



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO SPRING

WESTSIDE 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



Chris Mangone,
Westside District
Vice President



Meghan Angel,
Westside District
Aquatic Director



Ryanne Boring,
Child Care Center
Director



Tammie Messineo,
Membership &
Marketing Director



Justin Rambo,
Health and Wellness
Director



Ken Smith, Youth
Develop., Before & After
School Staff Assoc.



Tom Ward, Building
& Grounds Director

THE WESTSIDE FAMILY YMCA STAFF

Chris Mangone, Westside District Vice President
 Meghan Angel, Westside District Aquatic Director
 Michelle Baker, Administrative Assistant - Web Programs
 Ryanne Boring, Child Care Center Director
 Ashley Dates, Coordinator of Annual Giving
 Lisa Gaul, Group Exercise Coordinator
 Deb Haines, Office Manager
 Joe Leatham, Administrative Assistant, Child Care
 Tammie Messineo, Membership and Marketing Director
 Julie Montgomery, AOA and Volunteer Coordinator
 Alison Noll, Child Watch Coordinator
 Lori O'Connor, Administrative Assistant - Membership
 Justin Rambo, Health and Wellness Director
 Ken Smith, Youth Development, Before & After School Staff Associate
 Tom Ward, Building and Grounds Director

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 David Piano
 Robert Renehan
 Dennis Roote
 Jason Tsongas
 Kimberle Ward
 Tom Zubert

WESTSIDE BRANCH HOURS

5:15am-10:00pm Monday-Friday
 7:00am-8:00pm Saturday
 8:00am-7:00pm Sunday

HOLIDAY HOURS

Easter, April 1 Closed
 Memorial Day, May 28 8:00am-12:00pm

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.

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MEMBERSHIP INFORMATION

MEMBERSHIP BENEFITS

Our Individual Parent and Family memberships offer the greatest benefit and value for everyone in the family.

- Family Adventure Center
- Family Fun Center
- Fun/Fit Zone/Game Room
- Child Watch service during workout/class
- Lounge
- Wellness Center
 - Wellness Consultation – A personalized fitness program
 - Nautilus circuit
 - Cardiovascular equipment
 - Cardio Theatre
 - Weight room
 - Fitness evaluations
- All Group Exercise classes
- Gymnasium
- 25 yard, 4 lane pool, and Family Fun Pool
- Sauna/Whirlpool
- Aqua Fit classes
- Locker rooms
- Family Nights
- Reduced program fees and priority registration for classes
- AWAY Program – use of other Ys across the country for no cost or reduced guest fee
- Volunteer Opportunities

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 review The Hall Pass section on page 6.

YMCA FACILITIES

- Family Fun Center – Expanded Child Watch, Fun/Fit Zone
- Expanded Wellness Center – Lifecircuit and Treadmills, Stairclimbers, and Espresso bikes
- Expanded Nautilus and Free Weight Room
- Four lane, 25 yard Swimming Pool and Family Fun Pool
- Sauna, Whirlpool
- Gymnasium
- Men's, Women's and Family Locker Rooms
- Lounge
- Aerobics Studio
- Group Cycling Studio
- Community Garden
- Bocce Court
- Westside Resource Center

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, offers opportunities for K-12 year olds to enjoy supervised 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.

- Wellness Center: 13 years old or 12 years old if completed the wellness consultation program.
- All Group Exercise Classes: 13 years old
- Sauna/Whirlpool: 16 years old
- Lap Swimming: 13 years old or older and successfully passed the deep end test.
- Family Swim: See page 21 for age guidelines
- Child Watch: 6 weeks – 6 years old
- Adventure Center: 5 – 12 years old
- Fun/Fit Zone: 7 years old or older
- Family Fun Center: 6 weeks – 6 years old
- Pickup Adult Basketball: 19 years old
- Pool: Children 5 years old and under must 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. Children who want to swim in the deep end, must first successfully pass the deep end test.
- U.S. Coast Guard approved flotation devices only.

LOCKER ROOM USE

We offer three locker room facilities: Women/Girls, Men/Boys, and Family/Special Needs. The Family/Special Needs locker room is a unisex locker room with private changing areas for use by children, families, and individuals with special needs. Children over one year of age accompanied by a parent of the opposite sex must use the Family and Special Needs locker room. The Westside Family YMCA is not responsible for lost or stolen items.

LOCKER USE

Lockers are for daily use only. Members are encouraged to bring a lock to lock their valuables or may utilize the FREE valuables lock boxes in our men's and women's locker rooms. Courtesy lockers are available on the second floor near the Wellness Center.

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.

Entry to the YMCA will be by membership or program card or photo ID only. Program members should pick up their cards on the first day of class at the Welcome Center. Please bring it with you when you visit. Thank you!

Have you changed your address, phone number, or email address?
Please see the Welcome Center to make the change.

MEMBERSHIP INFORMATION

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. 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/American Express/ Discover 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 WESTSIDE 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 Y 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.

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

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

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 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.



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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**Democrat
& Chronicle**

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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.

Member \$51 - Non-Member \$86

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

Day	Spring I	Spring II	Time
Wednesday	2/28-4/25	5/1-6/20	5:55-6:25pm
Saturday	3/3-4/28	5/5-6/23	9:00-9:30am
Saturday	3/3-4/28	5/5-6/23	11:00-11:30am
Sunday	3/4-4/29	5/6-6/24	9:00-9:30am

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

Day	Spring I	Spring II	Time
Wednesday	2/28-4/25	5/1-6/20	6:40-7:10pm
Saturday	3/3-4/28	5/5-6/23	9:45-10:15am
Saturday	3/3-4/28	5/5-6/23	12:00-12:30pm

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 \$62- Non-Member \$124
SUNDAY - Members \$54- Non-members \$108
No class Easter Sunday

Spring II - Member \$62- Non-Member \$124
MONDAY - Members \$54- Non-members \$108
No class Memorial Day

Preschool 3-5 yrs. - STAGE 1

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	5:10-5:45pm
Monday	2/26-4/23	4/30-6/18	5:55-6:30pm
Monday	2/26-4/23	4/30-6/18	6:40-7:15pm
Wednesday	2/28-4/25	5/1-6/20	5:55-6:30pm
Wednesday	2/28-4/25	5/1-6/20	6:40-7:15pm
Saturday	3/3-4/28	5/5-6/23	9:00-9:35am
Saturday	3/3-4/28	5/5-6/23	9:45-10:20am
Saturday	3/3-4/28	5/5-6/23	10:30-11:05am
Saturday	3/3-4/28	5/5-6/23	11:15-11:50am
Sunday	3/4-4/29	5/6-6/24	9:40-10:15am

SWIM BASICS

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

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	5:10-5:45pm
Monday	2/26-4/23	4/30-6/18	5:55-6:30pm
Monday	2/26-4/23	4/30-6/18	6:40-7:15pm
Monday	2/26-4/23	4/30-6/18	7:25-8:00pm
Wednesday	2/28-4/25	5/1-6/20	6:40-7:15pm
Wednesday	2/28-4/25	5/1-6/20	7:25-8:00pm
Saturday	3/3-4/28	5/5-6/23	9:00-9:35am
Saturday	3/3-4/28	5/5-6/23	9:45-10:20am
Saturday	3/3-4/28	5/5-6/23	11:15-11:50am
Saturday	3/3-4/28	5/5-6/23	12:00-12:35pm

School Age 6-12 yrs. - STAGE 1

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	5:10-5:45pm
Monday	2/26-4/23	4/30-6/18	6:40-7:15pm
Wednesday	2/28-4/25	5/1-6/20	5:55-6:30pm
Wednesday	2/28-4/25	5/1-6/20	6:40-7:15pm
Saturday	3/3-4/28	5/5-6/23	9:45-10:20am
Saturday	3/3-4/28	5/5-6/23	10:30-11:05am
Saturday	3/3-4/28	5/5-6/23	12:00-12:35pm

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

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	5:10-5:45pm
Monday	2/26-4/23	4/30-6/18	5:55-6:30pm
Monday	2/26-4/23	4/30-6/18	6:40-7:15pm
Monday	2/26-4/23	4/30-6/18	7:25-8:00pm
Wednesday	2/28-4/25	5/1-6/20	5:55-6:30pm
Wednesday	2/28-4/25	5/1-6/20	6:40-7:15pm
Wednesday	2/28-4/25	5/1-6/20	7:25-8:00pm
Saturday	3/3-4/28	5/5-6/23	9:00-9:35am
Saturday	3/3-4/28	5/5-6/23	9:45-10:20am
Saturday	3/3-4/28	5/5-6/23	12:00-12:35pm

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

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	7:25-8:00pm
Saturday	3/3-4/28	5/5-6/23	9:00-9:35am

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 \$62- Non-Member \$124
SUNDAY - Members \$54- Non-members \$108
No class Easter Sunday

Spring II - Member \$62- Non-Member \$124
MONDAY - Members \$54- Non-members \$108
No class Memorial Day

Preschool 3-5 yrs. - STAGE 4

Day	Spring I	Spring II	Time
Monday	2/26-4/23	4/30-6/18	7:25-8:00pm
Wednesday	2/28-4/25	5/1-6/20	7:25-8:00pm
Saturday	3/3-4/28	5/5-6/23	10:30-11:05am
Saturday	3/3-4/28	5/5-6/23	11:15-11:50am

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	5:55-6:30pm
Monday	2/26-4/23	4/30-6/18	7:25-8:00pm
Wednesday	2/28-4/25	5/1-6/20	5:55-6:30pm
Wednesday	2/28-4/25	5/1-6/20	7:25-8:00pm
Saturday	3/3-4/28	5/5-6/23	10:30-11:05am
Saturday	3/3-4/28	5/5-6/23	11:15-11:50am
Saturday	3/3-4/28	5/5-6/23	12:00-12:35pm

ADDITIONAL AQUATIC PROGRAMS

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. Families will work with an instructor to develop their current swimming skills. Families will work together to achieve their goals. The group should be made up of children and adults. Maximum of 4 people in each group per session. Price includes 8 lessons.
 Fees: YMCA Members \$190 per family
 8 lessons Program Members \$250 per family
 Time: By Appointment

For Westside Waves, see page 15.

PRIVATE 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 lessons: 4 lessons
 YMCA Member \$95/Program Member \$125
 Private Lesson Package: Buy 8, get the 9th FREE
 YMCA Member \$175/Program Member \$260
 Time: By Appointment

ADAPTIVE SWIM LESSONS

(Ages 3-21) Formerly known as Special Needs Swim Lessons. Aquatics exercise is highly recommended for children with special needs. Most children can learn to swim with patient, caring swim instructors. The program is open to children with, but not limited to Autism, Cerebral Palsy, MS, ADHD, and physical limitations. Volunteers and parent helpers will keep the student/teacher ratio a one-on-one.
 Price includes 8 lessons.
 Fees: YMCA Members \$105
 Program Members \$155
 Time: By Appointment

ADDITIONAL AQUATIC PROGRAMS

Aquatic Safety

LIFEGUARDING CLASSES

Have you ever wanted to know how to save someone? Here is your chance to learn. 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 the Aquatics Department at 341-3102. Class prerequisites: 300 yard swim (150 yards of front crawl, 150 yards of breast stroke) and timed brick event (20 yard swim, feet first surface dive, retrieve 10lb. brick from 9ft. of water, return to surface, swim brick on back to start with two hands on brick and face out of water, place brick on side of pool and climb out. Must complete in 1m40s.) Tread water two minutes without hands. Must attend all days listed.

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

Date	Time
April 2, 3, 4, 5, 6	11:30-5pm
May 5, 6, 12, 13	9am-5pm
June 7, 8, 9, 10	90am-5pm

RE-CERTIFICATION LIFEGUARDING COURSE

This course is for those who have been certified in lifeguarding.

Fees: YMCA Members \$105
Program Members \$130

Date	Time
Mar. 17	9-6pm
April 15	9-6pm
May 19	9-6pm
June 24	9-6pm

FIRST AID

Participants learn basic first aid skills for recognizing life threatening conditions and sudden illnesses and treating a variety of injuries such as burns, wounds, muscle, bone and joint injuries, and heat and cold emergencies. Class fees include use of YMCA training materials and books. Book can be pre-purchased for \$15 (purchase not required).

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

Fee does not include book.

Date	Time
Apr. 19	5-8pm
May 21	6-9pm
June 4	5-8pm

AIDES IN TRAINING (AIT)

AITs will develop swim instruction skills by being paired up with a variety of swim instructors on days of your choice. Skills will be demonstrated while helping younger swimmers during group classes. Contact the aquatic department at 341-3102 for more information.

Fees: YMCA Member Benefit
Program Members \$10

Day	Time
Monday	5:00-7:15pm
Wednesday	5:45-8:00pm
Saturday	9:00am-12:35pm

ADULT CPR/AED AND PEDIATRIC CPR/AED

Participants will learn to recognize and respond to cardiac and breathing emergencies for adults, infants and children, and also use of an AED. Upon completion will receive American Red Cross certification. Class fees include use of YMCA training materials and books. Book can be pre-purchased for \$15 (purchase not required).

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

Fee does not include book.

Date	Time
April 16	5-8pm
May 14	6-9pm
June 11	5-8pm

RE-CERTIFICATION FOR THE LIFEGUARD/CPR PRO FOR HEALTH-CARE PROVIDER – CPR ONLY

This course is for those who have been certified in lifeguarding and need to re-certify.

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

Date	Time
March 17	9-1pm
April 15	9-1pm
May 19	9-1pm
June 24	9-1pm

FAMILY SWIM GUIDELINES

Parents are required to be in the water and with an arm's reach of any child under the age of five.

Non-swimmers who are not tall enough to stand in the shallow water at arm pit depth must wear a lifejacket.

Children 5 years old and under must 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 (18 years or older) ON THE POOL DECK at all times. During family swim times, parents are required to be in the water and within an arm's reach of any child under the age of six. Non-swimmers who are not tall enough to stand in the shallow water at arm pit depth must wear a lifejacket. Children who want to swim in the deep end must first successfully pass the deep end test. Please shower before and after entering the pool.

DEEP END TEST

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

FAMILY SWIM WITH INFLATABLE: Great family time! Pool open to families as inflatable

alligator slide is up and family fun pool water elements are on! (Deep end test required for slide for participants to age 16).

LAP SWIM: For participants over age 13. For swimmer safety, please let other swimmers know when you join a lane! Circle swim is necessary when more than 2 swimmers occupy a lane.

FAMILY SWIM: Area of pool is open for swimming.

WATER WALKING: Large pool area is available for Adult individual exercise.

WHIRLPOOL/SAUNA: Participants must be at least 16 years of age.

**For safety and quality purposes, during swim lessons the pool(s) will be open only to registered participants.

For specific class descriptions please refer to Aquatics pages 6-7.

YOUTH DEVELOPMENT

Youth, Tween and Teen Programs

LEADERS CLUB*

A unique program designed to provide tweens/teens grades 6-12 with the opportunity to make an impact on their community. This group focuses on volunteer service, leadership development skills, teambuilding, and fundraising. Learning about the community, meeting new people, helping others, and growing personally are cornerstones of YMCA Teen programs. Only meets during the school year. *The program will run every Tuesday night from 6:30-7:30pm. (Register at the service desk)

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 (2) members per session. Eight 30-minute sessions. For more information, please contact member service desk at 247-3501. Age Requirement: 12-18 years old

TEEN/ADULT SWIM LESSONS

See page 6.

GET YOUR KIDS ACTIVE IN OUR Fun/Fit Zone!

Check out our Fun/Fit Zone designed for children 7 years old and up who can participate in activities that will keep them on the go in a fun, non-intimidating environment. Exercise will seem like play. Please note: The Fun/Fit Zone is a multi-generational room and ages 7 and up are welcome.

- GaGa Ball
- Espresso Bikes: Take a virtual reality ride that incorporates interactive training and premium fitness to create an unparalleled riding experience.
- Life Fitness Circuit Series: Complete, full body strength training circuit that anyone can use.
- Two Life Fitness Treadmills
- Pool table, foosball, air hockey, and shuffleboard games.

Child Care and Development

WESTSIDE YMCA DAYCARE CENTER WITH ACADEMIC PROGRAM

The Westside Family YMCA provides full-time care for children ages 6 weeks through 5 years. Our program provides a quality experience for children blending social, recreational, and educational components together. We incorporate HighScope components into our programming. Hours of operation are 7:00am-6:00pm Monday through Friday. We are licensed by The New York State Office of Children and Family Services. Our program provides multiple indoor play areas and an outdoor playground. All full time Child Care fees include a FREE YMCA Family Passport Membership. Please stop in or call us at 341-3278 for additional information or to tour our child care center.

Infant Care (6 weeks – 12 months)

This classroom will focus on self development and establishing some independence away from family members. Children will learn basic self-help skills such as feeding, movement and how to interact at a basic level with other children. Staff members work with parents to bridge the child's schedule and routine from home to the program for a smooth transition. The weekly fee is \$249.

Wobblers (12-24 months)

This program will bridge the gap between Infants and Toddlers. This group will explore the Family Fun Center and Adventure Center as well as go on walks outside of the building with the Bye Bye Buggies weather permitting. The children will explore counting skills, colors, shapes and object identification. Wobblers will also work on art activities to go along with holidays and themes. The weekly fee is \$239.

Toddlers (18-36 months)

Our Toddler program provides children the opportunity to learn and explore their environment. The toddler teachers will work to develop their cognitive, language, and social skills. These children will continue learning counting skills, colors, shapes and object identification. Children will learn and practice self-help skills such as hand washing, using tissues for runny noses, etc. This class will also develop basic motor skills through playground and gym time, Family Fun Room, and Adventure Center. The weekly fee is \$227.

Preschool (3 year olds)

These students share many of the experiences of the Toddler program described previously with the addition of weekly swim lessons. Participants will work on mastering the use of the toilet and changing their clothes for swimming. In this room the children will continue to work on basic kindergarten readiness skills such as the alphabet, counting and beginning writing skills. The weekly fee is \$218.

Pre-Kindergarten (4 year olds)

This program includes many of the components of the Preschool program with the primary focus on Kindergarten Readiness. These children will work on beginning reading and math skills, and be introduced to some basic science projects. We will involve the family in monthly theme take home projects to be displayed in the classroom. The weekly fee is \$218.

To learn more about our preschool programs, visit rochesterymca.org/child-care.

YOUTH DEVELOPMENT

Partial Day Preschool

Register now for the
2017-2018 school year.

3-YEAR-OLD CLASS

This two day per week class, designed specifically for three-year-olds, allows children to grow and learn in a warm and supportive environment. This class focuses on social interactions and learning through fun activities such as stories, discussions, songs, games, and play. Children will participate in structured activities designed to stretch their fine and gross motor skills, pre-reading skills, and developing math and science skills. Our class also includes a swim lesson each week beginning in January. Children must be potty trained.

Fees: YMCA Members \$93
Program Members \$151

Day	Time
Tuesday and Thursday	9:00-11:30am

4-YEAR-OLD CLASS

This Kinder-Ready class focuses on your child's growth and development as they look ahead to Kindergarten. This quality program helps meet the academic, social, and developmental needs of your four-year-old. This program specifically strives to help prepare the young child for the structure of a formal classroom settings. Children will gain knowledge through hands-on activities, center play, songs, adventure center time, as well as crafts. Our class also includes a swim lesson each week. Children must be potty trained.

Fees: YMCA Members \$128
Program Members \$194

Day	Time
Mon., Wed., and Fri.	9:00-11:30am

3 and 4 YEAR-OLD CLASS

This program for older three-year-olds and younger four-year-olds is designed to enhance school readiness. This class will engage children in a variety of developmentally appropriate lessons with the goal of promoting intellectual, social, emotional, and physical growth. Daily read aloud, mini lessons, and learning centers (with focuses on the alphabet, numbers, colors, matching, and more), and indoor/outdoor playtime will be presented in a fun way. Our class also includes a swim lesson each week. Children must be potty trained.

Fees: YMCA Members \$128
Program Members \$194

Day	Time
Tues., Wed., and Thurs.	12:30-3:00pm

Contact Ryanne Boring at 341-3278 for more information.

VACATION FUN CLUB

This full day program provides a safe, fun learning experience for school age children on days when schools are not in session. Activities include games, arts and crafts, swimming, and special events. Pick-up a registration form at the Westside Family YMCA or call 341-3278. Current School Age Child Care participants will have priority registration. Applications available online at rochesterymca.org/westside.

Age Requirement: Grades K-6
Times: 7:00am-6:00pm

Fees: YMCA Members \$44/Day
Community Members \$59/Day

Fees: YMCA Members \$22/Half-Day
Community Members \$30/Half-Day

Dates:

- March 8 Spencerport Half Day
- March 30 All Districts, Gates, Churchville, Wheatland, Spencerport
- April 2 All Districts, Gates, Churchville, Wheatland, Spencerport
- April 3 All Districts, Gates, Churchville, Wheatland, Spencerport
- April 4 All Districts, Gates, Churchville, Wheatland, Spencerport
- April 5 All Districts, Gates, Churchville, Wheatland, Spencerport
- April 6 All Districts, Gates, Churchville, Wheatland, Spencerport
- April 23 All Districts, Gates, Churchville, Wheatland, Spencerport
- May 9 Wheatland Half Day
- June 19 Churchville Half Day, Wheatland Half Day
- June 20 Churchville Half Day, Wheatland Half Day
- June 21 Churchville Half Day, Wheatland Half Day
- June 21 Gates & Spencerport Full Day
- June 22 Gates & Spencerport Full Day

BEFORE AND AFTER SCHOOL PROGRAM

Five Locations - One Mission

Rather than staying home alone, kids ages 5 to 12 can enjoy safe and fun activities supervised by trained, caring YMCA staff. Children enjoy arts and crafts, sports and games, homework time, special themes and more throughout the year.

Program Hours

Before and after school program operates every regular school day between September and June.

Morning care is from 7:00am until school begins.

After Care is from 3:00pm until 6:00pm.

2017-2018 FEES (Per Month)

AM Care	YMCA Member \$153
	Program Member \$236
PM CARE	YMCA Member \$273
	Program Member \$391

LOCATIONS

Churchville Chili School District

Chestnut Ridge BASP

School Serving: Chestnut Ridge

Churchville Elementary

Fairbanks BASP

School Serving: Fairbanks Elementary

Churchville Elementary

Fairbanks Intermediate

Gates-Chili School District

Westside BASP

Schools Serving: Walt Disney

Neil Armstrong

Florence Brassler

Paul Road

Spencerport School District

Trinity Emmanuel Lutheran Church BASP

761 Elmgrove Rd

Schools Serving: Canal View Elementary

Leo Bernabi Elementary

Munn Elementary

Taylor Elementary

Wheatland Chili School District

Schools Serving: T.J. Connor Elementary

Now registering for 2017-2018 school year. Space is limited. Register at the Westside Child Care Center or online at rochesterymca.org/Westside. Please Contact Ken Smith at 341-3274 if you have any questions.

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 - 6 years old)	Monday-Friday Saturday Sunday	8:00am-8:30pm 8:00am-4:00pm 9:00am-3:00pm	Our staff will care for your child for up to 2 hours while you are using the facility. Infant care is limited. *Shoes required.
Adventure Center			
School Age Drop-Off (Ages 5 and up for drop off or all ages for Family Time)	Monday/Wednesday/Friday Tuesday/Thursday Saturday Sunday	3:30-8:30pm 3:30-6:00pm* 8:00am-4:00pm 9:00am-3:00pm	Our staff will care for your child for up to 2 hours while you are using the facility. * Tuesday & Thursday at 6:00pm children ages 7-12 will be moved to the Fun Fit Zone. *Tues/Thur: 6:00-8:30pm During this time, parents have the option to stay with their children Ages 6 and under or sing in their children Ages 5 & 6 for Drop off *Socks required at all times.
Family Time	Monday-Friday Saturday Sunday	11:00am-3:30pm 4:15-8:00pm 3:15-7:00pm	Parents must remain in the Adventure Center to supervise and play with their children. Please note the YMCA program participants may utilize the Adventure Center during Family time.
Fun Fit Zone			
Ages 7 and up	Monday/Wednesday Tues/Thurs/Fri Saturday Sunday	4:00-8:30pm 9:00am-12:00pm 4:00-8:30pm 9:00am-4:00pm 10:00am-2:00pm	Our staff will care for your child for up to 2 hours while you are using the facility. *Sneakers required at all times.
Family Time	Monday/Wednesday Tues/Thur/Fri	8:00am-4:00pm 12:00-4:00pm	Parents must remain in the Fun Fit Zone to supervise and play with their children. Closed for programming Tues/Thurs: 12:30-2:00pm
When Gates-Chili Elementary Schools are not in session, the Adventure Center and Fun Fit Zone will be open for Drop Off and closed for Family Time from Adventure Center: 9:00am-1:00pm Fun Fit Zone: 1:00pm-4:00pm			
Family Fun Center			
All Ages	Monday-Friday Saturday Sunday	8:00am-8:00pm 8:00am-12:00pm 6:30am-8:00pm 10:00am-1:00pm 4:15pm-7:00pm	Parents must remain in the Family Fun Center to supervise and play with their children. Closed for programming: Wed. 9:00-11:00am
Family Play Time in the Gymnasium			
All Ages	Wednesday Sunday	5:30-6:00pm 1:00-5:00pm	Families can play together in our gymnasium, use scooters, hula-hoops, balls, mats, bean bags, tunnels and more. A parent or guardian must accompany children at all times.
Family Fun Nights			
All Ages	Friday	6:00-8:00pm	Families can spend quality time together playing games, swimming and making new friends. All events are designed for parents and children together and are free to members.

YOUTH DEVELOPMENT

Program	Days	Times	Details
Family Cardio Time in the Wellness Center			
Ages 8-12	Monday-Sunday	2:00-5:00pm	A time for families to workout together in the Wellness Center. Come as a family with your children ages 8+ and use selected cardio equipment (expresso bikes and treadmills) in our Wellness Center. A parent or guardian must accompany children at all times.
Family Group Exercise			
Ages 8 and up Family Cycle Ages 8 and up	Tuesday Friday	6:15-7:00pm 5:30-6:00pm	Must be at least 4' 10" tall. Adults welcome when accompanied by a youth. Meets in Group Cycling Studio.
Family Swim			
All Ages	Friday Saturday Sunday	6:00-9:00pm 2:00-5:00pm 2:00-5:00pm	Swim through the bubble pit or enjoy the waterfall and spary jets in the family fun pool. Successful passing of the deep end test is required for slide for participants to age 16. Slide will be up Friday 6-8pm & Sunday 2-4pm.
Youth Overnights			
Ages 6-12 Overnight: \$20 Members/\$40 Guests Half Night: \$15 Member/\$33 Guests	February 24 March 31 April 28 May 19	7:00pm-8:00am	YMCA overnights are a fun night away from home, each with their own theme, swimming, a late night movie, snacks, and breakfast. We offer a half night option with pick-up at 11:00pm. Overnights run from 7:00pm-8:00am.
Birthday Parties			
Ages 3 and older \$175/Members \$225/Non Members	Saturday Sunday	1:00-3:00pm 4:00-6:00pm 2:00-4:00pm	Sit back and relax as your child enjoys a birthday celebration led by our Birthday Party Hosts! A party package includes 2 hours of fun, 12 youth guests, 10 adult guests, cupcakes, beverages, paper products, balloons, table cloths, choice of 2 play areas, birthday party hosts, post card invitations, and thank you notes.
Shop & Drop			
6 Weeks to 6 years old \$15 Members \$5 Additonal Child	Monday-Friday	1:00-3:00pm	Drop your children off at the YMCA so they can have some fun in the Cild Watch room while you make the most of your time at the store, doctor, or special appointments. Space is limited. Registration is required and available at the Member Services Center. Please register at least 24 hours in advance.

The Westside District's Premiere Day Camp



Summer 2018 Camp Northpoint is
Raising the **B.A.R.**

- Belonging
- Achievement
- Relationship Building

New Staff Training Module focused in

- Safety
- Program Innovation
- Overall Quality Experience

Unique Outdoor Activities Including

- Outdoor Swimming Pool
- Alpine Climbing Tower
- Archery
- Zipline
- Canoeing

Registration is now open!
campnorthpoint.org

YOUTH DEVELOPMENT

YMCA Youth Sports 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 teach 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
- Enhance leadership skills
- Develop responsibility and decision making skills
- Build relationships among peers and between parent/child
- Support and strengthen family life
- Create fun experiences for children and their families

WESTSIDE WAVES (COMPETITIVE SWIM LESSONS)

An introduction to competitive swim program. The focus on this class is on endurance and stroke development. Must be able to complete 1 length of the pool with no assistance.

Age Requirement: 6-12 years old

Fees: YMCA Members once/week \$93

twice/week \$176

Program Members once/week \$100

twice/week \$190

Day	Time
Tuesday	6:00-6:45pm
Saturday	10:25-11:10am
Tues./Sat	at times above

Co-Ed Youth Sports Programs

Youth sports help children develop fundamental skills and incorporate teamwork through instructional play. Whether it's gaining the confidence that comes from learning to play or building the positive relationships that lead to good sportsmanship and teamwork, participation in sports at the Y is focused on youth development, healthy living, and social responsibility. In addition, participants will learn the rules of the game and engage in team play while having fun.

KARATE

Our Karate program is based on the basic principles of Martial Arts teaching the basic Karate techniques through a fun curriculum in a safe and nurturing environment. All participants will have the opportunity to advance their stripe level as they advance through the program. At the conclusion of the session participants will be tested on their abilities to perform their Martial Arts techniques. Our Karate program invites anyone ages 5 and up to join and parent participation is encouraged. For more information call 341-3102.



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



HEALTHY LIVING

Personal Fitness Programs

YMCA PERSONAL TRAINING

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 assessment, is included with the purchase of Personal Training and is available by appointment only.

Fees:

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. By appointment only.

BODY COMPOSITION

This is an assessment of your current lean body mass versus fat mass to give you a total body composition profile. Assessments are performed by a certified YMCA Fitness Specialist and take approximately 15 minutes. Registration required. Please register at the Welcome Center.

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. Semi-private personal training is a great way to receive personal attention, yet have the camaraderie and support of friends. By appointment only.

SMALL GROUP PERSONAL TRAINING

Looking for a fun, new way to get personalized results while enjoying the company of others working toward their own fitness goals? Small group training will help you to set your own goals and increase your strength, endurance, and flexibility. Register at member services to be placed on our wait list for small group personal training or contact Justin Rambo at 341-3113 for more information.

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 Mobile 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

Y FIT CLUB

Y Fit Club is a small group program designed to help you set personal goals, step up your workout all while having fun and enjoying the camaraderie and support of other members. The Y Fit Club is led by certified trainers who will motivate and guide you to achieving your goals. All fitness levels welcomed. 8 weeks, twice a week. Minimum 5, maximum 8.

For any questions please contact
Justin Rambo at 585-341-3113

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 increase balance, coordination, focus, and functional strength. Maximum two members per session. Eight 30 minute sessions.
Age Requirement: 12-18 years old

FOUNDATIONS OF STRENGTH TRAINING-TEEN

Start your healthy lifestyle journey by learning safe and effective strength techniques. This program will improve your overall physical fitness by increasing cardiovascular fitness, muscular strength, muscular endurance, and flexibility. With guidance from a wellness coach or 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.
Ages 12-15

Mind/Body Programs

ACTIVE YOGA

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

GENTLE YOGA

Increase your range of motion and promote flexibility while moving slowly through a sequence of poses. This class is 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.

Dance Programs

DANCE FIT / "BALLROOM DANCERCISE"

A workout designed with a progressive, choreographed, dance aerobic phase followed by muscular conditioning and flexibility. Consistent attendance is strongly encouraged and will increase your enjoyment.

DANCE FIT / "LINE DANCING"

A workout designed with a progressive, choreographed, dance aerobic phase followed by muscular conditioning and flexibility. Consistent attendance is strongly encouraged and will increase your enjoyment.

BALLROOM SOCIAL DANCING

Learn basic dance patterns set to standard dance rhythms. Learning to hear the rhythm, simple patterns, and lead and follow tips that will make you feel comfortable dancing at weddings and parties. 8 week session. Minimum of 6 couples to run. Please call Lisa Gaul at 341-3290 to be placed on our wait list.

Fees: YMCA Members \$64 per couple
Program Members \$128 per couple

All classes meet:

Day	Time
Thursday	8:00-9:00pm

Health and Wellness Programs

MASSAGE THERAPY

Enjoy a relaxing massage with one of our licensed massage therapists. By appointment only. See the Member Service Desk for details. Gift certificates available.

Don't forget - you can use child watch* while you enjoy your massage! See page 14 for schedule.
*YMCA Member Benefit

DIETITIAN ONE ON ONE

Assess and correct daily diet and eating habits. Our registered dietitian will assist you in developing your own personal nutritional plan and help you achieve your individual goal. By appointment only. Each session is one hour long:

HEALTHY LIVING

Adult Group Exercise Programs

BODY COMBAT™

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay tai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

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

H.I.I.T - HIGH INTENSITY INTERVAL TRAINING

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

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™

It 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.

BOOTCAMP TRAINING

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

CIRCUIT TRAINING

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.

CORE EXPRESS

A 30 minute core focused workout that aims to define and strengthen the abs and back to improve posture, appearance and performance. This short but serious workout is great as a stand-alone class or a perfect complement to another class!

FREE STYLE BARRE

The Free Style Barre program is a fusion workout that uses classical ballet barre, Pilates and yoga exercises to strengthen and develop long lean muscles. It is based on 5 different types of Barre formats that give the instructor the freedom to put together a safe and fun class using their own creativity.

GROUP CYCLE

Whether you are a beginner or avid cyclist, this class is for you! Group cycle simulates the outdoor cycling experience on state of the art stationary bikes. Each ride combines endurance, speed and hill interval training with guided focus and motivational music. Experience an inspirational journey into fitness with planned and customizable progressions on the bike. Join the fun, camaraderie and fitness in this proven and popular cardio workout.

CARDIO KICKBOXING

This all-levels, high energy class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve aerobic fitness, strength, speed, coordination, mobility and balance. Experience this popular fitness workout and you'll be "hooked" as you kick, jab, and uppercut your way to a fitter you!

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.

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

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®

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.

HEALTHY LIVING

Teens and Adults

Available for YMCA Members 13 years and older unless otherwise noted in description. Participants of all swim levels are welcome in water fitness classes. Appropriate flotation devices are provided.

PRENATAL AQUA FIT

This program is designed to keep you fit throughout your pregnancy by targeting specific muscle groups to prepare you for labor and delivery. The emphasis is on flexibility, stretching, and relaxation techniques, as well as maintaining cardiorespiratory and muscular fitness. Physician's consent is required and registration is required. A doctor's consent form is required and can be obtained at the Member Service Center upon registration.

SILVERSNEAKERS® SPLASH

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, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination.

AQUA FIT I

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

AQUA FIT II

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

AQUA FIT III

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

WATER YOGA

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

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, the range of motion is non-stressful and a good way to improve the quality of your everyday life.

AQUA ZUMBA

This class combines the intensity of a land Zumba class with the cooling support of the water for a fun and effective workout.

DEEP WATER AQUA FIT

A cardio class that focuses on core stability. Providing a total workout in deep water. Buoyancy belts are required for support and stability.

HEALTHY LIVING

Recreational Sports

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, pickleball can be played in singles and doubles. Pickleball does not require a lot of racket skills so it is a great lead-up game to tennis for youth and also quite popular with seniors because of the smaller court! Pickleball will be offered on the south end of the gym at various times during the week, so come check it out!

PICK-UP BASKETBALL

Pick-up basketball will be offered at various times during the week (see below for age groups). Teams will be divided as players arrive and all games are recreational.

For Basketball times please check out the gym schedule on our website.

Active Older Adults

SILVERSNEAKERS® CARDIO

Get up and Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy to follow, low impact movement and upper body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle.

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 aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

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® 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.



Silver & Fit Dance is 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.

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.

FIT CIRCUIT

In this beginner level circuit, you will gain confidence, and build strength and endurance. This program is focused on helping new exercisers begin a workout and be successful. You may enter the circuit at any time during the allocated hours.

HEALTHY LIVING

AMBASSADOR CLUB

Ambassadors are adult volunteers who help to enhance the programs and services provided to the members. Your interests and the branch's needs are matched to create satisfying experiences for all involved. Please fill out an application, available at the Welcome Center, if you want to volunteer.

AOA GAMES

For Mah Jongg, dominoes, and card games, check out our Westside Resource Center Newsletter for a calendar of these programs.

CARING CARDS

Want to learn how to create lovely greeting cards for every occasion? You can help reach out to our members who are in need of a cheerful pick-me up. To join, check out the Westside Resource Center Newsletter for date and sign up information.

BLOOD PRESSURE AND SCREENING

Mondays 8:00-11:00am
2nd Monday of the month in the Westside Resource Center.

NEW MEMBER COFFEE HOUR

Are you new to the Y and the Westside Resource Center. Join us for a cup of coffee and meet staff and volunteers who can answer your questions about all the healthy programs available to you.

Sign up in the Westside Resource Center, or call Julie Montgomery, AOA Coordinator at 341-3107 or Tracy LaFountain at 341-3075. We meet the fourth Thursday of the month in the Living Well Center at 11am. Jan. 25, Feb. 22, March 22, April 26, May 24, and June 28.

WESTSIDE RESOURCE CENTER

The Westside Resource Center is a collaboration between Lifespan, United Way and the YMCA. The goal of this program is to promote successful aging by providing an engaging atmosphere encompassing mind, body, and spirit to combat isolation, promote community and encourage life-long learning.

The Westside Resource Center is available to all YMCA members 55 years+ and provides educational classes, social/rec. activities, special events, volunteer opportunities & caregiver support resources.

An Eldersource case manager is available the 2nd and 4th Wednesday of each month from 11:00am - 1:00pm for assistance accessing community resources as well as caregiver support.

Lifespan provides evidence based classes throughout the year. Please check with the WRC for the following classes:

- Living Healthy • Powerful Tools for Caregivers • Matter of Balance
- Living Healthy with Diabetes
- Parkinson's Support Group meets 2nd Tuesday of the month

Westside Resource Center Hours of Operation:
Monday - Friday 8:30am - 4:00pm

For information on any of these classes or the WRC, please call Tracy or Julie at 341-3075 or email tlafountain@lifespan-roch.org or jbattaglia@lifespan-roch.org

A partnership of



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.