

## Swim-Columbus Swim Team



THE FRANK P. PHILLIPS YMCA HOSTS THE SWIM-COLUMBUS SWIM TEAM IN THEIR INDOOR SWIMMING POOL. THIS TEAM IS ONE OF THE STATE'S HIGHEST POINT WINNERS PER/TEAM MEMBER. FOR MORE INFO ABOUT THE TEAM, PLEASE GO TO THE YMCA WEBSITE [www.columbus-ymca.com](http://www.columbus-ymca.com) OR THE TEAM WEBSITE [www.swimcolumbus.org](http://www.swimcolumbus.org) .



## Karate Classes

The YMCA offers Shotokan Karate classes for ages 6 years through adult. These classes are continuous and can be joined at any time. Master Dennis McCown is a Martial Arts instructor and tournament official. Dennis holds a 6<sup>th</sup> Degree Black Belt in Shotokan Karate Master. We have classes at three of our YMCA branches. Call your local YMCA @ Columbus-Y: 662-328-7696, New Hope-Y: 662-328-0212, Caledonia-Y: 662-356-9622.

## YMCA Artists Program



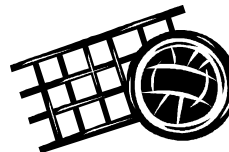
The YMCA is now taking registration for Fall classes. Classes start at 3 years of age to 18. Classes explore basic concepts of drawing, painting, collage, printmaking and sculpture. Call the Y for more info: Columbus-Y @662-328-7696, Caledonia -Y@ 662-356-9622



## Gymnastics

The YMCA has Gymnastics at three locations. Classes start with pre-school and go up to the team level. For more info, call your local YMCA. Phillips YMCA: 662-328-7696, Caledonia YMCA: 662-356-9622 and the New Hope YMCA: 662-328-0212.

## VOLLEY BALL



THE FRANK P. PHILLIPS YMCA WOULD LIKE TO RESTART THE VOLLEYBALL LEAGUE. WE WILL PLAY A ROUND ROBIN SEASON WITH A TOURNAMENT AFTER THE LEAGUE CONCLUDES. THE SEASON WILL START IN MID-SEPTEMBER. IF YOU WOULD LIKE TO SIGN UP A TEAM, PLEASE CALL PERRY HENDRIX FOR MORE INFORMATION.



# AEROBICS CLASSES

THE YMCA OFFERS A WIDE RANGE OF AEROBICS CLASSES FROM STEP TO WATER AND YOGA TO SUPERTONE CLASSES. COME BY THE YMCA AND TALK WITH ONE OF THE INSTRUCTORS ABOUT WHAT YOUR NEEDS AND DESIRES ARE FOR YOUR WORKOUT.

Home School P.E.



YMCA Home School P.E. starts September 2, 2008. The program accepts boys and girls in the age group of 5 to 17 years of age. Classes are held on Tuesday and Thursday at the Phillips YMCA. For more info, call the YMCA at 662-328-7696 or come by the office at 602 2<sup>nd</sup> Ave. North, Columbus MS. 39701.



## PHILLIPS YMCA SWIMMING POOL

THE PHILLIPS YMCA POOL IS OPEN YEAR ROUND WITH A WIDE RANGE OF ACTIVITIES FROM LAP SWIM TO SR. FITNESS CLASSES. THE POOL OPENS AT 6:00 AM AND CLOSSES AT 8:40 PM WITH FAMILY SWIM. WE OFFER BIRTHDAYS PARTIES IN THE POOL & THE GYM. PLEASE PICK UP A POOL SCHEDULE TO FIND THE CLASS YOU WOULD LIKE TO ATTEND, GO ON LINE TO THE YMCA WEB PAGE [www.columbus-ymca.com](http://www.columbus-ymca.com), OR CALL 328-7696.

## *SILVERSNEAKERS* & SLIVERSPLASH

THE YMCA OFFERS A NATIONALLY KNOWN SENIOR FITNESS CLASS CALLED *SILVERSNEAKERS*. THE LAND CLASS MEETS ON TUESDAYS & THURSDAYS AT 8:30 AM AND THE SLIVERSPLASH WATER CLASS IS ON MONDAY & WEDNESDAY AT 10:35 AM. CALL THE YMCA AT 328-7696 FOR MORE INFORMATION.