



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LIVE LIFE TO THE FULLEST!

Join the Y!

Explore what a membership at the Y has to offer.



2024 PROGRAM GUIDE

COPPELL FAMILY YMCA
146 Town Center Blvd
Coppell, TX 75019
972-393-5121
www.coppellymca.org





WELCOME TO THE COPPELL FAMILY YMCA!

A message from the Vice President of Operations

Welcome to the Coppell Family YMCA!

It is with immense joy and gratitude that I extend a warm welcome to each of you. At the Coppell Family YMCA, the heart of everything we do are for our incredible members. I am so glad you chose the Y to be a part of your family.

Our promise to you is unwavering: to provide programs tailored to meet the evolving needs of your families. Whether it's fostering health and wellness, nurturing young minds, or creating spaces for connection and growth, we are dedicated to being your steadfast partners on your journey towards personal and collective well-being.

But our commitment doesn't end there. We recognize that our responsibility extends beyond the walls of our facility. It's about serving the broader needs of our Coppell community, enriching lives, and creating a positive ripple effect that touches every corner of our town.

None of this would be possible without the unwavering support of our incredible community. To all our donors, volunteers, and supporters, we extend our deepest thanks. Your generosity fuels our mission to give back, making a tangible difference in the lives of those we serve.

As we embark on this new chapter together, let us embrace the spirit of unity, compassion, and growth that defines us as a YMCA family. Together, we can build a brighter, healthier, and more vibrant community for generations to come.

Welcome to your Y family,

Willie Lees
Vice President of Operations Coppell Family YMCA

TOGETHER WE CAN CHANGE LIVES...

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MEMBERSHIP INFORMATION

Mission Statement

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

Membership Changes & Cancellations

All membership changes and cancellations must be made in writing 30 days prior to your draft date by visiting the Member Services Desk.

Financial Assistance

At the Y, no one is turned away due to the inability to pay. In keeping with our mission, the Coppell Family Y offers financial assistance to those who qualify, based on a sliding scale. Anyone can apply to receive financial support through the Y For All programs. Eligibility is determined on an individual basis.

Military Subsidy

Eligible military personnel will receive 20% off a membership type of their choice and a waived joiner's fee at all YMCA of Metropolitan Dallas locations. Thank you for your service.

Nationwide Membership

By becoming a member of the Coppell Family Y, you will also have access to all branches in the YMCA of Metropolitan Dallas and all participating YMCAs across the country. Visit www.ymca.net/nationwide-membership to find participating YMCAs.

For Membership information, contact:

Brooklynn Petito

Associate Membership Director

bpetito@ymcadallas.org

FACILITY HOURS

Mon - Thurs..... 5:00 AM - 9:00 PM
Friday..... 5:00 AM - 8:00 PM
Saturday..... 7:00 AM - 5:00 PM
Sunday..... 1:00 PM - 5:00 PM

CHILD WATCH HOURS

Mon - Sat..... 8:00 AM - 12:00 PM
Mon - Thurs..... 5:00 PM - 8:00 PM
Sunday..... Closed

MEMBERSHIP RATES

Membership Type	Joiner Fee	Monthly Fee
Teen (12 - 17)	\$30	\$26
Young Adult (18 - 29)	\$30	\$33
Adult (30 - 61)	\$50	\$48
One Adult & Dependents	\$50	\$68
Two Adults (30 - 61)	\$95	\$68
Two Adults & Dependents	\$95	\$75
Senior (62+)	\$30	\$36
Senior Couple (62+)	\$50	\$56
Additional Adult		\$15

CHILD WATCH

CHILD WATCH

Let your children play in Child Watch while you take time for yourself to get fit and healthy. Children have a blast playing with other children, and you can rest assured they are in good hands with our staff. Child Watch is a benefit of YMCA Family Membership and parents must stay on the premises while the child(ren) are in Child Watch. Maximum stay is 2 hours per day.

RATIOS:

6 weeks - 23 months 4:1
2 - 10 years 8:1

Hours:

Mon. - Sat. 8:00 AM - 12:00 PM
Mon. - Thurs. 5:00 PM - 8:00 PM
Sunday Closed



PARENTS' NIGHT OUT

Are you in need of a relaxing evening while your kids enjoy a night of excitement? Look no further! Our Parents Night Out program offers the perfect solution for parents seeking a well-deserved break. Designed for children aged 6 weeks to 10 years old, our program guarantees a safe and entertaining environment where your little ones can thrive while you unwind. Parents Night Out is for members only. The times are from 4:00pm to 9:00pm.

Registration Sign Up Begins	Parents' Night Out Dates	Price
06/01/2024	06/15/2024	Free
07/01/2024	07/20/2024	\$10 Per Child
08/01/2024	08/17/2024	Free
09/01/2024	09/21/2024	\$10 Per Child
10/01/2024	10/26/2024	Free
11/01/2024	11/16/2024	\$10 Per Child
12/01/2024	12/14/2024	Free

YOUTH SWIM LESSONS

The YMCA Swim Lesson Curriculum is a core group of aquatic skills every person needs to be safe around water. As the foundation of our program, these skills allow participants to learn correct swim stroke techniques. Participants will begin with and build upon skills they are ready to learn, helping them to celebrate their successes, build self-confidence, enjoy learning to swim, and water safety.

WATER ACCLIMATION

In this beginning class, children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water.

Ages: 3-12 years

Qualifications: NONE

WATER MOVEMENT

In this class, children are taught skills that focus on buoyancy and movement into the water while also learning how to safely exit in the event of falling into a body of water.

Ages: 3-12 years

Qualifications:

- Be able to go under water & comfortably open eyes without goggles
- Able to float on front & back with minimal assistance
- Able to jump in the pool, submerge, & return to the wall with assistance

WATER STAMINA

In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.

Ages: 3-12 years

Qualifications:

- Able to float on front & back unassisted
- Able to push off the wall on stomach with face submerged for 10 feet unassisted
- Able to Swim-Float-Swim 15 feet unassisted
- Able to jump into deep water and return to the wall unassisted



STROKE INTRODUCTION

In this class, children are introduced to basic swimming strokes

Ages: 5-12 years

Qualifications

- Able to Submerge & Retrieve an object in chest deep water
- Able to Swim-Front-Crawl 15 yards while taking a breath
- Able to Swim-Float-Swim 15 yards
- Able to jump in & tread water for 30 seconds
- Able to swim to wall & exit

STROKE DEVELOPMENT

In this class, children work on their swimming stroke technique and all major competitive strokes are introduced.

Ages: 5-12 years

Qualifications:

- Able to front crawl back crawl 25 yards
- Able to swim breaststroke kick and dolphin kick 15 yards
- Able to tread water using multiple kicks for 1 minute

STROKE MECHANICS

In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced.

Ages 5-12 years

Qualifications:

- Able to swim front crawl with bent arm recovery & rotary breathing for 25 yards
- Able to swim back crawl with stroke rotation for 25 yards
- Able to swim butterfly with over arm recovery
- Able to swim breaststroke for 25 yard achieving stroke rhythm
- Able to dive from kneeling position

INSTRUCTOR STUDENT RATIOS

Preschool is 1:4-6

School age is 1:6-8

Parent child 1:8-10

SWIMMING

DATES AND PRICING

SCHOOL YEAR SWIM LESSONS:
\$100 MEMBERS/\$135 NONMEMBERS

WEEKDAYS:

- Monday & Wednesday
- Tuesday & Thursday

TIMES:

- 4:30pm - 5:00pm
- 5:15pm - 5:45pm
- 6:00pm - 6:30pm
- 7:30pm - 8:00pm

\$65 MEMBERS/\$100 NONMEMBERS

SATURDAY:

- 9:00am - 9:30am
- 9:45am - 10:15am
- 10:30am - 11:00am
- 11:15am - 11:45am

SWIM TEAM

MUST TRY OUT TO DETERMINE LEVEL

Level	Member vs Non-Member
Lantern.....	\$70/\$90
Mako.....	\$80/\$100
Thresher.....	\$85/\$105
Hammer Head.....	\$95/\$115
Great White.....	\$110/\$130

ADULT SWIM LESSONS

We offer group, private, and semi-private Adult swim lessons.

PARENT AND CHILD

The primary objective is water adjustment. Parents will be taught to work with their child and keep them safe in and around the water. Children play games that use basic movements in the water such as kicking, arm strokes, & breath control.

The ages are 6 months old to 3 years old.

SUMMER SWIM LESSONS:
\$100 MEMBERS/\$135 NONMEMBERS

WEEKDAYS:

- Monday- Thursday (2 week sessions)

TIMES:

MORNING

- 10:00am - 10:30am
- 10:45am - 11:15 am
- 11:30am - 12:00pm

EVENING

- 5:00pm - 5:30pm
- 5:45pm - 6:15pm
- 6:30pm - 7:00pm
- 7:15pm - 7:45pm

\$65 MEMBERS/\$100 NONMEMBERS

SATURDAY:

- 10:00am - 10:30am
- 10:45am - 11:15am
- 11:30am - 12:00pm

TEEN SWIM LESSONS

We offer lessons to our Teens from age 13 to 17 years old.

PRIVATE SWIM LESSONS

This is a one-on-one swim instructional program that consists of eight 30 minute lessons.

SEMI-PRIVATE SWIM LESSONS

This is a swim instructional program with a ratio of two siblings per instructor that consist of eight 30 minutes lessons.

YOUTH PROGRAMS

YOUTH SPORTS LEAGUES

YMCA Youth Sports programs place a priority on family involvement, the value of participation over winning, team building, individual development, positive self-image, and a sense of fair play. Uniforms and medals are included in the total cost. Games are played in local schools and local YMCA's.

BASKETBALL

PreK - 8th Grade
Game Day: Saturday
Seasons: Fall, Winter, Spring

SOCCER

Pre-K
Game Day: Thursday at 5:30pm
Seasons: Fall & Spring

VOLLEYBALL

3rd - 8th Grade
Game Day: Saturday
Seasons: Fall & Spring

CRICKET

2nd - 8th Grade
Game Days: Thurs & Saturday
Seasons: Fall, Spring & Summer

FLAG FOOTBALL

3rd - 8th Grade
Game Day: Saturday
Seasons: Fall & Spring

T-BALL

Pre-K-Kindergarten
Game Day: Saturday
Seasons: Summer

***You must maintain your family membership through the end of sports season to qualify for the member rate. If you cancel your membership before halfway through the season, you are required to pay the difference between the member and non-member rate.**

SPORTS CLINICS

Sports camps and clinics are aimed at helping children who may not be ready for full-time team play with fun skills-based classes.

Basketball Clinics

Pricing: Member \$80/Non-member \$110

(Pre-K-2nd Grade) 06/04-7/23 Tuesday's Only 8:00-9:00AM

(3rd - 12th Grade) 06/03-06/06 Monday-Thursday 9:30-11:30AM

(3rd - 12th Grade) 06/10-06/13 Monday-Thursday 9:30-11:30AM

(3rd - 12th Grade) 06/24-06/27 Monday-Thursday 9:30-11:30AM

(3rd - 12th Grade) 07/15-07/18 Monday-Thursday 9:30-11:30AM

(3rd - 12th Grade) 07/22-07/25 Monday-Thursday 9:30-11:30AM

(3rd - 12th Grade) 08/05-08/08 Monday-Thursday 9:30-11:30AM

Volleyball Clinics

Pricing: Member \$90/Non-member \$120

(3rd - 8th Grade) 06/17-6/20 Monday-Thursday 6:30-8:30PM (Advanced)

(3rd - 8th Grade) 06/24-6/27 Monday-Thursday 6:30-8:30PM (Advanced)

(3rd - 8th Grade) 07/22-07/25 Monday-Thursday 6:30-8:30PM (Beginner)

(3rd - 8th Grade) 07/29-08/01 Monday-Thursday 6:30-8:30PM (Beginner)



An additional \$20 late fee will be applied 3 weeks before the start date, registration will close the day the session starts. Please visit our website for Camp/Clinic locations, equipment needed, and registration.

YOUTH PROGRAMS

CAMP ON THE LAKE

Camp on the Lake is a premier, regional, waterfront day camp environment created for kids age 6-13. Camp on the Lake is located on Lake Lewisville and serves families throughout the Dallas Metroplex. What makes Camp on the Lake especially unique is its location and ability to provide your child with a slew of summer camp activities that are usually exclusive to sleep-away camps. Your camper will enjoy activities such as Archery, BB's, Water Activities, and many more... all close to home!

Ages: 6-13 years old

Member Pricing: \$255 per week

Non-Member Pricing: \$305 per week

Camper Weeks: May 28th-August 9th

Visit www.camponthelake.org for more information!



SUMMER DAY CAMPS

Summer Day Camps offer discovery, talent exploration, and lifelong memories. Our play-based learning approach includes weekly themed activities, nature exploration, arts, fitness, community service, field trips, swimming, leadership, and more!

PRE-K DAY CAMPS (4 - 5 yrs who have not completed Kindergarten)

Preschool camps include hands-on learning activities, splash time, themed weeks, and tons of fun. All preschool campers must be fully potty trained; no pull-ups. Kids spend at least 30 minutes engaging in outdoor activities.

SCHOOL AGE DAY CAMPS (5 - 12 yrs)

Our Summer Day Camps provide uninterrupted enrichment-based care for families who need full-day support; the Y offers one-week camps for the entire summer break with both indoor and outdoor options. Snacks and/or meals are included. Campers at Outdoors Camps spend a majority of their time outside, while campers at Indoor Camps spend most of their time inside.

Member Pricing: \$179 per week

Non-Member Pricing: \$199 per week



COPPELL CAMP LOCATIONS

Camp KannaWanna

1100 Village Pkwy
Coppell, TX 75019

Camp Kookaburra

185 N Hertz
Coppell, TX 75019

YOUTH PROGRAMS

AFTERSCHOOL

As leaders in youth development, we prioritize the holistic development of each child. We recognize the significance of offering our participants a blend of academically enriching activities and a heightened emphasis on their overall physical well-being. We partner with industry experts to design experiences that help your children learn, grow, and thrive.

We are proud to serve 13 Coppell ISD Schools:

Austin | Canyon Ranch | Coppell Middle School East | Coppell Middle School North | Cottonwood Creek | Denton Creek | Lakeside | Lee | Mockingbird | Pinkerton | Town Center | Valley Ranch | Wilson

GRADES:

PK4 – 5th (Austin, Denton Creek, Lakeside, Wilson ONLY)

Kinder – 5th (All other sites)

TIMES:

School Dismissal - 6:30pm

2024-2025 SCHOOL YEAR:

Registration fee (non-refundable/non-transferable): \$90 per child



YMCA Member Pricing:

\$80 per week for Full-Time

\$50 per week for Part-Time (2 days/week)

Non-Member Pricing:

\$91 per week for Full-Time

\$65 per week for Part-Time (2 days/week)

Punchcard Option:

\$450 for 15 visits



FINANCIAL ASSISTANCE AVAILABLE AT YOUR LOCAL YMCA BRANCH

Registration available online:



WELLNESS PROGRAMS

PERSONAL TRAINING

Our certified personal trainers will work with you to set realistic goals and create a program to help you achieve them. Sessions are 30 minutes (individual only) or 60 minutes (individual, partner, or group).

SESSIONS	30-MIN	1 HOUR
4	\$162.80	\$246.40
8	\$308	\$466.40
12	\$435.60	\$660
24	\$818.40	\$1,240

Our trainers are certified and experienced in creating exercise programs specific to your individual needs, health status, limitations and goals.

New to training? Try our introductory package: 3 sessions for \$99!

FITNESS ASSESSMENT

Our Fitness Assessment is an opportunity to become comfortable in your YMCA by meeting with a personal trainer to assess your goals and needs, and support your path to a healthy lifestyle.

POWERFIT

PowerFit is a comprehensive fitness program designed specifically for children to learn the importance of exercising properly while having fun. The program is structured into three main components: warm-up, weight training, and metabolic conditioning.



WELLNESS PROGRAMS

IT'S TIME TO TAKE ACTION!

GROUP EXERCISE CLASSES

Our Group Exercise instructors are highly trained to provide those seeking a healthy lifestyle with a safe environment and effective exercise programs.

Instructors facilitate class connections and create opportunities for storytelling and relationship building.

With the safety of our members and staff in mind, we are currently requiring reservations via MINDBODY for all group exercise classes.

Popular classes offered at the Coppell Family Y include:

Low Intensity:

- Aquafit
- Pilates
- Pilates Fusion
- Yoga
- Yoga- Flow
- Yoga- Gentle
- Yoga- Power

Medium Intensity:

- BollyX
- Cycle
- Dance Fitness
- Zumba
- Strength
- Les Mills BodyPump

High Intensity:

- Cardio Strength Intervals
- Interval Training

VIRTUAL FITNESS WITH THE Y

A Virtual YMCA is an online platform that offers a variety of fitness and nutrition classes, including yoga classes, low-impact workouts, healthy recipes, and tips. It also features your favorite Les Mills programs such as BODYPUMP, BORN TO MOVE kids' workouts, THE TRIP, and more! It provides a convenient solution for those who wish to stay fit and healthy from the comfort of their home.

Our Virtual Options include:

- On-Demand Classes
- Les Mills Classes
- Health and Wellness

CLASSES FOR SENIORS

We have a vibrant Active Older Adults community for whom the Y is truly so much more than a place to come sweat for an hour. Whether you are trying to get healthier and stronger or you're just looking to meet some new friends and enjoy hot coffee, the YMCA is the one place where you can accomplish all of those things and more!

Monday	1:00-1:45 PM	Chair Yoga
Tuesday	1:00-1:45 PM	Low Impact
Wednesday	1:00-1:45 PM	Chair Yoga
Thursday	1:00-1:45 PM	Low Impact
Friday	1:00-1:45 PM	Stretch

2024 Annual Campaign Donors

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Thank you to our Coppell Family YMCA Annual Campaign Donors.

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