Join the Movement

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Code of Conduct

YMCA members will always treat staff, equipment, and facilities with respect.

Members will act in accordance with Y values of caring, honesty, respect, and responsibility.

Members agree to abide by all Y policies and procedures.

Contact Us

910-426-9622

Hours of Operation

Branch Hours*

Monday-Thursday: 5:30 a.m.–9:00 p.m.

Friday: 5:30 a.m.–8:00 p.m.

Saturday: 8:00 a.m.–4:00 p.m.

Sunday: 1:00 p.m.–5:00 p.m.

Child Watch Hours:

Monday-Saturday (AM): 8:00 a.m.–12:00 p.m.

Monday-Friday (PM): 4:00 p.m.–8:00 p.m.

Pool Hours:

Monday-Thursday: 5:30 a.m.–8:45 p.m.

Friday: 5:30 a.m.–7:45 p.m.

Saturday: 8:00 a.m.–3:45 p.m.

Sunday: 1:00 p.m.–4:45 p.m.

Facility Rental Hours:

Saturday: 4:15–6:15 p.m.

Sunday: 5:15–7:15 p.m.

*North Branch is accessible 24-7 with access card. Staff hours are Monday-Friday 8 a.m.–12 p.m. and 4-8 p.m. Saturday 8 a.m.–12 p.m.

Membership Benefits

FREE ACCESS TO ALL YMCA’S IN NC & VA

YMCA membership opens the door to many exciting family, individual and community programs that are designed to build a healthy spirit, mind, and body. You and your family will enjoy the benefits of the Y through participation in a variety of fun and healthful activities from aquatics to summer camp and team sports to Zumba!

<table>
<thead>
<tr>
<th>HOUSEHOLD PLAN</th>
<th>ANNUAL FEE*</th>
<th>MONTHLY COST</th>
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<tbody>
<tr>
<td>YOUTH</td>
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<td>SILVER SNEAKERS</td>
<td>$0–50</td>
<td>Paid by health insurance, call for details!</td>
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<td>SILVER FIT</td>
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*ANNUAL DUES CHARGED MARCH 1

Join the Movement!
No Fees Attached

$0 Joining Fee

Alt the Y–we’re all about supporting community!

Effective February 1, new members join with monthly dues only. All units will contribute a $34 annual fee to support YMCA facility improvements OR charitable giving. As a member the choice is yours!
## YMCA OF THE SANDHILLS
### GROUP EXERCISE SCHEDULE

**FAYETTEVILLE BRANCH: Jan.—Apr. 2017**

### CLASS DESCRIPTIONS:
Please see page 10-11 for more information about healthy living programs and group exercise!

### AQUATIC FITNESS:
Class slots highlighted in **PURPLE** are located in the pool (average water temperature is 87 degrees)

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<th>Monday</th>
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*This Year I… #willcommit #bestrong #becauseYou Got This!*

Back by Popular Demand!

Try our new Step class on Friday 5:30
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**CLASS DESCRIPTIONS:** Please see page 10-11 for more information about healthy living programs and group exercise!

**SIGN-IN REQUIRED:** Class slots highlighted in **PURPLE** have limited slots and require equipment check-out.

**KID'S FITNESS:** Class slots highlighted in **BLUE** are designed for young members ages 5-12, parents must remain in the branch during class.
## YMCA OF THE SANDHILLS
### GROUP EXERCISE SCHEDULE
#### HOPE MILLS BRANCH: Jan. – Apr. 2017

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**CLASS DESCRIPTIONS:** Please see page 10–11 for more information about healthy living programs and group exercise!

**KID’S FITNESS:** Class slots highlighted in BLUE are designed for young members ages 5–12; parents must remain in the branch during class!

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**We Build Strong PEOPLE!**

**Check Out New Class for 2017!**
The Y focuses on strengthening community through youth development, healthy living, and social responsibility. We nurture the potential of every youth and teen, improve the nation’s health and well-being, and provide opportunities that empower others to give back and support their neighbors.
#BESTSUMMEREVER2017

SUPERHEROES WANTED!

We’re looking for SUPER campers for our upcoming summer camps! Register now while space is available.

SIGN UP FOR CAMP TODAY!

Early Registration Begins March 1

Preschool, Day and Travel Camp Available!
LIFEGUARD CERTIFICATION COURSE

SUMMER JOB OPENINGS
YMCA of the Sandhills

This course is designed to give participants the basic skills and knowledge needed to be lifeguards in pools. The American Red Cross certification offers up to date information on how to guard, anticipate, and prevent problems in the water. Learn how to respond in aquatic emergencies with water rescue skills, CPR, and first aid.

AGES:
15+

WHEN:
Week long courses are offered January–July in the evenings

LOCATION:
Fayetteville Branch YMCA– 2717 Fort Bragg Road

SUMMER JOB OPENINGS ARE AVAILABLE, JOIN THE BEST AQUATIC TEAM IN THE GREATER FAYETTEVILLE AREA!
GO TO YMCAOFTHESANDHILLS.ORG
WE’RE MORE THAN A GYM
WE’RE A CAUSE
Annual Campaign 2016

Community Impact

- 19 Communities
  Kept Safe Under Our Watch, Swim Lessons Funded For Those In Need
- $60,000
  Scholarships for Health and Fitness to In Need Individuals
- 38 Children
  Awarded Free Summer Camp through the Bridge Program

Membership Dollars at Work

- Membership Scholarships 4%
- Technology 5%
- Member Services 17%
- Facilities 27%
- Aquatic Services 15%
- Fitness Services 9%
- Management 15%
- Equipment Replacement Fund 5%
- Capital Improvements 4%
- FOR YOUTH DEVELOPMENT®
  FOR HEALTHY LIVING
  FOR SOCIAL RESPONSIBILITY
### Youth Development

#### Aquatics

**Progressive Swim Lessons:** Begin this lesson of a lifetime as young as six months old. Your child will progress in age and skill as they advance through four levels of swim classes and receive a certificate upon completion of each level. Participants learn safety skills and swim techniques such as front-crawl, backstroke, breaststroke, butterfly, and sidestroke.

Each session starts at the beginning of the month following registration and includes eight lessons. Parent-tot and pre-school are 30 minutes in length. School-aged levels 1-6 are 45 minutes in length.

Weekday session registration starts the 15th of every month. Saturday session registration is open June 15th for the July and August session.

**Cost:**
- $29 Family Value
- $42 Member Price
- $72 Program Price

#### Child Care

**After School:** The YMCA’s school-aged child care program provides your child the opportunity to learn new skills, be active and have fun with caring staff. Area elementary schools are served as pick-up sites and children are supervised with scheduled activities at the YMCA until 6:00 p.m.

The Y instills core values of caring, honesty, respect and responsibility by engaging participants in activities and discussions that promote character development. After School Care includes homework help, sports, games, fitness, and healthy snacks to ensure a well-balanced day. Contact the Y for pickup sites.

**Cost:**
- $22 Weekly Family Value
- $49 Weekly Program Price

**Transportation:** (Per Semester) $75 or $20 monthly

**Non-Member Registration Fee** $25 (max of $50 per household)

#### PREP

**PREP:** A half day program for children ages 2 ½ to 5 years of age that offers both an educational and recreational platform. Participants learn about shapes, numbers, letters and more! Children must be able to use the restroom independently prior to enrollment.

Our daily schedule includes a wide variety of activities such as art, role play, movement to music, reading, and sports with a different weekly theme. A healthy snack and drink is provided daily with the exception of Wednesdays which is pack a lunch day.

PREP enrollment has two sessions throughout the year. Session one is August 29- Dec. 16 and session two is Jan. 2-May 26. First and final week’s payment is due upon registration of each session, along with registration fee. **PREP DISCOVERY CAMP** begins registration on March 1 (different fees apply).

**Cost:**
- $35 Weekly Family Value
- $49 Weekly Program Price
- Non-Member Registration Fee $25
Youth Development

Child Watch: Young Y members ages 6 weeks to 9 years are engaged in youth development while mom and dad focus on wellness. Participants are supervised by staff and get involved in fitness games, crafts, and imaginative play. Members are allowed up to 2 hours in the Child Watch zone daily.

Members Only Benefit for Family Plans

Fitness

Home School P.E. Participants focus on wellness through learning Healthy Eating and Physical Activity standards, playing a variety of sports, and swimming. Program starts September 1st and follows the traditional school year calendar. All fees are charged on auto-pay monthly Sep-May. Registration for each participant is due upon enrollment.

Cost $22 per child Family Value $52 per child Program Price $25 Non-Member Registration Fee (max of $50 per household)

Households with more than two children receive additional enrollments at no cost!

Martial Arts: Kids ages 3–15 join us for a martial arts infused fitness program! Learn principles of self-defense and character in a fun-high energy class! Fayetteville Branch Only, join in January for a demo.

Cost: $29 Family Value $49 Program Price $15 Uniform Fee

Sports

Soccer: Registration opens February 1–March 15th for the spring season. The YMCA Youth Sports Program helps kids become not only become better players, but better people as well. It’s a progressive program, with multiple age-specific levels. Every child gets to play and the games are safe, exciting and fun. We encourage fair play, positive competition, and family involvement.

Season begins March 18 Ages 3–11

Cost: $29 Family Value $49 Program Price $10 Uniform/Trophy Fee

Youth Running: Girls on the Run, and Girls on Track combine training for a 5K (3.1 miles) race with healthy living education. Our programs instill self-esteem and strong values through health education, life skills development, mentoring relationships, and physical training, all of which are accomplished through an active community collaboration.

The programs operate on site in local elementary and middle schools upon dismissal. Please contact the YMCA Welcome Center for practice days at your child’s school. Registration begins on Nov. 15th for the Spring season.

Cost: $29 Family Value $79 Program Price $20 5K Race ($5 fee for late registration)

Online registration may be available for your child’s program! Visit ymcaofthesandhills.org for more information.
Healthy Living

Aquatics

Arthritis Water Aerobics: The arthritic water class is designed to increase range of motion and flexibility at a slower pace. The class is 45 minutes in length and taught by a certified instructor.

Members: FREE

Aqua Yoga: A gentle class performed in the pool that will focus on balance, flexibility, strength, and breath.

Members: FREE

Family-Style Swim Lessons: Learn about water safety and the fundamentals of swimming as a 3–4 person unit with a certified swim instructor.

Cost: $169 for six lessons

High Impact Water Fitness: The high impact water fitness class is for Y members who have a good fitness level and are looking for a fast-paced and challenging workout. The class will raise your heart rate and work both upper and lower body muscles. High impact water fitness is 45 minutes in length and taught by a certified instructor.

Members: FREE

Lap Swim: Lap swim offers swimmers a great cardiovascular workout. Whatever pace you work at, come enjoy our relaxing waters and get healthier at the same time. The Y encourages lane sharing and circle swimming.

Members: FREE

Private Swim Instruction: Develop confidence in the water with a knowledgeable instructor. Whether you’re training for your next triathlon or learning the basics, the Y has a member on our team to serve you! Session includes six 30-minute lessons.

Cost: $129 Member Price
$149 Program Price
$99 Winter Special Limited Time Only

Group Exercise

Butts & Guts: A low impact class to focus on lower body and core strengthening.

Cycling: High energy indoor cycling workout, great for those looking for a lower-impact exercise to get in shape and burn calories!

FATBURNer: Increase strength and stability with a full-body workout infused with hand weights, balance, athletic and plyometric training exercises.

Les Mills Body Attack: This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

Les Mills Body Pump: A barbell class that will sculpt, tone and strengthen your entire body, fast!

MommyFit: Bring your little one to enjoy exercise and support from mothers.

PiYo Live: A combination of Pilates and yoga, designed to build strength and stability, while gaining flexibility.

See the Group Fitness Schedule for availability
Healthy Living

Rage: Performed around the RAGE CAGE this high-intensity class will get your heart rate up and burn more fat in less the time. The RAGE CAGE system includes dips, monkey bars, Olympic rings, trampoline toss, plyo-steps and boxing for a functional full body workout.

Silver Sneakers: Is a fun, energizing program that helps older adults take greater control of their health. We offer both Muscular Strength & Range of Motion (MSROM) classes, as well as Chair Yoga to increase flexibility and range of motion.

Step: Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Warrior Wellness: A supportive wellness program for those battling life’s wounds and injuries. Small class size with individual modifications, helping to bridge the gap after physical therapy.

Yoga: Improves flexibility, increases stamina, builds strength and relaxation through postures and breathing techniques. Exclusive to our Hope Mills branch, look for Hot Yoga or Warm Yoga on the schedule.

ZUMBA: Exhilarating, effective, easy to-follow, Latin-inspired, calorie-burning dance fitness-party.

All group fitness classes are FREE to members unless

TRX Suspension Training*: Bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

*Equipment Class

Equipment classes are member only and have limited space so sign in is required.

Personal Training

Y Health First: Join a program that will assist you with tracking activity, food and water intake. Our certified personal training staff will issue challenges to promote lifelong change!

Cost: $29 per Month Session

Complimentary Session: All new members are eligible to receive a 45 minute personal training session within the first 30 days of joining.

Training Plans: Need some motivation? We can help you reach your fitness goals by customizing a workout plan to meet your needs. Schedule your consultation at the Y today.

H2O Training: Exclusive to the Fayetteville Branch, get the low-impact benefits of pool therapy while working one-on-one with a professional trainer to improve your fitness. H2O sessions increase range of motion, muscular endurance and cardiovascular health.

Cost: $29 per hour session for members
$39 per hour session for non-members

NON-MEMBERS: a minimum of eight sessions must be purchased
Activity Groups

Active Older Adults (A.O.A.): A.O.A. members support each other’s wellness goals and build a sense of community around one another. The Y offers group trips for A.O.A. members to continue growing their relationships and building lasting memories together. Throughout the year the Y offers group trips to explore the best North Carolina has to offer!

The Fayetteville and Hope Mills Branch YMCA’s offer monthly potlucks, dinners, Senior Wellness and Aquatic Training, and bingo. Contact the Welcome Center for more information.

Certifications Offered:

- American Heart Association CPR (BLS): $40
- American Red Cross CPR: $89
- American Red Cross First Aid: Included in CPR Fee
- American Red Cross Lifeguard: $150 Y members, $205 non-members, plus $35 non-refundable deposit
- American Red Cross Water Safety Instructor: $135 Y members, $195 non-members, plus $35 non-refundable deposit.

Volunteer Opportunities

The YMCA welcomes all teens and adults who want to help make a difference at the Y. From coaching a sports team to helping out at the branch, volunteers allow us to expand our reach and serve more families in the Sandhills community. Call us today and ask to submit a volunteer application.

Kid’s Night Out

Drop off the kids ages 5–15 every 3rd Saturday of the month at the Fayetteville Branch YMCA for a night of swim, sports and play! From 7pm until 11pm Y staff will offer structured activities for participants (no parents required)

Registration will begin one week in advance of the event. **A $5 late fee will be charged if participants register the day of.** Participants should bring tennis shoes, comfy clothes, towel, and swim suit.

**Cost:** Program Price
$14 per child or $30 for family of up to 4 children

Family Value
$9 per child or $20 for family of up to 4 children

“Project Responsibility” Families FREE

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Health and Safety Training

The YMCA offers certified classes, in accordance with the American Red Cross or American Heart Association for all levels of emergency responders. Participants will learn life-saving skills for use both in and out of the pool. Employers may also request the YMCA to host on-site training to improve safety standards of the workplace.

**Cost:** $49
**SUPPORTING FORT BRAGG’S MILITARY**

**THROUGH LOW AND NO COST PROGRAMS, SERVICES, AND EVENTS**

**Programs**

**BABY BUNDLES**
A bundle of essential care items provided to new mothers that are service members or the spouse of an active duty service member.

**CHILDCARE**
Designed to meet the needs of working parents by providing school-aged children safe care in a positive environment. On site at select schools in Harnett County.

**HOLIDAY HEARTS**
Provides children of junior enlisted service members a chance to receive gifts during the holiday season that they would not have otherwise received due to financial hardship.

**KLASSY KLOSET**
A budget-friendly option to rent formal wear for military functions or special events.

**OPERATION ADVENTURE CAMP**
A 10 week program to create a fun-filled summer for children with various outdoor and indoor activities.

**OPERATION HERO**
A mentoring program to help school aged children improve academically and socially and overcome the stress of military life.

**OPERATION KID COMFORT**
Gives the gift of comfort to children of deployed service members with a quilt or pillow bearing pictures of the family.

**OPERATION RIDE HOME**
Jack Daniels Distilleries generous donation helps service members and their families travel from bases to homes across the U.S. during the holiday season.

**SOLDIER SUPPORT**
Assisting referred military families experiencing financial or medical hardship with food, housing, travel, and other goods.

**OFFICE HOURS**
Monday - Friday 8am - 4pm

**LOCATION**
2-2411 Rodney Trail Fort Bragg, NC

**PHONE** 910-436-0500

**WWW.ASYMCA.ORG/FORT-BRAGG-HOME**

**Events**

**CAR SEAT GIVEAWAY**

**KID’S OLYMPICS**

**FAMILY FISHING DERBY**

**MOTHER-DAUGHTER TEA**

**GOLF OUTING**

**TRUNK OR TREAT**

**MAKING MILITARY LIFE EASIER**