



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO SPRING

**MONROE FAMILY YMCA
SOUTHWEST 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

MONROE AND SOUTHWEST FAMILY YMCA STAFF

Amy Cuomo-Oberst, Executive Director	271-8210
Mike Demlein, Youth Sports Coordinator	341-3078
Don McClellan, Building and Grounds Director	256-8211
Deena Mosher, Director of Administration.....	256-8213
Jerdana Norman, Southwest Membership Director.....	463-3000
Nicole Pagano-Meyer, Membership & Annual Giving Coordinator	341-4058
Elise Peaslee, Health and Wellness Coordinator.....	683-9281
Guiliana Pietrantonio, Aquatics Coordinator.....	474-9983
Aimee Rock, Monroe AOA Leader.....	271-5320
Ashley Ryan, Youth Development Director	261-0584
Wendy Smith, Southwest AOA Leader	271-5323

MONROE SOUTHWEST FAMILY YMCA BOARD OF MANAGEMENT

- Andrew Dimock
- Deb LaBelle
- Sarah Miner
- Jason Morris
- Lindsay Phillips
- Catalina Vial
- Elizabeth Woolever
- Ben Yagoda, Chair

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

HOLIDAY HOURS

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

MONROE HOURS

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

SOUTHWEST HOURS

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

MEMBERSHIP INFORMATION

REGISTRATION BEGINS

August 21 for YMCA Members

August 28 for Program Members.

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

FACILITY AGE REQUIREMENTS

- All children ages seven (7) and under must be accompanied by an adult and/or have a parent or guardian in the facility at all times while using the YMCA. Children ages 8-12 must be accompanied by an adult, unless participating in a supervised youth program or activity
- Children ages 8-12 must be accompanied by an adult unless participating in a supervised youth program or activity except swim lessons. Our YMCA offers opportunities for 8-12 year olds to enjoy recreational activities in our facility. These may include unstructured activities such as family gym, recreational swim or may be structured programs such as arts and crafts, special themed programs, and social events. Children must be signed in and out by a parent or guardian to participate in programs without parental supervision. Please see the Member Service Center for specific schedules and activities.
- Children five years old and under must have an adult member (18 years or older) IN THE POOL with them at all times. Only two children per adult. Parents are required to be in the water and within an arm's reach of any child five and under. Non-swimmers who are not tall enough to stand in the shallow water at arm pit depth must wear a lifejacket if unsupervised. Children 6-7 years old must have an adult member ON THE POOL DECK at all times. Children 8-12 years old must have an adult in the building during all open/family/recreational swimming. We encourage parents to be in the water with all non swimmers. The lifeguard is responsible for the safety of all swimmers. They have the right to modify the rules as necessary.
- Wellness Center: 13 years old with orientation; 12 years old with enrollment in Wellness Consultation.
- All Group Exercise Classes: 13 years old
- Lap Swimming: 13 years old and successfully passed the deep-end test
- Child Watch: 6 weeks - Kindergarten
- Pickup Adult Basketball: 19 years old
- Sauna: 16 years old

FINANCIAL ASSISTANCE/ SCHOLARSHIPS

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

PAYMENT OPTIONS

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



JOINING FEE

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

PASSPORT MEMBERSHIP

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

GUEST POLICY

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

All guests are required to follow our Code of Conduct and be screened through our Hall Pass System. For more information, please review these sections."

CREDIT/REFUNDS

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

- Make-up Policy - there will be no make-up classes unless under special circumstances.
- Note: A \$25 service charge will be assessed for any item returned to the YMCA such as, but not limited to insufficient funds, closed bank account, invalid or incorrect bank account number, invalid or incorrect credit card number.
- Gift Certificates are for YMCA of Greater Rochester program or services only and cannot be redeemed for cash or refund to a credit card.

MEMBERSHIP INFORMATION

Membership Fees

CATEGORY	NEIGHBORHOOD		PASSPORT	
	Monthly Fee	Joining Fee	Monthly Fee	Joining Fee
Youth (0 - 18 years)	\$20.50	\$15.00	\$30.00	\$25.00
Young Adult (19 - 29 years)	\$37.50	\$50.00	\$50.50	\$50.00
Adult (30 - 59 years)	\$50.00	\$50.00	\$66.00	\$50.00
Senior (60+ years)	\$45.00	\$50.00	\$62.00	\$50.00
Couple	\$67.00	\$50.00	\$92.50	\$75.00
Individual Parent	\$67.00	\$50.00	\$92.50	\$75.00
Family	\$75.00	\$50.00	\$102.00	\$75.00

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

SIMPLY SOUTHWEST*

Youth (0-18)
 \$7.50 per month
 \$22.50 for 3 months
 \$45 for 6 months
 \$90 for 1 year

Adult (19+)
 \$30 per month
 \$89 for 3 months
 \$178 for 6 months
 \$356 for 1 year

*use of Southwest facility only.

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

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.

HALL PASS SCREENING

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

Insurance

The 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

Sponsored by

**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 \$46 - Non-Member \$92

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

Day	Spring I	Spring II	Time
Tuesday	2/27-4/29	4/30-6/24	6:15-6:45pm
Saturday	3/3-4/28	5/5-6/23	9:15-9:45am

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.

Member \$46 - Non-Member \$92

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

Day	Spring 1	Spring II	Time
Tuesday	2/27-4/24	5/1-6/19	5:30-6:05pm
Tuesday	2/27-4/24	5/1-6/19	6:15-6:50pm
Wednesday	2/28-4/25	5/2-6/20	5:45-6:20pm
Thursday	3/1-4/26	5/3-6/21	6:15-6:50pm
Saturday	3/3-4/28	5/5-6/23	9:55-10:30am

SWIM BASICS

Member \$46 - Non-Member \$92

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

Day	Spring I	Spring II	Time
Tuesday	2/27-4/24	5/1-6/19	6:55-7:30pm
Wednesday	2/28-4/25	5/2-6/20	6:30-7:05pm
Thursday	3/1-4/26	5/3-6/21	5:30-6:05pm
Saturday	3/3-4/28	5/5-6/23	10:40-11:15am

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

Day	Spring I	Spring II	Time
Saturday	3/3-4/28	5/5-6/23	12:10-12:45pm

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.

Member \$46 - Non-Member \$92

Preschool 3-5 yrs. - STAGE 4

Day	Spring I	Spring II	Time
Tuesday	2/27-4/24	5/1-6/19	5:30-6:05pm
Wednesday	2/28-4/25	5/2-6/20	5:45-6:20pm
Thursday	3/1-4/26	5/3-6/21	6:15-6:50pm
Saturday	3/3-4/28	5/5-6/23	9:55-10:30am

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

Day	Spring I	Spring II	Time
Tuesday	2/27-4/24	5/1-6/19	6:55-7:30pm
Wednesday	2/28-4/25	5/2-6/20	5:00-5:35pm
Thursday	3/1-4/26	5/3-6/21	6:55-7:30pm
Saturday	3/3-4/28	5/5-6/23	11:25am-12:00pm

See page 11 for Additional Aquatic Programs.

ADDITIONAL AQUATIC PROGRAMS

FAMILY SWIM LESSONS

Is it difficult to schedule the entire family for swim lessons? We created a thirty 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 \$148 per family

Program Members \$296 per family

Time: By Appointment

COMPETITIVE SWIM

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

Fees: YMCA Members \$46

Program Members \$92

Day	Ages	Time
Tuesday	6-12	4:45-5:20pm
Saturday	6-12	12:10-12:50pm

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 \$95

Program Members \$185

Time: By Appointment

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).

Single Lesson:

YMCA Member \$24/Program Member \$48

Private lessons: 5 lessons

YMCA Member \$92/Program Member \$184

Private Lesson Package: 7 lessons

YMCA Member \$124/Program Member \$248

Time: By Appointment

SPORT AND SWIM

Join a Saturday Swim class and add a Saturday Sport class for \$10 more. Ages 6-12 years

*See youth Sports Section for class times and description of class.

RE-CERTIFICATION LIFEGUARDING COURSE

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

Fees: YMCA Members \$105

Program Members \$130

FIRST AID

Participants learn basic first aid skills for recognizing life threatening conditions and sudden illnesses and treating a variety of injuries.

Fees: YMCA Members \$57

Program Members \$67

ADULT CPR/AED AND PEDIATRIC CPR/AED

Participants will learn to recognize and respond to cardiac and breathing emergencies for adults, infants and children. Upon completion will receive American Red Cross certification.

Fees: YMCA Members \$57

Program Members \$67

Fee does not include book.

RE-CERTIFICATION FOR THE LIFEGUARD/CPR PRO FOR HEALTHCARE 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

**Please call the branch for upcoming certification class dates and times.
271-5320**

Water Fitness Programs

WATER FITNESS PROGRAMS

Interested in making a change to your standard workout?! Whether you are looking to improve your skills in the water or you want to change up your workout routine, why not try one of our water fitness classes and take advantage of the natural resistance of water. YMCA member benefit.

AQUAFIT I

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

AQUA ZUMBA®

Aqua Zumba combines the intensity of a land Zumba class with the cooling support of the water for a fun and effective workout. Class is taught in the shallow end of pool.

AQUA 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.

WATER FITNESS PROGRAM FEES:

YMCA Member Benefit
Program Member:
\$61 one day/week
\$81 two days/week

YOUTH DEVELOPMENT

Youth Sports

SATURDAY SPORTS SPRING I & SPRING II

Is swimming just not enough for your child? How about giving them some more activity time up in our gym? Through the use of fun, exciting, and creative sports and games, children will improve fundamental skills, physical health and wellness and character development. Saturday Sports will be taught by our sports coordinator, who has a M.S. Ed in physical education, and over 10 years working with children in a physical education setting! Being active is a lifestyle

Fees: YMCA Members \$46
Program Members \$76

*If registered for a swim call fee is only \$10

Day	Ages	Time
Saturday	6-12	10:40-11:20am 11:30am-12:10pm

YOUTH SPORTS CONDITIONING SPRING I

Join us at the Monroe Y to get ready for your next sports season.

Fees: YMCA Member \$46
Program Member \$76

Day	Ages	Time
Tuesday	8-14	4:30-5:30pm

SPORTS FOR TOTS SPRING I

This class gives preschoolers an introduction to the world of sports. Children will learn skills in soccer, basketball, football and tball, track and field.

Fees: YMCA Members \$25
Program Members \$45

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

BEGINNER TUMBLING/ GYMNASTICS SPRING I & SPRING II

Participants will learn forward and backward rolls, basic floor exercises, handstands, jumps, balance beam, and the vault. Beginning gymnastics would be of Level 1 skills as taught by USAG programs. (Ages 5-12 years)

Fees: YMCA Members \$46
Program Members \$76

Day	Ages	Time
Saturday	Int./Beg.	8:15-9:15am

PARENT/CHILD TUMBLING SPRING I & SPRING II

In this class you and your child will be introduced to the world of gymnastics with an opportunity to sing songs, play games, and use a variety of mats and equipment to improve balance, coordination, body manipulation, recognition of body parts, and listening skills! This is a great bonding opportunity for you and your child. For ages 18 months-3 years with parent/guardian.

Fees: YMCA Member \$46
Program Member \$76

Day	Time
Saturday	9:15-10:00am

TUMBLING TOTS SPRING I & SPRING II

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

Fees: YMCA Members \$46
Program Members \$76

Day	Ages	Time
Friday	3-5	12:15-1:00pm
Saturday	3-5	8:30-9:15am

FAMILY GYM SPRING I & SPRING II

A free program supervised by YMCA staff that gives members ages 5-12 years old use of the gym without parent supervision. Parents will need to sign their children in with the Gym Supervisor and remain in the building. Parents can use the facility while their children have fun in the gym. For the safety of all children, soccer and basketball are not allowed during family gym. No cost.

Day	Location	Time
Tue.	Monroe	6:00-8:00pm

INDOOR FLAG FOOTBALL CLINIC SPRING II

Participants will work on catching, passing, hand offs, grabbing flags and improving their juke moves as we prepare for the outdoor travel season. Scrimmage games will be played in the gym to enhance each players skill. Class will meet Feb. 26, March 5, 12, 19

Fees: YMCA Members \$25
Program Members \$50

Day	Ages	Time
	6-12	

IDDY BIDDY TRACK & FIELD SPRING II

Participants will be introduced to various track and field events through games and participate in their own mini track meet.

Fees: YMCA Members \$46
Program Members \$76

Day	Ages	Time
Saturday	4-5	TBD

Youth Leagues

YOUTH TRACK AND FIELD

Join the Urban Legends track and field team. Participants will learn various running events, shot put, long jump, discus and relay races while competing against other YMCA's in our Association Track Meet. Registration begins April 1, 2018

Practices begin May 6

Fees: YMCA Members \$46
Program Members \$76

TRAVEL FLAG FOOTBALL

(Ages 7-12 years old) The Monroe YMCA looks to continue its strong tradition of success in their travel flag football league. Participants will develop flag football skills through drills, offensive and defensive plays and playing games in a competitive environment. All participants will receive a NFL jersey and a set of flags. Games will be on Sunday afternoons ranging from 1:00-5:00pm.

Practice begins week of March 26

Game time: Sunday 1:00-5:00pm

Game location: Various Rochester YMCAs

Age Divisions: 7-9 yrs, 10-12 yrs, 13-15 yrs

Fees: YMCA Members \$75
Program Members \$110

Adult Sports

ADULT FUTSAL

It's time our adult members got in our sports programs! Futsal is a version of soccer played on a basketball court with a low-bounce ball. Whether you are an experienced player, or new to the sport, come out a play a fun, fast pace game. Structred pick-up games are offered Thursday and Saturdays, so you have options that work with your schedule. You can make it both days? Go for it! Our experienced sports coordinator will be on hand to coach anyone new to the sport and assist in games. With our low member price, what do you have to lose? * Minimum 8 registered to run, Feb. 26-Apr. 24

Fees: YMCA Members \$25
Program Members \$40

Day	Ages	Time
Thursday	18+ yrs	6:00-8:00pm
Saturday	18+ yrs	1:00-3:00pm



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

ADULT DODGEBALL/KICKBALL

Are you ready to dodge, duck, dip, dive and dodge? Dodgeball is the ultimate team sport. It is one of the few games that combine physical skills, quick thinking and teamwork. Every session will comprise of pick-up games, and maybe some new dodgeball games you haven't heard of before! How about another classic from your childhood? No matter how old you get, kickball is timeless. Whatever your skill level, kickball is a game for everyone. *Minimum 8 registered to run. April 30-June 24

Fees: YMCA Members \$10
Program Members \$20

Day	Ages	Time
Thursday	18+ yrs	7:00-8:00pm

ADULT BASKETBALL

Our adult basketball session will consist of organized pick-up games weekly. You bring the players we supply the rest! Come and find out if your team can be the kings of the hardwood every Saturday. Apr. 30-June 24

Fees: YMCA Member benefit
Drop in player \$5/Photo ID required

Day	Ages	Time
Saturday	18+ yrs	1:00-3:00pm

Partial Day Preschool Programs

2-3 YEAR OLDS

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

Fees: YMCA Members \$109/month
Program Members \$168/month

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

3-5 YEAR OLDS

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

Fees: YMCA Members \$124/month
Program Members \$193/month

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

CHILD WATCH

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

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

PARENTS NIGHT OUT

Each month YMCA staff and members of the Teen Leaders Club provide children ages 4-12 with a night of fun activities, crafts, dinner, and much more! Please have children wear sneakers and comfortable clothing. Must register by midnight on the Thursday before the event. Online registration is available.

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

Location: Monroe Family YMCA
Dates: Mar. 17, Apr. 21, May 19, June 2

BIRTHDAY PARTIES

Let the Monroe Family YMCA host your child's next birthday party. Our goal is to provide smiles, laughs, and tons of fun, while relieving you of the stress that comes along with planning everything yourself. We'll take care of all the details; you just need to arrive ready to have fun. Party package includes two hours of fun pool and gym activities, and a Birthday Party Host. Contact Ashley Ryan at 261-0584 or ashley.ryan@rochesterymca.org for more information or visit the branch. We look forward to planning your special day!

Fees: YMCA Members \$160
Program Members \$210

TEEN CITY

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

Day	Time
Monday-Friday	3:00-7:00pm

COLLEGE AND CAREER EXPLORATION

Come on over to the teen center to learn more about career opportunities and colleges and the steps you will need to take to reach your goals. Each week we will cover a different career area and talk about what you would need to do to work in that career field. (Grades 7-12)

Day	Location	Time
Tuesday	Southwest	4:30-5:30pm
Wednesday	Monroe	6:00-7:00pm

LEADERS CLUB

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

Location: Monroe Family YMCA Teen City

Day	Location	Time
Thursday	Monroe	6:00-7:00pm
Wednesday	Southwest	4:30-5:30pm

STEAM NIGHT

Join our Teen City Staff as we explore through different projects and experiments. Each week we will work on a different project that will teach us about science, technology, engineering, art and math. (Grades 7-12)

Day	Location	Time
Tuesday	Monroe	6:00-7:00pm
Thursday	Southwest	4:30-5:30pm

HEALTHY LIVING

Personal Fitness Programs

YMCA PERSONAL TRAINING

Whether you are just starting out or you are an experienced exerciser, our certified personal trainers will design an individual program and motivate you to achieve your individual fitness goals. A complete fitness assessment is included with the purchase of personal training.

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.

WELLNESS CONSULTATION

A Wellness Consultation is a great option for any level of exerciser. Our coaches can help those who are new to exercise develop a plan or help those who are ready for new or different goals start moving in another direction. The Y provides this free service to empower you to create or further develop your personal wellness goals. If you are interested in using the weight equipment, wellness center, group exercise classes or even Personal Training, our Wellness Coaches can help to make sure you're heading in the right direction based on your personal goals. Consultations are free for all members and strongly encouraged. Appointments can be made at the membership desk or by calling the branch.

DIETICIAN 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. Each session is one hour long. By appointment only.

PERSONAL TRAINING AND NUTRITION PACKAGE - \$40 SAVINGS!

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

YOGA ONE ON ONE

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

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

Program Members \$80/one hour appt.

Wellness Classes

ACTIVE YOGA

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

CHAIR YOGA

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

KUNDALINI YOGA

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

TAI CHI

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

YOGA

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

Group Exercise Programs

BODY CONDITIONING

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

BODY PUMP®

This is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weights inspire you to get the results you're looking for. Please see website, mobile app or branch for class times.

BOOTCAMP TRAINING (I)

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

CARDIO STEP (A)

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

CIRCUIT TRAINING (I)

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

HI/LOW CARDIO (B/I)

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

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 your 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.

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

HEALTHY LIVING

INTERVAL STEP (I)

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

MOVING FOR BETTER BALANCE

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

The program works to improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, which leads to better mental health, reduce stress, improved memory and cognition, and increased self-esteem. Class meets twice a week, an hour at a time. Registration required.

TRX BODY BLAST™

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

TRX® CIRCUIT TRAINING

Participants perform the exercises together but not in a synchronized manner. This class is driven by the clock and by verbal cueing of the instructor, with music used only to set the background mood. Sets are organized by time. Ideal for participants accustomed to sport-specific or boot camp style training and for those who enjoy pushing themselves to the limit of their own abilities.

ZUMBA® (I)

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



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

Active Older Adults

SILVERSNEAKERS® CLASSIC

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

SILVERSNEAKERS® CIRCUIT

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

SILVERSNEAKERS® YOGA

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

SILVERSNEAKERS® SPLASH

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

SILVER & FIT® EXPERIENCE

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

PICKLEBALL

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



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

AOA EVENTS

Check Senior event board for updates.

THE SILVERS CLUB Southwest Senior Events

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 MobileFit 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.

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.