAMP (PM) ages 4-7
- Week 5 PARKOUR (PM) ages 7+
- Week 5 MINI CAMP (AM) ages 3.5-5
- Week 6 MINI CAMP (AM) ages 3.5-5
- Week 7 PARKOUR (PM) ages 7+
- Week 8 TEAM INTENSIVE (AM) by invite only

WEEKLY FEES Half Day
M \$150 • PA \$160 • NM \$170

For a full day of camp, add gymnastics or sports camp for an additional \$75/week!



SPORTS CAMP Ages 6-14

- Week 1 BASKETBALL CAMP
- Week 2 RECESS GAMES
- Week 3 GAGA/DODGE BALL
- Week 4 FLAG FOOTBALL
- Week 5 MULTI-SPORT
- Week 6 RECESS GAMES
- Week 7 GAGA/DODGE BALL
- Week 8 FLAG FOOTBALL

WEEKLY FEES Full Day
M \$190 • PA \$200 • NM \$210

WEEKLY FEES Half Day
M \$120 • PA \$130 • NM \$140

CAMP APEX OPEN HOUSE
Saturday, June 1st | 10 am - 2 pm
Tours • Meet n' Greet • Hot Dog Lunch

For more info visit ymcaingreenfield.org/camps

No Camp July 4th or 5th - Camps that week will be prorated. Care at the Y will be provided to those who need it on 7/5 for an additional fee.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Non-Profit Org.
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PAID
Greenfield, Mass.
PERMIT NO. 61

YMCA IN GREENFIELD | 451 Main Street, Greenfield MA 01301

A Y Family Membership provides free health, fun, and fitness activities 7 days a week!

For only \$20-66 a month!

For more information on our upcoming events or programs visit ymcaingreenfield.org.

**We need your input...
please fill out the
short survey inside!**



YOUR FAMILY BELONGS HERE



Learn why inside!

YMCA IN GREENFIELD | 451 Main St, Greenfield MA 01301 | ymcaingreenfield.org