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**eliminating racism  
empowering women**  
**ywca**  
**metropolitan detroit**  
YWCA Oakland Branch  
839 S Crooks Rd  
Clawson MI 48017

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empowering women**

**ywca**  
**metropolitan detroit**

**YWCA Oakland Branch**  
839 S. Crooks Rd.  
Clawson, MI 48017  
(248) 435-9100  
[ywcaoaklandmi@juno.com](mailto:ywcaoaklandmi@juno.com)

# **Program Catalog**      **Fall 2006**



## YWCA Mission

The Young Women's Christian Association of the United States of America is women's membership movement nourished by its roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for women's growth, leadership and power in order to attain a common vision: peace, justice and dignity for all people. The Association will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary.

## YWCA of Metropolitan Detroit Locations

### YWCA Executive Offices & Downtown Branch

1411 E. Jefferson Ave.  
Detroit, MI 48207  
(313) 259-9922

### YWCA Interim House Domestic Violence Shelter

P.O. Box 21904  
Detroit, MI 48221  
(313) 861-5300

### YWCA Camp Cavell

3335 Lakeshore Dr.  
Lexington, MI 48450  
(800) 354-9922

### YWCA Northwest Branch

25940 Grand River Ave.  
Redford Twp., MI 48240  
(313) 537-8500

### YWCA Downriver Outreach

14703 Allen Rd., Ste 220  
Southgate, MI 48195  
(734) 284-9030

### YWCA Oakland Branch

839 S. Crooks Rd.  
Clawson, MI 48017  
(248) 435-9100



## YWCA Program Registration Form

Please use a new class/program registration form for each participant. Upon completion, you may register at the Branch or mail form with payment to your Branch for processing.

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Time Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Evening Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

Gender: \_\_\_ Female \_\_\_ Male

Membership Expiration Date \_\_\_\_\_ Membership Number \_\_\_\_\_

In case of emergency contact: \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Fee	Class	Day(s)	Time(s)	For Office Use Only	
				Receipt #	Date

\$ \_\_\_\_\_ Total Enclosed

In lieu of a health exam, I hereby certify that to the best of my knowledge, I am physically fit to engage in YWCA activities. I hereby hold the YWCA and its staff free of any liability for my sickness or injury.

Participant Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

## YWCA Oakland Branch Board

**Phyllis Sherwin, Chair**  
**Linda Clark, Secretary**

**Bonnie Borque**  
**Dea Bozzo**  
**Joanne Braund**  
**Susan Goodman**  
**Anita Kelly**  
**Sheri Kennedy**

**Joyce Krause**  
**Sheila Mitchell**  
**Margaret Monroe**  
**Monica Pardy**  
**Tammy Ristau**  
**Patti Salter**

**Jackie Walker, Branch Director**

YWCA Oakland Branch

839 S. Crooks Rd.

Clawson, MI 48017

Phone: (248) 435-9100 Fax: (249) 435-9102

email: ywcaoaklandmi@juno.com



## Salt Box Craft Show

*Friday, November 10 ~ 5-9 pm*  
*Saturday, November 11 ~ 9 am - 4 pm*

*Admission: \$2*

*A portion of the proceeds benefits the  
YWCA Oakland Branch*

## General YWCA Oakland Branch Information

### **Desk hours:**

Mon - Wed - 9:00 am to 7:00 pm  
Thurs - 8:00 am to 8:00 pm  
Fri - 8:00 am - 6:00 pm  
Sat - 8:30 am - 12 noon  
Sun - 1:30 - 5:00 pm

### **The YWCA will be closed:**

Nov 23 & 24 - Thanksgiving  
Dec 22-25 - Christmas  
Dec 29-Jan 1 - New Year's

YWCA facilities are available for rental.

Gift Certificates for classes & the Fitness Place are available.

The YWCA is not responsible for lost or stolen items.

### **Class and program registration hours:**

8:00 am - 6:00 pm weekdays

Because many classes, particularly fitness classes, run on a continual basis, class registration is on-going. Classes conducted on a semester basis and those requiring pre-registration are so noted.

A health form (available at front desk) must be submitted before participation in exercise classes.

Class registration and membership forms are also available at the front desk or may be downloaded from the YWCA of Metropolitan Detroit website at [www.detroitywca.com](http://www.detroitywca.com).

### **Cancellations and Refunds:**

The YWCA reserves the right to cancel any class for which there is

insufficient enrollment. Refunds will be given for all classes cancelled by the YWCA. YWCA classes will be cancelled whenever the Royal Oak Schools close due to weather conditions. However, every attempt will be made to keep the building open for the general use of members.

No refunds on class fees are given unless requested before or during the week prior to the beginning of class. A \$15 service fee will be charged for all refunds, except for classes cancelled by the YWCA. All requests for refunds must be accompanied by a YWCA receipt.

YWCA membership is not refundable.

Prices are subject to change.

### **Children's Policy:**

Children are an important part of the YWCA Oakland Branch. However, the YWCA is not responsible for the care of unsupervised children unless they are enrolled in a class.

Children are not allowed in adult classes. All children on the premises must be accompanied by an adult.

Thank you for your cooperation.

### **YWCA Membership Rates**

\$20 - Youth  
\$30 - Student (18-21 and in school)  
\$30 - Senior (62+) -  
\$45 - Adults  
\$75 - Family -  
\$100+ - Supporting Memberships

## The Fitness Place

### General Information:

The YWCA Oakland Branch Fitness Place is equipped with everything women and men need to achieve their fitness goals and it's a great place to meet people with similar interests. For your safety, proper use of equipment must be demonstrated by YWCA staff to everyone prior to usage.

### Hours:

Monday - Wednesday: 7:00 am - 7:00 pm  
Thursday - 7:00 am - 8:00 pm  
Friday - 7:00 am - 6:00 pm  
Saturday - 8:30 am - 12:00 noon.  
Sunday 1:30 - 5:00 pm

### Fees:

(Must be a YWCA member)  
\$10 - Walk-In  
\$45 - One Month  
\$75 - Two Months

### Annual Fitness Place Membership:

**Annual Fitness Place Membership & All Fitness Classes (excluding Yoga)**  
\$425 - Adult

*(One year unlimited use. Includes 1/2 off fitness classes.)*

### First Year

\$175 - Youth ages 16-18  
\$250 - Adult  
\$360 - Family

### Renewal

\$145 - Youth ages 16-18  
\$225 - Adult  
\$345 - Family

**October - December 2006 Fitness Place Special - \$95**  
*Must be YWCA member. Does not include special fitness classes*

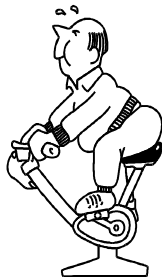
**Special New Price!!**  
**Only with Visa or**  
**Mastercard!!!**

Individuals with a basic YWCA membership can purchase unlimited fitness classes, unlimited use of the Fitness Place and FREE child care while you work out (during child care hours of operation) for only \$40 per month. Charge is billed to your Visa or Mastercard on the 1st of the month!

### Personal Training

Need help getting motivated? Set up an appointment with a certified personal trainer to help you meet your fitness goals.

Call:  
Karen Sanders at  
(248) 547-9676  
or  
Karen Kmecik at  
(248) 990-1508



## YWCA Oakland Branch Calendar

October 7 - Free Fitness Fair, 9-11 am  
October 10 - Socrates Cafe, 10-11:30 am  
October 18 - Board Meeting, 7 pm  
October 19 - Socrates Cafe, 7-8:30 pm  
October 14 - Halloween Party, 2-4 pm  
November 6 - Life Line Screening, 8:30 am  
November 10 & 11 - Salt Box Craft Show  
November 14 - Socrates Cafe, 10-11:30 am  
November 20 - Board Meeting, 7 pm  
November 21 - Socrates Cafe, 7-8:30 pm  
November 23-24 - Closed for Thanksgiving  
December 1 - Jam Night, 7-9:30 pm  
December 3 - Holiday Tea, 2-4 pm  
December 12 - Socrates Cafe, 10-11:30 am  
December 18 - Board Meeting, 7 pm  
December 19 - Socrates Cafe, 7-8:30 pm  
December 22-25 - Closed for Christmas  
December 29 - January 1 - Holiday Closing



## Mother-Daughter Holiday Tea

**Sunday, December 3rd**  
**2-4 pm**

**Tickets: \$7 per person,**

**(includes refreshments, Santa,  
and entertainment)**

**Pre-register by December 1st**



## Full Day Child Care & Pre-School for ages 3-5

Full day & half day sessions year 'round from  
7:00 am to 6:00 pm

### Child care program includes:

- Math & reading readiness
- Spanish
- Computer Education
- Arts & crafts
- Science & Geography
- Music & movement
- Gym & outdoor play



### Fees:

\$120 - entire week (5 days)

\$30 - day (minimum 2 days per week required)

\$15 - half day (minimum 3 days per week required)

Snacks are included, but parents must provide a sack lunch.

### Deposit:

\$50 non-refundable deposit is required at the time of enrollment.

All children must be YWCA members

## YWCA Halloween Haunting

Saturday, October 14, 2006 from 2-4 pm



Featuring:  
Trick or Treats  
Haunted House

Admission:  
\$2 per person

All ages invited.  
Costumes highly recommended.



## Adult Fitness Classes

### Mornings - 9:00 am

#### Child Care Available

#### Low Impact Aerobics

Monday

Increase cardio fitness and burn calories through the use of basic movements done to music.

#### Strengthen & Tone

Tuesday & Thursday

A non-aerobic class designed to strengthen and tone through use of free weights, bands and body bars. Learn proper body alignment and technique.

#### Fun Fitness Combo

Wednesday

A terrific combination of weights, fitball & aerobics.

#### Aerobics & Fit Ball

Friday

Aerobics combined with fit ball for core stability.

### Evenings - 6:00 pm

#### Pilates

Monday

A whole torso workout that strengthens the abs and back, improving posture to make you feel taller.

#### Revolving Workout

Tuesday

Participants rotate weekly through STEP, toning, kickboxing and low impact aerobics for a well rounded program.

#### Weight Room Circuit (In Fitness Place)

Thursday

An hour of aerobics mixed with resistance equipment to make you work to your maximum.

#### Chair Aerobics - NEW!

Monday 10:15-11:15 am

Great for those with limited mobility. Use hand weights & bands with movement to improve health, strength & flexibility.

## Adult Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Child Care Available	9:15 am L- I Aerobics 10:15 Chair Aerobics	Strengthen & Tone	9:15 am Fitness Combo	Strengthen & Tone	Aerobics & Fit Ball
6:00 pm	Pilates	Revolving Fitness		Weight Rm Circuit	

### Fees: (must be a YWCA member)

\$10 - Per Class

\$40 - One Month Unlimited Fitness Place & Fitness Classes & Child Care when automatically charged to Visa or Mastercard (see previous page)

\$45 - One Month Unlimited Fitness Place & Fitness Classes

\$42 - 10 Class Card (good for three months from date of purchase)

\$68 - 20 Class Card (good for three months from date of purchase)

\$405 - One Year Unlimited Fitness Classes (excluding yoga & belly dance)

\$425 - One Year Unlimited for Fitness Place and fitness classes.

Unlimited classes exclude yoga.

Class cards are good for three months from date of purchase.

10% discount for seniors & full time students on class cards only.

## Adult Classes & Programs

**Yoga Wednesday Mornings**  
10:00 -11:00 am Six week sessions.  
Promote good health and well-being by thoroughly stretching all your muscles, strengthening your core as well as your bones. Improve your posture. Develop stress-reducing strategies and practice styles of deep-breathing, meditation and progressive relaxation. Designed for everyone, all ages & stages, to enjoy.  
Fee include babysitting for 1-6 yr olds.  
Fee: \$30 - YWCA members  
\$45 - Non-members

### **YWCA Mothers' Group**

**Thursdays 10:00 am**  
Speakers, crafts, play groups or just coffee and conversation. Women support each other, make new friends and help share in the joys and frustrations of parenting young children. Child care available for a nominal fee or children can stay with mom. Mothers must join the YWCA after four meetings.

### **YWCA Book Club**

**Fourth Thursday 7:00 pm**  
Call the Branch for the current book selection and meet monthly to discuss today's popular fiction.  
*No fee for YWCA Book Club*

### **Socrates Cafe**

**Oct 10, Nov 14 & Dec 12 - 10 am**  
**Oct 19, Nov 21 & Dec 18 - 7 pm**  
Discuss the weighty issues of today in a relaxed, informal setting. No fee.

### **Mom's Morning Out with Miss Monica!**

**Tuesday 10:00 am - 12:00 noon**  
Fee: \$9 (multiple child rates available)

### **Child Care**

If you come to work out or just need some time to yourself, use our morning childcare service for children 6 months of age and older.

Mon/Fri - 9 - 10 am

Wed - 10 - 11 am

Tue/Thur: 9 am - Noon

Fee: \$10 per hour (6 mo - 1 yr)  
\$4 per hour (all others)

Multiple child rates available.

Discounted 10-hour cards available.

### **Ballet for Exercise**

**Wednesdays, Oct 25-Dec 6, 6:15 pm**  
Use the fundamentals of ballet to improve posture, strengthen core muscles, increase stamina & flexibility. Class introduced to basic positions, barre & center exercises. Open to adults with no prior experience. Teacher Jennifer Vigor studied with NY City Ballet and danced with Detroit City Ballet & Dance Detroit. Attire: shorts, top & socks or leotard, tights and ballet slippers. (Slippers available at Lynch's at 12 Mile & Dequindre.) Space is limited so register early.

Fee: \$40

**Massage Therapy**  
**at the Oakland Branch**  
Swedish & Deep Tissue Massage  
Amy Tarrant

Prices: 60 minute massage \$65

Hours by appointment  
Call: Amy - 248-543-7404

## Children & Youth Classes & Programs

Six week sessions

### **Tot Dance**

**Thursday 10:45 - 11:30 am**

Dancers ages 3-5 learn coordination, balance, rhythm and self-confidence. Basic dance skills are taught.

Fee: \$35 - YWCA members

### **Tot Gym**

**Thursday 10:00 - 10:45 am**

Children 3-5 years old will learn coordination, balance, basic tumbling & team work

Fee: \$35 - YWCA members

### **Tot Play Group**

**Tuesday 10 am - 12 Noon & Thursday 1:30 - 3:30 pm**

Special time for moms & tots in the gym. Children enjoy free play time using jump ropes, hula hoops, playground balls, hoppy balls, scooters, etc, while moms watch and visit with one another.

\$3 for first child, \$1 each for additional children. Infants are free. Parent must stay with child.

Also available at the YWCA Oakland Branch: Borgo Gymnastics.

Call (248) 547-2877 for information about classes and fees.

**HEY! Middle & High School rock bands!**  
**Wanna Gig?**



**The Candy Band**  
**presents**  
**Jam Night**

**Friday, December 1, 2006**

**7-9 pm**

**We'll supply amps, drums, PA, Karaoke.**

**You supply the band and guitars & bass.**

**15-20 minute limit depending on number of bands**

**Fee: \$5 per person Includes chips & pop.**

**Call 248-435-9100 to register your band.**