2020 AUGUST PROGRAM GUIDE
Anyone Can Join!

FACILITY INFORMATION

Wellness Center Hours:
Monday – Friday: 5am-9pm
Saturday: 7am-2pm
Sunday: Closed

Childwatch Hours:
Monday – Friday: 8am-12pm, 4pm-8pm
Saturday: 8am-12pm
Sunday: Closed

FITNESS PROGRAMS

Group Exercise Classes (18+)
Our fitness classes are included with your membership!
A variety of classes run Monday through Friday all throughout the day.
Check out our Fitness schedule or visit asymca.org/killeen-classschedule

STRONG Nation (18+)
This six-week challenge combines high intensity interval training with the science of Synced Music Motivation. Music moves sync to push you past your perceived limits and reach your fitness goals.
Instructed by certified Strong by Zumba /Nation instructor Stephanie Hamill. Included with Membership!
Wednesdays | 9:30am-10:30am, 5:30pm-6:30pm
Fridays | 5:30am-6:30am
Saturdays | 9:30am-10:30am

Warrior Strong (18+)
Starting August 17th!
A new revolutionary training to fast track your fitness goals! Challenge yourself in this 8-week session. Each class is different and incorporates a variety of methodologies, equipment, and obstacles!
Mondays | 6:00am - 7:00am

8-week session: $40 Members/$80 Non-Members

Stronger (13+)
Classes run July 13 - August 7.
This four-week strength training course will enhance your strength and weight lifting capabilities. Find your strong!
Ages 18+: Mon/Wed/Fri | 6pm-7pm
Ages 13-17: Mon/Wed/Fri | 8:15am-9:15am
$99 per 4-week class

AQUATICS PROGRAMS

Swim Lessons (6mo-Adult)
Each session is made up of eight 30-minute lessons. Classes run Monday through Thursday for 2 weeks. Registration for all summer sessions is open now!
See our current session schedule or visit asymca.org/killeen-swimlessonschedule

Session: $35 Members / $75 Non-Members

Phantom Phins Swim Team (5-14yrs)
Refine your child's swimming skills and increase his or her physical fitness in the water. Our swim team prep will prepare your child for competitive swim team.
Group A: Saturdays | 11am -12pm
Group B: Saturdays | 12pm -1pm
Tryouts held 15 minutes before/after practice
Monthly: $45 Members / $85 Non-Members

Lap Swim/Open Swim (All Ages)
We always have at least 3 lap lanes available during operational hours. Challenge yourself on our Wibit Obstacle Course during designated hours.
See our Aquatics schedule or visit asymca.org/killeen-aquaticsschedule

CHILD CARE PROGRAMS

All Day Care (5-12yrs)
We are offering All Day Care from 6am-6pm at the following locations: Wellness Center, Program Center, Family Center, and Cove Camp. Payments must be prepaid. Limited spots available.
See Registration Packet for more details.

Members: $95 per child per week
Non-Members: $105 per child per week

Before & After School Care (5-12yrs)
Before & After School Care will be available at select school sites. Payments must be prepaid. Limited spots available.
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All About Me (18mo-5yrs)
Starting August 7th!
Parents - could you use time on Fridays to run errands or just be by yourself? Then the All About Me Class is for you. This class will provide your preschooler a great opportunity to participate in crafts, games, story time and much more.

Fridays | 9am-1pm
Location: Harker Heights Program Center

$15 Members / $25 Non-Members

YOUTH PROGRAMS

Chef Class (6-13yrs)
In this class children will learn how to chop, slice, dice, saute etc. with hands on assistance. They will also learn culinary vocabulary, how to conduct themselves in a kitchen and follow a variety of recipes. See our flyer for the monthly theme!

Tuesdays (6-13yrs) | 1pm-2pm
Thursdays (6-13yrs) | 1pm-pm

$10 Members / $15 Non-Members

Kids Night Out (6mo-12yrs)
Need a well-deserved date night, have a party to attend, or want just a quiet, relaxing evening at home? Drop your kids off at the Wellness Center where we’ll have a movie, meal, organized games, activities, and more!

Offered Every-Other Saturday

$15 Members / $25 Non-Members

Taekwondo (5-15yrs)
During the Fall months training will be focused more on traditional Taekwondo. Junior classes will work at an accelerated pace while working similar techniques as Pee Wee.

Pee Wee (5-8yrs): Tuesdays | 5pm-6pm
Juniors (9-15yrs): Thursdays | 5pm-6pm

Monthly: $30 Members / $40 Non-Members

Youth Fitness Foundation (9-12yrs)
Designed for youth to learn how to properly and safely use equipment, demonstrate fitness floor etiquette, learn anatomy, and how to create their own workouts using cardio and strength components with proper warm-up and cooldown.

Session 1: August 5-11 | 5pm-6pm
Session 2: August 12-18 | 5pm-6pm

Session: $40 Members (Members Only)

Indoor Soccer (3-12yrs)
Registration Open. Practice starts August 31st!
Youth Soccer is an exciting sport combining team play and individual skills. YMCA Youth Soccer promises no try outs, no getting cut and no bench warmers!

Season Dates: August 31 - November 7
Registration for Non-Members starts July 25

Season: $35 Members / $55 Non-Members

VIRTUAL PROGRAMS

Operation Little Learners (18mo-5yrs)
Little Learners is a no-cost program for our active duty military families. We’ll be coming to you live over Facebook so you can enjoy the program, safely at home, while social distancing.

Thursdays | 10am (6-12 minutes)
Find us on Facebook: @yourasymca

Weekly Wind Down Story Time (All Ages)
Join Ms. Melissa for a relaxing bedtime story to start off the week.

Mondays | 7pm (3-4 minutes)
Find us on Facebook: @yourasymca