



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILD MORE THAN MUSCLE



**Winter 2017 Programs**  
**MONROE FAMILY YMCA**  
**SOUTHWEST FAMILY YMCA**

**Jan. 2 - Feb. 19, 2017 (7 weeks)**  
**Interim week Feb. 20- 26, 2017**  
**Member Registration: Dec. 19, 2016**  
**Program Member Registration: Dec. 26, 2016**

# STAFF DIRECTORY



Kyle Antilla



Paul Costantino



Amy Cuomo-Oberst



Nicole Pagano-Meyer



Jerdana Norman



Elise Peaslee



Ashley Ryan

## MONROE AND SOUTHWEST FAMILY YMCA STAFF

Amy Cuomo-Oberst, Executive Director .....	271-8210
TBD, Building and Grounds Director .....	256-8211
Kyle Antilla, Teens and Sports Director .....	271-5323
Paul Costantino, Monroe AOA Coordinator .....	271-5320
Jerdana Norman, Southwest Membership Director .....	463-3000
Nicole Pagano-Meyer, Development & Member Service Specialist.....	341-4058
Elise Peaslee, Group Exercise and Wellness Coordinator .....	683-9281
Amanda Tabor, Southwest UPK Teacher .....	463-3001
Ashley Ryan, Aquatics and Families Director .....	341-3078
Isabella Walters, Southwest AOA Coordinator .....	328-9330
TBD, Director of Administration.....	256-8213

## MONROE SOUTHWEST FAMILY YMCA BOARD OF MANAGEMENT

Andrew Dimock  
 Ebony Miller  
 Jason Morris  
 Lindsay Phillips  
 Catalina Vial  
 Elizabeth Woolever  
 Ben Yagoda, Chair

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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.

### HOLIDAY HOURS

Dec. 24	Christmas Eve	7:30am-3:00pm
Dec. 25	Christmas	Closed
Dec. 31	New Year's Eve	7:30am-5:00pm
Jan. 1	New Year's Day	10:00am-2:00pm

### MONROE HOURS

Monday-Friday	6:00am-9:30pm
Saturday	7:30am-6:00pm
Sunday	10:00am-5:00pm

### SOUTHWEST HOURS

Monday-Friday	5:30am-8:00pm
Saturday	8:00am-2:00pm
Sunday	Closed

# MEMBERSHIP INFORMATION

## REGISTRATION BEGINS

December 19 for YMCA Members

December 26 for Program Members.

Entry to the YMCA will be by membership or program card only. Please bring it with you when you visit. Thank you!

## FACILITY AGE REQUIREMENTS

- All children ages seven (7) 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. Children ages 8-12 must be accompanied by an adult, unless participating in a supervised youth program or activity
- Children ages 8-12 must be accompanied by an adult unless participating in a supervised youth program or activity except swim lessons. Our YMCA offers opportunities for 8-12 year olds to enjoy recreational activities in our facility. These may include unstructured activities such as open gym, recreational swim or Adventure Center 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 Member Service Center for specific schedules and activities.
- Children five 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 five and under. Non-swimmers who are not tall enough to stand in the shallow water at arm pit depth must wear a lifejacket if unsupervised. Children 6-7 years old must have an adult member ON THE POOL DECK at all times. Children 8-12 years old must have an adult in the building during all open/family/recreational swimming. We encourage parents to be in the water with all non swimmers. The lifeguard is responsible for the safety of all swimmers. They have the right to modify the rules as necessary.
- Wellness Center: 13 years old with orientation; 12 years old with enrollment in Wellness Consultation.
- All Group Exercise Classes: 13 years old
- Lap Swimming: 13 years old and successfully passed the deep-end test
- Child Watch: 6 weeks - Kindergarten
- Pickup Adult Basketball: 19 years old
- Sauna: 16 years old

## 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.

## PAYMENT OPTIONS

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



## JOINING FEE

The YMCA of Greater Rochester charges a joining fee in order to provide a source of funds for enhancing membership services. The fee is non-refundable and must be paid in full upon joining. A lapse in membership of 30 days or more requires a payment of the joining fee.

## PASSPORT MEMBERSHIP

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

## GUEST POLICY

Guests are welcome at the YMCA. YMCA members 18 and older 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. Photo identification is required for all guests 18 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 review these sections."

## CREDIT/REFUNDS

If a class that has an insurance discount is cancelled or dropped, the amount of the credit will be for the price of the class less the \$10 co-payment. If you are enrolled in a YMCA program or class and the YMCA cancels that class or program, you are entitled to a refund or credit. In other cases refunds will only be available up to the class start date or with a doctor's note. Credits may be applied to program fees or annual invoice membership dues and must be used within one year of issue.

- Make-up Policy – there will be no make-up classes unless under special circumstances.
- 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, invalid or incorrect credit card number.
- Gift Certificates are for YMCA of Greater Rochester program or services only and cannot be redeemed for cash or refund to a credit card.

# MEMBERSHIP INFORMATION

## Membership Fees

### CATEGORY

CATEGORY	NEIGHBORHOOD		PASSPORT	
	Monthly Fee	Joining Fee	Monthly Fee	Joining Fee
Youth (0 - 18 years)	\$20.00	\$15.00	\$29.00	\$25.00
Young Adult (19 - 29 years)	\$36.50	\$50.00	\$49.00	\$50.00
Adult (30 - 59 years)	\$48.50	\$50.00	\$64.00	\$50.00
Senior (60+ years)	\$43.50	\$50.00	\$60.50	\$50.00
Couple	\$65.00	\$50.00	\$90.00	\$75.00
Individual Parent	\$65.00	\$50.00	\$90.00	\$75.00
Family	\$72.50	\$50.00	\$99.50	\$75.00

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

### SIMPLY SOUTHWEST\*

Youth (0-18)  
 \$7 for a month  
 \$21 for 3 months  
 \$84 for 1 year  
 Adult (19+)  
 \$29 for a month  
 \$87 for 3 months  
 \$348 for 1 year  
 (Quarterly Payments of \$87)  
 \*use of Southwest facility only.

Neighborhood Membership allows you to utilize the Monroe and Southwest YMCA Branches. A passport membership provides member benefits to all 11 YMCA of Greater Rochester facilities and the Canandaigua YMCA at no additional charge. Just present your membership card for access

## 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](http://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 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 run 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 Southwest and Monroe Family YMCAs do 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:

"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](http://www.silversneakers.com). If you have any questions, please stop by our front desk and we would be happy to check for you.

MVP's Liberty, Premier and Premier Plus plans include up to \$125 in Healthy Lifestyle credit reimbursement toward gym and fitness club memberships, youth sports and fitness fees,

and healthy weight support programs. For more information about MVP Health Care programs and benefits, visit [mvphealthcare.com](http://mvphealthcare.com) or call 325-3113.

## EXCELLUS BLUECROSS BLUESHIELD BENEFITS:

Medicare Advantage members are eligible for a yearly YMCA membership through the Silver & Fit program.

This Excellus BCBS program requires a \$25 annual fee paid to the YMCA of Greater Rochester. To enroll, just visit any YMCA branch and pay your fee. For more information about Excellus BCBS programs and benefits, visit [excellusbcbs.com](http://excellusbcbs.com) or call 1-800-671-6081.

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](http://ExcellusBCBS.com/Health).

# 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.

## Aquatics

### Open/Family Swim

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 arm pit depth must wear a lifejacket if unsupervised. Children 6-7 years old must have an adult member ON THE POOL DECK at all times. Children 8-12 years old must have an adult in the building. We encourage parents to be in the water with all non-swimmers. The lifeguard is responsible for the safety of all swimmers. They have the right to modify the rules as necessary. Children who want to swim in the deep end must pass the deep end test.

### Parent/Child and Pre-school 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)

#### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Tuesday	6:15-6:45pm
Saturday	9:15-9:45am

#### 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).

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Tuesday	6:15-6:45pm
Saturday	9:50-10:20am

#### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Tuesday	6:15-6:45pm
Wednesday	5:40-6:10pm
Saturday	9:50-10:20am
Saturday	10:30-11:00am

#### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Tuesday	6:15-6:45pm
Wednesday	5:40-6:10pm
Saturday	10:30-11:00am

#### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Wednesday	5:40-6:10pm
Thursday	6:15-6:45pm
Saturday	10:30-11:00am

#### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Wednesday	5:40-6:10pm
Thursday	6:15-6:45pm
Saturday	10:30-11:00am

Swimsuits and "Little Swimmer" diapers are required for SKIPS classes.

"Little Swimmer" diapers are available at the Member Service desk.

Parents must remain in the pool area with children 5 years of age and under.

All Aquatics classes are held at the Monroe Family YMCA Branch

# YOUTH DEVELOPMENT

## Private, Semi-Private & 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 LESSONS

Sign up for five or seven, half-hour lessons that are coordinated to fit your schedule. Single lessons are also available. Contact us at 341-3078 for more information.

#### 5 LESSON PACKAGE

Members \$89  
Program Members \$178

#### 7 LESSON PACKAGE

Members \$122  
Program Members \$244

#### SINGLE LESSONS

Members \$22 each  
Program Members \$44 each

### FAMILY SWIM LESSONS

Is it difficult to schedule the entire family for swim lessons? Now you can swim together while still having the small instructor to student ratio. 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. A maximum of four students is required in each group per session. For more information or to sign up for a session of lessons please contact us at 271-5320.

Fees: Members \$143/7 lessons  
Program Members \$286/7 lessons  
Time: By appointment

## 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)

### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Wednesday	6:50-7:25pm
Thursday	6:15-6:50pm
Saturday	11:05-11:40am

### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Wednesday	6:50-7:25pm
Thursday	6:15-6:50pm
Saturday	11:05-11:40am

### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Wednesday	5:00-5:30pm
Thursday	6:55-7:30pm
Saturday	11:45-12:20pm

### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Wednesday	5:00-5:35pm
Thursday	6:55-7:30pm
Saturday	11:45-12:20pm

### FISH-Advanced level

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

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Tuesday	6:50-7:25pm
Wednesday	6:15-6:50pm
Saturday	12:25-1:00pm

### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Tuesday	6:50-7:25pm
Wednesday	6:15-6:50pm
Saturday	12:25-1:00pm

### 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.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Tuesday	6:50-7:25pm
Wednesday	6:15-6:50pm
Saturday	12:25-1:00pm

### COMPETITIVE LESSONS

This program is designed for the student who has completed at least the starfish or minnow level, is able to swim at least 50 yards consecutively of front crawl, and back crawl, and is interested in competitive swimming. Students will focus on developing the four major strokes, flip turns, pull outs and competitive starts. A fun swim meet will take place at the end of the session.

Fees: YMCA Members \$39  
Program Members \$78

Day	Time
Tuesday	5:30-6:05pm
Thursday	5:30-6:05pm

# YOUTH DEVELOPMENT

## Partial Day Preschool Programs

### 2-3 YEAR OLDS

The primary focus of this program is practical life skills and socialization. Children are encouraged to build new relationships with children and adults outside their family. They become more independent and self confident through classroom exploration both individually and as a group. The program runs Sept.-June and follows the Rochester City School calendar. There is a \$25 non-refundable registration fee and a \$50 deposit required to hold your spot.

Fees: YMCA Members \$106/month  
Program Members \$163/month

Day	Location	Time
Tue./Thu.	Monroe	9:00-11:30am

### 3-5 YEAR OLDS

This is a child-centered program, deeply rooted in the ideas of free expression and creativity. The children will direct the flow of their learning and the teachers will guide them as they see necessary according to each child and their individual needs. \*The program runs Sept.-June and follows the Rochester City School calendar. There is a \$25 non-refundable registration fee and a \$50 deposit required to hold your spot.

Fees: YMCA Members \$120/month  
Program Members \$187/month

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

### PRESCHOOL ENRICHMENT CLASSES

(Ages 18 months-3 years): 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 and development, learn how to work with others, and are introduced to different activities. Our enrichment classes run with the sessions.

### CHILD WATCH

(Ages 6 weeks-12 years): Leave your children in experienced hands so they can have fun and play while you work out. Rooms are stimulating and fun. 2 hours maximum. This is a free service for Family Members.

Day	Location	Time
Mon.-Fri.	Monroe	8:30am-12:00pm
Mon.-Thu.	Monroe	5:15-8:00pm
Friday	Monroe	6:00-8:00pm
Saturday	Monroe	9:00am-12:00pm
Mon.-Fri.	Southwest	6:00-8:00pm

### FAMILY GYM

In this free program for YMCA members, 5-12 year olds can use the gym without a parent, but parents must remain in the building and sign in their children. For the safety of all children, no soccer or basketball is allowed during Family Gym.

Day	Location	Time
Tue./Thu.	Monroe	6:30-8:30pm

### LITTLE SCIENTISTS

Children will learn to love the world of science through this class. Each week we will explore a different topic and be doing a different science experiment. Topics may include volcanoes, differences between solids and liquids, static electricity, density and so much more!

Fees: YMCA Members \$39  
Program Members \$78

Day	Ages	Time
Tuesday	3-6 years	12:15-1:00pm

### LITTLE ARTISTS

Fees: YMCA Members \$39  
Program Members \$78

Day	Ages	Time
Monday	3-6 years	6:00-6:45pm

### PARENTS NIGHT OUT

Each month YMCA staff and members of the Teen Leaders Club provide children ages 4-12 with a night of fun activities, crafts, dinner, and much more! Please have children bring sneakers and comfortable clothing with them. Call 271-5320 to find out when the next Parents' Night Out will be. Must register by midnight on the Thursday before the event. Online registration available.

Fee: \$15 one child  
\$25 two children  
Extra \$5 for each additional child

Location: Monroe

Dates: Dec. 10, Jan. 28, Feb. 25

\*Dates subject to change. Please check with the front desk for most recent information.

## YMCA Youth Sports Programs

(Ages 3-12) 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 classes and leagues children will work on individual skill development, learn how to work as a team and be introduced to sport specific team strategies. We will provide an environment in which our athletes learn and understand the importance of positive competition, sportsmanship, healthy lifestyle choices and the YMCA core values.

### PHILOSOPHY

The YMCA of Greater Rochester strives to provide Youth Sports programs for the children in its community that not only teach children how to become better athletes, but also teaches them to become better people. Through the use of our developmentally appropriate, values-based curriculum we develop individual and team sports skills in an environment that emphasizes and rewards character as much as physical development. All of our Youth Sports programs are designed to meet the following goals:

- Build self-esteem
- Teach social skills
- Teach physical skills
- Develop responsibility and decision making skills
- Enhance leadership skills
- Build relationships among peers and between parent/child
- Support and strengthen family life
- Create fun experiences for children and their families

### YOUTH FLOOR HOCKEY

Grab your sticks and get ready to learn the sport of hockey, on the floor of course. Skills will be taught and games will be played to enhance these skills.

Fees: YMCA Members \$39  
Program Members \$78

Day	Ages	Time
Wednesday	6-12	5:00-6:00pm

### TUMBLING TOTS

This class gives preschoolers an early introduction to the fun world of gymnastics. Children will learn basic tumbling moves in a fun and supportive environment, through games and hands-on activities.

Fees: YMCA Members \$39  
Program Members \$78

Day	Ages	Time
Friday	3-5	12:15-1:00pm

# YOUTH DEVELOPMENT

## BEGINNER TUMBLING/ GYMNASTICS

Participants will learn forward and backward rolls, basic floor exercises, handstands, jumps, balance beam, and the vault. Beginning gymnastics would be of Level 1 skills as taught by USAG programs.

Fees: YMCA Members \$39  
Program Members \$78

Day	Level	Time
Saturday	Intermediate	8:15-9:15am
Saturday	Beginner	9:15-10:00am

## IDDY BIDDY BASKETBALL

Participants will learn dribbling, passing and shooting a basketball as well as offense and defense. A YMCA basketball jersey will be included with the cost.

Fees: YMCA Members \$39  
Program Members \$78

Day	Ages	Time
Saturday	3-5	10:15-11:00am

## INDOOR SOCCER

We will work on ball control, passing, shooting and defense in the gym. Scrimmages and small sided games will be played to reinforce these skills.

Fees: YMCA Member \$39  
Program Member \$78

Day	Ages	Time
Tuesday	4-6	4:45-5:30pm

## SPORTS FOR TOTS

This class gives preschoolers an introduction to the world of sports. Children will learn skills in soccer, basketball, football and tball. We may even play some hockey!

Fees: YMCA Members \$39  
Program Members \$78

Day	Ages	Time
Wednesday	3-5	12:15-1:00pm

## INDOOR FLAG FOOTBALL

Participants will work on catching, passing, hand offs, grabbing flags and improving their juke moves as we prepare for the outdoor travel season. Scrimmage games will be played in the gym to enhance each player's skill.

Fees: YMCA Members \$39  
Program Members \$78

Day	Ages	Time
Thursday	6-12	5:30-6:30pm

## YOUTH BASKETBALL

Participants will work on dribbling, passing, shooting and playing defense through drills. Games will be used to enhance their skills.

Fees: YMCA Members \$39  
Program Members \$78

Day	Ages	Time
Saturday	6-12	11:00am-12:00pm

## TRAVEL FLAG FOOTBALL

(Ages 7-12 years old) The Monroe YMCA looks to continue its strong tradition of success in their travel flag football league. Participants will develop flag football skills through drills, offensive and defensive plays and playing games in a competitive environment. All participants will receive a NFL jersey and a set of flags. Practice times will vary depending on coaches and player availability. Last year the 7-9s practiced on Wednesday, the 10-12s and the 13-15s practices varied depending on participants. Games will continue to be on Sundays ranging from 1-5pm.

Registration begins: February 1-March 29  
Practice begins week of March 22  
Game time: Sunday 1-5pm  
Game location: Various Rochester YMCAs  
Age Divisions: 7-9 yrs, 10-12 yrs, 13-15 yrs  
Fees: YMCA Members \$70  
Program Members \$110

## Childcare and Development

### YMCA Before and After School Programs

This program serves children before and after the traditional school day in grades K through six. We are registered with the New York State Department of Social Services and provide for DSS funding for child care. These programs maintain a 1:10 staff to child ratio and all staff are carefully screened and trained.

We offer one location in the Southeast part of the city for after school care— one program at the Southwest Family YMCA. The program meets the needs of children at varying stages of development by creating an environment that fosters independence, cooperation, and self-control. The children are able to build confidence, trust, and develop positive values by making friends and taking part in group projects and activities where fair play, team work, and responsibility are emphasized. The daily schedule is structured to allow a wide range of activity choices, balancing active and quiet times, and providing opportunities for children to pursue particular interests and develop individual abilities. Children are encouraged to participate in the daily operation of the program, especially in formulating behavioral expectations and choosing

program themes and activities.

The YMCA of Greater Rochester incorporates the CATCH curriculum in all of its child care programs. CATCH (a Coordinated Approach to Child Health) teaches children about healthy lifestyles and encourages them to be physically active on a daily basis. Through games, activities, and health messages, children are able to develop healthy habits and make educated decisions about their own health and well being.

### PM CARE FOR SOUTHWEST YMCA

School dismissal - 6:00pm Free Program K-6th Grade. Please call Amy at 256-8210 for information.

### UNIVERSAL PRE-KINDERGARTEN

The Rochester City School District Universal Pre-Kindergarten program is offered on-site for children age 4 by December 1, 2016. This Early Childhood Program offers early exposure to formal schooling to develop cognitive and social skills, and a respect for cultural and racial differences among children. 19th Ward For more information contact 463-3001. There is no charge for this program.

Day	Location	Time
Mon.-Fri.	Southwest	9:00am-3:00pm

### VACATION FUN CLUBS

Fees: YMCA Members \$38  
Program Members \$52

Day	Location	Time
Dec. 26		7:00am-6:00pm
Dec. 27		7:00am-6:00pm
Dec. 28		7:00am-6:00pm
Dec. 29		7:00am-6:00pm
Dec. 30		7:00am-6:00pm
Jan. 2		7:00am-6:00pm
Jan. 16		7:00am-6:00pm
Feb. 20		7:00am-6:00pm
Feb. 21		7:00am-6:00pm
Feb. 22		7:00am-6:00pm
Feb. 23		7:00am-6:00pm
Feb. 24		7:00am-6:00pm



# YOUTH DEVELOPMENT

## MONROE TEEN CITY

Hours of operation:

Day	Time
Monday-Friday	3:00-8:00pm

## TEEN SPORTS

Join us in the gym for various sports and games.

Day	Time
Friday	7:30-9:00pm

## TEEN COOKING

Each and every week join us in learning how to cook a meal or bake a dessert.

Day	Time
	Wednesday

## LEADERS CLUB

(Ages 12-18): Select teens will have the opportunity to participate in various community, volunteer and fundraising activities. Leaders club meetings will be held every Tuesday 6:30-7:30.

## LEADERS CLUB

The Monroe Leaders Club is a unique program designed to help teens (grades 7-12) develop their personal values through community service, leadership, and teambuilding. Teens can participate in fundraising, volunteering, social activities, event planning, teen nights, and overnights. Leaders Clubs are held at YMCA's across the country and our members will have opportunities to meet club members from across the Northeast region at weekend Teen Rallies and summer Leaders School. Don't miss out! There is no cost for YMCA Members.

Location: Monroe Family YMCA Teen City

Day	Time
Thursdays	6:45-8:00pm 5:00-6:00pm

## SOUTHWEST TEEN CITY

(Ages 12-18): Teen City is a safe place for teens to come hang out and enjoy themselves after a long day at school! We offer computers, pool table, ping pong table, gaming systems, and a safe place to socialize.

School Year:

- Homework Cafe - A place to do homework with friends and get help with any questions you may have about your homework.
- Group Discussion - 4:30-5:00pm - Teens discuss events and issues happening in our society today.
- Cooking Lessons
- Volunteering

## TEEN EVENTS

Visit our website at [rochesterymca.org/southwest](http://rochesterymca.org/southwest) for a complete schedule of upcoming events.

# HEALTHY LIVING

## Active Older Adults

### SILVERSNEAKERS® CLASSIC

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

### SILVERSNEAKERS® CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching, and relaxation exercises.

### SILVERSNEAKERS® YOGA

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### SILVERSNEAKERS® SPLASH

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

### SILVER & FIT® EXPERIENCE

The Silver&Fit® Experience is for moderately active older adults who exercise in some way one or two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, agility, reaction-time, muscular strength, and cardiovascular endurance.

### FEELING FIT

This total fitness program allows you to work at a pace that is right for you. The workout combines low impact cardio moves, strength exercises, and flexibility.

### PICKLEBALL

Pickleball is a combination of tennis and badminton that is played by hitting whiffle balls with light-weight wooden paddles. Played on a badminton court with a 3-foot high net. Popular with seniors because of the smaller court. Come check it out!



Silver&Fit Dance is a fun-filled, safe and easy to follow Latin dance program created for the active older adult and appropriate for all fitness levels. Rhythms like the Merengue, Salsa, Cha Cha, Belly Dance, Cumbia, Flamingo, Tango and Rock and Roll are simplified and broken down to emphasize the basics while creating a total body workout that is motivational, inspiring and fun.

THE SILVERS CLUB  
Southwest Senior Events

AOA EVENTS  
Check Senior event board for updates.

# 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.

## Water Fitness Programs

### AQUAFIT I

A basic water fitness program that targets range of motion, core stabilization, balance, and flexibility.

Fees: YMCA Member Benefit  
Program Members: Tues./Thurs. \$74  
Mon./Weds./Sat. \$92

### AQUAFIT II

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

Fees: YMCA Member Benefit  
Program Members \$78

## Personal Fitness 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 an other direction. The Y provides this free service 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 even Personal Training, our Wellness Coaches can help to make sure you're heading in the right direction based on your personal goals. Consultations are free for all members and strongly encouraged. Appointments can be made at the membership desk or by calling the branch.

### FITNESS ASSESSMENT\*

This assessment of your current fitness level 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.

Fees: YMCA Member Benefit  
Program Members \$25

### BODY COMPOSITION\*

This is an assessment of your current lean body mass versus fat mass and provides you with a total body composition profile. Assessments are performed by a certified YMCA fitness specialist and take approximately 15 minutes. Fees: YMCA Member Benefit

Program Members \$25

### YMCA PERSONAL TRAINING\*

Whether you are just starting out or you 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 is included with the purchase of personal training.

### ONE-ON-ONE

Fees: 1-5 Appointments

YMCA Members \$36/one hour appt.

Program Members \$72/one hour appt.

6-10 Appointments

YMCA Members \$34/one hour appt.

Program Members \$68/one hour appt.

11 or more Appointments

YMCA Members \$32/one hour appt.

Program Members \$64/one hour appt.

### TWO-ON-ONE WORKOUT\*

Enjoy working out with a friend and a personal trainer. Each session equals one hour.

Fee is determined by quantity purchased at the time of registration.

Fees: 1-5 Sessions:

YMCA Members \$25/person/session

Program Members \$50/person/session

6-10 Sessions:

YMCA Members \$23/person/session

Program Members \$46/person/session

11+ Sessions:

YMCA Members \$21/person/session

Program Members \$42/person/session

\*Contact Elise Peaslee at 683-9281 to schedule an appointment

## FIT FOR YOU

### GET OFF ON THE RIGHT FOOT WITH THE YMCA'S FIT FOR YOU WELLNESS PROGRAM

With FIT FOR YOU, you will:

- Eliminate the trials and errors of random exercising by formulating a plan of action with your Wellness Coach to ensure not only that you succeed, but also have a lot of fun in the process.
- Learn key exercises that will make the greatest impact based on the goals you have established with your coach.
- Meet like-minded people who are passionate about helping you get the most of your membership and who will help you connect with other members.
- Get invaluable answers to common questions about health and wellness and learn what really works versus what is myth or hype.
- Utilize our Mobil Fit software, the most interactive and modern technology available to track your progress and keep you motivated.

In 8 weeks you will finally learn what really works in terms of physical activity, having more energy and vitality- not to mention just becoming healthier. NO FEE to all YMCA members.

# HEALTHY LIVING

## YOGA ONE ON ONE\*

Our certified yoga instructors will guide you through a holistic approach toward exercise. Yoga poses are used to build strength, enhance flexibility, and relax the body and mind. Our trained instructors will guide you through a series of poses designed with your needs in mind, giving one on one attention so your pose will become stronger and your alignment will improve. You will relieve stress and tension while you work out.

Fees: YMCA Members \$40/one hour appt.  
Program Members \$80/one hour appt.

## PILATES ONE ON ONE\*

Our certified IM=X Pilates instructor will assess and correct postural and muscle imbalances developed by poor postural/living habits, improper exercise, injury, and stress. Learn to integrate core muscles to support the natural alignment of the spine and strengthen muscles to relieve the pressure of gravity on spine and hips.

Fees: YMCA Members \$40/one hour appt.  
Program Members \$80/one hour appt.

## Wellness Classes

### ACTIVE YOGA

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

### CHAIR YOGA

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

### KUNDALINI YOGA

Combines breath work (pranayama), movement, sound and chanting (mantra), body postures (asanas), hand positions (mudras), relaxation, and meditations that add clarity, vitality, and focus to your life. We recommend loose clothing and bringing a light blanket, and a head covering.

### TAI CHI

(Older Adult) An ancient blend of mental concentration and gentle physical movements. You will increase flexibility, mobility, and balance.

### YOGA

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

## Group Exercise Programs

### BODY CONDITIONING

Change the shape of your body using the best strength exercises and equipment including barbells, dumbbells, stability balls, tubing and BOSU's. Function and intensity collide in this 45 minute workout that will challenge all your major muscle groups using dynamic, tri-planar movements to improve strength, endurance, balance, function and appearance.

### BODY PUMP®

This 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 weights inspire you to get the results you're looking for. Please see website, mobile app or branch for class times.

### BOOTCAMP TRAINING (I)

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 (A)

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 the step. If you are looking for a heart pumping, calorie burning, lower body focused workout - step this way!

### CIRCUIT TRAINING (I)

is a combination of high volume cardiovascular exercises and resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness

### HI/LOW CARDIO (B/I)

A high intensity class that utilizes hi and low impact techniques to develop cardiovascular fitness.

### INTERVAL STEP (I)

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.

### TRX BODY BLAST™

Our all-levels, strength and endurance workout on the straps. An effective total body workout driven by high intensity playlists. All participants move in sync for a great TRX experience.

### TRX® CIRCUIT TRAINING

Participants perform the exercises together but not in a synchronized manner. This class is driven by the clock and by verbal cueing of the instructor, with music used only to set the background mood. 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.

### ZUMBA® (I)

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



Silver&Fit Dance is a fun-filled, safe and easy to follow Latin dance program created for the active older adult and appropriate for all fitness levels. Rhythms like the Merengue, Salsa, Cha Cha, Belly Dance, Cumbia, Flamingo, Tango and Rock and Roll are simplified and broken down to emphasize the basics while creating a total body workout that is motivational, inspiring and fun.

#### CLASS LEVEL KEY

(B) = Beginner Level, class duration of 45-60 min., with an aerobic segment of 20 min.  
(I) = Intermediate Level, class duration of 60 min., with an aerobic segment of 30 min.  
(A) = Advanced Level, class duration of 60-90 min., with an aerobic segment of 30-45 min.

# 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 14534  
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 14830  
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

### 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 227-3900.

### 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.