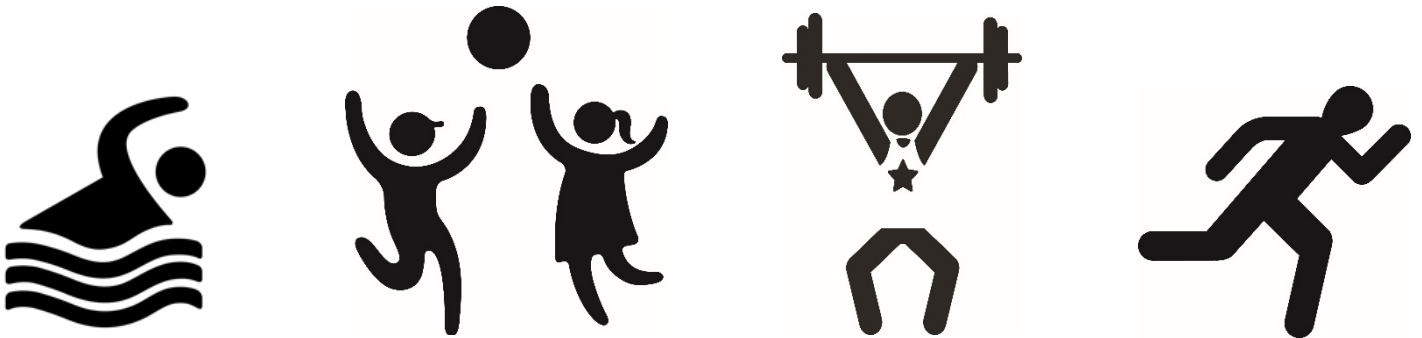




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH YMCA PROGRAMS

DEC 2018 – FEB 2019



REGISTER TODAY!

ymcaspokane.org | 509 777 YMCA (9622)

HOURS OF OPERATION

Facility:

Mon – Fri: 5am – 10pm

Sat: 7am – 10pm

Sun: 9am – 8pm

- **Holiday Closures: Christmas Day**
- **Holiday Adjusted Hours (Normal Opening hour – close at 4pm): Christmas Eve, New Year’s Eve and New Year’s Day**

Child Watch: (Ages 6 weeks - 6 years)

Mon-Thu: 8am-Noon & 4-8pm

Fri: 8am-Noon & 4-7pm

Sat: 8:30am-12:30pm

Sun: Closed

PURPOSE:

We give everyone a safe place to learn, grow, and thrive

VALUES:

Caring, honesty, respect and responsibility

MISSION:

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

SOUTH YMCA

DEC 2018 – FEB 2019

FAMILY TIME

FAMILY ENGAGEMENT

PROGRAM	DAY	TIME	AGE	Y MEMBER	COMMUNITY MEMBER
Parent's Night Out -Santa' Workshop	Sat 12/8	5:30-8:30pm	3-11	\$20 Child \$35 Family	\$20 Child \$35 Family
Breakfast with Santa* Must register by 12/15	Thu 12/20	9am	Youth	\$5 child \$10 Family	\$5 child \$10 Family

*Location: St. Stephens Church 5720 S. Perry



YOUTH DEVELOPMENT

CHILD CARE

BEFORE & AFTER SCHOOL

At the Y we believe children become their best selves with a focus on skill development, positive relationships, and inspiring opportunities to explore and discover. Child Care is provided at these school-site locations:

Brentwood Elementary
CCS Elementary*
Chattaroy Elementary
Colbert Elementary*
East Farms Elementary**
Evergreen Elementary
Farwell Elementary
Lake Spokane Elementary
Meadow Ridge Elementary
Midway Elementary
Otis Orchards Elementary*
Pasadena Elementary

Prairie View Elementary
Reardan Elementary*
Riverside Elementary***
Seth Woodard Elementary
Shiloh Hills Elementary
South Pines Elementary
Trent Elementary
Trentwood Elementary

*These programs sites do not accept Third Party Subsidized Assistance.
** Bussed to Otis or Trent
***Bussed to Chattaroy

Visit ymcaspokane.org/child-care for Before & After School program details.

EDUCATION & LEADERSHIP

LEADERSHIP DEVELOPMENT

The Safe Sitters 6.5-hour course, created by a doctor, will teach what it takes to be a safe and nurturing babysitter and how to gain the confidence to be successful. See website for dates and locations.

PROGRAM	DAY	TIME	AGE	Y MEMBER	COMMUNITY MEMBER
Safe Sitter	Sat Dates TBA	9am – 3:30pm	11-16	\$40	\$55

*Lunch is not provided. Please bring sack lunch.

YMCA Leaders Club is a service-based program designed for teens to achieve their full potential as leaders. Teens will be challenged to serve our community and discover how to lead the change we wish the world to see. Location: Stephen's Church

PROGRAM	DAY	TIME	AGE	Y MEMBER	COMMUNITY MEMBER
Leaders Club	1st & 3rd Thu 2/7-5/16	7-8pm	Grades 7-12	\$5	\$25

SOUTH YMCA

DEC 2018 – FEB 2019

YOUTH DEVELOPMENT

HEALTH, WELL-BEING & FITNESS

YOUTH FITNESS

These programs teach youth all they need to know about working out in our facilities. Trainings are required for youth ages 10-15 before they are allowed on the wellness floor. Parent/guardians must sign a waiver the day of training program.

PROGRAM	DAY	TIME	AGE	Y MEMBER	COMMUNITY MEMBER
Youth Wellness Cardio Training	Tue	6:30pm	10-15	FREE	Limited to Y Members
Youth Wellness Strength Training*	Thu	6:30pm	12-15	FREE	Limited to Y Members
Youth Wellness Free-Weight Training**	Schedule your appointment with Member Services or Wellness Coach		12-15	\$15	Limited to Y Members

*Must complete cardio training first to register.

** Must complete cardio and strength training first to register.

HEALTH AND WELLNESS

PROGRAM	DAY	TIME	AGE	Y MEMBER	PROGRAM MEMBER
Kids Yoga	Friday	4:30-5:15p	5+	FREE	Limited to Y Members

SWIM, SPORTS & PLAY

SWIM INSTRUCTION

Visit ymcaspokane.org for group swim lessons at the Central Y, North Y and Valley Y for youth ages 6 months to 12 years.

SWIM, SPORTS & PLAY

BASKETBALL

Competitive & Recreational Games are played at various locations. See website for details.

Registration Closes: Competitive: Feb 7 | Recreation: Jan 18

PROGRAM	DAY	TIME	AGE	Y MEMBER	COMMUNITY MEMBER
Competitive	Mon – Games 2/19 – 5/8	TBA	Grade 3-8	\$1,300 team	\$1,300 team
Recreation	Mon/Fri/Sat 2/15 – 3/23	TBA	Grade K-2	\$61	\$111
January Basketball Clinic	Friday 1/4 – 1/18	Central Y 6-8pm*	Grade 1-2	\$10/clinic	\$10/clinic
February Basketball Clinic	Friday 2/1 – 2/15	Central Y 6-8pm*	Grade 3-4	\$10/clinic	\$10/clinic
March Basketball Clinic	Friday 3/1 – 3/15	Central Y 6-8pm*	Grade 5-6	\$10/clinic	\$10/clinic

*Dinner will be provided at 5:45pm at each clinic.

VOLLEYBALL

PROGRAM	DAY	TIME	Age	Y MEMBER	COMMUNITY MEMBER
Volleyball Clinic 1 Passing	Fri 1/11	Central Y 6-8pm*	Grade 7-10	\$10	\$10
Volleyball Clinic 2 Hitting	Fri 1/25	Central Y 6-8pm*	Grade 7-10	\$10	\$10
Volleyball Clinic 3 Setting	Fri 2/8	Central Y 6-8pm*	Grade 7-10	\$10	\$10
Volleyball Clinic 4 Defense	Fri 2/22	Central Y 6-8pm*	Grade 7-10	\$10	\$10
Volleyball Clinic 5 Blocking	Fri 3/8	Central Y 6-8pm*	Grade 7-10	\$10	\$10
Volleyball Clinic 6 Passing	Fri 3/22	Central Y 6-8pm*	Grade 7-10	\$10	\$10

*Dinner will be provided at 5:45pm at each clinic.

SOUTH YMCA

DEC 2018 – FEB 2019

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

DANCE

PROGRAM	DAY	TIME	AGE	Y MEMBER	COMMUNITY MEMBER
Fairy Tale Ballet	Fri	3:15-4:15pm	3-6	\$30/month	\$45/month

Programs run monthly. Register prior to the beginning of each month.

MARTIAL ARTS

PROGRAM	DAY	TIME	AGE	Y MEMBER	COMMUNITY MEMBER
Kids Karate	Tue/Thu	2:30pm	4+	\$40/month	\$55/month
Taekwondo	Tue/Thu	3:35pm	6+	\$40/month	\$55/month

Programs run monthly. Register prior to the beginning of each month.

ARTS & CULTURE

UKULELE LESSONS

The Ukulele's popularity is at an all-time high! 6-week group lessons. Must bring own ukulele.

PROGRAM	DAY	TIME	Age	Y MEMBER	COMMUNITY MEMBER
Ukulele Lessons	Tue 1/8 – 2/15	6:30-7:30pm	12 +	\$60 6-week session	\$70 6-week session

PHOTOSHOP

Learn to edit photos and videos, composite, create projects, prepare images for web and print, paint, and 3-D print. Bring a laptop with Adobe Photoshop installed. 8-week session. Beginning and advanced courses available.

PROGRAM	DAY	TIME	Age	Y MEMBER	COMMUNITY MEMBER
Photoshop Basics	Wed 2/6 – 3/27	6 - 8pm	16 +	\$60 8-week session	\$75 8-week session
Photoshop Advanced	Sun 2/10 – 3/31	5:30 – 7:30pm	16 +	\$60 8-week session	\$75 8-week session

WATERCOLOR

Learn the basics and effects of watercolor, including: wet-on-dry, wet-on-wet, flat wash, ombre, bloom, lifting and layering. Supplies not included. Complete supply list provided at registration. 4-week session.

PROGRAM	DAY	TIME	Age	Y MEMBER	COMMUNITY MEMBER
Watercolor Basics	Wed 2/13-3/6	3 - 5pm	18 +	\$45 4-week session	\$60 4-week session
Watercolor Advanced	Wed 3/13-4/3	3 - 5pm	18 +	\$45 4-week session	\$60 4-week session

SOUTH YMCA

DEC 2018 – FEB 2019

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

GROUP CLASSES

The Y offers a variety of specialized group fitness classes to meet your specific goals for healthier living. To register visit ymcaspokane.org/register-now.

PROGRAM	DAY	TIME	AGE	Y MEMBER	COMMUNITY MEMBER
Boxercise 60min	Tues	10:35am	13+	\$32	\$60
Y Fit Bootcamp 60min	Tue/Thu	6am, 7:15am, 8:45am	15+	\$70/month	Limited to Y Members
Small Group Express 30min	Mon	9am	13+	\$30/month	\$50
Stretch & Mobility	Wed Monthly	9:30-10:30am	7+	\$10	\$20

Please see our Group Exercise schedule for over 70 classes offered at the South Y branch.

HEALTHY LIFESTYLE

LIVESTRONG® at the YMCA is a FREE program tailored to fit the specific needs of cancer survivors who would like to improve their quality of life.

PROGRAM	DAY	TIME	AGE	Y MEMBER	COMMUNITY MEMBER
LIVESTRONG® at the YMCA	To see if you qualify contact Nicole Manus 777 9622 x 119			FREE	FREE

PERSONAL FITNESS

Our Personal Trainers are Nationally Certified and will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals.




PROGRAM	DAY	TIME	AGE	Y MEMBER	COMMUNITY MEMBER
Personal Training 1hr	Sessions by appt		16+	\$45	\$60
Personal Training 3hrs	Sessions by appt		16+	\$115	Limited to Y Members
Personal Training 4hrs	Sessions by appt		16+	\$150	\$230
Personal Training 12hrs	Sessions by appt		16+	\$420	\$600
Personal Partner Training (2+ people) 1hr	Sessions by appt		16+	\$35/person	\$50/person
Personal Partner Training (2+ people) 4hrs	Sessions by appt		16+	\$120/person	\$180/person
Personal Partner Training (2+ people) 12hrs	Sessions by appt		16+	\$325/person	\$470/person
Complimentary Wellness Appointments*	Sessions by appt		16+	FREE	Limited to Y Members

*Y members receive two free one-hour appointments with a Wellness Coach upon joining.

DEC 2018 – FEB 2019 | SWIM LESSONS & INSTRUCTION

YMCA SWIM LESSON PROGRAM

As the leading provider of aquatics in the Spokane community we're updating our swim lesson program to focus even more on keeping kids safe in and around the water. Our swim lesson stages emphasize the true progression of swimming with a sense of achievement throughout the stages. For more information see your Y branch aquatics staff or visit ymcaspokane.org

WHAT AGE GROUP DOES THE STUDENT FALL INTO?	 6 months – 3 years PARENT* & CHILD: STAGES A–B	 3 years – 5 years PRESCHOOL: STAGES 1–4	 6 years – 12 years SCHOOL AGE: STAGES 1–6
All age groups are taught the same skills but divided according to their developmental milestones.			
WHICH STAGE IS THE STUDENT READY FOR?			
Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY	
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION	
Will the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION	
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT	
Can the student swim 10–15 yards on his or her front and back?	NOT YET	3 / WATER STAMINA	
Can the student swim 15 yards off front and back crawl?	NOT YET	4 / STROKE INTRODUCTION	
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT	
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6 / STROKE MECHANICS	
*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including guardians, stepparents, grandparents, or any other type of parenting relationship.			

SWIM LESSON DATES				
SESSION #	DATES	COMMUNITY MEMBER REGISTRATION BEGINS	Y MEMBER REGISTRATION BEGINS	NO CLASS
Jan	1/7-2/2	12/3	11/26	N/A
Feb	2/4-3/2	1/28	1/21	N/A

SWIM LESSONS DAYS & FEES			
SESSION TYPE	DAYS	COMMUNITY MEMBER	Y MEMBER
8 Classes	M/W or T/TH 2 days a week	\$68	\$34
4 Classes	Fri or Sat 1 day a week	\$34	\$17

NOTE: Class offerings may change throughout the year. Please visit ymcaspokane.org for current schedule. Based on enrollment classes may be combined with same skill level.

DEC 2018 – FEB 2019 | SWIM LESSONS & INSTRUCTION

PARENT-CHILD LESSONS: 6 MONTHS – 3 YEARS

Stage A: Water Discovery | 8 lessons | 30 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
Introduces infants and toddlers to the aquatic environment

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	9:30am	6:15pm
T/TH	---	6:15pm	---
FRI*	Part 1: 11am	---	---
SAT*	Part 1: 9am Part 2: 10:30am	Part 1 or 2: 10am	Part 1: 9:30am Part 2: 11am

Stage B: Water Exploration | 8 lessons | 30 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	9:30am	---
T/TH	---	6:15am	6:15pm
FRI*	Part 1: 11am	---	---
SAT*	Part 1: 9:45am Part 2: 11:15am	Part 1 or 2: 10am	Part 1: 9:30am Part 2: 11am

PRESCHOOL LESSONS: 3 – 5 YEARS

Preschool Stage 1: Water Acclimation | 8 lessons | 30 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

DAYS	CENTRAL	NORTH	VALLEY
M/W	4pm	10:15am/4pm/5:30pm	4pm/4:45pm
T/TH	4pm	10:15am/4pm/5:30pm	4:45pm/5:30pm
FRI*	Part 1: 11:45am/4pm Part 2: 5:30pm	---	---
SAT*	P1: 9am/9:45am P2: 10:30am/11:15am	Part 1 or 2: 10:45am	Part 1: 8:45am Part 2: 10:15 am

Preschool Stage 2: Water Movement | 8 lessons | 30 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
Encourages forward movement in water and basic self-rescue skills performed independently

DAYS	CENTRAL	NORTH	VALLEY
M/W	4:45pm	11am/4:45pm/6:15pm	4pm/5:30pm/6:15pm
T/TH	4:45pm	11am/4:45pm/6:15pm	4:45pm
FRI*	Part 1: 4:45pm Part 2: 6:15pm	---	---
SAT*	P1: 9am/9:45am P2: 10:30am/11:15am	Part 1 or 2: 9:15am	Part 1: 8:45am Part 2: 10:15am

Preschool Stage 3: Water Stamina | 8 lessons | 30 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
Develops intermediate self-rescue skills performed at longer distances than in previous stages

DAYS	CENTRAL	NORTH	VALLEY
M/W	5:30pm	4:45pm	4:45pm/6:15pm
T/TH	5:30pm	4:45pm	5:30pm
FRI*	Part 1: 4pm Part 2: 5:30pm	---	---
SAT*	---	Part 1 or 2: 11:30am	Part 1: 9:30am Part 2: 11 am

Preschool Stage 4: Stroke Introduction | 8 lessons | 40 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	4pm	---
T/TH	---	4pm	5:30pm/6:15pm
FRI*	Part 1: 4:45pm Part 2: 6:15pm	---	---
SAT*	---	Part 1 or 2: 8:30am	Part 1: 8:45am Part 2: 10:15am

DEC 2018 – FEB 2019 | SWIM LESSONS & INSTRUCTION

SCHOOL AGE LESSONS: 6 – 12 YEARS

School Age Stage 1: Water Acclimation | 8 lessons | 30 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
(Begin here for those afraid of water)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

DAYS	CENTRAL	NORTH	VALLEY
M/W	4pm	5:30pm	4:45pm
T/TH	---	5:30pm	5:30pm
FRI*	Part 1: 4pm Part 2: 5:30pm	---	---
SAT*	Part 1: 9am Part 2: 10:30am	Part 1 or 2: 11:30am	Part 1: 9:30am Part 2: 11 am

School Age Stage 2: Water Movement | 8 lessons | 30 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
(Begin here for those NOT afraid of water)

Encourages forward movement in water and basic self-rescue skills performed independently

DAYS	CENTRAL	NORTH	VALLEY
M/W	4:45pm	6:15pm	5:30pm
T/TH	4pm	6:15pm	6:15pm
FRI*	Part 1: 4:45pm Part 2: 6:15pm	---	---
SAT*	Part 1: 9:45am Part 2: 11:15am	Part 1 or 2: 10:45am	Part 1 8:45am Part 2 10:15am

School Age Stage 3: Water Stamina | 8 lessons | 30 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
Develops intermediate self-rescue skills performed at longer distances than in previous stages

DAYS	CENTRAL	NORTH	VALLEY
M/W	5:30pm	4pm/4:45pm	4:45pm/6:15pm
T/TH	4:45pm	4:45pm	6:15pm/6:45pm
FRI*	---	---	---
SAT*	Part 1: 9am Part 2: 10:30am	Part 1 or 2: 10am	Part 1: 9:30am Part 2: 11am

School Age Stage 4: Stroke Introduction | 8 lessons | 40 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	5:30pm	4pm/5:30pm
T/TH	---	4pm/5:30pm	4:45pm
FRI*	Part 1: 4pm Part 2: 5:30pm	---	---
SAT*	Part 1: 9:45am Part 2: 11:15am	Part 1 or 2: 9:15am	Part 1 8:45am Part 2 10:15am

School Age Stage 5: Stroke Development | 8 lessons | 40 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	6:15pm	5:30pm
T/TH	---	4pm	---
FRI*	Part 1: 4:45pm Part 2: 6:15pm	---	---
SAT*	Part 1: 9am Part 2: 10:30am	Part 1 or 2: 8:30am	Part 1: 9:30am Part 2: 11am

School Age Stage 6 : Stroke Mechanics | 8 lessons | 40 min each | *FRI & SAT classes. Part 1: lessons 1–4, Part 2: lessons 5–8
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

DAYS	CENTRAL	NORTH	VALLEY
M/W	---	6:15pm	---
T/TH	---	4pm	6:45pm
FRI*	---	---	---
SAT*	Part 1: 9:45am 11:15am	Part 1 or 2: 8:30am	Part 1 9:30am Part 2 11am

DEC 2018 – FEB 2019 | SWIM LESSONS & INSTRUCTION

COMPETITIVE SWIMMING

Novice Swim Team

Ages 6 - 18. Our Y team is a great way to start competitive swimming. We hold 60 min practices with an emphasis on stroke technique and conditioning in a fun environment. Children of all skill levels are welcome. Must be able to swim 25 yards (length of pool Beginner & Advanced levels).

SWIM INSTRUCTION

Adult Swim Lessons • 45min class

Designed for teens and adults who are beginning swimmers, or looking to develop stroke technique and improve endurance.

Private / Semi-Private Swim Lessons

We offer 30-min lessons, scheduled by appointment only. To register, contact the Aquatics Director at your Y. To prevent paying for lessons not attended, please notify us 24 hours prior to an absence.

Lifeguard Training

Ages 15+. Class includes certification in American Red Cross Lifeguard Training, First Aid, CPR/AED and Administering Emergency Oxygen all valid for 2 years. Participants will also receive a CPR Pocket Mask and Lifeguard Training Manual. Participants must attend all classes in order to be eligible to pass the course. Prerequisites: 15 years or older by the last day of the course. Swim a continuous 300 yard swim using freestyle, breaststroke or a combination of the two. Swim 20 yards freestyle or breaststroke, dive down 7-10 feet, retrieve a 10 pound brick and bring it back to the surface, then swim the brick back to the starting point (both hands must be on the brick and the swimmer's face must be out of the water; no goggles allowed This is a timed skill and must be completed within 1 minute 40 seconds. 2 minutes of continuous treading water, legs only. For more info contact Marty Newell-Large at mnewell-large@ymcaspokane.org.

SWIM INSTRUCTION				
PROGRAM NAME	SESSION DATES	LOCATION DAYS & TIMES	COMMUNITY MEMBER	Y MEMBER
Novice Swim Team Ages 6-18 60min	Monthly	Central Y: Beginner M/W 4:30 or 6:30pm Advanced M/W 7:30pm or T/TH 4:30pm North Y: All levels: T/TH 5:30pm Valley Y: Beginner M/W 6pm Advanced T/TH 6pm	\$60/month	\$30/month
Adult Swim Lessons 45min	Monthly	Central Y: All levels T/TH 7:30pm North Y: Beginner - FRI 9:30am or 5:30pm Advanced - FRI 10:15am or 6:15pm Valley Y: Beginner - FRI 6pm Advanced - FRI 6:45pm	1 day/wk (4 lessons) \$35 2 days/wk (8 lessons) \$70	1 day/wk (4 lessons) \$17.50 2 days/wk (8 lessons) \$35
Private/Semi-Private Swim Lessons 30 min	On-going	Scheduled with Aquatics Staff Central Y: Brock Willis bwillis@ymcaspokane.org North Y: Therese Boshear tboshear@ymcaspokane.org Valley Y: Jennett Danals jdanal@ymcaspokane.org	Private Lessons by appt. (1 student) 1 Lesson: \$32 4 Lessons: \$124 8 Lessons: \$240 Semi-Private Lessons by appt. (2+ students) 1 Lesson: \$24/student 4 Lessons: \$92/student 8 Lessons: \$180/student	Private Lessons by appt (1 student) 1 Lesson: \$16 4 Lessons: \$62 8 Lessons: \$120 Semi-Private Lessons by appt (2+ students) 1 Lesson: \$12/student 4 Lessons: \$46/student 8 Lessons: \$90/student
Lifeguard Training Ages 15+	On-going	See website for dates, location & registration	\$250	\$200