

TEEN CENTER

Teens enjoy our dedicated Teen Center building, which offers after-school tutoring, games, youth fitness activities and drug-free entertainment. The center is always supervised and used for many community events as well as YMCA activities like:

- Computer
- Library
- Leaders in Training
- Arts/Crafts
- Air Hockey
- Basketball
- Play Station
- 3 Hour limited visits

Monday - Friday

BEFORE SCHOOL 7 a.m. – 8:15 a.m.

AFTER SCHOOL 3 p.m. – 6 p.m.

Y ACHIEVERS

The Achievers Program's mission is to empower African American and Hispanic youth to make and achieve positive goals through personal development, college preparation and community service.

LEADERS IN TRAINING (LIT)

The LIT program is for teenagers who want to learn how to become future camp counselors. These youth work closely with the counselors and the campers to provide a safe, fun environment for everyone.

SUPPORT & HISTORY

The Hardee County Family YMCA opened in 1993 to provide many programs and activities for the family. We are constantly adding programs, equipment and facilities to make the Hardee County Family YMCA the best community resource in the county. We appreciate your support during our annual events, like the Annual Veteran's Day 5K Run held each November and our Spring Golf Tournament. Our winter fundraiser, the Caring Campaign, ensures that no one is turned away from the YMCA because of an inability to pay.

MEMBERSHIP RATES

	Annual	Monthly	Join Fee
Youth <i>up to age 21</i>	\$168	\$14	\$25
Youth Program Membership	\$100		
Individual	\$288	\$24	\$50
Family	\$420	\$35	\$50
Senior Individual*	\$288	\$24	\$25
Senior Family*	\$420	\$35	\$25

*62 and older

SHORT TERM RATES

Individuals : Daily \$6 • Weekly \$12 • Monthly \$39
 Family : Monthly \$55
 Basketball : \$3/day

FINANCIAL ASSISTANCE PROGRAM

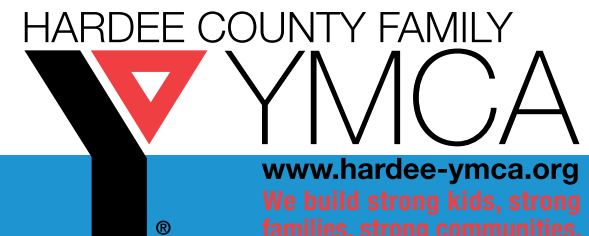
No qualified person is denied YMCA services due to their inability to pay established fees. Those not able to pay the full fee may receive financial assistance based on ability to pay and the YMCA's ability to fund the subsidy. Assistance is available due to the generosity of YMCA donors. Financial Assistance forms are available at the Member Services Desk or online at www.hardee-ymca.org

HARDEE COUNTY FAMILY YMCA

610 W. Orange St.
 Wauchula, FL 33873
 Phone 863-773-6445
 Fax 863-773-4581



HARDEE COUNTY FAMILY YMCA INFORMATION GUIDE



▶ MEMBER SERVICES

This state-of-the-art facility has a full range of strength and cardiovascular equipment including:

- Body Master and Cybex Equipment
- Free Weights
- Recumbent Bikes
- Treadmills
- Complimentary equipment and new member orientations available
- TVs in fitness area
- Women's and Men's showers/locker room facilities

Monday – Friday 5:15 a.m. – 9 p.m.
 Saturday 8 a.m. – 1 p.m.
 Sunday closed

NUTRITION

- Personal nutrition coaching
- Free counseling with the YMCA's registered dietician
- Effective meal planning and tracking

PERSONAL TRAINING

- Certified Personal Trainer develops a program with you
- Provides a safe and comprehensive way to get in shape
- Effective routines designed for your fitness level
- Fee based. Please check membership desk for options

CHILD WATCH

- Available to long-term members only
- Provides care of child for 1 hour while you workout on premises
- Ages: infants to 12 years of age
- Maximum 10 children at one time

Monday – Friday 8 a.m. – 11 a.m.
 2 p.m. – 8 p.m.
 Saturday 8 a.m. – 11 a.m.

▶ SPECIALTY PROGRAMS FOR ADULTS

GROUP EXERCISE CLASSES IN STUDIO

- Aerobics - high/low impact energy/step
- Muscle Works - 1 hour class devoted to sculpting and toning the entire body
- Diabetic program in conjunction with Health Department
- Women on Weights
- Adult Karate
- Kickboxing
- Pilates



Y BASKETBALL

- Free to members
- Available to public for a fee
- Must be 14 years old and older
- Basketballs not provided by YMCA
- Check membership desk for availability



▶ YOUTH PROGRAMS

ADVENTURE CLUB

Adventure Club is a quality after school and summer childcare program held at the YMCA. This program is a center-based, school-age curriculum, involving many different areas of child development.

After school hours:
 1:30 – 6 p.m.
 Summer hours:
 7 a.m. – 6 p.m.



YOUTH SPECIALTY PROGRAMS

Fee based and seasonal so check membership desk for availability

- Basketball
- Cheerleading
- Dance
- Fit Kids
- Flag Football
- Gymnastics
- Youth Sports
- Karate
- Kidercise
- Tumbling
- Soccer

