



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BAY VIEW FAMILY YMCA Fall I 2016 Program Guide

September 5 - October 30, 2016 (8 weeks)
Member Registration: August 22, 2016
Program Member Registration: August 29, 2016

STRENGTHENING COMMUNITIES.

**THIS IS YOUR LAST
PRINTED HANDBOOK**

We are upgrading our online registration system to ACTIVE® Network! Now you can access and plan your Y programs online wherever you are.

Visit RochesterYMCA.org/active for more information.

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Wellness, 341-3204



Rae Andrews,
Aquatics Staff Assoc.,
341-3202



Ryanne Boring,
Preschool & Family Dir.,
341-3223



Anne Hossenlopp,
Senior Program Dir.,
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Summer Hough,
Membership Dir.,
341-3231



James Lacagnina,
BASP Director,
341-3221



Holly Malley,
Executive Director,
341-3211



Su Metzger,
Dir of Admin.
341-3207



Terrence McElduff,
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Diana Traugot,
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THE BAY VIEW FAMILY YMCA STAFF

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THE BAY VIEW FAMILY YMCA BOARD MEMBERS

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STRENGTHENING COMMUNITIES.

Dear Members,

Summer is wrapping up and fall is almost upon us. Another record camp season is coming to an end and our youngest members are getting ready to head back to school for another year full of learning and new friends. We know firsthand how difficult it can be to find balance in life during this busy season; that's why we're here for you every day, making sure that you, your kids and family members have the resources and support needed to learn, grow and thrive.

At the Y, you're not just a member of a facility. You're part of a community with a cause and a shared commitment to nurture the potential of kids, improve health and well-being, and give back and support our neighbors. Our Annual Campaign is in full swing; helping us to ensure that we continue to make all programs and services available to everyone, regardless of their ability to pay. Through your financial and volunteer support, our YMCA programs are able to continue shaping the lives of adults, families, children, and seniors in our community.

Have you referred a friend yet? Don't forget about our Member Referral Program. Having a workout partner is one of the most effective ways to be accountable and make your workout fun and more motivating. Invite a friend to join the Y, and when your friend signs up, you both win! Upon joining, both you and your friend will receive a 20% reduced rate on your monthly membership dues. That's up to a \$20 savings per month! Stop by the Welcome Desk to inquire about the program or visit rochesterymca.org/member-referral to learn more.

As always, feel free to stop by my office to ask any questions about our Y.

Yours in the Y,

Holly Malley

Our Mission

The YMCA of Greater Rochester is a charitable association of members that seeks to place Christian principles into practice through its programs for the community to build a healthy spirit, mind, and body for all.

Our Cause

At the Y, strengthening community is our cause. We believe that positive, lasting personal and social change can only come about when we all work together to invest in our kids, our health, and our neighbors.

Everyone Is Welcome

The YMCA welcomes families and persons of all ages, income levels and physical conditions with an emphasis on responsibility and self-improvement. We don't turn anyone away for inability to pay. Please do not hesitate to ask us about our Financial Assistance program opportunities.

JOIN OUR CAUSE

Volunteer at the Y

We know first-hand how difficult it can be to find balance in life. That’s why we’re here with you every day, making sure that you, your family and our community have the resources and support needed to learn, grow and thrive.

With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your participation will not just bring about meaningful change in yourself, but in your community too.

Business leaders, community advocates, parents, teenagers and individuals support their neighbors by volunteering at the YMCA. To find out about meaningful volunteer opportunities, contact us at (TBD).

BAY VIEW BRANCH HOURS

Monday-Friday 5:00am-10:00pm
Saturday 7:00am-7:00pm
Sunday 8:00am-8:00pm
Please note: All activities cease at times listed above. Locker rooms will close 15 minutes later.

HOLIDAY HOURS

Sept. 5 Labor Day
Building Closed
AQC Open 12:00-6:00pm

Give To The Y

The Y believes that no one should be turned away from our doors for an inability to pay. Almost 25% of our members in The Greater Rochester Community need some form of financial assistance. When you give to the Y you are providing those individuals and families with incredible opportunity.

- \$50 will provide a child with an eight week session of swim lessons.
- \$130 will provided a child with an entire week of summer camp.
- \$500 will provide a teen or young adult with a membership for the entire year.
- \$1000 will provide a whole family with membership for the entire year.

We want to increase the number of individuals and families assisted through our annual campaign funds. We will only be able to reach our goals with your support. Please consider contributing to our annual campaign because together, we all do more. When you donate to our campaign, you are changing someone’s life.

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MEMBERSHIP INFORMATION

MEMBERSHIP BENEFITS

- Group Exercise classes
- Aqua Fitness classes
- Wellness Consultation
- Fitness Profiles
- Unlimited use of the state-of-the-art Wellness Center including: FitLinxx Technology, LifeFitness equipment, Nautilus and free weights, and Cardio Theater with recumbent bikes, elliptical cross-trainers, open and family gym, and more
- Adult lap swim (25 yard pool), Aqua Fun Time, sauna, whirlpool, and showers
- Seasonal outdoor pool and Family Aquatics Center
- Child Watch for individual parent and family members
- Prime Time
- Family epicenter
- Family Nights, Family Yoga
- Family Swim
- Teen Nights
- Youth Nights
- Early registration for classes
- Reduced program fees
- AWAY Program - use of other YMCAs across the country for no cost or half guest fee
- Monthly blood pressure screenings

GUEST POLICY

Guests are welcome at the YMCA. YMCA members are allowed to bring three guests per year and may bring only one guest per visit. An individual guest is allowed three visits per calendar year and must be accompanied by a YMCA member while using the facility. Members under the age of 18 with a guest must be accompanied by a parent/ guardian during their visit. Photo identification is required for all guests 14 and over. YMCA members with a Neighborhood, Maplewood Only, Victor Only, or Simply Southwest membership purchased at Maplewood, Monroe, Southwest, or Victor branches) may use the facility up to three times in a calendar year when presenting a valid membership card. Please note that guest access may be limited based on space restrictions in various program and facility areas.

All guests are required to follow our Code of Conduct and be screened through our Hall Pass System. For more information, please see page 3.

ENJOY THESE BAY VIEW FAMILY YMCA FACILITIES

- Wellness Center - FitLinxx Technology, LifeFitness circuit, Nautilus, free weights, cross-trainers, treadmills, stair steppers, bicycles, rowers, and ellipticals, stairmill, Espresso bikes.
- Six lane, 25 yard indoor swimming pool
- Seasonal outdoor pool
- Seasonal Splash Pad
- Family Aquatics Center
- Sauna
- Whirlpool
- Gymnasium
- Men's, Women's, and Family/Special Needs Locker Rooms
- epicenter
- Child Watch
- Prime Time Kids

AGE REQUIREMENTS

- All children ages 12 and under must be accompanied by an adult and/or have a parent or guardian in the facility at all times while using the YMCA, unless participating in a supervised program.
- Prime Time Kids: Our YMCA now offers opportunities for 5-12 year olds to enjoy supervised recreational activities in our facility. These may include unstructured activities such as open gym, recreational swim, or epicenter use; or may be structured programs such as arts and crafts, special themed programs, and social events.
- Children must be signed in and out by a parent or guardian to participate in programs without parental supervision. Please see the Welcome Center for specific schedules and activities.
- Wellness Center: 11 years old with completion of Youth Strength Training Program (otherwise 13 years old)
- Family Cardio: 8 years old and up 4:00-8:00pm on Friday, 10:00am until close on Saturday and Sunday.
- All Group Exercise Classes: 13 years old* Must be supervised by a parent at all times.
- Sauna/Whirlpool: 16 years old
- Children 5 years old and under will have an adult member (18 years or older) IN THE POOL with them at all times.
- Children 6-7 years old must have an adult member (18 years or older) ON THE POOL DECK at all times.
- Lap Swimming: 13 years or older and must have successfully passed the deep end test.
- Child Watch: 6 weeks-12 years old
- Pickup Adult Basketball: 19 years old

LOCKER ROOM USE

For your convenience our Family and Special Needs locker room is equipped with private changing areas. Children over one year of age accompanied by a parent of the opposite sex MUST use the Family and Special Needs locker room.

LOCKER USE

Lockers are available for daily use only. All participants are encouraged to bring a lock to secure their personal belongings, or may utilize the FREE valuables lock boxes in our facility. The YMCA is not responsible for unsecured or lost personal items.

NO SMOKING POLICY

The YMCA of Greater Rochester is committed to providing and maintaining a safe and healthy environment for all members, volunteers, and staff, therefore, smoking is prohibited throughout our YMCA facilities and grounds. We thank you for your cooperation.

CELL PHONE AND CAMERA POLICY

The use of cell phones or camera phones is not permitted in the locker rooms, wellness center, gymnasium, or other program areas. Photos and videos may be taken only with the signed permission of YMCA management and all participants being photographed.

JOINING FEE

The YMCA of Greater Rochester charges a joining fee in order to provide a source of funds for enhancing membership services. This fee is non-refundable and may be paid in full upon joining or paid in three monthly installments through our bank draft system. A lapse in membership of 30 days or more requires payment of the joining fee.

NOTE TO MEMBERS

- 30 days notice is required for terminating membership. Your termination notice must be submitted to the branch in writing.
- Rejoining: A rejoining fee will be charged for any membership which has been expired for more than 30 days.

FINANCIAL ASSISTANCE/ SCHOLARSHIPS

The YMCA of Greater Rochester believes no one should be denied membership or program participation solely because of an inability to pay fees. Financial Assistance applications are available at any YMCA branch. Contact the branch Member Service Center for more information. Financial assistance is granted based on available resources. All applications are kept confidential.

MEMBERSHIP INFORMATION

PAYMENT OPTIONS

- Annual Payment - renewal yearly
- Automated Monthly Payment - via bank draft or Visa/MasterCard/Discover/Amex for continuous membership (30-day written notice required to terminate).



CREDITS/REFUNDS

Credit or refund will be evaluated on an individual basis. Credits may be applied to program fees or annual invoice membership dues and must be used within one year of issue. Gift certificates are for YMCA of Greater Rochester program or services only and cannot be redeemed for cash or refund to a credit card.

Make-up Policy: There will be no make-up classes unless the class is cancelled by the YMCA.

Note: A \$15 service charge will be assessed for any item returned to the YMCA such as, but not limited to, insufficient funds, closed bank account, invalid or incorrect bank account number, or invalid or incorrect credit card number.

IF YOU ARE NOT A BAY VIEW FAMILY YMCA MEMBER, YOU CAN STILL PARTICIPATE IN Y PROGRAMS.

Why not try us out by signing up for a weekly class? Those who participate in Y programs without joining the YMCA are considered "Program Members" and have access to locker room facilities during their program.

PASSPORT MEMBERSHIP

A passport membership grants you access to all 11 branches of the YMCA of Greater Rochester.

AWAY PROGRAM

When you travel out of town, you can use your YMCA membership card at over 600 YMCAs throughout the country at either no charge or at one-half of that YMCA's guest fee. AWAY stands for "Always Welcome at YMCAs." Current national YMCA locations and information available at: ymca.net.

YMCA OF GREATER ROCHESTER MEMBERSHIP CODE OF CONDUCT

The YMCA of Greater Rochester is founded on Christian principles and prohibits inappropriate behavior and conduct. This includes, but is not limited to, profanity, or abusive language or attire, smoking, use of alcohol or drugs, the removal of YMCA property, and criminal conduct of any type. Such inappropriate behavior or conduct is unacceptable and the YMCA consequently retains the right to deny

Membership Fees

CATEGORY	Passport Monthly Fee	Joining Fee
Youth (0 - 18 years)	\$29.00	\$25.00
Young Adult (19 - 29 years)	\$49.00	\$50.00
Adult (30- 59 years)	\$64.00	\$50.00
Senior (60+ years)	\$60.50	\$50.00
Couple	\$90.00	\$75.00
Individual Parent	\$90.00	\$75.00
Family	\$99.50	\$75.00

Make your community healthier and save 20% with the 20/20 Referral Club

YMCA of Greater Rochester Passport members are also eligible to use the Canandaigua YMCA at no additional charge. Just present your membership card for access.

membership to its applicants and to revoke a membership of any current member or participant at its sole discretion.

The protection of members and guests who are utilizing the YMCA is of paramount concern to the YMCA of Greater Rochester. Therefore, we reserve the right to deny access or membership to any person whose behavior is judged to be in conflict with the welfare and safety of other members and/or staff; who is a registered sexual offender; has pleaded guilty to or been convicted of any crime involving sexual abuse or a crime against persons such as child, spousal, or parental abuse or any offense relating to the sale or transportation of illegal, habit forming, or dangerous drugs; or who is presently clearly under the influence of intoxicating beverages or behavior modifying drugs.

HALL PASS SCREENING

All guests, program members, and those joining the Y must bring a government issued photo I.D. with them. The I.D. is then ran through the Hall Pass software system. Hall Pass instantly compares visitor identification data against a comprehensive database of sex offender registries for every state. When a known sex offender is detected, Hall Pass sends instantaneous alerts preventing access for these predators. This zero tolerance policy helps ensure the security and safety of all our patrons.

Insurance

The Bay View Family YMCA does not carry individual accident insurance for participants. Individuals participate at their own risk.

INSURANCE CO-PAYMENT BENEFITS

The YMCA is pleased to offer a co-payment plan for several programs. Please check with your plan for specific rules and restrictions.

MVP HEALTH CARE BENEFITS:

- TriVantage and MVP Gold are plans offered by MVP Health Care.
- Members of TriVantage Active Lifestyles Plan receive up to \$300 per year per subscriber toward a YMCA membership.
- Members of TriVantage Family Focus Plan receive up to \$300 per year per subscriber for YMCA swimming lessons or lifeguard training.
- TriVantage members receive \$50 HealthDollars to spend with the YMCA for health, wellness, or fitness programs.

For more information about MVP Health Care programs and benefits, visit mvphealthcare.com or call 325-3113.

"SilverSneakers®" is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree you may already have the SilverSneakers® benefit.

Find out if your health plan or Medicare Supplement carrier offers SilverSneakers® by calling toll-free 1-888-423-4632, Monday-Friday, 8:00am - 8:00pm EST, or visit www.silversneakers.com. If you have any questions, please stop by our front desk and we would be happy to check for you.

EXCELLUS BLUECROSS BLUESHIELD BENEFITS:

Excellus BlueCross Blue Shield offers a wide variety of programs that can help pay fitness facility membership fees. For more information about Excellus BlueCross BlueShield's wellness programs and benefits, call 1-800-499-1275 or visit ExcellusBCBS.com/Health.

***This Excellus BCBS program requires a \$25 annual fee paid to the YMCA of Greater Rochester to participate.

For more information about Excellus BlueCross BlueShield programs and benefits, visit excellusbcbs.com or call 1-800-671-6081.

MEMBERSHIP INFORMATION

POOL RULES

- Swim only when a lifeguard is on duty.
- Shower before entering pool.
- No running on the pool deck.
- No horseplay.
- No use of toys, instructional aids, or flotation devices in the pool without lifeguard permission and parental supervision.
- Wear bathing suits only – no cutoffs or gym shorts.
- Food, gum, and glass objects prohibited in the pool area.
- Children who want to swim in the deep end must first successfully pass the deep end test.
- Deep end test required to swim in deep water and to use slide (if applicable).
- Deep End Test: Given to those who want to swim in water deeper than their chest

Component One

(administered in shallow end of pool)

- Feet first entry into shallow end of pool, approximately chest deep
- Swim front crawl 15 yards
- Swim 15 yards backstroke or elementary backstroke
- Upon successful completion move to Component Two

Component Two

(administered in water greater than chest deep)

- Feet first entry into water greater than chest deep
- Swim 25 yards using forward arm motion or

breaststroke

- Maintain position on back for 30 seconds
- Swim 25 yards on back using either backstroke or elementary backstroke
- Tread water for one minute
- Dive only in 9 feet of water or deeper.
- Starting blocks are for instructional use only.
- Pollution of swimming pools is prohibited. Urinating, discharge of fecal matter, expectoration, or blowing of nose in the pool is prohibited.
- Children wearing diapers must wear swim diapers. No diaper changing on deck.
- Must be 13 years or older and have passed the deep end test to participate in lap swim.
- The lifeguard is responsible for the safety of all swimmers. They have the right to modify the rules as necessary.

DEEP END SWIMMERS

- Children 6-7 years-old must have an adult member (18 years or older) ON THE POOL DECK at all times.
- Children 8-12 years-old must have an adult in the building.

SHALLOW END SWIMMERS

- Children 5-years-old and under must have an adult member (18 years or older) IN THE POOL with them at all times. Only two children per adult. Parents are required to be in the water and within an arm's reach of any child 5 and under.
- Non-swimmers who are not tall enough to stand in the shallow water at chest depth must wear a lifejacket if unsupervised. We encourage parents to be in the water with all non-swimmers.

SLIDE

- You must pass the deep end test to use the slide.

Thank you Healthways!

As the premier sponsor of the 2016 Senior Celebration, Healthways is helping to make Rochester a more vibrant community for our active older adults!



YOUTH DEVELOPMENT

At the Y, we believe that all kids have incredible potential. The values and skills that are learned in early years are vital building blocks for life. The young individuals in our community deserve an opportunity to discover who they are and all they can achieve. From the youngest in our child care programs to the teens in our leadership and development initiatives, the Y gives all kids a safe environment to prosper. The Y is a place to belong, build confidence, and learn positive behaviors centered around our core values of caring, honesty, respect, and responsibility.

Parent/Child and Preschool Programs

The YMCA Parent/Child and Preschool Program is designed for children ages 6 months to 5 years old. The use of Instructional Flotation Devices (IFD's) will be used throughout all levels to help foster water acclimation, endurance, strength, and independence. (8 weeks)

(8 weeks) Tuesday-Saturday

YMCA Members \$73

Program Members \$113

(7 weeks) Monday

YMCA Members \$65

Program Members \$102

SKIP – Introduction Level

Ages 6-36 months with parent: This class is geared towards water acclimation, water safety, and fun through the use of songs and games.

Prog. No.	Day	Time
01115-01	Monday	6:05-6:35pm
01115-10	Tuesday	5:55-6:25pm
01115-11	Thursday	9:30-10:00am
01115-55	Friday	5:20-5:55pm
01115-56	Saturday	9:30-10:00am

PRE-PIKE – Introduction Level

Ages 2-4 with parent: This class is geared toward water acclimation, water safety, and fun while preparing the child for the Pike level (without a parent).

Prog. No.	Day	Time
01115-20	Wednesday	4:00-4:30pm
01115-25	Friday	11:45am-12:15pm
01115-30	Saturday	10:10-10:40am

PIKE – Beginner I Level

Ages 3-5 without parent: This class introduces the child to safe entries and exits, blowing bubbles, back floats with assistance, and learning the paddle stroke. Instructional Flotation Devices (IFDs) such as bubbles, barbells, noodles, and kickboards may be used.

Prog. No.	Day	Time
01120-01	Monday	6:05-6:35pm
01120-02	Monday	6:45-7:15pm
01120-09	Tuesday	4:40-5:10pm
01120-10	Tuesday	5:20-5:50pm
01120-11	Tuesday	5:55-6:25pm
01120-20	Wednesday	5:10-5:40pm
01120-30	Thursday	10:00-10:30am
01120-31	Friday	12:15-12:45pm
01120-40	Friday	4:40-5:10pm
01120-41	Friday	6:00-6:30pm
01120-50	Saturday	9:30-10:00am

EEL – Beginner II Level

Ages 3-5 without parent: This class focuses on helping the child become more independent at swimming on both their front and back.

Prog. No.	Day	Time
01130-02	Monday	6:45-7:15pm
01130-15	Tuesday	4:40-5:15pm
01130-14	Tuesday	5:20-5:50pm
01130-16	Tuesday	6:30-7:00pm
01130-20	Wednesday	4:35-5:05pm
01130-19	Wednesday	5:10-5:40pm
01130-46	Thursday	9:30-10:00am
01130-47	Friday	5:20-5:50pm
01130-46	Friday	6:40-7:10pm
01130-52	Saturday	10:10-10:40am

RAY – Intermediate Level

Ages 3-5 without parent: This class continues to improve the child's swim technique, endurance, and refinement. Rotary breathing and backstroke are introduced at this level.

Starfish – Advanced Level

Ages 3-5 without parent: This advanced class focuses on the front crawl with rotary breathing, refined backstroke, treading water without assistance, and headfirst surface dives.

Prog. No.	Day	Time
01145-01	Monday	6:05-6:35pm
01145-12	Tuesday	5:20-5:50pm
01145-14	Tuesday	6:30-7:00pm
01145-21	Wednesday	4:35-5:05pm
01145-23	Thursday	10:00-10:30am
01145-43	Friday	5:20-5:50pm
01145-44	Friday	6:00-6:30pm
01145-50	Saturday	9:30-10:00am

YOUTH DEVELOPMENT

Youth Programs

Ages 6-12 years old

The YMCA Youth Swim Lesson Program is designed for ages 6-12 years old without a parent. These classes build skill development before moving to the next level. At each level, participants are involved in activities related to the five components of YMCA swimming: personal safety, personal growth, stroke development, rescue, and water sports and games, including synchronized swimming skills. (8 weeks)

Fees: (8 weeks) Tuesday-Saturday

YMCA Members \$65

Program Members \$113

Fees: (7 weeks) Monday

YMCA Members \$58

Program Members \$100

POLLIWOG – Beginner I Level

Ages 6-12: This level introduces the child to safe entries and exits, proper bubble blowing, back floats with assistance, and learning the paddle stroke. The use of Instructional Flotation Devices (IFDs) will be used to help strengthen the swimmer while fostering independence.

Prog. No.	Day	Time
01200-01	Monday	6:05-6:40pm
01200-10	Tuesday	5:55-6:30pm
01200-20*	Wednesday	4:00-4:35pm
01200-42	Friday	6:00-6:35pm
01200-40*	Friday	6:40-7:15pm
01200-51	Saturday	10:10-10:45am

GUPPY I – Beginner II Level

Ages 6-12: This level focuses on helping the child become more independent at swimming on their front and back without the use of a bubble.

Prog. No.	Day	Time
01205-01	Monday	6:45-7:20pm
01205-11*	Tuesday	4:40-5:15pm
01205-30*	Wednesday	5:10-5:45pm
01205-39	Friday	5:20-5:55pm
01205-41	Friday	6:00-6:35pm
01205-50	Saturday	9:30-10:05am

GUPPY II – Intermediate level

Ages 6-12: This level continues to improve technique, endurance, and refines swimming on the front and back. Elementary backstroke, sidestroke, headfirst and feet first surface dives are introduced.

Prog. No.	Day	Time
01206-01	Monday	7:25-8:00pm
01206-10	Tuesday	6:30-7:05pm
01206-31	Wednesday	4:00-4:35pm
01206-40*	Friday	4:40-5:15pm
01206-43*	Friday	5:20-5:55pm
01206-50	Saturday	10:45-11:20am

MINNOW – Advanced level

Ages 6-12: This level refines and increases distance of elementary backstroke and sidestroke. Breaststroke, dolphin kick, and open turns are introduced.

Prog. No.	Day	Time
01210-01	Monday	6:45-7:20pm
01210-10	Tuesday	5:20-5:55pm
01210-11	Wednesday	4:00-4:35pm
01210-21	Friday	6:40-7:10pm
01210-50	Saturday	10:45-11:20am

FISH-Advanced level

Ages 6-12: This level continues to refine and increase the distance and technique of previous strokes learned. Flip turns and competitive starts are introduced.

Prog. No.	Day	Time
01215-01	Monday	7:25-8:00pm
01215-10	Tuesday	5:55-6:30pm
01215-20	Wednesday	4:35-5:10pm
01215-22	Friday	4:40-5:15pm
01215-51	Saturday	10:45-11:20am

FLYING FISH- Advanced level

Ages 6-12: This level improves and increases the distance of all previous strokes learned. Butterfly and sidestroke (alternating sides) are introduced.

Private Swim Lessons:

Private – one person

Semi-private – two people

Family – up to four people

See page 26 for details

SHARK – Advanced level

Ages 6-12: This advanced level will challenge the swimmer to complete a 500 yard free swim, 200 yard backstroke, 100 yard breaststroke, and a 200 yard Individual Medley (IM). In addition, this level teaches inverted breaststroke; Trudgen crawl; use of mask, fins, and snorkel; and CPR compressions.

Prog. No.	Day	Time
01220-10	Tuesday	6:30-7:00pm
01220-40	Friday	6:40-7:15pm

PORPOISE SWIM CLUB

Now 45 minutes

Ages 6-12: Swimmers must have successfully completed Fish level or higher to qualify for the Porpoise Swim Club. This club focuses on traditional swim instruction as well as teaching techniques through hands-on participation. In addition, swimmers learn expanded synchronized swimming, CPR, AED, and first aid skills.

Prog. No.	Day	Time
01225-02	Monday	7:25-8:10pm
01225-10	Saturday	10:45-11:30am

Fees: YMCA Members \$82

Program Members \$145

Porpoise Swim Club participants also have the opportunity to train to become a swim instructor by assisting with swim lessons. MUST be at least 12 years old to participate in this session. Please see the branch Aquatic Director for more details!

TIGER KICKS

Interested in competitive swimming but aren't ready for a team? Our Tiger Kicks Developmental Swim Team is the right place for you. Offered as an introduction for our competitive swim program, the focus is on endurance and stroke development. Enjoy our optional "Fun Meet." Call 341-3218 for more information. Must be able to swim one length of pool unassisted. Registration is required.

Fees: YMCA Members \$155

Program Members \$191

PRACTICE SCHEDULE

Prog. No.	Ages	Days	Time
01320-14	6-10	Thurs.	5:00-6:00pm
		Sat.	11:45am-12:45pm
01320-15	11-18	Tues.	7:00-8:00pm
		Sat.	10:45-11:45am

YOUTH DEVELOPMENT

BAYVIEW TIGERS SWIM TEAM

Each age group has the opportunity to practice 6 days per week. We have 8 regular season swim meets, 2 invitational meets, and the YMCA district swim meet.

Ages: 6-18

Fees: 10 and under: \$370

11 and up: \$385

Second child: \$365

Middle/High School Swimmer: \$290

(**Only 1 discount may apply)

PRACTICE SCHEDULE

Day	10 & Under	11 & Up
Sun. Bayview	5:30-6:30pm	6:30-8:00pm
Mon. Bayview	5:00-6:00pm	NA
Tues. Thomas	NA	7:30-8:30pm
Wed. Bayview	6:00-7:00pm	7:00-8:00pm
Thurs. Bayview	6:00-7:00pm	7:00-8:00pm
Sat. Bayview	1:30-2:30pm	1:30-2:30pm

**Fall Swim Team
informational
meeting
Sunday,
September 11
from 1:00-3:00pm**

For more information contact
Anne Hossenlopp at
341-3218 or
anne.hossenlopp@rochesterymca.org

Iddy Biddy Sports Programs

(4-5 year olds) The YMCA of Greater Rochester is committed to providing a fun, educational first sports experience for your child. Our Iddy Biddy Sports Program introduces children to games, rules, and fundamental skills. Our program also concentrates on teaching sportsmanship, positive competition, and building positive relationships between participants. For more information contact Dillon Cavalli at 341-3077/dillon.cavalli@rochesterymca.org.

IDDY BIDDY OUTDOOR SOCCER

A great program that will introduce the children to the sport of soccer. The YMCA teaches the skills of soccer through the games approach for this age group. Children will play various games of soccer while learning new skills. No practice July 4.

Age Requirement: 3-5 years old

Fees: YMCA Member \$50

Program Member \$76

Dates: Tuesdays, beginning Sept 13

Prog No.	Day	Time
07127-21	Tuesday	5:30-6:15pm

Fall I

IDDY BIDDY OUTDOOR FLAG FOOTBALL

Participants will develop their football skills and teamwork through skills, drills, and games. This is a very popular program and space is limited.

Age Requirement: 4-5 years old

Fees: YMCA Member \$60

Program Member \$86

Dates: September 10-November 5

Prog No.	Day	Time
07100-07	Sat	9:15-10:00am
07100-08	Sat	10:00-10:45am

IDDY BIDDY INDOOR SOCCER

(For boys and girls.) Participants will develop ball handling skills and teamwork through skills, drills, and games. This is a very popular program and space is limited.

Age Requirement: 4-5 years old

Fees: YMCA Member \$60

Program Member \$86

Dates: September 10-November 5

Prog No.	Day	Time
07127-01	Sat	11:15am-12:00pm
	Sat	12:00-12:45pm

IDDY BIDDY OUTDOOR SOCCER

Participants will develop ball handling skills and teamwork through small games. Volunteer coaches needed! The last 10 minutes is child/parent time.

Age Requirement: 3-5 years old

Fees: YMCA Member \$50

Program Member \$76

Dates: September 13-October 25

Prog No.	Day	Time
07127-20	Tuesdays	5:30-6:15pm

IDDY BIDDY BASKETBALL

Participants will develop ball handling skills and teamwork through skills, drills, and games. This is a very popular program and space is limited. Registration is now open.

Age Requirement: 4-5 years old

Fees: YMCA Member \$50

Program Member \$76

Dates: September 14-October 26

Prog No.	Day	Time
07106-53	Wednesdy	5:30-6:15pm

Fall Youth Sports

The YMCA of Greater Rochester provides Youth Sports classes and leagues that will help your child be successful both on and off the field. In our leagues children will work on individual skill development, team oriented play, positive competition, and team strategy. The environment we provide fosters the children's comprehension of sportsmanship, the benefits of active play, and the YMCA core values. Volunteer coaches are needed for our Youth Sports Programs. If you have expertise in a particular sport and would like to volunteer, please contact Diana Traugot at 341-3227 or diana.traugot@rochesterymca.org.

Youth After School Sports

ARCHERY

Arrows for all! Learn the basics of archery each week. Designed to allow all children to share a level playing field and appreciate positive competition.

Fees: YMCA Members \$52

Program Members \$82

Date: Sept 6

Prog No.	Day	Ages	Time
07200-52	Tue.	6-14	4:45-5:45pm

YOUTH DEVELOPMENT

PICKLEBALL

Learn a new and exciting sport that mixes tennis, ping-pong and badminton!

Ages: 10-14

Fees: YMCA Members \$52

Program Members \$82

Date: Sept 7

Prog. No.	Day	Time
07200-15	Wed.	4:30-5:30pm

SPORTS SAMPLER

Get a taste of various sports.

Fees: YMCA Members \$52

Program Members \$82

Date: Sept 8

Prog. No.	Day	Ages	Time
07301-11	Thu.	7-10	4:30-5:30pm

Saturday Youth Sports

ARCHERY

Arrows for all! Learn the basics of archery each week. Designed to allow all children to share a level playing field and appreciate positive competition.

Fees: YMCA Members \$60

Program Members \$90

Date: Sept 10

Prog. No.	Day	Ages	Time
07200-52	Sat.	6-14	10:00-11:00am

BASKETBALL CLINIC

Get ready for your upcoming tryouts or season. This clinic will focus on the major fundamentals of basketball; shooting, passing, dribbling. It will also help develop pre-season training methods. Basketball experience required.

Ages 11-14

Fees: YMCA Members \$75

Program Members \$105

Saturdays, Sept 24-Oct. 15

Prog. No.	Day	Time
07212-65	Sat.	11:00am-1:00pm

*NFL FLAG FOOTBALL

Youth Flag Football is designed to provide children with the opportunity to engage in a precompetitive, instructional games program that teaches the basic flag football skills of passing, receiving, running with the ball, defensive and offensive skills, and the rules and strategies of flag football. Week 1 is evaluation, which determines how we break up the teams. Week 2 is the first team practice. Week 3 is the first game. Coaches may also hold weekly practices. Teams and Week 2 times will be available at the Welcome Center by 12:00pm on Wednesday, Sept. 7.

Fees: YMCA Members \$80

Program Members \$110

Date: Aug. 27

Prog. No.	Day	Age	Week 1 Time
07221-02	Sat.	5-7	9:00am
07221-03	Sat.	8-10	10:00am
07221-04	Sat.	11-14	11:00am
07221-05	Sat.	15-17	12:00pm

No practice Sept. 3

*INDOOR SOCCER

Youth soccer is designed to provide children with the opportunity to engage in a precompetitive, instructional games program that teaches the basic soccer skills of ball control, goal keeping, shooting, defensive and offensive skills, and the rules and strategies of soccer.

Fees: YMCA Members \$60

Program Members \$90

Dates: September 10

Prog. No.	Day	Age	Time
07245-01	Sat.	6-8	9:00am
07245-02	Sat.	9-12	10:00am

CROSS COUNTRY

(For boys and girls 6-12 years old.) Come experience all Cross Country has to offer. We will be running Bay View's beautiful hiking trails and participating in the YMCA Association Cross Country meet.

Fees: YMCA Members \$60

Program Members \$90

Prog. No.	Day	Time
07293-03	Sat. 9/10	10:00-11:15am

ALL STAR FLAG FOOTBALL

Specifically tailored each week to participant's needs, this program provides a fun, safe, and interactive environment for individuals with physical and intellectual disabilities. Participants will learn about the fundamentals of flag football and enjoy a minimal-contact sport.

Fees: YMCA Members \$30

Program Members \$30

Dates: start date and times TBD

Prog. No.	Day	Time
07209-02	Sun.	TBD

YOUTH DEVELOPMENT

BAY VIEW KARATE

Bay View offers karate instruction for all ages, from rudimentary through advanced levels in traditional Shotokan karate. Teens and adults train together on weeknights, while youth lessons are held during after-school hours and Saturdays. Students advance through a progressive series of classes while building skill proficiency. Early preparation for young participants can be started at ages 5-6 in Tiny Tigers, with rudimentary karate skills being introduced by age 7 in Beginner level, and ranks may be earned in Novice through Intermediate and Advanced classes.

Students receive progressive physical and mental challenges throughout our sequence, as well as classroom etiquette training. The classes and frequent special events provide a family-friendly environment. Anyone interested is welcome to visit a class to discover if our karate program is right for you or someone in your family.

TINY TIGERS KARATE

Pre-beginner karate preparation and self defense for 5-6-year-olds. Program combines games and age-appropriate karate instruction, while fostering self-discipline, listening skills, and respect for others.

Age Requirement: 5-6 years old

Fees: YMCA Members \$54

Programs Members \$108

Prog. No.	Day	Time
07315-02	Saturday	10:15-10:45am

YOUTH BEGINNER

For those who are brand new to karate. Expose your youngster to the positive influence of martial arts training by starting at the most rudimentary level. Students must unfailingly know their left from right. The instructor will determine each child's readiness for moving on to the Novice level.

Age Requirement: 7-12 years old

Fees: YMCA Members \$61

Program Members \$122

Prog. No.	Day	Time
07315-07	Monday	4:30-5:15pm
07315-08	Saturday	11:00-11:45am

YOUTH NOVICE

Instructor's permission is required before registering. Class activities are geared toward independent practice as well as group training, using skills developed at the "beginner" level (see previous course description). Cooperation and personal concentration are key expectations. Rank belts may be earned. Prerequisite: Karate Beginner.

Age Requirement: 7-12 years old

Fees: YMCA Members \$67

Program Members \$134

Prog. No.	Day	Time
07315-11	Tuesday	4:15-5:15pm

YOUTH INTERMEDIATE

This is the next step in Bay View's progressive Shotokan Karate program, characterized by more demanding physical movements and stricter class etiquette. Activities include public demonstrations and tournaments. Class is offered during two different days and time, and students may attend EITHER ONE each week.

Ages: 7-12 years old

Fees: YMCA Members \$67

Program Members \$134

Prog. No.	Day	Time
07315-20	Wed.	4:15-5:15pm

YOUTH ADVANCED

Continuous, ongoing training is provided through black belt level. Significant personal motivation is required to hone martial arts skills, while developing spirit, mind, and body. Students must participate both days.

Ages: 7-12 years old

Fees: YMCA Members \$92

Program Members \$184

Prog. No.	Day	Time
07315-01	Mon./Thurs.	4:15-5:15pm

TEEN/ADULT BASIC MARTIAL ARTS DEFENSES

This continuous, year-round training complements our regular karate sequence with standard defenses that are common to many traditional martial arts. Topics include break-falling, fundamental take-downs, grab releases, some pressure points and joint locks, and introductory defenses against typical street weapons. Non-karate students may participate if in good physical condition, well coordinated, and willing to follow instructions exactly as demonstrated during high-impact drills with partners on a matted surface. The program requires long-term commitment to highly repetitive practice in order to build effective skills.

Fees: YMCA Member: \$67

Program Member: \$134

Prog. No.	Day	Time
07727-10	Tuesday	7:45-8:45pm

TEEN/ADULT KARATE

Shotokan Karate combines good physical exercise with mental discipline for all experience levels. Many aspects of karate are challenging and require personal dedication, but new students can gain benefits right away. Training consists of basic movements, traditional individual workouts (kata), and practice with partners in defensive tactics, including sparring.

Intermediate: YMCA Members \$127

Program Members \$254

Advanced: YMCA Members \$92

Program Members \$184

Prog. No.	Day	Time
07724-02	Mon./Wed. (Beg./Inter.)	7:30-8:30pm
07724-03	Thurs. (Adv.)	7:45-8:45pm

MONTHLY KARATE PRICING

For members only.

No more registering every session!

YOUTH KARATE MONTHLY RATE

Tiny Tigers	\$27
Beginner	\$30
Novice and Intermediate	\$33

TEEN AND ADULT KARATE MONTHLY RATE

Beginner/Intermediate	\$63
Advanced	\$46
Martial Arts Defenses	\$33

YOUTH DEVELOPMENT

TEEN/ADULT BASIC MARTIAL ARTS DEFENSES

This continuous, year-round training complements our regular karate sequence with standard defenses that are common to many traditional martial arts. Topics include break-falling, fundamental take-downs, grab releases, some pressure points and joint locks, and introductory defenses against typical street weapons. Non-karate students may participate if in good physical condition, well coordinated, and willing to follow instructions exactly as demonstrated during high-impact drills with partners on a matted surface. The program requires long-term commitment to highly repetitive practice in order to build effective skills.

Fees: YMCA Member: \$67

Program Member: \$134

Prog. No.	Day	Time
07727-10	Tuesday	7:45-8:45pm

TEEN/ADULT KARATE

Shotokan karate combines good physical exercise with mental discipline for all experience levels. Many aspects of karate are challenging and require personal dedication, but new students can gain benefits right away. Training consists of basic movements, traditional individual workouts (kata), and practice with partners in defensive tactics, including sparring.

Fees: YMCA Members \$125 (Beg./Inter.)

YMCA Members \$91 (Adv.)

Program Members \$249 (Beg./Inter.)

Program Members \$182 (Adv.)

Prog. No.	Day	Time
07724-02	Mon./Wed. (Beg./Inter.)	7:30-8:30pm
07724-03	Thurs. (Adv.)	7:45-8:45pm

Youth Programs

FOUNDATION OF STRENGTH TRAINING - TEENS

Start your healthy lifestyle journey by learning safe and effective strength training techniques. This program will improve your overall physical fitness by increasing cardiovascular fitness, muscular strength, muscular endurance, and flexibility. With guidance from a coach/personal trainer, participants will learn how to navigate through the wellness center with proper form and etiquette. Participants leave with the confidence and knowledge to create fun and effective workouts to reach their health and fitness goals.

Age Requirement: 11-15 years old

Fees: YMCA Members \$55

Program Members \$110

Prog. No.	Day	Time
02200-10	Tues./Thurs.	5:00-6:00pm

Y KIDS PERSONAL TRAINING PACKAGE

Have fun while working out with your own personal trainer! Exciting and challenging cardiovascular, flexibility, and strength training exercises that help to increase balance, coordination, focus, and functional strength. Maximum two members per session.

Eight 30 minute sessions

Age Requirement: 12-18 years old

Fees: YMCA Members \$140

Program Members \$280

Program No. 02403-01

JR. AND SR. LEADERS CLUB

A club offering valuable leadership training and volunteer experience by helping others in YMCA programs such as Swim Safe, Youth Sports, overnights, special events, and much more. This unique program allows participants to experience a fun atmosphere with teambuilding skills and an opportunity to learn about themselves. Contact Julie Winter at 341-4061 for more information.

Age Requirement: Grades 6-12

Fees: YMCA Members \$30 (full school year)

Program Members \$45

Program No.	Day	Time
05110-03	Wednesday	7:00-8:30pm

Childcare and Development

Before and After School Program

Offered at 14 locations within the East Irondequoit, Penfield, Webster and West Irondequoit School Districts, the YMCA Before and After School Program is a convenient before and after-school child care option. Rather than staying home alone before or after school, kids ages 5 to 12 can enjoy safe, fun activities supervised by trained, caring YMCA staff. Children enjoy arts and crafts, sports and games, homework time, special themes, and more throughout the school year.

The YMCA's Before and After School Program is a unique partnership between elementary schools, community partners, the YMCA, and the families participating in the program. At the YMCA, we pride ourselves in providing the best in values-based programming.

We are committed to the core values of caring, honesty, respect, and responsibility. We further each child's personal development through:

- Strengthening values and fostering personal growth
- Building a sense of responsibility within the community
- Encouraging and teaching respect for the environment
- Developing an understanding of global issues
- Promoting healthy eating and living

YOUTH DEVELOPMENT

MORNING PROGRAMS

HOURS

YMCA's Before and After School Program operates every regular school day between September and June. Morning care is from 7:00am until school begins.

2016-2017 FEES (PER MONTH)

Days per week	4 or 5	3	1 or 2
YMCA Member	\$148	\$111	\$89
Program Member	\$229	\$172	\$137

LOCATIONS

PENFIELD SCHOOLS

- Cobbles (serves only Cobbles)
- Indian Landing (serves only Indian Landing)
- Scribner (serves Scribner and Baytrail)

EAST IRONDEQUOIT SCHOOLS

- Helendale (serves Helendale, Laurelton Pardee, and East Irondequoit Middle School)
- Ivan Green (serves Ivan Green, Durand Eastman, and East Irondequoit Middle School)

WEBSTER SCHOOLS

- St. Martin's Lutheran Church - 813 Bay Rd., Webster (serves DeWitt Rd., Schlegel, Klem South, and Klem North)
- Webster United Methodist Church - 169 East Main St., Webster (serves Schlegel, State, Klem North, and Klem South)
- AM Care at the Bay View Family Y (serves Plank North and Plank South)

WEST IRONDEQUOIT SCHOOLS

- Trinity Communion Church
759 Winona Blvd.
Rochester, NY 14617
Serves all K-6

AFTERNOON PROGRAMS

HOURS

YMCA's Before and After School Program operates every regular school day between September and June. After School Care is from the end of the school day until 6:00pm.

2016-2017 FEES (PER MONTH)

Days per week	4 or 5	3	1 or 2
YMCA Member	\$289	\$217	\$173
Program Member	\$410	\$308	\$246

LOCATIONS

PENFIELD SCHOOLS

- Cobbles (serves only Cobbles)
- Indian Landing (serves only Indian Landing)
- Scribner (serves Scribner and Baytrail)

EAST IRONDEQUOIT SCHOOLS

- Helendale (serves Helendale, Laurelton Pardee, and East Irondequoit Middle School)
- Ivan Green (serves Ivan Green, Durand Eastman, and East Irondequoit Middle School)

WEBSTER SCHOOLS

- Plank South (serves only Plank South)
- Plank North (serves only Plank North)
- Dewitt Road (serves only Dewitt)
- Klem South (serves Klem South, Klem North, and Schlegel)
- State Rd. School (serves only State Rd.)

WEST IRONDEQUOIT SCHOOLS

- Trinity Communion Church- 79 Winona Blvd., Rochester, NY 14617

ENRICHMENT PROGRAMS: CATCH

CATCH will be running at all of our afternoon Before and After School Program sites. The CATCH program incorporates both physical activity and health messages for your children to affect their life. CATCH helps to build our core values through constant movement and take home health messages. CATCH, along with all the other activities incorporated in the child care program, will help to make your child a healthier and happier individual, working on social, intellectual, emotional, and physical development.

Registration for the 2016-2017 school year is open.

Space is limited. Register at the Bay View Welcome Center or online at rochesterymca.org/bayview.

Please contact James Lacagnina at 341-3221 with any questions.

HOLIDAY AND IN-SERVICE CARE

Fun Club is a full day of safe, supervised activities which promote friendship through games, arts and crafts, and special events on dates that most school districts have off. Any student, kindergarten through 12 years of age are welcome. Bring a bag lunch, swimsuit, and towel. Dates and events are subject to change based on school district's calendars. Payment is due at the time of registration!

Time: 7:00am-6:00pm

Fun Club Fees:

YMCA Member \$42/day

Program Member \$58/day

Fun Club Field Trip Fees:

YMCA Member \$52/day

Program Member \$72/day

FUN CLUB DATES AND THEMES

10/10, 10/21 Fall Fun Theme

FUN CLUB INFO

- Breakfast and afternoon snack provided - just pack a lunch!
- Field Trip Days require drop off no later than 9:00am to accommodate trip departure times.
- Fun Clubs require a minimum of 10 participants to run.
- Registration is on a first come, first serve basis.
- Fun Club fees are non-refundable. YMCA credit only.
- Cancellations must be three business days in advance to receive credit.
- Registration deadline is three business days before the Fun Club.
- A separate registration form is needed for School Age Fun Clubs. Forms are available at all Before and After School sites, at the Bay View Welcome Center, and at rochesterymca.org/bayview.
- Offers 1 hour of swimming.

PRESCHOOL FUN CLUBS

A special day is planned for preschoolers with crafts, snack, games, and more! Come prepared to play - bring comfortable clothes and sneakers. Please pick up a registration form at the Welcome Center.

Age Requirement: 2-5 years

Fees: YMCA Member \$24/day

Program Member \$46/day

Day	Time
Upcoming dates TBD	

BASP TRANSPORTATION

The YMCA offers transportation from the Webster Before and After School Program sites for children participating in after school sports, karate, and swimming lessons.

An additional fee of \$15 is required per session. Space is limited. Please register at least 48 hours in advance.

For more information, contact Diana Traugot, at 341-3227 or diana.traugot@rochesterymca.org

SCHOOL AGE FUN CLUBS

YOUTH DEVELOPMENT

OPEN HOUSE AUGUST 17, 5-7PM

PARTIAL DAY

Preschool classes

The YMCA of Greater Rochester preschool programs seek to develop the whole child by fostering their physical, emotional, and social growth. Activities are structured around our "learning through play" philosophy. For more information please call to schedule a tour with one of our preschool staff. Space is limited.

CLASS INFORMATION

2 YEAR OLD - This program is designed for early social interactions and independence.

Fees Per Month: YMCA Members \$108
Program Members \$192

Day	Time
Mon./Wed.	9:15-11:15am
Tues./Thurs.	9:15-11:15am

3-YEAR-OLDS - Class focus is an extension of our 2-year-old programming. Continued social and emotional development is key within a more structured environment.

Fees Per Month: YMCA Members \$157
Program Members \$237

Day	Time
Mon./Wed./Fri.	9:00-11:30am OR 1:00-3:30pm

Fees Per Month: YMCA Members \$133
Program Members \$212

Day	Time
Tues./Thurs.	9:00-12:00pm

4-YEAR-OLDS - Program designed for child's growth and development as they prepare for kindergarten. Weekly swim lessons are included.

Fees Per Month: YMCA Members \$157
Program Members \$237

Day	Time
Mon./Wed./Fri.	1:00-3:30pm

Fees Per Month: YMCA Members \$118
Program Members \$184

Day	Time
Tues./Thurs.	1:00-3:30pm

Fees Per Month: YMCA Members \$190
Program Members \$307

Day	Time
Mon./Wed./Fri.	9:00am-12:00pm

4-AND-5 YEAR-OLDS - This program is designed for the child that needs a little more! Same curriculum as our Four's Program, plus added lessons in science, math, art, and more.

AM Fees Per Month: YMCA Members \$283
Program Members \$430

Day	Time
Mon.-Fri. AM Class	9:00am-12:00pm

Fees Per Month: YMCA Members \$237
Program Members \$357

Day	Time
Mon.-Fri. PM Class	1:00-3:30pm

PAYMENT INFORMATION

The Bay View YMCA has a 10-month payment plan. A payment will be due each month by the 15th. The last payment will be due by May 15, 2015. Electronic Fund Transfer (EFT) is available, as are monthly statements. A \$25 late fee will be added to your bill for any late payment. A \$50 deposit is required to hold the spot and is nonrefundable or transferable. A \$25 registration fee is required and is nonrefundable or transferable.

**2016-2017
Registration
is still Open!**

LUNCH BUNCH

3-AND-4 YEAR-OLDS - Extend your preschool experience by adding this extra program. Kids will enjoy lunch together, as well as extra games, crafts, and fun.

Fees Per Month: YMCA Members \$133
Program Members \$212

Day	Time
Tues./Thurs.	12:00-3:00pm

Preschool Enrichment Classes

The YMCA of Greater Rochester provides preschool classes that will help your child explore their world, find out how to get along with others, and test their skills and muscles. In our classes, children work on individual skill development and are introduced to different activities. Our enrichment classes run with the sessions.

TINY DANCERS

This program is designed to foster imagination and creativity in young children through the exploration of different dance technique and movement in fun ways. We will explore beginner ballet and jazz and the creative movement associated with these genres.

Age Requirement: 3-5 years old
Fees: YMCA Members \$60

Program Members \$80

Prog. No.	Day	Time
02062-02	Monday	11:45am-12:30pm

For more information, please call
Ryenne Boring at 341-3223 or email
ryenne.boring@rochesterymca.org.

YOUTH DEVELOPMENT

FAMILIES CAN PLAY AT THE YMCA!

Unless otherwise noted, these services are a benefit of Family and Individual Parent Membership only. Membership card or photo ID is required.

Program	Days	Times	Details
Child Watch			
Child Watch (6 weeks - 12 years)	Mon-Fri Saturday Sunday	8:00am-8:30pm 8:00am-3:00pm 8:00am-3:00pm	Our experienced staff will care for your child for up to 2 hours while you are using the facility. Socks and sneakers required.
Prime Time			
School Age Drop-Off (K-6 grade) in epicenter	Mon-Fri Saturday Sunday	4:00-8:30pm 10:00am-2:00pm 10:00am-2:00pm	Children must be signed in and out by a parent and the children may remain in Prime Time for up to 2 hours per day while their parent uses the facility.
epicenter Family Time See below for more details.			
Open for Family Play	Mon-Fri Sat-Sun	12:00-3:00pm▲ 4:00-8:00pm 10:00am-2:00pm 2:00pm-6:00pm▲	Families may use the epicenter to play, get active, and have fun together. Parents must remain in the room and supervised their children. Socks and sneakers required. ▲ These hours are not staffed. *Hours may vary due to birthday parties and special events.
Open Family Swim with Inflatables			
All ages	Friday Saturday Sunday	7:30-9:00pm 3:00-4:30pm 1:00-3:00pm	Join us for this great family time! Slide down the alligator inflatable water slide, play on our inflatable, or cool off in the pool. Successful passing of the deep end test is required for slide use for participants to age 16.
Family Exercise			
Yoga for all ages	Friday	7:05-7:45pm	Yoga is for everyone! Bring your entire family and enjoy a creative and active way to spend time together! Class meets in the Responsibility Room.
Y Family Fitness ages 8 & up	Monday	5:30-6:15pm	A fun group exercise class to get the whole family moving. Adults need to stay and participate with their children. Get healthy together and have fun!
Family Cardio Time in the Wellness Center			
Ages 8-13	Friday Saturday Sunday	4:00-8:00pm 10:00am-close 10:00am-close	A time for families to work out together in the Wellness Center. Come as a family with your children 8 and up and use selected cardio equipment in our Wellness Center. A parent or guardian must accompany children at all times.
Bounce Pillow			
Ages 3 and up	Mon-Fri Sat-Sun	4:00-8:00pm 10:00am-2:00pm	June 6-October 31 (weather permitting)



Bounce Pillow June 6 - October 31*

*weather permitting

YOUTH DEVELOPMENT

Program	Days	Times	Details
Friday Fun Nights			
All ages Free to Family Members	Every Friday	6:00-8:00pm	These are great opportunities for families to spend time together while playing games, swimming, and making new friends. All events are designed for parents and children together and are free to members. Rollerskating Nights: \$5 skate rental.
Parents Night Out See below for more details.			
3-12 Years Old	Sept 17	6:00-9:30pm	Enjoy a relaxing evening out while we take care of dinner and your kids! Registration required.
Youth Overnights and Half Nights See page 18 for more details.			
6-12 Years Old		7:00-11:00pm or 7:00pm-9:00am	YMCA overnights provide boys and girls a safe and fun night away from home. Each overnight has its own theme and includes swimming, a late night movie, snacks, and breakfast. We offer a half night option which provides the opportunity to pick-up your child at 11:30pm. All overnights are supervised by adult YMCA staff members. Overnights end at 9:00am on Sunday. Registration required.
Teen Nights			
Grade 7-12 YMCA Members Benefit Guests \$5	Friday	7:00-9:30pm	Come swim, play basketball, volleyball, games, or socialize.
Shop & Drop			
All ages \$18 (\$5 for each additional child)	Monday-Friday	12:00-3:00pm	Sometimes shopping is a little easier without the kids. Drop your children off at the YMCA so they can have some fun while you make the most of your time at the store. Space is limited. Details and registration available at the front desk.

Check our website rochesterymca.org/bayview for our most current schedule.

YOUTH DEVELOPMENT



YOUTH OVERNIGHT

YMCA overnights provide boys and girls ages 6 to 12 with a safe and fun night away from home. Each overnight has its own theme and includes swimming, a late night movie, snacks, and breakfast. We also offer a half night option, which provides the opportunity to pick up your child at 11:30pm. All overnights are supervised by adult YMCA staff members. Overnights end at 9:00am on Sunday.

**Sept 24, Oct 29, Nov 19, Dec 31,
Jan 28, 2017 (1/2 night only), Feb 18, Mar 25**

Times: Full Night: Sat., 7:00pm – Sun., 9:00am

Half Night: Sat., 7:00 – 11:30pm

Fees: Full Night: YMCA Members \$25 • Guests \$45

Half Night: YMCA Members \$18 • Guests \$35

Parents Night Out

Enjoy a relaxing evening out while we take care of dinner and your kids! Need a place for your younger children? We have a program for preschoolers too! Registration required. Ages 3-12.

Schedule

6:00-6:30 Dinner

6:30-7:15 epicenter

7:15-7:45 Crafts

7:15-8:15 Swim (ages 8-12)

7:45-9:00 Movie

9:30 Parent Pick-up

September 17 Fall Fun

Prog. No. 02001-09

YMCA Member \$18

Prog. Member \$24

November 12

Prog. No. 02001-12

YMCA Member \$18

Prog. Member \$24

October 25

Prog. No. 02001-10

YMCA Member \$18

Prog. Member \$24

December 10

Prog. No. 02001-12

YMCA Member \$18

Prog. Member \$24

December 17

Prog. No. 02001-13

YMCA Member \$18

Prog. Member \$24



Birthday Parties - 341-3272



**CELEBRATE YOUR CHILD'S
BIRTHDAY AT THE BAY
VIEW FAMILY YMCA**

PARTY OPTIONS - Parties may be scheduled for Fridays, Saturdays, or Sundays. Gym parties are available on Sundays only.

2 HOUR PARTY - Choose 1 or 2 activities (epicenter, pool, craft, gym, karate sampler, or inflatable)

WE PROVIDE

- Party host
- Set-up and clean-up
- All paper products
- YMCA t-shirt for birthday child

- Invitations
(Pizza, inflatable, karate sampler
available for an additional fee.)

YOU PROVIDE

- Food and drinks

Pick up a birthday party packet at the Welcome Center.

For more information or to book your party, call the Birthday Party Information Hotline at 341-3272 or email bayviewbday@rochesterymca.org. Be sure to include: 1) your full name and phone number 2) the date(s) in which you are interested.

YOUTH DEVELOPMENT



ENSURING A BRIGHTER FUTURE

- 6 weeks-5 years old
- Child focused HighScope Curriculum
- Free Y family membership with full time care

Financial aid available.
DHS accepted.

Enroll your child today! Visit our full day YMCA child care centers:

Carlson MetroCenter

444 East Main Street
585-325-2880

Eastside (Fairport Baptist Homes)

4646 Fairport Nine Mile Point Road
585-341-3054

Lewis Street

53 Lewis Street
585-325-2572

Westside

920 Elmgrove Road
585-247-3501

rochesterymca.org/full-day-child-care

**Thank You to our Kids Marathon
Premium Sponsors:**



YOUTH DEVELOPMENT



Before and After School Program

**Sign up
and Save!**

Sign up for a Y membership and
**save up to \$1,200
on the program!**

Get a great deal and enjoy
all of the benefits
of the Y!



rochesterymca.org/afterschool

HEALTHY LIVING

At the Y, we believe that being healthy involves more than physical activity. Healthy living is about maintaining a balanced spirit, mind, and body. The Y is a leading voice on all health and well-being issues because we are committed to making our communities prosperous. We bring families closer together, promote healthy choices, and foster connections through fitness, sports, and all other activities and interests. As a result, millions of youth, adults, and families receive the support, guidance, and resources they need to become and stay healthy.

Adult Wellness Programs

WELLNESS CONSULTATION

A Wellness Consultation is a great option for any level of exerciser. Our Coaches can help those who are new to exercise develop a plan or help those who are ready for new or different goals start moving in another direction. The Y provides this consultation to empower you to create or further develop your personal wellness goals. If you are interested in using the weight equipment, wellness center, group exercise classes, or Personal Training, our Wellness Coaches can help to make sure you are heading in the right direction based on your personal goals.

Fees: YMCA Member Benefit
Program Member \$100
Program No. 02422-02

WOMEN'S BEGINNER STRENGTH TRAINING

Learn to feel comfortable and at ease while using the resistance training equipment to shape and tone your body. Have fun and meet new people while learning about all the options available to you. Registration required.

Minimum: 5 participants
Maximum: 10 participants

Prog. No.	Day	Time
02401-03	Thursday	10:00-11:00am

NUTRITION ONE-ON-ONE

Assess and correct daily diet and eating habits. Our registered dietician will assist you in developing your own personal nutritional plan and help you achieve your individual goals. Registration is required. Please register at the Welcome Center.

Times: By Appointment
Fees: YMCA Members \$40/1 hour appointment
Program Members \$80/1 hour appointment
Program No. 02412-01

YOGA/IM=X PILATES ONE-ON-ONE

Our yoga/Pilates instructor will guide you through a holistic approach towards exercise, helping you to enhance flexibility, build strength, and relax body and mind.

Fees: YMCA Members \$40/1 hour appointment
Program Members \$80/1 hour appointment

FAMILY CARDIO TIME IN THE WELLNESS CENTER

A time for families to work out together in the Wellness Center! Come as a family with your children 8 years or older and use selected cardio equipment (treadmills and bikes.) A parent or guardian must supervise children at all times.

Friday 4:00-8:00pm
Saturday & Sunday 10:00am-Close

GRADUATE TO FREE WEIGHTS

Ready to take on the next challenge? Have you been using the strength circuits for more than 6 months? Interested in free weights? This program includes three Personal Training sessions and focuses on fundamental movements to reach your fitness goals.

Fees: YMCA Members \$99
Prog. No. 02401-11

FITNESS ASSESSMENT

An assessment of your current fitness level that includes cardiovascular endurance, muscular strength and endurance, body composition, flexibility, resting heart rate, and blood pressure. Assessments are performed by a certified YMCA Fitness Specialist and take approximately 60 minutes. Registration is required. Please register at the Welcome Center.

Fees: YMCA Member Benefit
Program Members \$25
Program No. 02418-01

BODY COMPOSITION ASSESSMENT

An assessment of your current lean body mass versus fat mass gives you a total body composition profile. Assessments are performed by a certified YMCA Fitness Specialist and take approximately 15 minutes. Registration is required. Please call Matt Pagano at 341-3073 to schedule.

Fees: YMCA Member Benefit
Program Members \$10
Program No. 02418-02

HEALTHY LIVING

YMCA PERSONAL TRAINING

Take your workout to the next level with a YMCA personal trainer! Whether you are just starting out or are an experienced exerciser, our certified Personal Trainers will design an individual program and motivate you to achieve your individual fitness goals. A complete fitness assessment, (as listed previously), is included with the purchase of Personal Training. Registration is required. Please register at the Welcome Center. Discount is determined by quantity purchased at time of registration.

Fees: 1-5 Appointments--

YMCA Members \$36/1 hour appointment
Program Members \$72/1 hour appointment

6-10 Appointments--

YMCA Members \$34/1 hour appointment
Program Members \$68/1 hour appointment

11 or more Appointments--

YMCA Members \$32/1 hour appointment
Program Members \$64/1 hour appointment
Program No. 02400

TWO-ON-ONE WORKOUT

Enjoy working out with a friend and a personal trainer. (See description under Personal Training.)

Session Fees 1-5 sessions

YMCA Members \$25/1 hour appointment
Program Members \$50/1 hour appointment

6-10 Appointments

YMCA Members \$23/1 hour appointment
Program Members \$46/1 hour appointment

11 or more Appointments

YMCA Members \$21/1 hour appointment
Program Members \$42/1 hour appointment

SMALL GROUP PERSONAL TRAINING

Our certified personal trainers will provide you with the latest functional exercises that will improve your strength, endurance, and core stability in an appropriate setting for the group. Group personal training is a great way to receive personal attention, yet have the camaraderie and support of friends. Registration at the Welcome Center is required.

Group Size: 3-5 participants

Fees: \$10/person/hour for 5 people

\$12/person/hour for 4 people

\$15/person/hour for 3 people

Program No. 02400

LES MILLS GRIT™

Formulated by a world-class development team and delivered by a highly-skilled, motivating coach, LES MILLS GRIT™ SERIES will train your body harder than ever before, creating an athletic and powerful physique. Set in a team environment, you'll have a great time with the people around you, be supported as you progress, and enjoy the mental and physical benefits that only high intensity physical training offers. Please refer to our website rochesterymca.org/grit. You can also contact Carin Hall at carinh@rochesterymca.org or 585-341-3204 for more information.

Fees: YMCA Member \$160

Program Members \$200

Returning Member \$150

Returning Program Member \$190

Runs 8 weeks, two 30 minute sessions per week with optional 3rd session.

*New classes begin in August. FREE demos held in the beginning of August.

TRX® FOR GOLF

Golf depends on the rotation of the upper body to deliver power from the ground, through the core and to the ball. TRX® training builds stability in the lower spine while working to optimize mobility and power in the hips and upper spine, making your swing unyielding and smooth. Registration required. Contact Matt Pagano for more information at 341-3073.

Age Requirement: 18 years and older

Fees: YMCA Members \$35/hour

MASSAGE THERAPY

There's no denying the power of massage therapy. It can be a powerful ally in your healthcare program. Experts estimate that upwards of ninety percent of disease is stress related, and perhaps nothing ages us faster, internally and externally, than high stress. Massage therapy helps us to manage stress in a more positive way.

Fees: \$1/minute (5 minute minimum)

chair massage

Dates	Time
Tues./Thurs./Sat.	10:00am-12:00pm

FULL BODY MASSAGE

By appointment only. Contact Carin Hall at 341- 3204 for more information.

Fees: YMCA Members

60 minute full body massage \$65

30 minute full body massage \$35

Group Exercise Classes

All YMCA Group Exercise instructors are certified through the YMCA of the USA and have current CPR. See page 29 for the group exercise schedule. Unless otherwise indicated, all group exercise classes are a Member Benefit. See Group Exercise schedule for class levels (beginner, intermediate, or advanced). Classes must maintain a minimum of 6 participants.

Mind and Body Classes

ACTIVE YOGA

This dynamic and challenging class builds strength and flexibility, sustains focus, and revives your spirit. Previous yoga experience is recommended.

GENTLE YOGA

Increases range of motion and promotes flexibility while moving slowly through a sequence of poses. Perfect for newcomers and experienced yoga participants.

IM=X® PILATES

Integrated Movement Exercise is a program based on Pilates. In a series of exercise sequences, you will develop superior core muscle power and postural endurance, which helps optimize physical performance. Joint stabilization, back strength, and hip flexibility are just some of the benefits you will receive from this unique workout.

YOGA

Yoga poses are used to build strength, cardiovascular endurance, and enhance flexibility, as well as relieve stress and tension. All fitness levels welcome.

HEALTHY LIVING

Cardio and Strength Classes

BARRE

This is a fusion workout that uses classical ballet barre, pilates, and yoga. This exercises to strengthen and develop long, lean muscles.

BODY CONDITIONING

Through non-aerobic exercise, participants work toward developing muscular fitness. Participants will work opposing muscle groups and core muscles, and then conclude with flexibility. Class will utilize a variety of resistance/training equipment.

BODYPUMP®

BODYPUMP® is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight will inspire you to get the results you are looking for.

BOOTCAMP TRAINING

This high intensity program offers compound, athletic type movements combined with power, strength, agility, and core drills to improve overall fitness. This program will assist the already experienced exerciser to improve their current fitness level.

CARDIO STEP

Is an exhilarating cardio class proven to get high intensity results in a low impact workout. Customize the challenge using the height adjustable step and moves-based routines on, over and around step. If you are looking for a heart pumping, calorie burning, lower body focused workout-step this way!

CIRCUIT TRAINING

This class uses time segments alternating from cardio to muscle conditioning activities with bodyweight. Steps are often used.

CXWORX®

This 30 minute workout will bring you to a new fitness level for CORE training! This program really targets the torso and sling muscles that connect your upper body to your lower body. It's ideal for strengthening your abdominals and your butt while also improving functional strength and assisting in injury prevention.

FUNCTIONAL FITNESS

This all-levels core focused class is aimed at developing usable strength to improve performance in everyday activities and sports. Using a variety of proven equipment, integrated core training and real life functional movement patterns, this class is designed to help you get the most out of your workout in the least amount of time.

FOAM ROLLING

Foam rolling classes are a great way to learn how to perform self-myofascial release of sore spots that form within muscles or tendons. It is a way of massaging away muscle soreness in trigger points, and preparing the muscles for deeper stretching. Foam rolling is an excellent component of injury prevention!

INSANITY®

Total body conditioning program packed with cardio and plyometric drills, intervals of strength power resistance, and core training. No equipment or weights needed.

INTERVAL STEP

This all levels, high energy interval class combines the best of cardio step with strength conditioning for a heart pumping, calorie burning total body workout.

LOW IMPACT AEROBICS

This is an aerobic class that utilizes low impact techniques for reduced joint stress.

NORDIC WALKING

Walking poles are utilized in this workout to increase exercise intensity and to provide a workout for both your upper and lower body.

TRX BODY BLAST™

This class is driven by the beat of the music to improve total body and strength. This class will help improve flexibility and range of motion. This class is for individuals who enjoy high energy of coordinated movement. All fitness levels welcome.

TRX® CIRCUIT TRAINING

Participants perform the exercises together but not in a synchronized manner. Music sets background mood and sets are organized by time. Ideal for participants accustomed to sport-specific or "boot camp" style training and for those who enjoy pushing themselves to the limit of their own abilities.

TRX® FLEXIBILITY

Using the TRX® trainer, these unique stretches increase range of motion and stability for every major joint, reduce muscle tension, and improve posture.

GROUP CYCLE

An indoor cycling cardio workout for all fitness levels.

CYCLE FUSION-STRONG

This all-levels total body workout combines speed & endurance drills on the bike for optimal calorie burning, cardio conditioning with strength and conditioning move off the bike to tone and shape.

CYCLE FUSION-TRX

A workout that begins on the bike for a challenging invigorating ride, followed by a Body Blast on the TRX straps A perfect pairing for an energizing experience in total body fitness.

ZUMBA®

ZUMBA® is a fusion of Latin and International dance themes that create dynamic, exciting, effective fitness system! ZUMBA® utilizes the principles of fitness interval training and resistance training for a full body workout! It combines a mixture of body sculpting movements with easy to follow dance steps.



Zumba Gold® is designed to meet the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class set to zesty Latin music, like salsa, merengue, cumbia, flamenco and tango. The easy-to-follow moves and modified pacing create a fun, invigorating, party-like atmosphere. Invite your friends and make this class part of your weekly schedule!

HEALTHY LIVING

Sports

ADULT PICKLEBALL

Gym is open for Pickleball, a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Day	Time
Monday	1:30-3:30pm
Wednesday	1:30-3:30pm
Saturday	1:30-3:30pm

ADULT BASKETBALL

Gym is open for Adult Basketball. Please note that Adult Basketball is reserved for members only; guests are not permitted.

Day	Time
Monday	6:00-7:00am 11:45am-1:15pm & 6:35-8:30pm
Tuesday	11:45am-1:15pm
Wednesday	6:00-7:00am & 11:45am-1:15pm
Thursday	11:45am-1:15pm
Friday	6:00-7:00am & 11:45am-1:15pm
Sunday	10:00am-12:00pm

Indoor Volleyball

Fall Volleyball sessions begin September 6

Tuesday- Men's Advanced
Thursday - Ladies Intermediate/Advanced
Sunday - Intermediate
Visit rochesterymca.org/volleyball-bv for more information. Or call Carin Hall @ 341-3204 or carinh@rochesterymca.org



HEALTHY LIVING

Aquatic Exercise Classes

These classes are available to all YMCA Members as a member benefit. Program members can pay the fee listed below for the entire session and choose to attend any class listed or attend a different class each week. If you plan to attend multiple classes a week, please pay the corresponding fee.

Program Member Fees:

One class each week - \$65/session

Two classes each week - \$75/session

Three classes each week - \$85/session

Four classes each week - \$95/session

Five classes each week - \$105/session

AQUAFIT II

This is an overall body conditioning program to improve cardiorespiratory endurance and muscular strength. Equipment may be used. Adaptable to all ability levels.

Prog. No.	Day	Time
*01600-01	Mon.-Fri.	8:30-9:25am
01600-02	Tues./Thurs.	8:00-9:00pm

*Members Only.

AQUAFIT III

A high-energy workout, with a focus on cardiorespiratory conditioning. Equipment may be used for improving muscular strength and endurance.

Prog. No.	Day	Time
01600-04	Mon./Wed.	8:00-9:00pm

AQUA CIRCUIT COMBO (ACC)

This class uses timed segments that alternate from aerobics to muscle conditioning activities. A variety of training approaches are used, which may include standard aquafit moves, water step aerobics, and the use of equipment.

Prog. No.	Day	Time
01620-10	Tues./Thurs.	10:30-11:20am
01620-11	Thursday	1:15-2:00pm
01620-50	Saturday	8:25-9:25am
01620-60	Sunday	4:30-5:25pm

VARIETY PAK

A monthly rotation of Deep Water and Aqua Circuit Combo.

Prog. No.	Day	Time
01630-01	Mon./Wed.	2:00-2:55pm
01655-11	Tues.	2:05-2:50pm

WATER WALKING/ RUNNING

In shallow or deep water. Easy on the joints.

Prog. No.	Day	Time
01645-01	Mon./Wed./Fri.	10:15-10:55am
01645-02	Tuesday	1:15-2:00pm

WATER YOGA

Combine the relaxation of yoga with the energizing effect of water. Reduce stress, improve balance, posture, body awareness, and flexibility. Prior yoga experience is not required.

Prog. No.	Day	Time
02313-10	Tues./Thurs.	2:50-3:50pm

Active Older Adult Programs

Please note: classes are open to YMCA members only. Registration is required for each session. In addition to the Adult programs offered, we offer our Older Adults the following:

SILVERSNEAKERS® SILVERSPASH

Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination.

Prog. No.	Day	Time
01660-10	Tues./Thurs.	11:25-12:10pm

STRETCH AND TONE

Exercises are designed to increase flexibility and range of motion while decreasing stiffness in joints. Designed for those with arthritis and other rehabilitation needs. The range of motion is nonstressful and a good way to improve the quality of your everyday life. Registration is required.

Prog. No.	Day	Time
01665-01	Mon./Wed./Fri.	9:30-10:10am
01665-02	Mon./Wed./Fri.	11:00-11:40am
01665-03	Mon./Wed.	1:15-1:55pm

Adult/Teen Programs

ADULT/TEEN I

Fees: (8 weeks) Tuesday-Saturday

YMCA Members: \$65

Program members \$113

Floating on front and back, kicking, arm stroking and treading water. Will introduce rotary breathing and overcoming fear of deep water. Starts to develop swimming without the aid of a flotation device.

Prog. No.	Day	Time
01400-20	Tuesday	7:00-8:00pm
01400-01	Thursday	9:30-10:30am

ADULT/TEEN II

Development of the front crawl with rotary breathing, introduction of the basic backstroke, breaststroke, and butterfly drills.

Prog. No.	Day	Time
01400-20	Tuesday	7:00-8:00pm
01400-21	Thursday	9:30-10:30am

ADULT FITNESS SWIM

Join our adult swimmers for technique building, practice, and fun. Must be 18 years and older. Great for those interested in learning efficient stroke technique.

Fees: YMCA Member Benefit

Program Members \$70

Prog. No.	Day	Time
01700-01	Tues./Thurs.	8:30-10:00pm

ON-YOUR-OWN (OYO)

No instructors—belts are available. Check Pool schedule for availability. OYO only available during scheduled times. YMCA members only.

HEALTHY LIVING

PRIVATE, SEMI-PRIVATE AND ADAPTIVE SWIM LESSONS

Instruction with one of our highly trained instructors for the targeted and personal results. Instructors will develop a personalized program for swimmers of any age or ability (30 minute lesson).

PRIVATE SWIM

Program No. 01310

Fees: YMCA Members \$28 per lesson

Program Members \$52 per lesson

SEMI-PRIVATE SWIM

Program No. 01310

Fees: YMCA Members \$18 per student

Program Members \$36 per student

Please call Anne Hossenlopp at 341-3218 to set up individual lessons.

SPECIAL NEEDS PRIVATE/ SEMI-PRIVATE SWIM LESSONS

Aquatic exercise is highly recommended for children with special needs. Most children can learn how to swim with patient, caring swim instructor. This program is a one-to-one or small group lesson open to children with, but not limited to, Autism, Cerebral Palsy, MS, ADHD, and physical limitations. For more details or to schedule special needs swim lessons, please contact Anne Hossenlopp at 341-3218.

Age requirements: 3-16 years

Fees: \$112/session (8 weeks)

Time: By appointment

Program No. 01229-20

FAMILY SWIM LESSONS

Is it difficult to schedule the entire family for swim lessons? We created a 30-minute family swim lesson at your convenience. Students will work with an instructor to develop their current swimming skills. Students will work together to achieve their goals. The group can be made up of children and adults. Max of 4 students in each group per session. For more information please contact Anne Hossenlopp, Aquatics Director, at 341-3218.

Fees: YMCA Members \$224

Program Members \$416

Time: By appointment, eight 30-minute classes

Program No. 01715-02

Health and Safety Programs

Contact the Welcome Center at 671-8414 for class dates, times, and to register.

BASIC FIRST AID

You will learn the essential techniques for first aid and accident prevention. Certification valid for 2 years. Fee does not include book. Offered on alternating Thursdays from 6:00-8:30pm.

Please check with the Welcome Center for dates and to sign up.

Fees: YMCA Members \$57

Program Members \$67

BASIC LIFE SUPPORT FOR HEALTHCARE PROFESSIONALS

Learn the skills necessary to recognize several life-threatening emergencies, provide CPR, and use an AED unit. Students will be certified by the American Heart Association with successful completion of the course. Offered on alternating Saturdays from 9:00am-12:00pm. Please check with the Welcome Center for dates and to sign up.

Fees: YMCA Members \$57

Program Members \$67

LIFEGUARDING CLASS

Come learn important, lifesaving lifeguard skills. With successful completion of this course, individuals will be certified in lifeguarding, CPR for the Professional Rescuer, AED, and First Aid.

Fees: YMCA Members \$180

Program Members \$230

Prog. No.	Date	Time
01810-18	Nov. 1, 3, 8, 10, 12	
	Tues & Thurs	4:00-8:00pm
	Sat	8:00am-4:00pm

RECERT FOR LIFEGUARDING

This course is for those who have been certified in lifeguarding and need to recertify. Recertification includes Red Cross Lifeguard, CPR/AED and First Aid review.

Fees: YMCA Members \$105

Program Members \$130

Prog. No.	Date	Time
01810-24	Oct 15	8:00am-2:00pm
01810-25	Nov 5	8:00am-2:00pm
01810-27	Dec 17	8:00am-2:00pm

CPR/COMMUNITY HEART SAVER

This course is meant for citizens of the community who wish to be certified to administer basic first aid, perform CPR, and use an AED unit. A written exam is required to complete the course. Fee does not include book.

Fees: YMCA Members \$57

Program Members \$67

Class are run based on participants. Call 341-3218.

HEALTHY LIVING

Active Older Adults

AOA LUNCH AND LEARN

Join us for motivation and informational discussions with a variety of presenters. Topics focus on all aspects of health and wellness. See our AOA board for upcoming discussions. Registration required at the Welcome Center.

SILVERSNREAKERS® FITNESS PROGRAM

If you are 65 or older and currently have MVP or GoldValue health insurance, you are eligible for the new SilverSneakers® Fitness Program! SilverSneakers® members receive a YMCA membership, including the use of the Wellness Center, group exercise classes such as the new SilverSneakers® Class, unrestricted hours, and unlimited visits. Please visit the Welcome Center for more details.

Aquatics

SILVERSNREAKERS® SILVERSPASH

Activate your urge for variety! SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance, and coordination.

Prog. No.	Day	Time
01660-10	Tues./Thurs.	11:25am-12:10pm

STRETCH AND TONE

Exercises are designed to increase flexibility and range of motion while decreasing stiffness in joints. Designed for those with arthritis, osteoporosis, and other rehabilitation needs.

Prog. No.	Day	Time
01665-01	Mon./Wed./Fri.	9:30-10:10am
01665-02	Mon./Wed./Fri.	11:00-11:40am
01665-03	Mon./Wed.	1:15-1:55pm
01665-11	Tuesday	2:05-2:50pm

Land Classes

SILVERSNREAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support.

Day	Time
Tues./Thurs.	10:30-11:15am

SILVERSNREAKERS® CIRCUIT

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with handheld weights, elastic tubing with handles, and a ball alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Day	Time
Tues./Thurs.	9:35-10:20am

GRADUATE TO FREE WEIGHTS

Ready to take on the next challenge? Have you been using the strength circuits for more than 6 months? Interested in free weights? This program includes three Personal Training sessions and focuses on fundamental movements to reach your fitness goals.

Fees: \$99

Prog. No. 02401-11



Zumba Gold® is designed to meet the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class set to zesty Latin music, like salsa, merengue, cumbia, tango, and flamenco. The easy-to-follow moves and modified pacing create a fun, invigorating, party-like atmosphere. Invite your friends and make this class part of your weekly schedule!

Day	Time
Friday	10:45-11:30am

GENTLE YOGA (CHAIR)

Increase your range of motion and promote flexibility while moving slowly through a sequence of poses. Gentle yoga is perfect for newcomers and experienced yoga participants. This class utilizes a chair for seated and standing support.

Day	Time
Monday	10:30-11:30am
Thursday	8:30-9:20am

FEELING FIT

Moderate stretching, strengthening, and cardiovascular endurance for older adults.

Day	Time
Mon./Wed.	10:40-11:30am

Programs Offered at Baywinde

All members are welcome to attend classes at Baywinde. Please keep in mind that these classes are designed specifically for Baywinde residents.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

The Arthritis Foundation Exercise Program is a nationally recognized exercise program that incorporates range-of-motion, strength building, flexibility, and endurance. The goals are to decrease pain, improve flexibility and endurance, and decrease fatigue in a fun format.

Prog. No.	Day	Time
02336-10	Tues./Thurs.	1:15-2:00pm

FEELING FIT (CHAIR)

Moderate stretching, strengthening, and cardiovascular endurance for older adults.

Utilizes a chair.

Day	Time
Monday	9:30-10:15am

SENIOR ADULT WELLNESS

Program designed with low impact exercises, including muscle conditioning and flexibility components using balls and weights. Class is designed to meet the needs of Baywinde residents.

Day	Time
Tuesday	9:30-10:15am
Thursday	9:30-10:15am
Saturday	10:00-10:45am
Saturday	11:00-11:45am

HEALTHY LIVING



IT'S
BETTER
TOGETHER

JOIN THE 20/20 REFERRAL CLUB

**SAVE UP TO \$20 A MONTH
WHEN YOU REFER A FRIEND**



YMCA

Healthy Aging Programs

Day Trip to Camp Cory

Thursday, September 22

Camp Cory, Keuka Lake

9:30am–3:00pm

- Overnight option available
- Bus transportation available for day trip



Activities at these events include archery, arts & crafts, fitness classes, hikes, waterfront activities, delicious food, etc.

To learn more visit rochesterymca.org



Wegmans
pharmacy

EDUCATIONAL SEMINAR



Join the Y and Wegmans Pharmacy for a **FREE EDUCATIONAL SEMINAR** focused on shingles and pneumonia. Learn how you can protect you and your family from these preventable illnesses. Be a partner in prevention.

Bay View Family Branch | Webster

Wednesday, September 14: 10:00am - 10:45am

Eastside Family Branch | Penfield

Wednesday, September 28: 11:45am - 12:30pm

Southeast Family Branch | Pittsford

Wednesday, October 19: 12:15pm - 1:00pm

Corning Community Branch | Corning

Thursday, October 20: 12:00pm - 1:00pm

HEALTHY LIVING



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEASURABLE PROGRESS UNLIMITED SUPPORT



The YMCA's Diabetes Prevention Program is a community based program designed to enable you to make lifestyle changes that will improve your overall health and reduce your risk of developing Type 2 Diabetes. Membership to the YMCA is NOT required for participation and the program is covered by many insurance providers. Call **341-4064** today to learn more!



LES MILLS GRIT™ SERIES

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING



Learn more at rochesterymca.org/GRIT



L I V E S T R O N G[®]

F O U N D A T I O N

TAKING ACTION. CHANGING ODDS.

LIVESTRONG at the YMCA is an evidence based program that helps adult cancer survivors reclaim their health and wellbeing following a cancer diagnosis.

Join us for this **FREE** 12-week program and you'll get:

- A small supportive group environment
- Cardio, strength training, balance, and flexibility exercises
- Evaluation of functional and quality of life assessments before and after participation
- **An improvement in your quality of life and a decrease in cancer-related fatigue**



**Want to join the fun?
Call 341-4064 today!**

SOCIAL RESPONSIBILITY

At the Y, we believe that when we work together, we can achieve more. We strive to motivate individuals, families, and communities to give back and help one another make tomorrow a better place. Since 1844, the Y has responded to society's most pressing needs by developing community based solutions and uniting people from all walks of life. Together, we motivate others to participate and work for positive social change. Whether we provide job training to a newly single parent, advocate for healthy food options in our communities, or help individuals transition into new neighborhoods, the Y is committed to empowering people with the resources and support needed to live healthy, connected, and secure lives.

WE GIVE:

150

program sites to serve our region beyond the doors of our branches.

816

teens are able to be themselves, learn new skills, and make friends, surrounded by caring adults.

2,090

families spending more time together, helping to strengthen the core of our community.

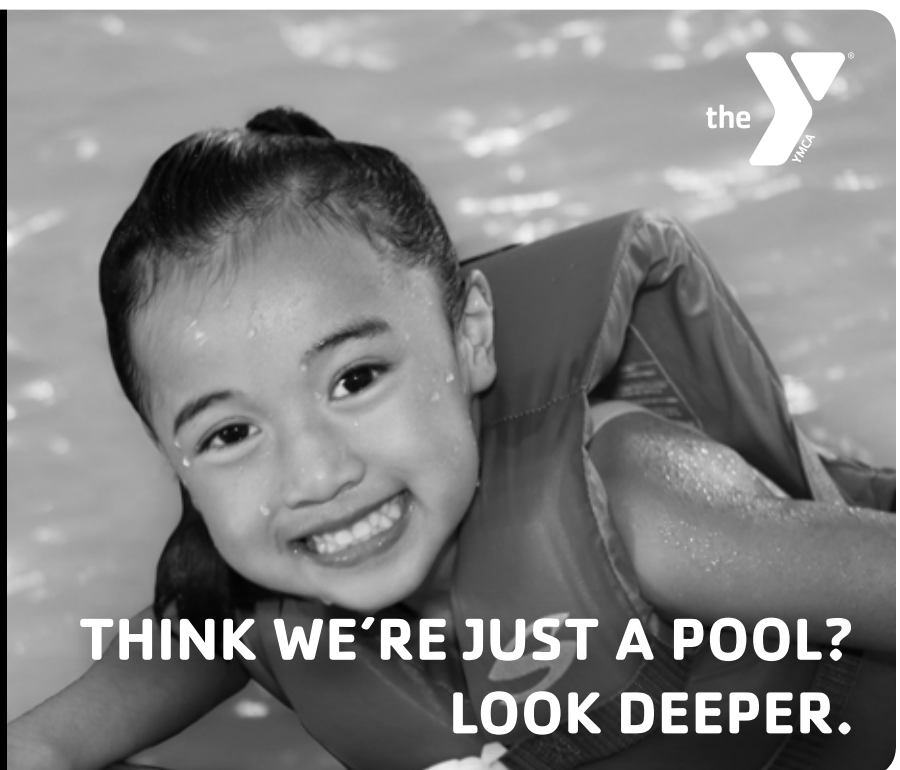
17,975

youth and adults fighting obesity while reducing the risk of accidental drowning.

25,059

children getting a chance to unplug, get outside, and build skills and friendships that last a lifetime.

The Y. So Much More™



**THINK WE'RE JUST A POOL?
LOOK DEEPER.**

SOCIAL RESPONSIBILITY

BE A PARTNER IN PREVENTION



Wegmans
pharmacy

The Y is partnering with Wegmans Pharmacy to provide members with a convenient way for adults (ages 18 and over) to receive flu shots. Be a partner in prevention. Get your FREE flu vaccine at the Y this year!

Bay View Branch

Monday, September 26:

9am - 11am

Tuesday, October 4:

9am - 11am

Eastside Branch

Monday, October 3:

9am - 12pm

Monday, October 10:

9am - 12pm

Monday, October 24:

9am - 12pm

Southeast Branch

Thursday, September 29:

10am - 12pm

Wednesday, October 26:

10am - 12pm



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and Home Equity Lending.

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Banking solutions for every phase of your life

summitfcu.org · 800.836.SFCU

The Summit FCU is federally insured by the National Credit Union Administration.

SOCIAL RESPONSIBILITY

Active Older Adults

Join the Ambassadors Club

Anyone interested in volunteering at the Bay View Family YMCA is invited to join the Ambassadors Club. Any commitment that fits your life can be a rewarding experience. Meetings are on the third Tuesday of each month at 11:00am. For more information, please contact Sarabeth Rogoff at 341-3203.



Community Garden "Kay's Garden"

We're recruiting volunteers for our Spring 2017 Community Garden. Join our team! Contact Suzanne Metzger at 341-3207 for more information.



FALL SENIOR DANCE PARTY



Thursday, October 13th

***New Time 4:00-6:30pm**

Program No. 09128-28

YMCA Members \$5

Program Members \$10

SENIOR DAY at Camp Cory

Thursday, September 22 • 9:30am - 2:30pm

Enjoy a fun filled day at beautiful Camp Cory located on Keuka Lake. Make it an action packed day with Nordic walking, a boat ride, archery, Senior Yoga, or Feeling Fit. Keep it more laid back with board games, arts & crafts, or just relaxing in the lodge, or a combination of both.

It's your day to enjoy! A light breakfast, lunch and transportation* are included in the fee. Register at the Welcome Center by September 16 to secure your spot.

Contact Suzanne Metzger at 341-3207 for more information.

Member rate \$15 (driving yourself)

Member rate \$20 (Y transportation needed)

Non-Member rate \$30

* limited availability for transportation



Spooktacular

October 22, 2016

6:00 - 9:00pm

\$25 for a Family Ticket Package

(family ticket package includes up to six friends and family)

**Featuring food, fun, arts, crafts, games,
Trick-or-Treat candy, a costume contest, and
more!**



Food: A Food Truck Rodeo. Food can be purchased for an additional cost.

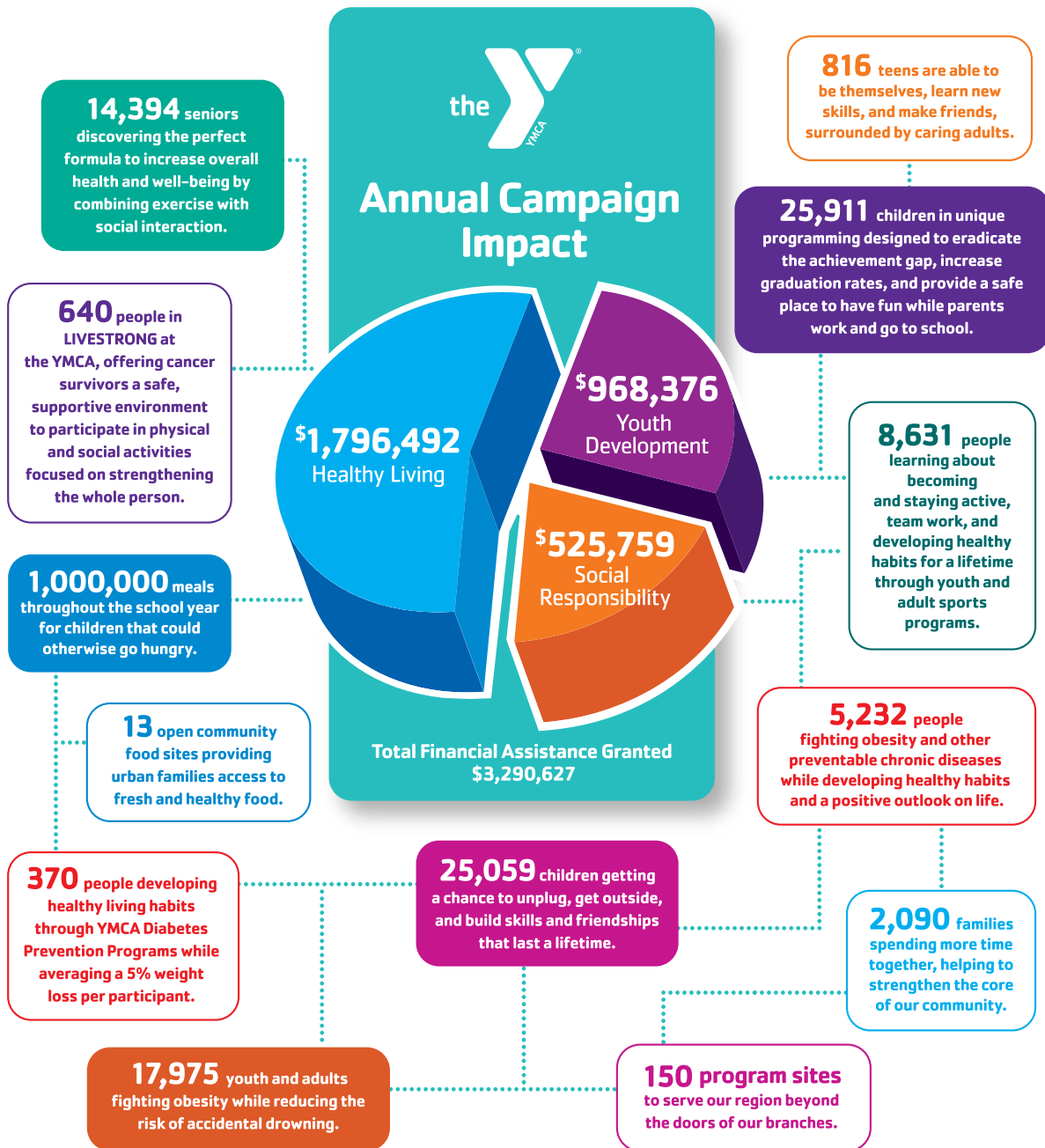
Entertainment: Spend some time in the House of Horrors roadside attraction. Or be dazzled by the spooky tails from our story tellers.

Haunted Hayride: A haunted hayride will take passengers on a ghost-filled trip while a haunted house awaits those who dare to enter through its doors.

SOCIAL RESPONSIBILITY

YMCA OF GREATER ROCHESTER

The Y at a Glance

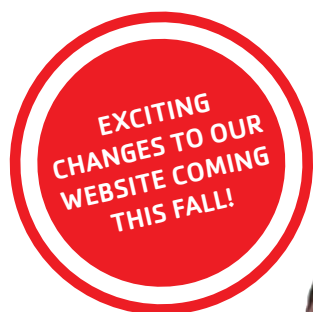


Funds raised by the Annual Campaign ensure that we can continue to provide the critical resources we offer and make certain that the Y is accessible to all.

SOCIAL RESPONSIBILITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GET ACTIVE WITH US!

YMCA of Greater Rochester

Enhancing Your Experience

We are upgrading our online registration system to ACTIVE® Network! This means you can quickly and easily sign up for activities, make payments and save on special offers. Wherever you go, you can enjoy the Y with ACTIVE®. Stay tuned for more exciting details to come!!!

**Explore all that the Y has to offer, all the time.
Visit rochesterymca.org to sign up today!**

REGISTRATION

FALL I (SEPTEMBER 5-OCTOBER 30, 2016)

☐ Branch/Passport Member ☐ Program Member

Parent/Adult Name _____ Birthdate ____/____/____ Home Phone _____ Emergency Phone _____

Address _____ City _____ Zip _____ Work Phone _____

Visa/Discover/Mastercard # (circle one) _____ Exp. Date ____/____/____

Cardholder's Name _____ E-mail Address _____ Total Paid _____

Cardholder's Signature _____

In order to receive funding and grants from the United Way and various government agencies, the YMCA is required to report racial and financial status for members and program participants. This information is not reported on an individual basis and is used for statistical purposes only. Please check the correct answer.

Racial Status: ☐ African American ☐ Asian ☐ Caucasian ☐ Hispanic ☐ Native American ☐ Other

Annual Household Income: ☐ Less than \$15,000 ☐ \$15,000 - \$24,999 ☐ \$25,000 - \$44,999 ☐ \$45,000 - \$74,999 ☐ \$75,000 or over

Would you be interested in being a parent volunteer? ☐ Yes ☐ No ☐ Need more information

☐ YMCA of Greater Rochester athletic programs are structured activities and can be physically challenging. I hereby certify, after consultation with my health care provider, that those enrolled on this form are in a state of health appropriate to the activity and are capable of participating safely.

Signature _____

☐ I give consent that the YMCA may take photographs, slides or video tapes of my child and/or me as needed for its records or for promotional use, such as brochures, advertisements, and the YMCA of Greater Rochester websites.

Signature _____

Program Registration I Participant Name _____ Age _____ Birthdate ____/____/____ Grade _____ Gender _____

	PROGRAM NUMBER	PROGRAM NAME	DAY	TIME	FEE
1st Choice -	<input type="text"/>	_____	_____	_____	<input type="text"/>
2nd Choice -	<input type="text"/>	_____	_____	_____	<input type="text"/>
3rd Choice -	<input type="text"/>	_____	_____	_____	<input type="text"/>

Program Registration II Participant Name _____ Age _____ Birthdate ____/____/____ Grade _____ Gender _____

	PROGRAM NUMBER	PROGRAM NAME	DAY	TIME	FEE
1st Choice -	<input type="text"/>	_____	_____	_____	<input type="text"/>
2nd Choice -	<input type="text"/>	_____	_____	_____	<input type="text"/>
3rd Choice -	<input type="text"/>	_____	_____	_____	<input type="text"/>

Program Registration III Participant Name _____ Age _____ Birthdate ____/____/____ Grade _____ Gender _____

	PROGRAM NUMBER	PROGRAM NAME	DAY	TIME	FEE
1st Choice -	<input type="text"/>	_____	_____	_____	<input type="text"/>
2nd Choice -	<input type="text"/>	_____	_____	_____	<input type="text"/>
3rd Choice -	<input type="text"/>	_____	_____	_____	<input type="text"/>



THE 1 - 2 - 3'S OF REGISTRATION

1. Fill out the registration form completely (faxed registrations are accepted), check class/time/amount.
2. YMCA Branch and Passport Member registrations accepted beginning Aug. 22, 2016; Program Member registration accepted beginning Aug. 29, 2016. If mail-in registrations are received prior to these dates they will be processed as though we received them on these dates.
3. For co-insured classes the insurance number and subscriber's name must be on the registration form to be processed.
4. Receipts may be picked up at the front desk on or after Sept. 5, 2016.
5. You will be contacted only if first choice for class is unavailable.

YMCA

OF GREATER ROCHESTER

facilities

ASSOCIATION OFFICE 546-5500
444 East Main Street, Rochester, NY 14604
rochesterymca.org

BAY VIEW FAMILY BRANCH..... 671-8414
1209 Bay Road, Webster, NY 14580
rochesterymca.org/bayview

CAMP ARROWHEAD..... 383-4590
20 Arrowhead Road, Pittsford, NY
rochesterymca.org/camparrowhead

CAMP CORY..... 325-2889
140 East Lake Road Route 54, Penn Yan, NY 14527
rochesterymca.org/campcory

CAMP GORHAM TOLL FREE (888) 518-5671
265 Darts Lake Road, Eagle Bay, NY 13331
rochesterymca.org/campgorham

CAMP NORTHPOINT • JUNE-SEPT 392-9905
SEPT.-MAY 227-3900
249 North Greece Road, Hilton, NY 14468
rochesterymca.org/campnorthpoint

**CHESTER F. CARLSON
METROCENTER BRANCH** 325-2880
444 East Main Street, Rochester, NY 14604
rochesterymca.org/carlson

CORNING COMMUNITY BRANCH .. (607) 936-4638
127 Center Way, Corning, NY
rochesterymca.org/corning

EASTSIDE CHILD CARE CENTER 341-3054
4646 Nine Mile Point Road, Suite 2, Fairport, NY 14450
rochesterymca.org/eastside

EASTSIDE FAMILY BRANCH..... 341-4000
1835 Fairport Nine Mile Point Road, Penfield, NY 14526
rochesterymca.org/eastside

MAPLEWOOD FAMILY BRANCH..... 647-3600
25 Driving Park Avenue, Rochester, NY 14613
rochesterymca.org/maplewood

MONROE FAMILY BRANCH..... 271-5320
797 Monroe Avenue, Rochester, NY 14607
rochesterymca.org/monroe

NORTHWEST FAMILY BRANCH 227-3900
730 Long Pond Road, Rochester, NY 14612
rochesterymca.org/northwest

SOUTHEAST FAMILY BRANCH 385-4665
111 E. Jefferson Road, Pittsford, NY 14534
rochesterymca.org/southeast

SOUTHWEST FAMILY BRANCH 328-9330
597 Thurston Road, Rochester, NY 14619
rochesterymca.org/southwest

VICTOR ACTIVE FAMILY CENTER 742-4940
200 High Street, Victor, NY 14564
rochesterymca.org/victor

WESTSIDE FAMILY BRANCH 247-3501
920 Elmgrove Road, Rochester, NY 14624
rochesterymca.org/westside

YMCA CHILD CARE CENTER AT LEWIS STREET 325-2572
53 Lewis Street, Rochester, NY 14605
rochesterymca.org/lewisstreet

YMCA of Greater Rochester
BAY VIEW FAMILY BRANCH
1209 Bay Road
Webster, NY 14580
Phone: 585-671-8414
Fax: 585-671-7246
rochesterymca.org/bayview

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The YMCA of Greater Rochester
is a charitable association of members that seek to build a healthy spirit, mind, and body through quality programs emphasizing caring, honesty, respect, responsibility, character-building, fun and friendship. Membership and program participation is open to individuals and families of all ages, genders, abilities, incomes, religions, and races. Through its programs, the YMCA provides for the strengthening of families, the healthy development of children, the development of positive individual behaviors, and a healthier, safer community for all.

Erik Grimm Chair, Board of Directors
George M. Romell President and CEO