

Rogers State University

SIGNIFICANT PROJECT

Communication Major, Graphic Design Minor

Project Title: Brochure

Date: Spring 2011

The objective of this assignment was to create a brochure for the specified client, YMCA, that would demonstrate how to effectively create a brochure. This skill will aid me in my future career in public relations. I will be able to create and design a brochure for the client with given information and guidelines.

History of the YMCA

Today, **the Y** engages more than 10,000 neighborhoods across the U.S. As the nation's leading nonprofit committed to helping people and communities to learn, grow and thrive, our contributions are both far-reaching and intimate—from influencing our nation's culture during times of profound social change to the individual support we provide an adult learning to read.

By nurturing the potential of every child and teen, improving the nation's health and well-being, and supporting and serving our neighbors, **the Y** ensures that everyone has the opportunity to become healthier, more confident, connected and secure.



"We are committed to the health and happiness of the families in our community."

**Larry Johnson, YMCA
Coordinator**



Who We Are

The YMCA is for youth development, healthy living and social responsibility.

The Y is a place where the entire family can get fit, have fun, and be healthy.

The Y core values are honesty, respect, caring, and responsibility.

Contact us at
555-876-0987

or on the web at www.ymca.com

Located at:
5432 Any Street West
Bixby, Oklahoma
54321



Bixby Daily Family YMCA Swimming Program



Swimming is Not Only Fun, it's Good for YOU!

Swimming has many health benefits.

- Conditions the heart and lungs
- Prevents the nation's number-one killer, heart disease
- Not hard on joints
- Controls body weight
- Build stamina
- Exercises almost all the major muscles

Pool Hours



Monday-Friday

- ◆ 7-9 a.m.
- ◆ 11 a.m. to 1:30 p.m.
- ◆ 4:30 p.m. to 7:30 p.m.

Saturdays

- ◆ 3 p.m. to 6 p.m.

Swim Class Times



Classes will meet as follows:

- Tiny Tots- Monday and Wednesdays from 1 p.m. until 2 p.m.
- Kindergarten- Monday and Wednesdays from 2 p.m. until 3 p.m.
- Elementary- Monday and Wednesdays from 3:30 p.m. until 4:30 p.m.
- Youth- Monday and Fridays from 4:30 p.m. until 5:30 p.m.
- Teens- Monday and Wednesdays from 5:30 p.m. until 6:30 p.m.

There will be two adult classes for ages 18 and up that meet as follows:

- Monday and Tuesday nights from 7 p.m. until 8 p.m.
- Saturday from 1 p.m. until 3 p.m.

Swimming relieves tension in your life. Many doctors believe that exercise in general is a good antidote for depression and other emotional stress. Swimming is any easy way to exercise that is not only fun but a great exercise. Regular exercise is good for the self-image and makes you generally feel a lot better about yourself.

Stressed?



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A year's membership is only **\$35!**