2024
FALL
SEPTEMBER–DECEMBER
CROSSROADS YMCA | crymca.org
the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ABOUT OUR BROCHURE

- We have worked hard to continue to develop new programs for all our members. As our program guide continues to grow, we know it is sometimes challenging to find programs for your family when organized by activity rather than age. We have aligned our program guide to be organized by age. We believe this is an easier way to search through a wide variety of program offerings in one section rather than looking through the entire guide.

- You will find the categories as follows:
  -Parent/Child (Ages 0-2)
  -Preschool (Ages 3-5)
  -Elementary (Ages 6-10)
  -Middle School (Ages 11-14)
  -High School (15-18)
  -Adult/Senior (18+)
  -Families (all ages)

- Ages are meant to be a guide, each program and discipline varies

- Some overlap will occur in offerings for age groups and you may see listings in multiple age groups.

PARENT/CHILD (AGES 0-2) 7

PRESCHOOL (AGES 3-5) 12

ELEMENTARY (AGES 6-10) 24

MIDDLE SCHOOL (AGES 11-14) 48

HIGH SCHOOL (AGES 15-18) 66

ADULT/SENIOR (AGES 18+) 72

FAMILIES (ALL AGES) 86

PROGRAM CALENDAR

September 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2024

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Program Session Last Day

Program Session First Day

Program Break for Leader Development

Holiday, Building Hours may vary

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

DEVELOPING SKILLS AT YOUR PACE

STEP 1

MONTHLY

- Typically age 2 and up
- One Month Commitment
- Learn age appropriate skill fundamentals while developing confidence
- Classes meet once per week
- Curriculum repeats monthly to reinforce skills

STEP 2

ACADEMY

- Typically age 6 and up
- Session Commitment (Sept-Dec)/ (Jan-May)
- Classes meet one or two times a week
- Curriculum progresses to prepare for performance
- May also perform at local events and recitals
- Additional costs
- Improve strength, flexibility and coordination while developing confidence and friendships
- Available in Gymnastics, Dance, Cheer, Ninja, Sports Performance and Swim
- Director approval may be required

STEP 3

TEAM

- Designed for athletes that are dedicated to their sport
- Compete in local, regional, state and/or national competitions depending on sport
- May also perform at local events and recitals
- Available in Gymnastics and Cheer
- Teams require auditions and/or director approval

Contact Information

Gymnastics Team
DeAnna Arndt
darndt@crymca.org

Cheer Team
Kennedy Tolbert
ktolbert@crymca.org

ACCESS FOR ALL

Crossroads YMCA believes no one should be denied membership or program participation solely because of the inability to pay fees. Income-based applications are available at our front desk or online. Income-based assistance is granted based on available resources. All applications are kept confidential.

What is the YMCA Income-Based Assistance Program? The YMCA Income-Based Assistance Program provides scholarship assistance to individuals and families in need of financial support, allowing them to participate in membership and program activities. This support is funded by generous donations made to the YMCA's Annual Campaign. Income-Based assistance is granted based on available resources.

How will the Income-Based Assistance amount be determined? We use a sliding fee scale, based on total household income, number of dependents and special needs or circumstances; as well as the resources and program availability at our YMCA.

NOTE: Payment is made on a monthly basis. All participants are expected to notify the YMCA representative handling Income-Based Assistance if their financial situation changes. Scholarships must be approved prior to program registration and does not guarantee you a spot in the program.

Income-based example

Hammond YMCA Family Membership:
Price $55.00

Example Income-based assistance:
Qualifies for 50%

Example Member **pays just $27.50** a month for family membership!

FIND MY RATE

Visit crymca.org/findmyrate
Enter your annual income and dependents to see your estimated rate to join the Y.

HOW DO I APPLY?

1. Complete the financial assistance application form.
2. Submit completed forms along with all the following documentation:
    - Proof of income and/or assistance for all adults in household *(examples are: most recent Federal 1040 tax returns, recent paycheck stub, proof of child support)*
    - Include copies for all individuals contributing to household income
    - Proof of dependency for children/minors

PARENT/CHILD

PARENT/CHILD INCLUDES:

- Brickies in Motion
- Dance
- Gymnastics
- Ninja
- Preschool/Learning Together
- Sports FUNdamentals
- Swim Lessons

DANCE

Creative Movement (Ages 18 months-3) This is a parent participation class where your little ones will explore movements, directional concepts, and spatial/body awareness. Rhythm is learned through props, and creative storytelling through dance to keep them entertained while they learn. Athletic wear preferred. 30 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	11:05am	$20	$40
	Wednesday	4:15pm	$20	$40
Southlake	Monday	9:30am	$20	$40
	Tuesday	4:15pm	$20	$40
	Wednesday	9:30am	$20	$40
	Saturday	9:00am	$20	$40

Brickies in Motion (Age 0-4) A 30 minute class that focuses on music and movement geared towards children ages 0-4. This class encourages learning through songs, dance, instruments and body movement. Music and movement is a wonderful way to work on physical skills, while also encouraging young children to learn sounds, words, and patterns. Parent Participation Required.

Location	Days	Time	Member	Guest
Hobart	Tuesday	11-11:30am	$25	$50

GYMNASTICS

Parent & Me (Age 2-3) Parent & Me is a parent participation program that allows the child to develop the basic gymnastics skills, learn to work in a group setting, and understand the sense of following direction. 30 minute class.

Location	Days	Time	Member	Guest
Hammond	Wednesday	4:00pm	$20	$40
	Saturday	11:15am	$20	$40
Hobart	Tuesday	9:45am	$20	$40
	Friday	11:00am	$20	$40
	Saturday	9:30am	$20	$40
Schererville	Tuesday	9:00am	$20	$40
	Saturday	9:00am	$20	$40
Southlake	Monday	10:50am	$20	$40
	Monday	4:30pm	$20	$40
	Tuesday	5:25pm	$20	$40
	Wednesday	10:10am	$20	$40
	Wednesday	5:25pm	$20	$40
	Thursday	5:45pm	$20	$40
	Friday	5:50pm	$20	$40
	Saturday	10:05am	$20	$40
	Saturday	11:00am	$20	$40

NINJA

Baby Ninjas (Walkers-3) Baby Ninjas is the first step in creating confidence in young children! In an organized, yet playful structure, this parent participation class is the perfect way to socialize your child, allow them to learn and understand what it means to follow instruction, and of course, get them moving! 30 minute class.

Location	Days	Time	Member	Guest
Griffith	Saturday	10:30am	$25	$50
Hammond	Monday	4:00pm	$25	$50
	Wednesday	4:45pm	$25	$50
Hobart	Monday	11:00am	$25	$50
	Wednesday	11:00am	$25	$50
	Saturday	9:00am	$25	$50
Schererville	Tuesday	10:20am	$25	$50
	Thursday	4:30pm	$25	$50
	Saturday	10:00am	$25	$50
Southlake	Monday	9:15am	$25	$50
	Monday	5:25pm	$25	$50
	Tuesday	10:10am	$25	$50
	Tuesday	4:15pm	$25	$50
	Wednesday	11:30am	$25	$50
	Thursday	4:15pm	$25	$50
	Thursday	5:10pm	$25	$50
	Friday	9:15am	$25	$50
	Friday	5:00pm	$25	$50
	Friday	5:55pm	$25	$50
	Saturday	10:35am	$25	$50
	Saturday	5:30pm	$25	$50
Whiting	Saturday	9:00am	$25	$50

Purposeful Play (18 months-6) Watch your little one blossom as they engage in hands on activities designed to build and develop motor skills. From sensory exploration to exciting physical challenges, our child-led approach fosters growth in every little explorer. Thoughtfully curated play stations will be provided each week to ignite curiosity and stimulate imaginative play. You and your child can expect to see exciting new stations each week to enhance hands eye coordination and agility.

Location	Days	Time	Member	Guest
Southlake	Tuesday	10:50am	$25	$50
	Thursday	10:50am	$25	$50

FREE SPORTS FUNDAMENTALS

The YMCA's FUNdamental Sports Programs (Ages 2-4) teach the basic skills of the sport through drills and practices with less emphasis on the game. We concentrate more on the fundamentals of the sport. FUNdamental Sports run 30 minutes. Gym shoes and sports attire required. Equipment provided. Parent involvement required. Registration limited and required. See all the details on the full listing on page 20.

SWIM LESSONS

Waterbabies (6mos-2yrs; Water Discovery) Discover swimming and water safety through song and games. Parent participation required. 30 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	5-5:30pm	$20	$40
	Thursday	5-5:30pm	$20	$40
	Saturday	10:25-10:55am	$20	$40
	Saturday	11:35am-12:05pm	$20	$40
Hobart	Sunday	11:15-11:45am	$20	$40
	Wednesday	5:30-6:00pm	$20	$40
	Friday	10:30-11:00am	$20	$40
	Saturday	10:30-11:00am	$20	$40
Schererville	Monday	4:30-5:00pm	$20	$40
	Thursday	10:40-11:10am	$20	$40
	Saturday	9-9:30am	$20	$40
Southlake	Sunday	9:45-10:15am	$20	$40
	Sunday	10:55-11:25am	$20	$40
	Monday	9:45-10:15am	$20	$40
	Tuesday	10:20-10:50am	$20	$40
	Tuesday	4:30-5:00pm	$20	$40
	Wednesday	10:15-10:45am	$20	$40
	Thursday	9:45-10:15am	$20	$40
	Thursday	5-5:30pm	$20	$40
	Saturday	10:20-10:50am	$20	$40

Paddlers (2-3yrs; Water Exploration) Learn swim readiness and water safety through song, instruction and games. Parent participation required. 30 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	5:35-6:05pm	$20	$40
	Thursday	5:35-6:05pm	$20	$40
	Saturday	11-11:30am	$20	$40
Hobart	Sunday	11:15-11:45am	$20	$40
	Wednesday	5:30-6:00pm	$20	$40
	Friday	10:30-11:00am	$20	$40
	Saturday	10:30-11:00am	$20	$40
Schererville	Monday	5:05-5:35pm	$20	$40
	Saturday	9:35-10:05am	$20	$40
Southlake	Sunday	10:20-10:50am	$20	$40
	Monday	10:20-10:50am	$20	$40
	Tuesday	9:45-10:15am	$20	$40
	Tuesday	5:05-5:35pm	$20	$40
	Wednesday	10:50-11:20am	$20	$40

Location	Days	Time	Member	Guest
Southlake	Thursday	10:20-10:50am	$20	$40
	Thursday	5:40-6:10pm	$20	$40
	Saturday	9:45-10:15am	$20	$40
	Saturday	10:55-11:25am	$20	$40

EARLY LEARNING ACADEMY

The Early Learning Academy uses a holistic approach to foster language, cognitive, emotional, physical, and social development to promote life-long learning and academic achievement. Our trained professionals who are chosen for their warmth, creativity, experience with children and commitment to excellence create a fun, positive classroom atmosphere that engages multiple styles of learning.

Location	Preschool	Days/Times	Ages	Member	Guest	Supply Fee
Southlake	**Explore with Me**	Fridays AM 1: 9-10:00am AM 2:10:30-11:30am	Children 1 year old, must be 1 year old by August 1, 2024 and sitting up independently	$40/ month	$55/ month	N/A
Southlake	**Learning Together**	Monday/Wednesday OR Tuesday/Thursday AM 1: 9-11:00am AM 2: 11:30am-1:30pm**	Children 2-3 years old, must be 2 years old by August 1, 2024	$75/ month	$90/ month	$50

*Fees are subject to change. Registration Fees (first month's tuition plus supply fee) are due upon enrollment for all Early Learning Academy programming. Registration fees are non-refundable. **Times for 2024-2025 school year

Explore with Me is designed specifically for children aged 12-24 months. Young toddlers have a newfound interest in the world around them and their curiosity is endless. In Explore with Me toddlers will enjoy activities involving fine motor skill development, sensory play, exploratory art, and a language rich story time. Grownups and children will explore topics such as colors, shapes, seasons, holidays, and animals together. All sensory activities have been designed as taste safe (but not always TASTY) for curious little learners that still put everything in their months.

Learning Together is a grownup plus child class for toddlers aged 2-3. At this age, toddlers abilities are growing quickly: they are communicating more clearly, learning about boundaries, have big feelings, showing interest in friends, and can't stop exploring! Toddlers will develop social emotional, self-expression, fine motor, and gross motor skills (weekly swim and gym classes) while building their vocabulary. Most of all they will develop the confidence to attend and thrive in preschool independently at age 3.

Tuition Due Dates: Families must pay for the next month's tuition by the 15th of the month to avoid a $25 late fee. All tuition payments are due by recurring payment only. Tuition fees are non-refundable.

***We offer childcare at Griffith Family YMCA beginning at 13 months old. See more information on page 23.**

PRESCHOOL

PRESCHOOL INCLUDES:

- Book & Cook
- Dance
- Early Learning Academies/Preschool
- Gymnastics
- Ninja
- Sports FUNdamentals
- STEAM
- Swim Lessons

DANCE

3 Just Me Ballet (Age 3) This class will give your little dancer a basic introduction to ballet steps and positions, while enhancing their motor skills and coordination with fun music and rhythms. Leotard, tights and ballet shoes required. 30 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	10:25am	$25	$50
	Saturday	9:55am	$25	$50
Southlake	Monday	10:15am	$25	$50
	Tuesday	4:15pm	$25	$50
	Wednesday	10:15am	$25	$50
	Saturday	9:40am	$25	$50

Ballet/Tap Combo This class uses a variety of props to develop creativity, motor skills, balance and rhythm. Dancers will learn the basics of ballet and tap along with terminology. Girls: Pink or black leotard, pink, white, or black tights, ballet shoes and tap shoes. Boys: Black shorts, white T-shirt, ballet shoes and tap shoes. 45-minute class.

Location	Days	Time	Member	Guest
Ballet/Tap Combo I Ages 3-4				
Hobart	Monday	5:00pm	$25	$50
Schererville	Monday	11:50am	$25	$50
	Wednesday	5:00pm	$25	$50
	Thursday	5:30pm	$25	$50
	Saturday	10:35am	$25	$50
Southlake	Monday	11:00am	$25	$50
	Monday	4:15pm	$25	$50
	Wednesday	11:00am	$25	$50
	Saturday	10:20am	$25	$50
Ballet/Tap Combo II Ages 5-6				
Southlake	Monday	5:10pm	$25	$50
	Tuesday	4:55pm	$25	$50
	Thursday	4:15pm	$25	$50
	Saturday	11:15am	$25	$50

Intro to Acro (Ages 5-6) Acro class will work on basics to advanced levels of acrobatics. Our teachers will guide the students towards increased flexibility, balance, strength, muscle control and tumbling skills such as cartwheels, walk-overs, aerials, handsprings, partner skills, and much more! Girls/Boys: leotard or comfortable fitted clothing and bare feet.

Location	Days	Time	Member	Guest
Southlake	Monday	5:30pm	$30	$60

Intro to Hip Hop (Ages 5-6) Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. Hip-hop is a high-energy class that includes a wide range of styles primarily breaking, locking, popping, and the latest styles on music videos. Girls/Boys: Athletic clothing and tennis shoes. 45 minutes.

Location	Days	Time	Member	Guest
Schererville	Monday	4:00pm	$25	$50
Southlake	Wednesday	4:15pm	$25	$50
	Thursday	5:10pm	$25	$50

Intro to Jazz (Ages 5-6) Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Jazz also has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. Various styles of jazz will be taught such as Broadway, street style, and contemporary jazz. Girls: Black leotard, black dance shorts, tan tights, tan jazz slip-on shoes. Boys: Black or white T-shirt, black shorts or pants, black jazz shoes.

Location	Days	Time	Member	Guest
Southlake	Tuesday	4:55pm	$25	$50

Intro to Pom (Ages 5-6) This class focuses on sharp arm movements, execution of choreography, and musicality. Dancers will learn pom positions, terminology, and performance skills. Girls: Black or light pink leotard, pink, white or black tights and, ballet or shoes. Boys: White fitted T-shirt, black dance pants or shorts, and, ballet or jazz shoes. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Tuesday	5:50pm	$25	$50

ACADEMY CLASSES *See Page 2 for details.*

Ballet & Tap Academy Dancers will learn beginner ballet and tap, like Ballet/Tap Combo but this class is a full program session long with a performance at the end of the session. There will be a $35 costume fee during the second month of the session. Leotard, tights, ballet and tap shoes required. 60 minute class.

Location	Days	Time	Member	Guest
Ballet/Tap Academy Ages 3-4				
Southlake	Wednesday	12:00pm	$40	$80
	Wednesday	4:15pm	$40	$80
	Saturday	9:15am	$40	$80
Ballet/Tap Academy Ages 5-6				
Schererville	Tuesday	4:15pm	$40	$80
Southlake	Monday	4:15pm	$40	$80
	Wednesday	5:25pm	$40	$80
	Saturday	11:30am	$40	$80

GYMNASTICS

3 Just Me (Age 3) 3 Just Me is a child's first independent experience in gymnastics. This program allows the child to continue to enhance their gymnastics skills while learning in a group setting and understanding the importance of following directions. 30 minute class.

Location	Days	Time	Member	Guest
Hammond	Saturday	9:30am	$25	$50
Schererville	Tuesday	9:40am	$25	$50
	Tuesday	5:30pm	$25	$50
	Wednesday	10:00am	$25	$50
	Thursday	4:30pm	$25	$50
	Saturday	10:15am	$25	$50
Southlake	Monday	11:30am	$25	$50
	Monday	6:05pm	$25	$50
	Tuesday	12:40pm	$25	$50
	Tuesday	5:05pm	$25	$50
	Wednesday	10:50am	$25	$50
	Thursday	10:10am	$25	$50
	Thursday	5:05pm	$25	$50
	Friday	8:35am	$25	$50
	Friday	5:10pm	$25	$50
	Saturday	9:25am	$25	$50
	Saturday	10:20am	$25	$50

Preschool (Ages 4-5) Preschool Gymnastics is the next progression into gymnastics. It is a program that allows the child to continue independently when learning the basics of gymnastics on all apparatus. 45 minute class.

Location	Days	Time	Member	Guest
Griffith	Thursday	6:30pm	$25	$50
	Saturday	11:15am	$25	$50
Hammond	Sunday	3:00pm	$25	$50
	Wednesday	5:30pm	$25	$50
	Thursday	4:00pm	$25	$50
	Thursday	4:50pm	$25	$50
	Saturday	10:15am	$25	$50
	Saturday	11:15am	$25	$50
Hobart	Wednesday	4:15pm	$25	$50
	Saturday	10:00am	$25	$50
Schererville	Monday	4:00pm	$25	$50
	Tuesday	11:00am	$25	$50
	Tuesday	4:30pm	$25	$50
	Tuesday	6:15pm	$25	$50
	Wednesday	9:00am	$25	$50
	Thursday	5:15pm	$25	$50
	Saturday	11:45am	$25	$50

Location	Days	Time	Member	Guest
Southlake	Monday	9:55am	$25	$50
	Monday	5:10pm	$25	$50
	Tuesday	8:20am	$25	$50
	Tuesday	4:10pm	$25	$50
	Tuesday	4:30pm	$25	$50
	Wednesday	9:15am	$25	$50
	Wednesday	4:30pm	$25	$50
	Thursday	8:20am	$25	$50
	Thursday	4:10pm	$25	$50
	Friday	10:50am	$25	$50
	Friday	4:15pm	$25	$50
	Saturday	8:30am	$25	$50
	Saturday	10:45am	$25	$50

Intermediate Preschool (Ages 4-5) Intermediate preschool gymnasts have developed the basic skills and are ready for the next level! All incoming intermediate gymnasts must have been enrolled in beginner gymnastics for a minimum of 6 months. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Tuesday	5:45pm	$25	$50
	Wednesday	6:05pm	$25	$50

Advanced Preschool (Ages 4-5) Advance preschool is an accelerated program for gymnasts that excel on all apparatus in the regular preschool gymnastics class. Please ensure the participants have strong basic skills and are evaluated by an instructor to enroll. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	5:30pm	$25	$50
	Saturday	10:45am	$25	$50
Southlake	Tuesday	6:05pm	$25	$50
	Thursday	9:15am	$25	$50

Purposeful Play (18 months-6 years) Watch your little one blossom as they engage in hands on activities designed to build and develop motor skills. From sensory exploration to exciting physical challenges, our child-led approach fosters growth in every little explorer. Thoughtfully curated play stations will be provided each week to ignite curiosity and stimulate imaginative play. You and your child can expect to see exciting new stations each week to enhance hands eye coordination and agility.

Location	Days	Time	Member	Guest
Southlake	Tuesday	10:50am	$25	$50
	Thursday	10:50am	$25	$50

PRESCHOOL

CHEER/TUMBLING

Preschool Tumbling (Ages 4-5) Preschool tumbling includes skills that are age and level appropriate for preschoolers, such as rolls, handstands and cartwheels. 45 minutes class.

Location	Days	Time	Member	Guest
Hobart	Thursday	5:30pm	$25	$50
Schererville	Wednesday	9:30am	$25	$50
	Thursday	4:30pm	$25	$50
	Saturday	9:00am	$25	$50
Southlake	Tuesday	9:15am	$25	$50
	Wednesday	4:30pm	$25	$50
	Saturday	10:50am	$25	$50

Preschool Cheer (Ages 4-5) Preschool cheer is where you begin learning the fundamentals of cheerleading. Children will learn motion techniques, jumps, stunts, cheers and chants. In addition to learning basic beginner tumbling skills. 45 minutes class.

Location	Days	Time	Member	Guest
Schererville	Wednesday	4:30pm	$25	$50
Southlake	Monday	4:05pm	$25	$50
	Friday	5:25pm	$25	$50
	Saturday	9:00am	$25	$50

NINJA

Lil' Ninjas (Ages 3-5) Lil' Ninjas is the entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training, and freestyle movement. 45 minute class. Uniform additional $25.

Location	Days	Time	Member	Guest
Griffith	Tuesday	4:30pm	$25	$50
	Tuesday	5:30pm	$25	$50
	Thursday	4:30pm	$25	$50
	Saturday	9:30am	$25	$50
Hammond	Monday	4:45pm	$25	$50
	Saturday	1:15pm	$25	$50
	Saturday	3:15pm	$25	$50
Hobart	Monday	4:15pm	$25	$50
	Monday	9:45am	$25	$50
	Tuesday	4:15pm	$25	$50
	Wednesday	5:15pm	$25	$50
	Friday	9:45am	$25	$50
	Saturday	12:00pm	$25	$50

Location	Days	Time	Member	Guest
Schererville	Monday	4:30pm	$45	$90
	Tuesday	4:30pm	$45	$90
	Wednesday	10:45am	$45	$90
	Wednesday	5:30pm	$45	$90
	Thursday	6:30pm	$45	$90
	Thursday	5:15pm	$45	$90
	Saturday	9:15am	$45	$90
	Saturday	10:45am	$45	$90
Southlake	Monday	12:10pm	$45	$90
	Monday	4:30pm	$45	$90
	Tuesday	11:45am	$45	$90
	Tuesday	5:50pm	$45	$90
	Thursday	11:55am	$45	$90
	Thursday	4:15pm	$45	$90
	Thursday	5:50pm	$45	$90
	Friday	9:55am	$45	$90
	Friday	5:00pm	$45	$90
	Friday	5:40pm	$45	$90
	Saturday	8:45am	$45	$90
	Saturday	3:30pm	$45	$90
	Saturday	4:30pm	$45	$90
Whiting	Tuesday	4:00pm	$25	$50
	Thursday	4:00pm	$25	$50
	Saturday	9:45am	$25	$50

SWIM LESSONS

Preschool (Ages 3-5; Stages 1-4) Introduction to independent swim lessons, participants will progress through four levels of swim instruction. Progress reports are provided at end of the course. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	4-4:45pm	$25	$50
	Tuesday	4:50-5:35pm	$25	$50
	Tuesday	5:40-6:25pm	$25	$50
	Tuesday	6:30-7:15pm	$25	$50
	Thursday	4-4:45pm	$25	$50
	Thursday	4:50-5:35pm	$25	$50
	Thursday	5:40-6:25pm	$25	$50
	Thursday	6:30-7:15pm	$25	$50

PRESCHOOL

Location	Days	Time	Member	Guest
Hammond	Saturday	9:50-10:35am	$25	$50
	Saturday	10:40-11:25am	$25	$50
	Saturday	11:35pm-12:20am	$25	$50
	Saturday	12:25-1:10pm	$25	$50
Hobart	Sunday	10:30-11:15am	$25	$50
	Monday	4-4:45pm	$25	$50
	Friday	10:30-11:15am	$25	$50
	Friday	3:45-4:30pm	$25	$50
	Saturday	10:45-11:30am	$25	$50
	Saturday	11:30am-12:15pm	$25	$50
Schererville	Monday	4-4:45pm	$25	$50
	Monday	4:50-5:35pm	$25	$50
	Wednesday	4-4:45pm	$25	$50
	Wednesday	4:50-5:35pm	$25	$50
	Thursday	9:50-10:35am	$25	$50
	Saturday	9-9:45am	$25	$50
	Saturday	9:25-10:10am	$25	$50
	Saturday	10:15-11:00am	$25	$50
	Saturday	11:05-11:50am	$25	$50
Southlake	Sunday	9-9:45am	$25	$50
	Sunday	9:50-10:35am	$25	$50
	Sunday	10:40-11:25am	$25	$50
	Sunday	11:30am-12:15pm	$25	$50
	Monday	9:45-10:30am	$25	$50
	Tuesday	9:45-10:30am	$25	$50
	Tuesday	4-4:45pm	$25	$50
	Tuesday	4:50-5:35pm	$25	$50
	Tuesday	5:40-6:25pm	$25	$50
	Tuesday	6:30-7:15pm	$25	$50
	Wednesday	9:45-10:30am	$25	$50
	Wednesday	10:35-11:20am	$25	$50
	Thursday	9:45-10:30am	$25	$50
	Thursday	4-4:45pm	$25	$50
	Thursday	4:50-5:35pm	$25	$50
	Thursday	5:40-6:25pm	$25	$50
	Thursday	6:30-7:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
	Saturday	9:50-10:35am	$25	$50
	Saturday	10:40-11:25am	$25	$50
	Saturday	11:30am-12:15pm	$25	$50

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

FREE SPORTS FUNDAMENTALS

The YMCA's FUNdamental Sports Programs (Ages 2-4) teach the basic skills of the sport through drills and practices with less emphasis on the game. We concentrate more on the fundamentals of the sport. FUNdamental Sports run 30 minutes. Gym shoes and sports attire required. Equipment provided. Parent involvement required. Registration limited and required.

FREE Sports FUNdamentals

Registration required.

BRANCH	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Griffith	**Basketball**	**Soccer**	**T-Ball**	**Basketball**
Wednesday	4:45-5:15pm	4:45-5:15pm	4:45-5:15pm	4:45-5:15pm
	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm
Hammond	**Basketball**	**Soccer**	**Basketball**	**Soccer**
Tuesday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Wednesday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Thursday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Friday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Hobart	**Basketball**	**Soccer**	**T-Ball**	**Basketball**
Wednesday	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm
Friday	11:15-11:45am	11:15-11:45am	11:15-11:45am	11:15-11:45am
Schererville	**T-Ball**	**Basketball**	**Soccer**	**T-Ball**
Monday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Tuesday	11-11:30am	11-11:30am	11-11:30am	11-11:30am
Wednesday	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm
Thursday	11-11:30am	11-11:30am	11-11:30am	11-11:30am
Southlake	**Soccer**	**Basketball**	**Volleyball**	**T-Ball**
Tuesday	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm
Wednesday	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm
	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm
Friday	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm
Whiting	**Soccer**	**T-Ball**	**Basketball**	**Soccer**
Saturday	9:45-10:15am	9:45-10:15am	9:45-10:15am	9:45-10:15am

RECREATIONAL SPORTS LEAGUES

Here, we introduce more game play versus skills like our FUNdamentals or Clinics. In Y leagues, children will have a unique and unforgettable experience. Your child will feel like a superstar when their name is announced at the beginning of the game while they run out onto the field/court through faux smoke and the music pumping. We believe the overall experience and fun is more important than being the next pro athlete. **We offer basketball, flag football, soccer, and t-ball across the Crossroads YMCA locations for ages 3-5; Pre-K through 1st grade. Check out the full details in our Elementary Sports Section on Page 37.**

PRESCHOOL

STEAM

Book & Cook (Ages 3-5) Let's cook!! Learning through experimenting with recipes and measurement basics. Participants will create a yummy recipe to sample while they enjoy a story that goes with the recipe. Parent participation is encouraged.

Location	Days	Time	Member	Guest
Hammond	Saturday	10-10:45am	$35	$70
Southlake	Monday OR Thursday	1-2:00pm	$57	$114
Whiting	Monday	5-5:45pm	$35	$70

Book and Craft Discover the magic of storytelling and creativity in our "Book and Craft" class! This unique and engaging class invites children and their guardians to immerse themselves in a wonderful story, followed by a fun and imaginative craft project inspired by the book. This collaborative activity not only enhances comprehension and appreciation of the story but also fosters creativity, fine motor skills, and family bonding.

Location	Days	Time	Member	Guest
Hobart	Wednesday	9:45-10:30am	$25	$50

Little Picassos Just as Picasso did, we will explore creativity through art. Lil Picassos will be exploring the world of art through a variety of vessels from crayons, markers, paint and more. Let the creativity bloom.

Location	Days	Time	Member	Guest
Hobart	Tuesday	4:30-5:00pm	$25	$50
Whiting	Monday	4-4:45pm	$25	$50

STEAM Sampler (Ages 3-5) Calling all budding scientists, engineers, artists, and innovators! Get ready to ignite your child's curiosity and creativity with our exciting STEAM Sampler Class designed specifically for preschoolers! All supplies included.

Location	Days	Time	Member	Guest
Southlake	Monday	2:45-3:30pm	$25	$50

PRESCHOOL NIGHT OUT

Parents, enjoy a night out knowing your kids are having fun and are well cared for at the YMCA! Our experienced and caring child-care staff will provide fun activities for your child in a safe and well-supervised environment. Preschool Kids Night Out includes key YMCA program elements, including fun physical activities, positive relationships and enriching activities. Pizza & craft included. All children must be potty trained.

AGES: 3-5 years old
DATE: Meets on select Fridays each month from 6:30-9:30pm
COST: $25 per child (members only)*

*All participants must be pre-registered and have a completed Participant Emergency Information form on file.

Month	Southlake	Schererville
September	9/20	9/27
October	10/11	10/25
November	11/15	11/22
December	12/20	12/27

PRESCHOOL

EARLY LEARNING ACADEMY

Now registering for Preschool classes for the 2024/2025 school year at Griffith and Southlake locations.

The Early Learning Academy uses a holistic approach to foster language, cognitive, emotional, physical, and social development to promote life-long learning and academic achievement. Our trained professionals who are chosen for their warmth, creativity, experience with children and commitment to excellence create a fun, positive classroom atmosphere that engages multiple styles of learning.

Location	Preschool	Days/Times	Ages	Member (per month)	Guest (per month)	Supply Fee
Southlake	**Explore with Me***	Fridays AM 1: 9-10:00am AM 2: 10:30-11:30am	Children 1 year old, must be 1 year old by August 1, 2024 and sitting up independently	$40	$55	N/A
Southlake	**Learning Together***	Monday/Wednesday OR Tuesday/Thursday AM 1: 9-11:00am AM 2: 11:30am-1:30pm**	Children 2-3 years old, must be 2 years old by August 1, 2024	$75	$90	$50
Southlake	**2 Day Preschool**	Tuesday/Thursday AM: 9-11:30am PM: 12-2:30pm	Children 3-4 years old, must be 3 years old by August 1, 2024	$135	$165	$60
Griffith	**3 Day Preschool**	Monday/Wednesday/ Friday 9-11:30am	Children 3-5 years old, must be 3 years old by August 1, 2024	$155	$185	$60
Southlake	**3 Day Preschool**	Monday/Wednesday/ Friday AM: 9-11:30am PM: 12-2:30pm	Children 3-4 years old, must be 3 years old by August 1, 2024	$155	$185	$75
Southlake	**3 Day Pre-K**	Monday/Wednesday/ Friday AM: 9-11:30am PM: 12-2:30pm	Children 4 years old, must be 4 years old by August 1, 2024	$155	$185	$75
Griffith	**5 Day Pre-K**	Monday-Friday 9-11:30am	Children 4-5 years old, must be 4 years old by August 1, 2024	$200	$240	$60
Southlake	**5 Day Pre-K**	Monday-Friday AM: 9-11:30am PM: 12-2:30pm	Children 4-5 years old, must be 4 years old by August 1, 2024	$200	$240	$75
Southlake	**5 Day Full Day Pre-K**	Monday-Friday 9:00am-2:30pm	Children 4-5 years old, must be 4 years old by August 1, 2024 and attending Kindergarten next school year and have 1 year of preschool already	$420	$500	$100

Fees are subject to change. Registration Fees (first month's tuition plus supply fee) are due upon enrollment for all Early Learning Academy programming. Registration fees are non-refundable.
*Grownup participation required. **Times for 2024-2025 school year

Tuition Due Dates: Families must pay for the next month's tuition by the 15th of the month to avoid a $25 late fee. All tuition payments are due by recurring payment only. Tuition fees are non-refundable.

PRESCHOOL

Childcare at Griffith Family YMCA

Childcare is an extension of the preschool program offering full-day care.
COMPLIMENTARY FAMILY MEMBERSHIP FOR FULL-TIME EARLY LEARNING ACADEMY STUDENTS

Early Learning Academy at Griffith YMCA	Member
Registration Fee (one-time, new family)	$60
3-5 year olds; care available 6:00am-6:30pm	$185/week
13-36 months, care available 6:00am-6:30pm	$225/week

Tuition Due Dates:
Families must pay for weekly tuition by the Wednesday prior to services to avoid a $25 late fee. Tuition must be set up through autodraft.

The childcare accepts outside funding for qualified families from the Child Care Development Fund (CCDF) and from On My Way Pre-K (OMWPK) vouchers.

For additional information regarding Early Learning Academy programming such as class descriptions, site specific contact information, parent handbook, required registration packet/ documents, and enrollment process please visit our website at crymca.org.

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

ELEMENTARY

ELEMENTARY INCLUDES:

- Culinary
- Cheer
- Dance
- Gymnastics
- Music
- Ninja
- School Age Programs
- Sports
- Swim Lessons
- STEAM
- Youth Fitness

DANCE

Acro Acro class will work on basics to advanced levels of acrobatics. Our teachers will guide the students towards increased flexibility, balance, strength, muscle control and tumbling skills such as cartwheels, walk-overs, aerials, partner skills, and much more! Girls/Boys: leotard or comfortable fitted clothing and bare feet. 45 minute class.

Location	Days	Time	Member	Guest
Intro to Acro Ages 5-6				
Southlake	Monday	5:30pm	$25	$50
Acro I Ages 7 & Up				
Schererville	Tuesday	5:50pm	$25	$50
	Saturday	10:20am	$25	$50
Southlake	Monday	6:25pm	$25	$50
	Wednesday	6:20pm	$25	$50
	Saturday	8:15am	$25	$50
Acro II Ages 10 & Up				
Southlake	Monday	6:25pm	$25	$50
	Wednesday	6:20pm	$25	$50
	Saturday	8:15am	$25	$50

Ballet Classical ballet is characterized by light, graceful, fluid movements. Dancers will learn the fundamentals of ballet, including positions, leaps, jumps, technique, and proper ballet terminology. Girls: Black or light pink leotard, pink, white or black tights and, ballet shoes. Boys: White fitted T-shirt, black dance pants or shorts, and, ballet shoes. 45 minute class.

Location	Days	Time	Member	Guest
Ballet I Ages 7 & Up				
Schererville	Tuesday	5:25pm	$25	$50
Southlake	Thursday	5:10pm	$25	$50
Ballet II Ages 10 & Up				
Southlake	Thursday	5:10pm	$25	$50

Contemporary/Lyrical Contemporary dance has a modern foundation with grounded movements and abstract shapes. Lyrical dance emphasizes the interpretation of music lyrics while telling a story with movement that is fluid or abstract. Girls: Black leotard, tan tights, and ballet or jazz shoes. Boys: Black or white T-shirt, black pants or shorts, and ballet or jazz shoes. 45 minute class.

Location	Days	Time	Member	Guest
Contemporary I Ages 7 & Up				
Southlake	Thursday	6:05pm	$25	$50

Hip Hop Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. Hip-hop is a high-energy class that includes a wide range of styles primarily breaking, locking, popping, and the latest styles on music videos. Girls/Boys: Athletic clothing and tennis shoes. 45 minutes class.

Location	Days	Time	Member	Guest
Intro to Hip Hop Ages 5-6				
Schererville	Monday	4:00pm	$25	$50
Southlake	Wednesday	4:15pm	$25	$50
	Thursday	5:10pm	$25	$50
Hip Hop I Ages 7 & Up				
Hobart	Thursday	4:30pm	$25	$50
Southlake	Thursday	6:05pm	$25	$50
Hip Hop II Ages 10 & Up				
Southlake	Thursday	6:05pm	$25	$50

Homeschool Dance 45 minutes class.

Location	Days	Time	Member	Guest
Homeschool Dance I Ages 4-6				
Southlake	Thursday	10:15am	$25	$50
Homeschool Dance II Ages 7 & Up				
Southlake	Thursday	10:15am	$25	$50

Jazz Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Jazz also has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. Various styles of jazz will be taught such as Broadway, street style, and contemporary jazz. Girls: Black leotard, black dance shorts, tan tights, tan jazz slip-on shoes. Boys: Black or white T-shirt, black shorts or pants, black jazz shoes. 45 minute class.

Location	Days	Time	Member	Guest
Intro to Jazz Ages 5-6				
Southlake	Tuesday	4:55pm	$25	$50
Jazz I Ages 7 & Up				
Schererville	Thursday	6:45pm	$25	$50
Southlake	Tuesday	5:50pm	$25	$50
Jazz II Ages 10 & Up				
Southlake	Tuesday	5:50pm	$25	$50

Pom This class focuses on sharp arm movements, execution of choreography, and musicality. Dancers will learn pom positions, terminology, and performance skills. Girls: Black or light pink leotard, pink, white or black tights and, ballet or shoes. Boys: White fitted T-shirt, black dance pants or shorts, and, ballet or jazz shoes. 45 minute class.

Location	Days	Time	Member	Guest
Intro to Pom Ages 5-6				
Southlake	Tuesday	5:50pm	$30	$60
Pom I Ages 7 & Up				
Southlake	Tuesday	6:45pm	$30	$60

ACADEMY CLASSES *See Page 2 for details.*

Ballet Academy I (Ages 7 and up) Dancers will learn ballet fundamentals. Similar to Ballet I, but this class is one full program session (January-May) with a performance at the end of the session. There will be a $35 costume fee during the second month of the session. Leotard, tights, ballet shoes required. 60 minute class.

Location	Days	Time	Member	Guest
Schererville	Saturday	11:20am	$40	$80
Southlake	Wednesday	6:35pm	$40	$80

Ballet Academy II Dancers will learn intermediate Ballet fundamentals for one full program session and perform routine at recital. Learn jumps, kicks and other advanced skills once your dancer has completed all skills on their Ballet I progress report. Ballet shoes required.

Location	Days	Time	Member	Guest
Schererville	Thursday	4:45pm	$40	$80

Hip Hop Academy (Ages 7 and up) Hip-hop dance refers to street dance styles primarily performed to hip-hop music. This class is high energy and includes a wide range of styles primarily isolations, locking, popping, and the latest styles in music videos. There will be a $35 costume fee during the second month of the session. Comfortable athletic clothing and tennis shoes required. 60 minute class.

Location	Days	Time	Member	Guest
Schererville	Wednesday	5:10pm	$40	$80
Southlake	Wednesday	5:10pm	$40	$80

GYMNASTICS

Beginner Gymnastics is a program that allows new gymnasts starting at the age of 6 to learn basics skills on all apparatuses. There is no minimum skill requirement. Once the gymnasts have mastered the basic skills, an evaluation will be conducted by an instructor. 45 minute class.

Youth Beginner (Ages 6-7)

Location	Days	Time	Member	Guest
Griffith	Tuesday	6:30pm	$25	$50
	Saturday	12:00pm	$25	$50
Hammond	Sunday	4:00pm	$25	$50
	Wednesday	6:30pm	$25	$50
	Thursday	5:45pm	$25	$50
Hobart	Saturday	11:00am	$25	$50

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

ELEMENTARY

Youth Beginner (Ages 6-7)

Location	Days	Time	Member	Guest
Schererville	Tuesday	4:30pm	$25	$50
	Tuesday	6:30pm	$25	$50
	Wednesday	4:30pm	$25	$50
	Thursday	6:15pm	$25	$50
	Saturday	9:00am	$25	$50
	Saturday	11:45am	$25	$50
Southlake	Monday	5:45pm	$25	$50
	Monday	6:45pm	$25	$50
	Tuesday	4:00pm	$25	$50
	Tuesday	4:50pm	$25	$50
	Wednesday	4:30pm	$25	$50
	Thursday	4:00pm	$25	$50
	Thursday	5:50pm	$25	$50
	Saturday	8:30am	$25	$50
	Saturday	9:25am	$25	$50
	Saturday	4:40pm	$25	$50

Beginner (Ages 8+)

Location	Days	Time	Member	Guest
Hammond	Sunday	5:00pm	$25	$50
	Wednesday	6:30pm	$25	$50
	Thursday	5:45pm	$25	$50
	Saturday	12:15pm	$25	$50
Hobart	Monday	7:00pm	$25	$50
	Thursday	6:30pm	$25	$50
Schererville	Monday	6:30pm	$25	$50
	Tuesday	5:30pm	$25	$50
	Wednesday	6:45pm	$25	$50
	Saturday	11:00am	$25	$50
Southlake	Monday	4:00pm	$25	$50
	Tuesday	4:00pm	$25	$50
	Tuesday	4:50pm	$25	$50
	Tuesday	5:45pm	$25	$50
	Wednesday	6:20pm	$25	$50
	Thursday	4:55pm	$25	$50
	Saturday	3:45pm	$25	$50
	Saturday	8:30am	$25	$50

Intermediate (Ages 6+)

Location	Days	Time	Member	Guest
Hammond	Thursday	6:30pm	$25	$50
Schererville	Wednesday	4:30pm	$25	$50
	Saturday	9:45am	$25	$50
Southlake	Wednesday	5:25pm	$25	$50
	Saturday	11:05am	$25	$50
	Saturday	5:35pm	$25	$50

BOYS GYMNASTICS is a program that allows new gymnasts starting at the age of 6 to learn basics skills on vault, bars, and floor while developing their core strength, flexibility and body awareness. This is a great program for any male athlete looking to develop basic strength and flexibility. There is no minimum skill requirement. 45 minute class.

Youth Beginner (Ages 6-7)

Location	Days	Time	Member	Guest
Southlake	Monday	4:50pm	$25	$50
	Tuesday	5:45pm	$25	$50

ACADEMY CLASSES *See Page 2 for details.*

Gymnastics Academy has been revamped into a NEW program that allows gymnasts to make a commitment. Gymnasts will train for a longer period and automatically be enrolled for the entire session. Each gymnast will be sized for a meet leotard for additional cost of $30 for the leotard and be invited to a mock meet at the end of the session. An evaluation is needed to be enroll in the Academy program.

Academy I (Ages 6 and up) One day a week for 90 minutes.

Location	Days	Time	Member	Guest
Schererville	Monday	4:30pm	$50	$100
	Saturday	11:00am	$50	$100
Southlake	Monday	4:30pm	$50	$100
	Wednesday	5:25pm	$50	$100
	Saturday	9:25am	$50	$100

Academy II (Ages 8 and up) Two days a week for one hour.

Location	Days	Time	Member	Guest
Schererville	Monday Wednesday	6:15pm 5:30pm	$60	$120
Southlake	Monday Wednesday	6:00pm 4:15pm	$60	$120

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ELEMENTARY

CHEER/TUMBLING

Beginner Tumbling (Ages 6 & Up) This beginner class focuses on skills such as cartwheels, round-offs, handstands, bridges, and back walkovers on a padded surface. Strength, flexibility, and balance will be taught in a controlled and safe environment. No prior experience is necessary. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	5:30pm	$25	$50
	Tuesday	4:30pm	$25	$50
	Wednesday	10:30am	$25	$50
	Wednesday	5:30pm	$25	$50
	Thursday	5:30pm	$25	$50
	Saturday	10:00am	$25	$50
Southlake	Monday	4:15pm	$25	$50
	Wednesday	5:25pm	$25	$50
	Thursday	4:30pm	$25	$50
	Friday	5:10pm	$25	$50
	Saturday	8:45am	$25	$50
	Saturday	4:00pm	$25	$50

Intermediate Tumbling (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete a "Beginner Tumbling" evaluation before entering the class. Skills focused on in this class will be: dive rolls, back handspring and connecting two or more skills together. We will continue to challenge students and prepare them to move up. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	5:30pm	$25	$50
	Wednesday	6:30pm	$25	$50
Southlake	Monday	6:05pm	$25	$50
	Thursday	6:20pm	$25	$50
	Friday	6:05pm	$25	$50
	Saturday	9:40am	$25	$50
	Saturday	6:05pm	$25	$50

Advanced Tumbling I (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete a "Intermediate Tumbling" evaluation before entering the class. We will continue to perfect standing back handsprings as well as series tumbling. New skills will be taught such as back tucks, punch fronts, side aerials and more. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Thursday	6:30pm	$25	$50
Southlake	Monday	5:10pm	$25	$50
	Thursday	5:25pm	$25	$50
	Friday	4:15pm	$25	$50

Advanced Tumbling II (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete an "Advanced Tumbling" evaluation before entering the class. Students continue to work on standing back handspring series tumbling. New skills will be taught such as back handspring tuck, standing tuck and layout. 60 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	6:20pm	$25	$50
	Saturday	10:35am	$25	$50

Elite Tumbling (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete an "Advanced II Tumbling" evaluation before entering the class. Students continue to work front/back tumbling and layouts. New skills will be taught such as twisting and connecting multiple forward and backward skills. 60 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	7:00pm	$40	$80
	Saturday	4:55pm	$40	$80

Cheer Level I (Ages 6 & Up) Cheer I is a beginner cheer class for those who have an interest in learning fundamentals of cheerleading. This class will focus on basic skills, such as: motion technique, jumps, beginner tumbling, entry level stunting, and terminology. 45 minute class.

Location	Days	Time	Member	Guest
Hobart	Thursday	5:30pm	$25	$50
Schererville	Tuesday	6:30pm	$25	$50
Southlake	Friday	4:30pm	$25	$50

Cheer Level II (Ages 11 & Up) Cheer II is an intermediate level cheer class for those who are interested in cheering competitively or within a school program. This class will focus on a higher level of skills, such as: repetitive motions, double jumps, intermediate tumbling, and beginner stunting. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Thursday	6:30pm	$25	$50
Southlake	Monday	5:00pm	$25	$50
	Friday	6:20pm	$25	$50
	Saturday	9:55am	$25	$50

ACADEMY CLASSES *See Page 2 for details.*

Cheer Academy Are you ready to take your love for cheer to the next level? Cheer Academy allows athletes to be a part of a full program session and given the chance to perform at one of the YMCA sports games! Athletes will learn a 1 minute and 30 second routine consisting of jumps, motion, stunts and dance. Athletes will receive a T-shirt and bow for their performance; the cost will be included in the second month's draft. 90 minute class.

Location	Days	Time	Member	Guest
Schererville	Saturday	11:00am	$60	$120
Southlake	Monday	6:00pm	$60	$120

NINJA

Youth Ninjas (Ages 6-8) Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values. Children advance and learn at their own pace. 45 minute class.

Location	Days	Time	Member	Guest
Griffith	Thursday	5:30pm	$25	$50
Hammond	Monday	5:30pm	$25	$50
	Monday	6:15pm	$25	$50
	Saturday	2:15pm	$25	$50
Hobart	Monday	5:15pm	$25	$50
	Wednesday	6:15pm	$25	$50
Schererville	Tuesday	5:15pm	$45	$90
	Wednesday	6:30pm	$45	$90
	Thursday	4:30pm	$45	$90
	Saturday	9:00am	$45	$90
Southlake	Monday	6:05pm	$45	$90
	Tuesday	4:55pm	$45	$90
	Wednesday	12:10pm	$45	$90
	Thursday	4:55pm	$45	$90
	Thursday	5:50pm	$45	$90
	Friday	11:45am	$45	$90
	Friday	6:35pm	$45	$90
	Saturday	9:40am	$45	$90
	Saturday	11:15am	$45	$90
	Saturday	3:30pm	$45	$90
	Saturday	4:30pm	$45	$90
Whiting	Tuesday	5:00pm	$25	$50
	Thursday	5:00pm	$25	$50
	Saturday	10:30am	$25	$50

Ninjas (Ages 9-12) Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values. Children advance and learn at their own pace. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Monday	6:15pm	$25	$50
	Saturday	2:15pm	$25	$50
Hobart	Monday	6:15pm	$25	$50
Schererville	Tuesday	6:30pm	$45	$90
	Thursday	5:30pm	$45	$90
	Thursday	6:15pm	$45	$90
Southlake	Friday	6:35pm	$45	$90
Whiting	Thursday	6:00pm	$25	$50

ACADEMY CLASSES *See Page 2 for details.*

Ninja Academy (INSTRUCTOR APPROVAL. 6-15 years) Ninjas will learn the appropriate skills for White Level on floor, bars and vault. In addition to kicks, which can be incorporated into/after skills on those apparatus. A progressive level system will help advance each Ninja to the next level. You must select two classes. A uniform will be required for their color level with additional cost of $20 for Ninja shirt. 50 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday Wednesday	4:30pm 4:30pm	$70	$140
Southlake	White Ninja			
	Tuesday Wednesday Thursday Friday	4:30pm 4:30pm 4:30pm 4:30pm	$70	$140
	Yellow Ninja			
	Tuesday Wednesday Thursday Friday	5:30pm 5:30pm 5:30pm 5:30pm	$70	$140
	Green Ninja			
	Tuesday Wednesday Thursday Friday	6:30pm 6:30pm 6:30pm 6:30pm	$70	$140

ELEMENTARY

ELEMENTARY

SWIM LESSONS

Youth Swim (Ages 6-12; Stages 1-6) Participants will progress through 6 levels of stroke development focusing on water safety and mastering swim skills. Progress reports are given at the end of the course. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	4-4:45pm	$25	$50
	Tuesday	4:50-5:35pm	$25	$50
	Tuesday	5:40-6:25pm	$25	$50
	Tuesday	6:30-7:15pm	$25	$50
	Thursday	4-4:45pm	$25	$50
	Thursday	4:50-5:35pm	$25	$50
	Thursday	5:40-6:25pm	$25	$50
	Thursday	6:30-7:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
	Saturday	9:50-10:35am	$25	$50
	Saturday	10:40-11:25am	$25	$50
	Saturday	11:35am-12:20pm	$25	$50
Hobart	Sunday	9:45-10:30am	$25	$50
	Monday	4-4:45pm	$25	$50
	Monday	4:45-5:30pm	$25	$50
	Monday	5:30-6:15pm	$25	$50
	Wednesday	4-4:45pm	$25	$50
	Wednesday	4:45-5:30pm	$25	$50
	Friday	4:30-5:15pm	$25	$50
	Saturday	9:45-10:30am	$25	$50
	Saturday	11:30am-12:15pm	$25	$50
Schererville	Monday	4-4:45pm	$25	$50
	Monday	4:50-5:35pm	$25	$50
	Monday	5:40-6:25pm	$25	$50
	Monday	6:30-7:15pm	$25	$50
	Wednesday	4-4:45pm	$25	$50
	Wednesday	4:50-5:35pm	$25	$50
	Wednesday	5:40-6:25pm	$25	$50
	Wednesday	6:30-7:15pm	$25	$50
	Saturday	12-12:45pm	$25	$50

Location	Days	Time	Member	Guest
Southlake	Sunday	9:30-10:15am	$25	$50
	Sunday	10:20-11:05am	$25	$50
	Sunday	11:10-11:55am	$25	$50
	Sunday	12-12:45pm	$25	$50
	Tuesday	4:50-5:35pm	$25	$50
	Tuesday	5:40-6:25pm	$25	$50
	Tuesday	6:30-7:15pm	$25	$50
	Tuesday	7:15-8:00pm	$25	$50
	Thursday	4-4:45pm	$25	$50
	Thursday	4:50-5:35pm	$25	$50
	Thursday	5:40-6:25pm	$25	$50
	Thursday	6:30-7:15pm	$25	$50
	Thursday	7:15-8:00pm	$25	$50
	Saturday	9:30-10:15am	$25	$50
	Saturday	10:20-11:05am	$25	$50
	Saturday	11:10-11:55am	$25	$50
	Saturday	12-12:45pm	$25	$50

Spanish Youth Swim (Ages 6-12; Stages 1-6) Natación Bilingüe para niños y niñas.

Location	Days	Time	Member	Guest
Hammond	Saturday	1:15-2:00pm	$25	$50

Swim Academy (Age 6 & up) Take your love for the water to the next level with the Crossroads YMCA Swim Lessons. This specialized program teaches the basics of swim team and competitive swimming and helps advanced swimmers hone their skills. With the help from our qualified and experienced coaches, you'll learn sound stroke techniques, fundamental skills, and all the best race strategies that will help you become a more efficient, confident swimmer.

Location	Days	Time	Member	Guest
Hammond	Mon/Wed	5-5:45pm	$40	$75
	Mon/Wed	6-6:45pm	$40	$75
Hobart	Mon/Wed	4:45-5:30pm	$40	$75
	Wed/ Sat	4:45-5:30pm 11:30am-12:15pm	$40	$75
Southlake	Mon/Wed	5-5:45pm	$40	$75

Diverse Abilities Swim Program Our specialized program swim program is designed for children and adults with autism, down syndrome, cerebral palsy and other developmental challenges. Participants will explore abilities, develop skills and find the confidence to pursue goals. Skills and techniques covered include water safety, swim, float swim for five feet assisted or unassisted, back float, and submerge head under water. A meeting with parent or guardian is recommended prior to first day of class. Parent will participate in program if 1:1 care is needed. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Saturday	1:15pm	$25	$50
Schererville	Thursday	9:00am	$25	$50
Southlake	Saturday	12:05pm	$25	$50

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

ELEMENTARY

SPORTS PERFORMANCE
POWERED BY PARISI

Beginner Sports Performance
1 (5-7 years old) & 2 (7-10 years old)
This program is designed to get kids off the sofa, off electronics and into having fun while getting fit. The program develops good exercise habits and awareness of nutrition. This class uses fun and exciting modalities like medicine balls, resistance bands, ladders, plyometrics, and yoga. It also incorporates the Parisi signature speed training methods and the latest in performance and strength training. This combination makes the program come alive and produce quick results, keeping kids coming back for more.

Intermediate Sports Performance 1 (7-10 years old)
Intermediate Sports Performance utilizes the most up to date research to build up an athlete's foundation, improve coordination and self confidence. Certified Parisi Performance Coaches teach signature speed and strength methods in a fun and friendly environment. This ensures the athletes are engaged and motivated to give 100%. The Intermediate Sports Performance program is a must for any child who wants to develop an athletic foundation of skills that will help them get faster and stronger to rise above the competition.

Find classes for those 11 & up in the Middle and High School sections

Monthly - 1x/week $25/month
Beginner Sports Performance 1 (Ages 5-7)
Beginner Sports Performance 2 (Ages 7-10)

ACADEMY CLASSES *See Page 2 for details.*

Academy - 2x/week $60/month
Intermediate Sports Performance 1 (Ages 7-10)
Intermediate Sports Performance 2 (Ages 10-14)

Team Training - Limit of 10 kids per team
$48/month per child for 1 sessions/week
$90/month per child for 2 sessions/week
$96/month per child for 3 sessions/week

Location	Program	Days	Times
Schererville	Beginner 1	Saturday	10-11:00am 11:00am-12:00pm
	Beginner 2	Tuesday Saturday	6:30-7:30pm 9-10:00am
	Intermediate 1	Monday Tuesday Wednesday Thursday	5:30-6:30pm 4:30-5:30pm 5:30-6:30pm 4:30-5:30pm
Southlake	Beginner 1	Tuesday Saturday	4:30-5:30pm 9-10:00am
	Beginner 2	Saturday	10:00-11:00am
	Intermediate 1	Monday/Wednesday Tuesday/Thursday	5:30-6:30pm 6:30-7:30pm

RECREATIONAL SPORTS LEAGUES

Here, we introduce more game play versus skills like our FUNdamentals or Clinics. In Y leagues, children will have a unique and unforgettable experience. Your child will feel like a superstar when their name is announced at the beginning of the game while they run out onto the field/court through faux smoke and the music pumping. We believe the overall experience and fun is more important than being the next pro athlete.

BASKETBALL LEAGUE

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere. Reversible jersey additional $10.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
Griffith				
Register Now-8/18	9/10-11/2	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues (2nd-3rd) Thurs(4th-5th) Games: Sat	$40 members; $80 guests
Register 9/8-11/3	11/18-1/18	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues (2nd-3rd) Thurs(4th-5th) Games: Sat	$40 members; $80 guests
Hammond				
Register Now-8/18	9/10-11/2	Pre K K-1st 2nd-3rd	Practice & Game: Sat Practices: Wed Games: Sat	$40 members; $80 guests
Register 9/8-11/3	11/18-1/18	Pre K K-1st 2nd-3rd	Practice & Game: Sat Practices: Wed Games: Sat	$40 members; $80 guests
Hobart				
Register Now-8/18	9/10-11/2	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues (2nd-3rd) Thurs(4th-5th) Games: Sat	$40 members; $80 guests
Register 9/8-11/3	11/18-1/18	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues (2nd-3rd) Thurs(4th-5th) Games: Sat	$40 members; $80 guests
Schererville				
Register Now-8/18	9/10-11/2	Pre K K-1st 2nd-3rd	Practice & Game: Sat Practices: Mon/Tues Games: Sat	$60 members; $120 guests
Southlake				
Register Now-8/18	9/10-11/2	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues Games: Sat(2nd-3rd) Fri(4th-5th)	$60 members; $120 guests
Register 9/8-11/3	11/18-1/18	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues Games: Fri(4th-5th) Sat(2nd-3rd)	$60 members; $120 guests

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ELEMENTARY

CROSS COUNTRY

Lets Run! Improve upon your endurance and stamina through sprints, intervals and distance running. Athletic shoes and sports attire required. 8 week program consists of practices and a timed 5K finale. The timed 5k finale on Saturday, October 26th is our Annual Run for the Hills 5k, held at Triangle Hills. Race fee is included in the program cost for cross country participants. Fun games and activities will follow with Fall Fest. Reversible jersey additional $10.

Registration Dates	Dates	Ages & Divisions	Days	Fees
Griffith				
Register Now-8/18	9/3-10/26	2nd-3rd 4th-5th	Practices: Wed Meets: Sat	$60 members; $120 guests
Hobart				
Register Now-8/18	9/3-10/26	2nd-3rd 4th-5th	Practices: Wed Meets: Sat	$60 members; $120 guests
Southlake				
Register Now-8/18	9/3-10/26	2nd-3rd 4th-5th	Practices: Thurs Meets: Sat	$60 members; $120 guests

FLAG FOOTBALL

Flag Football teaches the basics of football, highlighting teamwork and sportsmanship. Flag Football is a great way for kids to experience football without the worries of tackling and pads.

Registration Dates	Dates	Ages & Divisions	Days	Fees
Hobart				
Register Now-8/18	9/3-10/26	2nd-3rd 4th-5th	Practices: Tues Games: Sat	$40 members; $80 guests
Southlake				
Register Now-8/18	9/3-10/26	K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Wed Games: Sat	$60 members; $120 guests

PICKLEBALL LEAGUE

This program is designed to teach basic skills and concepts of pickleball. Players will learn the basic skills of pickleball through a fun, team atmosphere. All skills and equipment will be age appropriate. Reversible jersey additional $10.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
Southlake				
Register 9/8-11/3	11/18-1/18	3rd-5th	Practice & Game: Sat	$60 members; $120 guests

SOCCER LEAGUE

Pass, dribble, shoot! Improve upon your fundamentals and advance past the basics of Soccer in a game atmosphere while increasing strength, endurance, and building relationships. Reversible jersey additional $10.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
Griffith				
Register Now-8/18	9/3-10/26	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues Games: Sat	$40 members; $80 guests
Hobart				
Register Now-8/18	9/3-10/26	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Thurs Games: Sat	$40 members; $80 guests
Register 9/8-11/13	11/18-1/18	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues Games: Sat	$40 members; $80 guests
Southlake				
Register Now-8/18	9/3-10/26	Pre K K-1st 2nd-3rd 4th-5th	Practice & Game: Sat Practices: Tues Games: Sat	$60 members; $120 guests

T-BALL/COACH PITCH LEAGUE

This program is designed to teach basic skills and concepts of baseball/softball. Players will learn the skills of catching, throwing, batting, and base-running through a fun, team atmosphere. All skills and equipment will be age appropriate. Reversible jersey additional $10.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
Griffith				
Register Now-8/18	9/3-10/26	Pre K/Ages 3-5 K-1st 2nd-3rd	Practice & Game: Sat Practices: Tues Games: Sat	$40 members; $80 guests

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ELEMENTARY

VOLLEYBALL LEAGUE

Bump, set, spike! Improve upon your fundamentals and advance past the basics of volleyball while increasing strength, endurance, and building relationships. Reversible jersey additional $10.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
Griffith				
Register 9/8-11/3	11/18-1/18	2nd-3rd 4th-5th	Practices: Thurs Games: Sat	$40 members; $80 guests
Hobart				
Register Now-8/18	9/10-11/2	2nd-3rd 4th-5th	Practices: Thurs Games: Sat	$40 members; $80 guests
Register 9/8-11/3	11/18-1/18	2nd-3rd 4th-5th	Practices: Thurs Games: Sat	$40 members; $80 guests
Schererville				
Register 9/8-11/3	11/18-1/18	3rd-4th 5th-6th	Practices: Wed Games: Sat	$60 members; $120 guests
Southlake				
Register Now-8/18	9/10-11/2	2nd-3rd 4th-5th	Practices: Tues Games: Sat	$60 members; $120 guests
Register 9/8-11/3	11/18-1/18	2nd-3rd 4th-5th	Practices: Tues Games: Sat	$60 members; $120 guests

MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
Griffith					
Now-9/1	Volleyball	September	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	$25 members; $50 guests
Now-10/1	Flag Football	October	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	$25 members; $50 guests
Now-11/1	Basketball	November	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	$25 members; $50 guests
Now-12/1	Soccer	December	K-2nd 3rd-6th	Monday 5-5:45pm 6-6:45pm	$25 members; $50 guests
Hammond					
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Basketball	September October November December	K-1st 2nd-3rd 4th-5th	Thursday 5-5:45pm 6-6:45pm Monday 5-5:45pm	$25 members; $50 guests
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Soccer	September October November December	K-2nd 3rd-6th	Tuesday 5-5:45pm 6-6:45pm	$25 members; $50 guests

MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
Hobart					
Now-9/1	Baseball	September	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	$25 members; $50 guests
Now-10/1	Basketball	October	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	$25 members; $50 guests
Now-11/1	Volleyball	November	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	$25 members; $50 guests
Now-12/1	Floor Hockey	December	K-2nd 3rd-6th	Wednesday 5:30-6:15pm 6:30-7:15pm	$25 members; $50 guests
Schererville					
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Basketball	September October November December	K-3rd 4th-5th K-2nd	Monday 4:45-5:30pm 5:45-6:30pm Tuesday 4:45-5:30pm	$25 members; $50 guests
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Soccer	September October November December	K-1st	Tuesday 5:45-6:30pm	$25 members; $50 guests
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Volleyball	September October November December	K-3rd 4th-6th	Wednesday 4:45-5:30pm 5:45-6:30pm	$25 members; $50 guests
Southlake					
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Basketball	September October November December	2nd-3rd 4th-5th	Wednesday 5-5:45pm 6-6:45pm	$25 members; $50 guests
Now-9/1 Now-10/1	Soccer	September October	2nd-3rd 4th-5th	Friday 5-5:45pm 6-6:45pm	$25 members; $50 guests
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Volleyball	September October November December	2nd-3rd 4th-5th	Wednesday 5-5:45pm 6-6:45pm	$25 members; $50 guests
Tri Hills					
Now-9/1	Archery	September	1st-5th	Monday 4:30-5:15pm	$25 members; $50 guests
Whiting					
Now-9/1	Soccer	September	K-2nd 3rd-6th	Saturday 10:30-11:15am 11:30am-12:15pm	$25 members; $50 guests
Now-10/1	Flag Football	October	K-2nd 3rd-6th	Saturday 10:30-11:15am 11:30am-12:15pm	$25 members; $50 guests
Now-11/1	Basketball	November	K-2nd 3rd-6th	Saturday 10:30-11:15am 11:30am-12:15pm	$25 members; $50 guests
Now-12/1	Baseball	December	K-2nd 3rd-6th	Saturday 10:30-11:15am 11:30am-12:15pm	$25 members; $50 guests

ELEMENTARY

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STEAM PROGRAMS

Artist Studio 101 & 102
A series of art and design projects to enhance skills. Artists take home one of a kind projects. Parents do not need to stay for class but should be prompt at pick up. All supplies included.

Location	Days	Time	Member	Guest
Artist Studio 101 K-2nd (ages 5-8)				
Hammond	Wednesday	5-5:45pm	$25	$50
Schererville	Monday	4-4:45pm	$25	$50
	Tuesday	5-5:45pm	$25	$50
	Wednesday	6-6:45pm	$25	$50
Southlake	Monday	5-5:45pm	$25	$50
Whiting	Wednesday	5-5:45pm	$25	$50
Artist Studio 102 3rd-5th grade (ages 9-11)				
Hammond	Wednesday	6-6:45pm	$25	$50
Schererville	Monday	4-4:45pm	$25	$50
	Tuesday	5-5:45pm	$25	$50
	Wednesday	6-6:45pm	$25	$50
Southlake	Monday	6-6:45pm	$25	$50

Build It 1 & 2
Problem solving, teamwork, and being creative are just a few skills that building can teach! Builders will be engaged and explore their curiosity by completing weekly challenges. All supplies are included. Parents do not need to stay for class but should be prompt at pick-up.

Location	Days	Time	Member	Guest
Build It 1 K-2nd (ages 5-8)				
Griffith	Wednesday	5-5:45pm	$25	$50
	Saturday	10-10:45am	$25	$50
Hobart	Thursday	4:30-5:15pm	$25	$50
Southlake	Tuesday	5-5:45pm	$25	$50
Schererville	Monday	5-5:45pm	$25	$50
	Tuesday	4-4:45pm	$25	$50
	Wednesday	5-5:45pm	$25	$50
	Thursday	6-6:45pm	$25	$50
Whiting	Wednesday	6-6:45pm	$25	$50
Build It 2 3rd-5th grade (ages 9-11)				
Griffith	Saturday	11-11:45am	$25	$50
Schererville	Monday	5-5:45pm	$25	$50
	Tuesday	4-4:45pm	$25	$50
	Wednesday	5-5:45pm	$25	$50
	Thursday	6-6:45pm	$25	$50
Southlake	Tuesday	6-6:45pm	$25	$50

ELEMENTARY

Constructables 101 & 102
It's time to unleash your creativity! This class offers kids an opportunity to imagine, design, and build the world they want to see with cardboard construction. Safely cut, fold and connect an endless number of cardboard creations, from rockets to forts and everything in between.

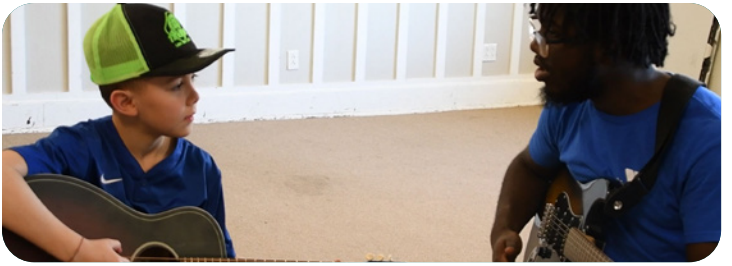
Location	Days	Grade	Time	Member	Guest
Southlake	Wednesday	K-2nd	5-5:45pm	$25	$50
		3rd-5th	6-6:45pm		

Ooey-Gooey
Ooey-gooey is a hands-on experience where young minds (ages 5-12) dive into the fascinating world of messy fun! Each week kids will embark on a new ooey-gooey adventure, exploring a variety of textures, colors, and ingredients. Get ready to dive into the science behind slime, kinetic sand, oobleck and more!

Location	Days	Grade	Time	Member	Guest
Griffith	Saturday	K-6th	12-12:45pm	$25	$50
Schererville	Tuesday	K-6th	6-6:45pm	$25	$50
Southlake	Thursday	K-2nd	5-5:45pm	$25	$50
		3rd-5th	6-6:45pm		

STEAM Sampler
Explore the world of STEAM Sampler! Engage your child in hands-on projects blending science, engineering, arts, and technology. With exciting weekly themes and all supplies provided, it's perfect for ages 5-12. Spark their creativity and curiosity today!

Location	Days	Time	Member	Guest
Griffith	Wednesday	6-6:45pm	$25	$50
Hammond	Thursday (bilingual)	5-5:45pm	$25	$50
	Thursday (bilingual)	6-6:45pm	$25	$50
Hobart	Tuesday	5:15-6pm	$25	$50
Schererville	Monday	6-6:45pm	$25	$50
	Wednesday	4-4:45pm	$25	$50
	Thursday	5-5:45pm	$25	$50
Southlake	Wednesday (ages 5-8)	5-5:45pm	$25	$50
	Wednesday (ages 9-11)	6-6:45pm	$25	$50



Music Lessons
Discover the joy of making music with our small group or private music lessons! Immerse in the fundamentals, and let the music fill your soul. All ages are welcome to join! So let's start playing today!

Location	Days	Time	Member	Guest
Griffith *Piano, Bass, Drums (percussion) Guitar*	Mondays, Tuesdays, Thursday or Friday (1x/week for 30 min)	Options from 4:30-7:30pm (1-on-1)	$50	$100
	Saturdays (1x/week for 30 min)	Options from 9:00am-1:00pm (1-on-1)	$50	$100
Hammond *Piano, Guitar, Voice*	Mondays or Fridays (1x/week for 30 min)	Options from 4-6:00pm (1-on-1)	$50	$100
Whiting	Monday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	$50	$100
	Wednesday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	$50	$100
	Saturday (1x/week for 30 minutes)	Options from 9:00am-1:00pm (1-on-1)	$50	$100

Music lessons are a monthly program.

LU Interactive Playground
Join the immersive experience of LU Interactive Playground where kids are engaged physically and intellectually

Location	Days	Grade	Time	Member	Guest
Southlake	Monday	K-2nd	5-5:45pm	$25	$50
		3rd-5th	6-6:45pm		

Book and Cook
Let's cook!! Learning through experimenting with recipes and measurement basics. Participants will create a yummy recipe to sample while they enjoy a story that goes with the recipe. Parent participation is encouraged.

Location	Days	Time	Member	Guest
Schererville No heat recipes	Thursday	Ages 5-10 4-4:45pm	$35	$70

Culinary Classics
Somethings cooking and it's going to be great. Designed to inspire young chefs, this hands-on experience is filled with fun and flavor! Learning through cooking will create a confidence that will carry on through their lifetime. Kids will learn a recipe, prepare it and take home the recipe card to make at home! All supplies included Classes available for budding chefs from Kindergarten to Middle School, ages 5-14.

Location	Days	Time	Member	Guest
Hammond	Saturday (no heat recipes)	11-11:45am	$35	$70
Hobart	Thursday	5:30-6:15pm	$57	$114
Southlake	*Classics 1, Ages 5-8* Monday Monday OR Wednesday	 9-9:45am 5-5:45pm	$57	$114
Southlake	*Classics 2, Ages 9-11* Monday Tuesday OR Thursday	 10:15-11:00am 5-5:45pm	$57	$114
Southlake	*Classics 3, Ages 11-14* Tuesday OR Thursday	6:15-7:00pm	$57	$114

KIDS NIGHT OUT

Parents, enjoy a night out knowing your kids are having fun and are well cared for at the YMCA! Our experienced and caring child-care staff will provide fun activities for your child in a safe and well-supervised environment. Kids Night Out includes key YMCA program elements, including fun physical activities, positive relationships and enriching activities. Pizza, swim & craft included. Children should come with swim suit, towels and a change of clothes. Everyone must swim.

AGES: 6-11 years old
DATE: Meets on select Fridays each month from 6:30-9:30pm as follows
COST: $25 per child (members only)*

Month	Hammond & Hobart	Southlake & Griffith	Schererville & Whiting
September	9/6	9/20	9/27
October	10/4	10/11	10/25
November	11/1	11/15	11/22
December	12/6	12/20	12/27

*All participants must be pre-registered and have a completed Participant Emergency Information form on file. Griffith, Schererville and Whiting will offer other activities instead of swimming.

SCHOOL AGE PROGRAMS

The YMCA Before & After School Care Program offers high-quality programming in a fun, supportive, and nurturing environment. Our well-trained staff implements an array of daily activities and strives to help each child feel confident and secure in well-supervised and safe spaces. Through engaging activities and positive mentorship, we strive to make a lasting impact on the children we serve and guide them to be successful now and in their future.

All YMCA School Age programs include:

- Homework Assistance
- Physical Fitness
- STEAM Activities
- Playground or Gym Activities
- Character Development
- Service Learning
- Interest Areas - Puzzles, Crafts, Games, Math, Science, Reading

All payments are due the week prior to the week of attendance. Our flexible programming lets you choose the days that best fit your schedule; however, refunds are not available for missed days. CCDF is accepted in most locations.

School Age Programs	Member	Guest
One-time, non-refundable, up-front supply fee	$25	$25
Before School Care	$8/day	$8/day
After School Care	$11/day	$11/day
Before & After School Care	$18/day	$18/day
Full Day (E-Learning/School Days Out)	$30/day	$50/day

Location	Before Care Opens	After Care Closes
Griffith	6:00am	6:30pm
Hobart at Ridge View	6:00am	6:00pm
Hammond & Whiting (Hess, Jefferson, Harding, Edison and Franklin)	6:30am	6:30pm

E-LEARNING/SCHOOL DAYS OUT

Childcare is provided for registered children during school vacation/e-learning days and holidays when school is not in session*. Parents must provide their child with breakfast, lunch, and snacks on these days. Our daily program includes enrichment activities, special events, and much more. **Ask us about School Days Out at your Y!**

*Minimum amount of registrations required two weeks prior.

HOMESCHOOL GYM & SWIM

Homeschool students have the opportunity to participate in weekly, co-ed physical education activities. The co-ed program provides participants with an opportunity to strengthen their motor skills in a safe and fun environment as well as gain socialization skills. The gym option of the program features games, exercises and sports activities,with an emphasis on fair play and teamwork. The swim option focuses on the fundamentals of swimming and water safety, ending with free swim time. Ages 6-14.

Location	Days	Time	Member	Guest
Hammond	Wednesday (Swim)	1-2:00pm	$25	$50
	Wednesday (Gym)	2-3:00pm	$25	$50
Hobart	Friday (Gym)	1-1:45pm	$25	$50
	Friday (Swim)	2:15-3:00pm	$25	$50
Southlake	Wednesday (Gym; Ages 6-9)	12-12:45pm	$25	$50
	Wednesday (Gym; Ages 10-14)	1-1:45pm	$25	$50
	Wednesday (Swim)	11:45am-12:30pm	$25	$50

YOUTH FITNESS

Fun and Fit

This class is designed for all fitness levels. Great class for kids not interested in sports or as an active recovery day for athletes. This class is designed to keep kids moving using fun and challenging games. Class runs monthly 1x/week for 30 minutes. Ages: 9-13

Location	Days	Time	Member	Guest
Griffith	Thursday	5:30-6:00pm	FREE	$50
Hammond	Tuesday	4-4:30pm	FREE	$50
Hobart	Friday	5-5:30pm	FREE	$50
Southlake	Monday	5-5:30pm	FREE	$50
Whiting	Monday	5-5:30pm	FREE	$50
	Wednesday	5-5:30pm	FREE	$50

Jr. Strength and Conditioning

Youth, Ages 10-14, will focus on proper technique, building strength using implements like kettlebells, dumbbells, medicine balls, resistant band and much more. They will also focus on the importance of metabolic conditioning using implements like sled drags, various carries, battle ropes and more.

Location	Days	Time	Member
Hammond	Friday	4:30-5:15pm	$30
Hobart	Wednesday	4:30-5:15pm	$30
Southlake	Tuesday & Thursday	5-5:45pm	$40
Whiting	Wednesday	5:30-6:15pm	$30

Youth & Teen Boxing

Boxing has many key components to it. Students don't just put on gloves and start hitting things - as a martial arts sport, boxing requires physical and mental discipline and skill. Done safely, boxing will unleash the athletic potential of any student and much more. Youth boxers gain life skills that will continue to motivate them throughout their lives.

Location	Days	Time	Member
Southlake 10-15 years old	Monday & Wednesday	5-5:45pm	$40
	Tuesday & Thursday	5-5:45pm	$40
	Friday	5-5:45pm	$30
	Saturday	10-10:45am	$30

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

ELEMENTARY

MIDDLE SCHOOL

MIDDLE SCHOOL INCLUDES:

- Babysitter Training
- Dance
- Gymnastics
- Music
- Ninja
- Sports Leagues
- STEAM
- Swim Lessons

DANCE

Acro Acro class will work on basics to advanced levels of acrobatics. Our teachers will guide the students towards increased flexibility, balance, strength, muscle control and tumbling skills such as cartwheels, walk-overs, aerials, partner skills, and much more! Girls/Boys: leotard or comfortable fitted clothing and bare feet. 45 minute class.

Location	Days	Time	Member	Guest
Acro II Ages 10 & Up				
Southlake	Monday	6:25pm	$25	$50
	Wednesday	6:20pm	$25	$50
	Saturday	8:15am	$25	$50

Ballet Classical ballet is characterized by light, graceful, fluid movements. Dancers will learn the fundamentals of ballet, including positions, leaps, jumps, technique, and proper ballet terminology. Girls: Black or light pink leotard, pink, white or black tights and, ballet shoes. Boys: White fitted T-shirt, black dance pants or shorts, and, ballet shoes. 45 minute class.

Location	Days	Time	Member	Guest
Ballet II Ages 10 & Up				
Southlake	Thursday	5:10pm	$25	$50

Hip Hop Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. Hip-hop is a high-energy class that includes a wide range of styles primarily breaking, locking, popping, and the latest styles on music videos. Girls/Boys: Athletic clothing and tennis shoes. 45 minute class.

Location	Days	Time	Member	Guest
Hip Hop II Ages 10 & Up				
Southlake	Thursday	6:05pm	$25	$50

Jazz Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Jazz also has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. Various styles of jazz will be taught such as Broadway, street style, and contemporary jazz. Girls: Black leotard, black dance shorts, tan tights, tan jazz slip-on shoes. Boys: Black or white T-shirt, black shorts or pants, black jazz shoes. 45 minute class.45 minute class.

Location	Days	Time	Member	Guest
Jazz II Ages 10 & Up				
Southlake	Tuesday	5:50pm	$25	$50

ACADEMY CLASSES *See Page 2 for details.*

Ballet Academy I (Ages 7 and up) Dancers will learn ballet fundamentals. Similar to Ballet I, but this class is one full program session with a performance at the end of the session. There will be a $35 costume fee during the second month of the session. Leotard, tights, ballet shoes required. 60 minute class.

Location	Days	Time	Member	Guest
Schererville	Saturday	11:20am	$40	$80
Southlake	Wednesday	6:35pm	$40	$80

Ballet Academy II Dancers will learn intermediate Ballet fundamentals for one full program session and perform routine at recital. Learn jumps, kicks and other advanced skills once your dancer has completed all skills on their Ballet I progress report. Ballet shoes required.

Location	Days	Time	Member	Guest
Schererville	Thursday	4:45pm	$40	$80

GYMNASTICS

Beginner Gymnastics is a program that allows new gymnasts starting at the age of 6 to learn basics skills on all apparatus. There is no minimum skill requirement. Once the gymnasts have mastered the basic skills, an evaluation will be conducted by an instructor. 45 minute class.

Beginner (Ages 8+)

Location	Days	Time	Member	Guest
Hammond	Sunday	5:00pm	$25	$50
	Wednesday	6:30pm	$25	$50
	Thursday	5:45pm	$25	$50
	Saturday	12:15pm	$25	$50
Hobart	Monday	7:00pm	$25	$50
	Thursday	6:30pm	$25	$50
Schererville	Monday	6:30pm	$25	$50
	Tuesday	5:30pm	$25	$50
	Wednesday	6:45pm	$25	$50
	Saturday	11:00am	$25	$50
Southlake	Monday	4:00pm	$25	$50
	Tuesday	4:00pm	$25	$50
	Tuesday	4:50pm	$25	$50
	Tuesday	5:45pm	$25	$50
	Wednesday	6:20pm	$25	$50
	Thursday	4:55pm	$25	$50
	Saturday	3:45pm	$25	$50
	Saturday	8:30am	$25	$50

Intermediate (Ages 6+)

Location	Days	Time	Member	Guest
Hammond	Thursday	6:30pm	$25	$50
Schererville	Wednesday	4:30pm	$25	$50
	Saturday	9:45am	$25	$50
Southlake	Wednesday	5:25pm	$25	$50
	Saturday	11:05am	$25	$50
	Saturday	5:35pm	$25	$50

MIDDLE SCHOOL

ACADEMY CLASSES *See Page 2 for details.*

Gymnastics Academy has been revamped into a NEW program that allows gymnasts to make a commitment. Gymnasts will train for a longer period and automatically be enrolled for the entire session. Each gymnast will be sized for a meet leotard for additional cost of $30 for the leotard and be invited to a mock meet at the end of the session. An evaluation is needed to be enroll in the Academy program.

Academy I (Ages 6 and up) One day a week for 90 minutes.

Location	Days	Time	Member	Guest
Schererville	Monday	4:30pm	$50	$100
	Saturday	11:00am	$50	$100
Southlake	Monday	4:30pm	$50	$100
	Wednesday	5:25pm	$50	$100
	Saturday	9:25am	$50	$100

Academy II (Ages 8 and up) Two days a week for one hour.

Location	Days	Time	Member	Guest
Schererville	Monday Wednesday	6:15pm 5:30pm	$60	$120
Southlake	Monday Wednesday	6:00pm 4:15pm	$60	$120

CHEER/TUMBLING

Beginner Tumbling (Ages 6 & Up) This beginner class focuses on skills such as cartwheels, round-offs, handstands, bridges, and back walkovers on a padded surface. Strength, flexibility, and balance will be taught in a controlled and safe environment. No prior experience is necessary. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday	5:30pm	$25	$50
	Tuesday	4:30pm	$25	$50
	Wednesday	10:30am	$25	$50
	Wednesday	5:30pm	$25	$50
	Thursday	5:30pm	$25	$50
	Saturday	10:00am	$25	$50
Southlake	Monday	4:15pm	$25	$50
	Wednesday	5:25pm	$25	$50
	Thursday	4:30pm	$25	$50
	Friday	5:10pm	$25	$50
	Saturday	8:45am	$25	$50
	Saturday	4:00pm	$25	$50

Intermediate Tumbling (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete a "Beginner Tumbling" evaluation before entering the class. Skills focused on in this class will be: dive rolls, back handspring and connecting two or more skills together. We will continue to challenge students and prepare them to move up. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Tuesday	5:30pm	$25	$50
	Wednesday	6:30pm	$25	$50
Southlake	Monday	6:05pm	$25	$50
	Thursday	6:20pm	$25	$50
	Friday	6:05pm	$25	$50
	Saturday	9:40am	$25	$50
	Saturday	6:05pm	$25	$50

Advanced Tumbling I (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete a "Intermediate Tumbling" evaluation before entering the class. We will continue to perfect standing back handsprings as well as series tumbling. New skills will be taught such as back tucks, punch fronts, side aerials and more. 45 minute class.

Location	Days	Time	Member	Guest
Southlake	Monday	5:10pm	$25	$50
	Thursday	5:25pm	$25	$50
	Friday	4:15pm	$25	$50

Advanced Tumbling II (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete an "Advanced Tumbling" evaluation before entering the class. Students continue to work on standing back handspring series tumbling. New skills will be taught such as back handspring tuck, standing tuck and layout. 60 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	6:20pm	$25	$50
	Saturday	10:35am	$25	$50

Elite Tumbling (INSTRUCTOR APPROVAL. Ages 6 & Up) Students must complete an "Advanced II Tumbling" evaluation before entering the class. Students continue to work front/back tumbling and layouts. New skills will be taught such as twisting and connecting multiple forward and backward skills. 60 minute class.

Location	Days	Time	Member	Guest
Southlake	Wednesday	7:00pm	$40	$80
	Saturday	4:55pm	$40	$80

Cheer Level II (Ages 11 & Up) Cheer II is an intermediate level cheer class for those who are interested in cheering competitively or within a school program. This class will focus on a higher level of skills, such as: repetitive motions, double jumps, intermediate tumbling, and beginner stunting. 45 minute class.

Location	Days	Time	Member	Guest
Schererville	Thursday	6:30pm	$25	$50
Southlake	Monday	5:00pm	$25	$50
	Friday	6:20pm	$25	$50
	Saturday	9:55am	$25	$50

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

MIDDLE SCHOOL

ACADEMY CLASSES *See Page 2 for details.*

Cheer Academy Are you ready to take your love for cheer to the next level? Cheer Academy allows athletes to be a part of a full program session and given the chance to perform at one of the YMCA sports games! Athletes will learn a 1 minute and 30 second routine consisting of jumps, motion, stunts and dance. Athletes will receive a T-shirt and bow for their performance; the cost will be included in the second month's draft. 90 minute class.

Location	Days	Time	Member	Guest
Schererville	Saturday	11:00am	$60	$120
Southlake	Monday	6:00pm	$60	$120

NINJA

Ninjas (Ages 9-12) Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values. Children advance and learn at their own pace. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Monday	6:15pm	$25	$50
	Saturday	2:15pm	$25	$50
Hobart	Monday	6:15pm	$25	$50
Schererville	Tuesday	6:30pm	$45	$90
	Thursday	5:30pm	$25	$50
	Thursday	6:15pm	$25	$50
Southlake	Friday	6:35pm	$45	$90
Whiting	Thursday	6:00pm	$25	$50

ACADEMY CLASSES *See Page 2 for details.*

Ninja Academy (INSTRUCTOR APPROVAL. 6-15 years) Ninjas will learn the appropriate skills for White Level on floor, bars and vault. In addition to kicks, which can be incorporated into/after skills on those apparatus. A progressive level system will help advance each Ninja to the next level. You must select two classes. A uniform will be required for their color level with additional cost of $20 for NinjaShirt. 50 minute class.

Location	Days	Time	Member	Guest
Schererville	Monday Wednesday	4:30pm 4:30pm	$70	$140
Southlake	White Ninja			
	Tuesday Wednesday Thursday Friday	4:30pm 4:30pm 4:30pm 4:30pm	$70	$140
	Yellow Ninja			
	Tuesday Wednesday Thursday Friday	5:30pm 5:30pm 5:30pm 5:30pm	$70	$140
	Green Ninja			
	Tuesday Wednesday Thursday Friday	6:30pm 6:30pm 6:30pm 6:30pm	$70	$140

SWIM LESSONS

Youth Swim (Ages 6-12; Stages 1-6) Participants will progress through 6 levels of stroke development focusing on water safety and mastering swim skills. Progress reports are given at the end of the course. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	4-4:45pm	$25	$50
	Tuesday	4:50-5:35pm	$25	$50
	Tuesday	5:40-6:25pm	$25	$50
	Tuesday	6:30-7:15pm	$25	$50
	Thursday	4-4:45pm	$25	$50
	Thursday	4:50-5:35pm	$25	$50
	Thursday	5:40-6:25pm	$25	$50
	Thursday	6:30-7:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
	Saturday	9:50-10:35am	$25	$50
	Saturday	10:40-11:25am	$25	$50
	Saturday	11:35am-12:20pm	$25	$50
Hobart	Sunday	9:45-10:30am	$25	$50
	Monday	4-4:45pm	$25	$50
	Monday	4:45-5:30pm	$25	$50
	Monday	5:30-6:15pm	$25	$50
	Wednesday	4-4:45pm	$25	$50
	Wednesday	4:45-5:30pm	$25	$50
	Friday	4:30-5:15pm	$25	$50
	Saturday	9:45-10:30am	$25	$50
	Saturday	11:30am-12:15pm	$25	$50
Schererville	Monday	4-4:45pm	$25	$50
	Monday	4:50-5:35pm	$25	$50
	Monday	5:40-6:25pm	$25	$50
	Monday	6:30-7:15pm	$25	$50
	Wednesday	4-4:45pm	$25	$50
	Wednesday	4:50-5:35pm	$25	$50
	Wednesday	5:40-6:25pm	$25	$50
	Wednesday	6:30-7:15pm	$25	$50
	Saturday	12-12:45pm	$25	$50

MIDDLE SCHOOL

Location	Days	Time	Member	Guest
Southlake	Sunday	9:30-10:15am	$25	$50
	Sunday	10:20-11:05am	$25	$50
	Sunday	11:10-11:55am	$25	$50
	Sunday	12-12:45pm	$25	$50
	Monday	9:25-10:10am	$25	$50
	Tuesday	11-11:45am	$25	$50
	Tuesday	4-4:45pm	$25	$50
	Tuesday	4:50-5:35pm	$25	$50
	Tuesday	5:40-6:25pm	$25	$50
	Tuesday	6:30-7:15pm	$25	$50
	Thursday	11-11:45am	$25	$50
	Thursday	4-4:45pm	$25	$50
	Thursday	4:50-5:35pm	$25	$50
	Thursday	5:40-6:25pm	$25	$50
	Thursday	6:30-7:15pm	$25	$50
	Saturday	9:30-10:15am	$25	$50
	Saturday	10:20-11:05am	$25	$50
	Saturday	11:10-11:55am	$25	$50
	Saturday	12-12:45pm	$25	$50

Spanish Youth Swim (Ages 6-12; Stages 1-6) Natación Bilingüe para niños y niñas.

Location	Days	Time	Member	Guest
Hammond	Saturday	1:15-2:00pm	$25	$50

Swim Academy (Age 6 & up) Take your love for the water to the next level with the Crossroads YMCA Swim Lessons. This specialized program teaches the basics of swim team and competitive swimming and helps advanced swimmers hone their skills. With the help from our qualified and experienced coaches, you'll learn sound stroke techniques, fundamental skills, and all the best race strategies that will help you become a more efficient, confident swimmer.

Location	Days	Time	Member	Guest
Hammond	Mon/Wed	5-5:45pm	$40	$75
	Mon/Wed	6-6:45pm	$40	$75
Hobart	Mon/Wed	4:45-5:30pm	$40	$75
	Wed/ Sat	4:45-5:30pm 11:30am-12:15pm	$40	$75
Southlake	Mon/Wed	5-5:45pm	$40	$75

Diverse Abilities Swim Program Our specialized program swim program is designed for children and adults with autism, down syndrome, cerebral palsy and other developmental challenges. Participants will explore abilities, develop skills and find the confidence to pursue goals. Skills and techniques covered include water safety, swim, float swim for five feet assisted or unassisted, back float, and submerge head under water. A meeting with parent or guardian is recommended prior to first day of class. Parent will participate in program if 1:1 care is needed. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Saturday	1:15pm	$25	$50
Schererville	Thursday	9:00am	$25	$50
Southlake	Saturday	12:05pm	$25	$50

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

MIDDLE SCHOOL

SPORTS PERFORMANCE
POWERED BY PARISI

Intermediate Sports Performance 2 (10-14 years old)
Intermediate Sports Performance utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting-edge coaching techniques from Certified Parisi Performance Coaches to produce maximum improvements in athletic performance. At this level, programming is broken down into an individual focus per session- linear speed, acceleration and deceleration, change of direction and strength. This program builds on an athlete's physical foundation and refines their skills in order for them to maximize their strength, aerobic and/or sport-specific training.

Elite Sports Performance (15-20 years old)
This program focuses on the regression and progression of our signature speed-training methods. At this level, certified Parisi Performance Coaches use their knowledge and experience to individualize strength training for their athletes based on their abilities and specific goals. This program builds on an athlete's physical foundation and develops their authentic abilities even further, in order for them to maximize their potential and reach their goals on game day.

ACADEMY CLASSES *See Page 2 for details.*

Academy - 2x/week $60/month
Intermediate Sports Performance 1 (Ages 7-10)
Intermediate Sports Performance 2 (Ages 10-14)

Elite - 3x/week $100/month
Elite Sports Performance (Ages 12-20)
Director Approval under age 12

Team Training - Limit of 10 kids per team
$48/month per child for 1 sessions/week
$90/month per child for 2 sessions/week
$96/month per child for 3 sessions/week

Location	Program	Days	Times
Schererville	Intermediate Sports Performance 2	Monday Tuesday Wednesday Thursday	4:30-5:30pm 5:30-6:30pm 4:30-5:30pm 5:30-6:30pm
	Elite Sports Performance	Monday Wednesday Thursday	6:30-8:00pm 6:30-8:00pm 6:30-8:00pm
Southlake	Intermediate Sports Performance 2	Monday/Wednesday Tuesday/Thursday	4:30-5:30pm 5:30-6:30pm
	Elite Sports Performance	Monday Wednesday Thursday	6:30-8:00pm

RECREATIONAL SPORTS LEAGUES

Here, we introduce more game play versus skills like our FUNdamentals or Clinics. In Y leagues, children will have a unique and unforgettable experience. Your child will feel like a superstar when their name is announced at the beginning of the game while they run out onto the field/court through faux smoke and the music pumping. We believe the overall experience and fun is more important than being the next pro athlete. Certain 6th-8th Recreational Youth Sport Leagues will travel to Southlake to play games. Creating an Association wide middle school division with more teams, more players and a better experience. Sports are selected seasonally.

BASKETBALL LEAGUE

Pass, dribble, shoot! Learn the fundamentals of basketball while strengthening coordination. Develop skills in dribbling, passing and shooting while in a game atmosphere. Reversible jersey additional $10. Divisions 6th-8th leagues will travel to Southlake on Fridays for games, creating a regional middle school division with more teams, more players and a better experience!

Registration Dates	League Dates	Ages & Divisions	Days	Fees
Griffith				
Register Now-8/18	9/10-11/2	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Fri at Southlake YMCA	$60 members; $120 guests
Register 9/8-11/3	11/18-1/18	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Fri at Southlake YMCA	$60 members; $120 guests
Hobart				
Register Now-8/18	9/10-11/2	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Hobart YMCA Games: Fri at Southlake YMCA	$60 members; $120 guests
Register 9/8-11/3	11/18-1/18	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Hobart YMCA Games: Fri at Southlake YMCA	$60 members; $120 guests
Southlake				
Register Now-8/18	9/10-11/2	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues Games: Fri	$60 members; $120 guests
Register 9/8-11/3	11/18-1/18	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues Games: Fri	$60 members; $120 guests

CROSS COUNTRY

Lets Run! Improve upon your endurance and stamina through sprints, intervals and distance running. Athletic shoes and sports attire required. 8 week program consists of practices and a timed 5K finale. The timed 5k finale on Saturday, October 26 is our annual Run for the Hills 5K held at Triangle Hills. Race fee is included for Cross Country participants. Fun games and activities will follow with our Fall Fest. Reversible jersey additional $10. Divisions 6th-8th leagues will travel to Southlake on Fridays for games, creating a regional middle school division with more teams, more players and a better experience!

Registration Dates	Dates	Ages & Divisions	Days	Fees
Griffith				
Register Now-8/18	9/3-10/26	6th-8th	Practices: Wed at Griffith YMCA Games: Sat at Southlake YMCA	$60 members; $120 guests
Hobart				
Register Now-8/18	9/3-10/26	6th-8th	Practices: Wed at Hobart YMCA Games: Sat at Southlake YMCA	$60 members; $120 guests
Southlake				
Register Now-8/18	9/3-10/26	6th-8th	Practices: Thursday Meets: Sat	$60 members; $120 guests

FLAG FOOTBALL

Throw, run, touchdown! Improve upon your fundamentals and advance past the basics of Flag Football in a game atmosphere while increasing strength, endurance, and building relationships. Reversible jersey additional $10. Divisions 6th-8th leagues will travel to Southlake on Saturdays for games, creating a regional middle school division with more teams, more players and a better experience!

Registration Dates	Dates	Ages & Divisions	Days	Fees
Hobart				
Register Now-8/18	9/3-10/26	6th-8th	Practices: Thurs at Hobart YMCA Games: Sat at Southlake YMCA	$60 members; $120 guests
Southlake				
Register Now-8/18	9/3-10/26	6th-8th (Boys)	Practices: Wed Games: Sat	$60 members; $120 guests

PICKLEBALL LEAGUE

This program is designed to teach basic skills and concepts of pickleball. Players will learn the basic skills of pickleball through a fun, team atmosphere. All skills and equipment will be age appropriate. Reversible jersey additional $10.

Registration Dates	League Dates	Ages & Divisions	Days	Fees
Southlake				
Register 9/8-11/3	11/18-1/18	6th-8th	Practice & Game: Sat	$60 members; $120 guests

SOCCER LEAGUE

Pass, dribble, shoot! Improve upon your fundamentals and advance past the basics of Soccer in a game atmosphere while increasing strength, endurance, and building relationships. Reversible jersey additional $10. Divisions 6th-8th leagues will travel to Southlake on Saturdays for games, creating a regional middle school division with more teams, more players and a better experience!

Registration Dates	League Dates	Ages & Divisions	Days	Fees
Griffith				
Register Now-8/18	9/3-10/26	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Sat at Southlake YMCA	$60 members; $120 guests
Hobart				
Register Now-8/18	9/3-10/26	6th-8th (Boys) 6th-8th (Girls)	Practices: Thurs at Hobart YMCA Games: Sat at Southlake YMCA	$60 members; $120 guests
Southlake				
Register Now-8/18	9/3-10/26	6th-8th (Boys) 6th-8th (Girls)	Practices: Tues Games: Sat	$60 members; $120 guests

VOLLEYBALL LEAGUE

Bump, set, spike! Improve upon your fundamentals and advance past the basics of volleyball while increasing strength, endurance, and building relationships. Reversible jersey additional $10. Divisions 6th-8th leagues will travel to Southlake on Saturdays for games, creating a regional middle school division with more teams, more players and a better experience!

Registration Dates	League Dates	Ages & Divisions	Days	Fees
Griffith				
Register Now-8/18	9/10-11/2	6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Sat at Southlake YMCA	$60 members; $120 guests
Register 9/8-11/13	11/18-1/18	6th-8th (Girls)	Practices: Thurs at Griffith YMCA Games: Sat at Southlake YMCA	$60 members; $120 guests
Hobart				
Register Now-8/18	9/10-11/2	6th-8th (Girls)	Practices: Thurs at Hobart YMCA Games: Sat at Southlake YMCA	$60 members; $120 guests
Register 9/8-11/13	11/18-1/18	6th-8th (Girls)	Practices: Thurs at Hobart YMCA Games: Sat at Southlake YMCA	$60 members; $120 guests
Southlake				
Register Now-8/18	9/10-11/2	6th-8th (Girls)	Practices: Tues Games: Sat	$60 members; $120 guests
Register 9/8-11/13	11/18-1/18	6th-8th (Girls)	Practices: Tues Games: Sat	$60 members; $120 guests

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

MIDDLE SCHOOL

MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
Griffith					
Now-9/1	Volleyball	September	3rd-6th	Monday 6-6:45pm	$25 members; $50 guests
Now-10/1	Flag Football	October	3rd-6th	Monday 6-6:45pm	$25 members; $50 guests
Now-11/1	Basketball	November	3rd-6th	Monday 6-6:45pm	$25 members; $50 guests
Now-12/1	Soccer	December	3rd-6th	Monday 6-6:45pm	$25 members; $50 guests
Hammond					
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Basketball	September October November December	6th-8th	Monday 6-6:45pm	$25 members; $50 guests
Hobart					
Now-9/1	Baseball	September	3rd-6th	Wednesday 6:30-7:15pm	$25 members; $50 guests
Now-10/1	Basketball	October	3rd-6th	Wednesday 6:30-7:15pm	$25 members; $50 guests
Now-11/1	Volleyball	November	3rd-6th	Wednesday 6:30-7:15pm	$25 members; $50 guests
Now-12/1	Floor Hockey	December	3rd-6th	Wednesday 6:30-7:15pm	$25 members; $50 guests
Schererville					
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Basketball	September October November December	6th-8th	Monday 5:45-6:30pm	$25 members; $50 guests
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Volleyball	September October November December	4th-8th	Wednesday 5:45-6:30pm	$25 members; $50 guests
Southlake					
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Basketball	September October November December	6th-8th	Wednesday 7-7:45pm	$25 members; $50 guests
Now-9/1 Now-10/1	Soccer	September October	6th-8th	Friday 7-7:45pm	$25 members; $50 guests
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Volleyball	September October November December	6th-8th	Wednesday 7-7:45pm	$25 members; $50 guests
Tri Hills					
Now-9/1	Archery	September	6th-8th	Monday 5:20-6:05pm	$25 members; $50 guests

STEAM PROGRAMS

Music Lessons

Discover the joy of making music with our small group or private music lessons! Immerse in the fundamentals, and let the music fill your soul. All ages are welcome to join! So let's start playing today!

Location	Days	Time	Member	Guest
Griffith *Piano, Bass, Drums (percussion) Guitar*	Mondays, Tuesdays, Thursday or Friday (1x/week for 30 min)	Options from 4:30-7:30pm (1-on-1)	$50	$100
	Saturdays (1x/week for 30 min)	Options from 9:00am-1:00pm (1-on-1)	$50	$100
Hammond *Piano, Guitar, Voice*	Mondays or Fridays (1x/week for 30 min)	Options from 4-6:00pm (1-on-1)	$50	$100
Whiting	Monday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	$50	$100
	Wednesday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	$50	$100
	Saturday (1x/week for 30 minutes)	Options from 9:00am-1:00pm (1-on-1)	$50	$100

Music lessons are a monthly program.

Culinary Classics

Somethings cooking and it's going to be great. Designed to inspire young chefs, this hands-on experience is filled with fun and flavor! Learning through cooking will create a confidence that will carry on through their lifetime. Kids will learn a recipe, prepare it and take home the recipe card to make at home! All supplies included.

Location	Days	Time	Member	Guest
Hammond	Saturday (no heat recipes)	11-11:45am	$35	$70
Hobart	Thursday	5:30-6:15pm	$57	$114
Southlake	*Classics 3, Ages 11-14* Tuesday OR Thursday	6:15-7:00pm	$57	$114

MIDDLE SCHOOL

STEAM Sampler
Explore the world of STEAM Sampler! Engage your child in hands-on projects blending science, engineering, arts, and technology. With exciting weekly themes and all supplies provided, it's perfect for ages 5-12. Spark their creativity and curiosity today!

Location	Days	Time	Member	Guest
Hammond	Thursday (bilingual)	5-5:45pm	$25	$50
	Thursday (bilingual)	6-6:45pm	$25	$50
Hobart	Tuesday	6-6:45pm	$25	$50
Schererville	Monday	6-6:45pm	$25	$50
	Wednesday	4-4:45pm	$25	$50
	Thursday	5-5:45pm	$25	$50
Southlake	Wednesday	6-6:45pm	$25	$50

YOUTH FITNESS

Fun and Fit
This class is designed for all fitness levels. Great class for kids not interested in sports or as an active recovery day for athletes. This class is designed to keep kids moving using fun and challenging games. Class runs monthly 1x/week for 30 minutes. Ages: 9-13.

Location	Days	Time	Member	Guest
Griffith	Thursday	5:30-6pm	FREE	$50
Hammond	Tuesday	4-4:30pm	FREE	$50
Hobart	Friday	5-5:30pm	FREE	$50
Southlake	Monday	5-5:30pm	FREE	$50
Whiting	Monday	5-5:30pm	FREE	$50
	Wednesday	5-5:30pm	FREE	$50

Jr. Strength and Conditioning
Youth, Ages 10-14, will focus on proper technique, building strength using implements like kettlebells, dumbbells, medicine balls, resistant band and much more. They will also focus on the importance of metabolic conditioning using implements like sled drags, various carries, battle ropes and more.

Location	Days	Time	Member
Hammond	Friday	4:30-5:15pm	$30
Hobart	Wednesday	4:30-5:15pm	$30
Southlake	Tuesday & Thursday	5-5:45pm	$40
Whiting	Wednesday	5:30-6:15pm	$30

Youth & Teen Boxing
Boxing has many key components to it. Students don't just put on gloves and start hitting things - as a martial arts sport, boxing requires physical and mental discipline and skill. Done safely, boxing will unleash the athletic potential of any student and much more. Youth boxers gain life skills that will continue to motivate them throughout their lives.

Location	Days	Time	Member	Guest
Schererville 12-16 years old	Tuesday	4:30-5:15pm	$25	$50
	Thursday	4:30-5:15pm	$25	$50
Southlake 10-15 years old	Monday & Wednesday	5-5:45pm	$40	$80
	Tuesday & Thursday	5-5:45pm	$40	$80
	Friday	5-5:45pm	$30	$60
	Saturday	10-10:45am	$30	$60

BABYSITTER TRAINING

American Red Cross Babysitter's Training (Ages 11+)
The American Red Cross is the nation's leader in babysitting classes and will prepare you to become one of the most capable, trusted and in-demand sitters in your neighborhood. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. This course is designed to help participants develop leadership skills, build their business, help keep themselves and others safe, help children learn how to behave, and learn basic child care and basic first aid. Those who successfully complete the course will receive an American Red Cross certificate as well as printed materials that will help them succeed. Class size is limited to 10 so register early.

Location	Days	Time	Member	Guest
Hobart	Sundays: September 8 October 13 November 10 December 8	9:00am-3:00pm	$50	$70

DID YOU KNOW...

Middle School and older can participate in:

- Group Exercise classes (12+)
- Personal Training (12+)
- Equipment Orientation (12+)
- Small Group Training (14+)

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

MIDDLE SCHOOL

HIGH SCHOOL

HIGH SCHOOL INCLUDES:

- Lifeguard Training for future YMCA lifeguards
- Personal Training
- Small Group Training
- Sports Performance
- STEAM
- Swim Lessons

SWIM LESSONS

Teen Beginner Swim Lessons Water Movement and Stamina
(Ages 13 & Up; Stages 1-3) YMCA teen beginner swim lessons are designed for those with little or no swimming experience. Skills will include water acclimation and comfort, proper floating, breathing techniques, and basic swim strokes including front crawl, back crawl and elementary back stroke. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	7:15-8:00pm	$25	$50
	Thursday	7:15-8:00pm	$25	$50
	Saturday	9-9:45am	$25	$50
	Saturday	12:20-1:05pm	$25	$50
Hobart	Sunday	9-9:45am	$25	$50
	Monday	5:30-6:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
Schererville	Monday	6:30-7:15pm	$25	$50
	Wednesday	6:30-7:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
Southlake	Sunday	12-12:45pm	$25	$50
	Tuesday	7:15-8:00pm	$25	$50
	Saturday	12-12:45pm	$25	$50

Teen Intermediate Swim Lessons-Stroke Introduction
(Ages 13 & Up; Stages 4-6) YMCA teen intermediate swim lessons are designed to build stroke introduction and endurance. Participants should be able to swim 25 yards continuously and be comfortable in deep water. Skills will include proper lap swimming etiquette, endurance, stroke refinement of front and back crawl, and introduce breaststroke, sidestroke, and treading water. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Thursday	7:15-8:00pm	$25	$50
	Saturday	12:20-1:05pm	$25	$50
Hobart	Sunday	9-9:45am	$25	$50
	Monday	5:30-6:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
Schererville	Monday	6:30-7:15pm	$25	$50
	Wednesday	6:30-7:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
Southlake	Sunday	12-12:45pm	$25	$50
	Tuesday	7:15-8:00pm	$25	$50
	Saturday	12-12:45pm	$25	$50

CROSSROADS YMCA LIFEGUARD CLASSES: Free for future staff!

LIFEGUARD CERTIFICATION CLASS

Must sign up for the class at least one week prior to first day, after completing the pre-requisite swim requirements with an Aquatic Leadership staff.

Pre-swim requirements are:
1. 300 yard swim with combination of breaststroke and Freestyle.
2. 2 minute treading water with feet only.
3. Timed Swim- swim 20 yards, dive 7-10 feet and retrieve 10 pound brick, then swim it back to start on your back while keeping brick on top of the water, then climb out of the water without using a ladder.

**Must attend 100 % of all the class dates listed. Must complete the eLearning before the first day. You will receive this once registered.*

CLASS OPTIONS ACROSS LAKE COUNTY!

SEPTEMBER 2024

HOBART YMCA
September 19 4:30-9:30pm
September 20 4:30-9:30pm
September 21 8:00am-5:00pm
September 22 8:00am-5:00pm

SOUTHLAKE YMCA
September 11 4-9:00pm
September 13 4-9:00pm
September 14 12-6:30pm
September 15 12-6:30pm
September 18 4-9:00pm

OCTOBER 2024

HAMMOND YMCA
October 10 4-7:00pm
October 11 4-9:30pm
October 12 2-6:30pm
October 13 9:00am-6:00pm
October 14 4-9:30pm

HOBART YMCA
October 17 4:30-9:00pm
October 18 4:30-9:00pm
October 19 8:00am-5:00pm
October 20 8:00am-5:00pm

SCHERERVILLE YMCA
October 24 4:30-9:30pm
October 25 4:30-9:30pm
October 26 9:00am-6:30pm
October 27 9:00am-6:30pm

NOVEMBER 2024

SOUTHLAKE YMCA
November 13 4-9:00pm
November 15 4-9:00pm
November 16 12-6:30pm
November 17 12-6:30pm
November 20 4-9:00pm

DECEMBER 2024

SCHERERVILLE YMCA
December 19 4:30-9:30pm
December 20 4:30-9:30pm
December 21 9:00am-6:30pm
December 22 9:00am-6:30pm

SOUTHLAKE YMCA
December 11 4-9:00pm
December 13 4-9:00pm
December 14 12-6:30pm
December 15 12-6:30pm
December 18 4-9:00pm

HIGH SCHOOL

SPORTS PERFORMANCE
Powered by PARISI SPEED SCHOOL

SPORTS PERFORMANCE
POWERED BY PARISI

Elite Sports Performance (15-20 years old)
Utilizing either Basic Strength or Advanced Strength programming, this program builds on an athlete's physical foundation and develops their athletic abilities even further, in order for them to maximize their potential and reach their goals on game day.

Advanced Strength (15-20 years old)
Provides a sport-specific protocol for the high-level athlete to develop strength in areas that will directly transfer to their chosen sport. This high-level training pushes athletes to the next level, giving them a competitive edge as they prepare to compete at the high school, collegiate, Olympic or professional level.

Elite - 3x/week $100/month
Elite Sports Performance (Ages 12-20)
Director Approval under age 12

Team Training - Limit of 10 kids per team
$48/month per child for 1 sessions/week
$90/month per child for 2 sessions/week
$96/month per child for 3 sessions/week

Location	Program	Days	Times
Schererville	Elite Sports Performance	Monday Wednesday Thursday	6:30-8:00pm 6:30-8:00pm 6:30-8:00pm
Southlake	Elite Sports Performance	Monday Wednesday Thursday	6:30-8:00pm 6:30-8:00pm 6:30-8:00pm

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

STEAM PROGRAMS

Music Lessons

Discover the joy of making music with our small group or private music lessons! Immerse in the fundamentals, and let the music fill your soul. All ages are welcome to join! So let's start playing today!

Location	Days	Time	Member	Guest
Griffith *Piano, Bass, Drums (percussion) Guitar*	Mondays, Tuesdays, Thursday or Friday (1x/week for 30 min)	Options from 4:30-7:30pm (1-on-1)	$50	$100
	Saturdays (1x/week for 30 min)	Options from 9:00am-1:00pm (1-on-1)	$50	$100
Hammond *Piano, Guitar, Voice*	Mondays or Fridays (1x/week for 30 min)	Options from 4-6:00pm (1-on-1)	$50	$100
Whiting	Monday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	$50	$100
	Wednesday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	$50	$100
	Saturday (1x/week for 30 minutes)	Options from 9:00am-1:00pm (1-on-1)	$50	$100

Music lessons are a monthly program.

YOUTH FITNESS

Youth & Teen Boxing
Boxing has many key components to it. Students don't just put on gloves and start hitting things - as a martial arts sport, boxing requires physical and mental discipline and skill. Done safely, boxing will unleash the athletic potential of any student and much more. Youth boxers gain life skills that will continue to motivate them throughout their lives.

Location	Days	Time	Member	Guests
Schererville 12-16 years old	Tuesday	4:30-5:15pm	$25	$50
	Thursday	4:30-5:15pm	$25	$50
Southlake 10-15 years old	Monday & Wednesday	5-5:45pm	$40	$80
	Tuesday & Thursday	5-5:45pm	$40	$80
	Friday	5-5:45pm	$30	$60
	Saturday	10-10:45am	$30	$60

DID YOU KNOW...

High School age can participate in:

- Group Exercise classes (12+)
- Personal Training (12+)
- Small Group Training (14+)

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

HIGH SCHOOL

ADULTS/SENIORS

ADULTS/SENIORS INCLUDES:

- Group Exercise
- Personal Training
- Senior Activities
- Small Group Training
- Sports Leagues
- STEAM
- Swim Lessons
- Wellness Programs

LIVE YOUR BEST LIFE!

Live your best life with our comprehensive wellness program that nurtures you, spirit, mind and body! Our trained staff will meet you where you are at and help you find the solutions to achieve optimal health and well-being by making positive lifestyle changes for long-term success.

Crossroads YMCA is much more than just another gym membership. We offer a holistic approach to wellness that helps you create a long, healthy, balanced life through programs designed to help you not only achieve your fitness goals but also improve your overall health and well-being, including mental and emotional health. You also become a part of a vibrant community of like-minded individuals who will support and cheer you on along your journey.

We offer more membership value! Explore how we can help you:

CONNECT

- Small Group Training
- Challenges and Competitions
- Special Interest Clubs
- Adult Sports

ENERGIZE

- More than 350 Group Exercises Classes Weekly at 5 Locations
- Aquatics Group Ex Classes and Swimming Lessons
- Personal Training
- Nutritional Programming
- Training Clinics and Workshops
- YMCA360 Virtual Classes Accessible 24/7

RECHARGE

- Restorative Yoga
- Tai Chi
- Saunas, Steam Rooms and Whirlpools
- Social Interaction

Contact your home branch for more details on offerings, times and pricing options.

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

ADULTS/SENIORS

BLOOD PRESSURE SCREENINGS

This free program helps you monitor and track your blood pressure weekly outside of a medical setting. YMCA wellness coaches will help you take your blood pressure reading and review lifestyle habits that impact blood pressure. Coaches cannot provide medical advice.

Location	Day/Time	Location	Day/Time
Hammond	Tuesdays 11:00am-12:00pm	Schererville	Tuesday 8-10:00am
Hobart	Wednesdays 8:30-9:30am	Southlake	Tuesday 8-10:00am in Wellness Center
		Whiting	Tuesdays 10:30am-12:00pm

LES MILLS RELAUNCH

Lets get fit together! Les Mills introduces new choreography and music for all the classes every quarter. Our certified instructors learn the new moves and we have a whole morning dedicated to the new releases. Each Relaunch offers new routines, music and energy. Classes are free to join but registration is required on the Crossroads App or by calling the Membership Desk. Relaunches are held on the 3rd Saturday of every quarter. Our classes include BODYBALANCE, BODYCOMBAT, and BODYPUMP.

Location	Day/Time	Member
Schererville	October 19 8-11:30am	Free

PERSONAL TRAINING

Explore the benefits of customized solutions built around YOU:

Individualized workout plan: Receive a workout plan that is tailored specifically to your fitness goals, needs, and abilities to help you achieve your goals more efficiently and effectively.

Accountability: Stay accountable to your goals as your trainer provides motivation, encouragement and support to stay on track.

Knowledgeable: A personal trainer can teach you proper form and technique for exercises, which can help prevent injuries and provide ways to train around existing injuries and medical conditions.

Variety: Mix up your workouts to prevent boredom and keep things interesting as well as explore new exercises and equipment.

Faster results: With a customized workout plan and proper form and guidance, you take the guesswork out of your routine and will achieve your fitness goals faster.

Personal Training Options

We offer a variety of packages to meet your needs and your budget. Schedule a FREE assessment with a nationally certified personal trainer to discuss your health and wellness goals and complete a fitness evaluation. Afterward, your personal trainer will help you make the appropriate selection to meet your goals.

Individual Personal Training

Introductory Special – 3 One-Hour Sessions for $99 (One Time Only)
1 Session $49 per hour

1-Hour Sessions

1x/week monthly	$160/month*
2x/week monthly	$300/month*
3x/week monthly	$420/month*

30-Minute Sessions

1x/week monthly	$99/month*
2x/week monthly	$181/month*
3x/week monthly	$246/month*

Partner Personal Training

Partners must register and train together with the same goals. Limit of 4 people per group. Introductory special – 3 one-hour sessions for $75 per person (One Time Only)

1x/week monthly	$76/month per person*
2x/week monthly	$140/month per person*
3x/week monthly	$196/month per person*

Value added benefits of personal training packages:

*Commit to 3 months of training through a monthly draft agreement and receive $35 off the MyZone Switch Heart Rate Monitor, which sells for $75.

*Receive a free monthly Seca TruScan Body Composition Analysis. Must schedule appointment at facility where available. (Crown Point, Schererville or Whiting)

Fill out a Personal Training Interest Form today using the QR code or at:

CRYMCA.ORG/PT

or

at the Front Desk.

ADULTS/SENIORS

EGYM CIRCUIT TRAINING

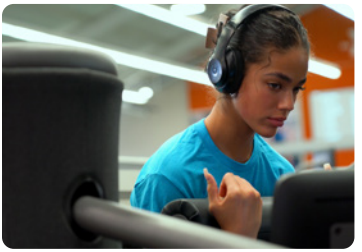
Available now in Crown Point, Griffith, Schererville and Whiting
EGYM is state-of-the-art smart training circuit that provides a customized, full-body strength training workout in about 20 minutes. EGYM is completely motorized and retains individual member settings for a new kind of training experience that takes the guesswork out of strength training and gives you a fun, motivating option designed around your goals and provides a game-like experience. EGYM works for everyone, from the beginner to the more advanced athlete. Gain confidence that you're doing the right workouts the right way with EGYM at the Y!

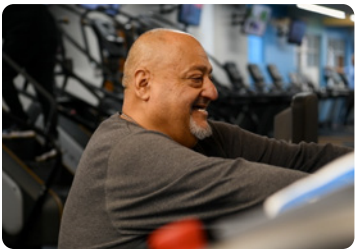
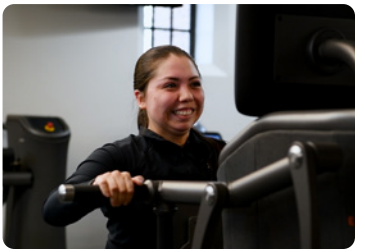
EGYM is FREE for all Crossroads members. Orientation is required by appointment only. Receive a complimentary RFID wristband.

Did you know that EGYM RFID bands are compatible with Matrix-branded cardio equipment? Just scan in with your band in the upright corner for an effortless way to track your cardio and strength workouts in the Crossroads YMCA app.

EGYM GameDay at Schererville
Get in the game at Schererville by testing your strength on the special Gameday circuit. Whether you simply want to test your own strength and monitor your progress or see your name displayed on the big screen on the Gameday leaderboard, this specialized EGYM circuit is for you. The top 5 scoring male and females stay on the leaderboard for the month, but any challenger can take their spot if they are strong enough. Are you up for the challenge?

Scan QR code to find more details about EGYM. Find about connecting EGYM with Crossroads YMCA app and videos about using EGYM.



SECA TRUSCAN

Available now at Crown Point, Schererville and Whiting

- Gold standard in body composition analysis
- Accurate overview of muscle mass and body fat percentage
- Track actual progress over time, not just changes on the scale
- Takes less than a minute to perform analysis
- Recieve a full digital report, along with a TRU score to show where you rank.
- A 30-minute TRUScan session includes measurement, detailed digital report delivered to your email. A certified personal trainer will review your report with you and help guide you toward improvements.

Cost

$20 for members; $40 for guests

- Free monthly scans available for those registered in monthly personal training packages
- Receive 50% off members registered for Introductory Personal Training Sessions and monthly Small Group Training packages
- All Crossroads members receive member pricing, regardless of home location
- Appointment required

GROUP EXERCISE

Whether it's a high-energy spin class, a fun-filled dance party, a challenging boot camp, or a restorative yoga session, the Crossroads YMCA offers group exercise options for everyone. Search the Crossroads YMCA app for options by location, class type or instructor to find the options tailored to your interests and goals.

Benefits of group exercise include:
Motivation: Accountability to show up for class can motivate individuals to stick to their fitness routine and push themselves to achieve their goals.
Variety: The mix of workouts and exercises can help prevent boredom and keep workouts challenging and engaging.
Community: Meet new people who share similar interests, which can help improve social connections and overall well-being.
Expert guidance: No need to stress about your workout. Just follow the lead of your instructor, who will provide support and modifications to help individuals of all fitness levels get the most out of their workout.
Fun: Group exercise classes can be a fun and enjoyable way to stay active.

SMALL GROUP TRAINING (SGT)

Small Group Training that Delivers Results

Going it alone during your fitness journey can be confusing and difficult. Small group training program offers the benefit of a personal trainer at a reduced cost while also enjoying the camaraderie of a group of 6 to 10 members. The energy of the trainer keeps the sessions fun and effective while also holding you accountable.

Session types vary among Crossroads YMCA locations. Monthly package good only at location where registered. Priority registration given to those who purchase monthly session package. Drop-ins allowed only if space is available.

Choose from many SGT options:

- **Hammond & Whiting**
  - » Unlimited Adult Small Group Training $30 per month for members, $60 per month for guests
  - » Couples living in same household, $55 per month
  - » Drop-in fee $7 per class for members, $12 for guests
- **Schererville**
  - » Unlimited adult Small Group Training $59 per month for members, $118 per month for guests
  - » Couples living in the same household, $110 per month
  - » Drop-in fee $7 per class for members, $12 for guests

Check branch location for more details.

INDOOR/OUTDOOR TURF & SPORTS PERFORMANCE CENTER

DEAN & BARBARA WHITE SOUTHLAKE YMCA

- Unlimited Adult Small Group Training Pass: $70 monthly members, $140 monthly guests
- Choose from a variety of 30+ classes per week including Crush, T2, TRX, Fusion, Skilz, Assisted Stretching and Boxing
- Class sizes limited 6-10 people
- Once your training pass is purchased, you will receive credits in Myzone and be able to reserve your spot in the classes you choose. Credits must be used in the month purchased and do not roll over to the next month.
- Couples (living in same household) $120 per month
- Drop-in fee: $10 per class members/$15 guests*

*Classes vary by location. Drop ins If space is available.

Boxing Only Pass

Location	Days	Time	Member	Guest
Southlake	Monday Wednesday	10:15-11:00am 6-6:45pm	$40	$80
	Tuesday Thursday	5:15-6:00am 6-6:45pm	$40	$80
	Saturday	9-9:45am	$30	$60
	Monday Wednesday (Silver Gloves, 55 & Up)	11:30am-12:15pm	$40	$80

Crush Pass

Location	Days	Time	Member	Guest
Hobart	Tuesday Friday	8:45-9:30am	$40	$80

Rock Steady Boxing
Rock Steady Boxing is a non-contact, boxing-based curriculum that serves individuals with Parkinson's disease. Through rigorous exercise, emphasizing gross motor movements, balance, core strength, and rhythm, RSBC is providing hope, enabling people with Parkinson's disease to fight back and favorably impact their range of motion, gait, flexibility, posture, activities of daily living and overall quality of life.

Location	Days	Time	Member	Guest
Hammond	Monday Friday	11:00am-12:00pm	$40	$80

myzone®

Myzone is an innovative wearable heart rate based system that uses wireless and cloud based technology to accurately and conveniently monitor physical activity.

Myzone Benefits

- Track your heart rate, view your calories and effort in real time
- Set goals and compete with others by measuring effort levels
- Achieve Myzone status ranking based on effort not fitness
- Receive email workout summary

Myzone at the Y

- Can be used during your individual workouts and group ex classes by streaming live stats straight to your app and YMCA TVs.
- The devices are also used extensively in conjunction with Personal Training and Small Group Training.
- Stay motivated and inspired through regular
- Myzone branch challenges and social interaction via the app.
- Myzone devices can be purchased at the front desk

MZ Switch $75

WELLNESS

Nutritional Education Seminars
Seminars instructed by Shannon Hough, BSN, RN, CDCES, LDE. Guests can register for 4 for $30 and get the fourth one free.

Location	Days	Time	Member	Guest
Hobart	Tuesday	12:15pm	Free	$10
	September 17 - Heart Healthy Eating for Life			
	October 15 - Dietary Approaches to Stopping Hypertension			
	November 19 - Lowering Sodium Intake			
	December 17 - Shopping, Preparing and Cooking for Better Blood Pressure			

Enhance® Fitness

It helps older adults become more active, energized, and empowered for independent living. Enhance® Fitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Department on Aging, and the National Council on Aging. (4-month program only)

Location	Days	Time	Member	Guest
Hobart	Monday/Wednesday/ Friday	11:00am-12:00pm	Free	$100
	Friday	8:40-9:25am	Free	$100

Blood Pressure Self-Monitoring

The Y designed the Blood Pressure Self-Monitoring Program to help adults with hypertension lower and manage their blood pressure. The four-month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management. (4-month program only) With the support from a trained Healthy Heart Ambassador, participants:

- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly Nutrition Education Seminars

Location	Days	Time	Member	Guest
Hobart	Tuesday Thursday Friday	10:45-11:45am 10:45-11:45am 8-10:00am	Free	$100

Sprint 8 SGT

Sprint 8 is an efficient, fat-burning sprint-intensity interval program that gives you a complete cardio workout, including warm-up and cool-down, in just 20 minutes. Since it's among the best exercises for burning calories and reducing body fat, most people see results in just eight weeks or less. Sprint 8 is a quick and effective way to maximize your health and physique. Work with a personal trainer to deliver a 60 minute full body workout including Sprint 8, 30 minutes of strength training and 10 minutes of cool down and stretching. Class runs 2 times a week for 4 weeks. Registration is required and limited to 6 spots.

Location	Days	Time	Member	Guest
Schererville	Monday/Wednesday	6-7:00pm	$80	$160
Southlake	Monday/Wednesday	11:00am-12:00pm	$80	$160

SWIM LESSONS

Adult Beginner Swim Lessons Water Movement and Stamina
(Ages 13 & Up; Stages 1-3) YMCA adult beginner swim lessons are designed for those with little or no swimming experience. Skills will include water acclimation and comfort, proper floating, breathing techniques, and basic swim strokes including front crawl, back crawl and elementary back stroke. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Tuesday	9:15-10:00am	$25	$50
	Tuesday	7:15-8:00pm	$25	$50
	Thursday	9:15-10:00am	$25	$50
	Thursday	7:15-8:00pm	$25	$50
	Saturday	9-9:45am	$25	$50
	Saturday	12:20-1:05pm	$25	$50
Hobart	Sunday	9-9:45am	$25	$50
	Monday	5:30-6:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
Schererville	Monday	6:30-7:15pm	$25	$50
	Wednesday	6:30-7:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
Southlake	Sunday	12-12:45pm	$25	$50
	Tuesday	7:15-8:00pm	$25	$50
	Saturday	12-12:45pm	$25	$50

Adult Intermediate Swim Lessons-Stroke Introduction
(Ages 13 & Up; Stages 4-6) YMCA adult intermediate swim lessons are designed to build stroke introduction and endurance. Participants should be able to swim 25 yards continuously and be comfortable in deep water. Skills will include proper lap swimming etiquette, endurance, stroke refinement of front and back crawl, and introduce breaststroke, sidestroke, and treading water. 45 minute class.

Location	Days	Time	Member	Guest
Hammond	Thursday	7:15-8:00pm	$25	$50
	Saturday	12:20-1:05pm	$25	$50
Hobart	Sunday	9-9:45am	$25	$50
	Monday	5:30-6:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
Schererville	Monday	6:30-7:15pm	$25	$50
	Wednesday	6:30-7:15pm	$25	$50
	Saturday	9-9:45am	$25	$50
Southlake	Sunday	12-12:45pm	$25	$50
	Tuesday	7:15-8:00pm	$25	$50
	Saturday	12-12:45pm	$25	$50

ACADEMY CLASSES *See Page 2 for details.*

Adult Swim Academy

(Ages 18 & Up) Take your training to the next level. This specialized program teaches and defines the 4 competitive strokes, while improving endurance. This program is great for those who want to keep that competitive edge going as well as those who need something for their triathlon training.

Location	Days	Time	Member	Guest
Hammond	Monday/ Wednesday	7-7:45pm	$40	$75

ADULT SPORTS

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 for everyone, there's no such thing as being too old to get into the game.

18+ Adult Basketball

(Format: Paid officials, 5 on 5 full court)
Times: game times TBD, 9 week program includes playoffs
$500/team (Hobart/ Schererville)

- REGISTER SCH: 7/1-8/30
  SEASON SCH: 9/10-11/19
- REGISTER HB: 7/19-10/6
  SEASON HB: 10/20-12/15

18+ Pickleball Individual & Doubles Leagues

Times: Thursday 6-10:00pm
18 & over co-ed; 9 week program includes playoffs; Beginner & Intermediate leagues available
Individual $45 members; $90 guests
Doubles $90 members; $180 guests
$15 9 week paddle rental

- SOUTHLAKE Thursdays
- REGISTER 1: 7/19-8/30
  SEASON 1: 9/12-11/7

18+ Softball

Times: game times 6-10pm
18 & over co-ed
$400/team (Whiting)

- League held at Whiting Sports Complex on Thursdays
- REGISTER 1: 6/9-8/4
  SEASON 1: 8/15-10/17

18+ Volleyball

Times: game times TBD
18 & over co-ed; 11 week program includes playoffs

- SOUTHLAKE (Games at 3:00pm) Sundays, $400/team
- REGISTER 1: 7/19-8/30
  SEASON 1: 9/15-11/24

MONTHLY SPORTS CLINICS

Reg Dates	Sport	Clinic Dates	Grades & Divisions	Time	Fees
Hammond					
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Pickleball	September October November December	18+	Friday 2:30-3:30pm	$25 members; $50 guests
Hobart					
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Pickleball	September October November December	18+	Tuesday 1-2:00pm	$25 members; $50 guests
Schererville					
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Pickleball	September October November December	18+	Wednesday 3-4:00pm	$25 members; $50 guests
Whiting					
Now-9/1 Now-10/1 Now-11/1 Now-12/1	Pickleball	September October November December	18+	Monday 6-6:45pm Thursday 11:15am-12:00pm	$25 members; $50 guests

STEAM PROGRAMS

Music Lessons
Discover the joy of making music with our small group or private music lessons! Immerse in the fundamentals, and let the music fill your soul. All ages are welcome to join! So let's start playing today!

Location	Days	Time	Member	Guest
Griffith *Piano, Bass, Drums (percussion) Guitar*	Mondays, Tuesdays, Thursday or Friday (1x/week for 30 min)	Options from 4:30-7:30pm (1-on-1)	$50	$100
	Saturdays (1x/week for 30 min)	Options from 9:00am-1:00pm (1-on-1)	$50	$100
Hammond *Piano, Guitar, Voice*	Mondays or Fridays (1x/week for 30 min)	Options from 4-6:00pm (1-on-1)	$50	$100
Whiting	Monday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	$50	$100
	Wednesday (1x/week for 30 minutes)	Options from 4-6:00pm (1-on-1)	$50	$100
	Saturday (1x/week for 30 minutes)	Options from 9:00am-1:00pm (1-on-1)	$50	$100

Music lessons are a monthly program.

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

ADULTS/SENIORS

SENIOR ACTIVITIES & EVENTS

DISCOVERING NEW FORMS OF FITNESS
As you get older, you may find that you have a new set of fitness goals you would like to achieve. Some might be looking to improve balance and flexibility, injury prevention, or one of many others. We are committed to helping older adults stay active—physically and mentally.

ACTIVITIES
Water Exercise
Social Events
Fitness Classes Yoga, Senior Bootcamp, Low Impact and more!
Pickleball

CHECK OUT ALL OUR SENIOR CLASSES AT
crymca.org/programs/group-exercise/seniors

Creativity Corner

Express your creativity and explore your artistic side through a variety of different projects and mediums. All supplies will be provided.

Location	Days	Time	Member	Guest
Hammond	3rd Thursday of the Month	12-1:00pm	$10	$20

Game Day

Enjoy fellowship and fun as we play a variety of board and card games.

Location	Days	Time	Member
Hobart	1st Monday Every Month	12-1:00pm	Free
Whiting	1st Monday Every Month	12-1:00pm	Free

Healthy Living Center

Location	Days	Time	Member
Southlake	Friday	11:30am-1:00pm	
	1st Friday of the Month - Specialty Class September 6 - Seniors Against Scams* October 4 - Eating for Energy November 1 - Watercolor Painting December 6 - Christmas Lunch		$25 (*$10)/ each
	3rd Friday of the Month - Bingo		Free
	4th Friday of the Month - Game Day		

Monthly Birthday Party for Seniors

Location	Days	Time	Member
Hammond	2nd Friday Every Month	12-1:00pm	Free
Whiting	3rd Wednesday Every Month	12-1:00pm	Free

Scrapbooking

Join us to experience the joy of showing off your creativity, making new friends, and reminiscing on memories with our Scrapbooking Club! All supplies will be provided.

Location	Days	Time	Member	Guest
Hammond	2nd Thursday of the Month	12-1:00pm	$10	$20

Senior Art Workshop

A monthly senior art workshop with a new art project each month. There will be conversation, creativity and coffee available.

Location	Days	Time	Member	Guest
Hobart	2nd Thursday of Month	10:30-11:30am	Free	$15
Schererville	1st Thursday of Month	12:30-1:30pm	$5	$15
Whiting	4th Wednesday of Month	12:00pm	Free	$15

Senior Bingo Potluck

New theme monthly-check branch for monthly theme update.

Location	Days	Time	Member
Hammond	Friday	12-1:30pm	$5
	4th Friday of the Month		
Schererville	Monday	12-1:30pm	$5
	3rd Monday of the Month		

Weekly Coffee Hour for Seniors

Location	Days	Time	Member
Hammond	Friday	8:15-9:15am	Free

Wii Bowling

Location	Days	Time	Member	Guest
Hobart	Wednesdays	11:00am-1:00pm	Free	$15

Yoga & Meditation Workshop

Location	Days	Time	Member
Schererville	2nd Saturday Every Month	10:30am-12:30pm	$25

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

FAMILIES

FAMILIES INCLUDE:

- Birthday Parties
- Community Events
- Family Activities
- Kids Zone/Kids Club
- Run Programs

KIDS ZONE IS A GREAT PLACE FOR YOUR KIDS!

Your child's time in our Kids Zone drop-in nursery will be a fun, enriching experience with activities, games and crafts that reflect the core values of the YMCA.

Check-In
For your child's safety, a parent/guardian listed on child's membership is required to sign their child in and out of the Kids Zone. The parent/guardian who signs the child in must also sign the child out. No one under the age of 18 is allowed to check children in and out of the Kids Zone. **Be sure all children are listed on your account in our system before check-in.**

Checklist: Before you drop off

- My child is wearing shoes, socks and is dressed for play, crafts, etc.
- My child is in a clean diaper or has used the restroom.
- My child is well fed/nursed
- All personal items are labeled with my child's name
- I have brought all items needed to care for my child (i.e. plenty of diapers, wipes and prepared bottles).
- The Y Kids Zone has capacity limits. On occasion you may have a wait time before you can sign in your child. We want to ensure each and every child is safe in our Kids Zone.

Ages
We take children from 6 weeks to 7 years in Kids Zone at our locations. Exception: Schererville and Southlake Kids Zone is for 6 weeks to 5 years.

Time limits
The Y's drop-in Kids Zone is not a licensed child care center. We have a time limit for care while the parent/guardian is at the Y which varies by location.

Clothing
For your child's safety, shoes or socks are to be worn at all times. Socks are to be worn in the play area. Winter items may be stored in the Kids Zone but must be kept in a cubby.

Food & Drink
If you provide a drink for your child, please bring only water or juice (milk allowed ONLY for infants). Drinks must be in spill-proof cups. No food, candy, gum, raisins, peanut products or meals are allowed.

Leaving the YMCA
Kids Zone is not a licensed child care facility, therefore a parent/guardian MUST remain inside the YMCA facility during the child's stay. Failure to comply will result in revocation of Kids Zone services.

Illness
Children showing signs of illness will not be allowed in the Kids Zone. A child must be symptom-free for 48 hours in order to return. If your child has a communicable illness or head lice, please notify the Kids Zone staff immediately so appropriate action can be taken.

Please see our staff for full details on policies and procedures at your Y location. Rules are subject to change.

QUALIFIED STAFF

Our caring and professional Kids Zone staff members are certified in CPR, First Aid, Child Abuse Training, and Appropriate Touch to ensure the safety of your child during their visit.

In addition, staff members work hard to develop a variety of age-appropriate activities to keep your child active and engaged in Kids Zone.

BIRTHDAY PARTIES

Looking for a great place to host a birthday party? The YMCA may be a great fit! Contact the Y for scheduling and additional information. Be sure to contact us far in advance of your desired dates, in order to secure the best time for your party.

BIRTHDAY PARTY AVAILABILITY & OPTIONS

Location	Day	Time	Options
GRIFFITH *Lu interactive playground*	Saturday Sunday	3-5:00pm	Do It Yourself
HAMMOND *Pool party or Sports with choice of Basketball, Soccer or Dodgeball*	Saturday Sunday	2:30-4:30pm 4:30-6:30pm 12-2:00pm or 3-5:00pm	Do It Yourself
HOBART *Pool, Ninja, Gymnastics, Sports/Gym*	Thursday Saturday Sunday	5-7:00pm; 3-5:00pm or 6-8:00pm 12-2:00pm or 3-5:00pm	Do It Yourself
SCHERERVILLE *Pool party or Ninja party*	Saturday (Ninja) Saturday (Pool)	1-3:00pm 2:30-4:30pm	Do It Yourself
SOUTHLAKE *Pool party, Gymnastics or Lu interactive playground party*	Friday (Pool) Saturday (Gymnastics) (Pool/LU) Sunday (Gymnastics) (Pool/LU)	5-7:00pm 12-2:00pm 12-2:00pm 2:30-4:30pm 12-2:00pm 12-2:00pm 2:30-4:30pm	Do It Yourself & Leave it to us
Triangle Hills *Y Tower, High Ropes, Team Building, Archery, Fishing, Nature Scavenger Hunt*	Friday Saturday Sunday	Contact Us	Do It Yourself
WHITING *Ninja party*	Sunday (Ninja)	1-3:00pm	Do It Yourself

Payment:
A deposit of $100 is required to hold the date/time of the party. This deposit must be paid at the time of booking. The remaining balance is due at the front desk BEFORE the party begins.

Cancellation Policy:
In the event you need to cancel your party, 50% of your deposit will be refunded. If you need to reschedule to a new date, your total deposit will transfer to that date.

DO IT YOURSELF
Party duration is scheduled for 2 hours
- 60 minutes in room & 60 minutes in pool/other area as arranged
- Bring your own food, cake, drinks, and supplies

LEAVE IT TO US
- This option provides two large cheese pizzas, juice boxes, plates, napkins, and utensils for an additional cost of $75. Option to add additional pizza for additional cost.

FAMILY ACTIVITIES

Join us for family activities at our locations! Check your local branch for full details and availability.

Location	Class	Days	Time
Hammond	Family Zumba	Saturday	10:30-11:15am
	Family Cardio Drumming	Friday	5:30-6:15pm
	Family Drumming	Check branch schedules for all options	
	Family Swim*	Check branch schedules for all options	
	Family Gym	Check branch schedules for all options	
Hobart	Family Drumming	Tuesday	5-5:30pm
	Family Fun Fridays in Pool*	Friday	6-8:00pm
	Family Swim*	Sunday	3:30-5:30pm
	Family Gym	Check branch schedules for all options	
Schererville	Family Swim*	Check branch schedules for all options	
	Family Cardio Drumming	Thursday	6-6:30pm
	Family Gym	Check branch schedules for all options	
Southlake	Family Sports Challenge	Check branch schedules for all options	
	Open Play Sports Fields	Check branch schedules for all options	
	Family Swim*	Check branch schedules for all options	
	Family Gym	Check branch schedules for all options	
Tri Hills	Y Tower Climb	Check branch schedules for all options	
	High Ropes Adventure	Check branch schedules for all options	
Whiting	Family Gym	Check branch schedules for all options	

*Activity that is in the pool.

Climbing Session (Ages 8 and Up)

Conquer the world's tallest "Y", a Y-shaped rock-climbing tower, or traverse our high ropes course at Triangle Hills! Led by expert instructors, these thrilling sessions promise an exciting experience in a safe environment. All experience levels welcome & all gear provided.

- Seasonal; Check schedule for times
- Adults, teens and kids are welcome
- $10 members; $15 guests
- Climbers must be between 45 and 265 lbs & between 42" and 6'3" due to manufacturer requirements.
- Climbers must wear athletic, closed toe shoes; no crocs or sandals. Long hair must be tied back. Climbers are most comfortable in longer shorts or pants.

Born 2 Move by Les Mills

Designed to nurture a life-long love of physical activity, BORN TO MOVE™ helps children experience the joy and vitality of moving to music. Each session feeds young people's natural appetite for action, movement and play – and lets them enjoy the energy, confidence, good health and increased ability that goes with it. Optimized for core developmental stages, BORN TO MOVE features programming for children aged 2-5 and for those ages 6-16. Class takes place in Studio B.

Location	Days	Time	Member
Schererville	Monday/Wednesday/ Friday	3-3:45pm	Free

TRIANGLE HILLS CAMP & RETREAT CENTER

Spark curiosity and ignite a love for learning with an unforgettable trip to Camp Triangle Hills! Nestled amidst breathtaking scenery, our unique outdoor learning environment offers your students an engaging and enriching experience that extends the classroom. Through hands-on activities, interactive experiences, and immersive exploration, we weave together academic standards with real-world applications, fostering critical thinking, collaboration, and a deep appreciation for nature.

HIGH ROPES

Embark on a thrilling journey through our multi-level ropes course! Build confidence, resilience, and teamwork as you reach new heights.

Y TOWER

Ascend the unique "Y" shaped rock-climbing tower! Conquer personal goals, celebrate achievements and enjoy breathtaking views.

LOW ROPES TEAM BUILDING

Navigate challenges, solve puzzles, and build bonds all while developing communication and leadership skills!

PACKAGES AVAILABLE FOR A GREAT ADVENTURE EXPERIENCE!

LOOKING FOR A VENUE RENTAL AT TRIANGLE HILLS?

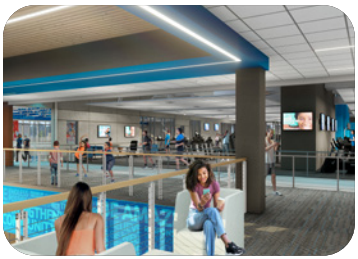
Book a tour to begin your event planning at Triangle Hills! Our beautiful Mary G. White Lodge offers a variety of rental options to accommodate any experience, from intimate meetings to celebrations. Available options for fitness, team building, challenging adventures and more that can be added to any rental to build the perfect experience!

CROSSROADS YMCA MEMBERS will get- - - - **20% off**
Triangle Hills rental rates.
(Does not apply to add ons)

NEW DESTINATION HAMMOND YMCA OPENING IN Llate 2024

GET ALL THE DETAILS

JOIN OUR TEAM



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

FAMILIES

Run for the Hills Training Program

Train with the Y and run the 2nd Annual Run for the Hills 5k to support the Crossroads YMCA Annual Campaign! We are offering an 8-week 5K training program for new & returning runners. This program is designed to meet your needs whether you are looking to take the next step and train for a full 5K or if you are a runner just looking for a training group with some guidance and information. The race takes place at Camp Triangle Hills in Crown Point. Cost includes the Run entry fee. Training begins September 3 and ends race day October 26.

Location	Days	Time	Member	Guest
Tri Hills	Tuesday Saturday	5:00pm 8:00am	$75	$150

COMMUNITY EVENTS

	Event Name/ Details
September	**Fall Back Into Fitness** This 30-day challenge will help you gain momentum to get back to the Crossroads Y and into your fitness routine after summer break. To participate, simply accept the Fall Back Into Fitness Challenge in the Crossroads YMCA app and complete 12 workouts during the month. Workouts can be completed inside or outside of the Y by connecting the apps you already use, such as MyZone, Apple Health, FitBit, Garmin and Polar. Three winners chosen at random at each location will receive their choice of 1 free month of Small Group Training, 1 personal training session or a Seca TruScan for body composition analysis.
October	**Trunk or Treat** DEAN & BARBARA WHITE SOUTHLAKE YMCA Friday, October 18, 6-8:00pm **Pumpkins in the Pool** HOBART FAMILY YMCA Saturday, October 19, 1-3:00pm Pick your pumpkin with a splash! Our pool will be filled with pumpkins just waiting to be picked! Swim, pick a pumpkin, take pics, decorate your pumpkin, slice of pizza and a cookie included. Pumpkin and 30 minutes of swim time included! Open to all ages. $5 members; $10 guests **Fall Fest** TRIANGLE HILLS CAMP & RETREAT CENTER Saturday, October 26, 9:00am-2:00pm Youth Sports Cross Country meet starts at 8:00am 5K Run for the Hills starts at 8:30am 5K is $30 (11 & Up); $15 (10 & Under) **Ironman Triathlon** Wet or Dry If you've dreamed of completing an Ironman triathlon but know you're not ready to complete the distance in a single day, sign up for this event and you will have the entire month of October to complete your miles. All competitors will bike 112 miles and run/walk 26.2 miles You have the option of swimming 2.4 miles OR indoor rowing for 42,195 meters. We will provide sheets to track your progress on each leg over the course of the month. Please register in Daxko. The cost is $25 per person, with all participants receiving a T-shirt. For ages 12 and older.

	Event Name/ Details
November	**Healthy Holiday Hustle MyZone Challenge** We know how tough it is to stay motivated over the holidays but this challenge will get you in the zone as you jockey for the top 5 spots on the MEPs leaderboard among MyZone users at your home facility. Winners at each location will receive their choice of 1 free month of Small Group Training, 1 personal training session or a Seca TruScan for body composition analysis.
December	**Breakfast with Santa** DEAN & BARBARA WHITE SOUTHLAKE YMCA Sunday, December 1, 8:30am–12:00pm **Breakfast with Santa** HOBART FAMILY YMCA Saturday, December 7, 9:00–11:00am Enjoy a delicious breakfast of pancakes sausages and cookies while having the opportunity to snap a photo with Santa! Reserve 1 of our 4 30 minute time slots. $10 members; $15 guests (Under 2 years old free with adult)

FAMILIES

CROSSROADS YMCA
TRANSFORMING LAKE COUNTY
100 Burrell Drive, Crown Point, IN 46307

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ORGANIZATION
U.S. POSTAGE
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HAMMOND, IN
PERMIT NO. 1

MEMBERS HAVE PRIORITY REGISTRATION!

Member registration begins 7/22;
Guest registration begins 8/9

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