



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO SPRING

BAY VIEW FAMILY YMCA SPRING I & II Program Guide - 2018

Spring I - February 26-April 29, 2018

Interim Week - April 2-6

Member Registration: February 12

Program Member Registration: February 19

Spring II - April 30-June 24, 2018

Member Registration: February 12

Program Member Registration: April 23

YMCA OF GREATER ROCHESTER
rochesterYMCA.org

STAFF DIRECTORY



Lori Salmon
Family Engagement &
Preschool Director,
341-3223



Carin Adams,
Sr. Dir. of Health &
Wellness, 341-3204



Rae Andrews,
Aquatics Staff Assoc.,
341-3202



Anne Hossenlopp,
Senior Program Dir.,
341-3231



Phil Baretela,
Aquatics Director
341-3218



Holly Malley,
Executive Director,
341-3211



Su Metzger,
Dir of Admin.
341-3207



Terrence McElduff,
Assoc. Executive
Director, 341-3215



Diana Traugot,
Camp Director,
341-3227

THE BAY VIEW FAMILY YMCA STAFF

Rebecca Abplanalp	BASP Program Quality Director	341-3209
Carin Adams	Senior Director of Health & Wellness... ..	341-3204
Rae Andrews,	Aquatics Staff Associate.....	341-3202
TBD,	Building & Grounds Director.....	341-3225
Marianne Angeline,	Group Exercise Coordinator.....	341-4076
Phil Baretela,	Aquatics Director.....	341-3218
Dillon Cavalli,	Sports Coordinator	341-3077
Donna Ciardi,	Billing and Registration Specialist	341-3228
TBD,	Admin. Asst. of Marketing, Media & Programs	341-4046
Elizabeth Facchini,	Financial Assistance Specialist.....	341-3205
Anne Hossenlopp,	Senior Program Director.....	341-3231
Nancy Maffett,	Annual Giving Admin.....	341-3208
Holly Malley,	Executive Director	341-3211
Diane Mattys,	Financial Specialist.....	341-3206
Terrence McElduff,	Associate Executive Director.....	341-3215
Jennifer McNally,	Billing & Registration Admin Asst.	341-3043
Eileen Meisenzahl,	BASP Administration Director.....	341-3221
Suzanne Metzger,	Director of Administration and AOA.....	341-3207
Lori Salmon,	Family Engagement & Preschool Director.....	341-3223
Terri Thon,	Coordinator of Annual giving.....	341-3061
Diana Traugot,	Camp Director.....	341-3227

THE BAY VIEW FAMILY YMCA BOARD MEMBERS

- Paul Ferruzza, Board Chair
- Jim Baker
- Valerie Barbic
- Nancy Baroody
- Joyel Bennett
- Richard Bryant
- Sheila Colletta
- Kevin Conroy
- Jason Fersaci
- Stephen Fersaci
- Ken Gerew
- Dr. Suresh Goel
- Wendi Latko
- Dr. Linda Meyers
- Thomas Mizelle
- Cheryl Pohlman
- Keith Rose
- Jody Rossiter
- Barbara Scullard
- Ganzosig Usukbayer

MEMBERSHIP INFORMATION

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.

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.

Easter Sunday, April 1 Closed

Memorial Day, May 28 8:00am-12:00pm

July 4 Facility Closed

Aquatic Center Open 12:00-6:00pm

Labor Day Facility Closed

Aquatic Center Open 12:00-6:00pm

AQUATIC CENTER HOURS

June 2-June 17

Saturday & Sunday only 12:00-6:00pm

June 18-September 2

Monday-Friday 5:00-8:00pm

Saturday & Sunday 10:00am-6:00pm

WEST POOL

June 18-August 31

Monday-Friday 11:00am-5:00pm

Saturday & Sunday Closed

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 13 with a guest must be accompanied by a parent/guardian during their visit. 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 see page 3.

TABLE OF CONTENTS

AQUATICS 6-10

YOUTH DEVELOPEMENT 11-19

HEALTHY LIVING..... 20-25

ENJOY THESE BAY VIEW FAMILY YMCA FACILITIES

- Wellness Center - 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 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
- 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: 13 years old or 12 years old if completed the wellness consultation program.
- Family Cardio: 8 years old and up, 4:00-8:00pm on Friday, 10:00am until close on Saturday and Sunday. Must be supervised by an adult at all times.
- 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 must have successfully passed the deep end test.
- Child Watch: 6 weeks-12 years old
- Pickup Adult Basketball: 19 years old

MEMBERSHIP INFORMATION

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.

CAMERA POLICY

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 Fees

Category	Passport Monthly Fee	Joining Fee
Youth (0 - 18 years)	\$30.00	\$25.00
Young Adult (19 - 29 years)	\$50.50	\$50.00
Adult (30- 59 years)	\$66.00	\$50.00
Senior (60+ years)	\$62.00	\$50.00
Couple	\$92.50	\$75.00
Individual Parent	\$92.50	\$75.00
Family	\$102.00	\$75.00

*New Membership rates effective June 1, 2017 for new and existing members. 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

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

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.

NATIONWIDE Y MEMBERSHIP

We are dedicated to ensuring our facilities, programs and services are open and welcoming to all. As part of this effort, we are proud to offer our members access to YMCA facilities across the United States that participate in Nationwide Y Membership. This way, our members can use the Y as often as they like, making it easier to achieve their health and wellness goals.

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.

MEMBERSHIP INFORMATION

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 Westside Family YMCA does not carry individual accident insurance for participants. Individuals participate at their own risk. We recommend that you consult with your personal physician by telephone or in person before increasing your physical activity and/ or taking a physical fitness test.

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.

SILVERSNEAKERS®

SilverSneakers® is an overall wellness program that helps you improve your health and live the life you want. SilverSneakers is offered to Medicare-eligible and group retiree members of participating health plans. See if you're eligible, visit silversneakers.com or call 1-888-423-4632, Monday-Friday, 8 am to 8 pm EST.

SILVER&FIT®

The Silver&Fit® program is an exercise and healthy aging program providing unique, evidence-based fitness and health education activities for Medicare beneficiaries and group retirees. Silver&Fit members are required to pay a \$25 annual member fee to the YMCA of Greater Rochester. Contact your health care provider or visit silverandfit.com to see if you are eligible.

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-DEEP END

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

INFLATABLE - SHALLOW END

- See schedule for times.



FOR YOUTH DEVELOPMENT®
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SPLASH WEEK

April 2-5, 2018



The YMCA of Greater Rochester's **Splash Week** is a **FREE** water safety and basic swimming skills program for those with little or no experience.

The world is **71% water**. Your children are **100% curious**.

Space is limited. Registration deadline is Friday, March 30.

Register online at rochesterYMCA.org or visit your nearest YMCA.

Non-Member registration starts March 12

Member registration starts March 19



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GOODBYE FISH

NEW SWIM LESSON PROGRAM

Contact the Aquatic Department or Member Services for more information.

the **Y** YMCA

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through **fun and confidence**-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. **Children will be placed in the appropriate stage by Y staff based on their ability.**

A/WATER DISCOVERY Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B/WATER EXPLORATION in stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SPRING I - Member \$76 - Non-Member \$152
SUNDAY Classes - Member \$67 - Non-Member \$134

SPRING II - Member \$76 - Non-Member \$152
MONDAY Classes - Member \$67 - Non-Member \$134

STAGE A-WATER DISCOVERY & STAGE B-WATER EXPLORATION -6 mo-3 yrs. with parent

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	6:05-6:35pm
Tuesday	2/27-4/24	5/1-6/19	9:30-10:00am
Tuesday	2/27-4/24	5/1-6/19	4:40-5:10pm
Tuesday	2/27-4/24	5/1-6/19	6:10-6:40pm
Wednesday	2/28-4/25	5/2-6/20	4:00-4:30pm
Thursday	3/1-4/26	5/3-6/21	9:30-10:00am
Friday	3/2-4/27	5/4-6/22	11:45am-12:15pm
Friday	3/2-4/27	5/4-6/22	5:30-6:00pm
Saturday	3/3-4/28	5/5-6/23	9:30-10:00am
Sunday	3/4-4/29	5/6-6/24	1:00-1:30pm

During Splash Week (April 2-6) swim lessons will not be held.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: • **Swim, float, swim**-sequencing front glide, **roll, back float, roll**, front glide and exit. • Jump, push turn, grab. **Children will be placed in the appropriate stage by Y staff based on their ability.**

1/WATER ACCLIMATION Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

2/WATER MOVEMENT In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3/WATER STAMINA In stage 3, student learn how to swim to safety for a longer distance that in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SPRING I - Member \$76 - Non-Member \$152

SUNDAY Classes - Member \$67 - Non-Member \$134

SPRING II - Member \$76 - Non-Member \$152

MONDAY Classes - Member \$67 - Non-Member \$134

Preschool 3-5 yrs. - STAGE 1- STAGE 2 - STAGE 3

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	6:05-6:40pm
Monday	2/26-4/23	4/30-6/18	6:45-7:20pm
Tuesday	2/27-4/24	5/1-6/19	10:00-10:35am
Tuesday	2/27-4/24	5/1-6/19	4:40-5:15pm
Tuesday	2/27-4/24	5/1-6/19	5:25-6:00pm
Wednesday	2/28-4/25	5/2-6/20	4:00-4:35pm
Wednesday	2/28-4/25	5/2-6/20	5:20-5:55pm
Friday	3/2-4/27	5/4-6/22	4:40-5:15pm
Friday	3/2-4/27	5/4-6/22	5:25-6:00pm
Friday	3/2-4/27	5/4-6/22	6:10-6:45pm
Saturday	3/3-4/28	5/5-6/23	9:30-10:05am
Sunday	3/4-4/29	5/6-6/24	1:00-1:35pm
Sunday	3/4-4/29	5/6-6/24	2:20-2:55pm

School Age 6-12 yrs. - STAGE 1- STAGE 2 - STAGE 3

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	6:45-7:20pm
Monday	2/26-4/23	4/30-6/18	7:25-8:00pm
Tuesday	2/27-4/24	5/1-6/19	5:25-6:00pm
Tuesday	2/27-4/24	5/1-6/19	6:10-6:45pm
Tuesday	2/27-4/24	5/1-6/19	6:55-7:30pm
Wednesday	2/28-4/25	5/2-6/20	4:40-5:15pm
Friday	3/2-4/27	5/4-6/22	4:40-5:15pm
Friday	3/2-4/27	5/4-6/22	6:10-6:45pm
Friday	3/2-4/27	5/4-6/22	6:55-7:30pm
Saturday	3/3-4/28	5/5-6/23	10:15-10:50am
Sunday	3/4-4/29	5/6-6/24	1:40-2:15pm

Teen & Adult 13+- STAGE 1- STAGE 2 - STAGE 3

Day	Spring I	Spring II	Time
Tuesday	2/27-4/24	5/1-6/19	7:00-8:00pm
Thursday	3/1-4/26	5/3-6/21	9:30-10:30pm

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, **increase social-emotional and cognitive well-being**, and foster a lifetime of physical activity. **Children will be placed in the appropriate stage by Y staff based on their ability.**

4/STROKE INTRODUCTION Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5/STROKE DEVELOPMENT Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6/STROKE MECHANICS In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SPRING I - Member \$76 - Non-Member \$152

SUNDAY Classes - Member \$67 - Non-Member \$134

SPRING II - Member \$76 - Non-Member \$152

MONDAY Classes - Member \$67 - Non-Member \$134

Preschool 3-5 yrs. - STAGE 4

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	6:05-6:40pm
Tuesday	2/27-4/24	5/1-6/19	4:40-5:15pm
Tuesday	2/27-4/24	5/1-6/19	6:10-6:45pm
Wednesday	2/28-4/25	5/2-6/20	4:40-5:15pm
Thursday	3/1-4/26	5/3-6/21	10:00-10:35am
Friday	3/2-4/27	5/4-6/22	12:15-12:50pm
Friday	3/2-4/27	5/4-6/22	5:25-6:00pm
Saturday	3/3-4/28	5/5-6/23	9:30-10:05am
Saturday	3/3-4/28	5/5-6/23	10:15-10:50am
Sunday	13/4-4/29	5/6-6/24	1:40-2:15pm

School age 6-12 yrs. - STAGE 4- STAGE 5 - STAGE 6

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	7:25-8:00pm
Tuesday	2/27-4/24	5/1-6/19	6:55-7:30pm
Wednesday	2/28-4/25	5/2-6/20	5:20-5:55pm
Friday	3/2-4/27	5/4-6/22	6:55-7:30pm
Saturday	3/3-4/28	5/5-6/23	11:00-11:35am
Sunday	3/4-4/29	5/6-6/24	2:20-2:55pm

ADDITIONAL AQUATIC PROGRAMS

SWIM LEADERSHIP CLUB *previously PORPOISE SWIM CLUB*

Now 45 minutes Ages 6-12: Swimmers must have successfully completed Stage 6 (stroke mechanics) or higher to qualify for the Swim Leadership 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.

Day	Time
Monday	7:25-8:10pm
Saturday	10:45-11:30am

Fees: YMCA Members \$72

Program Members \$127

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!

PRIVATE COMPETITIVE SWIM LESSONS

Private Competitive Swim Lessons using IKKOS Virtual Reality learning system. IKKOS combines groundbreaking technology with the latest in neuroscience research, specifically, the principals of neuroplasticity to teach your swimmer proper technique in minutes. It is the creative integration of an Olympic swim coach's commitment to his athletes' pursuit of excellence, his deep interest in neuroscience and pragmatic use of technology. Contact Phil Baretela for details 341-3218.

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. Min. 3

Fees: YMCA Member Benefit
Program Members \$70

Day	Time
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.

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

Fees: YMCA Members \$28 per lesson
Program Members \$52 per lesson

SEMI-PRIVATE SWIM

Fees: YMCA Members \$18 per student
Program Members \$36 per student
Please call 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 Aquatics Director at 341-3218.

Age requirements: 3-16 years

Fees: YMCA Members \$76

Program Members \$152

Time: By appointment-8 - 30 minute classes

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 Phil Baretela, Aquatics Director, at 341-3218.

Fees: YMCA Members \$224

Program Members \$416

Time: By appointment, ten 30-minute classes

NAUI CERTIFICATION

This is an open water course that will cover scuba skills and involve an open water dive. Contact Phil Bartela for details at 341-3218.

BAY VIEW TIGERS SPRING SWIM TEAM

Each age group has the opportunity to practice 5 days per week. April 8- June 24

Ages: 6-18

Fees: YMCA Member \$270

Non Member \$370

Second Child Discount \$243

The Spring I Session will be the Tigers first run as a USA Swim Club. May swim as a non USA Swim Member. Added USA Swim Team fee.

TIGER CUBS

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." Must be able to swim one length of pool unassisted. Registration is required.

Fees: YMCA Members \$155

Program Members \$191

Contact Phil Bartela for more information at 341-3218.

YOUTH DEVELOPMENT

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 Dillon Cavalli at 341-3077 or Dillon.Cavalli@RochesterYMCA.org

Spring I After School Sports

AFTER SCHOOL GAGA

Come and enjoy simple, fun, and exciting game. Participants will spend each day experiencing the game that has taken the Bay View YMCA by storm! Begins Tuesday, March 6-April 24

Fees: YMCA Members \$54
Program Members \$86

Day	Age	Time
Tues.	8-12	4:30-5:30pm

AFTER SCHOOL FLOOR HOCKEY

Age Requirements: 8-12 years old
Begins Wednesday, March 7-April 25

Fees: YMCA Members \$54
Program Members \$86

Day	Age	Time
Wed.	8-12	4:30-5:30pm

AFTER SCHOOL SPORTS SAMPLER

A different sport each week.
Begins March 8-April 26

Fees: YMCA Members \$54
Program Members \$86

Day	Age	Time
Thurs.	7-10	4:30-5:30pm

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. Teams and week two times will be available at the Welcome Center by 5:00pm on Wednesday, April 26. We will hand

out schedules the remainder of the season during week two of the session on April 29.

Fees: YMCA Members \$83
Program Members \$114
Date: Begins Saturday April 21-June 23
Week 1: April 16

Day	Age	Time
Sat.	5-7	9:00am
Sat.	8-10	10:00am
Sat.	11-14	11:00am

TRAVEL NFL FLAG FOOTBALL

Fees: YMCA Members \$83
Program Members \$114
Date: Begins Sunday, April 29-June 17

Day	Age	Time
Sun.	10-12	TBD

TRACK AND FIELD

Youth Track and Field is designed to provide children with opportunity to engage in a pre-competitive, instructional games program that teaches the basics of track and field including sprints, middle and long distance running, relays, long jump, discus, shot put, and the rule and strategies of track and field. Locations will vary as the session goes on. Week 1 (April 21) will be held at Spry Middle School. This program will culminate in a competitive track meet TBD.

Fees: YMCA Members \$63
Program Members \$103
Begins Saturday, April 21-June 23
Location: Spry MS, Webster Schroeder HS, Webster Thomas HS

Day	Age	Time
Sat.	6-13	10:00-11:15am

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 \$63
Program Members \$103

Begins April 21-June 23

Day	Age	Time
Sat.	6-14	10:00-10:45am

INDOOR SOCCER

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

Fees: YMCA Members \$63
Program Members \$103
Begins Saturday, April 21-June 23

Day	Age	Time
Sat.	6-8	9:00am
Sat.	9-12	10:00am

YOUTH BASKETBALL LEAGUE

Fees: YMCA Members \$63
Program Members \$103
Date: Begins Saturday, April 21-June 23

Day	Age	Time
Sat.	6-7	11:00am-12:00pm
Sat.	8-9	12:00-1:00pm
Sat.	0-12	1:00-2:00pm

Iddy Biddy Sports Programs

The YMCA of Greater Rochester is committed to providing a fun, educational 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. All classes are boys & girls. For more information contact Dillon Cavalli at 341-3077.

Spring I

IDDY BIDDY INDOOR FOOTBALL

(For boys and girls.) 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 \$53
Program Member \$81

Dates: March 6-April 24

Day	Time
Tues.	5:30-6:15pm

IDDY BIDDY SPORTS SAMPLER

This program is an introduction to fitness with a variety of different sports each week. The last 10 minutes is parent/child time! We encourage all caregivers to participate.

Age Requirement: 3-5 years old
Fees: YMCA Member \$53
Program Member \$81

Begins Wednesday, March 7-April 25

Day	Time
Wed.	5:30-6:15pm

IDDY BIDDY LACROSSE

(For boys and girls.) Participants will develop stick skills and teamwork in this fun and action packed sport. Activities will take place outdoors so please dress for weather.

Age Requirement: 4-5 years old
Fees: YMCA Member \$63
Program Member \$92

Dates: Saturday, April 21-June 23

Day	Time
Saturday	9:30-10:15am

YOUTH DEVELOPMENT

IDDY BIDDY TRACK

(For boys and girls.) Participants will learn all areas of track and field including running and throwing events.

Age Requirement: 4-5 years old

Fees: YMCA Member \$63
Program Member \$92

Dates: Saturday, April 21-June 23

Day	Time
Saturday	10:15-11:00am

IDDY BIDDY BASKETBALL

(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. Registration is now open.

Age Requirement: 4-5 years old

Fees: YMCA Member \$63
Program Member \$92

Dates: Saturdays, April 21-June 23

Day	Time
Saturday	11:30-12:15pm
Saturday	12:15-1:00pm

Youth After School Sports

Spring II

FISHING CLINIC

Fees: YMCA Member \$60
Program Member 90

Dates: Starts April 30-June 18

Day	Time
Mon.	4:30-6:30pm

*AFTER SCHOOL 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 \$54
Program Members \$86

Date: May 1-June 19

Day	Time
Tues.	4:30-5:30pm

*AFTER SCHOOL BASKETBALL

This class will be limited to 8 participants. Some knowledge of basketball is required. We will learn and cover all areas of basketball to ensure a foundation of shooting, passing, and dribbling.

Begins May 2-June 20
Fees: YMCA Members \$54
Program Members \$86

Day	Age	Time
Wed	8-13	4:30-5:30pm

YOUTH AFTER SCHOOL SPORTS EXTREME SAMPLER

Climb, shoot, hike, and slide through our extreme sampler! We will visit our archer range, rock wall, zip line, water front, hiking trails. Class begins May 3-June 21

Age Requirement: 8-12 years old

Fees: YMCA Member \$54
Program Member \$86

Day	Time
Thursday	4:30-5:30pm

Iddy Biddy Sports Programs

The YMCA of Greater Rochester is committed to providing a fun, educational 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. All classes are boys & girls. For more information contact Dillon Cavalli at 341-3077.

Spring II

IDDY BIDDY OUTDOOR SOCCER

(For boys and girls.) 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 \$53
Program Member 81

Dates: Begins April 23-June 18

Day	Time
Monday	5:30-6:15pm

IDDY BIDDY LACROSSE

(For boys and girls.) Participants will develop stick skills and teamwork in this fun and action packed sport. Activities will take place outdoors so please dress for weather.

Age Requirement: 4-5 years old

Fees: YMCA Member \$63
Program Member \$92

Dates: Begins April 21-June 23

Day	Time
Saturday	9:30-10:15am

IDDY BIDDY TRACK & FIELD

(For boys and girls.) Participants will learn all areas of track and field including running and throwing events.

Age Requirement: 4-5 years old

Fees: YMCA Member \$63
Program Member \$92

Dates: Begins April 21-June 23

Day	Time
Saturday	10:15-11:00am

IDDY BIDDY BASKETBALL

(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. Registration is now open.

Age Requirement: 4-5 years old

Fees: YMCA Member \$63
Program Member \$92

Dates: Begins April 21-June 23

Day	Time
Saturday	11:30-12:15pm
Saturday	12:15-1:00pm

Summer Youth Sports SANDLOT SOCCER

Kick, pass and run through all the basic skills of soccer.

Fees: YMCA Members \$63
Program Members \$102

Dates: Starts June 19-August 7

Day	Age	Time
Tues.	6-10	6:15-7:15pm

GAGA

This class will cover all the fundamentals of passing, shooting, stick skills, and more.

Fees: YMCA Members \$63
Program Members \$103

Dates: Starts June 20-August 8

Day	Age	Time
Wed.	10-13	6:00-7:00pm

VOLLEYBALL CLINIC

Times: TBD

Date: TBD

Fees: YMCA Members \$63
Program Members \$103

Contact Carin Adams for program details.

Summer 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 June 25.

Age Requirement: 3-5 years old

Fees: YMCA Member \$53
Program Member 81

Dates: Mondays beginning June 25-August 13

Day	Time
Monday	6:15-7:00pm

IDDY BIDDY T-BALL

This Iddy Biddy class will run for 45 minutes and will include all the basics of fielding, hitting, running bases and catching. Volunteers are always welcome and especially helpful when games are played! Limited space available.

Age Requirement: 4-5 years old

Fees: YMCA Member \$63
Program Member \$92

Dates: Saturdays, June 23-August 25

Day	Time
Saturday	9:15-10:00am
Saturday	10:15-11:00am
Saturday	11:15am-12:00pm



Healthy Kids Day

Saturday March, 3

Strong National Museum of Play

585-263-2700

**Y MEMBERS
RECEIVE
\$3 OFF
ADMISSION**

Just show your Y
Key Tag

Healthy Kids Day

Run, hop, or slide into the museum for a day filled with fitness fun! Join staff from the YMCA of Greater Rochester for activities centered around fitness, sports, and healthy lifestyle habits. Enjoy camp-themed games, move to the beat of Caribbean drums, relax with yoga, and more.

Presented by Strong National Museum of Play
and YMCA of Greater Rochester



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.

MONTHLY KARATE PRICING

For members only.

No more registering every session!

YOUTH KARATE MONTHLY RATE

Tiny Tigers	\$29
Beginner	\$32
Novice and Intermediate	\$35

TEEN AND ADULT KARATE MONTHLY RATE

Beginner/Intermediate	\$67
Advanced	\$49
Martial Arts Defenses	\$35

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 \$58

Programs Members \$114

Day	Time
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 \$64

Program Members \$129

Day	Time
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 \$71

Program Members \$142

Day	Time
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 \$71

Program Members \$142

Day	Time
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 \$98

Program Members \$196

Day	Time
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: \$71

Program Member: \$142

Day	Time
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 \$132

Program Members \$269

Advanced: YMCA Members \$98

Program Members \$196

Day	Time
Mon./Wed. (Beg./Inter.)	7:30-8:30pm
Thurs. (Adv.)	7:45-8:45pm

YOUTH DEVELOPMENT

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

Day	Time
Tues.	5:00-6:00pm
Sat.	1:00-2:00pm

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

KIDDING AROUND YOGA

Yoga program geared toward ages 5-10. Incorporates all things yoga has to offer including breathing, stretching, meditation using stories, songs and games. Open registration, join us Tuesdays 6:20-7:00pm in Honesty Hall.

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 Carly Swieringa at 341-4023 for more information.

Age Requirement: Grades 6-12

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

Program Members \$45

Day	Time
Thursday	7:00-8:30pm

Child Care 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 6:00am until school begins.

2017-2018 FEES (PER MONTH)

Days per week	4 or 5	3	1 or 2
YMCA Member	\$153	\$114	\$92
Program Member	\$236	\$177	\$142

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.

2017-2018 FEES (PER MONTH)

Days per week	4 or 5	3	1 or 2
YMCA Member	\$298	\$223	\$179
Program Member	\$422	\$317	\$253

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.

SCHOOL AGE FUN CLUBS

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 \$43/day
Program Member \$60/day

Fun Club Field Trip Fees:

YMCA Member \$60/day
Program Member \$74/day

FUN CLUB DATES AND THEMES

March 30 - March Madness

April 2 - Jungle Day

April 3 - Imagination Station

April 4 - Super Heroes

April 5 - Messy Science

April 6 - Blast off into Space

April 20 - Earth Day

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.

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 \$30 is required per session. Space is limited. Please register at least 48 hours in advance. For more information, contact Dillon Cavalli at 341-3077 or Dillon.Cavalli@RochesterYMCA.org.

Registration for the 2017-2018 school year is open. Space is limited. Register at the Bay View Welcome Center or online at rochesterymca.org/bayview. Please contact Eileen Meisenzahl at 341-3221 with any questions.

YOUTH DEVELOPMENT

2017-2018 Preschool Class Offerings

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.

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, 2018. 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 \$20 registration fee is required and is nonrefundable or transferable.

SELECT AGE GROUP*	CHOOSE DAYS AND TIMES		CHOOSE MONTHLY PRICING	
2 YEAR OLDS	<input type="checkbox"/> Monday/Wednesday	9:15-11:15am	<input type="checkbox"/> YMCA Member \$111	<input type="checkbox"/> Program Member \$198
	<input type="checkbox"/> Tuesday/Thursday	9:15-11:15am	<input type="checkbox"/> YMCA Member \$111	<input type="checkbox"/> Program Member \$198
	<input type="checkbox"/> Friday	9:15-11:15am	<input type="checkbox"/> YMCA Member \$ 55	<input type="checkbox"/> Program Member \$ 99
3 YEAR OLD	<input type="checkbox"/> Monday/Wednesday/Friday	9:00-11:30am	<input type="checkbox"/> YMCA Member \$162	<input type="checkbox"/> Program Member \$244
	<input type="checkbox"/> Monday/Wednesday/Friday	1:00-3:30pm	<input type="checkbox"/> YMCA Member \$162	<input type="checkbox"/> Program Member \$244
	<input type="checkbox"/> Tuesday/Thursday	9:00am-12:00pm	<input type="checkbox"/> YMCA Member \$137	<input type="checkbox"/> Program Member \$218
3 AND 4 YEAR OLDS LUNCH BUNCH	<input type="checkbox"/> Monday/Wednesday/Friday	12:00-3:00pm	<input type="checkbox"/> YMCA Member \$196	<input type="checkbox"/> Program Member \$316
	<input type="checkbox"/> Tuesday/Thursday	12:00-3:00pm	<input type="checkbox"/> YMCA Member \$137	<input type="checkbox"/> Program Member \$218
4 YEAR OLDS	<input type="checkbox"/> Monday/Wednesday/Friday	9:00am-12:00pm	<input type="checkbox"/> YMCA Member \$196	<input type="checkbox"/> Program Member \$316
	<input type="checkbox"/> Monday/Wednesday/Friday	1:00-3:30pm	<input type="checkbox"/> YMCA Member \$162	<input type="checkbox"/> Program Member \$244
4 AND 5 YEAR OLDS	<input type="checkbox"/> Monday - Friday	9:00am-12:00pm	<input type="checkbox"/> YMCA Member \$291	<input type="checkbox"/> Program Member \$443
	<input type="checkbox"/> Monday - Friday	1:00-3:30pm	<input type="checkbox"/> YMCA Member \$244	<input type="checkbox"/> Program Member \$368

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	6:10-7:00pm	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.
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. 4:00-8:00pm. Sat. and Sun. 10:00am-2:00pm June through October.
Zipline/Rockwall			
Weight & restrictions apply			Starting in June. see summer activities brochure for days and times & weather permitting

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 2-12.

Schedule

6:00-6:30 Dinner	March 17
6:30-7:15 epicenter	April 21
7:15-7:45 Crafts	May 19
7:15-8:15 Swim (ages 8-12)	June 16
7:45-9:00 Movie	
9:30 Parent Pick-up	



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: \$6 skate rental.
Parents Night Out See below for more details.			
2-12 Years Old		6:00-9:30pm	Enjoy a relaxing evening out while we take care of dinner and your kids! Registration required. Contact Welcome Center, 671-8141.
Youth Overnights and Half Nights See page 18 for more details.			
6-12 Years Old	Nov. 18 Dec. 31	6:00-11:30pm or 6:00pm-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.
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 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. Dinner included.

Dates: March 24, April 28, June 2

Times: Full Night: Sat., 6:00pm – Sun., 9:00am

Half Night: Sat., 6:00 – 11:30pm

Fees: Full Night: YMCA Members \$26 • Guests \$46

Half Night: YMCA Members \$19 • Guests \$36

HEALTHY LIVING

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

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

PERSONAL TRAINING POWER HOURS

Come meet some of our certified personal trainers and pick up a few tips. Each month trainers will cover different topics. Visit the wellness center for more information.

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. Member benefit. Registration required. - 5 class sessions

Minimum: 5 participants	
Maximum: 10 participants	
Day	Time
Friday	10:00-11:00am

WOMEN'S INTERMEDIATE & ADVANCED STRENGTH TRAINING

Min. 3 participants
Max. 8 participants
Perfect for those who completed beginner strength and want to learn more or people who have experience with weight training. Led by Nancy. Registration Required
5 class session for Spring I & Spring II
Fees: \$40

Dates	Time
Wednesday	TBD

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 \$50/1 hour appointment
Program Members \$100/1 hour appointment

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 \$52/1 hour appointment
Program Members \$104/1 hour appointment

TEAM TRAINING FOR MIDDLE SCHOOL AND HIGH SCHOOL ATHLETES

Championships are won when no one is watching. Take your athletic performance to the next level with strength, speed and agility training with your teammates during the offseason. Our personal trainers will customize your workout plan and motivate you every step of the way to meet your goals. Groups forming now! Groups of 4-10 athletes. Fees: Varies, as low as \$5 per athlete per session
Contact Carin Adams at 341-3204 for details.

PERSONAL TRAINING AND NUTRITION PACKAGE - \$40 SAVINGS

This special price offering gives you 5 personal training sessions with a certified personal trainer and a one hour session with a registered dietician. According to the CDC, "The key to achieving and maintaining a healthy life isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating and regular physical activity." Get started making healthy changes today. Fees: YMCA Members \$200

HEALTHY LIVING

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.

Fees: YMCA Member Benefit
Program Members \$10

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 or online. Discount is determined by quantity purchased at time of registration.

SEMI PRIVATE 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 or online is required.
Group Size: 2-5 participants

SMALL GROUP PERSONAL TRAINING (6-8 people)

Looking for a fun, new way to get personalized results while enjoying the company of others working towards their own fitness goals? Small group training will allow you to set your own goals and increase your strength, endurance and flexibility. 8 Weeks

Fees: Twice weekly small group personal training \$128/person after 4/1/18 \$130/person
Once weekly small group personal training \$64/person after 4/1/18 \$65/person

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. You can also contact Marianne Angeline at marianne@rochesterymca.org or 585-341-4076 for more information.

Fees: YMCA Member \$160
Program Members \$200
Returning Member \$150
Returning Program Member \$190

*Anticipated class times

Mon. & Wed. 6:30-7:00pm

Tues. & Fri. 5:45-6:15am

Tues. & Fri. 6:30-7:00am

Optional Sunday 9:15-9:45am

Min. 5 participants

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

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. Appointment times can be scheduled at the Welcome Center.

Available Monday and Friday mornings. Contact Carin Adams at 341-3204 for times.

REIKI

Reiki is a Japanese Technique for working with energy to mobilize the body's own natural healing abilities. It generally reduces stress and promotes deep relaxation.

Treatments will be available monthly in the evening. Contact Carin Adams at 341-3204 for more information on days and times.

Group Exercise Classes

All YMCA Group Exercise instructors are certified through the YMCA of the USA and have current CPR. Unless otherwise indicated, all group exercise classes are a Member Benefit. 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.

BODYFLOW®

Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW® an inspired soundtrack plays as you move through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is part of the exercise, and you'll strengthen your body and leave feeling calm and centered.

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.

MOVING FOR BETTER BALANCE

Moving for Better Balance is a 12-week evidence-based group exercise program developed by researchers at the Oregon Research Institute. The program based on the principles of Tai Chi, teaches eight movements modified especially for fall prevention.

The program works to improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, which leads to better functioning in daily activities.

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

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

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.

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

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

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.

H.I.I.T.

A time efficient, total body, aerobic and strength conditioning workout. This interval-based class combines full-body strength training and high intensity cardio bursts designed to torch calories tone your body, improve endurance and clear your mind. HIIT features leading edge programs to give maximal results in minimal time. Modifications for all fitness levels are provided.

Note: HIIT classes may include the following formats: P90X, Insanity, Power & Performance, Core de Force.

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 CARDIO

The perfect mix of heart pumping cardio, upbeat tunes, and low impact moves.

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.

GROUP CYCLE

An indoor cycling cardio workout for all fitness levels.

TABATA BOOT CAMP™

This 8 week program strikes the perfect combination of short, efficient workouts, ongoing online support, and motivation in a small group training session. If you seek a program that provides an on-ramp for all levels, produces real results in weight loss and fitness, Tabata Boot Camp is for you!

Taught by a certified Tabata Boot Camp instructor, each workout is based on High Intensity Interval Training (HIIT) to deliver a calorie drenching workout and post metabolic boost. Participants receive a simple and individually formatted program with a quick 6-minute web based daily workouts and participate in 2-3 comprehensive weekly workouts at the Y that will result in true, successful weight loss and muscle gain. These workouts are combined with metabolic tracking and 24/7 web support and accountability to get you in the best shape of our life.

*Online registration required through Tabata Boot Camp Website to participate in TBC classes offered. Days/Times TBD

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, flamingo 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

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.

Day	Time
Mon.-Fri.	8:30-9:25am
Tues.	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.

Day	Time
Mon.	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.

Day	Time
Tues./Thurs.	10:30-11:20am
Thursday	1:15-2:00pm
Saturday	8:25-9:25am
Sunday	4:30-5:25pm

VARIETY PAK

A monthly rotation of Deep Water and Aqua Circuit Combo.

Day	Time
Mon./Wed.	2:00-2:55pm
Tues.	2:05-2:50pm

WATER WALKING/ RUNNING

In shallow or deep water. Easy on the joints.

Day	Time
Mon./Wed./Fri.	10:15-10:55am
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.

Day	Time
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.

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.

Adult/Teen Swim Programs on page 9

HEALTHY LIVING

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 Wednesdays from 6:30-8:30pm. 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. Second Monday of every month, 6:00-9:00pm. Please check with the Welcome Center for dates and to sign up.

Fees: YMCA Members \$57
Program Members \$67

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 341-3202.

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. For additional information please contact Phil @ 341-3218

Fees: YMCA Members \$180
Program Members \$230

Date	Time
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TBD

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 \$100
Program Members \$100

Date	Time
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TBD

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
Tuesday	1:30-3:30pm
Wednesday	1:30-3:30pm
Saturday	1:30-3:30pm
Saturday	1:30-5:00pm*

*after 2/3 3:30-5:00pm

Contact Carin Adams for info 341-3204

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

Indoor Volleyball

Indoor hard court leagues Winter Session begin in February. League champions receive t-shirts & a gift card. Leagues are 10 weeks long.

Sunday - Intermediate 6's - Begins Feb. 25

Tuesday - Men's Advanced 6's - Begins Feb. 13

Thursday - Women's 6's - Begins Feb. 15

League Fees: \$360/Team. If registered one week prior to season start date. \$375 if less than one week prior to season start date.

Outdoor leagues will begin in May*. See our web page for more information: www.RochesterYMCA.org/Bayview/bay-view-volleyball-league

Visit our web page for more info and exact start dates. Contact Carin Adams at Carin.Adams@RochesterYMCA.org.

*Recreational, Intermediate and Advanced level of play.



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.

Day	Time
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. Day

Time
Mon./Wed./Fri. 9:30-10:10am
Mon./Wed./Fri. 11:00-11:40am
Mon./Wed. 1:15-1:55pm
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



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.

FEELING FIT

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

FEELING FIT PLUS

Offers more complex choreography and higher intensity than original Feeling Fit class.

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.

Day	Time
Tues./Thurs.	1:15-2:00pm

FEELING FIT (CHAIR)

Moderate stretching, strengthening, and cardiovascular endurance for older adults. Utilizes a chair.

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.

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 Sue Zajac at 341-3203.

YMCA

OF GREATER ROCHESTER
facilities

ASSOCIATION OFFICE 546-5500

444 East Main Street, Rochester, NY 14604

BAY VIEW FAMILY BRANCH 671-8414

1209 Bay Road, Webster, NY 14580

CAMP ARROWHEAD 383-4590

20 Arrowhead Road, Pittsford, NY 14534

CAMP CORY 325-2889

140 East Lake Road Route 54, Penn Yan, NY 14527

CAMP GORHAM(315) 357-6401

265 Darts Lake Road, Eagle Bay, NY 13331

CAMP NORTHPOINT 392-9905

249 North Greece Road, Hilton, NY 14468

CHESTER F. CARLSON

METROCENTER BRANCH 325-2880

444 East Main Street, Rochester, NY 14604

CORNING COMMUNITY BRANCH

..... (607) 936-4638

127 Center Way, Corning, NY 14830

EASTSIDE CHILD CARE CENTER 341-3054

4646 Fairport Nine Mile Point Road,
Suite 2, Fairport, NY 14450

EASTSIDE FAMILY BRANCH 341-4000

1835 Fairport Nine Mile Point Road,
Penfield, NY 14526

LEWIS STREET CHILD CARE CENTER

..... 325-2572

53 Lewis Street, Rochester, NY 14605

MAPLEWOOD FAMILY BRANCH 647-3600

25 Driving Park Avenue, Rochester, NY 14613

MONROE FAMILY BRANCH 271-5320

797 Monroe Avenue, Rochester, NY 14607

NORTHWEST FAMILY BRANCH 227-3900

730 Long Pond Road, Rochester, NY 14612

SOUTHEAST FAMILY BRANCH 385-4665

111 E. Jefferson Road, Pittsford, NY 14534

SOUTHWEST FAMILY BRANCH 328-9330

597 Thurston Road, Rochester, NY 14619

VICTOR ACTIVE FAMILY CENTER 742-4940

200 High Street, Victor, NY 14564

WESTSIDE FAMILY BRANCH 247-3501

920 Elmgrove Road, Rochester, NY 14624

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.

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 your local Y.