



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CHECK ONLINE FOR OUR LATEST  
NEWS AND EVENTS AT [LPYMCA.ORG](http://LPYMCA.ORG)

# LA PORTE COUNTY FAMILY YMCA



**FOR THE FAMILY**  
HEALTHY ACTIVITIES &  
CLASSES FOR EVERYONE!

**FOR THE KIDDOS**  
FUN, NEW WINTER &  
SPRING PROGRAMS!

## HEALTHY FUTURES BEGIN HERE

WINTER/SPRING 2020 PROGRAM BROCHURE

# TABLE OF CONTENTS.....



## **MEMBERSHIP**

Income-Based Scholarships	9
Membership Rates	10
Locations & Hours	11



## **FITNESS**

Fitness Orientation	12
Land Fitness	13
Water Fitness	15



## **SWIM LESSONS**

Swim Lessons	16
Lesson Schedules	17



## **SPORTS**

Winter I Session Programs	19
Winter II Session Programs	20
Spring I Session Programs	21



## **CHILDCARE & YOUTH**

Preschool	22
Child Care	23
Before/After School	24
School Days Out	25



## **COMMUNITY**

Special Events	26
CPR, First Aid, AED Training	27

## **OTHER**

Board	30
Leadership	31

# SIGNATURE PROGRAMS...

## YOUTH BASKETBALL

**LA PORTE COUNTY FAMILY YMCA  
LA PORTE & MC ELSTON BRANCHES**

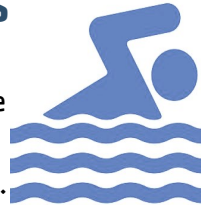
Take advantage of early-bird registration rates for our Winter II (January 2020) Session at both our La Porte and MC Elston branches. Register online at [www.lpymca.org](http://www.lpymca.org), contact Jessica Durham at 219.325.9622 or Kathy Workman at 219.221.4055.



## MORE SWIM LESSONS

**LA PORTE COUNTY FAMILY YMCA  
LA PORTE & MC ELSTON BRANCHES**

We're offering MORE swim lesson sessions in NEW 4-week session formats at both our La Porte and MC Elston branches. Contact Spring Higley at 219.325.9622 or Kathy Workman at 219.221.4055.



## LET'S PLAY PICKLEBALL

**LA PORTE COUNTY FAMILY YMCA  
MICHIGAN CITY ELSTON BRANCH**

NEW! Enjoy a game of pickleball every day, (multiple times) at our MC Elston branch!  
NEW! Pickleball drill sessions. Pickleball Tournament at MC Elston Branch on Saturday, Feb. 22. Contact Kathy Workman at 219.221.4055 or email [kworkman@lpymca.org](mailto:kworkman@lpymca.org).



# SESSION CALENDAR

## WINTER SESSION 1

**Jan. 2—Jan. 31**

Registration begins: Dec. 8 (members);  
Dec. 15 (open registration)

JANUARY 2020						
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	

## WINTER SESSION 1

**Feb. 3—Feb. 28**

Registration begins: Dec. 8 (members);  
Jan. 15 (open registration)

FEBRUARY 2020						
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

## SPRING SESSION 1

**Mar 2 —March 27**

Registration begins: Dec. 8 (members);  
Feb. 17 (open registration)

MARCH 2020						
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				

## SPRING SESSION 2

**March 30—April 24**

Registration begins: Dec. 8 (members);  
March 16 (open registration)

APRIL 2020						
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		

## SPRING SESSION 3

**April 27—May 22**

Registration begins: Dec. 8 (members);  
April 20 (open registration)

MAY 2020						
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						

## SUMMER SESSION 1

**June 1 — June 26**

Registration begins: May 4 (members);  
May 18 (open registration)

JUNE 2020						
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				

# SESSION CALENDAR

## SUMMER SESSION 2

June 29—July 24

Registration begins: May 4 (members);  
June 15 (open registration)

JULY 2020						
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	

## SUMMER SESSION 3

July 27—Aug. 21

Registration begins: May 4 (members);  
July 20 (open registration)

AUGUST 2020						
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					

## FALL SESSION 1

Aug. 31—Sept. 25

Registration begins: Aug. 1 (members);  
Aug. 17 (open registration)

SEPTEMBER 2020						
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			

## FALL SESSION 2

Sept. 28—Oct. 23

Registration begins: Aug. 3 (members);  
Sept. 14 (open registration)

OCTOBER 2020						
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

## WINTER SESSION 1

Oct. 26—Nov. 20

Registration begins: Aug. 3 (members);  
Oct. 19 (open registration)

NOVEMBER 2020						
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					

## WINTER SESSION 2

Nov. 30—December 31

Registration begins: Aug. 3 (members);  
Nov. 16 (open registration)

DECEMBER 2020						
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		

# IT PAYS TO BELONG .....

As a YMCA member, you have access to five La Porte County locations! PLUS, you receive deep discounts on everything from personal training to programs like swim lessons, classes, sports, camps and much more!

## PROGRAM DISCOUNTS

- **SAVE UP TO 50%** per session on classes like swim lessons, sports & more!
- **SAVE UP TO 30%** on preschool and summer day camp

## NEW!

- **NEW** equipment
- **NEW** swim lessons/sports
- **MORE** fitness classes
- **NEW** Sunday hours at our MC Elston branch

## MEMBERSHIP INCLUDES

- Fitness orientations with wellness staff
- Group exercise classes: land and water
- Additional group exercise added
- Open swim & lap swim
- Family-friendly swim & gym schedules
- Kid Watch (see location and hours)
- Family-friendly events and activities
- Guest passes
- Nationwide membership
- **NEW** monthly sessions
- **NEW** equipment to enhance your group exercise & fitness experience
- **NEW** delivery of swim lessons & youth sports for a higher quality experience

## SAFETY

### SAFETY IS OUR TOP PRIORITY

- All staff are certified in CPR, AED, and First Aid
- Lifeguards are on duty during all hours the pool is open.
- Staff complete extensive risk management certification in their areas
- Staff complete criminal background checks before hire.
- The YMCA conducts sex offender screenings on all members, participants and guests.

# GETTING STARTED.....

As part of the Y community, surrounded by friends and caring, knowledgeable staff, you can grow in body, mind and spirit in ways you never imagined. We offer programs as diverse as the people we serve. This means an unparalleled selection of classes and activities — everything from group exercise to parenting classes to summer camp — is out there, just waiting for you and your family to explore.



Visit your local Y. You get access to our three branches in La Porte County. First, ask for a tour and new member packet. Next, learn how to sign in. You'll quickly meet our kind, knowledgeable staff while getting acquainted with your new YMCA.

Take advantage of our FREE group exercise classes.

Download our mobile app on iTunes or Google Play (La Porte Family YMCA).

Check out our monthly group exercise schedules online or on app.

Register online for swim lessons, youth sports, youth camps and more!

**Download your FREE Mobile App for iPhones and Androids today! The new app is now available with updated schedules and online registration.**

**GET INSTANT NOTIFICATION ON Y DELAYS, CANCELLATIONS AND CLOSINGS!**



# ANNUAL CAMPAIGN .....

## \$196,964

### DROWNING PREVENTION

#### PROVIDED TO OUR COMMUNITY IN 2018

Today, the Y impacts approximately 10,000 members on a monthly basis

**\$97,500** 2018 ANNUAL CAMPAIGN

**\$55,000** MEMBERSHIP SCHOLARSHIPS

**10,000 +** PEOPLE IMPACTED

**8,000 +** TOTAL Y MEMBERS

**180 +** YOUNG CHILDREN ENROLLED IN Y EARLY CHILDHOOD EDUCATION PROGRAMS

**160 +** SCHOOL-AGED CHILDREN ATTENDED SUMMER CAMP IN 2018



**706 KIDS** learned to swim through formal youth swim lessons focused on water safety and skill development

### SOCIAL & EMOTIONAL DEVELOPMENT

**482 KIDS** utilized the Y's Before School/After School Program, Summer Day Camp and/or School Day Out Camp

#### 2019 COMMUNITY/EVIDENCE-BASED HEALTH PROGRAMS

LIVESTRONG AT THE YMCA

DIABETES PREVENTION (DPP)

MOVING FOR BETTER BALANCE

BLOOD PRESSURE SELF-MONITORING

COMMUNITY HEALTH & WELLNESS FAIRS





# SCHOLARSHIPS .....

La Porte County Family YMCA believes no one should be denied membership or program participation solely because of the inability to pay fees. Income-based scholarship applications are available at our front desk. Income-based assistance is granted based on available resources. All applications are kept completely confidential. All assistance is granted for 1 year.

## What is the YMCA Income-Based Scholarship Program?

The YMCA Income-Based Scholarship Program provides scholarship assistance to individuals and families in need of financial support. This support is funded by the many generous donations made to the YMCA's Annual Campaign. Income-based assistance is granted based on available resources.

## How will the scholarship amount be determined?

We use a sliding-fee scale, based on total household income, number of dependents, and special needs and/or circumstances; as well as the resources and program availability at our YMCA.

LP County Family YMCA  
Family Membership  
**PRICE: \$62.00**

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Example Income-  
Based Scholarship:  
**QUALIFIES FOR 50%**

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Example Member  
**Pays just \$31.00**  
A month for family  
membership!

## HOW DO I APPLY?

1. Complete the financial assistance application form
2. Submit completed forms along with all the following documentation:
  - A. 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)
  - B. Include copies for all individuals contributing to household income
  - C. Proof of dependency for minors

# MEMBERSHIP.....

## AN OUTSTANDING VALUE FOR EVERYONE

Family Membership is a great value with huge savings to our members!

FAMILY PLAN	MONTHLY \$62	ANNUAL \$744	JOINER FEE \$50
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### MEMBERSHIP RATES . . . . .

YOUTH	\$12.50	\$150	\$25
YOUNG ADULT	\$26	\$312	\$25
ADULT	\$40	\$480	\$50
SING. PARENT FAMILY	\$47	\$564	\$50
SENIOR (AGES 65+)	\$31	\$372	\$50



### REFER A FRIEND!

Refer a friend to the Y and when they join you will receive **ONE FREE MONTH** of membership!

**Referred friend must be a member in good standing for at least 3 months after referral.**

### FULL MEMBERSHIP DISCLOSURE

Membership rates are subject to change. Active military discounts are available! We also offer corporate partnerships, reciprocal membership with La Porte Hospital and nationwide reciprocity with most of the YMCA's in the nation.

# LOCATION & HOURS.....

## LA PORTE . . . . .

LA PORTE BRANCH	HOURS OF OPERATION	KID WATCH
901 Michigan Ave.	Mon.-Fri.: 5 a.m.-10 p.m.	<b>Mon. – Fri.:</b> 7:30-11:30 a.m.
La Porte, IN 46350	Sat.: 6 a.m. – 5 p.m.	<b>Mon. –Thurs.:</b> 4-7:30 p.m.
219.325.9622	Sun.: 10 a.m. – 5 p.m.	<b>Saturday</b> 7 a.m.-11:30 a.m.

## MC ELSTON . . . . .

MC ELSTON BRANCH	HOURS OF OPERATION	KID WATCH
1202 Spring Street, Door L	<b>Mon.-Fri.:</b> 6 a.m.-8 p.m.	<b>Mon.-Thurs.:</b> 4 –7:30 p.m.
Michigan City, IN 46360	<b>Sat.:</b> 6 a.m. – 5 p.m.	<b>Fri.-Sun.:</b> Closed
219.221.4055	<b>Sun.:</b> Open 10 a.m. to 5 p.m.	

## LONG BEACH. . . . .

LONG BEACH BRANCH	HOURS OF OPERATION
2501 Oriole Trail	<b>Mon.-Fri.:</b> 5 a.m. – 9 p.m.
Long Beach, IN	<b>Sat.:</b> 6 a.m. – 5 p.m.
219.879.1395	<b>Sun.:</b> 10 a.m. – 5 p.m.

## CHILDCARE & LEARNING CENTER . . . . .

CHILDCARE & LEARNING CENTER	HOURS OF OPERATION
2510 Monroe Street	<b>Mon.-Fri.:</b> 6 a.m. – 6 p.m.
La Porte, IN 46350	<b>INFO ON HOW TO ENROLL</b>
219.326.7646	Contact Stefanie Gurband at <a href="mailto:sgurband@lpymca.org">sgurband@lpymca.org</a>

## ANDREW AVE. OUTDOOR CENTER . . . . .

ANDREW AVE.	HOURS OF OPERATION
1400 Andrew Ave.	Seasonal hours based on programs. For more information
La Porte, IN 46350	on renting the pavilion, contact the La Porte branch
219.325.9622	member services staff at 219.325.9622.

## FACILITY NOTES

Facility hours are subject to change. All La Porte County Family YMCA branches are closed on Easter Sunday, Labor Day, July 4th, Thanksgiving Day and Christmas Day; limited hours on: Memorial Day, Christmas Eve and New Year’s Eve. Open on New Year’s Day.

# FITNESS ORIENTATION.....

- We highly recommend that all members participate in a Fitness Orientation to **help you meet your fitness goals and get the most out of your workouts.**
- This service is free and will take approximately **45 minutes.**
- A trained fitness center associate will provide you with the basic knowledge and skills of how to operate and use the cardio and strength equipment, **personalizing your orientation around your goals.**
- You will learn how to start, stop, and change settings and workout programs on cardio machines as well as cover individual settings and proper form for resistance machines.
- Staff will also explain basic exercise principles, recommended cardio guidelines and developing a strength routine to help you **make the most of your membership.**
- Members 12 and older are allowed to use the Wellness Center (not weight/resistance). We advise those younger than 15 to complete and orientation to ensure **safe and effective operation of the equipment.**

**SCHEDULE YOUR APPOINTMENT TODAY AT ANY OF OUR BRANCHES! STOP BY ANY MEMBERSHIP DESK FOR DETAILS.**



# FITNESS SCHEDULE.....

CLASS	LA PORTE	MC ELSTON	LONG BEACH
Barre	●		
Body Strength	●	●	
Boot Camp	●		
Butt and Gut	●		
Cardio/Strength	●		●
Cardio Strength Fusion	●		
Cardio Wake Up		●	
Circuit Training		●	●
Extreme Cut	●		
Gentle Stretch			●
Pickleball Drill		●	
Pilates	●		●
Powercut	●		
Rip N Ride	●		
Senior Fitness		●	●
Senior Stretch		●	●
Senior Yoga	●		
Spinning/Cycling	●		
Step and Tone	●		
Stretch and Tone		●	
Tabata	●	●	●
Yoga	●		
Zumba®	●	●	
Zumba Step®	●		
Wet Barre		●	

# FOREVER YOUNG.....

Older adult wellness programming is one of the fastest growing areas, especially in aquatics, fitness and strength training. These programs will help older adults maintain independent, healthy lifestyles. Our Forever Young programs, designed for those age 50 & older, will help you not only physically, but emotionally and spiritually. Enjoy a variety of special programs throughout the year, including guest speakers on topics such as stroke, diabetes and cancer prevention.

**Silver Splash (Aquatics)** | Based upon the idea of “fitness, fun, and friends,” this class incorporates fun, social programming with an exercise program that enhances independent living skills. This low-impact fitness class is held in both the pool and aerobics room.

**Senior Stretch (Aquatics)** | The buoyancy and resistance property of water can help decrease pain, stiffness, and help improve joint flexibility through stretching.

**Senior Fitness** | A community-based senior fitness class designed to help older adults become more active, energized and empowered for independent living.

**Senior Stretch** | A fitness class designed to enhance each individual’s quality of life and daily function. A variety of exercises that will help you increase your agility, range of movement and cardiovascular conditioning.

**Senior Yoga** | This class will move your whole body through a complete series of seated, standing, and floor yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

## JOIN THE Y...

**You don’t just join the Y—you belong here.**

# AQUATICS.....

## AQUA FITNESS

- Aquacise
- Aqua Boot Camp
- Aqua Burn
- Aqua Tabata
- Aqua Zumba
- Deep Water Aqua Tabata
- Senior Stretch
- Silver Splash
- Water Aerobics



CLASS	LA PORTE	MC ELSTON
Aquacise	●	
Aqua Boot Camp	●	
Aqua Burn	●	
Aqua Tabata		●
Aqua Zumba		●
Senior Stretch	●	●
Silver Splash	●	
Water Aerobics		●
Wet Barre		●

## LAP SWIM TIMES ARE AVAILABLE

Visit our website for all the details: [www.lpymca.org](http://www.lpymca.org)

Our Long Beach Y branch does not have a pool, but Y members are welcome to use the pool at our La Porte and Michigan City Elston branches!

# SWIM LESSONS.....

**La Porte County Family YMCA strives to create a safe, fun and encouraging environment for children, teens, and adults to develop as swimmers.**

- There's nowhere better to learn to swim than the Y, where we've been helping people of all ages learn to swim in our community for more than 100 years.
- We teach all ages and abilities beginning at 6 months old.
- At La Porte County Family YMCA, we provide a safe environment with certified instructors, and lifeguard (s) on duty when the pool is open.
- All of our staff are CPR/AED/First Aid trained.
- Water safety is incorporated into our swim lessons.

## **Parent/Child Lessons**

Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim-readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and proper supervision.

## **Preschool Lessons**

Students learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit—and jump, push, turn, grab. In Water Acclimation, Water Movement, and Water Stamina, students are taught the recommended skills for all to have around water. Activities, games, and drills, geared to reinforce learning, are utilized as students progress in this skill-based approach to swimming.

## **School Age Lessons**

Students learn additional water safety skills, fundamentals, and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. In Stroke Induction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.



# SWIM LESSON SCHEDULE...

CLASS	LOCATION	DAYS	TIME	MEMBER	NON-MEMBER
Parent/Child	La Porte	Sat	9-9:30 a.m.	\$40	\$60
	MC Elston	Mon/Wed	9:30-10 a.m.	\$40	\$60
Preschool	La Porte	Tue/Thur	4-4:30 p.m.	\$40	\$60
	La Porte	Tue/Thur	4:45-5:15 p.m.	\$40	\$60
	La Porte	Sat	9-9:30 a.m.	\$33	\$66
	La Porte	Sat	9:45-10:15 a.m.	\$33	\$66
	MC Elston	Mon/Wed	4-4:30 p.m.	\$40	\$60
Preschool	MC Elston	Mon/Wed	4:35-5:05 p.m.	\$40	\$60
	MC Elston	Sat	9-9:30 a.m.	\$33	\$66
	MC Elston	Sat	9:35-10:05 a.m.	\$33	\$66
	La Porte	Tue/Thur	4-4:30 p.m.	\$40	\$60
School Age	La Porte	Tue/Thur	4:45-5:15 p.m.	\$40	\$60
	La Porte	Sat	9-9:30 a.m.	\$33	\$66
	La Porte	Sat	9:45-10:15 a.m.	\$33	\$66
	MC Elston L 1-6	Mon/Wed	4-4:30 p.m.	\$40	\$60
	MC Elston L 1-6	Mon/Wed	4:35-5:05 p.m.	\$40	\$60
School Age	MC Elston	Sat	9:35-10:05 a.m.	\$33	\$66
	MC Elston	Sat	9:35-10:05 a.m.	\$33	\$66
Adult Beginner	La Porte	Thurs	10:30-11:15 a.m.	\$33	\$66
	MC Elston	Sat	10:05-11:00 a.m.	\$33	\$66



# YOUTH BASKETBALL...

Nurturing the potential of every child and teen.

## FOR YOUTH DEVELOPMENT

### ACHIEVE MORE

#### TOGETHER AS A TEAM

The Y Youth Sports program maximizes the positive effects of playing sports by emphasizing healthy competition and promoting teamwork. The Y focuses on the life lessons that can be learned from sports, and coaches strive to instill a positive self-image in each player.

Preschool (ages 3-5)  
Grades 1-6

Games will be played  
Saturday mornings at the  
La Porte County Family  
YMCA Shick Gym

.....  
These divisions will play  
age appropriate teams  
across our association  
throughout the season.

**REGISTER ONLINE**

<http://bit.ly/2Km8Jtu>

## MC ELSTON BRANCH COACHES COURT

### YOUTH BASKETBALL CLINIC



NEW! As an added value, our MC Elston Branch is offering Monthly Coaches Clinics to registered youth basketball participants in grades 1-8. The clinics will be led by Coach Wells and the Michigan City High School Boys Basketball Team. Clinics are open to boys and girls. For more information contact Kathy Workman at 219.221.4055 or email [kworkman@lpymca.org](mailto:kworkman@lpymca.org).

# SPORTS PROGRAMMING...

The goal of La Porte County Family YMCA Youth Sports is to provide a positive, fun experience for all.

## WINTER I

CLASS	OVERVIEW	LOCATION	DATES	DAY/TIME	RATE
Co-Ed Basketball (Preschool)	Develop basketball fundamentals and practice coordination in a game setting	Swanson Gym	Jan. 11-Feb. 29 (Winter I)	Sat./ 9 a.m.	\$42/\$70
Co-Ed Basketball (Preschool)	Develop basketball fundamentals and practice coordination in a game setting	MC Elston	Jan. 6-Feb. 1 (Winter I)	Sat./ 9 a.m.	\$20/\$35
Co-Ed Basketball (K-1)	Develop basketball fundamentals and practice coordination in a game setting	Swanson Gym	Jan. 11-Feb. 29 (Winter I)	Sat./ 9 a.m.	\$42/\$70
Co-Ed Basketball (2/3)	Develop basketball fundamentals and practice coordination in a game setting	Schick Gym	Dec. 9-Feb. 29 (Winter I)	Sat./ 10:15 a.m.	\$42/\$70
Co-Ed Basketball (4/6)	Develop basketball fundamentals and practice coordination in a game setting	Schick Gym	Dec. 9-Feb. 29 (Winter I)	Sat./ 10:00 a.m.	\$42/\$70
Co-Ed Basketball (1-6)	Develop basketball fundamentals and practice coordination in a game setting	MC Elston	Jan. 6-Feb. 1 (Winter I)	Sat./ 10:00 a.m.	\$20/\$35
Co-Ed Basketball (7-8)	Develop basketball fundamentals and practice coordination in a game setting	MC Elston	Jan. 6-Feb. 1 (Winter I)	Sat./ 11:00 a.m.	\$20/\$35
Tae Kwon Do (Youth)	Develop fundamentals and advance your skills in Tae Kwon Do	La Porte/Shick Gym	Jan. 7-Feb. 6 (Winter I)	Tues./Thurs. 5 p.m.	\$42/\$80
Tae Kwon Do (Adults)	Develop fundamentals and advance your skills in Tae Kwon Do	La Porte/Shick Gym	Jan. 7-Feb. 6 (Winter I)	Tues./Thurs. 6 p.m.	\$42/\$80
Tae Kwon Do (Youth)	Develop fundamentals and advance your skills in Tae Kwon Do	MC Elston	Jan. 7-Feb. 6 (Winter I)	Mon./Wed. 5:45 p.m.	\$42/\$80
Tae Kwon Do (Adults)	Develop fundamentals and advance your skills in Tae Kwon Do	MC Elston	Jan. 7-Feb. 6 (Winter I)	Mon./Wed. 6:45 p.m.	\$42/\$80
Homeschool Gym	Help your child develop fundamental skills in physical fitness and recreation.	MC Elston	Jan. 6-Feb. 1 (Winter I)	Wed./ 2 p.m.	\$20/\$40
Tiny Tots/ Mighty Tots	Help your child develop fundamental skills in physical fitness and recreation.	MC Elston	Jan. 6-Feb. 1 (Winter I)	Wed. 1:00 p.m./ 1:30 p.m.	\$20/\$40

# SPORTS PROGRAMMING...

La Porte County Family YMCA youth sports programming offers ways for youth to learn new skills and sportsmanship.

## WINTER II

CLASS	OVERVIEW	LOCATION	DATES	DAY/TIME	RATE
Co-Ed Basketball (Preschool)	Develop basketball fundamentals and practice coordination in a game setting	Swanson Gym	March 7-April 4 (Winter II)	Sat./ 9 a.m.	\$42/\$70
Co-Ed Basketball (Preschool)	Develop basketball fundamentals and practice coordination in a game setting	MC Elston	Feb. 3-Feb. 29 (Winter II)	Sat./ 9 a.m.	\$20/\$35
Co-Ed Basketball (K-1)	Develop basketball fundamentals and practice coordination in a game setting	Swanson Gym	March 7-April 4 (Winter II)	Sat./ 9 a.m.	\$42/\$70
Co-Ed Basketball (2/3)	Develop basketball fundamentals and practice coordination in a game setting	Schick Gym	March 7-April 4 (Winter II)	Sat./ 10:15 a.m.	\$42/\$70
Co-Ed Basketball (4/6)	Develop basketball fundamentals and practice coordination in a game setting	Schick Gym	March 7-April 4 (Winter II)	Sat./ 10:00a.m.	\$42/\$70
Co-Ed Basketball (1-6)	Develop basketball fundamentals and practice coordination in a game setting	MC Elston	Feb. 3-Feb. 29 (Winter II)	Sat./ 10:00 a.m.	\$20/\$35
Co-Ed Basketball (7-8)	Develop basketball fundamentals and practice coordination in a game setting	MC Elston	Feb. 3-Feb. 29 (Winter II)	Sat./ 11:00 a.m.	\$20/\$35
Tae Kwon Do (Youth)	Develop fundamentals and advance your skills in Tae Kwon Do	Schick Gym	March 7-April 4 (Winter II)	Tues./Thurs. 5 p.m.	\$42/\$80
Tae Kwon Do (Adults)	Develop fundamentals and advance your skills in Tae Kwon Do	Schick Gym	Feb. 11-Mar. 12 (Winter II)	Tues./Thurs. 6 p.m.	\$42/\$80
Tae Kwon Do (Youth)	Develop fundamentals and advance your skills in Tae Kwon Do	MC Elston	Feb. 11-March 12 (Winter II)	Mon./Wed. 5:45 p.m.	\$42/\$80
Tae Kwon Do (Adults)	Develop fundamentals and advance your skills in Tae Kwon Do	MC Elston	Feb. 11-March 12 (Winter II)	Mon./Wed. 6:45 p.m.	\$42/\$80
Homeschool Gym	Help your child develop fundamental skills in physical fitness and recreation.	MC Elston	Feb. 3-Feb. 29 (Winter II)	Wed. 2:00 p.m.	\$20/\$40
Tiny Tots/ Mighty Tots	Help your child develop fundamental skills in fitness and recreation	MC Elston	Feb. 3-Feb. 29 (Winter II)	Wed. 1:00 p.m	\$20/\$40

# SPORTS PROGRAMMING...

La Porte County Family YMCA youth sports programming offers ways for families to stay active and healthy together.

## SPRING I

CLASS	OVERVIEW	LOCATION	DATES	DAY/TIME	RATE
Co-Ed Soccer (Preschool)	Develop basketball fundamentals and practice coordination in a game setting	Andrew Ave.	April 18-May 16 (Spring I)	Sat./ 9 a.m.	\$42/\$70
Co-Ed Basketball (Preschool)	Develop basketball fundamentals and practice coordination in a game setting	MC Elston	March 30-April 25 (Spring I)	Sat./ 9 a.m.	\$20/\$35
Co-Ed Soccer (K-1)	Develop basketball fundamentals and practice coordination in a game setting	Andrew Ave.	April 18-May 16 (Spring I)	Sat./ 9 a.m.	\$42/\$70
Co-Ed Soccer (2/3)	Develop basketball fundamentals and practice coordination in a game setting	Andrew Ave.	April 18-May 16 (Spring I)	Sat./ 10:15 a.m.	\$42/\$70
Co-Ed Soccer (4/6)	Develop basketball fundamentals and practice coordination in a game setting	Andrew Ave.	April 18-May 16 (Spring I)	Sat./ 10:00a.m.	\$42/\$70
Co-Ed Basketball (1-6)	Develop basketball fundamentals and practice coordination in a game setting	MC Elston	March 30-April 25 (Spring I)	Sat./ 10:00 a.m.	\$20/\$35
Co-Ed Basketball (7-8)	Develop basketball fundamentals and practice coordination in a game setting	MC Elston	March 30-April 25 (Spring I)	Sat./ 11:00 a.m.	\$20/\$35
Tae Kwon Do (Youth)	Develop fundamentals and advance your skills in Tae Kwon Do	La Porte/Shick Gym	April 18-May 16 (Spring I)	Tues./Thurs. 5 p.m.	\$42/\$80
Tae Kwon Do (Adults)	Develop fundamentals and advance your skills in Tae Kwon Do	La Porte/Shick Gym	April 18-May 16 (Spring I)	Tues./Thurs. 6 p.m.	\$42/\$80
Tae Kwon Do (Youth)	Develop fundamentals and advance your skills in Tae Kwon Do	MC Elston	April 18-May 16 (Spring I)	Mon./Wed. 5:45 p.m.	\$42/\$80
Tae Kwon Do (Adults)	Develop fundamentals and advance your skills in Tae Kwon Do	MC Elston	April 18-May 16 (Spring I)	Mon./Wed. 6:45 p.m.	\$42/\$80
Homeschool Gym	Help your child develop fundamental skills in physical fitness and recreation.	MC Elston	March 30-April 25 (Spring I)	Wed. 2:00 p.m.	\$20/\$35
Tiny Tots/ Mighty Tots	Help your child develop fundamental skills in fitness and recreation	MC Elston	March 30-April 25 (Spring I)	Wed. 1:00 p.m.	\$20/\$35

# CHILDCARE & PRESCHOOL...

**CALL US TODAY AND LEARN MORE ABOUT OUR  
CHILDCARE AND PRESCHOOL OPTIONS**

## Childcare & Preschool | La Porte County Family YMCA

The La Porte County Family YMCA Childcare & Learning Center offers several daycare and preschool program options to accommodate the needs of the child and the parents. All programs are taught by certified instructors to help your child reach his or her full potential academically and socially. We offer an academic curriculum that exceeds Indiana preschool standards and is designed to prepare your child for their entrance into kindergarten.

<b>PRESCHOOL (LA PORTE BRANCH)</b>	<b>MEMBER</b>	<b>NON-MEMBER</b>
<b>3 year olds;</b> Mondays and Wednesdays	\$75	\$95
<b>4 + 5 year olds;</b> Mondays, Wednesdays, Fridays	\$90	\$115

<b>PRESCHOOL (PRAIRIE VIEW)</b>	<b>MEMBER</b>	<b>NON-MEMBER</b>
<b>3 year olds;</b> Mondays and Wednesdays	\$75	\$95
<b>4 + 5 year olds;</b> Mondays, Wednesdays, Fridays	\$90	\$115
<b>3, 4 + 5 year olds;</b> All Week	\$115	\$150

## Preschool Programs | Details

YMCA Preschool programs take place 8:30 a.m. to 11:30 a.m. For more information on the Y's Childcare & Learning Center or Preschool Programs, contact Stefanie Gurband at 219.325.9622 or email [sgurband@lpymca.org](mailto:sgurband@lpymca.org).

**FOLLOW US ON FACEBOOK, DOWNLOAD OUR APP OR GO TO OUR  
WEBSITE AT [WWW.LPYMCA.ORG](http://WWW.LPYMCA.ORG) FOR ALL THE LATEST UPDATES!**

# CHILDCARE & PRESCHOOL...

**CALL US TODAY AND LEARN MORE ABOUT OUR  
CHILDCARE AND PRESCHOOL OPTIONS**

CHILDCARE & LEARNING CENTER	MEMBER	NON-MEMBER
0-12 months old; full time	\$166	\$172
0-12 months old; 3-day	\$140	\$144
0-12 months old; 2-day	\$110	\$113
1 year old; full time	\$152	\$155
1 year old; 3-day	\$126	\$128
1 year old; 2-day	\$96	\$98
2 year old; full time	\$149	\$152
2 year old; 3-day	\$120	\$122
2 year old; 2-day	\$95	\$97
3 year old; full time	\$133	\$136
3 year old; 3-day	\$107	\$109
3 year old; 2-day	\$84	\$86
4-5 year old; full time	\$132	\$135
4-5 year old; 3-day	\$100	\$102
4-5 year old; 2-day	\$75	\$77

## Childcare & Learning Center | Details

The Childcare & Learning Center is open from 6:30 a.m. to 6 p.m. For more information on the Y's Childcare & Learning Center or Preschool Programs, contact Stefanie Gurband at 219.325.9622 or email [sgurband@lpymca.org](mailto:sgurband@lpymca.org).

**LEVEL 4 PATHS TO QUALITY CHILDCARE PROVIDER**

# **BEFORE/AFTER SCHOOL . . .**

## **SCHOOL AGE PROGRAMMING 2019-2020**

The La Porte County Family YMCA runs Before and After School Child-care Programs at three different sites. Our facilitators lead the children in structured activities each day, including gym, art, outdoor play, games and much more. The YMCA core values of honesty, caring, respect and responsibility are incorporated into all programming.

To participate in any of our Before/After School Childcare Programs, parents must pay for their child's care in advance. All payments are due prior to attendance. You choose the days that you need your child to attend. If you pay for your child to attend and your child does not come, there are no refunds/credits.

### **Rolling Prairie Elementary School**

- Before School Care: 6 a.m. -8:30 a.m.
- After School Care: 2 p.m.-6 p.m.

### **South Central Elementary School**

- No Before School Care
- After School Care: 2:45 p.m.-6 p.m.

### **Westville Elementary School**

- No Before School Care
- After School Care: 2:30 p.m. to 6 p.m.



# SCHOOL DAYS OUT AT OUR LA PORTE BRANCH. . . . .

The La Porte County Family YMCA provides mini-camps for registered children during school vacation days and holidays when school is not in session. In addition, we provide mini-camps for registered children on snow days according to the La Porte Community School Corporation's 2019-2020 academic calendar.

## December 2019

- 23, 26, 27, 30

## Jan./Feb. 2020

- 1/2, 1/3, 1/20,
- 2/5, 2/17

## March 2020

- 3/4, 3/23

## April/May 2020

- 4/6-4/13
- 5/11

### Y MEMBERSHIP OFFERS GREATER SAVINGS!

School Days Out/Snow Day  
**PRICE: \$25 per day, per child**  
(LP YMCA member rate)

School Days Out/Snow Day  
**PRICE: \$35 per day, per child**  
(LP YMCA non-member rate)

**FOR MORE INFORMATION CONTACT SANDY STEFANKO  
AT 219.325.9622 OR EMAIL [SSTEFANKO@LPYMCA.ORG](mailto:SSTEFANKO@LPYMCA.ORG).**



# SPECIAL EVENTS . . .

TYPE	LOCATION	DATE	FEE
Kids Night Out: Lego Block Party	La Porte Branch	Jan. 11	\$25
Teen Night	MC Elston Branch	Jan. 24	FREE
Indoor Triathlon	MC Elston Branch	Feb. 8	\$25
Valentine's Dance	MC Elston Branch	Feb. 13	FREE
Kids Night Out: Share the Love	La Porte Branch	Feb. 15	\$25
Pickleball Scramble	MC Elston Branch	Feb. 22	\$25
Women's Health Seminar	MC Elston Branch	March 14	FREE
Kids Night Out: Lucky Charms	La Porte Branch	March 14	\$25
Easter Family Night	MC Elston Branch	April 2	FREE
Kids Night Out: Science Night	La Porte Branch	April 4	\$25
All Sports Camp	MC Elston Branch	April 6-9	\$20/\$40*
Healthy Kids Day	LP & MC Branches	April 18	FREE
Kids Night Out: Little Rembrants	La Porte Branch	May 9	\$25
Open House	MC Elston Branch	May 9	FREE
Teen Night	MC Elston Branch	May 22	FREE
Safety Around Water	MC Elston Branch	May 26-29	FREE

# CPR, FIRST AID, AED.....

TYPE	LOCATION	DATE	FEE
Saturday, Jan. 11	Elston	8:00 a.m.	\$50 members; \$80 non-members
Tuesday, Jan. 21	La Porte	6:00 p.m.	\$50 members; \$80 non-members
Saturday, Feb. 1	Elston	8:00 a.m.	\$50 members; \$80 non-members
Monday, Feb. 17	La Porte	6:00 p.m.	\$50 members; \$80 non-members
Saturday, Mar. 7	Elston	8:00 a.m.	\$50 members; \$80 non-members
Tuesday, Mar. 24	La Porte	6:00 p.m.	\$50 members; \$80 non-members
Saturday, Apr. 4	Elston	8:00 a.m.	\$50 members; \$80 non-members
Tuesday, Apr. 21	La Porte	6:00 p.m.	\$50 members; \$80 non-members



**We extend our sincerest thanks to the Healthcare Foundation of La Porte for their generous support of our programs and recent donation of six new AED's for all La Porte County Family YMCA facilities.**

# BOARD OF DIRECTORS....

## La Porte County Family YMCA

**Nick Otis**  
Board President

**Allison Dent**  
Secretary

**Dr. Charles Hagenow**  
Treasurer

**Betty Plantz**  
Board Member

**Tim Larson**  
Board Member

**Robert Gerometta**  
Board Member

**Jamie Dunham**  
Board Member

**Dawn Zigler**  
Board Member

**Marty Corley**  
Board Member

**Tom Edwards**  
Vice-Chair

**Liz Antos**  
Board Member

**Kyle Rosenbaum**  
Board Member

**Anetra Jones**  
Board Member

**Matt Cook**  
Board Member

**Mike Riehle**  
Board Member



We are a powerful, privately funded non-profit association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

# LEADERSHIP.....

## La Porte County Family YMCA

**Laurie Halaska**  
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lhalaska@lpymca.org

**Shannon Walker**  
Executive Director for  
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**Kyleigh Kubik**  
Volunteer Coordinator  
kkubik@lpymca.org

## LA PORTE COUNTY FAMILY YMCA

La Porte Branch	Michigan City Elston Branch	Long Beach Branch	Childcare & Learning Ctr.	Andrew Avenue
901 Michigan Ave.	1202 Spring Street, Door L	2501 Oriole Trail	2510 Monroe Street	Outdoor Center
La Porte, IN 46350	Michigan City, IN 46360	Long Beach, IN 46360	La Porte, IN 46350	1400 Andrew Ave.
219.325.9622	219.221.4055	219.879.1395	219.326.7646	La Porte, IN 46350

**LA PORTE COUNTY FAMILY YMCA**

You Belong at the Y

**LOCATION**

901 Michigan Avenue

La Porte, IN 46350

**P** 219.325.9622

[www.lpymca.org](http://www.lpymca.org)