



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

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

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

rochesterYMCA.org/swim-lessons



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFE IN BALANCE

CORNING COMMUNITY 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**

CORNING COMMUNITY YMCA STAFF

Gail Hostuttler, Executive Director	936-4638 ext. 3860
Bonnie Mann, Health & Wellness Director	936-4638 ext. 3863
Shelby Mickinkle, Program and Camp Director	936-4638 ext. 3862
Melanie Moon, Aquatics Director	936-4638 ext. 3864
Stephanie Giammarco, Membership Director	936-4638 ext. 3861
Lisa Faber, Preschool Teacher, Aquatics Coordinator	936-4638 ext. 3866
Alicia Patterson, Aquatics Coordinator.....	936-4638

CORNING HOURS

Monday-Friday	5:30am-9:00pm
Saturday	7:00am-7:00pm
Sunday	1:00pm-6:00pm

HOLIDAY HOURS

Thanksgiving	8:00am-Noon
Christmas Day	Closed
Christmas Eve	Close at 3:00pm
New Year's Eve	Close at 5:00pm

CORNING COMMUNITY YMCA BOARD OF MANAGEMENT

Sarah Creath	Jennifer McEwen
Teresa Smith	Cory Eddy
Christina Kager	Scott Robinson
Frank Vassallo	Jeanne Estep
Blake Manuel	
Angela Julien	
Mark Landin	

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

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MEMBERSHIP INFORMATION

REGISTRATION BEGINS

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

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 12 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 under 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 open gym, recreational swim or Adventure Center use; or may be structured programs such as arts and crafts, special themed programs, and social events. Children must be signed in and out by a parent or guardian to participate in programs without parental supervision. 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. Children 6-8 years old must have a parent/adult member ON THE POOL DECK at all times. Children 12 and under 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.

- 10-13 YMCA Teen Orientation in Wellness Center: must complete Teen Orientation AND be accompanied by an adult while in Wellness Center. Must wear colored lanyard while in WC.
- All Group Exercise Classes: varies per class
- Lap Swimming: 13 years old and successfully passed the deep-end test
- Child Watch: 6 weeks - 12 years
- Pickup Adult Basketball: 19 years old
- Sauna: 16 years old
- Hot Tub: 16 years old
- Steamroom: 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

MEMBERSHIP INFORMATION

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 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 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 18 with a guest must be accompanied by a parent/guardian during their visit. Photo identification is required for all guests 18 and over. 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 the New York State Sex Offender website. For more information, please review these sections."

CREDIT/REFUNDS

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.

NATIONWIDE Y MEMBERSHIP

We are dedicated to ensuring our facilities,

Membership Fees

CATEGORY

CATEGORY	Monthly Fee	Joining Fee
Youth Membership (0-18 yrs.)	\$30.00	\$25.00
Young Adult (19-29 yrs.)	\$52.00	\$50.00
Adult (30-59 yrs.)	\$66.00	\$50.00
Senior (60+)	\$51.50	\$50.00
Senior Couple (60+)	\$70.00	\$50.00
Couple	\$85.00	\$75.00
Individual Parent	\$85.00	\$75.00
Family	\$95.00	\$75.00

* Senior Limited and Senior Couple Limited Membership is now Active Senior Program, which runs year round. You can register for a continuous program and will be charged \$20.00 a month for each individual.

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.

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 New York State Sex Offender website. instantly compares visitor identification data against a comprehensive database of sex offender registries for every state. When a known sex offender is detected, sends instantaneous alerts preventing access for these predators. This zero tolerance policy helps ensure the security and safety of all our patrons.

Insurance

The Corning Community 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 classes, 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>

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 - Non-Member \$112
Free for Individual Parent & Family Members
MONDAY Classes - Non-Member \$100

Fall II - Non-Member \$112
Free for Individual Parent & Family Members

Winter - Non-Member \$100
Free for Individual Parent & Family Members
MON/TUES. Classes - Non-Member \$90

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	10:45-11:15am
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	5:55-6:25pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:00-9:30am

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.

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.

Fall I - Non-Member \$114 - Members \$56.00
MONDAY Classes - Non-Member \$104 Members \$51

Fall II - Non-Member \$114 - Members \$56.00
WED/THUR Classes - Non-Member \$104 Members \$51

Winter - Non-Member \$104 - Members \$51.00
MON/TUES Classes - Non-Member \$90 Members \$44

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	4:25-5:00pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	4:25-5:00pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	5:10-5:45pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	5:55-6:30pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/23	4:25-5:00pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/23	5:10-5:45pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/23	5:55-6:30pm
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	5:10-5:45pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:00-9:35am
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:45-10:20am
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	10:30-11:05am

SWIM BASICS

Youth 6-12 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	4:25-5:00pm
Monday	9/10-10/22	10/29-12/17	1/7-2/11	5:55-6:30pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	4:25-5:00pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/23	4:25-5:00pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/23	5:55-6:30pm
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	5:10-5:45pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:00-9:35am
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:45-10:20am

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 - Non-Member \$114 - Members \$56.00
MONDAY Classes - Non-Member \$104 Members \$51

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 - Non-Member \$114 - Members \$56.00
WED/THUR Classes - Non-Member \$104 Members \$51

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 - Non-Member \$104 - Members \$51.00
MON/TUES Classes - Non-Member \$90 Members \$44

Preschool 3-5 yrs. - STAGE 4

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	5:10-5:45pm
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	4:25-5:00pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	10:30-11:05am

Youth 6-12 yrs. - STAGE 4 - STAGE 5 - STAGE 6

Day	Fall I	Fall II	Winter	Time
Monday	9/10-10/22	10/29-12/17	1/7-2/11	5:10-5:45pm
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	5:10-5:45pm
Wednesday	9/5-10/24	11/7-12/19	1/2-2/23	5:10-5:45pm
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	4:25-5:00pm
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	5:55-6:30pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:00-9:35am

Adult 13+ - STAGE 1 - STAGE 2 - STAGE 3 - STAGE 4

Day	Fall I	Fall II	Winter	Time
Tuesday	9/4-10/23	10/30-12/18	1/8-2/12	7:30-8:30pm

Adult 13+ - STAGE 5 - STAGE 6

Day	Fall I	Fall II	Winter	Time
Wednesday	9/5-10/24	11/7-12/19	1/2-2/23	7:30-8:30pm

ADDITIONAL AQUATICS PROGRAMS

CPR

September 11	5:30-9:00pm
October 9	5:30-9:00pm
November 13	5:30-9:00pm
December 11	5:30-9:00pm
January 8	5:30-9:00pm
February 12	5:30-9:00pm

This course is meant for citizens of the community who wish to be certified to administer basic first aid, perform CPR, and use an AED unit. A written exam is required to complete the course. Fee does not include book.

Cost: Members \$58

Non-Members \$69

FIRST AID

September 15	9:30am-12:00pm
October 13	9:30am-12:00pm
November 17	9:30am-12:00pm
December 15	9:30am-12:00pm
January 12	9:30am-12:00pm
February 16	9:30am-12:00pm

You will learn the essential techniques for first aid and accident prevention. Certification valid for 2 years. A written exam is required to complete the course. Fee does not include book.

Cost: Members \$58

Non-Members \$69

LIFEGUARD COURSE

October 8-12 5:30-9:30pm
 October 13 9:00am-1:00pm
 Location: Watson

Full Course

Members \$181

Non-Members \$232

Recert

Members \$50

Non-Members \$110

SHALLOW WATER LIFEGUARD COURSE

December 26, 27, 28
 8:00am-4:00pm
 Location: YMCA

Member \$35

Non-Members \$70

PRIVATE LESSONS

The customized lessons are created to meet the swimmer's goals and are available for students at age 3. An instructor will be matched by contacting the Aquatics Department.

Cost: Members: \$31/hour.

\$126/pkg. of 5 (5 hour or 10 half hour)

Non-Members: \$63/hour

\$253/pkg. of 5 (5 hour or 10 half hour)

PORPOISE CLUB

This club focuses on traditional swim instruction as well as teaching techniques through hands on participation. Participation includes the opportunity to assist with our swim instruction for group lessons as a Jr. Swim Instructor. Club swimmers will also learn CPR, AED, and First Aid skills.

For ages 6-12

Times: Monday/Wednesday/Friday 3:30-4:30pm

Fall 1: 8 weeks \$95 members; \$192 non-members

Fall 2: 8 weeks \$95 members; \$192 non-members

Winter: 7 weeks \$83 members; \$168 non-members

PORPOISE CLUB ENDURANCE

This club focuses on building endurance and increasing efficiency in stroke mechanics.

For ages 6-12

Times: Tuesday/Thursday 6:45-8:00pm

Fall 1: 8 weeks \$63 members; \$128 non-members

Fall 2: 8 weeks \$63 members; \$128 non-members

Winter: 7 weeks \$55 members; \$112 non-members

HOMESCHOOL MACKERELS:

Ages 6-17. A program for our community homeschoolers consisting of a half hour swim lesson and a half hour of open swim.

Thursdays 1:00-2:00 PM

Fall 1: \$56 members; \$114 non-members

Fall 2: \$51 members; \$104 non-members

Winter: \$51 members; \$104 non-members



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

There's more to the Y...

SPECIALTY CLASSES PREVENTION PROGRAMS

- *Convenient and frequent class times every day for such favorites as yoga, Zumba, Les Mills, Aqua Fit, and Spin.
- *Complimentary child watch available while you workout!
- YMCA's Diabetes Prevention Program and Healthy Weight and Your Child support program
- *Exercise classes tailored to meet the needs of active older adults, volunteer and social opportunities, and workshops.

*Free benefit for members!



SPORTS

- Wide variety of co-ed sports options for 3-12 year olds, with structured league play.
- Adult Drop-in Sports, pick-up games, and fun social sports like pickleball.

YOUTH DEVELOPMENT

NERF PROGRAM

We will transform the gym into an arena for the kids to battle and play fun competitive games. Each week we will have skill challenges where the kids will get to practice and compete in different aspects of Nerf Combat, and then we will have an all-out battle to end out each day. Instructor will set up a different skill practice each week and then divide participants into teams to complete challenges. Nerf has many benefits including teamwork, exercise, disciplined fun and learning to balance competition with good sportsmanship. Each child MUST have eye protection to participate and will be provided glasses if they do not have their own. They may bring their own guns, but we will provide the "ammo" in order to prevent losing their equipment and for fair gameplay.
Wednesday 6pm-7pm: Ages 9-12

TUMBLING TOTS

Toddlers will work with coaches to learn basic gymnastic skills. Children will work on all apparatus (beams, springboard, and floor mats,) while increasing strength, balance, and confidence with the use of nursery rhymes and songs to learn body awareness and movement. We emphasize giving children a positive introduction to gymnastics!
Ages: 3-4 years (with parent)
Times: Tuesday 4:45 – 5:30 PM
Fall I & II
Cost: Members: \$59
Non-Members: \$120
Winter
Cost: Members: \$36
Non-Members: \$74

TUMBLING TIKES

No previous experience is necessary for this program. Children will learn gymnastic terminology and become familiar with gymnastic equipment aiding in strength, balance, and confidence. Children will work on all apparatus (beams, springboard, and floor mats.) Emphasis will be on introducing children to skills necessary to continue increased strength, balance, and confidence. Class held in the gym.
Ages: 5-6 years (without parent, parent must stay in building)
Times: Tuesday 5:30 – 6:15 PM
Fall I & II
Cost: Members: \$53
Non-Members: \$108
Winter
Cost: Members: \$33
Non-Members: \$68

TUMBLING (Progressive)

Youth gymnastics is a co-ed sports program for boys and girls ages 7-10 years old. This class helps children develop fundamental skills and incorporates teamwork through instructional play. Whether it's gaining the confidence that comes from learning to play or building the positive relationships that lead to good sportsmanship and teamwork, participation in sports at the Y is focused on youth development, healthy living, and social responsibility.
Times: Tuesday 6:15 – 7:00 PM
Fall I & II
Cost: Members: \$53
Non-Members: \$108
Winter
Cost: Members: \$36
Non-Members: \$74

SPECIAL NEEDS SWIM LESSONS/ DIVERSE ABILITIES

These classes are for children who are already receiving special services. Parents or guardians may be asked to assist. These classes are scheduled with an instructor one-on-one. Please contact the Aquatics Director at 936-4638 ext. 3866 for more information.
Prices follow group lesson rates.
Ages 3-12.
Fall 1: 8 weeks \$90 members \$182 non-members
Fall 2: 8 weeks \$90 members; \$182 non-members
Winter: 7 weeks \$78 members; \$158 non-members

HOMESCHOOL GYM

Instructor will use CATCH program techniques to engage children and families.
Times: Tuesday/Thursday: 11:00 am 12:00 pm
Cost: \$7.00 per child, \$20.00 per family over 3 kids.

FALL YOUTH OUTDOOR SOCCER LEAGUE PRESENTED BY FIVE STAR URGENT CARE



Games every Saturday. Practices weeknights. New players welcome, we do not keep score and focus on team building and skill development. Volunteer coaches needed. September 8-October 27
Ages 5-14: 5-6, 7-8, 9-12, 13-14



BASKETBALL CLINIC:

Focus on skill development, a great way to get ready for basketball season! Need an extra edge for try outs? Come to our basketball clinic!
November 26-30
5-7 pm in the gym
Ages 5-14
Cost: Member: \$50
Non-Members: \$75

YOUTH BASKETBALL LEAGUE:

New players welcome, we do not keep score and focus on team building and skill development. Volunteer coaches needed.
December 8-January 26
Ages 5-14: 5-6, 7-8, 9-12, 13-14
Games every Saturday at the YMCA
Practices weeknights. Youth Basketball registration ends November 23

THANKSGIVING BREAK CAMP:

Come have fun at break week camp! We will have games, crafts, and activities including time in the gym and a make your own lunch!
November 21 and 23
3 sessions (AM:8-11, Lunch:11-2, PM:2-5)
Ages 5-12 welcome
Prices:
Members: \$25/session \$10/Lunch
Non-Members: \$30/session \$10/lunch

HOLIDAY CAMP WEEK

Come have fun at break week camp! We will have games, crafts, and activities including time in the gym and a make your own lunch!
December 26-28
3 sessions (AM:8-11, Lunch:11-2, PM: 2-5)
Ages 5-12 welcome
Prices:
Members: \$25/session \$10/Lunch
Non-Members: \$30/session \$10/lunch

YOUTH DEVELOPMENT

HOLIDAY BREAK CAMP: PART 2

Come have fun at break week camp! We will have games, crafts, and activities including time in the gym and a make your own lunch!

December 31- January 4

3 sessions (AM:8-11, Lunch:11-2, PM: 2-5)

Ages 5-12 welcome

Prices:

Members: \$25/session \$10/Lunch

Non-Members: \$30/session \$10/lunch

WINTER BREAK CAMP:

Come have fun at break week camp! We will have games, crafts, and activities including time in the gym and a make your own lunch!

February 18-22

3 sessions (AM:8-11, Lunch:11-2, PM: 2-5)

Ages 5-12 welcome

Prices:

Members: \$25/session \$10/Lunch

Non-Members: \$30/session \$10/lunch

DAYS OFF OF SCHOOL – FUN CLUB:

Join us at FUN CLUB! We will have games, crafts, and activities including time in the gym and a make your own lunch!

Dates: October 8, January 21, January 28, March 15, May 27

Days off of school, runs like the vacation camps.

3 sessions (AM:8-11, Lunch:11-2, PM: 2-5)

Ages 5-12 welcome

Prices:

Members: \$25/session \$10/Lunch

Non-Members: \$30/session \$10/lunch

PRESCHOOL *NOW PROGRAMS ENROLLING

Partial day preschool programs are offered for 2.5 to 3 hours daily for children ages 2-5. Two, three, or five day options are available at all locations, which provides your family with flexible options and the ability to choose a program that best fits your child's age and level of development. Our 3-5 year old preschool program options include swim instruction.

Our implementation of the age appropriate HighScope Curriculum, coupled with our caring and dedicated staff will help your child to achieve their full potential. Early learning programs at the YMCA focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, trusting relationships and build self-reliance.

The YMCA of Greater Rochester's early childhood education programs seek to develop the whole child by fostering their physical, emotional, and social growth. Activities are structured around

our "learning through play" philosophy. Emphasis is placed on individual skill development and cooperative activities. Our enriched curriculum ensures that children remain engaged and challenged throughout the day. A developmental learning approach is combined with fun, values-based activities focused on preparing children for Kindergarten. Preschool programs run September – June and follow the Corning school district calendar.

YMCA Youth Sports Programs

(Ages 3-12) The YMCA of Greater Rochester provides Youth Sports classes and leagues that will help your child be successful both on and off the field. In our classes and leagues children will work on individual skill development, learn how to work as a team and be introduced to sport specific team strategies. We will provide an environment in which our athletes learn and understand the importance of positive competition, sportsmanship, healthy lifestyle choices and the YMCA core values.

TEEN ORIENTATION

A free orientation for 10-13 year old members to the strength and cardio equipment in the wellness center. This is required for 10-13 year olds who want to workout in the Wellness Center with a parent or guardian. Those who complete this orientation will receive a colored lanyard and are required to wear when in the Wellness Center. See a wellness coach for details and to make an appointment. Members: Free

TEEN OPEN GYM

Teens 13 to 18 years old looking for something to do after school? Come to the Y, meet new friends and join us shooting hoops!

Times: Monday through Friday 3:30-5:00pm

Cost: Members: Free

Non-Members: \$7 per day

Family Resources

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	Time
Monday	8:30am-1:00pm
Tues-Sat	8:30am-12:00pm
Mon-Friday	4:00pm -8:00pm

FAMILY EVENTS

Free to Members

\$20 Non Members

Bring the Family to the Y every First Friday of the month for a themed event.

First Fridays- 6-8 pm

Sept 7-Nerf Night

Oct 5- Pumpkin Photo Hunt

Nov 2- Turkey Scavenger Hunt

Dec 7- Christmas Party

Jan 4- Nerf Night

Feb 1- Indoor Obstacle Course

HOLIDAY EVENTS

Parents enjoy some quite time while we entertain the kids during our Parents Night Out Events.

Sept 22

Harvest Festival Parents Night Out 4:30-7:00 pm-register for pricing

Holiday and Craft Nights

Join us for themed holiday events with hands-on fun and something to take home.

Oct 26

Halloween event 6:00-8:00 pm-free for members

November 17

Glass Painting Craft Night 5:00-7:00 pm

\$3.00 members/non-members

December 21

Gingerbread event 6:00-8:00 pm- \$5.00 for Members and Non-Members

January 19

Tie Dye Craft Night 5:00-7:00 pm \$3.00 members/ nonmembers

February 9

Valentines Parents Night Out 4:30-7:00 pm - register for pricing

HEALTHY LIVING

Water Fitness Programs

THINNING BY FINNING

This water fitness program utilizes fins and targets core stabilization and a full body workout. Participants must be comfortable swimming full lengths of the pool without flotation aides. Please bring your own fins and goggles. Ages 18+

Times: Thurs 5:45 – 6:30 PM

AQUAFIT

A basic water fitness program that targets range of motion, core stabilization, balance, and flexibility. For ages 10+

Times: Mon/Wed/Fri 9:30-10:30 AM

Mon/Wed/Fri 1:15-2:15 PM

Instructor: Rotate

Times: Mon/Wed 6:30-7:30 PM

AQUA MOVEMENT

Times: Thur 9:00-10:00am

WATER, WALK & TALK

Read a novel together as a class and come exercise – “walk & talk” to discuss the book. The group is reading together! For ages 10+

Times: Thursday 6:30-7:30 PM

Personal Fitness Programs

YMCA PERSONAL TRAINING

Whether you are just starting out or are an experienced exerciser, our Certified Personal Trainers will design an individual program and motivate you to achieve your individual fitness goals. A complete fitness assessment, is included with the purchase of Personal Training. By Appointment only.



BUDDY 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. Contact Bonnie Mann for more information at 936-4638 ext. 204.

ATTENTION MEMBERS

Health & Wellness Requirement: To better serve YMCA members and program participants regarding their safety in exercise activities, all members and participants will be given a “Physical Activity Readiness Questionnaire” at the time of registration. This form asks questions regarding the major health risks associated with exercise, as identified by the American College of Sports Medicine, and recommends seeking medical advice prior to beginning any exercise program.

All Wellness Center Staff hold CPR, AED, and First Aid certifications.

BOOT CAMP \$\$

This high intensity program offers compound, athletic type movements combined with power, strength, agility and core drills to improve overall fitness. This program can be modified for the beginner to the advanced exerciser to improve their current fitness level. 1 or 2 day a week options.

BOXING FOR FITNESS \$\$

Boxing for Fitness is one of the most effective methods to lose weight, tone muscles, and build strength. Instructed by 3 time world champion professional boxer, Bonnie Mann.

For ages: 18+

KICK BOXING

A high intensity interval workout utilizing well defined movements that include kicks and punches. Class concludes with muscle conditioning and flexibility.

SPECIAL FEATURE – INSTRUCTOR CHOICE

This class could include any group exercise format featured here. For ages 10+

ADULT JUDO/YOUTH JUDO \$\$

The Centurion Judo Club’s classes are progressive and designed with a non-competitive focus. We strive to teach the fundamentals of each technique while still maintaining the fun- spirited environment.

LES MILLS™/BODYPUMP™

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for – and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography.

CXWORX™

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

Time: Tuesday 12:15-12:45pm
Studio A

\$\$+Fee Based Programs

HEALTHY LIVING

Adult Recreation

ADULT NOON BALL

Drop in basketball has been a tradition at the Corning Community YMCA for 30+ years! Come over on your lunch break and see how good it feels to shoot some hoops in our full sized gym! Noon ball is for adults 18+.

Times: Mon/Wed/Fri: 12:00-1:30 PM

Cost: Members: FREE

Non-members: \$12 per day

ADULT DROP IN BASKETBALL

Drop in adult basketball Friday night in the gym!

Times: Fridays: 7:15-8:45 PM

Cost: Members: FREE

Non-members: \$5 per day

ADULT DROP IN SOCCER

Goal! Wednesday night adult drop in indoor soccer in the gym!

Times: Wednesday: 7:15-8:45 PM

Cost: Members: FREE

Non-members: \$5 per day

DROP IN PICKLEBALL

Pickleball is a combination of tennis and badminton this is played by hitting a whiffle ball with a light-weight wooden paddle. Pickleball is for ages 13+

Times: Mon/Wed/Fri 8:30 AM-11:00 AM

Tue/Thu 1:00-3:00PM

Thursdays: 7:15-8:45PM.

Cost: Members: FREE

Non-members: \$5 per day

ADULT DROP IN VOLLEYBALL

Join us on Tuesday evenings for Volleyball in the gym! Drop in Volleyball is open to men and women ages 18+.

Times: Tuesdays: 7:15-8:45PM

Cost: Members: FREE

Non-members: \$5 per day

ADULT DROP IN BADMINTON

Join us on Mondays for this fun yet great way to keep active.

Times: Mondays: 7:15-8:45 PM

Cost: Members: FREE

Non-members: \$5 per day

ADULT DROP-IN WALLYBALL

Join us Tuesday evenings in Racquetball Court 1 for drop-in wallyball. Open to men and women ages 18+ all experience levels welcome.

Cost: Members: FREE

Non-members: \$5 per day

Wellness Programs

YOGA

A program designed to provide a holistic approach to exercise. Yoga postures are used to build strength, cardiovascular endurance, and enhance flexibility. Participants relieve stress and tension, working inwards while working out. For ages 14+

GENTLE YOGA

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

ACTIVE YOGA

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

LINE DANCING

This class is geared toward beginners and will start with easy rhythms to a variety of music styles, including oldies, country, and popular hits.

LOCKER USE POLICY

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

LOCKER RENTAL RATES

Locker Rental: \$120

Locker and Laundry: \$240

Members will receive their locker number and lock after payment has been processed, please allow 24 hours before confirmation.

GROUP CYCLE

Whether you are a beginner or avid cyclist, this class is for you! Group cycle simulates the outdoor cycling experience on state-of-the-art stationary bikes. Each ride combines endurance, speed, and hill interval training with guided focus and motivational music. Experience and inspirational journey into fitness with planned and customizable progressions on the bike. Join the fun, camaraderie, and fitness in this proven and popular cardio workout. For ages 14+
Instructor: Varies for all Cycling Studio.

CYCLE-FUSION & MORE

This all-levels, total body workout combines speed and endurance drills on the bike for optimal calorie burning, cardio conditioning with strength and conditioning moves off the bike to tone and shape. For ages 14+

FUNCTIONAL FITNESS

This all-levels core focused class is aimed at developing usable strength to improve performance in everyday activities and sports. Using a variety of proven equipment, integrated core training, and real-life functional movement patterns, this class is designed to help you get the most out of your workout in the least amount of time.

MEMBER 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 memberships to its applicants and to revoke a membership of any current member or participant at its sole discretion.

HEALTHY LIVING

FIT 4 LIFE

This class is a circuitry training class that focuses on intervals on Tuesdays and strength on Thursdays. The class utilizes the Cybex equipment and free motion equipment in the Wellness Center. You will learn to maximize your workout learning proper form, breathing, and technique. Prior to registering for this class participants need to complete a fitness orientation.

ZUMBA®

Aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

ZUMBA - DANCE FIT CLASS WITH LATIN AND BOLLYWOOD BEATS

A fitness class that brings new flavor to Zumba and transforms the gym floor into a Bollywood dance floor.

REFIT®

This is a cardio dance fitness class infused with positive music and movements to burn calories while having fun. This is a high energy class that uses a variety of music to get you moving. No previous dance moves or skills required! Beginners welcome!

ROWING \$\$

Rowing is a sport like no other, a true challenge to the mind and body. At its best, rowing is all about individuals working in perfect rhythm to make their boat move amazingly fast. A beginner level rowing class, you will learn an introduction to the aspects of rowing, technique, and weight management. Class size is limited, so enroll today.

ZUMBA KIDS

Zumba beats with kid friendly routines for ages. 4-11. This class helps develop a healthy lifestyle and incorporate fitness as a part of Children's lives.

Instructor: Nithya Cocina

Active Older Adults

SILVERSNEAKERS®

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. Times: Tues/Thurs 9:15-10:15 AM Studio B

ACTIVE SENIORS

This is an exercise program to improve agility, balance, coordination, and activities for daily living (ADLs) by increasing muscular strength and range of movement. Class format varies and includes use of hand-held weights and various other resistance tools. This is for those who have been exercising regularly (standing cardio + light equipment.)

Times: Monday 1:00-2:00 PM Studio B

SENIOR CHAIR CLASS

A seated workout class for seniors with slight focus on upper body strength, using hand weights, resistance tubing, and other equipment. We tend to use the lower body in an effort to increase overall blood flow and to counteract muscle loss while improving and maintaining flexibility, muscular strength, and range of motion. We also have a lot of fun!

Times: Mon/Wed/Fri 11:45 AM-12:45 PM
Studio B

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. This is a half-court program that keeps you active. Come check it out!

Times: Mon/Wed/Fri 8:30-11:00 am
Tue/Thurs 1:00-3:00pm
Thurs. 7:15-8:45 pm

Cost: Members: Free
Non-Members: \$5

BARRE FOR OLDER ACTIVE ADULTS - NEW CLASS

Barre fuses the best of Pilates, yoga, dance, and strength training. You don't need dance experience to enjoy this class. Ages 50+
Times: Wednesday 1:00 - 2:00 PM



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.

Times: Fridays 1:00-2:00 pm Studio A
Times: Wed 10:00-11:00am @Senior Center
Cost: Members: Free

Non-Members: \$2.00 per class

BOXING SENIOR RATE \$\$

Ages: 55+
Instructor: Bonnie Mann
Times: Monday and Wednesday 5:25-6:25pm

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 classes, 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>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**CHECK OUT OUR FIRST FRIDAY EVERY
MONTH FROM 6-8 PM**

CRAFT TIME



GYM ACTIVITIES



POOL TIME

We also offer some other great recurring programs!

Parent's Night Out

School Break Week Camps



Upcoming events:

Halloween Bash - Friday, October 26 from 6-8 pm
Come dressed in your costume for a parade and prizes.

Gingerbread House Building - Friday, December 21 from 6-8 pm
Bring in the family and join us for a night of Holiday fun building
gerbread houses.

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.