

2017 Fall II Oct 22 - Dec 16 Program Schedule



SCHOOL AGE CHILDCARE					Registration Opens		
	Dates	Days	Time	Member Rate	Program Rate	Member	Program
Before School		M,T,W,T,F	starts 6:30am	\$55.00	\$125.00	On going	
After School		M,T,W,T,F	ends 6:00pm	\$55.00	\$125.00	On going	
Before & After School		M,T,W,T,F		\$75.00	\$140.00	On going	
Grades K - 8 Included in these prices are up to 2 days a week delay openings/ early dismissal or school out days.							

PRESCHOOL ENRICHMENT					Registration Opens		
	Dates	Days	Time	Member Rate	Program Rate	Member	Program
Muz Art Ages 3 - 5	Nov 7 - Dec 12	Wednesdays	4:45pm - 5:15pm	\$24.00	\$45.00	Sept 25	Oct 9
Pre Kinder Gym Ages 3-4	Nov 1 - Dec 13	Wednesdays	5:15pm -5:45pm	\$24.00	\$45.00	Sept 25	Oct 9
Kid's Kitchen Ages 4 - 6	Nov 1 - Dec 13	Wednesdays	6:15pm - 6:45pm	\$24.00	\$45.00	Sept 25	Oct 9
Tots in Motion Ages 4 - 6	Oct 26- Dec 13	Thursdays	4:45pm - 5:15pm	\$32.00	\$60.00	Sept 25	Oct 9
All preschool program children must be toilet trained or parents must be in close proximity. Rates vary depending on program length. No class on Thanksgiving Thursday.							

YOUTH SPORTS					Registration Opens		
	Dates	Days	Time	Member Rate	Program Rate	Member	Program
Indoor Soccer Recreational U8, U10, U12	Oct 27 - Jan 14	Refer to Indoor Soccer Schedule online at cumberlandymca.org		\$40.00	\$72.00	Open	Open
Indoor Soccer Premier U8, U10, U12	Oct 27 - Jan 14	Refer to Indoor Soccer Schedule online at cumberlandymca.org		\$40.00	\$72.00	Open	Open
Indoor Soccer U14, U16, U19B, U19G	Oct 27 - Jan 14	Refer to Indoor Soccer Schedule online at cumberlandymca.org		\$40.00	\$72.00	Open	Open
Soccer Clinics Ages 4 - 7	Oct 17 - Nov 28	Tuesdays	4:15pm - 5:15pm	\$23.00	\$43.00	Open	Open
Ages 8 - 11	Oct 17 - Nov 30	Thursdays	4:15pm - 5:15pm	\$23.00	\$43.00		
Youth Basketball Association Grades K - 8	Oct 28 - Feb 3	Saturdays	9:00am - 12:00pm	\$51.00	\$89.00	Sept 25	Oct 9
In December, Mr. Perkins will release the Saturday YBA game schedules (times will vary).							
Sunday School Basketball League Ages 4 - 15	Nov 28 - Mar 18	Games on weekends. Practice schedule listed on flyer. No practices/games Dec 18 - Jan 2		\$20.00/ \$30.00	\$43.00/\$53.00	Oct 15	Oct 15
				Team Fee: \$250.00 Pee Wee:\$210.00 2nd team from same church \$225.00 Early registration ends Nov 15		Registration Ends Nov 27	
Home School P.E. Ages 5 - 14	Oct 23 - Dec 11	Mondays	2:30pm - 4:00pm	\$24.00	\$48.00	Sept 25	Oct 9
No class if Allegany County Public Schools are closed for inclement weather.							
Youth Strength Training Ages 12 - 15	By appointment			\$10.00	N/A	On Going	

ADULT SPORTS					Registration Opens		
	Dates	Days	Time	Member Rate	Program Rate	Member	Program
Indoor Soccer-Adult Rec	Oct 27 - Jan 14	Refer to Indoor Soccer Schedule online at cumberlandymca.org		\$43.00	\$75.00	Open	Open
Indoor Soccer-Power Co-Ed	Oct 27 - Jan 14			\$43.00	\$75.00	Open	Open
Indoor Soccer-Adult Women	Oct 27 - Jan 14			\$43.00	\$75.00	Open	Open

Our members enjoy FREE: Pickup basketball, pickup volleyball, and pickleball. 50+ Group Fitness Classes are offered per week. Please see Gym, Group Fitness, and Aquatics Schedules for more details. Schedules can be found in Welcome Center Lobby and on the Y website, cumberlandymca.org, under schedules.

AQUATICS						Registration Opens	
	Dates	Days	Time	Member Rate Rates per Fall II session	Program Rate	Member	Program
Infant and Toddler Swim Lessons							
Waterbabies	Oct 25 - Dec 13	Wednesdays	5:30pm - 6:00pm	\$39.00	\$79.00	Sept 25	Oct 9
Ages 6 - 17 months	Oct 28 - Dec 16	Saturdays	9:00am - 9:30am	\$39.00	\$79.00	Sept 25	Oct 9
Tadpoles	Oct 25 - Dec 13	Wednesdays	5:30pm - 6:00pm	\$39.00	\$79.00	Sept 25	Oct 9
Ages 18 months - 3 years	Oct 28 - Dec 16	Saturdays	9:00am - 9:30am	\$39.00	\$79.00	Sept 25	Oct 9
Pre School Group Swim Lessons							
Beginner - Pike	Oct 25 - Dec 13	Wednesdays	6:15pm - 6:45pm	\$39.00	\$79.00	Sept 25	Oct 9
Ages 3 - 5	Oct 28 - Dec 16	Saturdays	9:45am - 10:15am	\$39.00	\$79.00	Sept 25	Oct 9
Intermediate - Eel	Oct 25 - Dec 13	Wednesdays	6:15pm - 6:45pm	\$39.00	\$79.00	Sept 25	Oct 9
Ages 3 - 5	Oct 28 - Dec 16	Saturdays	10:30am - 11:00am	\$39.00	\$79.00	Sept 25	Oct 9
Youth Group Swim Lessons							
Beginner - Guppy	Oct 25 - Dec 13	Wednesdays	6:00pm - 6:30pm	\$39.00	\$79.00	Sept 25	Oct 9
Ages 6 - 12	Oct 28 - Dec 16	Saturdays	9:00am - 9:30am	\$39.00	\$79.00	Sept 25	Oct 9
Intermediate - Minnow	Oct 25 - Dec 13	Wednesdays	6:40pm - 7:10pm	\$39.00	\$79.00	Sept 25	Oct 9
Ages 6 - 12	Oct 28 - Dec 16	Saturdays	9:45am - 10:15am	\$39.00	\$79.00	Sept 25	Oct 9
Advanced - Fish	Oct 25 - Dec 13	Wednesdays	6:40pm - 7:10pm	\$39.00	\$79.00	Sept 25	Oct 9
Ages 6 - 12							
5 Private/Semi Swim Lessons	By appointment - 30 minute class			\$65.00 - \$120.00	N/A	On going	
10 Private/Semi Swim Lesson	By appointment - 30 minute class			\$100.00 - \$210.00			
American Red Cross Lifeguard Class	Oct 24 - Nov 11	Tues Thurs Sat	5:45pm - 9:00pm 6:15pm - 9:00pm 9:00am - 4:00pm	Recert \$90.00 Full Cert \$125.00	Recert \$ 175.00 Full Cert \$250.00	Aug 14	Aug 21
Instead of meeting on Saturday, 10/28; the class will meet on Sunday, 10/29. No class held on Tuesday, 10/31.							
Arthritis Class - Basic Beginner	Oct 23 - Dec 15	Mon, Wed, Fri	10:00am - 10:50am	\$14.00	\$49.00	Sept 25	Oct 9
	Oct 23 - Dec 15	Mon, Wed, Fri	11:00am - 11:50am	\$14.00	\$49.00	Sept 25	Oct 9
Arthritis Class - Plus Program	Oct 24 - Dec 14	Tue, Thurs	9:00am - 10:15am	\$14.00	\$49.00	Sept 25	Oct 9
	Oct 24 - Dec 14	Tue, Thurs	10:15am - 11:30am	\$14.00	\$49.00	Sept 25	Oct 9

HEALTH & WELLNESS						Registration Opens	
	Dates	Days	Time	Member Rate	Program Rate	Member	Program
Personal Training							
Private	By appointment - 5 session package			\$140.00 - \$175.00	N/A	On going	
Ages 16 and older	By appointment - 10 session package			\$280.00 - \$350.00			
Semi Private	By appointment - 5 session package			\$115.00 - \$140.00	N/A	On going	
Ages 16 and older	By appointment - 10 session package			\$230.00 - \$280.00			
Small Group	By appointment - 5 session package			\$100.00 - \$115.00	N/A	On going	
Ages 16 and older	By appointment - 10 session package			\$200.00 - \$230.00			
PT Rates vary depending on type and length of session and personal trainer.							
Diabetes Prevention	Contact Anne Bryan for details about this 12 month program and for Rates and Registration. 301-777-9622 ext. 117, anne@cumberlandymca.org						
Stepping On	Oct 23 - Dec 4	Mondays	12:30pm - 2:30pm	\$25.00	\$25.00	Sept 25	Oct 9
	Location: South Cumberland Library						
	Oct 24 - Dec 5	Tuesdays	1:15pm - 3:15pm	\$25.00	\$25.00	Sept 25	Oct 9
	Location: South Cumberland Library						
	Oct 25 - Dec 13	Wednesdays	12:30pm - 2:30pm	\$25.00	\$25.00	Sept 25	Oct 9
	Location: LaVale Library						

Gym & Main Pool Closed for swim meet on Saturday, October 28th from 11:00am to 7:00pm.

Member Rates: for Y members who pay a monthly or annual fee.

Y Members register for programs during the **member registration period**.

Program Rates: for non members who do not pay a monthly or annual fee and are only paying for the program.

The **program registration period** starts one week after the member registration period.

ACCURACY POLICY

The Y has made every reasonable effort to determine that everything stated on this program schedule is accurate. The Y apologizes for accidental omissions or errors. The information listed on this schedule including programs, fees, dates, days, and time, is subject to change without notice by the Y. Changes may occur but will be posted in the facility or on our website.