



**FREE  
UNDER 3**  
Free Parent / Child Swim Lessons\*

A benefit for families as part of the Y's ongoing commitment to water safety.

\*For Individual Parent and Family memberships with children under three.

[rochesterYMCA.org/swim-lessons](http://rochesterYMCA.org/swim-lessons)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIFE IN BALANCE

**NORTHWEST FAMILY YMCA  
FALL I & II Program Guide - 2018  
WINTER Program Guide - 2019**

**Fall I - September 3-October 28, 2018  
Member Registration: August 20  
Program Member Registration: August 27**

**Fall II - October 29-December 23, 2018  
Member Registration: October 15  
Program Member Registration: October 22**

**Winter- January 2-February 17, 2019  
Member Registration: December 10  
Program Member Registration: December 17**

**Swim Lessons OPEN for All Sessions  
YMCA OF GREATER ROCHESTER  
[rochesterYMCA.org](http://rochesterYMCA.org)**

# STAFF DIRECTORY



Melinda J. Peck,  
Executive Director



Jessica Turpyn,  
Senior Program  
Director



Jason Brannigan,  
Senior Director of Camping  
and Youth Development



Gary Durnberg,  
Building and  
Grounds Director



Justin Kelsey,  
Health & Wellness  
Director



James Meier,  
Aquatics Director



Mike Mrkvicka,  
Sports & Teen  
Director



Meredith Quinlan,  
Coordinator of  
Annual Giving

## NORTHWEST FAMILY YMCA STAFF

Melinda J. Peck, Executive Director .....	723-5460
Jason Brannigan, Senior Director of Camping & Youth Development.....	723-5479
Gary Durnberg, Building and Grounds Director.....	723-5471
James Meier, Aquatics Director.....	723-3022
Justin Kelsey, Health and Wellness Director .....	723-5474
Mike Mrkvicka, Sports and Teen Director.....	723-5470
Rebecca Ott, Billing, Registration, and Financial Aid Assistant.....	723-5478
Meredith Quinlan, Coordinator of Annual Giving .....	723-5462
Pam Shevlin, Preschool Coordinator.....	341-4070
Jessica Turpyn, Senior Program Director.....	723-5463
Birthday Party Hotline.....	723-5472
Margaret LeRoux, Membership Assistant.....	723-5464

## THE NORTHWEST FAMILY YMCA BOARD MEMBERS

Leslie Allen - Board Chair  
Isaac Ajewole  
Stephanie Britt  
Kurt Duel  
Kevin Foy  
Rob Green  
Herb Holliday

Geoffrey Kugler  
Jill Lambert  
Beth Marciano  
Shawna Miller  
Nicole Proia-Diraddo  
Brian Sauers

## NORTHWEST BRANCH HOURS

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

## HOLIDAY HOURS

November 22, Thanksgiving 8:00am-12:00pm  
December 24, Christmas Eve Close at 3:00pm  
December 25, Christmas Day Closed  
December 31, New Year's Eve Close at 5:00pm  
January 1, New Year's Day 10:00am-2:00pm

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

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# MEMBERSHIP INFORMATION

## PASSPORT MEMBERSHIP

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

### MEMBERSHIP BENEFITS

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

- Mystery Cavern
- Community Room
- Wellness Center:
  - ReadyFit – A personalized fitness program
  - Nautilus circuit, Cardiovascular equipment
  - Cardio Theatre, Weight room
  - Fitness evaluations
- Group Exercise classes
- Family Benefits:
  - 2 hrs/day Child Watch service during workout/class
- Family Prime Time/Friday Family Fun Nights Program Runs Sept. – June
- Blood pressure screenings
- Gymnasium
- Gulick Gym
- 25 yard, 6 lane pool
- Whirlpool
- Dry Sauna
- Warm Water Instructional Pool
- Aqua Fit classes
- Women's, Men's, and Family Locker room
- Reduced program fees and priority registration for classes
- AWAY Program – use of other Y's across the country for no cost or guest fee

## GUEST POLICY

Guests are welcome at the YMCA. YMCA members are allowed to bring three guests per year and may bring only one guest per visit. An individual guest is allowed three visits per calendar year and must be accompanied by a YMCA member while using the facility. Members under the age of 13 with a guest must be accompanied by a parent/guardian during their visit. Photo identification is required for all guests 18 and over. YMCA members with a Neighborhood, Maplewood Only, Victor Only or Simply Southwest membership (purchased at Maplewood, Monroe, Southwest or Victor branches) may use the facility up to three times in a calendar year when presenting a valid membership card. Please note that guest access may be limited based on space restrictions in various program and facility areas.

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

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

## ENJOY THESE NORTHWEST

### YMCA FACILITIES

- Family Funstastic Center – Child Watch, Mystery Cavern
- Wellness Center – STRIVE, free weights, treadmills, stairclimbers, bicycles, rowers, Cardio Theatre, and Lifecircuit.
- Six lane, 25 yard Swimming Pool (82°F-83°F)
- Second Indoor "Warm Water Instructional Pool" (86°F-87°F)
- Whirlpool
- Sauna
- Gulick Gym
- Gymnasium
- Men's, Women's and Family Locker Rooms
- Community Room
- Aerobics Center
- Northpoint's Seasonal Swim Complex Center

## AGE REQUIREMENTS

All children ages seven (7) and under must be accompanied by an adult and/or have a parent or guardian in the facility at all times while using the YMCA. Children ages 8-12 must be accompanied by an adult, unless participating in a supervised youth program or activity. Prime Time Kids offers opportunities for K-12 year olds to enjoy supervised recreational activities in our facility. These may include unstructured activities such as open gym, recreational swim, Mystery Cavern use; or may be structured programs such as arts and crafts, special themed programs, and social events. Children must be signed in and out by a parent or guardian to participate in programs without parental supervision.

- Gulick Gym (7 years old and older)
- Wellness Center: 13 years old or older
- All Group Exercise Classes: 13 years old or older
- Sauna/Whirlpool: 16 years old
- Child Watch/Mystery Cavern: 6 weeks - 12 years old. See mystery Cavern schedule for specifics.
- Pickup Adult Basketball: 18 years old or older
- Lap Swimming: 13 years old or older and successfully passed the deep end test.
- Pool: Children 5 years old and under must have an adult member (18 years or older) IN THE POOL with them at all times. Children 6-7 years old must have an adult member (18 years or older) ON THE POOL DECK at all times. Children who want to swim in the deep end must first successfully pass the deep end test.

## LOCKER ROOM USE

We offer three locker room facilities: Women/Girls, Men/Boys, and Family/Special Needs. The Family/ Special Needs locker room is a unisex

locker room with private changing areas for use by children, families and individuals with special needs. Children under the age of 12 must be accompanied by a parent of the opposite sex in order to use the Family and Special Needs locker room.

## LOCKER USE

Lockers are for daily use only. Members are encouraged to bring a lock to secure their valuables. The Northwest Family YMCA is not responsible for lost or stolen items. Lost and found items are available at the Welcome Center Desk for 48 hours after an item is found. After that time, items are donated to local charities. Swimsuits are discarded. If you have lost an item, please notify the Welcome Center Desk at 227-3900.

## NO SMOKING POLICY

The YMCA of Greater Rochester is committed to providing and maintaining a safe and healthy environment for all members, volunteers and staff. Therefore, smoking is prohibited throughout our YMCA facilities and grounds. We thank you for your cooperation.

## CAMERA POLICY

Photos and videos may be taken only with the signed permission of YMCA management and all participants being photographed.

## JOINING FEE

The YMCA of Greater Rochester charges a joining fee in order to provide a source of funds for enhancing membership services. This fee is nonrefundable and may be paid in full upon joining or paid in three monthly installments through our bank draft system. A lapse in membership of 30 days or more requires payment of the joining fee.

## NOTE TO MEMBERS

- 30 days notice in writing is required for terminating membership.
- 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 front desk for more information. Financial assistance is granted based on available resources. All applications are kept confidential.

# MEMBERSHIP INFORMATION

## 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)



## CREDITS/REFUNDS

A credit or refund may be issued upon request. 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 class is cancelled by the YMCA.

**Note:** A \$15.00 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.

## NOT A NORTHWEST YMCA MEMBER? YOU CAN STILL PARTICIPATE IN Y PROGRAMS!

Why not try us out by signing up for a weekly class? Those who participate in Y programs without joining the Y are considered "Program Members" and have access to locker room facilities during their program.

## 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

## Membership Fees

Category	Passport Monthly Fee	Joining Fee
Youth (0 - 18 years)	\$32.00	\$25.00
Young Adult (19 - 29 years)	\$52.00	\$50.00
Adult (30- 59 years)	\$68.00	\$50.00
Senior (60+ years)	\$64.00	\$50.00
Couple	\$94.00	\$75.00
Individual Parent	\$94.00	\$75.00
Family	\$104.50	\$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

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 Northwest 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.

## Optum®/AARP Medicare Supplemental plans

With Optum® from UnitedHealthcare®, it's easy to keep your fitness routine fresh and fun. When you visit The YMCA of Greater Rochester, you'll have access to a variety of exercise classed, fitness equipment and social activities. If you have questions about Optum Fitness, please call the toll-free Customer Service number printed on the back of your member ID card or visit their website for eligibility. <https://fitnessadvantage.optum.com>

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

# 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.

**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.

**Fall I -**  
**Youth Member \$52 - Non-Member \$88**  
**Family/Individual Parent - Member \$0**  
**Monday Classes -**  
**Youth Member \$46 - Non-Member \$77**

**Fall II -**  
**Youth Member \$52 - Non-Member \$88**  
**WEDNESDAY/THURSDAY Classes -**  
**Youth Member \$46 - Non-Member \$77**  
**Family/Individual Parent - Member \$0**

**Winter -**  
**Youth Member \$46 - Non-Member \$77**  
**MONDAY/TUESDAY Classes -**  
**Youth Member \$40 - Non-Member \$66**  
**Family/Individual Parent - Member \$0**

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

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	9:55-10:25am
Monday	9/10-10/22	10/29-12/17	1/7-2/11	6:30-7:00pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	9:55-10:25am
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	5:00-5:30pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/13	5:45-6:15pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:45-10:15am
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	10:30-11:00am

# 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.

**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.

**Fall I - Member \$63 - Non-Member \$126**  
**Monday Member - \$55 - Non-Member - \$110**

**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.

**Fall II - Member \$63 - Non-Member \$126**  
**Wed. Member - \$55 - Non-Member - \$110**

**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.

**Winter - Member \$55 - Non-Member \$110**  
**Mon./Tue.- Member- \$47-Non-Member - \$94**

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

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	10:25-11:00am
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	10:25-11:00am
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	10:25-11:00am

## Preschool 3-5 yrs. - STAGE 1

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	5:45-6:20pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	6:30-7:05pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/13	6:30-7:05pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:00-9:35am

# SWIM BASICS

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

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	5:45-6:20pm
Monday	9/10-10/22	10/29-12/17	1/7-2/11	6:30-7:05pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	5:45-6:20pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	6:30-7:05pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/13	5:45-6:20pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:45-10:20am

## School Age 6-12 yrs. - STAGE 1

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	5:45-6:20pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	5:45-6:20pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	7:25-7:50pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/13	6:30-7:05pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:00-9:35am

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

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	5:45-6:20pm
Monday	9/10-10/22	10/29-12/17	1/7-2/11	6:30-7:05pm
Monday	9/10-10/22	10/29-12/17	1/7-2/11	7:15-7:50pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	5:45-6:20pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	6:30-7:05pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	7:15-7:50pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/13	6:30-7:05pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:45-10:20am

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

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	6:30-7:05pm
Monday	9/10-10/22	10/29-12/17	1/7-2/11	7:15-7:50pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:00-9:35am

# SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, **increase social-emotional and cognitive well-being**, and foster a lifetime of physical activity.

**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.

Fall I - Member \$63 - Non-Member \$126  
Monday - Member \$55 - Non-Member - \$110

**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.

Fall II - Member \$63 - Non-Member \$126  
Wed - Member \$55- Non-Member - \$110

**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.

Winter - Member \$55 - Non-Member \$110  
Mon/Tues Member - \$47 Non-Member - \$94

## Preschool 3-5 yrs. - STAGE 4

Day	Fall I	Fall II	Winter	Time
Wednesday	9/5-10/24	11/7-12/19	1/2-2/13	6:30-7:05pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:00-9:35am

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

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	6:30-7:05pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	7:15-7:50pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/13	6:30-7:05pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	10:30-11:05am

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

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	7:15-7:50pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	6:30-7:05pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/13	7:15-7:50pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	10:30-11:05am



# YOUTH DEVELOPMENT

## COMPETITIVE SWIM TEAM

### (Grades 1-12)

Strives to teach, train and motivate children to achieve their potential in competitive swimming. Our direction and philosophy applies to the novice as well as the national caliber athlete. Our coaching staff emphasizes appropriate swimmer to coach ratios, and ability-based practice groups. Swimmers must be able to swim one length of the pool each of freestyle and back stroke.

September 10, 2018-February 16, 2019

Fees: Member \$483 Must be a Y Member

Practices, 2 required per week

Grades 1-6 4:30-5:30pm MTWF or  
6:00-7:00pm MTWR\*

Grades 7-12 3:30-5:30pm MTWF

\* Limited space. Registrants only!

### PAY IN FULL

Full Rate Child	JV/Var (girls)	JV/Var (boys)
\$483	\$383	\$283

### PAYMENT PLAN

Registration Payment	Monthly Payment
	(3mo Oct-Dec)

Child \$123	\$120
JV/Var(g) \$83	\$100
JV/Var(b) \$73	\$70

Registration payment is due at time of registrations! Even if applying for Financial Aid! The above payment plan rates are for 3 monthly drafts.

Registrants must select what days they will be attending practice. Night practice for grads 1-6 are for those registrants ONLY!

## TWO WEEK TRIAL

Practice times above.

Fees: YMCA Members: Free  
Non-Member \$30

Contact Aquatics 585-723-3022

No Practices Dates:

10/31, 11/21-23, 12/17, 12/24-25,  
12/31-1/1

## PRE-COMPETITIVE SWIM TEAM

### STINGERS 1, 2, 3+ (Grades 1-6)

This mini swim team focuses on stroke development, technique, racing starts and turns. This is perfect for those who want to be taught in a team environment and have fun at the same time. Swimmers must be able to swim one length of the pool each of freestyle and backstroke.

Fall I September 10-October 25

6:00-7:00pm, Mon-Thu	Mem	Prog
1 day rate	126	186
2 day rate	147	207
3+ day rate	161	221

Fall II October 29-December 20

6:00-7:00pm, Mon-Thu	Mem	Prog
1 day rate	126	186
2 day rate	147	207
3+ day rate	161	221

Winter January 7-February 14

6:00-7:00pm, Mon-Thu	Mem	Prog
1 day rate	108	168
2 day rate	126	186
3+ day rate	138	198

## PRIVATE SWIM LESSONS

Instruction with one of our highly trained instructors for the targeted and personal results. Instructors will develop a personalized program for swimmers of any age or ability (30 minute lesson). Private lessons: 4 lessons

YMCA Members \$95/Program Members \$125

Private lesson package: buy 9

YMCA Members \$175/Program Members \$260

Time: by appointment

## 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 can be made up of children and adults. Maximum of 4 people in each group per session. The price includes 8 lessons.

Fees: YMCA Members \$190 per family

Program members \$250 per family

Time: by appointment

## ADAPTIVE SWIM LESSONS

(Ages 3-21) 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 limited to, Autism, Cerebral Palsy, MS, ADHD, and physical limitations. Volunteers and parent helpers will keep the student/teacher ratio a one-on-one.

Price includes 8 lessons.

Fees: YMCA Members \$105

Program Members \$155

Times: by appointment

# YOUTH DEVELOPMENT

## FALL I & II YOUTH SPORTS

### IDDY BIDDY SPORTS SAMPLER

Participants will sample a variety of sports: football, soccer, T-ball and basketball. Join us for the excitement.

Ages 4-5  
Fees: YMCA Members \$53  
Program Members \$88

Site: Gym

Day	Day	Time
Fall I	Tuesday	5:30-6:15pm
Fall II	Wednesday	5:30-6:15pm

### IDDY BIDDY BASKETBALL

Participants will develop ball handling skills and teamwork through skills, drills and games

Site: Aerobics Studio

Ages 4-5  
Fees: YMCA Members \$53  
Program Members \$88

Offered: Fall 2

Day	Time
Monday	5:30-6:15pm

### IDDY BIDDY FOOTBALL

Participants will learn all areas of football.

Fees: YMCA Members \$53  
Program Members \$88

Site: Northwest

Offered: Spring 2

Day	Time
Saturday	11:00-11:45am

### IDDY BIDDY OUTDOOR SOCCER

Participants will learn the skills of playing soccer. Dribbling, passing, playing defense or goalie will be taught along with games to help develop the skills learned in class. \*Will be outside. Dress for the weather.

Site: Northwest field

Ages 4-5  
Fees: YMCA Members \$53  
Program Members \$88

Offered: Fall 1

Day	Time
Wednesday	5:30-6:15pm

### YOUTH BASKETBALL

Participants will develop ball handling, defense, shooting, and passing through drills and games.

Site: Gym Northwest. Ages 6-12

Fees: YMCA Member \$53  
Program Member \$88

Offered: Fall 1 & 2

Day	Time
Thursday	5:30-6:30pm

### YOUTH RUNNING

Indoor running training plus cross-training exercises to get faster, stronger and run better.

Fees: YMCA Member \$53  
Program Member \$88

Site: Gulick Gym

Offered: Fall 2

Day	Age	Time
Tuesday	6-12	5:30-6:30pm

### YOUTH ARCHERY

7-14 year olds. This class is for the first time archer or those who need a refresher of the basic skills.

Offered: Fall 1

Fees: YMCA Member \$53  
Program Member \$88

Day	Time
Monday	5:30-6:30pm

### FLAG FOOTBALL

Youth Flag Football is designed to provide children with the opportunity to engage in a pre-competitive, instructional games program that teaches the basic flag football skills of passing, receiving, running with the ball, defensive and offensive skills, and the rules and strategies of flag football.

Site: Camp North Point

Fees: YMCA Members \$77  
Program members \$109

Day	Age	Time
Sat	6-8	10:00-11:00am
Sat	9-12	11:00-12:00pm

## WINTER YOUTH SPORTS

### IDDY BIDDY SPORTS SAMPLER

Participants will sample a variety of sports: football, soccer, T-ball and basketball. Join us for the excitement.

Fees: YMCA Members \$53  
Program Members \$88

Site: Gym

Day	Age	Time
Wednesday	4-5	5:30-6:15pm

### OUTDOOR CROSS COUNTRY

Youth cross country is designed to provide children with opportunity to engage in a pre-competitive, instructional program that teaches basic running techniques including distance running and running strategies

Offered: Fall 1

Fees: YMCA Member \$53  
Program Member \$88

Day	Age	Time
Tuesday	6-12	5:30-6:30pm

### IDDY BIDDY SOCCER

Participants will learn the skills of playing soccer. Dribbling, passing, playing defense or goalie will be taught along with games to help develop the skills learned in class.

Ages 4-5

Fees: YMCA Members \$53  
Program Members \$88

Day	Time
Monday	5:30-6:15pm

### YOUTH BASKETBALL

Participants will develop ball handling, defense, shooting, and passing through drills and games.

Site: Gym Northwest. Ages 6-12

Fees: YMCA Member \$53  
Program Member \$88

Day	Time
Thursday	5:30-6:30pm

### YOUTH RUNNING

Indoor running training plus cross-training exercises to get faster, stronger and run better.

Ages 6-12

Fees: YMCA Member \$53  
Program Member \$88

Site: Gulick Gym

Day	Time
Tuesday	5:30-6:30pm

### ARENA FOOTBALL

This program will teach the basics of football as well as offense and defensive plays and work our way up to games.

Fees: YMCA Member \$53  
Program Member \$88

Day	Age	Time
Saturday	6-8	1:00-2:00pmpm

### YMCA INDOOR YOUTH SOCCER LEAGUE

The Northwest YMCA is offering in Indoor Soccer League for boys and girls ages 7 through 12. The program emphasizes on teamwork, individual growth, 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 passing, dribbling, strategy plays, and positions. Games will be played on Saturday afternoons. We will be competing against other YMCA branches in weekly games, followed by an association-wide tournament at the end of the season. Practices will be held the first two-three weeks of the program, followed by seven weeks of games. Registration open now (until registration is full with 8-10 kids) Practices: Fridays 5:00-6:00pm

Games: Saturdays 1:00-5:00pm (various times)

Locations: various YMCA locations TBD

Age Divisions: 7-9years, 10-12 years

Fees: YMCA Members \$76

Program Members \$132

# YOUTH DEVELOPMENT

## Preschool Gymnastics Programs

Offered: Fall/Winter 1 & 2

### IDDY BIDDY TINY TUMBLERS

Toddlers work with coaches to teach children basic gymnastics skills. Children will work on all apparatus (bars, beam, springboard and floor mats). We emphasize giving children a positive introduction to gymnastics. Children will increase strength, balance and confidence in this session.

Age Requirements: 3-4 year olds and potty trained (without parent)

Fees: YMCA Members \$55  
Program Members \$75

Site: YMCA Gym

Day	Time
Tuesday	5:00-5:45pm

### IDDY BIDDY GYMNASTICS

No previous experience necessary. Children will learn gymnastic terminology and become familiar with gymnastic equipment aiding in balance, strength and confidence. Children will work on all apparatus (bars, beam, springboard and floor mats) Emphasis: introducing children to skills necessary to continue in our progressive gymnastics program.

Age Requirements: 4-5 years old

Fees: YMCA Members \$55  
Program Members \$75

Site: YMCA Gym

Day	Time
Monday	5:30-6:15pm
Saturday	9:30-10:15am

### YOUTH TUMBLING

This class is for children who have a passion for cheerleading and will help teach the fundamentals of tumbling. During the hour long class participants will focus on building muscle and flexibility to advance their tumbling skills.

Fees: YMCA Members \$61  
Program Members \$97

Day	Time
Tuesday	6:00-7:00pm

## Youth Gymnastics Programs

### BEGINNER (6-12 YEAR OLDS)

This program is for children who have never done formal gymnastics training. We will teach the basics in gymnastics skills including bars, floor, beam and vault. Children must be approved by our gymnastics coaches to move on to the intermediate level.

Fees: YMCA Members once a week \$61  
Prog. Members once a week \$97

Day	Time
Monday	6:30-7:30pm
Saturday	9:15-10:15am

### INTERMEDIATE (6-12 YEAR OLDS)

This program is for children who have demonstrated the necessary skills from the beginner level and approved by our gymnastic coaches. We will teach essential gymnastics skills on the bars, floor, beam and vault to enhance children's knowledge and strength. Children moving on must be approved by our gymnastics coaches to move on to the advanced level.

Fees: YMCA Members once a week \$61  
Prog. Members once a week \$97

(Needs coaches approval)

Day	Time
Wednesday	5:15-6:15pm
Saturday	10:15-11:15am

### ADVANCED (6-12 YEAR OLDS)

Advanced Gymnastics is for children who have demonstrated the necessary skills from intermediate level or that have been approved by our gymnastics coaches. We will teach essential gymnastics skills on the bars, floor, beam and vault to enhance children's knowledge and strength with a focus on developing advanced skills and techniques. Price includes both days.

Fees: YMCA Members \$181

Program Members \$249

Day	Time
Wednesday	6:15-7:15pm
Saturday	10:15am-12:15pm

### ADVANCED+

Advanced + is for children who have demonstrated the necessary skills from Advanced level or that have been approved by our gymnastic coaches. We will teach essential gymnastics skills on the bars, floor, beam and vault to enhance children's knowledge and strength with a focus on developing advanced skills and techniques. Price includes both days.

Fees: YMCA Members \$181

Program Members \$249

Day	Time
Thursday	5:30-7:30pm
Saturday	11:15-12:45pm

## KARATE

The Northwest YMCA Karate program is an all-around martial arts class encompassing both the Japanese arts of Karate basics, Kata and Aiki-Jujutsu. Focus on street defense techniques are emphasized as early as the beginner level of the program.

### YOUTH KARATE

Strong Karate basics and stances are emphasized in this class along with proper etiquette and discipline. Respect is taught for the instructor and each other. Classes consist of "line basics," pre-arranged forms, sparring and self defense.

Age Requirement: 7-12 years old

Site: Strong Kids Room

Day	Time
Mon./Wed.	6:15-7:15pm
Youth Monthly	\$39 Member
	\$51 Program Member

### ADULT PROGRAM

Classes follow the same format as the younger counterparts with more sophisticated self defense and Aiki-Jujutsu introduced. Proper stretching and breathing methods are also stressed.

Age Requirement: 13 and up

Site: Strong Kids Room

Adult Monthly \$33 Member  
\$45 Program Member

Day	Time
Saturday	9:30-11:30am

# YOUTH DEVELOPMENT

## Mystery Cavern Schedule

<b>Monday/Wednesday/Friday</b>		
<b>Time</b>	<b>Program</b>	<b>Description</b>
8:00-9:00am	Family Time	Parents must remain in the Mystery Cavern to supervise and pay with their children. Please note that YMCA program participants may utilize the Mystery Cavern during the family play time.
9:00am-12:15pm	Child Watch	Children signed in to Child Watch will be brought in to the Mystery Cavern. If there are no children in Child Watch, parents may use the Mystery Cavern until there are enough children signed in to bring them in.
12:15-2:30pm	Family Time	Parents must remain in the Mystery Cavern to supervise and pay with their children. Please note that YMCA program participants may utilize the Mystery Cavern during the family play time.
2:30-3:00pm	Preschool	Mystery Cavern will be closed for programs (Preschool, BASP and Fun Club)
3:00-4:00pm	Family Time	Parents must remain in the Mystery Cavern to supervise and pay with their children. Please note that YMCA program participants may utilize the Mystery Cavern during the family play time.
4:00-4:30pm	Child Watch	Children signed in to Child Watch will be brought in to the Mystery Cavern. If there are no children in Child Watch, parents may use the Mystery Cavern until there are enough children signed in to bring them in.
4:30-5:00pm	BASP	Mystery Cavern will be closed for programs (Preschool, BASP and Fun Club)
5:00-8:30pm	Child Watch	Children signed in to Child Watch will be brought in to the Mystery Cavern. If there are no children in Child Watch, parents may use the Mystery Cavern until there are enough children signed in to bring them in.
<b>Tuesday/Thursday</b>		
<b>Time</b>	<b>Program</b>	<b>Description</b>
8:00-9:00am	Family Time	Parents must remain in the Mystery Cavern to supervise and pay with their children. Please note that YMCA program participants may utilize the Mystery Cavern during the family play time.
9:00am-12:15pm	Child Watch	Children signed in to Child Watch will be brought in to the Mystery Cavern. If there are no children in Child Watch, parents may use the Mystery Cavern until there are enough children signed in to bring them in.
12:15-4:00pm	Family Time	Parents must remain in the Mystery Cavern to supervise and pay with their children. Please note that YMCA program participants may utilize the Mystery Cavern during the family play time.
4:00-4:30pm	Child Watch	Children signed in to Child Watch will be brought in to the Mystery Cavern. If there are no children in Child Watch, parents may use the Mystery Cavern until there are enough children signed in to bring them in.
4:30-5:00pm	BASP	Mystery Cavern will be closed for programs (Preschool, BASP and Fun Club)
5:00-8:30pm	Child Watch	Children signed in to Child Watch will be brought in to the Mystery Cavern. If there are no children in Child Watch, parents may use the Mystery Cavern until there are enough children signed in to bring them in.
<b>Saturday/Sunday</b>		
<b>Time</b>	<b>Program</b>	<b>Description</b>
8:00-9:00am	Family Time	Parents must remain in the Mystery Cavern to supervise and pay with their children. Please note that YMCA program participants may utilize the Mystery Cavern during the family play time.
9:00am-2:00pm	Child Watch	Children signed in to Child Watch will be brought in to the Mystery Cavern. If there are no children in Child Watch, parents may use the Mystery Cavern until there are enough children signed in to bring them in.
2:00-7:00pm	Family Time*	Parents must remain in the Mystery Cavern to supervise and pay with their children. Please note that YMCA program participants may utilize the Mystery Cavern during the family play time.

\*During Family Time on Saturday and Sundays Birthday Parties may be using Mystery Cavern. Please see the front desk for Availability. Child Watch is a benefit of family and individual parent memberships.

# YOUTH DEVELOPMENT

## Child Care and Development

### Partial Day Preschool Classes

The YMCA of Greater Rochester's preschool programs seek to develop the whole child by fostering their physical, emotional, and social growth through the new initiative Highscope. Activities are structured around our "learning through play" philosophy. Preschool classes run September-June and use the Greece school district calendar as a guide.

Some areas of instruction covered in a typical Preschool day include:

- Individual and group socialization activities
- Age appropriate reading, writing and listening skills
- Shape, color, size and pattern recognition
- Arts and humanities projects
- Nutrition and healthy eating habits
- Swimming for 3 & 4 year olds

All these objectives are met in a fun atmosphere, while incorporating the YMCA values of caring, honesty, respect and responsibility.

#### TWO YEAR OLD CLASS

Potty training is not required. This program is designed especially for the independent 2 year old. Lots of activities, socialization and learning at the same time. Indoor/outdoor activities will vary with the seasons. Children may enroll throughout the year, space permitting.

**Option 1:** (2 days a week)

Tuesday and Thursday 9:30-11:30am

**Option 2:** (3 days a week)

Mon./Wed./Fri. 9:30-11:30am

#### THREE-YEAR-OLD CLASS

The emphasis of this class is on social experience with a gradual exploration of the learning environment.

**Option 1:** (2 days a week)

Tuesday and Thursday 9:30-12:00pm

Tuesday and Thursday 9:15-11:45am

**Option 2:** (3 days a week)

Mon./Wed./Fri. 9:30am-12:00pm

## Preschool 2018-2019

YMCA Class	Days	Hours	Wkly Member Price	Program Member Price
Two Year Old	2	2	\$33	\$52
Two Year Old	3	2	\$24	\$41
Three Year Old	2	2.5	\$28	\$46
Three Year Old	3	2.5	\$38	\$58
Lunch Bunch	3	3	\$38	\$58
Four Year Old	3	2.5	\$38	\$58
Four-Five Year Old	5	3	\$71	\$107

For more information, please pick up a registration packet from the Welcome Center Desk or online.

**For additional questions, please call Preschool Coordinator Pam Shevlin at 341-4070.**

\* Child must turn age by December 1 to qualify for age group.

Tues./Thurs./Fri. 9:30am-12:00pm

#### LUNCH BUNCH THREE/FOUR/ FIVE YEAR OLDS\*

Kids will enjoy lunch (bring your own lunch) together, as well as games, crafts, and fun. No swimming for this class.

Monday, Wednesday and Friday

Times: 12:00-3:00pm

\*You can only register for one class per day.

#### FOUR-YEAR-OLD CLASS

Socialization and positive learning experience with an introduction to kindergarten readiness. This is a great preparation for kindergarten.

Monday, Wednesday and Friday

Times: 9:15-11:45am

### Pre-Kindergarten

This is a Pre-Kindergarten program for older 4's and young 5's that helps children prepare for kindergarten. Taught by NYS Certified school teachers.

Monday-Friday

Times: 9:15am-12:15pm

Children build confidence,  
trust, and positive values  
by making friends and  
taking part in group  
projects and activities  
where fair play, team work  
and responsibility are  
emphasized.

# YOUTH DEVELOPMENT

## Three locations - One Mission

### SCHOOL YEAR 2018-2019

Before and After School Program packets may be picked up at the Welcome Center Desk or accessed online at [rochesterymca.org/afterschool](http://rochesterymca.org/afterschool)

### Before and After School 2018-2019

Attendance	YMCA Member Price	Program Member Price
AM Care	\$41	\$63
PM Care	\$73	\$104

Rates are weekly/per child. \*Part-time rates may vary.

### NORTHWEST YMCA LOCATION

(7:00am – 6:00pm)

This location serves ALL of the Greece Schools; private and public. Morning and after care available, part-time and full-time. Activities available for your child:

- Fitness Circuit (Gulick Gym)
- Leadership Development
- Science, Technology, Engineering, Arts and Math Activities
- Healthy Eating and Physical Activity
- Tutoring and Mentoring
- Relationship and Character Building
- Large and Small Group Activities
- Parent and Family Engagement
- Service Learning
- Outdoor Activities

### HILTON LOCATIONS

(7:00am – 6:00pm)

Location Served:

Northwood PM Care only

Quest\* AM and PM Care

\*Serves Quest and Village

Part-time and full-time rates available at both Hilton sites

Activities available for your child:

- Leadership Development
- Science, Technology, Engineering, Arts and Math Activities
- Healthy Eating and Physical Activity
- Tutoring and Mentoring
- Relationship and Character Building
- Large and Small Group Activities
- Parent and Family Engagement
- Service Learning
- Outdoor Activities

\*\$1 per minute per child, late fee after 6pm for all programs

### VACATION FUN CLUBS

Everyone welcomed! Before and After School Program participant enrollment not required. Fun filled days that provide a safe, fun learning experience for school age children on days when schools are not in session. There is a 2 business day administration processing time for all new registrations. Half day school day fun clubs available on specific dates.

Activities Include: Arts and Crafts, Interactive Games, Swimming, Healthy Snacks, Gulick Gym (minimum age of 7 years old).

Y Member \$44

Program Member \$60

Dates

September 4, 5 Camp Northpoint

October 5, 8

November 2, 12, 21, 23

December 24-28, 31

January 1, 21

February 18-22

### 2018/2019 Program Information

Age Requirement: Grades Kindergarten-5

Site: Northwest Family YMCA

Times: 7:00am – 6:00pm

**Full Days**

Fees: YMCA Member \$42 per day/per child

Program Member \$58 per day/per child

\*Registration required. Program fills quickly. Register today!

- All staff are finger printed and background checked
- Staff receive at least 30 hours of annual training
- YMCA Financial Assistance available
- Support available from the New York State Department of Social Services

Register for 2018-2019 now! Call 227-3900 for a registration packet. There is a two business day administrative processing time for all new registrations!

### EMERGENCY FUN CLUBS

First come, first serve basis. This program runs when school is closed unexpectedly due to extreme weather conditions.

Fees: YMCA Member \$42 per day/per child

Program Member \$58 per day/per child

### KIDS NIGHT OUT

This event is a member benefit that is available one Saturday night every other month for K-6th graders from 7:00- 9:00pm. Youth members can enjoy activities including gym games, gaga, Mystery Cavern, swimming, and other fun activities.

Register online or at our Welcome Desk. Pre-registration is required.

Day Date

September 22

October 20

November 17

January 19

February 16

### DROP AND SHOP

We are making shopping days a little easier for you. Drop the kids off at our Northwest Child Watch Center for fun and games and we'll keep our eyes on them so you can keep your eyes on the deals.

Drop your children off at the Northwest Family Branch YMCA for 2 hours between 12:00 and 3:00pm, Monday-Friday and get errands done.

Please register at the Northwest Welcome Desk. YMCA Member \$15 and each additional child \$5

# HEALTHY LIVING

## WELLNESS CENTER

Includes cardiovascular equipment, Cardio Theatre, Strive circuit, and free weights. Orientations are a benefit with membership and are required to ensure a safe and effective workout.

## FITNESS ORIENTATION

A Fitness Orientation is a great place to begin your wellness journey. This free service is designed to provide you with a coach versed in all aspects of healthy living at the Y and to show you what we have to offer. Our wellness coaches are glad to show you how to use any of the machines/equipment within the wellness center as part of your appointment. Ask your wellness coach today to set you up on our new fitness technology, MobileFIT and begin recording your progress. For additional motivation and someone to help you develop goals specific to you and assist you to reach these goals, sign-up with one of our Nationally accredited certified personal trainers!

## HEALTH AND FITNESS REQUIREMENT

The YMCA recommends consultation with a physician prior to beginning any exercise program. All Wellness Center staff hold CPR, AED, and first aid certifications.

## DIETITIAN ONE ON ONE

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

1-5 sessions, each session one hour long:

YMCA Members \$50 per session

Program Members \$100 per session

6-10 sessions:

YMCA Members \$46 per session

Program Members \$92 per session

11+ sessions:

YMCA Members \$42 per session

Program Members \$84 per session

## Y KIDS PERSONAL TRAINING PACKAGE

Have fun while working out with your own personal trainer! Exciting and challenging cardiovascular, flexibility and strength training exercises that help to increase balance, coordination, focus and functional strength. Eight 30-minute sessions.

Age requirement: 12-18 years old

Fees: YMCA Members \$142

## YMCA PERSONAL TRAINING

Whether you are just starting out or are 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 a one hour Personal Training session. Registration is required by appointment only. Please contact the Health and Well Being Director, Justin Kelsey at 723-5474.

1-5 Sessions Member \$40/session

6-10 Sessions Member \$38/session

11+ Sessions Member \$36 /session

## CUSTOMIZED FITNESS PLAN

Do you come to the gym often but don't know what to do to reach your goal? Sign up for a personalized exercise plan today.

Member \$76 per plan.

Please contact the Health & Well-Being Director, Justin Kelsey at 723-5474.

## LIVESTRONG AT THE Y PROGRAM

A 12 week program for cancer survivors who have been newly diagnosed, in current treatment, or recently completed their cancer treatment plan. The program meets twice a week for 75 minutes focusing on improvement with strength, cardio endurance, improving energy levels, flexibility and improved self-esteem. Membership is not required to enroll but commitment to participate in most of the program with the group is a requirement. Program will be starting this fall in the evenings from 5:30-7:00pm. For more information please contact Pam Clark at 784-3789.

## BOXING FOR FITNESS

Interested in learning boxing fundamentals and training "like" a boxer? The Boxing for Fitness program includes meeting twice a week for 1 hour focusing on boxing and conditioning for fitness and performance.

Current class times: Monday & Wednesdays 6:00am, Monday & Wednesdays 10:00am, Wednesdays & Saturdays 12:00pm

Cost: \$130 per 8 week session (16 sessions) For more information please contact Justin Kelsey at 723-5474 or [Justin.kelsey@rochesterymca.org](mailto:Justin.kelsey@rochesterymca.org)

## 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

## Group Exercise

All YMCA Group Exercise instructors are certified through the YMCA of the USA and have current CPR. Unless indicated otherwise, all group exercise classes are a Member Benefit. See Group Exercise schedule for class levels (beginner, intermediate, advanced). Classes must maintain a minimum of 6 participants.

## Mind and Body Classes

### GENTLE YOGA

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

### ACTIVE YOGA

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

### 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 to optimize physical performance. Joint stabilization, back strength and hip flexibility are just some of the benefits you will receive from this unique workout.

### BODY FLOW™

Ideal for anyone and everyone, BODYFLOW is the yoga based class that will improve your mind, your body and your life. During BODY FLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace the elements of Tai Chi and Pilates. Breathing control is part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

### QI GONG

The ancient Chinese healing art of Qi Gong decreases stress and improves healthy vitality. These gentle exercises combine visualization, breathing and body movements to promote relaxation and reenergize the body.

### TAI CHI

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

## Cardio and Strength Classes

### BODY CONDITIONING

Through non-aerobic exercise, participants work toward developing muscular fitness. Participants will work opposing muscle groups, and the core muscles, and then conclude with flexibility. The class will utilize a variety of resistance/training equipment.

### BARRE

Tap into the hottest trend in fitness right now, and Raise the Barre! This new energetic workout incorporates ballet-like movements along with the strength training in a workout that will challenge and strengthen your entire body. With a special concentration on improving flexibility and coordination, the Y Barre class is a perfect opportunity for men and women of all ages and fitness levels to improve their overall health and well being.

### GULICK GYM CIRCUIT

In this beginner level, 20 minute circuit you will gain confidence, strength and endurance. This program is focused on helping new exercisers begin a workout and be successful. Location: Gulick Gym

### STEP AEROBICS

The emphasis is on basic step movements. No previous step aerobic experience necessary. Although this class is at a beginning and intermediate level, advanced students can still get a workout.

### CARDIO STEP

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 and over step.

### BODY COMBAT™

This high energy martial arts inspired workout is totally non-contact and there are no complex moves to master.

### BODY PUMP™

This is the original 60 minute barbell class that strengthens your entire body.

### BOSU CIRCUIT

This class uses timed segments alternating between cardio and muscle conditioning activities using the BOSU

### CYCLE COMBO

This class combines cycling and core strengthening to give you an intense workout. All levels welcomed.

### CXWORX™

This is a 30 minute workout that will bring you a new fitness level for CORE training! This program really targets the torso and sling muscles that connect your upper body to your lower body. It's ideal for strengthening your abs and torso while improving functional strength and assisting in injury prevention.

### POWER & PERFORMANCE

Ready for the next level? This high intensity program offers compound, athletic, experienced exercisers improve their current fitness level.

### 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.

### TRX® BODY BLAST

This is a class driven by the beat of the music to improve total body and core strength. This class will help improve flexibility and range of motion. This class is for individuals who enjoy high energy of coordinated movements. ALL fitness levels are welcome. (Limited to 22)

### YMCA GROUP CYCLE

An indoor cycling cardio workout for all fitness levels. (Limited to 23)

### INTERVAL TRAINING

An intermediate/advanced level class, which utilizes short, high intensity segments followed by longer low intensity recovery segments.

### WERQ™

WERQ™ is the fiercely fun dance fitness format based on pop, rock and hip hop music and easy to follow, high-energy dance steps.

### ZUMBA®

This class 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 training and resistance training for a full body workout. It combines a mixture of body sculpting movements with easy to follow dance steps.



# HEALTHY LIVING

## Active Older Adults

### FEELING FIT

This class allows you to work at a pace that's right for you. The workout combines low impact aerobics, strength exercises and flexibility.

### SILVERSNEAKERS® YOGA

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

### SILVERSNEAKERS® CLASSIC (BEGINNER/INTERMEDIATE LEVEL)

Have fun and move to the music through a variety of exercise designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

### SILVERSNEAKERS® CIRCUIT (INTERMEDIATE LEVEL)

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 ball is alternated with non-impact aerobic choreography. A chair is offered to support head to toe stretching and complete relaxation in a comfortable position.

### HI/LO AEROBICS

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

### SILVER CYCLE

A cycle class designed for older adults. This class simulates the outdoor cycling experience on state of the art stationary bikes. Your ride can match your personal comfort level. Instructors will lead you on a ride designed to improve your cardiovascular endurance with guided focus and motivational music.



Zumba Gold® is designed to meet the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class set to zesty Latin music, like salsa, merengue, cumbia, and reggaeton. The easy-to-follow moves and modified pacing create a fun, invigorating, party-like atmosphere. Invite your friends and make this class part of your weekly schedule!

### BOOK CLUB

Small groups meet monthly to review and discuss books in the areas of romance, history, science fiction, and others! Group meets from 12:00-2:00pm in Community Room. Information is available on The AOA Bulletin Board. YMCA Members only. No Meetings July & August.

### AMBASSADOR CLUB

The Ambassador Club is a group of individuals who serve the Northwest Family YMCA in a variety of capacities (greeters at the Welcome Center Desk, activity leaders at family events, Healthy Kids Day volunteers, and much more). Meetings are held the third Tuesday of each month at 8:00am.

### PRESENTATIONS AND LUNCH AND LEARNS

A variety of topics will be explored in our Lunch and Learn series. Light snack or lunch may be provided. There will be two running each month. Check AOA Bulletin Board for additional updates and information. YMCA Members only. Sign up at the membership desk.

### EUCHRE CLUB

Small groups meet four times each month to play some friendly games of euchre. Upcoming dates, times are 10:00am-12:30pm on Wednesdays unless otherwise noted.

Fees: Member Benefit

\$20 per session for Program Members  
Program No. 09128-50

### NEEDLEWORK CLUB

Join us every Thursday at 10:00am to socialize with other members while working on your needlework, knitting, or crocheting projects. Please bring your own materials. The club will make items to be donated to charities chosen by the club.

# HEALTHY LIVING

## Aquatic Exercise Classes

### ADULT WATER FITNESS

Do you know someone that isn't a member but would like to come to the Y and enjoy Adult Water Fitness Classes? Sign up at our Welcome Desk for aquatics classes by session. Pricing is as follows.

1 day \$70  
2 day \$93  
3 day \$111  
5 day \$134

### STRETCH AND TONE I

These exercises are designed to increase flexibility and range of motion while decreasing stiffness in joints. They are designed for those with arthritis, osteoporosis, and other rehabilitation needs. The range of motion is nonstressful and a good way to improve the quality of your everyday life.

Day	Time
Mon./Wed./Fri.	11:00-11:50am
Tues./Thurs./Fri.	1:00-1:50pm
Tues./Thurs.	8:00-8:50pm

### AQUA YOGA

This program is designed to help tone and condition muscles while increasing flexibility and range of motion. Utilizing non-aerobic exercise, instruction will benefit those with arthritis, osteoporosis, and other rehabilitation needs. A combination of muscle conditioning, core training, flexibility and relaxation.

Day	Time
Wed/Friday	10:00-10:50am

### AQUAFIT I

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

Day	Time
Mon.-Fri.	8:00-8:50am

### AQUAFIT II

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

Day	Time
Mon-Fri	2:00-2:50pm
Wednesday	7:00-7:50am

## Health and Safety Programs

### BASIC LIFE SUPPORT

Learn the skills necessary to perform CPR and use an AED unit. Students will be certified by the American Health and Safety Institute with successful completion of the course. A written exam is required to complete the course. This course is 4 hours long. Fee does not include book.

Day	Time
Thursday, 9/6	6-10pm
Thursday, 10/4	6-10pm
Thursday, 11/1	6-10pm
Thursday, 12/6	6-10pm
Thursday, 1/3	6-10pm
Thursday, 1/31	6-10pm

### BASIC LIFE SUPPORT RECERT

Includes: Adult, infant/child, professional CPR/AED and oxygen administration. Fee does not include book.

Day	Time
Thursday, 9/13	6-10pm
Thursday, 10/11	6-10pm
Thursday, 11/8	6-10pm
Thursday, 12/13	6-10pm

### BASIC FIRST AID

You'll learn the essential techniques for first aid and accident prevention. Certification valid for 2 years. Fee does not include book.

Day	Time
Thursday, 9/20	6-10pm
Thursday, 10/18	6-10pm
Thursday, 11/15	6-10pm
Thursday, 12/20	6-10pm
Thursday, 1/10	6-10pm
Thursday, 2/7	6-10pm

### AQUAFIT III

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

Day	Time
Monday/Fri.	7:00-7:50am
Tues./Fri	9:00-9:50am
Wednesday	8:00-8:50pm

## ONLINE LIFEGUARDING COURSE

Upon successful completion, students will possess the certifications necessary to lifeguard in a pool setting. Participants will receive the following certifications: Lifeguarding, CPR/AED for the Professional Rescuer, First Aid, Oxygen. Students will need to complete both online and in person components as follows:

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

Day	Time
Friday, 9/21	4:00-10:00pm
Sat/Sun, 9/22-23	9:00am-6:00pm
Friday, 10/19	4:00-10:00pm
Sat/Sun, 10/20-21	9:00am-6:00pm
Friday, 11/16	4:00-10:00pm
Sat/Sun, 11/17-18	9:00am-6:00pm
Friday, 12/7	4:00-10:00pm
Sat/Sun, 12/8-9	9:00am-6:00pm
Friday, 1/4	4:00-10:00pm
Sat/Sun, 1/5-6	9:00am-6:00pm
Full Course	
Mon-Fri, 2/18-2/22	10:00am-3:00pm

### LIFEGUARD RECERT

Participants will first take the skills pre-test, then complete the online portion of the lifeguarding class (details on pre-test and online class in above description) and then complete the one day pool test on one of the days listed below.

Fees: YMCA Members \$100  
Program Members \$125

Day	Time
Sunday, 9/23	9:00am-6:00pm
Sunday, 10/21	9:00am-6:00pm
Sunday, 11/18	9:00am-6:00pm
Sunday, 12/9	9:00am-6:00pm
Sunday, 1/6	9:00am-6:00pm

### AQUA ZUMBA

This class combines the intensity of a land Zumba class with the cooling support of the effective workout. Please check the Fall 25 yard Pool Schedule.

Day	Time
Monday	9:00-9:55am

# 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.