



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JUMP IN!

EAST JEFFERSON YMCA

Summer 2019 Program Guide



EAST JEFFERSON YMCA

CALENDAR AT A GLANCE

- May 7th GiveNOLA Day
- May 20st Facility Hours Change
- May 24th Flick N Float—Emoji Movie
- May 27th Memorial Day—5:00am–2:00pm
- May 28th First Day of Camp

- June 22nd Teen Pool Party
- June 28th Flick N Float—The Incredibles 2

- July 4th Independence Day—5:00am–2:00pm
- July 12th Snowball Friday
- July 19th–July 21st Beat the Heat
- July 26th Snowball Friday
- July 26th Flick N Float—Captain Underpants

- August 9th Flick N Float—The Lego Movie
- August 9th Last Day of Camp
- August 11th Pool Hours Change

FALL PREVIEW

- September 2nd Labor Day—5:00am–2:00pm
- September 3rd Facility Hours Change
- September 14th Member Appreciation Pool Party
- September 16th Youth Dance Begins
- September 28th Pool Closes
- October 1st T-Ball Begins
- October 5th Soccer Begins
- October 8th Brushes Buddies and Beyond Starts
- October 27th Halloween Hoopla

TABLE OF CONTENTS

Facility Hours and Features	Page 4
Membership Information	Page 5
Calendar at a Glance	Page 6
Childcare	Page 7
Free Youth Programs for Members	Page 8
Fitness & Wellness	Page 9
Summer Family Fun	Page 10
Youth & Family Programs	Page 11
Birthday Parties	Page 12
Kids Night Out	Page 13

OUR MISSION:

The YMCA OF GREATER NEW ORLEANS is DEDICATED to putting Christian principles into practice through programs that BUILD A HEALTHY MIND, BODY, AND SPIRIT FOR ALL.

OUR PROMISE:

STRENGTHENING COMMUNITY IS OUR CAUSE. Every day, we work side by side with our neighbors to make sure that EVERYONE, regardless of age, income or background, has the opportunity TO LEARN, GROW AND THRIVE.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE FOR YOUTH DEVELOPMENT, HEALTH, AND WELL-BEING

LOCATION AND HOURS



EAST JEFFERSON YMCA

**6691 Riverside Drive
Metairie, LA 70003
Phone: 504-888-9622
Fax: 504-888-9665**

For more than 21 years, residents of the Metairie community have relied upon the East Jefferson YMCA to improve and sustain their health and well-being and to form lasting friendships. The front doors of the East Jefferson Y open to more than 170,700 people each year from children ages 6 weeks old to active seniors.

Members can participate in one or more of the 40 aerobics and fitness classes including Spin, Zumba™, yoga, and much more.

The seasonal pool offers family time, swim lessons, swim team, and adult swimming programs.

The Y is far beyond a swim and gym, offering programs such as Diabetes Prevention, childcare, Leader's Club, youth sports, after-school programs, summer camp, wellness and social programs for active older adults, lifeguard training, and fitness challenges. The Y is truly a community center for the whole family.

SUMMER HOURS

Beginning May 20th

Days	Hours
Monday-Thursday	5:00am-9:30pm
Friday	5:00am-9:00pm
Saturday	7:00am-7:00pm
Sunday	10:00am-6:00pm

FEATURES



Full line of quality cardio and strength equipment



KaBOOM!
kid-designed
playground



25-yard pool
with 4 lanes



Youth
climbing wall



More than 40
group exercise
classes every
week



Indoor track



After school
programming
and homework
help



All staff are
CPR and
First-Aid
certified



Dedicated spin
studio with 20
bikes



Party rentals
for birthdays,
showers, and
family events



Free locker
usage during
your visit



Seasonal youth
sports and
dance
programs

CLICK AND CONNECT
www.ymcaneworleans.org



/eastjeffersonymca

HEALTHY LIVING, & SOCIAL RESPONSIBILITY

MEMBERSHIP

Being a member of the YMCA means that you are a part of helping us to deliver our non-profit mission: to put Christian principles into practice through programs that build a healthy mind, body, and spirit for all. If you're here, you probably know the YMCA is so much more than a gym. We're the place to get healthy. We're the place to play with your kids. We're the place where your kids can have fun and build character. We're the place to make an impact in your community. Thank you for being a part of what makes the Y great. Thank you for being a part of something bigger. Because together, we can be a better us.

BENEFITS OF MEMBERSHIP



Free homework assistance and programming (with family membership)



Free childcare while you work out during peak times (with family membership)



Exclusive members-only access to Fitness Challenges



Military & Law Enforcement discounts and family support



Discounts on the YMCA Youth Programs



Unlimited group exercise classes-with over 40 to choose from



Programs for active older adults; many insurances accepted

GUEST POLICY

Guests must adhere to all YMCA policies, rules, swim attire, and usage guidelines. The guest fee is \$6 with a member and \$10 without a member. **Each member is allowed 1 guest at a time**, and the member must be present. Members are allowed to use guest privileges one time per day. **Members are permitted to bring a guest for free on Sundays!** If a non-member exceeds 10 non-Sunday visits in a year, they will accrue an increased guest fee of \$15 for adults, and \$10 for children.

JOINING INFORMATION

Our Join Fee is used to help cover the cost of major repairs and equipment replacement. This fee is payable when you join. Expired or cancelled memberships greater than 90 days are subject to repayment of the Join Fee to renew membership. Join Fees are non-refundable and non-transferable.

NATIONWIDE MEMBERSHIP

The YMCA of Greater New Orleans is part of Y-USA's Nationwide Membership program, and welcomes YMCA members outside of the Greater New Orleans area identified by their membership card. Visiting members are permitted to use our facilities, and YGNO members can use YMCAs across the country!

MEMBERSHIP FEES

MEMBERSHIP CATEGORY	REGULAR		SUMMER	
	JOIN FEE	MONTHLY	JOIN FEE	MONTHLY
Student	\$25	\$25	\$25	\$25
Seniors (ages 60+)	\$50	\$50	\$100	\$50
Individual	\$50	\$55	\$100	\$66
Family (Two adults + dependents)	\$50	\$79	\$100	\$99
3rd Adult	—	\$30	—	\$30



CHILD CARE

KIDS CORNER AND KIDS CLUB ARE FREE BENEFITS OF YOUR MEMBERSHIP AT THE Y!

KIDS CORNER HOURS

	Mornings	Evenings
Monday—Thursday	8:00am–12:00pm	4:00pm–8:00pm
Friday	8:00am–12:00pm	4:00pm–7:00pm
Saturday	8:00am–12:00pm	Closed

! 2-HOUR TIME LIMIT

KIDS CORNER is a fun, safe getaway for children ages 6 weeks to 4 years old. While you spend some time working out and taking care of yourself, let us take care of your children. For more information on policies, see Kids Corner staff or the Program Director.

KIDS CLUB HOURS

	Mornings	Evenings
Monday—Thursday	Closed	4:00pm–8:00pm
Friday	Closed	
Saturday	8:00am–12:00pm	Closed

! 2-HOUR TIME LIMIT

KIDS CLUB is a place for your 5–11 year-olds to spend time during afternoons and weekends while you work out! Kids Club is a great space that allows older children to enjoy age-appropriate activities. Parents must sign their children into and out of Kids Club. Your child will receive a FREE healthy snack Monday–Thursday from 4:30–6:30pm.

PARENT'S DAY OUT

When	Mondays, Wednesdays and Fridays 8:00am—12:00pm
Cost	Members \$20 Non-Members \$40

Spend the morning off knowing your child is having fun at the Y! Parents drop off with trusted and caring staff to enjoy music, crafts, games, active play, snacks, reading time, and more!



GET MORE WITH YOUR MEMBERSHIP AT THE Y!

We value our members at the Y and offer several FREE member-only perks. Check out these exclusive programs below!

THE ZONE

On Tuesdays from 6:15pm—7:00pm our youth sports coordinator and staff lead a youth functional movement program. Participants utilize speed and agility drills and games to improve sports performance and prevent injuries.

YOUTH ORIENTATION TO THE WELLNESS FLOOR

12-13 year olds have the opportunity to schedule a youth orientation to the wellness floor, to begin using the floor without an adult supervisor! Talk to the front desk to schedule an appointment.

KIDS IN MOTION

Kids in MOTION is part of the YMCA's Healthy Eating Physical Activity initiative intended to reduce the risk of diabetes and heart disease. Every Monday from 4:45pm—5:30pm kids get to dance, play games, do relay races, and more, all while learning about fitness and nutrition.

TEEN FIT

On Tuesdays from 7:00pm—7:45pm teens ages 11-17 are guided through a progression of cardio, strength and cross training, and flexibility exercises as they strive to reach personal goals. The program is fun and dynamic and helps create life-long healthy habits.



FITNESS & WELLNESS

The Y is focused on healthy living and a big component of that is fitness and wellness. There are lots of reasons why people choose to be active and exercise, and the Y is ready to help you reach your goals, whatever they may be! If you're a new member, new exerciser, or just someone looking to get back into a routine, the East Jefferson YMCA offers several programs free to members to kick off a healthy lifestyle.

**BOOK
YOUR
PACKAGE
TODAY!**

PERSONAL TRAINING

We have a team of highly qualified personal fitness trainers available to optimize your time, energy and exercise routine. These trainers have a variety of specialties and can provide you with a personalized, functional and effective workout. We several different packages to help you reach your goals.

**Interested in exploring personal training, but not sure if it's right for you?
Check out our other great options:**

SMALL GROUP TRAINING

Individual sessions too expensive? Want the group atmosphere with exercises designed to meet your specialized needs? Small group training is for you! Get 2-5 of your best friends and sign up for small group training for a very affordable rate (minimum 3; maximum 6).

HEALTHY START ORIENTATIONS

Schedule a FREE Personal Training Consultation/session and meet with a Personal Trainer to learn about the programs, classes or equipment that best fit you and your goals.

ADULT MARTIAL ARTS

Do you want to learn discipline, perseverance, get a great workout, as well as learn how to protect yourself? Then Adult Martial Arts is for you! Our instructor is able to teach all levels!

WHEN: Thursday 6:00pm-7:00pm
Saturday 10:15am-11:15am

COST: \$55/month for members
*One time registration fee of \$35 for uniform at sign up.
Sparring gear is optional (see instructor)



SUMMER FAMILY FUN

FLICK 'N FLOAT Dive-In Movie

Flick N Floats are a great way to beat the heat! Come relax in the pool and enjoy some time with the family. We'll have kids activities and a great family movie playing poolside on an inflatable screen!

This event is **FREE** for Members and \$5 for Non-Members

MOVIE SCHEDULE **TIME: 7:00pm-10:00pm**

May 24th **Emoji Movie**
June 28th **The Incredibles 2**
July 26th **Captain Underpants**
August 9th **The Lego Movie**

POOL PARTY Membership Appreciation

Join us for our End of Summer Pool Party!
We will have food, games, music, and FUN!!

WHEN: Saturday, September 14th
 from 2:00PM-4:00PM

COST: Members—FREE;
 \$2 day-of registration fee

 Non-Members—\$5

GOGGLE UP! Stroke School

This program is designed to provide an opportunity for children who are interested in swim team or swim conditioning. They will work on endurance and refining their strokes

WHEN: April 30th-May 23rd

COST: Members—\$75
 Non-Members—\$125

AGES: 6-17 years old



YOUTH & FAMILY PROGRAMS

MAKE AN IMPACT Leaders Club

YMCA Leaders Club helps teens (ages 13–18) develop into the kind of leaders who can have a positive impact on the community. Teens gain valuable teamwork and volunteer experience and build a healthy spirit, mind, and body. The club offers opportunities to complete service hours.

Requirements: 13–18 years old, positive attitude and willingness to learn more about community outreach. Yearly dues are \$35.

Leaders Club meets twice a month and the schedule is set according to school calendars. Please contact the Youth Program Director for eligibility and enrollment. An application is required for consideration

BRUSHES, BUDDIES, & BEYOND Painting Program

Brushes, Buddies and Beyond is a “painting party” specifically for individuals with special needs from ages 5 to 17, and each week the classes are held in a safe and relaxing environment. This program, which is offered in partnership with the George Rodrigue Foundation, provides opportunities to explore and learn more about painting from an instructional artist among friends. Artists get to create their own unique paintings, which can be used for keepsakes or gifts after the session is completed.



Ages: 5–17

When: Tuesdays, 6:00pm—7:00pm
October 1—October 29

Cost: Members- \$75
Non-Members- \$90

KIDS NIGHT OUT

At the Y, we know parents need a break from time to time. With Kids Night Out, parents enjoy a night out while the kids engage in fun and safe activities at the Y. Kids enjoy games, crafts, pizza, and more, centered on a unique theme. Kids Night Out is always the first and third Friday of each month from 6:30pm–10:00pm. Pre-registration is required. Register by the Thursday before Kids Night Out at the front desk. Day-of registrations require an additional \$6 late fee.



UPCOMING DATES!

May 3rd	Calling all Superheroes
May 7th	Surf's Up
June 7th	Sweet Celebration
June 21st	Pajama Jam
July 5th	Wild West
July 19th	Let's GLOW Party
August 2nd	Circus Soiree
August 16th	Back to School Bash

COST:
Members- \$10
Non-Members- \$20

*\$6 Late Fee for
Day of Registration

DROP OFF:
6:30pm–6:45pm
PICK UP BY:
10:00pm



BIRTHDAY PARTIES

	RENTAL 1	RENTAL 2	RENTAL 3	BOUNCE PARTY	ADVENTURE PARTY	BEST PARTY EVER	FUN IN THE SUN	SUPER SPLASH
ROOM(S)	Lego Room	Studio 2	Studio 1	Studio 1 & YW	Studio 1 & YW	Studio 1 & YW	Pool Deck	Pool Deck
GUESTS*	20	30	55	15 Kids (55 total)	35 Kids (55 total)	35 Kids (55 Total)	15 Kids (25 Total)	30 Kids (45 Total)
DURATION	1 Hour	1.5 Hours	2 Hours	2 Hours	2 Hours	2 Hours	2 Hours	2 Hours
STAFF		1 Host	1 Host*	2 Hosts*	2 Hosts*	2 Hosts*	2 Hosts*	2 Hosts*
AMENITIES				1 Bounce House; Food Storage	Bounce House OR Rock Wall; Food Storage	Ice Cream Cups; Hello Kitty Bounce House; Rock Wall; Food Storage	Pool; Food Storage; Private Area; Use of the Grill	Pool; Food Storage; Private Area; Use of the Grill
BIRTHDAY GIFT & FAVORS				1 Special Gift for Birthday Honoree; 15 Party Favor Bags	1 Special Gift for Birthday Honoree; 25 Party Favor Bags	1 Special Gift for Birthday Honoree; 30 Party Favor Bags	1 Special Gift for Birthday Honoree; 20 Party Favor Bags	1 Special Gift for Birthday Honoree; 30 Party Favor Bags
COST	\$75	\$125	\$175	Members: \$255 Non-Member: \$290	Members: \$305 Non-Member: \$340	Members: \$380 Non-Member: \$415	Members: \$280 Non-Member: \$315	Members: \$330 Non-Member: \$365

*Host will help you decorate with your décor 30 minutes before party (not applicable for Rental 1)

*Guests include children and adults



ADD-ONS

Pizza Package:

5 Large, 1 Topping Pizzas \$50
10 Large, 1 Topping Pizzas \$100

After Hours:

\$25 Per Staff

Additional Time:

1 Hour Extra; Indoor Party \$50
1 Hour Extra; Pool Party \$75

Contact the Birthday Party Coordinator at
ejbirthdays@ymcaneworleans.org



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