Y MEMBERSHIP
Join the YMCA where strengthening community is our cause. With a focus on developing the potential of youth, improving individual health and giving back to our neighbors, your membership will bring about meaningful change in your life and your community.

Benefits of Membership
• No contracts to sign
• A variety of membership options to fit your household type: individuals, families, seniors, young adults and more
• 30-day money back guarantee
• Child Watch care while you work out
• Lower fees on programs and classes
• Online registration for most programs

To become a member of the YMCA, visit the Welcome Center or join online.

PROGRAM MEMBERSHIP
The YMCA is a member-based organization. Program memberships are designed for those who want to participate in programs or activities but do not want full facility use.

PROGRAM GUIDE
This guide contains information about the key programs provided at this YMCA.

You can register for activities listed in this guide by visiting the Welcome Center at any YMCA in the Greater Houston area. You may also visit us online to register or find more detailed program information, including schedules and policies.
## Hours of Operation

<table>
<thead>
<tr>
<th>Facility</th>
<th>Monday–Friday (September–April)</th>
<th>Monday–Friday (May–August)</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td></td>
<td>9:30 am–5:00 pm</td>
<td>8:00 am–5:00 pm</td>
<td>Closed</td>
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<td>Wussow Park</td>
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<td></td>
<td>Monday–Friday (School year)</td>
<td>3:30 pm–6:00 pm</td>
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<td></td>
<td>Monday–Friday (Summer)</td>
<td>7:30 am–5:30 pm</td>
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Please note that all hours are subject to change. Please visit our [website](http://ymcahouston.org/aldine-greenspoint) for a complete and up-to-date listing of facility hours.
CAMPS

CAMPS
Camps at the Y are about discovery. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence and make lasting friendships.

HOLIDAY CAMPS
Give your kids something fun and exciting to do during school holidays! Our quality care will keep them entertained and active while school is out.

• SPRING BREAK CAMP
  Ages: 5–12
  Date: March 14–18
  Cost per: Session
  Cost: $100
  Registration deadline: March 11

YMCA CAMP CULLEN
EXPERIENCE MORE. ACHIEVE MORE.
Nestled among the tall pines on 530 acres along the shores of Lake Livingston, YMCA Camp Cullen provides your child with unique experiences and amenities including water sports, horseback riding, target sports and ropes courses.

Family weekend camping is available from September to May. Overnight camp sessions for kids ages 7–17 are offered from June through August.

Visit us at ymcacampcullen.org for more information.

POWER SCHOLARS ACADEMY™
The Y is closing the achievement gap with a program that improves students’ educational readiness, engagement and outcomes, while helping them grow physically and emotionally

Grades: Completed Kindergarten-5
Date: June 27–August 5
Cost per: Week
Cost: Free (8:30 am–3 pm)

Care is available before and after the program for an additional fee.

DAY CAMP
YMCA Day Camp is a fun and happy place for your child to enjoy their summer break. Sign up today for a summer filled with games, sports, swimming, arts and crafts, educational activities, trips and much more!

Ages: 5–12
Date: June 6–August 19
Cost per: Week
Lone Star College: $100
Johnson: $50 (must reside in 77039, 77093 and 77032)
Wussow: $45 (must reside in 77060)
Registration deadline: The Friday prior to the week you want to attend
CHILD CARE

With so many demands on today’s families, parents need all the support they can get. That is why child care at the Y is about more than just looking after kids. It is about nurturing their development by providing a safe place to learn foundational skills, develop trusting relationships and build self-reliance.

EARLY CHILDHOOD DEVELOPMENT/PRESCHOOL

Y Early Childhood Development provides enriching experiences that help facilitate a child’s cognitive, social, physical and emotional growth. We strive to meet the developmental needs of each individual child by working in partnership with their families. Our program, licensed by the State of Texas, provides a curriculum that focuses on education, leadership, and character development.

Ages: 18 months–5 years
Cost per: Month
Facility: Lone Star College–North Harris Campus

Call 832-484-9622 for more information.

AFTER SCHOOL

Once children reach school age, multiple influences enter their lives. School-based care ensures the time outside of school is occupied creatively and constructively.

These programs help children grow in spirit, mind and body while emphasizing and modeling character development values: caring, honesty, respect, responsibility and faith.

Please visit our website for a complete list of participating schools and costs.

Ages: 5–12
Cost per: Month
Facility Member cost: Varies by location
Program Member cost: Varies by location
Hours: Varies by location
In-service dates are included in monthly rate.
Being healthy means more than simply being physically active; it’s about maintaining a balanced spirit, mind and body.

The Y offers you opportunities to foster connections with friends through lifelong learning programs, or to bring your loved ones closer together through family-centered activities.

At the Y, it’s not about the activity you choose as much as the benefits of being healthier on the inside and out.

Healthy living information and wellness challenges are provided throughout the year to encourage healthy eating and regular exercise participation.

**ACTIVE OLDER ADULTS**

We know older adults want more than physical benefits when they exercise; they want a sense of community and to strengthen social ties. Older adult programs offer fitness classes like water exercise, yoga, stretching and walking clubs. There are also volunteer opportunities and regular social events. Visit our [website](#) for upcoming events.

**Ages:** 55 and up

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**SILVERSNEAKERS®**

As the nation’s leading exercise program designed exclusively for older adults, SilverSneakers offers physical activity, health education and social events for Medicare-eligible and group retiree members.

Participants are usually 65 and older, but, in some cases, are of any age deemed disabled and receiving Medicare.

SilverSneakers members receive a membership paid for by their insurance at no additional cost to the insured. You’ll enjoy all the benefits of a YMCA Facility Member, including fitness and cardio equipment, signature SilverSneakers fitness program classes, water aerobics and so much more!
YOUTH SPORTS

YMCA Youth Sports programs encourage and promote healthy kids, families and communities. We place priority on family involvement, team-building and healthy competition rather than rivalry. We also focus on individual development, a positive self-image, a sense of fair play and mutual respect for others.

SPRING SPORTS

- **FLAG FOOTBALL**
  - Ages: 6–12 (must reside in zip codes 77039, 77093 and 77032)
  - Cost per: Season
  - Cost: $10
  - Registration deadline: April 15

- **BASEBALL/T–BALL**
  - Ages: 3–7
  - Cost per: Season
  - Cost: $25
  - Registration deadline: May 1

SUMMER SPORTS

- **SOCCER**
  - Ages: 3–12 (must reside in zip codes 77039, 77093 and 77032)
  - Cost per: Season
  - Facility Member cost: $10
  - Program Member cost: $10
  - Registration deadline: July 1, 2016

- **SOCCER**
  - Ages: 3–12
  - Cost per: Season
  - Cost: $25
  - Registration deadline: August 1

Register today at ymcahouston.org
At the Y, children and teens learn values and positive behaviors while they explore their unique talents and interests. Through leadership and enrichment programs, we ensure that every child has an opportunity to envision a positive future. To register for a particular program, visit our Welcome Center or website.

YMCA YOUTH ACHIEVERS
YMCA Youth Achievers helps older youth and teens develop a positive sense of self and to set high educational goals. Participants will go on college tours, learn how to apply for college, attend career workshops and more.

Ages: 14-18
Cost: $50/semester

CARING COMMUNITY CENTERS
Caring Community Centers bring fun, enriching programs to kids and families in the area.

Location: Wussow Park, 500 Greens Rd.
Cost: Free (children must be registered in the program)

Location: Biscayne Apartments
Cost: Free to residents

832-484-9622
ENDLESS POSSIBILITIES

YMCA Teen Programs

Learn more at ymcahouston.org
ANNUAL CAMPAIGN
The YMCA Annual Campaign provides financial assistance and supports programs that teach leadership skills, instill core values and build an ethic of service. Contributions to the Annual Campaign help fund such important initiatives as child care, camping, membership, teen and leadership programs, community services, older adult programming, youth sports and aquatics.

Visit ymcahouston.org/donate to contribute to our Annual Campaign.

VISIT US ONLINE
Find out more about our classes and services on our website.

At the site, you can register for programs and search class schedules as well as learn how to get more involved in your local YMCA.

FACILITY RENTALS
The Y is a great place to have your next special event or birthday party.

FACILITY AND ROOM RENTALS
The Y has multiple facilities available to rent for small and large group gatherings. For more information on rates, guidelines and availability, please visit the Welcome Center.

SPECIAL EVENTS

HEALTHY KIDS DAY®
This free community event is open to all kids and families and filled with fun, active play and educational opportunities.

• Date: April 30
• Cost: Free
• Location: Wussow Park, 500 Greens Rd.
• Time: 10 am – 1 pm
EXPERIENCE MORE. 
ACHIEVE MORE. 
YMCA Camp Cullen 

Summer overnight camp packed with adventure for kids ages 7–17.

Register today at ymcacampcullen.org

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.