



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO SPRING

CARLSON METROCENTER 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



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Membership
Director



Kelly Jordan,
Personal Training
Coordinator



Laura Kroening, Dir.
of Administration &
Member Services



Charles Hazlett,
Sports
Coordinator



Vanessa Martell,
Associate
Executive Director



Peggy
McNamara,
AOA Coordinator



James C. Smith ,
District Executive
Director



Bradley Rickman,
Assistant
Childcare Director/
Camp Dir.



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CARLSON METROCENTER YMCA BOARD MEMBERS

Jessica Alaimo
Charles Cacciato
Rich Cringoli
Tom Crumlsh
Gregory Farrell
Robert Grau, Chair
John Hallow
Bob Pizzutiello
Christine Sibilio
George Taylor

HOLIDAY HOURS

Easter Closed
Memorial Day 8:00am-12:00pm

CARLSON BRANCH HOURS

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

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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CAMP THUNDERBIRD



Registration
is
Open

Located in Genesee Valley Park
Drop off and pick up at camp.

Register before March 1 and pay no registration fee!

Questions? Contact Brad Rickman at 263-4282. camps.rochesterymca.org/camp-thunderbird.

MEMBERSHIP INFORMATION

MEMBERSHIP BENEFITS

- FREE Fitness classes
- FREE Parking in the East End Garage (1½ hour time limit. Additional time is charged at regular rate.)
- Reduced program fees for other classes
- Use of the open gym, lap swim, open family swim
- Priority registration for classes
- FREE Child Watch service during workout/ classes (family membership)
- Use of the Wellness Center, LifeFitness, Cybex equipment
- AWAY Program – use of the other Y's across the country for no cost or 1/2 guest fee
- One free personal training consultation

GUEST POLICY

Guests are welcome at the YMCA. YMCA members 18 and older are allowed to bring three guests per year and may bring only one guest per visit. An individual guest is allowed three visits per calendar year and must be accompanied by a YMCA member while using the facility. Photo identification is required for all guests 18 and over. YMCA members with a Neighborhood, Maplewood Only, Victor Only or Simply Southwest membership (purchased at Maplewood, Monroe, Southwest or Victor branches) may use the facility up to three times in a calendar year when presenting a valid membership card. Please note that guest access may be limited based on space restrictions in various program and facility areas. All guests are required to follow our Code of Conduct and be screened through our Hall Pass System. For more information, please review these sections.

AGE REQUIREMENTS

6 weeks–9 years old

Childwatch

5 years and under

Must have adult member (18 or older) IN THE POOL with them at all times

6–7 years old

Must have adult member (18 or older) ON THE POOL DECK with them at all times

8 years 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

8–12 years old

Must play Racquetball with an adult (19 years old)
Must have an adult in the building to swim.

12 years and older

Wellness Center Access with adult after completion of 12 week Wellness Consultation.

12 years and older

Teen City

13 years and older

Racquetball, May access the Wellness Center, May attend exercise classes, Lap Swimming (after passing Deep End Test)

16 years and older

Sauna and Whirlpool

19 years and older

Pickup Adult Basketball

LOCKER USE POLICY

Members and program members may use lockers on a daily basis. If you would like to leave your belongings in a locker overnight, you must rent a locker (see a member service representative for details). It is the policy of the YMCA that any belongings left in an unrented locker overnight will be removed and donated to charity. Please note that all participants are encouraged to bring a lock to lock their personal belongings. The YMCA is not responsible for unsecured or lost personal items.

LOCKER RENTAL RATES

Full Locker	\$17/month
Half Locker	\$14/month
Towel Service	\$8/month

Locker rental includes overnight use of locker, towels and laundry service. Members must provide their own locks.

Day Lockers - FREE

Mini - First Floor

Box - Second Floor

Keys can be obtained at the front desk.

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. The fee is non-refundable and must be paid in full upon joining. A lapse in membership of 30 days or more requires a payment of the joining fee.

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.

PAYMENT OPTIONS

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



CREDIT/REFUNDS

If a class that has an insurance discount is cancelled or dropped, the amount of the credit will be for the price of the class less the \$10 co-payment. Credit or refunds maybe issued upon request. 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.

MEMBERSHIP INFORMATION

IF YOU'RE NOT A CARLSON 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.

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 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

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.

PASSPORT MEMBERSHIP

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

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.

Locker & Laundry Service

Available only at the Carlson MetroCenter YMCA!
Leave your gym bag at home.

For more information, inquire at our Welcome Center or call 325-2880.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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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

Sponsored by

**Democrat
& Chronicle**

PART OF THE USA TODAY NETWORK

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.

Spring I - Member \$46- Non-Member \$92

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 II - TUES & SAT Member \$46 - Non-Member \$92
MONDAY Member \$40 - Non-Member \$80**

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

Day	Spring I	Spring II	Time
Saturday	3/3-3/31, 4/14-4/28	5/5-6/23	9:30-10:00am
Monday	2/26-3/26, 4/9-4/23	4/30-5/21, 6/4-6/18	5:45-6:15pm

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, students learn how to swim to safety for a longer distance than 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 \$46- Non-Member \$92

**Spring II - TUES & SAT Member \$46 - Non-Member \$92
MONDAY Member \$40 - Non-Member \$80**

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

Day	Spring I	Spring II	Time
Saturday	3/3-3/31, 4/14-4/28	5/5-6/23	10:15-10:50am
Monday	2/26-3/26, 4/9-4/23	4/30-5/21, 6/4-6/18	6:30-7:05pm

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

Day	Spring I	Spring II	Time
Saturday	3/3-3/31, 4/14-4/28	5/5-6/23	11:00-11:35am
Monday	2/26-3/26, 4/9-4/23	4/30-5/21, 6/4-6/18	7:15-7:50pm
Tuesday	2/27-3/27, 4/10-4/24	5/1-6/23	7:00-7:35pm

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

Day	Spring I	Spring II	Time
Saturday	3/3-3/31, 4/14-4/28	5/5-6/23	8:45-9:20am
Monday	2/26-3/26, 4/9-4/23	4/30-5/21, 6/4-6/18	8:00-8:35pm

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 \$46- Non-Member \$92

**Spring II - TUES & SAT Member \$46 - Non-Member \$92
MONDAY Member \$40 - Non-Member \$80**

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

Day	Spring I	Spring II	Time
Saturday	3/3-3/31, 4/14-4/28	5/5-6/23	11:45am-12:20pm
Tuesday	2/27-3/27, 4/10-4/24	5/1-6/23	6:15-6:50pm

Teen & Adult 13+ yrs. - STAGE 4- STAGE 5 - STAGE 6

Day	Spring I	Spring II	Time
Saturday	3/3-3/31, 4/14-4/28	5/5-6/23	8:45-9:20am
Monday	2/26-3/26, 4/9-4/23	4/30-5/21, 6/4-6/18	8:00-8:35pm

ADDITIONAL AQUATIC PROGRAMS

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). For more information or to sign up for a session of lessons please contact us at 341-3039.

Day/Time: By appointment
Fees: YMCA Members \$92/5 lessons
Program Members \$184/5 lessons

FAMILY SWIM LESSONS

Is it difficult to schedule the entire family for swim lessons? Now you can swim together while still having the small instructor to student ratio. Students will work with an instructor to develop their current swimming skills. Students will work together to achieve their goals. The group can be made up of children and adults. A maximum of four students is required in each group per session. For more information or to sign up for a session of lessons please contact us at 341-3039.

Fees: YMCA Members \$148/7 lessons
Program Members \$296/7 lessons
Time: By appointment

ADULT FITNESS SWIM

Join our adult swimmers for workouts, practice and fun. Must be 18 years or older. Great for triathletes, masters competitors, and lap swimmers looking to improve their workout. Prior swimming experience recommended.
Fees: YMCA Member Benefit

Day	Time
Wednesday	5:30-6:30pm

YOUTH DEVELOPMENT

The Carlson MetroCenter YMCA partners with the Maplewood YMCA to coordinate our many Youth Sports offerings. You can register at either branch, and practices are held at the Maplewood branch.

Pre-School Sports

Iddy Biddy Basketball (3-5yrs old)

Iddy Biddy Basketball is a co-ed sports program for boys and girls ages 3-5 years old. This class helps children develop fundamental skills and incorporates teamwork through play.

Program: Iddy Biddy Basketball meets once a week for 55 minutes of instructional basketball is offered for 7-8 week sessions throughout the school year.

Focus: Iddy Biddy Basketball is designed to provide children with the opportunity to engage in a pre-competitive, instructional games program that teaches basic basketball skills of ball handling, shooting, rebounding; and the offensive and defensive rules and strategies of basketball.

Program Dates: Spring I: March 3 – April 28, 2018

Registration Begins: Monday, February 19th

Location: Maplewood Gymnasium

Fees: Y Member: \$46 Program Member: \$92

Program Time: Saturdays

• 3-5yrs old, 10am-10:55am (West Side gym)

Iddy Biddy Soccer (3-5yrs old)

Iddy Biddy Soccer is a co-ed sports program for boys and girls ages 3-5 years old. This class helps children develop fundamental skills and incorporates teamwork through instructional play.

Program: Youth Soccer meets once a week for 60 minutes of instruction and games.

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

Program Dates: Spring I: March 3 – April 28, 2018

Spring II: May 5 – June 23, 2018

Registration Begins: Spring I: Monday, February 19th

Spring II: Monday, April 23rd

Location: Spring I: Maplewood Gymnasium

Spring II: TBA (Outdoor)

Fees: Y Member \$46 Program Member \$92

Age Division Practice time and games:

Spring I: 3-5yrs old, 11am-11:55am (West Side gym)

Spring II: 3-5yrs old, 10am-10:55am

Youth Tennis (3-12yrs old)

Youth Tennis is a co-ed sports program for boys and girls ages 3-12 years old. This class helps children develop fundamental skills and incorporates teamwork through competitive play.

Program: Youth Tennis meets once a week for 60 minutes of instruction and games.

Focus: Youth Tennis is designed to provide children with the opportunity to engage in a pre-competitive, instructional games program that teaches basic Tennis skills of racquet control, swing techniques of the forehand + backhand groundstrokes, volleys, overheads, serves, and the rules and strategies of Tennis.

Program Dates: Spring I: March 3 – April 28, 2018

Spring II: May 5 – June 23, 2018

Registration Begins: Spring I: Monday, February 19th

Spring II: Monday, April 23rd

Location: Spring I: Maplewood Gymnasium

Spring II: Maplewood Tennis Courts

Fees: Y Member \$46 Program Member \$92

Age Division Practice time and games:

Spring I: 3-12yrs old, 12pm-12:55pm

Spring II: 6-12yrs old, 11:30am-12:30pm

Youth Sports

Youth Basketball (6-12yrs old)

Youth Basketball is a co-ed sports program for boys and girls ages 6-12 years old. This class helps children develop fundamental skills and incorporates teamwork through competitive play.

Program: Youth Basketball meets once a week for 60 minutes of competitive games. Youth basketball is offered for 7-8 week sessions throughout the school year.

Focus: Youth Basketball is designed to provide children with the opportunity to engage in a pre-competitive, instructional games program that teaches basic basketball skills of ball handling, shooting, rebounding; and the offensive and defensive rules and strategies of basketball.

Program Dates: Spring I: March 3 – April 28, 2018

Registration Begins: Monday, February 19th

Location: Maplewood Gymnasium

Fees: Y Member \$46 Program Member \$92

Age Division Practice time and games:

•6-12yrs old, 10am-10:55am (East Side Gym)

Youth Soccer (6-12yrs old)

Youth Soccer is a co-ed sports program for boys and girls ages 6-12 years old. This class helps children develop fundamental skills and incorporates teamwork through instructional and competitive play.

Program: Youth Soccer meets once a week for 60 minutes of instruction and games. Youth Soccer is offered for 7-10 week sessions throughout the school year.

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

Program Dates: Spring I: March 3 – April 28, 2018

Spring II: May 5 – June 23, 2018

Registration Begins: Spring I: Monday, February 19th

Spring II: Monday, April 23rd

Location: Spring I: Maplewood Gymnasium

Spring II: TBA (Outdoor)

Fees: Y Member \$46 Program Member \$92

Age Division Practice time and games:

Spring I: 6-12yrs old, 11am-11:55am (East Side Gym)

Spring II: 6-12yrs old, 10am-10:55am

YOUTH DEVELOPMENT

YOUTH KIDS TRIATHLON PROGRAM

The Maplewood YMCA is offering a Kids Triathlon Program for boys and girls ages 6 through 17. The program emphasizes on individual growth, endurance, strength and speed. Key elements of the program include education on health, character development traits (caring, honesty, respect, responsibility). Each week we will be working on running, swimming and biking. We will train and condition each and every participant with core muscles training and build endurance for 1-3 mile long distance run, 50-300 meters of lap swim and 2-3 mile biking, followed by an City-Wide Triathlon Meet at Genesee Valley Pool on Saturday, July 14th, 2018.

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.

Program: Youth Kids Triathlon Program meets once a week for 60-90 minutes of practice. Youth Kids Triathlon is offered for 14-16 week sessions through the Spring & Summer Season.

Program Date: Spring I & II: March 3 – June 23 (Will continue into the ½ the summer)

Registration Begins: Monday, February 19th and ends March 18th

Location: Maplewood Gym

Fees: YMCA Member \$46, Program Member \$92

Triathlon Meet: Saturday, July 14, 2018

Age Division Practice time and games:

•6-17yrs old, 1pm-1:55pm

Track and Field (6-12yrs old)

Youth track and field is a co-ed sports program for boys and girls ages 6-12 years old. This class helps children develop fundamental skills and incorporates 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 sport and engage in team activities while having fun.

Program: Youth track and field meets once a week for 45-60 minutes of instruction and games.

Focus: Youth track and field is designed to provide children with opportunity to engage in a pre-competitive, instructional games program that teaches the basic track and field including sprints, middle and long distance running, relays, long jump, discus, shot put, and the rules and strategies of track and field.

Program Dates: Spring II: May 5 – June 23, 2018

Registration Begins: Monday, April 23rd

Location: TBA (Outdoor)

Track Meet: Saturday June 16, 2018

Fees: Y Member \$46 Program Member \$92

Age Division Practice time and games:

•6-12yrs old, 12:00- 1:00pm

Travel Flag Football (6-12yrs old)

Youth Flag Football is a co-ed sports program for boys and girls. This class will help 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.

Program Dates: Practices begin March 10th, with games running through June 23rd.

Registration Begins: Monday, February 19th

Location: TBA

Fees: Y Member: \$74 Program Member: \$148

Program Time:

•6-12yrs old, Saturdays: 3:00-4:00pm



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

Teen City

Teen City is a safe environment for teens ages 12-18 to engage in a variety of activities for personal growth. This environment will help with social development and provide recreational activities. You must provide an active membership card for access or a photo ID. For more information contact Anthony Ventura, Teen Coordinator, at 739-9926.

LEADERS CLUB

Leaders Club is a group of teens between the ages of 12 and 18 organized for the purpose of developing youth as leaders and fostering a culture of service. It is also organized for the purpose of providing its members with knowledge and training that will help them to better serve others and to shape a healthy lifestyle themselves. Clubs are formed by students and club themes are driven by students and aided by teen advisors.

TEEN AEROBICS

Join us after school for fitness classes especially for teens.

GARDEN CLUB

Whether you have a green thumb or a black one, help us make the Carlson gardens thrive and learn new and exciting ways to grow plants in an urban setting. Weekly projects include things like learning how to repurpose materials to make new garden beds, or how to make a drip irrigation system so gravity can water your plants for you!

HACTIVATE

In partnership with Interlock Rochester, Hactivate is a place where teens learn and explore what technology can do. Teens create and work on projects they are interested in from Computer programming, app & website design, modding video games, creating and using drones or other robotics, and so much more! Location: Maplewood YMCA Library.

WRITERS CLUB

Writers Club is a group for teens that like to create their own writing. Focusing on poetry and song writing, but open to anyone that wants to turn their thoughts into words. Surround yourself with others that enjoy creative writing while getting constructive feedback, playing games, and exercises that will help you find and sharpen your voice as a writer.

DREAMSEEDS PROGRAMS

These specialized programs are designed to encourage young adults to develop a positive outlook on life through structured activities. Dreamseeds focus on the arts with leadership and performance opportunities built within the program.

*Due to their nature some Dreamseeds programs require a long-term commitment. For more information on requirements for enrolling in Dreamseeds programs please email Anthony.Ventura@RochesterYMCA.org

CARIBBEAN DRUMMING

Join Freddy Colon as he leads a drumming circle of conga drums open to anyone, a great opportunity to learn how to play the drums.

Advanced Drumming: For teens that have demonstrated dedication and skill Freddy also offers advance instruction on the timbales and conga drums.

*Band members must commit to making at least 3 practices a month and be available for any Band performances.

CHOIR

Every week practice singing with a group of others who also love to sing. Then join them in our season performances to let your voice inspire the community. Local musician Avis Reese runs the choir during the school year.

*Choir members must commit to making at least 3 practices a month and be available for choir performances.

CRAFTS & FINE ARTS

Every Monday teens will have a chance to work on an art or craft project that interests them, while guided by an instructor. From faerie houses to papier-mâché sculptures, even a craft or two you've seen on Pinterest.

DREAMSEEDS JAZZ BAND

The jazz band is an opportunity for teens to learn how to play jazz with our trio of amazing instructors: Bob Pizzutiello Curtis Kendrick, and Paul McArdle. Featuring sax, bass, piano, and drums, the Dreamseeds Jazz Band has a classic soul with a modern feel.

*Band members must commit to making at least 3 practices a month and be available for any Jazz Band performances.

MODERN DANCE

Our instructors turn the music up and teach moves that make music come alive. Be a part of a group with other teens to learn and practice choreography that goes along with today's fresh beats.

*Dance members must commit to making at least 3 practices a month and be available for performances.

TAP DANCE

Join us and learn how to tap dance. Or if you already have experience you can become one of our advanced dancers and take your dancing to the next level.

*Dance members must commit to making at least 3 practices a month and be available for performances

Join Prince, our Garth Fagan trained instructor, as he turns the music up and gets real with moves that make music come alive. Be a part of a group with other teens to learn and practice choreography that goes along with today's fresh beats.

Volunteer Project Day every 2nd and 4th Saturday of the month from 11am-2pm. To register, Contact Anthony Ventura at 341-3040.

YOUTH DEVELOPMENT

Child Care and Development

Licensed Child Care

Our Child Care Center is accredited by the National Association for the Education of Young Children (NAEYC). Our center offers a variety of full-time programs, which serve children ages 6 weeks to 4 years. Each program offers enriching activities in a fun environment with caring and professional staff. Please stop by the Child Care Office on the ground floor of the Carlson MetroCenter YMCA or call 263- 4283 for more information on any of our child care offerings. Private pay, DHS, and financial assistance accepted.

INFANT CARE

The infant program is for children ages 6 weeks through 18 months and focuses on sense of self development and establishing some independence in being away from family members for a period of time. Children will learn basic self-help skills such as feeding, movement, managing emotions, and how to interact at a basic level with other children. Infant staff members work with parents to bridge the child's schedule and routine from home to that of the program for a smooth transition.

Tuition: \$296/week

TODDLERS

Our toddler program provides children 18-36 months with the opportunity to learn and explore their environment. The Creative Curriculum and Mother Goose Literacy Curriculum are utilized in toddler classrooms which allow for creative exploration and the opportunity to interact with other adults and children alike while learning to enjoy reading.

Teaching staff will work to develop toddlers' motor, cognitive, language, and social skills. Children will also learn and practice more advanced self-help skills such as washing hands, brushing teeth, using tissues for runny noses, etc. Children in this program will begin developing their basic motor skills through playground time, swim lessons (included in the price of the program), and Kids' Gym time and physical education classes taught by a certified instructor.

Tuition: \$278/week

PRESCHOOL

This program is designed for children who are 3 years old. Preschool students in our program share many of the experiences similar to the toddler program described previously. Key differences between the two programs include preschool access to a larger more developmentally appropriate playground for three years and up. Preschoolers also participate in swim lessons (included in the price of the program) as well as the Kids' Gym and physical education classes taught by a certified instructor.

Some of the basic skills learned in the toddler classroom will continue to be practiced in the preschool room. Some advanced self help skills such as using the toilet, changing clothes independently for swimming, and tying shoes will be practiced as a part of this program. This program also utilizes High Scope Curriculum.

Tuition: \$259/week

BEFORE AND AFTER SCHOOL PROGRAM

The Before and After School Program for ages 5 to 12 features homework support, games, foosball, computer time, gym/playground time, and art. The activities are designed to teach values and build self-esteem. The after school program also emphasizes healthy lifestyles by providing 30 minutes of vigorous activities along with promoting healthy snacks. Children can be dropped off for before school care as early as 6:00 am; after school care runs until 6:00 pm. Transportation to and from school is available through the Rochester City School District. The program runs on the Rochester City School District school year calendar. Call the Carlson MetroCenter YMCA Child Care Department at 263- 4283 for program and registration information. Private pay, DHS and financial assistance are all acceptable payment methods.

Monthly Fees:

2017-2018 School Year

AM Member \$153
AM Non-Member \$236
PM Member \$261
PM Non-Member \$433

*Dreamseeds programming is available for all children enrolled in our after school program. Please refer to page 9 for more details.

CHILD WATCH IN THE KIDS GYM

(6 WEEKS – 9 YEARS)

This FREE member benefit provides a safe and fun environment for children ages 6 weeks through 9 years of age with supervised activities while their parents enjoy their membership in our facility. Activities include arts and crafts and help with homework.

Day	Time
Monday-Thursday	11:00am-2:00pm
Monday-Thursday	4:30-8:00pm
Friday	11:00am-1:00pm
Saturday	9:00am-1:30pm
Sunday	9:00am-1:30pm

VACATION FUN CLUB DAYS

Vacation Fun Clubs are held on most school holidays and school breaks to offer engaging activities and supervision for 5-12 year olds when school is not in session. All Fun Club registrations take place at the branch. The YMCA will provide a Fun Club option every day with the exception of the following national holidays: Memorial Day, Labor Day, Thanksgiving Day, Christmas Day, and New Year's Day. Fun Clubs offer a full day of safe, supervised activities that promote learning and friendship through games, arts and crafts and other special activities.

Dates: March 30th, 2018

April 2nd, 2018

April 3rd, 2018

April 4th, 2018

April 5th, 2018

April 6th, 2018

April 23rd, 2018

June 22nd, 2018

Fees: YMCA Member \$38

Program Member \$52

HEALTHY LIVING

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 fitness assessment, as listed below, is included with the purchase of Personal Training. By appointment only.

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

(6-8people) 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.
person

SPORTS PERFORMANCE TRAINING

Want to take your athletic skills to the next level? Improve your strength, endurance, speed, power, and agility by training with our certified personal trainers. Your trainer will create an individualized program specific to you and your sport. Open to athletes of all ages and ability levels.

WOMEN'S BEGINNER STRENGTH TRAINING

Learn to feel comfortable and at ease while using the free weight room equipment to shape and tone your body. Have fun and meet new people while learning about all the options available to you. You will work a different opposing muscle group each week.

FOUNDATIONS OF STRENGTH TRAINING -- TEEN

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 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

ONE-ON-ONE PRENATAL PERSONAL TRAINING

Exercising throughout your pregnancy is recommended. These sessions will focus on improving flexibility, incorporate low intensity strength training, and help to improve cardiovascular fitness. Physical activity guidelines will be shared to help keep you safe during your workout.

8 Sessions, 30 Minutes

WELLNESS COACHING

Wellness Coaching is a series of four personalized fitness appointments designed for everyone by the YMCA of Greater Rochester. Whether you are just beginning to exercise or you have been exercising for years, these appointments are available to help you reach your fitness goals. To make an appointment, visit the membership desk or call 325-2880.

FIT FOR YOU

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

With FIT FOR YOU, you will:

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

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

HEALTHY LIVING

MASSAGE THERAPY

Enjoy a relaxing massage with one of our licensed massage therapists, by appointment only. See the Membership Desk for details. Gift certificates available.

Don't forget - you can use Child Watch* while you enjoy your massage! See page 9 for schedule
*YMCA member benefit

FAMILY CARDIO TIME IN THE WELLNESS CENTER

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 (recumbent bikes & treadmills) in our Wellness Center. A parent or guardian must closely supervise children at all times.

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.

Adult Sports

RACQUETBALL

The Carlson MetroCenter has four courts for racquetball. Although we do take reservations for court times, courts are often available and are on a first come, first use basis. Racquets, balls, and goggles are available for loan at the Front Desk. In addition to open racquetball, we offer leagues in the fall, winter, and spring for beginner, intermediate, and advanced players. There are also a number of tournaments for singles and doubles players throughout the year. Information can be found on the bulletin board outside the first racquetball court.

RACQUETBALL LEAGUE

The Carlson MetroCenter YMCA has a great reputation for racquetball and can help individuals become a part of this exciting games tradition. We offer both singles and doubles league play.
Fees: Member \$30
Program Member \$75

HANDBALL

Carlson MetroCenter's four racquetball courts can also be used to play handball. Handball is a competitive game similar to racquetball in which either hand or either fist may be used to hit the ball.

OPEN PICKLEBALL

The fastest growing sport in North America, pickleball is a combination of tennis and badminton. It is played by hitting wiffle 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 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. Tell your friends and come check us out!

PICKLEBALL LESSONS

Pickleball lessons: Learn the new and exciting game of Pickleball. These lessons are geared toward the intermediate player who would like to learn strategy and improve his or her game.
Fees: YMCA Members \$40
Program Members \$80

Day	Time
Wednesday	10:00-11:00am

ADULT PICK-UP BASKETBALL

Pick-up basketball will be offered at various times during the week. Teams will be divided as players arrive and all games are recreational.

Day	Location	Time
Saturday	Full Court 5 vs. 5	12:00-2:30pm

PERSONALIZED WORKOUTS FOR BETTER RESULTS



One-on-One Personal Training:

- 1 session/week for a month \$152
- 2 sessions/week for a month \$288
- 3 sessions/week for a month \$408



We also offer:

- Semi-Private Personal Training (2-5 people)
- Small Group Personal Training (6-8 people)
- Sports Performance Training (One-on-One)
- And More!

For more information, please visit our membership desk or website:
<http://rochesterymca.org/carlson/personal-training>

HEALTHY LIVING

Group Exercise Classes

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.

ZUMBA®

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.

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.

RUN AND RIDE:

An urban adventure beginning with a cycling warm up then an outdoor run concluding with body conditioning and a cool-down.

Intro to TRX®

This is a 30 minute class introducing participants to the suspension training system. This class will teach participants how to adjust trainers and learn the positions to ease them into our regular TRX® classes. All fitness levels are welcome!

CARDIO DANCE

This dance-inspired cardio class offers the ideal combination of energy, fitness and fun. With energizing routines that are exciting to follow and madly addictive, this all-levels, heart pumping, calorie burning class features today's hottest cardio dance workouts. Get fit, lift your spirit and clear your mind in a class that's so much fun it feels like play.

Note: All cardio dance classes may include a variety of formats: Country Heat, Cize Live, WERQ, and Zumba.

All YMCA Group Exercise Instructors are nationally certified and hold CPR, AED and First Aid certifications. Classes must maintain an average of 6 participants.

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 maximum 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

BODYPUMP™

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.

BODYPUMP™ EXPRESS

A short but powerful 20-30 minute version of the original Body Pump workout, perfect for the time-crunched member. We've carefully selected exercises so you can make every minute matter.

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!

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.

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.

AQUA ZUMBA

The interval and resistance training dance class that you know and love, but in the pool! It combines a mixture of body sculpting movements with easy to follow dance steps.

Mind-Body- Spirit Programs

GENTLE YOGA

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

STRETCH AND ROLL

Stretch & Roll with a foam roller, bands and other tools to learn self-myofascial release and relieve muscle soreness, loosen tension; this is an excellent component of injury prevention.

ACTIVE YOGA

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

YOGA

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

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.

Adult Fitness Swim
Wednesday - 5:30-6:30pm
Great for triathletes,
master's competitors and
lap swimmers looking to
improve their workout

HEALTHY LIVING

Active Older Adults

SILVERSNEAKERS CIRCUIT

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

SILVERSNEAKERS 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.

AQUAFIT II

This is a total body workout using shallow and deep water to improve cardio respiratory function and increase muscle strength. Appropriate for all fitness levels.

TAI CHI:

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



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 fitness assessment, as listed below, is included with the purchase of Personal Training. By appointment only.

GENTLE YOGA

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

ENHANCE FITNESS

An evidence-based group exercise program for Active Older Adults at all levels of fitness with a goal of becoming more active and energized. Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility. *Registration required. For more information, please call 263-4202.

MOVING FOR BETTER BALANCE

Moving for Better Balance is a falls prevention program that uses the principles and movements of Tai Chi in helping older adults improve their balance and increase their confidence in doing everyday activities without the fear of falling. *Registration required. For more information, please call 263-4202.

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.