

# CALENDAR OF EVENTS SUMMER 2023



## »» APRIL

- 14** Parents' Night Out at Bradford
  - 24** YMCA-FCA Banquet
  - 28** Gymnastics Lock-In at DMS
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## »» MAY

- 1** Swim Prep-Team Clinic starts
- 6** Pool at Bradford opens  
Registration deadline for Tiny Tots
- 12** Parents' Night Out at Bradford
- 13** Registration deadline: Flag Football
- 15** Kevin Turner Golf Tournament
- 20** Registration deadline: Little Dunkers
- 22** Camp 2:22 Parent Meeting
- 23** Tumble & Cheer Clinic begins
- 25** One-day Gymnastics Clinic
- 26** Dive-In Movie Night at Bradford
- 29** Memorial Day Holiday- YMCA Closed
- 30** Camp 2:22 Begins

## »» JUNE

- 5** Summer Gym & Swim begins
  - 9** Parents' Night Out at Bradford
  - 12** Camp Able begins  
Girls' Volleyball Camp
  - 16** Moonlight Swim at Bradford
  - 17** Field of Dreams Kickball begins
  - 19** Soccer Camp
  - 26** Afterschool Registration begins  
Basketball Camp
  - 30** Dive-In Movie Night at Bradford
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## »» JULY

- 4** Independence Day Holiday  
All Branches Closed
- 10** Softball & Baseball Camp
- 14** Parents' Night Out at Bradford  
Moonlight Swim at Bradford
- 17** Flag Football Camp

**GREAT SUMMERS START AT THE Y.**



**SUMMER  
PROGRAM  
GUIDE 2023**  
.....  
**PRATTVILLE  
YMCA**

# HERE FOR YOU

## PRATTVILLE YMCA STAFF

David Lewis.....General Director  
Keith Cantrell.....Assistant General Director/Development

### ADMINISTRATIVE BRANCH

Jennifer P. Barrett.....HR Director  
Sherry Moore.....Finance Director  
Kathy Asbury.....Membership Coordinator  
Wendy Majors.....Accounts Payable/Payroll

### DON M. SMITH BRANCH

Jessica Sedgwick.....Gymnastics Director/Branding Advocate  
David Creamer.....Aquatics Director  
Anna Stockman.....Senior Gymnastics Coordinator  
Martie Brown.....Senior Swim Team Coordinator  
Melody Colvert.....Senior Member Services Supervisor  
Tyler Molen.....Aquatics Coordinator

### FITNESS BRANCH

Jon Grooms.....Fitness Branch Director  
Laurinda Hammer-Krohmer...Wellness Coordinator  
James Gaymon.....YMCA Chaplain  
Leela Bert.....Member Services Supervisor

### WILLIS BRADFORD BRANCH

Justin Chappell.....Sports Coordinator  
June Dorough.....Senior Ability Coordinator  
Bailey Fulford.....Member Services Supervisor

### CHILD CARE BRANCH

Sarah Thornton.....Preschool Director  
Patrick Wunschel.....Childcare Director  
Kerry Jones.....Senior Child Care Administrator

## BOARD OF TRUSTEES

### OFFICERS

Harvey Clark.....President  
David McDowell.....Vice President  
Mike Lamar.....Treasurer  
David Lewis.....Secretary

Robby Anderson  
Johnny Brownell  
Joe Mathis

Ed Mullins  
David Smith

Frank Lamar,  
Trustee Emeritus

In Memory of Mr. Milton A. "Buzz" Wendland (1932-2023),  
Trustee Emeritus



The Prattville YMCA is  
a United Way Agency.

## BOARD OF MANAGERS

### OFFICERS

Karla Boles.....Chairman  
Clay McConnell.....Vice Chairman  
Kristi Johnson.....Secretary/Treasurer

Eric Alford  
Anthony Brock  
Denise Brown  
Matt Burns  
Jim Byard Jr.  
Brett Crawford  
Greg Duke  
Annette Funderburk  
Josh Gamble  
Bill Gillespie, Jr.  
Bob Gipson

Randy Grissett  
Kasey Hope  
Donna Jackson  
Marcus Jackson  
Louise Jennings-McCullar  
Onya Johnson  
Scott Kramer  
Mike Lamar  
Emily Lobenstein  
Tony McCullough

Eric Morgan  
Danna Patterson  
Gray Penton  
Trey Rogers  
Anne Sanford  
Wade Seamon  
Kyle Shirley  
Jerry Starnes  
Patty VanderWal  
Duwan Walker

## LIFE BOARD MEMBERS

Robby Anderson  
Dean Argo  
Johnny Brownell  
J.N. "Buddy" Buckner  
Harvey Clark  
Janice Clark  
Edward Clinton  
Louis Colley  
Barbara Dennis

Martha Ellis  
Steve Golsan  
Spencer Knight  
Frank Lamar  
Joe Mathis  
Roy McAuley  
David McDowell  
Tom Miller  
Algie Morgan

Ed Mullins  
Tom Newton  
Cindy Oliver  
David Smith  
Robert Stacy  
Albert Striplin  
Ted Taylor  
Alfred Wadsworth  
Richard Williams



## MEMBERSHIP RATES

	Monthly Draft	Joining Fee
Adult (Age 19 & up)	\$34	\$50
Household	\$55	\$75
Household + 1	\$71	\$91
Household + 2	\$85	\$107
*Nationwide Youth (Age 0-18)	\$27	\$25
*Nationwide Adult	\$51	\$50
*Nationwide Household	\$65	\$100
*Nationwide Household + 1	\$75	\$100
*Nationwide Household + 2	\$85	\$100

\*A Nationwide Membership includes access to participating YMCAs in the River Region and all over the United States.

A Household includes 2 adults, residing at the same address, and any dependents of either person or both. The Household Plus options allow for up to 2 additional adults residing at the Household Membership address to be added to a Household Membership. Proof of residence will be required for all adults on a Household Membership.

## CHAPERONE PROGRAM

For \$25 you may purchase a chaperone pass to be added to your family membership to be used during the 2023 Summer Season. Register at the Bradford Branch (358-9622).

## MEMBER-GET-A-MEMBER

Love the YMCA? Tell your friends to sign up and get paid! Refer a friend and receive \$20 in Y bucks, good for YMCA programs and merchandise.

# 1

## ADMINISTRATIVE & DON M SMITH BRANCH

**(334) 365-8852**

600 East Main St.  
Prattville, AL 36067

### ADMINISTRATIVE:

Monday – Friday  
9:00 A.M. – 5:00 P.M.

### DON M. SMITH:

Mon., Tues., Thurs.  
8:00 A.M. – 8:00 P.M.

Wed & Fri  
8:00 A.M. – 7:00 P.M.

Saturday  
8:00 A.M. – 3:00 P.M.

Sunday Closed

# 2

## CHILD CARE BRANCH

**(334) 358-1446**

972 McQueen Smith Rd. S  
Prattville, AL 36066

### PRESCHOOL:

Monday – Friday  
6:00 A.M. – 6:00 P.M.

### AFTER SCHOOL:

Monday – Friday  
2:30 P.M. – 6:00 P.M.

### SUMMER DAY CAMP:

Monday – Friday  
7:00 A.M. – 6:00 P.M.

# 3

## FITNESS BRANCH

**(334) 361-0268**

600 East Main St.  
Prattville, AL 36067

Monday – Thursday  
5:00 A.M. – 9:00 P.M.

Friday  
5:00 A.M. – 7:00 P.M.

Saturday  
8:00 A.M. – 5:00 P.M.

Sunday  
1:00 P.M. – 5:00 P.M.

### Child Watch Room Hours for Fitness:

M W F 8:00-11:15 A.M.  
T Th 8:00-10:00 A.M.  
M-Th 3:30-7:00 P.M.

# 4

## WILLIS BRADFORD BRANCH

**(334) 358-9622**

972 McQueen Smith Rd. S  
Prattville, AL 36066

Monday – Friday  
5:00 A.M. – 8:00 P.M.

Saturday  
9:00 A.M. – 6:00 P.M.

\*Sun 1:30 P.M. – 4:30 P.M.  
\*Sunday hours are June-Aug and are pool only.

### Child Watch Room Hours for Bradford: (ages 3 months-10 years)

M W F 8:00 – 11:00 A.M.  
T Th 8:00 – 10:00 A.M.

## STAY CONNECTED

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

Now, more than ever, it is important to stay connected through social media and online resources. Like us on Facebook, follow us on Instagram and watch us on Youtube & TikTok! The Y is here to keep you connected for a healthy spirit, mind and body.



More than 300 on-demand exercise classes and programs are accessible 24/7 to provide another way to engage with the Y from home or when a location isn't nearby. Visit [YMCA360.org](http://YMCA360.org) today and continue to thrive with the Y!

## YMCA MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





## JOIN US FOR FAMILY DIVE-IN MOVIE NIGHTS!

Bring your family and float around the pool while watching a movie on the big screen! Located at the Bradford Branch Pool.

**Time:** 8:00-10:00 P.M.

**Dates:** May 26, June 30, Aug 4

**Fee:** Free to Members/  
\$10 Non-members  
(\$30 max per family)

Snacks & drinks available to purchase. Children must be accompanied by a parent/guardian.

# SUMMER FREE SWIM ↓

## »» DON M. SMITH BRANCH SCHEDULE

**Dates:** June 3-July 29

<b>Times:</b> Outdoor Pool	Saturday	10:00 A.M. - 2:45 P.M.
Indoor Pool	Monday	7:00 - 7:45 P.M.
	Tues & Thur	11:00 A.M. - 12:55 P.M.
	Saturday	12:00 - 2:45 P.M.

## »» BRADFORD BRANCH SCHEDULE

**Dates & Times:**

May 6 & 13	Saturday	12:00 P.M. - 5:00 P.M.
May 20	Saturday	11:00 A.M. - 8:00 P.M.
May 26-Aug 8	Mon - Sat	11:00 A.M. - 8:00 P.M.
	Sunday	1:30 - 4:30 P.M.
	(Sunday hours are pool only, June-Aug)	

**Moonlight Free Swim:** June 16 & July 14 from 8:00-10:00 P.M.



# SWIM LESSONS & TEAM

## SWIM AT THE Y ALL SUMMER LONG



### SUMMER SWIM LEAGUE

The YMCA and the Prattville Parks and Recreation Department have combined their efforts to offer our community the best summer competitive swim program in the state. PSL is a YMCA/ARPA/USA Swimming team. Come join the YMCA and Parks & Rec for a summer of fun in the sun!

**REGISTER NOW AT THE DON M. SMITH BRANCH (365-8852)**

### TODDLER SWIM LESSONS

**LOCATION:** Don M. Smith Outdoor Pool (365-8852)

**Ages:** 2-3 years old

**Days & Times:** Mon & Wed 11:35-11:55 A.M.  
Tues & Thurs 5:30-5:50 P.M.

**Session Dates:** June 5-29 & July 10-Aug 3

**Fee Per Session:** \$68 Members/ \$98 Non-members

### PRESCHOOL 2-ON-1 SWIM LESSONS

**Ages:** 3-5 years old

**Session Dates:** June 5-15 July 10-20  
June 19-29 July 24-Aug 3

**Fee Per Session:** \$68 Members/\$98 Non-members

### 2 LOCATIONS TO CHOOSE FROM:

**Don M. Smith Outdoor Pool (365-8852)**

**Days:** Mon-Thurs:  
**Times:** 10:25-10:55 A.M.  
11:00-11:30 A.M.  
6:00-6:30 P.M.  
6:35-7:05 P.M.

**Bradford Branch Competition Pool (358-9622)**

**Ages:** 3-5 years old  
**Days:** Mon-Thurs  
**Times:** 9:00-9:30 A.M.

### YOUTH 2-ON-1 SWIM LESSONS

**Ages:** 6 and up

**Session Dates:** June 5-15 July 10-20  
June 19-29 July 24-Aug 3

**Fee Per Session:** \$68 Members/\$98 Non-members

### 2 LOCATIONS TO CHOOSE FROM:

**Don M. Smith Outdoor Pool (365-8852)**

**Days:** Mon-Thurs  
**Times:** 10:25-10:55 A.M. • 11:00-11:30 A.M.  
6:00-6:30 P.M. • 6:35-7:05 P.M.

**Bradford Branch Competition Pool (358-9622)**

**Days & Time:** Mon-Thurs 9:00-9:30 A.M.

### PREP-TEAM AT THE Y: A CLINIC MADE FOR CHAMPIONS!

**LOCATION:** Don M. Smith Branch Indoor Pool (365-8852)

Prep-Team at the Y is a clinic to prepare young/new swimmers for summer swimming. Though not a pre-requisite, normally these swimmers have been through intermediate level swimming classes. The swimmer should be comfortable swimming unassisted in both deep and shallow water. The goal of the Prep-Team Clinic is to prepare for summer swim team. We will work on Freestyle and Backstroke with a few extra swim tips thrown in!

**Dates:** May 1-12  
**Days & Times:** M, W, F 5:00-5:30 P.M. Returning Pre-Team  
M, W, F 5:30-6:00 P.M. New Swimmers

**Ages:** 5 & up  
**Fee:** \$86 Members/\$132 Non-members

### INFANT SURVIVAL SWIMMING

**LOCATION:** Don M. Smith Branch Indoor/Outdoor Pool (365-8852)

**Ages:** 6 months-6 years

Infant Aquatics has developed a proven technique that teaches infants as young as 6 months old to float and breathe, regardless of the water's depth, for an indefinite amount of time. This is more than your average swim lessons; these techniques are lifesaving. Not only will the child be more confident in the water, it gives parents and caretakers peace of mind knowing that if an accident does occur, their child has the skills to save themselves. For more information or to register, contact Jeffrey Nichols at (334) 375-2023 or jcn4@charter.net.

### YMCA SPORT CAMP & WATER SLIDE PLAY DAYS



Boys & Girls 1st-6th grade who participate in the Summer Sports Camps and Water Play Days at the Y discover so much more than their athletic abilities. They build character, develop self-confidence and create healthy relationships through positive competition. Children of all skill levels and abilities can choose from a variety of sports to explore this summer. Daily schedule will include:

- 8:00-11:00 A.M. Sport camp activities. Local coaches will lead the campers through drills to improve skills.
- 11:00-11:45 A.M. Lunch, provided by the YMCA
- 11:45 A.M.-12:00 P.M. Break
- 12:00-1:45 P.M. Contest and games related to morning camp activities.
- 1:45-2:00 P.M. Change for water activities
- 2:00-3:00 P.M. Water slide

### CAMPS OFFERED THIS SUMMER:

- GIRLS' VOLLEYBALL CAMP**      **June 12**  
Instructor: Kaylor Cantrell, Head Coach at PCA
- SOCCER CAMP (Co-ed)**      **June 19**  
Instructor: Brent Sowell, Head Coach Marbury Girls Soccer
- BASKETBALL CAMP (Co-ed)**      **June 26**  
Instructor: Jason Fisher, Head Coach Prattville High School
- GIRLS' SOFTBALL CAMP**      **July 10**  
Instructor: TBD
- BOYS' BASEBALL CAMP**      **July 10**  
Instructor: TBD
- FLAG FOOTBALL CAMP (Co-ed)**      **July 17**  
Instructor: TBD

**Fee:** \$65 Members/\$85 Non-members



### CAMP 2:22 FOR TEENS

The Y feels that it is important to have a safe, positive, and fun environment to send your youth for the summer. For our young people in today's society, there are many temptations and dangers right in our own neighborhoods and homes. Camp 2:22 is an all day program that teaches boys and girls in the 7th-9th grade healthy living, character development, life skills, job skills, service learning, and how to have a good time in a safe and positive way. In Camp 2:22 your child will participate in activities such as outdoor adventures, swimming, team building exercises, games, service projects, daily devotions and some great field trips.

- >> **Camp Dates** - May 30-August 4
- >> **Parent Meeting** - May 22 at 6:00 P.M. in the 2:22 trailer
- >> **Week Selection** - Pick the weeks you want to come.
- >> **Online Registration** - For your convenience.
- >> **Weekly Deposits**- \$10 deposit per week you sign your child up to secure your spot.
- >> **Weekly Fee**- \$120 Members/\$155 Non-Members (we offer \$10 discount for siblings). \$50 Registration fee.







## TINY TOTS BASKETBALL

This program is designed to introduce the game of basketball to 3 year olds. It will be offered in eight sessions for 45 minutes. In each session, we will have practice half the time, and game play the other half.

<b>Ages:</b>	3 (age as of June 1)
<b>Registration:</b>	Now through May 6
<b>Days:</b>	Mondays
<b>Tentative Start Date:</b>	May 8
<b>Fee:</b>	\$35 Members/\$58 Non-members



## LITTLE DUNKERS BASKETBALL

<b>2 Leagues:</b>	4 & 5, 6 & 7 years old (age as of June 1)
<b>Registration:</b>	Now through May 20
<b>Days:</b>	Tuesdays & Thursdays
<b>Tentative Start Date:</b>	May 30
<b>Fee:</b>	\$63 Members/\$115 Non-members



## FLAG FOOTBALL

<b>Registration:</b>	Now through May 13
<b>4 Leagues:</b>	3rd/4th grade, 5th/6th grade, 7th/8th grade, 9th-12th grade (grade entering Fall 2022)
<b>Days:</b>	Mondays & Thursdays
<b>Tentative Start Date:</b>	May 22
<b>Fee:</b>	\$50 Members/\$85 Non-members



## MARTIAL ARTS & SELF DEFENSE

### LITTLE DRAGONS

<b>Days &amp; Times:</b>	Tues & Th 6:00-6:45 P.M.
<b>Ages:</b>	4-6 years old
<b>Instructor:</b>	Pam Smith
<b>Monthly Fee (bank draft):</b>	1st child: \$48 Members/\$78 Non-members 2nd child: \$32 Members/ \$62 Non-members

### TAEKWONDO

<b>Days &amp; Times:</b>	Tues & Th 6:45-7:45 P.M.
<b>Instructor:</b>	Pam Smith
<b>Monthly Fee (bank draft):</b>	1st family member: \$64 Members/ \$94 Non-members Additional family members: \$32 Members/ \$62 Non-members



Gymnastics Center Location: 348 Hwy 82 W



### »» LIL' CRICKETS

**Ages:** Walking to 35 months  
**Days & Times:** Mon 10:15-10:45 A.M.  
 Tues 11:00-11:30 A.M.  
 5:00-5:30 P.M.  
 Thurs 11:00-11:30 A.M.  
 5:00-5:30 P.M.

**2 week sessions:** June 5-15 • June 19-29  
 July 10-20 • July 24-Aug 3

**Fee per session:** \$23 Members/ \$33 Non-members  
 (25% off additional child discount)

### »» GYMINEE CRICKETS

**Ages:** 3 - 5 1/2 years old

**1-Day-A-Week Options:**  
 • Mondays 11:00-11:45 A.M.  
 4:00-4:45 P.M.  
 5:00-5:45 P.M.

**2-Day-A-Week Options:**  
 • Tues & Thurs: 9:00-9:45 A.M.  
 10:00-10:45 A.M.  
 5:45-6:30 P.M.

**2 week sessions:** June 5-15 • June 19-29  
 July 10-20 • July 24-Aug 3

**Fee per session:**  
 1-day-a-week: \$28 Members/\$43 Non-members  
 2-day-a-week \$40 Members/\$55 Non-members  
 (25% off additional child discount)

### »» YOUTH GYMNASTICS

**Ages:** 5 1/2 - 11

**1-Day-A-Week Options:**  
 • Mondays 9:00-9:45 A.M. (girls & boys)  
 10:00-10:45 A.M. (girls only)  
 4:00-4:45 P.M. (girls only)  
 5:00-5:45 P.M. (girls only)

**2-Day-A-Week Options:**  
 • Tues & Thurs: 9:00-9:45 A.M. (girls only)  
 10:00-10:45 A.M. (girls only)  
 4:00-4:45 P.M. (girls only)  
 5:00-5:45 P.M. (girls only)  
 6:00-6:45 P.M. (girls & boys)

**2 week sessions:** June 5-15 • June 19-29  
 July 10-20 • July 24-Aug 3

**Fee per session:**  
 1-day-a-week: \$28 Members/\$43 Non-members  
 2-day-a-week \$40 Members/\$55 Non-members  
 (25% off additional child discount)



Don M. Smith Location: 600 East Main St.



### » TUMBLE & CHEER CLINIC

**Ages:** 5 1/2 and up  
**Days:** Tues & Wed, May 23 & 24  
**Times:** 4:00-6:00 P.M.  
**Fee:** \$45 Members/\$75 Non-members  
(25% off sibling discount)

### » FULL DAY GYMNASTICS CLINIC

**Taught by our Gymnastics Team Coaches!**

Enjoy a FULL day of gymnastics training with our professional gymnastics team coaches. Instruction will include all events: Vault, Bars, Beam & Floor along with stretching & conditioning exercises & FUN games! Pizza & snacks included!

**Ages:** 5 1/2 and up  
**Day:** Thurs, May 25  
**Times:** 9:00 A.M.-4:00 P.M.  
**Fee:** \$60 Members/ \$90 Non-members  
(25% off sibling discount)



### » ADVANCED GYMNASTICS

**Ages:** Boys and girls ages 5 1/2 and up  
**Days:** Tuesdays & Thursdays  
**Time:** 4:00-4:55 P.M.  
**2 week sessions:** June 5-15 • June 19-29  
July 10-20 • July 24-Aug 3  
**Fee per 2 week session:**  
\$40 Members/\$55 Non-members  
(25% off additional child discount)

### » YOUTH GYMNASTICS

**Ages:** 12-15  
**Days & Time:** Tues & Thurs 4:00-4:55 P.M.  
**2 week sessions:** June 5-15 • June 19-29  
July 10-20 • July 24-Aug 3  
**Fee per 2 week session:**  
\$40 Members/\$55 Non-members  
(25% off additional child discount)

### » YOUTH TUMBLING

**Ages:** Boys and girls 1<sup>st</sup>-5<sup>th</sup> grades  
**Days & Time:** Tues & Thurs 5:00-5:45 P.M.  
**2 week sessions:** June 5-15 • June 19-29  
July 10-20 • July 24-Aug 3  
**Fee per 2 week session:**  
\$40 Members/\$55 Non-members  
(25% off additional child discount)

### » TEEN TUMBLING

**Ages:** Boys and girls 6<sup>th</sup>-12<sup>th</sup> grades  
**Days & Time:** Tues & Thurs 6:00-6:55 P.M.  
**2 week sessions:** June 5-15 • June 19-29  
July 10-20 • July 24-Aug 3  
**Fee per 2 week session:**  
\$40 Members/\$55 Non-members  
(25% off additional child discount)

### » NINJA!

Train strength, agility & tumbling skills in this class designed to improve your Ninja skills!

**Ages:** 5 1/2 and up  
**Day & Times:** Monday 4:45-5:30 P.M. (girls & boys)  
**2 week sessions:** June 5-15 • June 19-29  
July 10-20 • July 24-Aug 3  
**Fee per 2 week session:**  
\$28 Members/\$43 Non-members  
(25% off additional child discount)





### »» FIELD OF DREAMS & ABILITY SPORTS

The Field of Dreams and Ability Sports removes the barriers that keep children and adults with mental and physical disabilities out of the games and lets them experience the joys of America's favorite pastimes. Participants play on rubberized turf field that accommodates wheelchairs and other assistive devices while helping to prevent injuries.

The Field of Dreams and Ability Sports are not just about the sport. It is about making new friends, building self-esteem, learning independence and being treated like any other athlete. Ages 5-70 and older are welcome to participate.

For more information on participating, volunteering or sponsorships, please contact June Dorough at (334) 558-1367 or [jdorough@prattvilleymca.org](mailto:jdorough@prattvilleymca.org).

#### KICKBALL

**Register:** Now-June 1  
**Fall Season:** June 17-July 22  
**Fee:** \$25

#### BASEBALL

**Register:** Now-Aug 4  
**Fall Season:** Aug 26-Oct 21  
**Fee:** \$25

Players will only play 1 day a week on either Tues, Thurs or Sat.

#### FOOTBALL & CHEER

**Season:** Nov-Dec

### CAMP ABLE SUMMER CAMP

Special needs summer day camp

**Register:** Now  
**Ages:** K4-21 years old  
**Dates:** June 12-July 28

### »» GYM & SWIM

#### ABILITY SWIM LESSONS

**LOCATION:** Don M. Smith Branch (365-8852)  
**Days & Times:** Mon & Wed 5:30-5:50 P.M.  
Tues & Thurs 11:35-11:55 A.M.  
**Session Dates:** June 5-29 • July 10-Aug 3  
**Fee Per Session:** \$49 Members/\$79 Non-members

#### ABILITY GYMNASTICS LESSONS

**LOCATION:** Gymnastics Center (348 Hwy 82 W, 491-9622)  
**Days:** Tues or Thurs  
**Times:** 11:00 - 11:30 A.M.  
**Session Dates:** June 5-29 • July 10-Aug 3  
**Fee Per Session:** \$49 Members/\$79 Non-members

Ability Programs are for children ages 3-16 who have a special physical or medical need that would benefit from one-on-one instruction (must provide a doctor's note). Children cannot qualify to participate in Ability and Group lessons at the same time.





## »» PLAY CENTER TIME

### CHILD'S PLAY CENTER FAMILY TIME

**LOCATION:** Bradford Branch (358-9622)

**Days & Times:**

Mon-Fri: 8:00 A.M.-8:00 P.M.  
Sat: 9:00 A.M.-11:30 A.M.  
\*11:30 A.M. -6:00 P.M.

\*If there are no birthday parties scheduled, then free play is available.

**Fee:** Free to Members



## »» PARENTS' NIGHT OUT

**LOCATION:** Bradford Branch (358-9622)

**Time:** 6:00-9:00 P.M.

**Ages:** Boys & girls ages 3 yrs old-6th grade (must be potty-trained)

**Dates:** May 12 • June 9 • July 14 • Aug 11

<b>Fee:</b>	Members	Non-members
1st child	\$28	\$38
Additional children	\$20	\$30

## »» BIRTHDAY PARTIES

### PLAY CENTER PARTIES

**LOCATION:** Bradford Branch (358-9622)

**Times Available:** Saturdays: 12:00 P.M., 2:00 P.M., 4:00 P.M.

Tuesdays: 4:00 P.M., 6:00 P.M.

**Fee:** \$140 Members/\$190 Non-members  
-15 party guests, \$2 each additional guest  
-Add \$25 if cake is ordered  
50% non-refundable deposit due when booking

### IN THE GYM PARTIES

**LOCATION:** Bradford Branch (358-9622)

**Times Available:** Saturdays: 12:00 P.M., 2:00 P.M., 4:00 P.M.

**Fee:** \$140 Members/\$190 Non-members  
-15 party guests, \$2 each additional guest  
-Add \$25 if cake is ordered  
50% non-refundable deposit due when booking

ADD AN INFLATABLE JUMPER TO A PLAYCENTER OR IN THE GYM PARTY FOR \$75.

### SPLISH SPLASH POOL PARTIES

**LOCATION:** Bradford Branch (358-9622)

**Days:** Monday-Saturday

**Times Available:** Each party is an hour and a half  
12:00 P.M., 2:00 P.M., 4:00 P.M., 6:00 P.M.

**Fee:** \$85 (members only)

**PRIVATE POOL PARTY** (1.5 hours of the pool to yourself. You choose either the big pool or the small pool).

**Day & Time:** Saturdays 9:30-11:00 A.M.

**Fee:** \$250 (Members only)










# Come join us for a **MAGICAL SUMMER!**

## SUMMER CAMP 2023

Come join us this summer at the Prattville YMCA for a magically good time! Campers have lots of fun indoors & outdoors, playing games, making crafts, swimming, going on adventures & taking super fun field trips!

Financial assistance available for those who qualify. Please contact Patrick Wunschel or Kerry Jones at (334) 358-1446 for more information.

Make a positive impact this summer by working at Summer Camp! We are always in search of great Summer Counselors. Fill out an application today.

-  **Week Selection** – Pick the weeks you want your child to come. \$10 deposit per week.
-  **Fun Field Trips** – Skatezone, Camp Tukabatchee, Camp Butter & Egg, Launch, & the Birmingham Zoo. Pay only for the field trips you want your child to attend.
-  **Online Registration** – Summer camp and field trip registrations can be done 100% online.
-  **Camp Hours** - Monday-Friday 7:00 A.M. - 6:00 P.M.
-  **Early Bird Registration** - \$30 registration fee until Mar 1, \$60 after Mar 1 (per child).
-  **Weekly Fee** - \$120 Members/\$155 Non-members. We offer discounts for siblings.
-  **More Camps** - We also offer Camp Able for kids with special needs & Camp 2:22 for teens!

Register at the Bradford Branch or scan the QR code to register online >>>

Call for more information: (334) 358-1446







### BEFORE SCHOOL CARE:

Registration begins June 26

**Weekly fee:**  
Afterschool member  
\$25 Member/  
\$40 Non-Member

Non-Afterschool Member  
\$30 Member/  
\$44 Non-Member

## AFTERSCHOOL CARE

When you have to work, the Y is here to provide your child with a fun and safe place to go after school. We provide a supervised, structured environment for children in grades K-6. Their activities include arts & crafts, games, creative activities, sports, snacks, and much, much more. We have afterschool sites at 5 different locations throughout our community. For more information, contact Patrick Wunschel or Kerry Jones at (334) 358-1446.

**Sites:** Main Site (pick ups from Kindergarten, Primary, Elementary & Intermediate)  
Daniel Pratt, Pine Level, Kindergarten, and Primary

<b>Registration Begins:</b>	June 26	
<b>Afterschool Hours:</b>	2:30-6:00 P.M.	
<b>Registration Fee:</b>	\$30	
<b>Weekly Fee:</b>	Members	Non-members
	1st child	\$65
		\$80
	Discounts for siblings apply	

Financial assistance available for those who qualify. Please contact Patrick Wunschel at (334) 358-1446 for more information.

## PRESCHOOL CHILD DEVELOPMENT CENTER

The Y offers a State of Alabama licensed preschool for children between the ages of 2 ½ - 5 years old. Children must be fully potty-trained. The mission of our Preschool Child Development Center is to provide child care in a structured learning environment that also teaches Christian values. Children are offered electives throughout the year such as Gyminee Crickets, swim lessons, and tailored activities. We provide a hot lunch and two snacks daily.

For more information, please contact Sarah Thornton at (334) 358-1446 or sthornton@prattvilleymca.org.

<b>LOCATION:</b>	Child Care Branch (358-1446)
<b>Times:</b>	6:00 A.M. -6:00 P.M.
<b>Weekly Fee:</b>	\$120 Members/\$145 Non-members
<b>Registration Fee:</b>	\$50 per child
<b>Supply Fee:</b>	\$75 annually





# ESPORTS

## LEVEL UP YOUR GAME

Sign up and start gaming!

**ESPORTS AT THE Y PROMOTES:**

- TEAMWORK
- LEADERSHIP
- ONLINE SAFETY
- INDIVIDUAL GROWTH
- EQUITY FOCUS

COLLECT ALL POWER UPS!

Players will play their E-Sports games remotely from their own device in a controlled and moderated gaming lobby. Players will be divided into age appropriate gaming lobbies and will have access to an E-Sports Coordinator that will provide support and coaching during each gaming session. You may register to participate in one, two, or three games per monthly session. Register at the Prattville YMCA Fitness Center. Contact Jon Grooms at [jgrooms@prattvilleymca.org](mailto:jgrooms@prattvilleymca.org) for more information.

**Ages:** 8-17

**Games:** Smash Brothers (Tuesdays 5:00-5:45 P.M.) • Rocket League (Thursdays 5:00-5:45 P.M.) • Fortnite (Thursdays 6:00-6:45 P.M.)

**Session Dates:** (4 weeks) **May 2-25**

**Fee per 4 Weeks:** 1 Game: \$20 Members/\$30 Non-members  
 2 Games: \$35 Members/\$45 Non-members  
 3 Games: \$40 Members/\$50 Non-members

**Session Dates:** (3 weeks) **June 13-29 • July 11-27**

**Fee per 3 Weeks:** 1 Game: \$15 Members/\$25 Non-members  
 2 Games: \$30 Members/\$35 Non-members  
 3 Games: \$35 Members/\$45 Non-members

## » YOUTH FITNESS

**LOCATION:** Fitness Center (361-0268)

### YOUTH FIT

Class is designed to offer participants 20 min of strength, 23 minutes of cardio & core training, 2 days per week. Classes will also include work on balance, agility, mobility & flexibility in a group training format.

**Ages:** 8-13

**Days:** Tues & Thurs

**Time:** 4:00-5:00 P.M.

Sessions start every month!  
 Call Fitness Center to register.

**Monthly Fee:**

\$25 Members/\$43 Non-members

### AAP

(Advanced Athletic Performance)

This class is designed for the young athlete to train during their off-season to maintain and build strength & agility.

**Ages:** 8 & up

**Days:** Mon & Wed

**Time:** 4:00-5:00 P.M.

**Sessions:**

Every 4 weeks. Call Fitness Center for registration information.

**Monthly Fee:**

\$60 Members/\$80 Non-members



### »» LAP SWIM

**Days & Times:** Mon & Wed 6:00-7:55 A.M.  
 Mon, Wed, Fri 12:00-12:55 P.M.  
 Mon, Wed, Fri 6:00-7:00 P.M.  
 Tues & Thurs 7:00-8:55 A.M.  
 6:00-7:45 P.M.  
 Friday 5:00-7:55 A.M.  
 Saturday \*9:30-10:55 A.M.  
 11:00-11:55 A.M.

\*More time available in June

**Fee:** Free for Members/\$10 per visit for Non-members

### »» FREE SWIM (April - May)

**For Summer Free Swim times, see page 4.**

**Days & Times:** Mondays 7:00-7:45 P.M.  
 Tues & Thurs 11:00-12:55 P.M.  
 Saturdays 12:00-2:45 P.M.

**Fee:** Free for Members/\$10 per visit for Non-members

### »» ADULT SWIM LESSONS

**Days & Time:** Tues/Thurs 7:00-7:45 P.M.  
**Sessions:** June 7-30 & July 12-Aug 4  
**Fee Per Session:** \$68 Members/\$98 Non-members

### »» AQUA CHALLENGE

**Days & Time:** Mon, Wed, Fri 8:00-8:55 A.M.  
**Fee:** Free for Members/\$10 per class for Non-members

### »» ARTHRITIC EXERCISE

**Days/Times:** Mon - Fri 9:00-9:55 A.M.  
 Mon, Wed, Fri 11:00-11:55 A.M.  
**Fee:** Free for Members/\$10 per class for Non-members

### »» SENIOR ADULT AQUACIZE

**Days & Time:** Mon - Fri 10:00-10:55 A.M.  
**Fee:** Free for Members/\$10 per class for Non-members

### »» MASTERS SWIM TEAM

For more information regarding the program and registration, contact Martie Brown at 365-8852 or mbrown@prattvillemca.org  
 Continuous Monthly Enrollment:  
 Fee Per Month: \$28 Members/\$70 Non-members

### »» 20/20/20 CLINICS

Come join our clinic and start training for your next triathlon. We will swim 20 min in the Indoor pool, bike 20 minutes on a trainer, and run 20 minutes on the outdoor track. "Tri" all three! For more information, email Martie at mbrown@prattvillemca.org.

**Dates:** April 8, May 13, June 10  
**Fee:** \$20 Members/\$40 Non-members

**LOCATION FOR ALL ADULT AQUATICS PROGRAMS:**  
 Don M. Smith Branch Indoor Pool (365-8852)







## » FITNESS BRANCH CLASSES

### Monday, Wednesday, Friday

5:15 –6:15 A.M.	Rise & Grind
7:00–7:30 A.M.	Morning Movers
8:00–8:45 A.M.	Pacers
8:30–9:30 A.M.	Group Power
9:00–10:00 A.M.	Yoga Sculpt (Wed Only)
9:45–10:45 A.M.	Restorative Yoga ( Mon & Fri)
10:15–11:15 A.M.	Barre
11:00–11:45 A.M.	Cardiac Class
11:30 A.M.–12:30 P.M.	Rock Steady Boxing (Parkinson’s Class)
4:00–5:00 P.M.	AAP (Registration Required • Mon & Wed)
5:00–6:00 P.M.	Step Aerobics (Mon & Wed)
5:00–6:00 P.M.	Group Power
6:00–7:00 P.M.	Zumba (Mon only)
6:15–7:15 P.M.	Yoga (Mon & Wed)

### Tuesday & Thursday

5:15–6:15 A.M.	Early Yoga
8:00–8:45 A.M.	Kick Boxing
8:45–9:30 A.M.	Butts & Guts
4:00–5:00 P.M.	Youth Fit (Registration Required)
4:00–5:00 P.M.	Yoga
5:00–6:00 P.M.	Body Sculpting (Tues only)
5:00–6:00 P.M.	Group Power (Thurs only)
5:30–6:00 P.M.	Loaded Circuit
6:00–7:00 P.M.	Zumba (6:15–7:15 on Thurs)

### Saturday

8:30–9:30 A.M.	Zumba
9:45–10:45 A.M.	Yoga

## » BRADFORD BRANCH CLASSES

### Monday, Wednesday, Friday

5:15am–6:00 A.M.	Spin
8:30am–9:30 A.M.	PiYo ( Mon & Wed)
8:30am–9:30 A.M.	Group Power
10:00am–11:00 A.M.	Zumba
5:00pm–6:00 P.M.	Pound (Mon & Wed)

### Tuesday & Thursday

5:15–6:15 A.M.	Group Power
8:30–9:30 A.M.	Zumba
8:30–9:30 A.M.	Spin
9:30–10:00 A.M.	Stretch & Roll ( Foam Rolling)



## » CLASS DESCRIPTIONS

**BODY SCULPTING**– A challenging total body workout that incorporates HIIT, circuit training, plyometrics, and weights to improve cardiovascular and muscular strength.

**BUTTS & GUTS**– 30 minute athletic and functional core and glute strengthening.

**CARDIAC CLASS**– specially created for seniors to increase joint mobility and strength.

**GROUP POWER**– Total body strength training using high-reps, barbells, plates, and body-weight. This class is high energy with dynamic music to get your heart-rate up, sweat, and push you to a personal best.

**KICKBOXING**– High energy fast passed class. Utilizing targets for punching and kicking. Boxing style moves create a cardio intense class with rounds of core built in.

**LOADED CIRCUIT**– 30 minutes of a total body conditioning program. The goals of this class are to build cardio and muscular strength along with endurance. Participants will be guided through circuits of upper body, lower body and core exercises. Each circuit will be bridged with a round of high intensity boxing moves that are sure to pack a punch.

**MORNING MOVERS**– 30 minute class created to improve balance, coordination, and strength.

**PACERS**– Free community class for active older adults looking for a way to stay in shape. This class is designed to increase joint flexibility and range of motion while maintaining muscle strength.

**PIYO**– Combines the muscle sculpting, core strengthening benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll perform a series of high, intensity, low-impact moves that will work every single muscle.

**POUND**– Full-body workout that combines cardio, conditioning, and strength training inspired by infectious, energetic, and sweat dripping fun. This class will utilize Rip Stix to pound along to the rhythm of your favorite songs.

**RESTORATIVE YOGA**– This form of yoga allows for the gentle release of tension by holding poses longer and focusing on breathing technique. This is a great class for muscle, joint and tissue recovery.

**RISE & GRIND**– Designed to meet all fitness levels, Rise and Grind incorporates circuit training and functional movement to get your heart rate up and strengthen your body.

**SPIN**– Indoor cycling class that will deliver a calorie torching cardiovascular workout that will also help increase strength and stamina in the lower body.

**STEP AEROBICS**– An energetic, full-body, cardiovascular workout using The STEP.

**STRETCH & ROLL**– This 30 minute class will help your muscles recover through myofascial release and increase flexibility.

**Y-BARRE**– Tone your arms, legs, glutes, and core through intense strengthening and stretching exercises.

**YOGA**– Improve balance and flexibility utilizing a wide variety of traditional yoga poses to meet all fitness levels. This class is offered at various times to meet anyone's schedule.

**YOGA SCULPT**– Join us for a total mind & body experience as vinyasa flow yoga is combined with strength training moves utilizing hand weights.

**ZUMBA** – Combines low and high-intensity moves for an interval style dance fitness party using Latin and World Rhythms.



## » MASSAGES

### MASSAGE RATES:

30 min:	\$32 Members/\$44 Non-members
60 min:	\$53 Members/\$65 Non-members
90 min:	\$80 Members/\$95 Non-members

### ADD-ON OPTIONS:

An additional fee will be added on to the price of any of the above massages for the following services: Aromatherapy (\$5), Stone (\$15), and Cupping (\$15)

# ROCK STEADY BOXING

## PRATTVILLE YMCA

### FIGHTING BACK AGAINST PARKINSON'S

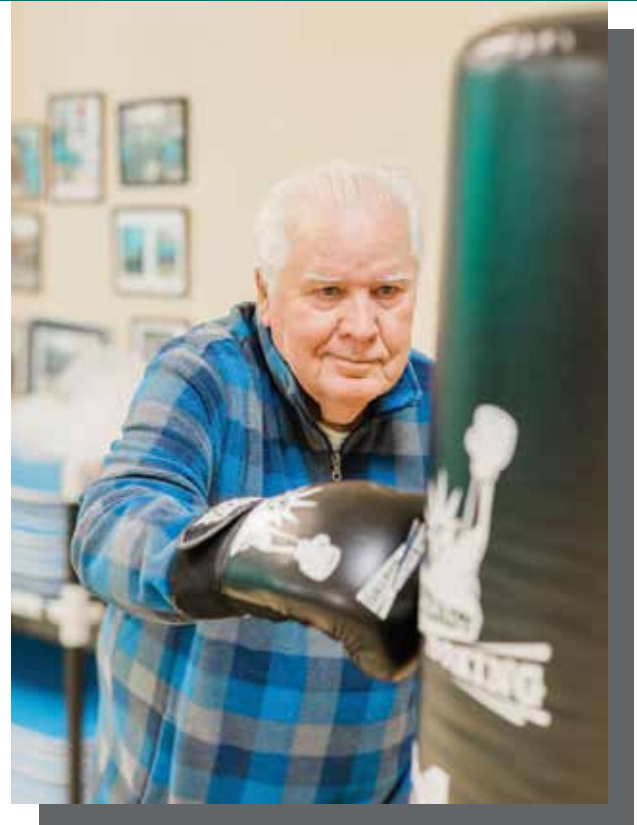
**LOCATION:** Fitness Center (361-0268)

We are learning every day that there are ways in which people with Parkinson's disease can enhance their quality of life and even build impressive power, strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. This is a non-contact boxing class that has proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier, happier life.

**Evaluations:** \$60 evaluation fee that includes a pair of gloves, wrap & a bag

**Days & Time:** Mon, Wed & Fri at 11:30 A.M.

**Fee:** \$127 for 12 sessions / \$21 for a single class



## »» NEW! STRONG MOMS CLASS



Train for the "Marathon of Labor" and the "Sport of Motherhood" with an innovative circuit training format combined with mommy movement patterns of push, pull, bend, extend, rotate, and balance. These movements will be combined with cardio fitness and yoga for relaxation and stretching. During the class you will use bodyweight exercises, kettle bells, resistance bands, stability balls, medicine balls, and free weights. The exercises are designed to challenge all fitness levels while integrating the latest core, pelvic floor and breath training techniques. This class is taught in a small group setting and the instructor may provide a more individualized strength and cardiovascular training as needed. The class is for pregnant women and new mothers.

Babies are welcome and encouraged to attend classes with the moms. This will ensure our moms can truly relax and enjoy achieving new fitness levels.

Our instructors have been selected for their passion, talent and expertise in the exercise and the women's health fields.

**Dates:** Session 1: May 9, 2023 – June 1, 2023  
Session 2: June 6, 2023 – June 29, 2023  
Session 3: July 11, 2023– August 3, 2023

There will be 8 classes per session. Each mom will be allowed to make-up 2 missed classes due to Doctor appointments or other new parent issues.

**Days:** Tuesday & Thursday

**Time:** 10:00am-11:15am

**Location:** Large exercise room at the Fitness Center

**Fee per session:** \$130 Members/140 Non-members

### GET STARTED & STAY ON TRACK

#### BODY FAT EVALUATION

Fee: \$16 Members/\$27 Non-members

#### FITNESS EVALUATIONS

Fee: \$32 Members/\$64 Non-members

The Fitness Center offers fitness evaluations to members and non-members. During this evaluation the participant will gain awareness of their measurements, body fat, cardiovascular endurance, muscular strength, muscular endurance and flexibility through various fitness tests. Non-members may get \$30 off of their joining fee if they get an evaluation and join the Y!

#### FITNESS ORIENTATIONS

Fee: FREE FOR MEMBERS!

Call for more info or to set up an appointment.

#### MATRIX TRAINING SESSIONS

After completing your FREE orientation on the Matrix equipment, you may receive additional instruction as needed up to 5 sessions. \$10 per session for Members only. Call the Fitness Branch to schedule an appointment.

#### RACQUETBALL & TENNIS COURTS

Reservations: Make 2 days in advance

Time limit: 1 hour

Fee: Free to Members

### MEET OUR NEWEST INSTRUCTOR: SHEILA WATKINS



The Prattville YMCA is delighted to announce that we have a new Certified Group Fitness Instructor who is also a Certified Personal Trainer. SHEILA WATKINS, MLSci. E-RYT, RPYT. CGFT, CPT. Sheila is talented and brings many years of experience to our team.



## PRATTVILLE YMCA PERSONAL TRAINERS

At the Prattville YMCA, we want to help you achieve your goals. We offer something for everyone, whether it's weight management, increasing strength or just getting back on track. Packages include a free body fat evaluation.

#### PERSONAL TRAINING RATES:

Sessions	Time per session	Rate
1	30 minute	\$20
1	60 minute	\$39
5	30 minute	\$90
5	60 minute	\$170
10	30 minute	\$170
10	60 minute	\$285
12	60 minute	\$330
15	30 minute	\$240

#### TEAMMATE RATES:

Rate per person
\$35
\$82
\$165
\$165
\$265

#### THERAPEUTIC SPECIALIST TRAINING RATES:

With our trainer Sybilla. Sybilla focuses on functional movement training.

Sessions	Time per session	Rate per person
1	30 minute	\$22
1	60 minute	\$45
5	30 minute	\$97
5	60 minute	\$177
10	30 minute	\$171
10	60 minute	\$299
15	30 minute	\$240

Sheila's passion is Women's Fitness, and she has turned that passion into a thriving company that over the years has trained more than 5000, perinatal fitness specialist who provide safe exercise programs for pregnant and new moms

When not working with women to regain their health she enjoys spending time with her husband and two grown children traveling.



# KEVIN TURNER PRATTVILLE YMCA GOLF BENEFIT

## Monday, May 15, 2023 • Robert Trent Jones Golf Trail



The 26th Annual Kevin Turner Golf Tournament will once again tee it up in the merry month of May. This year's tournament will be played on Monday, May 15th at the Robert Trent Jones Golf Trail at Capitol Hill. The golf tournament is in its eighth year at RTJ Capitol Hill after spending the first 18 years at the Prattville Country Club. For the third year the tournament will be presented by EXIT Realty.

Kevin Turner, a Prattville native who starred at Alabama and then for eight years in the NFL, assisted in the starting of the tournament and loaned his name to the event in 1998. Kevin participated in sports at the YMCA in his childhood. Kevin was part of the tournament every year until 2013 when his battle with chronic traumatic encephalopathy, or CTE made his attendance very difficult. He made a brief appearance at the 2015 tournament with our first guest host, Gary Hollingsworth, a former Alabama quarterback and teammate of Turner. CTE eventually led to his untimely passing in March, 2016.

After Turner's death, the Turner family was honored as the second guest host. Former Tide tailback Siran Stacy was the guest host in 2017, Antonio Langham and Andrew Zow served as co-hosts in 2018, Sherman Williams served as host in 2019, Martin Houston in 2020, Roger Shultz in 2021, and Preston Gothard in 2022. In 2022 over 290 people participated in the tournament making it one of the largest in the River Region.

The proceeds from the tournament help fund the Coach A Child Scholarship Fund Campaign which provides financial aid to make YMCA services available to all persons regardless of their inability to pay. In 2022, over 3000 different individuals shared over \$330,000 in scholarship dollars.

We would love to have you participate in this tournament by sponsoring a hole, setting up on a hole to promote your business, or putting a team in tournament and playing. Individuals or businesses wishing to participate in the tournament can contact Keith Cantrell at (334) 358-9622 or e-mail him at [kcantrell@prattvilleyymca.org](mailto:kcantrell@prattvilleyymca.org).

## FOR OUR COMMUNITY

### MILITARY DEPLOYMENT PROGRAM

The Y appreciates the military heroes of our community. The sacrifice they make for our country every day is remarkable. We offer a military deployment appreciation membership. If your family has one head of household deployed with the military, please contact 365-8852 to find out more information regarding this program.

### SCHOLARSHIP PROGRAM

We seek to make our services available to all persons regardless of inability to pay. Scholarships are available to those living in Autauga County and the City of Prattville. This assistance is made possible thanks to the support of sustaining contributors and the United Way. Please call Kathy at 365-8852 for more information.

### YMCA-FCA BANQUET

**April 24, 7:00 P.M.**

We feel that it is important to take the time to honor young people who are living out the mission of the YMCA in their everyday lives. The YMCA and FCA partner together every year to honor high school students who are Christian leaders in their communities. We will also honor coaches in our area who are impacting our youth and providing a Christian example to them through sports with the Otis Reeves Outstanding Coaches Award. For more information regarding this event, contact David Creamer at 365-8852.

### LIFEGUARD TRAINING CLASSES

The YMCA offers American Red Cross Blended Learning trainings which consist of 8 hours of online training and 20 hours of intensive in-classroom and water training.

1. Contact David Creamer at [dcreamer@prattvilleyymca.org](mailto:dcreamer@prattvilleyymca.org) or Tyler Molen at [tmolen@prattvilleyymca.org](mailto:tmolen@prattvilleyymca.org) to schedule a pre-requisite swim test. The swim test consists of a 300 yard continuous swim, 10 pound brick retrieval from the deep end, and 2 minutes of treading water.

2. Complete the 8 hours of online pre-course work. We will provide you with a link to start your online training through the Red Cross website.

3. Schedule a time to complete your in-classroom and water training. We will work on scheduling your 20 hours of training based off your availability and complete it as soon as possible.

If you are a YMCA employee, we will pay for your training fees! Ask how you can become a YMCA employee to get your fees covered. **Fee:** \*\$240 Members/\$280 Non-members

# IMPACTING OUR COMMUNITY



## 2022 VOLUNTEER OF THE YEAR AWARD WINNER: PETE DOROUGH

If you were looking for one word that best describes Pete Dorough it would be selfless. Pete is definitely more concerned with what is best for others than he is for what is best for him. Pete is the right hand man for June, his wife and the Ability Sports Coordinator for the Prattville YMCA. If something needs to be repaired, moved, cleaned up, or he is needed to be a cheerleader for the Field of Dreams, Pete is there. He does it all with a smile and a spirit that shows the heart he has for others. The Y is a better place because of Pete Dorough. Thanks Pete, you are so appreciated!

### Previous recipients of this award:

- |                                  |                                   |                           |
|----------------------------------|-----------------------------------|---------------------------|
| 2021 Michael Petty               | 2016 Gene Sedgwick                | 2011 Greg Nichols         |
| 2020 Mike Reynolds & Stacy Mills | 2015 Pam Frederick & Doug Watkins | 2010 Aric Lobenstein      |
| 2019 The LaFrance Family         | 2014 Julie Gunn                   | 2009 Matt Dolan           |
| 2018 Emily Lobenstein            | 2013 Will Barrett                 | 2008 Jimmie Gayle Flavell |
| 2017 Charlie Austin              | 2012 Chris Britton                |                           |

## Y H.E.R.O. WINNER: MELODY COLVERT

Melody Colvert was chosen as the Prattville YMCA 2022 Y H.E.R.O Award Winner. Y Heroes are staff members that are recognized for the continuous service to the YMCA that far exceeds expectations. This award winner is chosen from previous Y Champion winners. Melody serves as the DMS Branch Senior Member Services Supervisor and helps to coordinate the Annual YMCA-FCA Banquet. Melody goes above and beyond to continually take care of our YMCA members and participants.



## DEC 2022 Y CHAMPION: DEANNA HUNT-LEWIS

DeAnne Hunt-Lewis was chosen as our Y Champion for the 4th Quarter of 2022. Y Champions are recognized quarterly from among our staff. These staff have been seen by supervisors, fellow staff members, YMCA members, and YMCA participants going above and beyond. DeAnne works in our Preschool as a teacher, she works in our Before School Program for school aged children, and she works in the Child Watch at the Bradford Branch. DeAnne is willing to step in and help in anyway that she can and has a great attitude while she does it.

## MARCH 2023 Y CHAMPION: JEFFREY NICHOLS

Jeffrey Nichols was chosen as our Y Champion for the 1st Quarter of 2023. Jeffrey teaches Rise and Grind at the Fitness Center where he is an inspirational instructor who pours himself into growing people in Spirit and Body. His love for Christ is evident in the way that he lives and serves others. You will also see him at the Y pool where he teaches infant survival swim through his company, Swim Prep. Help us congratulate Jeffrey Nichols, this Quarter's Y Champion.



Every day, Y staff, volunteers and donors help empower people within the community we live, so that they can be healthy, confident and connected.

# THANK YOU!

TO OUR COMMUNITY FOR DONATING TO OUR ANNUAL COACH A CHILD CAMPAIGN IN 2022!

## John 1721 Society

### Named Scholarships

Capital Tractor  
Southern Power  
Hampton Inn  
MAX Credit Union

### Spirit Society

International Paper  
Fras-Le

### Mind Society

Linda Colson  
Steve & Cheryl Phillips  
Marco's Pizza  
Diane Wendland Estate  
Arrow Pest Control  
River Bank & Trust  
Robert Trent Jones Golf Foundation  
Guardian Credit Union

### Body Society

Academy Sports  
Central Alabama electric Cooperative  
Steve & Cheryl Phillips  
Trey & Jamie Rogers  
Kyle & Stephanie Shirley  
P'zazz Art Studio  
BWS  
Prattville Rotary Club  
Robby & Katrina Anderson  
First Community Bank  
Trustmark Bank  
Morris Builders  
Bryan & Cindy Clark  
Servpro Prattville  
State Farm Karla Boles  
Supreme Greens  
Tropical Smoothie  
Cintas Corporation  
Ken & Susan Daniel  
Milo's Hamburgers  
Prattville Baptist Health  
Durbin Auto Parts  
Long Lewis Foundation  
Myers Business Products  
Starke Agency  
Louise Jennings-McCullars  
Edward Jones Investments

David & Stacey Lewis  
Brtownell Landscape Solutions  
Calhoon Law  
Civil Southeast  
Ellis Counseling  
Rob Riddle  
Aric & Emily Lobenstein  
Merrill Lynch  
Roy & Elaine McAuley  
Joe Miller – VP Products  
Jymz Floorz – Jim Mullins  
Petrunic Orthodontics  
River Region Vet  
David & Donna Smith  
Marbury Steel  
True Pull Trailers  
Joe & Cindy Turner  
Plexus worldwide – Melissa Amos  
Jon & Leigh Anne Grooms

### Individual Level

Joe & Tricia Mathis  
Tom & Linda Miller  
David & Cindy McDowell  
Will & Jennifer Barrett  
Matt & Kristen Burns  
Keith & Angela Cantrell  
Donald & Ginger Henry  
Bob & Teresa Stacy  
ASE Credit Union  
Dave & Carla Dageforde  
Ken & Annette Funderburk  
Mark, Kristi & Isabella Johnson  
Linda Thompson  
Jackie Williams  
Cass & Whitney Sheridan

### Head Coach

FNL Consulting  
Versatile Solutions  
Albert & Teresa Striplin

### Assistant Coach

Kyle Stewart  
Alabama Rural Electric  
WAKA  
Air Now Heating & Cooling  
Grey & Mary Penton  
Alfred & Brenda Wadsworth  
Eric & Miranda Morgan  
Ed & Ann Mullins

Johnny & Marilyn Brownell  
David Creamer  
Skipper & Martha Ellis  
Josh & Brittany Gamble  
Marcus Jackson  
Onya Johnson  
Kerry Jones  
Spencer & Sylvia Knight  
Clay & McConnell  
Paul & Cindy Oliver  
Pam Ray  
Gene & Jessica Sedgwick  
Patty Vanderwal  
Steve Burton  
Jim & Beverly Byard  
Prattville Lions Club  
Ken & Melody Colvert  
Mike & Melissa Lamar  
Tom Newton  
Dale & Vicki Osterman

### Team Member

Wade Seamon  
Harvey Clark  
Janice Clark  
Ron Cooley  
Lois Colley  
Tony McCullough  
Duwan Walker  
Bryant Northington  
Rusty Golden  
Linda Ramsey  
Jeremy & Donna Jackson  
Eric & Kat Alford  
Steve & Carol Golson  
Atkinson Holmes  
Angie Jordin  
Diane Steinhilber  
Sandi Hanna  
Hannah Been  
William & Laura Brown  
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## COACH A CHILD SCHOLARSHIP FUND CAMPAIGN

The Y makes strengthening our communities our cause. We do this by offering affordable child care to families, providing youth sports programs to children of all ages, helping adults who suffer from arthritis, showing teenagers the importance of serving our neighbor through volunteer work, teaching 2nd graders in our county important water safety skills, and through so many other programs that promote a healthy spirit, mind, and body for all.

We count on the generosity of our members and partners to keep our doors open to whoever needs a place to go to help them be more healthy, confident, connected, and secure. Find out how you can help by calling, stopping by any branch or by donating online.





# JOHN 17:21 SOCIETY

The John 17:21 Society was established in 2013 and is comprised of YMCA donors who believe in the mission of the YMCA: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all. These donors understand the impact of the YMCA is felt every day when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good. These donors demonstrate that belief by annually donating at least \$1000 to the work of the Prattville YMCA.



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