



Renaissance Pointe YMCA

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**Fall II - 2020 Program Listing**  
Fall II Session (11/2-12/20)  
Registration (Mbr. 10/19) (Prog. Part. 10/26)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Family Adaptive Events</b>						
	SNAP (Special Needs Aquatic Playtime)		Mon.	4:30 PM - 7:45 PM	\$0.00	\$30.00
<b>Friday Night Live</b>						
	10/23/2020	11 to 18	Fri.	7:00 PM - 11:00 PM	\$1.00	\$2.00
	11/27/2020	11 to 18	Fri.	7:00 PM - 11:00 PM	\$1.00	\$2.00
<b>Music Biz</b>						
	2020	11 to 18	Mon. Thurs.	5:00 PM - 6:00 PM	\$0.00	\$0.00
<b>New Member Receptions</b>						
	10/21/2020		Wed.	6:30 PM - 7:30 PM	\$0.00	\$0.00
	11/18/2020		Wed.	6:30 PM - 7:30 PM	\$0.00	\$0.00
	12/16/2020		Wed.	6:30 PM - 7:30 PM	\$0.00	\$0.00
<b>Parents Night Out</b>						
	11/20/2020	4 to 12	Fri.	6:00 PM - 10:30 PM	\$15.00	\$25.00
	12/18/2020	4 to 12	Fri.	6:00 PM - 10:30 PM	\$15.00	\$25.00
<b>Personal Training Packages</b>						
	Fit 30 - 1 session				\$20.00	n/a
	Fit 30 - 4 sessions				\$80.00	n/a
	Fit 30 - 6 sessions				\$120.00	n/a
	Personal Training 101				\$80.00	n/a
	Personal Training - 1 session				\$40.00	n/a
	Personal Training - 5 sessions				\$195.00	n/a
	Personal Training - 10 sessions				\$370.00	n/a
	Personal Training - 20 sessions				\$700.00	n/a
<b>Studio 23/23</b>						
	Audio Mastering (1 song)			No Time Specified	\$75.00	\$75.00
	Audio Mastering (Album 10 songs)			No Time Specified	\$750.00	\$750.00
	Audio Mastering (EP 5 songs)			No Time Specified	\$375.00	\$375.00
	Audio Mixing (Album 10 songs)			No Time Specified	\$1,000.00	\$1,500.00
	Audio Mixing (EP 5 songs)			No Time Specified	\$500.00	\$750.00
	Audio Mixing(1 song)			No Time Specified	\$100.00	\$200.00
	Audio Recording (1 song)			No Time Specified	\$150.00	\$250.00
	Audio Recording (Album 10 songs)			No Time Specified	\$1,200.00	\$2,000.00
	Audio Recording (EP 5 songs)			No Time Specified	\$650.00	\$1,000.00
	Music Production			No Time Specified	\$50.00	\$50.00
	Studio Rehearsal Rental			No Time Specified	\$40.00	\$40.00
<b>Swim Lessons - Age 6mos-18mos (Parent/Child) (A-Water Discovery)</b>						
	Friday 5:00pm	0 to 3	Fri.	5:00 PM - 5:30 PM	\$25.00	\$56.00
	Saturday 9:00am	0 to 3	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
<b>Swim Lessons - Age 19mos-3yrs (Parent/Child) (B-Water Exploration)</b>						
	Friday 5:00pm	0 to 3	Fri.	5:00 PM - 5:30 PM	\$25.00	\$56.00
	Saturday 9:00am	0 to 3	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00



**Family Adaptive Events**

Looking for a way to spend quality time with your child or young adult who has special needs? Children and young adults with physical, developmental and intellectual disabilities and their parents/caregivers are invited to enjoy this time of unstructured playtime in the pool together. Participating in healthy activities offers everyone the opportunity to learn, grow and thrive. For convenience, a Zero Entry ramp and chair lift is provided for those who have trouble with or cannot do stairs. Although certified YMCA lifeguards always supervise the pool, participants need to be accompanied by a family member or caregiver who is 18 years or older while in the pool. Siblings are welcome to enjoy this swim time with the family.

**Friday Night Live**

Friday Night Live is an interactive social experience for Middle and High School Students to engage each other in sports, video games, music and more! We also offer concessions at a low price. Invite your friends to come start your weekend at the Y! No FA applied to any fees Only cash will be accepted after 7pm. We will stop accepting door registrations at 8 pm

**Music Biz**

Music Production/ Recording

**New Member Receptions**

A gathering where new members can get to understand the YMCA and its members.

**Parents Night Out**

Need an evening out without the kids? Let us provide dinner and entertain your 4 to 12 year old while you have an evening out. We will have fun swimming, playing in the gym and getting messy with an art project. Children will be separated into age appropriate groups. Send them with swim gear on under play clothes. Send a towel and clean change of clothes (clearly labeled). Please note, young children must be potty trained.

**Personal Training Packages**

Fit 30 - Half the time half the cost! 30 minute workout with a personal trainer  
Personal Training 101 - Fitness assessment and 3 personal training visits. ONE TIME PURCHASE ONLY.  
Personal Training - Individual 60 minute training sessions with a personal trainer.

**Studio 23/23**

**Swim Lessons - Age 6mos-18mos (Parent/Child) (A-Water Discovery)**

Parents accompany child; introduces infants and toddler to aquatic environment through exploration and encourages them to enjoy themselves while learning about the water

**Swim Lessons - Age 19mos-3yrs (Parent/Child) (B-Water Exploration)**

Accompanied by an adult; Infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Swim Lessons - Age 3-5yrs (Parent/Child) (1&amp;2-Water Acclimation &amp; Movement)</b>						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Saturday 9:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
<b>Swim Lessons - Age 3-5yrs (Parent/Child) (3&amp;4-Water Stamina &amp; Stroke Introduction)</b>						
	Friday 5:30pm	3 to 5	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Saturday 9:30am	3 to 5	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
<b>Swim Lessons - Age 6-12yrs (Parent/Child) (1&amp;2 -Water Acclimation &amp; Movement)</b>						
	Friday 6:00pm	6 to 12	Fri.	6:00 PM - 6:45 PM	\$28.00	\$62.00
	Saturday 10:15am	6 to 12	Sat.	10:15 AM - 11:00 AM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (3&amp;4-Water Stamina &amp; Stroke Introduction)</b>						
	Friday 6:00pm	6 to 12	Fri.	6:00 PM - 6:45 PM	\$28.00	\$62.00
	Saturday 10:15am	6 to 12	Sat.	10:15 AM - 11:00 AM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (5&amp;6 Stroke Development &amp; Mechanics)</b>						
	Friday 6:00pm	6 to 12	Fri.	6:00 PM - 6:45 PM	\$28.00	\$62.00
	Saturday 10:15am	6 to 12	Sat.	10:15 AM - 11:00 PM	\$28.00	\$62.00
<b>Swim Lessons - Private Swim Lesson Packages</b>						
	3 sessions				\$60.00	\$120.00
	7 sessions				\$94.00	\$144.00
<b>Teen &amp; Adult Swim Lessons</b>						
	Saturday 11:00am	13 to 100	Sat.	11:00 AM - 11:45 AM	\$28.00	\$62.00
<b>Training - CPR/AED/O2/First Aid</b>						
	Blended (12/03/2020)	15 to 99	Thurs.	3:00 PM - 8:00 PM	\$100.00	\$140.00
<b>Volunteer @ The Y</b>						
	2020			No Time Specified	\$0.00	\$0.00
<b>Wellness Center &amp; Equipment Orientations</b>						
	2020			No Time Specified	\$0.00	\$0.00
<b>Wellness for Life Coaching Program</b>						
	3 sessions				\$0.00	\$0.00
<b>Youth Fit</b>						
	2020 Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00



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**Swim Lessons - Age 3-5yrs (Parent/Child) (1&2-Water Acclimation & Movement)**

PARENT MUST BE IN THE WATER WITH THE CHILD! Participants learn personal water safety and achieve basic swimming by learning bench mark skills

**Swim Lessons - Age 3-5yrs (Parent/Child) (3&4-Water Stamina & Stroke Introduction)**

PARENT MUST BE IN THE WATER WITH THE CHILD! Participants learn personal water safety and achieve basic swimming by learning bench mark skills

**Swim Lessons - Age 6-12yrs (Parent/Child) (1&2 -Water Acclimation & Movement)**

PARENT MUST BE IN THE WATER WITH THE CHILD! Participants learn personal water safety and achieve basic swimming by learning bench mark skills

**Swim Lessons - Age 6-12yrs (3&4-Water Stamina & Stroke Introduction)**

Participants learn personal water safety and achieve basic swimming by learning bench mark skills/ having mastered the fundamentals and learning additional water safety skills, stroke technique and developing skills prevent chronic diseases, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics)**

Participants learn personal water safety and achieve basic swimming by learning bench mark skills/ having mastered the fundamentals and learning additional water safety skills, stroke technique and developing skills prevent chronic diseases, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**Swim Lessons - Private Swim Lesson Packages**

Private swim lessons 1 on 1 with an instructor

**Teen & Adult Swim Lessons**

Participants will learn and develop water skills, stroke technique and water safety

**Training - CPR/AED/O2/First Aid**

**Volunteer @ The Y**

Register to volunteer at the Y! We have many opportunities and various times available and are looking for volunteers!

**Wellness Center & Equipment Orientations**

This is a free coaching program designed to support you in your pursuit of healthy living. You will meet with a Wellness Coach three times during the program and they will help guide you to set goals, provide support, offer resources and tools, and help you along your wellness journey at the Y. After registering you will be contacted to set up your first appointment.

**Wellness for Life Coaching Program**

**Youth Fit**

YouthFit consists of 2 one-on-one sessions with a Certified Personal Trainer to learn proper techniques, wellness center rules and basic exercise guidelines. Completion of this program is required before using the Wellness Center independently. For youth ages 11-14.