



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR OUR COMMUNITY

2011/2012 PROGRAM CATALOG
CLOVIS FAMILY YMCA



2300 N Main St; Suite 17
Clovis, NM 88101
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ymcacnm.org

ABOUT US

When you join the Y, you're coming together with men, women and children from your community who are committed to youth development, healthy living and social responsibility.

We know firsthand how difficult it can be to find balance in your daily life. That is why we are here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive. We do that through encouraging good health and fostering connections with new and old friends through the use of sports, fun and shared interests.

Areas of Focus

The Y offers programs, services and initiatives focused on youth development, healthy living and social responsibility, according to the unique needs of the communities it engages.

Financial Assistance

Since it is our intent that no one be denied membership or participation in programs because of an inability to pay, we offer financial assistance to those who qualify. Please complete a financial assistance form which may be picked up at the Welcome Center. All requests are kept confidential.

Y Mission Statement

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



MEMBERSHIP

Methods of Payment

Monthly Membership Fees are deducted through your bank account via an Electronic Funds Transfer (EFT). Credit Card, Cash and Checks accepted for annual memberships and programs fees. We accept MasterCard, Visa or Discover. Please note there is a \$25 fee for all returned checks.

Joiner's Fee

This is a fee for all new members. Your membership must be current to use the YMCA, but if it does lapse, you have 30 days to renew without paying the joiner's fee.

Monthly Continuous Membership

Members pay monthly through EFT. Balance due to join is the first month's dues and the joiner's fee, if applicable. This may be paid by cash, check or credit card. Membership may be canceled in person or through certified mail by giving written 30 day notice. This is a continuous membership valid until canceled by the member. Billing occurs monthly on the 1st or 15th of each month.

Corporate Membership

The YMCA offers discounted memberships to local businesses and organizations. Please contact the welcome center for more information.

Military Memberships

The Armed Services YMCA and Department of Defense Outreach Initiative offer free YMCA memberships to eligible military families and personnel who may not have access to a nearby military facility. Confirm eligibility by contacting Military OneSource at www.militaryonesource.com or by calling 800.342.9647.

MEMBERSHIP FEES

CATEGORY	MONTHLY	ANNUAL
Youth (0-18)	\$26	\$312
Adult	\$43	\$516
College Student	\$33	\$390
Senior	\$34	\$408
Senior Couple	\$41	\$488
Family	\$56	\$672
Single Parent Family	\$45	\$540

FACILITY

Recently opened in May of 2011, the Clovis Family YMCA is over 10,000 square feet and include several amenities to the meet the needs of the community.

YMCA Hours of Operation

M - F: 5 am - 9:30 pm

Sat: 8 am - 5 pm

Sun: 1 pm - 5 pm

Wellness Center

Our 4,500 square foot fitness center is open to all members and features the latest in cardio, circuit, and free weight equipment. Treadmills, elliptical machines, arc trainers and recumbent bikes are just a few of the cardio machines available. Our equipment comes from some of the premiere equipment manufactures like Precor, Matrix, TechnoGym and Cybex.

Group Exercise/Dance Studio

This 2,500 square foot studio features a state of the art bamboo floor, mirrors, sound system and aerobic equipment to help you achieve your fitness goals.

ChildWatch Area

Our ChildWatch program is free to members and gives mom or dad the comfort to know that their young ones are in good hands while you work out or attend a class.

ChildWatch Hours

M-F: 8 am - 12 pm & 4:30 - 8:30 pm

Sat: 8 am - 12 pm

Other Amenities

- Men's, Women's and handicap locker rooms
- Free Wi-Fi available
- Large parking
- Conveniently located in the heart of Clovis
- Welcoming and knowledgeable staff

FOR YOUTH DEVELOPMENT

Jr. Cats Youth Basketball League

The YMCA is the leader in Youth Basketball across the state. Thanks to our partnership with the Clovis School District we are excited to bring YMCA Basketball to your town. Our league is geared to your players ability as we actively apply our professional basketball principles to develop your young player into the star of tomorrow!

Our goal is to create a "Farm System" within our League so your youth will be groomed to the level he or she is comfortable in playing.

Basketball is open to boys and girls in grades K - 12. Call for registration dates.

Afterschool Program

At the Y, kids have the opportunity to make friends, have fun, and discover who they are and what they can achieve. Our activities range from leadership development to sports and arts will give your child the opportunity to become a confident kid today and a healthier, happier grown-up tomorrow.

The Y and Clovis Schools have teamed up to improve your child's education by providing activities that will enhance the school curriculum.

The Y Serves the following schools:

- Mesa Elementary
- Zia Elementary
- Highland Elementary
- Sandia Elementary



FOR YOUTH DEVELOPMENT

Day Camp Programs

YMCA day camps provide children with summer adventures that promote a healthy spirit, mind and body. Children spend time both indoors and outdoors as our experienced staff lead campers in a wide variety of activities each day. Our structured activities including arts and crafts, games, skits and songs, sports, swimming and weekly off-site field trips.

Campers feel safe and celebrated for who they are and given experiences which help promote self esteem and self worth. Campers will experience new things, develop new skills, and have fun along the way. An environment is created where campers are active, learning, laughing, and are made to feel special.

Look for our structured camps during Spring, Summer and Winter breaks.

FOR SOCIAL RESPONSIBILITY

Step Up For Kids Campaign

At the Y we reach out to those in our community who need assistance and help them find a sense of belonging. Through your generous contributions to our annual Step Up For Kids campaign, kids experience one of our summer camps, teens develop leadership abilities and families benefit from healthy YMCA programs. Our programs and services educate and nurture the young, the old and everyone in between. We help children grow, keep our seniors healthy, social and active, and create an unshakable family bond. None of this would be possible without your support. You can give online at ymcacnm.org or visit your branch today!



FOR HEALTHY LIVING

Group Fitness

With over 30 group fitness classes offered weekly, you are guaranteed to find one that's just right for you. Our nationally certified instructors are the best at what they do and will encourage and motivate you to be your best as well. We offer all the latest classes such as Zumba, Yoga, Cycling and much more. Visit our website to download the latest class schedule.

FitStart

The FitStart program is designed to help Health Seekers move toward the mind-set of a regular exerciser. The program is based on an innovative and effective approach to helping physically inactive people become regular exercisers. FitStart is free to all new members.

Your FitStart Coach will motivate and educate you to achieve optimal results and benefits. After an initial consultation with your coach regarding your specific fitness goals, a safe and effective program will be designed just for you. You will meet with your Coach for a series of exercise sessions followed by an evaluation of your progress. Your FitStart Coach will provide personal attention and feedback increasing members' enjoyment experience with exercise, which is crucial for long-term change.

SilverSneakers Senior Wellness

Get more active with people just like you. SilverSneakers includes exercise/conditioning classes, social events, health workshops and screenings as well as volunteer opportunities.

The YMCA was selected to be a partner with the SilverSneakers program for its warm, friendly and safe environment. If your health plan includes the SilverSneakers Fitness Program as part of your benefit package, you can participate at the YMCA at no additional cost to your monthly health plan premium. Call your insurance plan provider to see if you are eligible to be part of the SilverSneakers program.