

# Y Gift Certificates

Do your Christmas shopping at the Y! The YMCA of Greater Spartanburg offers programs for people of all ages, so give your loved ones the gift of fitness & fun. For more information visit us at [www.spartanburgymca.org](http://www.spartanburgymca.org) or call 864-585-0306 Pine Street YMCA or 864-433-9623 Middle Tyger YMCA.

## Karate at the Y

We teach Karate focusing on kicks, punches, blocks, self control and awareness.

Days/Times: Tue. & Thurs. 6-7 / Thur. 4-5

Member Price: \$7/class \$25/month

Nonmember Price: \$10/class \$35/month

## Parents' Night Out

This gives parents the opportunity to enjoy an evening out. The children enjoy pizza, movies, swimming, etc.. For ages 2 to 6th graders.

Middle Tyger: 2nd Friday each month

Pine Street: 3rd Friday each month

One Child Price: \$20/members \$25/nonmembers

Two Child Price: \$30/members \$40/nonmembers

## Swim Lessons

We offer both group and private lessons for as young as 6 months to adults. Classes are two days a week for four weeks. Next session in Nov.

Pine Street Y M&W 4-6 pm; T&Th 6-8pm

Middle Tyger Y M&W am; T&Th pm

(See Swim Lesson Flyer for specific dates & times)

Price: \$35/\$40/member & \$70/\$80/nonmember

## Afterschool

Serving district 7 & 5 schools with pick up. Includes healthy snacks, homework help, foreign language instruction, swimming and games.

Pricing as low as \$45 a week.

Sibling discount; Income-based rates available

## Piano Lessons

WE are offering 30 minute piano lessons from a seasoned instructor. This program is for ages 6 to adult.

Time/Date: between 5 - 7:30 pm on Thursdays

Price: \$15/class-members

\$25/class-nonmembers

## Theater Arts

A 12 week Theater program for middle school students. Learn the basics of Theater arts including stage presence, history, and much more. Ending with a performance by the group.

Spring 2012 at both branches.

Cost: \$50/members & \$100/nonmembers

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



### **Mother's Morning Off**

Help your preschooler learn social skills, get active, make arts and crafts, develop fine and gross motor skills, use good manners, and follow simple directions. Daily activities include group time, reading time, music time, arts & crafts, outside play, snack time, group adventures, and more!  
Middle Tyger YMCA M-F 9-1. Call for rates.

### **Pool Birthday Parties**

You can have the best party ever at the YMCA pool! You will get 1 hour in the pool with our inflatable lobster and 30 minutes in our party room for up to 25 swimmers.

Days/Times: Fri 7-8:30pm, Sat. 1-2:30pm  
or 3-4:30pm, Sun. 1:30-3pm.  
Cost: \$100/Members \$125/Nonmembers

### **Open Art Studio**

Learn the basics of drawing & painting at the Middle Tyger YMCA! Saturdays 10-11:30am

Session I: Jan. 14, 21, 28; Feb 4, 11, 18

Session II: April 14, 21, 28; May 5, 12, 19

Cost: \$50/Members \$75/Nonmembers  
All materials are included in course fee.

### **Personal Training**

Personal training is designed to enhance physical fitness & meet child's wellness goals through one-on-one training. Each session is 45 minutes to 1 hour long

Cost: 1 session- \$35/Members \$42/  
Nonmembers 5 sessions- \$165/Members  
\$200/Nonmembers Call to set up time.

### **Team Lean**

A 10 week weight loss competition, Team Lean is open to the community. Includes weekly weigh-ins, nutrition classes, Y guest passes, & cash prizes to the top teams & individuals.

Time/Date: 9am Sat. Nov. 5th in Lower Gym  
Cost: \$50/person January 5 - March 22, 2012

### **Massage**

YMCA Members get free massages at the Pine Street location with a minimum \$10 tip. Michelle Mabry, our certified massage therapist, is licensed in Deep Tissue, Pregnancy, Swedish, Hot Stone, Sports, & Clinical Range of Motion techniques.

Offered MWF 9am-4pm; TTh 1pm-6:30pm

**All programs are offered to both members and non-members.**  
**Financial assistance is available.**

**We look forward to seeing you at the Pine St. YMCA!**