

## BOARD OF DIRECTORS

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**THANK YOU  
FOR SERVING**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## OUR STRENGTH IS IN COMMUNITY

January 2011 - May 2012

## CONTACT US

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**North Baker Facility**  
541.508.0015

**SAM-O-POOL**  
541.523.9622  
580 BAKER STREET

**FITNESS CENTER**  
541.523.4050  
2021 MAIN STREET

**GYM**  
541.523.7066  
2020 CHURCH STREET

**NORTH BAKER FACILITY**  
541.508.0015  
2725 7th STREET

[www.bakerymca.org](http://www.bakerymca.org)



**FOR YOUTH DEVELOPMENT •  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



I went to Africa on April 24<sup>th</sup> 2011. I went there for a hunting safari in Windhoek, Namibia. I heard about how poor this town was and asked YMCA if they could donate soccer balls for this village I was going to because I knew soccer was a big thing over in Africa. Tanya was generous enough to give me soccer balls. I brought pumps for the balls in my bag along with tee shirts, pencils and note books.

After my long flight I got to my final destination and saw the way these people where living was a lot worse than I expected. There was a tiny house with a tin roof and three families lived in it. It was no bigger than an average living room. Kids were working super hard for their families. They were running around with ripped shirts and no shoes and super dirty shorts. In their free time they played with a small rock and kicked it with their bare feet.

That afternoon I went inside and pumped up the three soccer balls the YMCA donated and walked out to where they played. I had my hunting guide get them together because they didn't speak any English. Everybody came even the parents. I gave each village a soccer ball to share and at that very moment I saw the biggest smiles that I will ever see! They started kicking it around and then everyone joined in to play. I passed out the rest of what I brought to everyone. Those kids and parents were super grateful. They shook my hands and said "Thank you" the best they could. That whole day they shook my hand and said thank you as much as they could. Those were definitely the nicest people I have ever met. Even though neither of us could talk to each other, we all connected by playing sports!

I would like to give a special thank to the Tanya at the YMCA for donating those soccer balls! Without sports and the YMCA those kids would still have nothing but a small rock. I know they are putting them to good use!

*Sincerely,*  
Austin Folkman  
Freshman @ BHS

**FOR SOCIAL  
RESPONSIBILITY**

# VOLUNTEERS

Volunteers are the foundation of the YMCA.

Without you, we would not be able to effectively meet the needs of youth, adults and families who live in our community.

With your help, as a volunteer, our programs are richer and our staff are able to focus on growing existing programs, or creating new programs that will continue to serve our members' and community needs.

**Thank you to all of our  
2011 Volunteers!**

**Over 300 volunteers helped  
provide over 1,000 hours of  
service to our community.**

# SUPPORTERS

Our YMCA is fortunate to have a growing circle of supporters who understand the importance of providing necessary financial resources for programs and services that impact the everyday lives of youth, families and the Baker County community we serve.

**Thank You  
For Being  
Involved**

**In 2011 the YMCA received over  
\$70,000 in financial support!**

**Thank you to all our Donors,  
Team Sponsors & Auction participants.**

## OUR Y

### FITNESS CENTER

#### FACILITY HOURS

Monday - Thursday

4:45 AM - 9:00 PM

Friday

4:45 AM - 8:00 PM

Saturday

8 AM - 5:00 PM

Sunday

12:00 PM - 4 PM

### SAM-O-POOL

See pool schedule for swimming times.

### GYMNASIUM

#### OPEN GYM

Tuesday Noon - 1 p.m.

Friday Noon - 1 p.m.

Sunday 3:00 - 5:00 p.m.

### NORTH BAKER FACILITY

#### Y ZONE

See page 10 for schedule.

### WEBSITE

[www.bakerymca.org](http://www.bakerymca.org)

## ♥ MEMBER BENEFITS

### HEALTH & WELLNESS

- Cardio
- Circuit Training
- Weight Equipment
- Group Exercise Classes
- Wellness for Life
- Knowledgeable Staff

### SAM-O-POOL

- Open Swim
- Lap Swim
- Water Fitness Classes

### PROGRAMS

- Open Gym
- REDUCED FEES on all YMCA Youth Programming & Activities
- the **NEW** Y Zone
- Access to Y Away Program

**JOIN US  
WE'RE MAKING  
A DIFFERENCE**

### HOLIDAY CLOSURES

Thanksgiving Day, Thursday, November 24, 2011

Christmas Eve, Saturday, December 24, 2011 at 1:00 pm

Christmas Day, Sunday, December 25, 2011

Memorial Day, Monday, May 28, 2012

## MEMBERSHIP RATES

Membership Type	Joining Fee	Month Draft	Day Pass
Adult 19 +	\$25.00	\$38.00	\$10.00
Youth 2-18	\$10.00	\$15.00	\$5.00
College	\$15.00	\$20.00	\$10.00
Senior 60+	\$0.00	\$30.00	\$8.00
<b>Household</b>			
1 Adult + Children	\$25.00	\$55.00	\$20.00
2 Adult + Children	\$25.00	\$70.00	\$20.00
<b>Couples</b>			
2 Adults	\$25.00	\$65.00	\$20.00
2 Seniors	\$0.00	\$50.00	\$16.00

### Month to Month Fees

Regular rate +30%

### Pay in Full

Regular Fees x 12, No Joining Fee

### Corporate

Ask about our Corporate Wellness Program  
Call Noel at 541.523.4050 or email at noel@bakerymca.org

### FINANCIAL ASSISTANCE

Financial assistance is available for YMCA memberships and programs. The YMCA will not turn people away for the inability to pay the full fee! Assistance must be requested 2 weeks prior to the program or membership start date. We are able to offer assistance due to the generous contributions from the community members.

**FRIEND US ON FACEBOOK**  
[www.facebook.com/BakerYMCA](http://www.facebook.com/BakerYMCA)

# Celebrate With Us!

**Kidz Sleep Over!!!**

**8 PM - 8 PM**

Bring the kids to North Baker Facility for a fun filled night with our skilled staff. They can play games, be active, and have fun while our staff while you go out! Ages 7 - 12 years old.

**LOCATION:** North Baker Facility, 2725 7th Street  
**DAYS/ TIME:** December 31st, 8 PM to January 1st, 8 AM  
**FEE:** Members \$10 Non-Members \$15

[Registration is required!](#)

**2012**  
**Sunday, January 1**

**Ride into 2012**

**12 PM - 4 PM**

Join us for a great start to the new year!! Four hour indoor cycling class. Bring your trainer or sign up early to reserve your bike. We will alternate instructors who will lead you into a healthy 2012!! Come for part or all of the ride.

**LOCATION:** Fitness Center, 2021 Main Street  
**DAYS/ TIME:** January 1st, 12 PM to 4 PM

[FREE](#) for Y Members and Non-Members

Child Watch available [FREE](#) during the ride.



**Saturday, December 31st**

**Last Chance Workout                    8 AM - 12 PM**

4 Hours to finish this year with a bang. Our instructors will run you through several fitness classes all in a row. Come for one or stay for all of them!!

Child Watch is **FREE** during the workout!

**LOCATION:** Fitness Center, 2021 Main Street  
**DAY/ TIME:** December 31st, 8 AM to 12 PM

**FREE** for Y Members and Non-Members

**„ Zumba Party    8 PM - 10 PM**

„ Dance the night away at North Baker Facility for 2 hours. Just come ready to shake it and sweat out the remainder of 2011.

„ **LOCATION:** North Baker Facility, 2725 7th Street  
 „ **DAY/ TIME:** December 31st, 8 PM to 10 PM

„ **FREE** for Y Members and Non-Members

**SWIM SCHEDULE**

**LAP SWIMS**

Monday - Friday  
 5:00 am - 7:00 am

Monday thru Friday  
 11:00 am - 1:00 pm &  
 5:00 pm - 6:30 pm

Saturday  
 8:00 am - 9:30 am

**WATER AEROBICS**

High-energy, low-impact water aerobics in the water to improve strength, conditioning, and cardiovascular health.

**Early Bird Water Fitness**

Tuesday & Thursday  
 5:05 a.m. - 6:05 a.m.

**Shallow Water Fitness**

Monday, Wednesday, Friday  
 8:15 a.m. - 9:15 a.m.

**Deep Water Fitness**

Monday, Wednesday, Friday  
 9:15 a.m. - 10:15 a.m.

**DAY PASS RATES FOR  
 LAP SWIMS & WATER AEROBICS**

<b>Members</b>	<b>FREE</b>
<b>Adult &amp; College</b>	<b>\$10</b>
<b>Youth</b>	<b>\$5</b>
<b>Senior 60+</b>	<b>\$8</b>

**visit [www.bakerymca.org](http://www.bakerymca.org) for pool schedule**

**OPEN SWIM SCHEDULE**

Monday thru Friday  
 6:30 pm - 8:00 pm

Friday & Saturday  
 1:00 pm - 3:30 pm

**OPEN SWIM RATES**

<b>Members</b>	<b>FREE</b>
<b>Adult</b>	<b>\$3 / session</b>
<b>Senior 60+</b>	<b>\$2 / session</b>
<b>Youth</b>	<b>\$2 / session</b>

**LEARN,  
GROW,  
THRIVE**

**KINDERGARTEN  
READINESS  
CLASS  
AVAILABLE FOR  
4 - 5 YEAR OLDS**



## **NEW Y PRESCHOOL**

Preschool emphasizes a hands-on learning curriculum, motor skill development, creativity and more. We provide a safe, nurturing opportunity for your preschooler to gain self-confidence and learn life skills such as making friends, exhibiting good sportsmanship and respecting others.

Our half-day preschool includes creative learning, music & movement, computers, pre-writing & writing, reading readiness, arts & crafts and more.

LOCATION: North Baker Facility, 2725 7th Street

DATES: September 6, 2011 - May 24, 2012

TIME: 8:30 a.m. - 11:00 a.m.

FEE: 2-day, 3 year old class  
\$75 (M) \$115 (NM) / month

3-day, 4 - 5 year old, Kindergarten  
Readiness class  
\$90 (M) \$135 (NM) / month

\$25 Non-Refundable Registration Fee  
(M)=Y Member (NM)=Non-Member

Contact [YPreschool@bakerymca.org](mailto:YPreschool@bakerymca.org)  
for registration information.

## **EVENTS**

### **♥ CUPID♥ SWIM & RUN**

Valentine's Day brings couples together in many ways, and here in Baker City it's no different. So instead of buying candy and flowers join us for the Cupid Swim & Run. Rules are simple, you and a partner will get together to tackle our swim and run course.

One will hop in the pool to swim 750 yards (15 laps) and the other will run a 3.1 miles. This will be a two-day event so the swim will be on Friday and the run on Saturday.

The order of the run will depend on the swimming time so the faster the swim the sooner you can start your run. Teams must be one male and one female and no age restrictions.

**Challenge runs February 10—11, 2012**

FEE: \$10 Members \$15 Non-Member

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### **YMCA SPRINT DISTANCE - I TRI'D at the Y! May, 19th 2012**

**Distance: Swim 500 yards - Bike 10 miles - Run 5K**

I Tri'd at the Y is back for our third year. Our swim will be held in the Sam-O-Pool followed by a scenic 10 mile ride through the outskirts of Baker City and finishing with a 3.1 mile run. Join us for this annual event.

FEE: \$25 Members \$35 Non-Member

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### **TRIATHLON TRAINING**

The Baker County Y will be offering 12 weeks of triathlon training to help you reach the finish line.

We will have a great set of trainers that will help in all three areas to train you and help keep your body in tune with the demands of the triathlon.

We will also be including various lectures and helpful information on swimming, cycling and running. Take that step and get to training! More information to come.

**Training runs February 20 - May 12, 2012**

FEE: \$30 Members \$45 Non-Member

## **NEW** EVENTS

### **IRON MAN 30 DAY CHALLENGE** ♥ member benefit

The Ironman Triathlon is a grueling event that pushes its participants to the limits of endurance. It consist of a 2.4 mile swim, 112 mile bike ride and topped off with a 26.2 mile run. These distances are usually completed with-in a 17 hour cut off. We however, will be completing this in 30 days.

Log your swim, bike and runs on our workout log and complete this challenge. Prizes will be given to everyone that completes the distances. You too can be an Ironman...or Iron-woman.

**Challenge starts December 1st, 2011**

FEE: FREE FOR Y MEMBERS

## **NEW YEAR'S WEEKEND CELEBRATION**

**A LAST CHANCE WORKOUT,  
IT'S A ZUMBA PARTY & KIDZ SLEEP OVER  
AND THAT'S JUST THE 2011 ACTIVITES!**

**ON NEW YEAR'S DAY JOIN IN A RIDE INTO 2012**

SEE PAGES 20 - 21 FOR ALL THE DETAILS!

### **VIRTUAL RELAY AT THE Y** ♥ member benefit

Have you ever wanted to run a relay but were never able to get the time off or able to afford the cost of travel. The Baker YMCA will be holding the first ever indoor virtual relay in the month of January.

In September of 2012, hundreds of runners will head out to conquer the Hells Canyon Relay. Starting at the Oregon Trail Interpretive Center and ending in La Grande, Oregon. We will run a similar distance with legs varying from 2.5 to 6.5 miles. Teams can be as little as 6 runners but no more than 12. You must complete your leg before the next runner can start theirs. Get your teams ready and sign up at the fitness center.

**Challenge runs January 1 - 31, 2012**

FEE: FREE FOR Y MEMBERS

## **INDOOR PARK**

Please join us for a play-date with your infants, toddlers and pre-schoolers, through age 6.

*Fun toys are provided along with plenty of room to run and play!*

Each child or group of children should bring their own adult supervision.

We would like to maintain a "well-child" environment, so no sick kids, please!

LOCATION: North Baker Facility,  
2725 7th Street

DATES: Monday & Wednesdays,  
November 1, 2011 - March 22, 2012

TIME: 9:30 a.m. - 11:00 a.m.

AND

LOCATION: Sam-O-Pool, 580 Baker Street

DATES: Fridays, November 4, 2011 -  
March 23, 2012

TIME: 9:15 a.m. - 10:15 a.m.

FEE: FREE with FAMILY Membership  
\$1 / child (up to \$3) Non-Member



### NEW Y AFTERSCHOOL

The YMCA Afterschool program is a program for school age children ages Kindergarten through 6th grade to keep them active and in a safe environment after school .

Components of each day include: homework help; healthy snack; fitness activity; and access to our NEW Y ZONE (see page 10).

**This program will be staffed by caring adults who will also serve as positive role models for our youth.**

Children may take a bus from their current school to North Baker, and parents / guardians can pick them up at 5:30 p.m..

AGES: Kindergarten – 6th Grade

LOCATION: North Baker Facility  
2725 7th Street

DAYS: Monday - Thursday

TIME: 3:30 p.m. (or after school) to 5:30 p.m.

FEE: Y member \$5 / day\*  
non-member \$7.50 / day  
\*the child must be a member

REGISTRATION: For planning purposes pre-registration is required.



### NEW PLUGGED IN

YMCA School's Out Program. This program is for youth ages Kindergarten thru 6th grade who want to stay busy and active in a fun safe environment on the days that Baker School District students are out of school.

The day will include: two healthy snacks; as well as, fitness activities; fun events; crafts; occasional field trips; and themed activities.

Plugged In is staffed by knowledgeable, caring and creative Y staff.

AGES: Kindergarten – 6th Grade

LOCATION: North Baker Facility, 2725 7th Street

continued >>>>

## HEALTH & WELLNESS

### KID FIT

In this program youth have an opportunity to be educated on how the body works, proper ways of weight lifting and working their cardiovascular system. This is for youth ages 10-14 years.

Held the second Saturday of every month from 10 am to 1 pm.

FEE: \$5 Y member \$15 non-member

\*non-member session includes a day pass / session for you to enjoy our facilities after your Personal Training session.

### THE POUND PLUNGE

The Pound Plunge is a weight loss team challenge consisting of: personalized fitness programming; education; nutrition; and support groups in order to achieve one's health and wellness goals. Teams of four will challenge each other for four weeks of competition. Pound Plunge participants will have weekly challenges, weigh-ins and group training sessions. Get your teams together or let us form them for you.

LOCATION: Fitness Center, 2021 Main Street

DATES:

**Session Three:** weigh-in November 19, 2011  
Challenge / Journal starts November 21, 2011  
Final weigh-in December 17, 2011

February 4<sup>th</sup> weigh-ins for The Pound Plunge

**Session One:** starts Feb. 6<sup>th</sup> and ends March 3<sup>rd</sup>

**Session Two:** starts March 12<sup>th</sup> and ends April 7<sup>th</sup>

**Session Three:** starts April 16<sup>th</sup> and ends May 12<sup>th</sup>

FEE: \$20 Y Member / Session \$30 Non-Member / Session

## HELPING YOU REACH YOUR HEALTHY GOALS

## HEALTH & WELLNESS



### PERSONAL TRAINING

Personal training is one-on-one training with a specific plan to meet your goals, wants and needs. A Personal Trainer will be beside you throughout your entire workout to assure your success. Training offers accountability, motivation, education, and guidance to help you meet and exceed your goals.

For the month of January we will be offering a special price for all personal training sessions. This is a great way to start the year and head down the path towards your fitness goals.

### FEE (book session by January 31, 2012):

\$100 / 5 sessions or \$150 / 10 sessions Y Member  
 \$150 / 5 sessions or \$225 / 10 sessions Non-Member  
 \*non-member session includes a day pass / session for you to enjoy our facilities after your Personal Training session.

#### FEES:

1 Hour Sessions	Group (price per person, 2-4 clients)
1 Session - \$35 Y Member \$55 Non-Member	1 Session - \$30 Y Member \$45 Non-Member
3 Sessions - \$90 Y Member \$135 Non-Member	3 Sessions - \$85 Y Member \$130 Non-Member
5 Sessions - \$140 Y Member \$210 Non-Member	5 Sessions - \$125 Y Member \$190 Non-Member
10 Sessions - \$250 Y Member \$375 Non-Member	10 Sessions - \$200 Y Member \$300 Non-Member



### WELLNESS FOR LIFE

♥ member benefit

Wellness for Life is a *free* program to all YMCA members. In your initial orientation you will work with a trainer to come up with a personalized wellness plan to help meet your goals. Members can use this ongoing support to discuss wants, needs and barriers that need to be overcome. Trainers can give basic knowledge on how the machines work or even structure a workout plan. Schedule your appointment today.

LOCATION: FITNESS CENTER, 2021 MAIN STREET  
 FEE: FREE FOR Y MEMBERS

## PLUGGED IN - continued

TIME: 7:30 a.m. - 5:30 p.m.

FEE: Y Member \$20 / day\*  
 Non-Member \$30 / day  
 \*the child must be a member

REGISTRATION: For planning purposes pre-registration is required.

#### DAYS:

##### November

4 - Theme - A Day with King Tut {Egypt}  
 11 - Theme - Veteran's Day  
 18 - Theme - Giving Thanks  
 CLOSED November 25

##### December

2 - Theme - Aaargh! It Be Pirates!  
 9 - Theme - Happy Hanukkah!  
 16 - Theme - Fly Away - Aviation! Celebrating the Wright Brothers

##### Christmas Break

19 - Theme - Gingerbread Celebration!  
 20 - Theme - Reindeer Celebration!  
 21 - Theme - Santa Celebration!  
 22 - Theme - Snowman Celebration!  
 23 - Theme - Christmas Party & Caroling  
 26 - Theme - Be the Game  
 27 - Theme - Trip to the Tundra  
 28 - Theme - Winter Olympics Celebration!  
 29 - Theme - Snow fest!  
 30 - Theme - New Year's Around the World

### See our flyer for all of the 2012 Plugged In Themes!

January 2012 - 6, 13, 20, 27  
 Martin Luther King, Jr. Day, Monday,  
 January 16, 2012  
 February 2012 - 3, 10, 17, 24  
 Presidents' Day, Monday,  
 February 20, 2012  
 March - 2, 9, 16, 23  
 Spring Break March 26 - 30  
 April - 6, 13, 20, 27  
 May - 4, 11, 18, 25



**GET PLUGGED IN**



## YOUTH SPORTS

### BASKETBALL – Opening Day January 8, 2012!

Youth in Grades 3 - 6 and/or at least 8 years of age by January 1  
Youth in Grade 7 may not participate

LOCATION: Gym, 2020 Church Street

FEE: \$ 20 Y member \$30 non-member

\$5 late fee for registrations received / paid after November 19

### ITTY BITTY BASKETBALL For youth Ages 3 - 5

Parent participation is required. One parent may participate with up to two children.

LOCATION: North Baker Facility, 2725 7th Street

Tuesdays, February 21, 28 and March 6, 13 5:30 – 6:30 PM

FEE: \$10 Y Member \$15 Non-Member

### WRESTLING

Youth in Grades 1 - 6 and/or at least 8 years of age by January 1  
Youth in Grade 7 may not participate

LOCATION: Baker High School, Wrestling Room

**Coming in March 2012!**

### ITTY BITTY T-BALL For youth Ages 3 - 5

Parent participation is required. One parent may participate with up to two children.

LOCATION: North Baker Facility, 2725 7th Street

Tuesdays, April 17, 24 and May 1, 8 5:30 – 6:30 PM

FEE: \$10 Y Member \$15 Non-Member

**COMING IN MARCH 2012  
YMCA DAY CAMP INFORMATION!**

## Y ZONE & POOL RENTAL

The Y is definitely the place you want to celebrate your next event, birthday party or special occasion. The Y Zone is fun space provides hours of entertainment and fun.

**Let the Y do all the work and your kids have all the fun!**

AVAILABLE TIMES: include Fridays 8 AM-1 PM, Saturdays 9 AM-3:30 PM, Sundays 10 AM -2 PM

BASIC RENTAL: We provide the space and a staff person to help keep the equipment up and running. This is great for birthdays, field trips, family reunions, and even anniversary events.

Y Member \$50/hr Non-Member \$75/hr

**BIRTHDAY PARTY RENTAL: Themed Birthday Party Packages are available at both the Y Zone and Sam-O-Pool. Party Packages include:** We offer themed birthday party packages to include: cake; ice cream; punch; balloons; goodie bags; tableware; a t-shirt for the birthday boy / girl; and one staff person to oversee the activities.

THEMES: Pirate, Princess, Under the Sea, and Race Car.

Each rental is 2 hours long and needs to be scheduled 2 weeks in advance. Person booking and paying for the party must be a member to get the member rate.

### 1-10 People

Y Member \$125

Non-Member \$190

### 11-20 People

Y Member \$175

Non-Member \$265

### 21-30 People

Y Member \$225

Non-Member \$340



**TO BOOK A PARTY CONTACT:**

**Laurie Wittich**

**541.523.9622**

**Laurie@bakerymca.org**



### **BASIC POOL RENTAL**

Y Member

\$50/hr up to 25 swimmers

Non-Member

\$75/hr up to 25 swimmers

**Check out the fun, themed Birthday Party Rentals, too!**

check out the Y website @ [www.bakerymca.org](http://www.bakerymca.org)

**SWIM LESSONS** – The importance of water safety and swimming as a lifelong skill are unquestioned. Our skilled instructors teach these important aspects of swimming with knowledge and compassion. **LOCATION:** Sam-O-Pool, 580 Baker Street

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**PARENT – TOT SWIM LESSONS** (Ages 6 months – 3 years)  
We are offering four 4 – week sessions. Your child will come once a week for 4 weeks, 30 minutes each lesson.

**SESSION ONE:** Tuesdays 11:30 am – 12:00 pm (Noon),  
January 10 – January 31, 2012 **OR**  
**SESSION TWO:** Tuesdays 5:00 – 5:30 pm,  
February 7 – February 28, 2012 **OR**  
**SESSION THREE:** Tuesdays 11:30 am – 12:00 pm (Noon),  
April 3 – 24, 2012 **OR**  
**SESSION FOUR:** Tuesdays 5:00 – 5:30 pm,  
May 1 – 22, 2012  
**FEE:** \$10 Member / Session \$15 Non-Member / Session

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**SMALL POOL SWIM LESSONS** (Ages 3 – Pre-K5)

**SESSION ONE:** Tuesdays & Thursdays, 12:30 – 1:00 pm,  
January 10 – February 2, 2012 **OR**  
**SESSION TWO:** Tuesdays & Thursdays, 6:00 – 6:30 pm,  
February 7 – March 1, 2012 **OR**  
**SESSION THREE:** Tuesdays & Thursdays, 12:30 – 1:00 pm,  
April 3 – 26, 2012 **OR**  
**SESSION FOUR:** Tuesdays & Thursdays, 6:00 – 6:30 pm,  
May 1 – 24, 2012  
**FEE:** \$20 Member / Session \$30 Non-Member / Session

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**YOUTH SWIM LESSONS – LEVELS 1 & 2** (Ages 5 & up)

**SESSION ONE:** Mondays & Wednesdays, 5:00 – 6:00 pm,  
January 9 – February 1, 2012  
**SESSION TWO:** Mondays & Wednesdays, 5:00 – 6:00 pm,  
April 2 – April 25, 2012  
**FEE:** \$30 Member / Session \$45 Non-Member / Session

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**YOUTH SWIM LESSONS – LEVELS 3 – 6** (Ages 5 & up)

**SESSION ONE:** Mondays & Wednesdays, 5:00 – 6:00 pm,  
February 6 – 29, 2012  
**SESSION TWO:** Mondays & Wednesdays, 5:00 – 6:00 pm,  
April 30 – May 23, 2012  
**FEE:** \$30 Member / Session \$45 Non-Member / Session

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**ADULT SWIM LESSONS**

Group lessons. All levels of instruction.

**LOCATION:** Sam-O-Pool, 580 Baker Street

**SESSION ONE:** Mondays, February 6 – 27, 2012 **OR**

**SESSION TWO:** Mondays, April 2 – 23, 2012

**TIME:** 6:00 – 6:30 pm

**FEE:** \$10 Member \$15 Non-Member

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**PRIVATE SWIM LESSONS** (Ages 1 – Adult)

One-on-one swim instruction tailored to fit your individual needs and goals.

**LOCATION:** Sam-O-Pool, 580 Baker Street

**DATES:** Mondays – Fridays\*

\*Private swim lessons are held during lap swim time, please contact Sam-O-Pool, 541.523.9622 to set up lesson days / times.

**FEE:** includes **four** 1/2 hour lessons  
\$60 Member each additional swimmer \$30  
\$90 Non-Member each additional swimmer \$45

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**100 Mile Club for Swimmers** Swim, count your laps and report them to the Y staff and earn rewards as you workout.

**Beat the Winter Blues at the Pool!**



**YMCA – BARRACUDA CLUB SWIM TEAM**

Join the youth as they develop competitive swim skills and participate in swim competitions throughout the area.

**Session II:** Nov 28 – Feb 3, 2012; Member: \$55 / Non-Member \$85  
**Session III:** Feb 6 – Mar 23, 2012; Member: \$50 / Non-Member \$75  
**Session IV:** Coming in April 2012!

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**YMCA INTRO TO SWIM TEAM**

Here is an opportunity to see what swim team is all about, concluding with a mini swim meet on the final day of training session.

**LOCATION:** Sam-O-Pool, 580 Baker Street

**DATES:** Monday, Wednesday, Friday, February 13 – March 23, 2012

**TIME:** 3:45 – 5:00 pm

**FEE:** \$30 Member \$45 Non-Member