



**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

**EASTSIDE 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



Andy Page,  
VP Operations/Eastside  
341-4020



Jeff Cogan, Assoc.  
Executive Director  
341-4022



Sean Anne, District  
Aquatics Director,  
341-4024



Michael Avery,  
Sr. Dir. of Health &  
Well-Being, 341-3041



Terri Beneway,  
Aquatics Director,  
341-3069



Sarah Mikiewicz,  
Sports & Camp Staff  
Assoc. 341-4027



Ashlee Read, Eastside  
Early Education Center  
Director, 341-3064



Shannan Smith,  
Preschool & Family  
Director, 341-4025



Christine Walker,  
Wellness Coord.,  
341-3082

## THE EASTSIDE FAMILY YMCA BOARD MEMBERS

Johanna Bartlett, Board Chair  
Shaun Anderson  
Paul Barden  
Ryan Barrett  
John Cogan  
Scott Ebersol  
Mark Enzien  
Rob Gavin  
Ray Hutch  
Gene Kinney  
Teon Kowalyk  
Mark Lockerby  
Janice Paternico  
Rob Piersielak  
Stephen Skrainar  
Maggie Whelehan  
Deb Wickham  
Keith Williams  
Mary Wojnowski

## THE EASTSIDE FAMILY YMCA STAFF

Kathleen Cannarozzo, Communications and Program Specialist..... 341-4030  
Karen Caterisano, Active Older Adult Coordinator ..... 341-3067  
Kimberly Faulkner, Membership Director ..... 341-3061  
Birthday Party Coordinator ..... 341-4040  
Sports and Camp Staff Associate ..... 341-4028  
Member Service Coordinators. .... 341-4033  
    • Kara Kaestle  
    • Sushma Dasaraju  
Colleen McGreer, Director of Administration and Member Service ..... 341-4021  
Tiffani Moxley, Group Exercise Coordinator ..... 341-3055  
Heidi Murphy, Coordinator of Annual Giving..... 784-3793  
Debbie Nowak, Human Resource and Payroll Specialist..... 341-4026  
Buildings and Grounds..... 341-4041  
Katelyn Qazi, Assistant Director/Eastside Early Education Center ..... 341-3054  
Dani Richards, Annual Giving Support Specialist ..... 341-3068  
Leslie Ristaneo, Financial Systems Specialist ..... 341-4031  
Before & After School Coordinator ..... 341-4011  
Carly Swieringa, Communications and Special Events ..... 341-4023

# MEMBERSHIP INFORMATION

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.

## EASTSIDE BRANCH HOURS

5:00am-10:00pm	Monday-Friday
6:00am-7:00pm	Saturday
7:00am-8:00pm	Sunday

## WEST ENTRANCE HOURS

7:30am-8:00pm	Monday-Friday
8:00am-5:00pm	Saturday
8:00am-5:00pm	Sunday

## HOLIDAY HOURS

Labor Day, Sept. 3	Closed
Thanksgiving, Nov. 22	8am-12pm
Christmas Eve, Dec. 24	5am-3pm
Christmas Day, Dec. 25	Closed
New Year's Eve, Dec. 31	5am-5pm
New Year's Day, Jan. 1	10am-2pm

## SPORTS PERFORMANCE HOURS

### YMCA Members

6:00am-9:00pm	Monday-Friday
7:00am-3:00pm	Saturday
8:00am-3:00pm	Sunday

Please note: All activities cease at times listed above. Locker rooms will close 15 minutes later.

## MEMBERSHIP BENEFITS

- Early Registration
- Reduced Program Fees
- Unlimited Exercise Classes
  - Group Exercise
  - Aquatic Exercise
  - Family Exercise
  - Active Older Adult Exercise
- Indoor/Outdoor Climbing Wall
- Open Swim, Lap Swimming (for individuals 13 and up)
- Family Swim/Inflatable
- Sauna/Whirlpool
- Dive-in Movies
- Tween Wellness Center
- Unlimited use of the Wellness Center including Free Weights, Hammer Strength, Life Fitness Circle, Nautilus, Treadmills, Crosstrainers, Elliptical Machines, Bicycles NuStep Machines, and Rowers
- Fitness Assessments
- Les Mills® Group Exercise Programs
- Wellness Consultation
- YMCA Healthy Habits Program
- Open and Family Gym
- Junior and Teen Leaders Club
- Tween Time
- Teen Nights
- Family Fun Nights
- Child Watch/Adventure Center (for Individual Parent and Family Memberships only)
- AWAY Program - use of participating YMCAs across the country at either no charge or at one-half of the YMCA's guest fee
- Adult Basketball
- Co-ed Volleyball
- Pickleball
- CATCH Games
- Outdoor Playground
- Archery Range
- MobileFit Membership

## AGE REQUIREMENTS

All children ages seven (7) and under must be under adult or staff supervision 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.

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## ENJOY THESE EASTSIDE

### YMCA FACILITIES

- Family Adventure Center
- Wellness Center - Nautilus, free weights, treadmills, cross-trainers, elliptical machines, LifeFitness Circuit, NuStep machines, bicycles, rowers, and Koko
- Warm Water Teaching Pool (86F)
- Six lane, 25 yard Swimming Pool (81.5F)
- Whirlpool
- 2 Aerobics Studios
- Cycle Stadium (80+ bikes)
- Sauna
- Two Gymnasiums
- Men's, Women's, and Family Locker Rooms
- Indoor Track (1/16 mile)
- Indoor Climbing Wall
- Hammer Strength MTS
- Tween Wellness Center
- Sports Performance Center
- Lifespan/United Way/YMCA Multi Aging Resource Center
- Massage Room
- Computer Lab

## WELLNESS CENTER

- 12 years: Wellness Consultation required, adult supervision required.
- 13 years: Wellness Consultation required, adult supervision not required.
- Must be 13 years old to participate in group exercise classes.
- 8-12 year olds may use the track or the Tween Wellness Center while parent is in the facility.
- Track available for family/stroller time Monday-Friday, from 10:00am-6:00pm, and 8:00-9:30pm.

## SPORTS PERFORMANCE CENTER

- Please contact Jeff Cogan, Sports Performance Center Coordinator at 341-4022, for age requirements.

## AQUATICS

- 5 years: Adult (18 years or older) required to be in pool within arm's reach. 2:1 children to adult ratio.
- 6-7 years: Adult (18 years or older) required to be on pool deck. Life jacket policy applies.
- 8 years and up: Children may use the pool without direct parental supervision. Life jacket policy applies.
- Must be 13 and have passed the deep end test to participate in lap swim.
- Must be 16 years old to use the hot tub or sauna.

# MEMBERSHIP INFORMATION

## CHILD WATCH

- Drop off available for ages six weeks through seven years.

## ADVENTURE CENTER

- Drop off available for ages 5-12 years old.
- Family Time available for birth-12 years old, parental supervision required.

## TWEEN CENTER

- 6-7 year olds may use Tween Center during drop off hours or with parental supervision. Exercise equipment usage prohibited.
- 8-12 year olds may use Tween Center without parental supervision. Exercise equipment use permitted.

## GYM AND ROCK WALL

- Must be 19 to participate in adult pickup basketball.
- Must be six years of age or older to use rock wall. Safety course required.

## LOCKER ROOM USE

We offer three locker room facilities: Women/Girls, Men/Boys and Gender Inclusive Family Locker rooms.

Children over one year of age accompanied by a parent of the opposite sex must use the Gender Inclusive Locker Room. Our Gender Inclusive Locker Room is easily accessible for individuals with diverse abilities.

## LOCKER USE

Lockers are available for daily use only. All participants are encouraged to bring a lock to lock their personal belongings, or may utilize our FREE valuables lock boxes in our facility. The YMCA is not responsible for lost or stolen personal items.

## 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 including ecigs and other forms, is prohibited throughout our YMCA facilities and campus. Thank you for your cooperation.

Handbook information is subject to change. Please contact the Welcome Center, visit our website at [rochesterymca.org/eastside](http://rochesterymca.org/eastside) or download the YMCA of Greater Rochester Mobile App for updates.

## 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

## CAMERA POLICY

Phone and camera usage is strictly prohibited in all locker rooms. Pictures or videos in other areas of the facility is strictly prohibited without consent and authorization from the YMCA.

## JOINING FEE

The YMCA of Greater Rochester charges a joining fee. This fee is non-refundable and can 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.

## CANCELLATION POLICY

- 30 days notice is required for terminating membership. Your termination notice must be submitted to the branch in writing.
- A rejoining fee will be charged for any membership which has been expired for more than 30 days.

## FINANCIAL ASSISTANCE

Through the YMCA's Financial Assistance Program, financial assistance is provided based on available resources to those in need. For more details, please contact Leslie Ristaneo at 784-3850.

## 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).



**Note:** A \$25.00 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.

## 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. Gift Cards are for YMCA of Greater Rochester programs or services only and cannot be redeemed for cash or refunded to a credit card.

## MAKE-UP POLICY

There will be no make-up classes for fee based programs, unless a class is cancelled by the YMCA.

## IF YOU ARE NOT AN EASTSIDE 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 YMCA are considered "Program Members" and have access to locker room facilities only during their program.

# MEMBERSHIP INFORMATION

## PASSPORT MEMBERSHIP

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

## YMCA OF GREATER ROCHESTER MEMBERSHIP CODE OF CONDUCT

The YMCA of Greater Rochester is founded on the Christian principles and prohibits inappropriate behavior and conduct. This includes, but is not limited to, profanity or abusive language or attire, smoking, use of alcohol or drugs, the removal of YMCA property, and criminal conduct of any type. Such inappropriate behavior or conduct is unacceptable and the YMCA consequently retains the right to deny membership to its applicants and to revoke a membership of any current member or participant at its sole discretion.

The protection of members and guests who are utilizing the YMCA is of paramount concern to the YMCA of Greater Rochester. Therefore, we reserve the right to deny access or membership to any person whose behavior is judged to be in conflict with the welfare and safety of other members and/or staff; who is a registered sexual offender; has pleaded guilty to or been convicted of any crime involving sexual abuse or a crime against persons such as child, spousal, or parental abuse or any offense relating to the sale or transportation of illegal, habit forming or dangerous drugs; or who is presently clearly under the influence of intoxicating beverages or behavior modifying drugs.

## HALL PASS SCREENING

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

## LOST AND FOUND

Lost and found items are available at the Welcome Center for two weeks 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 at 341-4000. Please remember to lock up your valuables.

## 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.

## 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 card only. Please bring it with you when you visit. Program participants please sign in at Welcome Desk. Thank you!

## Insurance

The Eastside 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>

# 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**  
Members \$77-Non-Member \$154  
Free for Individual Parent/Family Membership

**Fall II - Members \$77-Non-Member \$154**  
Free for Individual Parent/Family Membership

**Winter**  
Members \$68-Non-Member \$136  
Free for Individual Parent/Family Membership

## 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	9:15-9:45am
Monday	9/4-10/22	10/29-12/17	1/7-2/11	5:45-6:15pm
Tuesday	9/5-10/23	10/30-12/18	1/8-2/12	9:15-9:45am
Tuesday	9/5-10/23	10/30-12/18	1/8-2/12	6:30-7:00pm
Wednesday	9/6-10/24	10/31-12/19	1/2-2/13	10:00-10:30am
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	8:45-9:15am
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:30-10:00am
Sunday	9/9-10/28	11/4-12/23	1/6-2/17	9:30-10:00am

# 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**  
Members \$77-Non-Member \$154

**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**  
Members \$77-Non-Member \$154

**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**  
Members \$68-Non-Member \$136

## 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	4:15-4:50pm
Tuesday	9/5-10/23	10/30-12/18	1/8-2/12	5:00-5:35pm
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	5:45-6:20pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	10:15-10:50am
Sunday	9/9-10/28	11/4-12/23	1/6-2/17	10:15-10:50am

## 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	6:30-7:05pm
Tuesday	9/5-10/23	10/30-12/18	1/8-2/12	5:00-5:35pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	10:15-10:50am
Sunday	9/9-10/28	11/4-12/23	1/6-2/17	9:30-10:05am

# SWIM BASICS

**Fall I**  
Members \$77-Non-Member \$154

**Fall II**  
Members \$77-Non-Member \$154

**Winter**  
Members \$68-Non-Member \$136

## 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	10:00-10:35am
Monday	9/10-10/22	10/29-12/17	1/7-2/11	5:45-6:20pm
Tuesday	9/5-10/23	10/30-12/18	1/8-2/12	10:00-10:35am
Tuesday	9/5-10/23	10/30-12/18	1/8-2/12	12:50-1:25pm
Tuesday	9/5-10/23	10/30-12/18	1/8-2/12	1:35-2:10pm
Tuesday	9/5-10/23	10/30-12/18	1/8-2/12	5:45-6:20pm
Wednesday	9/6-10/24	10/31-12/19	1/2-2/13	9:15-9:50am
Wednesday	9/6-10/24	10/31-12/19	1/2-2/13	12:50-1:25pm
Wednesday	9/6-10/24	10/31-12/19	1/2-2/13	1:35-2:10pm
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	4:15-4:40pm
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	5:00-5:35pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	8:45-9:20am
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:30-10:05am
Sunday	9/9-10/28	11/4-12/23	1/6-2/17	9:30-10:05am
Sunday	9/9-10/28	11/4-12/23	1/6-2/17	10:15-10:50am
Sunday	9/9-10/28	11/4-12/23	1/6-2/17	11:00-11:35am

## 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	4:15-4:50pm
Monday	9/10-10/22	10/29-12/17	1/7-2/11	5:45-6:20pm
Tuesday	9/5-10/23	10/30-12/18	1/8-2/12	6:30-7:05pm
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	5:45-6:20pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	9:30-10:05am
SSaturday	9/8-10/27	11/3-12/22	1/5-2/16	10:15-10:50am
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	11:00-11:35am
Sunday	9/9-10/28	11/4-12/23	1/6-2/17	10:15-10:50am

## Teen, Adult 13+ - STAGE 1 - STAGE 2 - STAGE 3

Day	Fall I	Fall II	Winter	Time
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	7:15-7:50pm



# 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.

**5/STROKE DEVELOPMENT** Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**6/STROKE MECHANICS** In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**Fall I**  
Members \$77-Non-Member \$154

**Fall II**  
Members \$77-Non-Member \$154

**Winter**  
Members \$68-Non-Member \$136

## Preschool 3-5 yrs. - STAGE 4

Day	Fall I	Fall II	Winter	Time
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	11:00-11:35am
Sunday	9/9-10/28	11/4-12/23	1/6-2/17	11:00-11:35am

## School age 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	5:00-5:35pm
Monday	9/10-10/22	10/29-12/17	1/7-2/11	6:30-7:05pm
Tuesday	9/5-10/23	10/30-12/18	1/8-2/12	5:45-6:20pm
Thursday	9/6-10/25	11/1-12/20	1/3-2/14	6:30-7:05pm
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	8:45-9:20am
Saturday	9/8-10/27	11/3-12/22	1/5-2/16	10:15-10:50am
Sunday	9/9-10/28	11/4-12/23	1/6-2/17	11:00-11:35am

# ADDITIONAL AQUATIC PROGRAMS

## PRIVATE SWIM LESSONS

Students will work to improve the skill base they currently have using drills, techniques, and fun activities to succeed. A minimum of four lessons is required. For an appointment, contact Sean Anne, Aquatics Director, at 341-4024. Semi-private lessons will need two students to sign up for class. Fees: YMCA Members

Eight 30 min. lessons \$224  
Four 30 min. lessons \$112

Program Members  
Eight 30 min. lessons \$456  
Four 30 min. lessons \$228

## COMPETITIVE SWIM PACKAGES

This program is designed for the student who has completed at least the Starfish or Minnow level, is able to swim at least 50 yards consecutively of front crawl and back crawl, and is interested in competitive swimming. Students will focus on developing the four major strokes, flip turns, pull outs, and competitive starts.

Fees: YMCA Members \$81  
Program Members \$162

Days	Time
Tues./Thurs.	5:00-6:00pm

## SIX WEEKS TO 1650

Being able to swim one mile is an exhilarating experience. Whether you attain the one mile goal or not, this clinic can strengthen your muscles, refine your stroke technique, and help to build your endurance.

Fees: YMCA Members \$76  
Program Members \$152

Days	Time
Wed.	5:00-6:00pm

## FAMILY SWIM LESSONS

Students will work with an instructor to develop their current swimming skills and goals. The group can be made up of children and adults. Max of 4 students in each group per session. For more information please contact Terri Beneway, Assistant Aquatic Director, at 341-4024.

Fees: YMCA Members  
Twelve 30 min. lessons \$224  
Program Members  
Twelve 30 min. lessons \$416

# YOUTH DEVELOPMENT

## Preschool Programs

### EASTSIDE YMCA'S 2018-2019 TTT-TERRIFIC TWOS AND THREES YEARLY PROGRAM

A safe introduction to a preschool setting for 2 and 3 year olds! Children enjoy circle time with songs, stories, finger plays, use of small equipment and supervised play in the Adventure Center. Children do not need to be toilet trained to participate. Age requirement: 2-3 years, must be 2 years by October 1.

Fees: YMCA Members \$33/week  
Program Members \$53/week

Day	Time
Tuesday/Thursday	9:00am-11:00am
Tuesday/Thursday	10:45am-12:15pm

### THREE-YEAR-OLDS

This class, developed exclusively for three-year-olds, allows children to grow and learn in a structured environment. A focus on learning through fun activities, such as songs, games, and hands-on learning is an essential piece of this program. Children will be exposed to gym and Adventure Center play time, activity centers, and social interaction that will help them grow and develop. The principles of math, science, and reading will be introduced using High Scope Curriculum along with one swim lesson and a gym class per week.

Fees: YMCA Members \$37/week  
Program Members \$58/week

Days	Time
Tues./Thurs.	9:00-11:30am
Tues./Thurs.	12:30-3:00pm

### FOUR-YEAR-OLDS

These kinder-ready classes are focused on your child's growth and development as they look ahead to Kindergarten next year. This quality program helps meet the social, emotional, and developmental needs of your four-year-old. This program specifically strives to help prepare the young child for the structure and transitions of a formal classroom setting. Children will gain knowledge through hands-on activities, play time, songs, Adventure Center time, and crafts. The principles of language, math, science, and art will be introduced along with one swim lesson and a gym class per week.

Fees: YMCA Members \$49/week  
Program Members \$77/week

Day	Time
Mon./Wed./Fri.	9:00-11:30am
Mon./Wed./Fri.	12:30-3:00pm

### PREKINDERGARTEN PROGRAM

Following the guiding principles of the New York State Prekindergarten Learning Standards and High Scope Philosophy, this half-day program for four- to five-year-olds is designed to enhance school readiness. This semi-formal academic curriculum will engage children in a variety of developmentally appropriate lessons with the goal of promoting intellectual, social, emotional, and physical growth. Daily read-alouds, mini lessons, learning centers, and indoor/outdoor playtime will be presented in a fun way by an Early Childhood Education teacher. A weekly swimming lesson and yoga session complete the program.

The Prekindergarten class runs in accordance with the Penfield School District calendar beginning in September and running through June. Class meets Monday through Friday from 9:30am-12:30pm.

Fees: YMCA Member \$87/week  
Program Member \$139/week

### THREE & FOUR YEAR OLD COMBINED

This three hour program for older three-year-olds and younger four-year-olds is designed to enhance school readiness. This class will engage children in a variety of developmentally appropriate lessons with the goal of promoting intellectual, social, emotional, and physical growth.

Daily read-alouds, mini lessons and learning centers with focus on the alphabet, numbers, colors, matching, and indoor/outdoor playtime will be presented in a fun way based in High Scope Curriculum. A weekly swimming lesson and gym class complete this program.

Ages: 3&4-year-olds  
Fee: YMCA Members \$59/week  
Program Members \$94/week

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

### PRESCHOOL STEM ENRICHMENT

Continue the learning! Children age 2-4 will learn and explore concepts related to Science, Technology, Engineering and Math.

Fees: YMCA Members \$40 per day of class, per month  
Program Members \$52 per day of class, per month

Day	Time
Tuesday	8:30-9:00am
Wednesday	9:00-9:30am

### SATURDAY STEM CLUB

Children ages 3-8 explore science, technology, engineering and math through hands-on learning.

Fees: YMCA Members \$49/week  
Program Members \$98/week

Day	Time
Saturday	10:00-10:30am

## \*Limited Spaces Still Available

For more information please contact:  
Shannan Smith at 341-4025 or [Shannan.Smith@rochesterymca.org](mailto:Shannan.Smith@rochesterymca.org)

# YOUTH DEVELOPMENT

These great programs and services are available for those with Individual Parent and Family Memberships!

## DROP OFF PROGRAMS

Programs	Days	Times	Details
<b>Child Watch</b>			
6 weeks - 7 years	Mon.-Fri. Sat. & Sun.	8:00am-8:45pm 8:00am-4:00pm	Our experienced staff will care for your child for up to 2 hours while you are using the facility. <u>Footwear required.</u> Two hours, per child, per day. In an effort to keep the room as secure as possible, adults may remain in child watch long enough to settle children, but are kindly asked to exit to the vestibule or hallway as soon as possible.
<b>Adventure Center</b>			
5-12 years	Mon.-Fri. Sat. & Sun. If Penfield CSD is closed	4:00-8:45pm 8:00am-12:30pm 8:00am-12:00pm	Get up and run around! Children can play, climb, and create in our Adventure Center for up to two hours a day! Features include soft play blocks, giant slide, club house, and three level climber. <u>Socks required at all times.</u>

## FAMILY TIME

Programs	Days	Times	Details
<b>Adventure Center</b>			
Family Time Up to 12 years	Mon.-Fri. Sat. Sun.	5:00am-10:00pm 6:00am-7:00pm 7:00am-8:00pm	<ul style="list-style-type: none"> <li>• Parent/guardian must remain in room to play with and supervise children.</li> <li>• The Adventure Center is always open for family time. Socks are required at all times.</li> </ul>
<b>Tween Center</b>			
Family Time 6-12 years	Mon.-Fri. Sat. & Sun.	5:15am-8:45pm 9:00am-4:00pm	<ul style="list-style-type: none"> <li>• Parent/guardian must remain in room to play and supervise children.</li> </ul>

### FAMILY FUN NIGHTS!

Hosted by Camp Eastman. Specially themed Family Fun Nights are offered once each month to enhance our Family Prime Time experience! Our Family Fun Nights are sponsored by Family First Federal Credit Union and Eastside Medical Urgent Care. Free and open to the community.

\*Adventure Center and Family Gym will also be open

Fridays 6:00-8:00pm  
Themes and dates available on  
YMCACampeastside.org

### EASTSIDE YMCA TEEN LEADERS

Are you a teen in grades 6-12? Join us for a volunteer group right here at our YMCA!! We meet on Thursdays from 6-7:30pm. Each meeting is a little different; between volunteer events, planning our Annual Hamster Race fundraiser and playing fun team building games there is something for everyone!! We volunteer both in our YMCA and in the local community. Some examples of volunteer events we participate in are; FoodLink, Roc City Bottoms, the YMCA Craft Fair and the Open Door Mission. This group is teen driven with adult advisors overseeing the process, so the activities and events are up to you! We look forward to meeting you - Teen Leaders kicks off September 13th and runs through May. Questions? Email Jen Houle@Jenniferh@rochesterymca.org

### Iddy Biddy Sports

#### INSTRUCTIONAL CLASSES

##### 3-5 YEARS OLD

The YMCA of Greater Rochester is committed to providing a fun, educational, first sports experience for your child. Our Iddy Biddy Sports program introduces children to the games, rules, and fundamental skills of sports such as soccer, basketball, and floor hockey. Our program also concentrates on teaching sportsmanship, positive competition, and building positive relationships between participants.

#### IDDY BIDDY BASKETBALL SKILLS CLASS

**OFFERED: FALL I, FALL II, & WINTER**  
**SEE WEBSITE FOR DATES/TIMES**

This class will help develop fundamental basketball and teamwork skills while having fun. All the basics will be covered from dribbling and shooting to passing and defense. Class runs Wednesdays, Fees: YMCA Members \$44

Program Members \$88

Day	Ages	Time
Wed.	3-5	1:45-2:45pm

# YOUTH DEVELOPMENT

## ALL STAR SPORTS SAMPLER

**OFFERED: FALL I, FALL II, & WINTER**

If variety is what you are looking for in a sports program, then this is the one for you! This program provides the opportunity to discover which sport your son or daughter is interested in. Your three to five year old child can experience a variety of sports including basketball, soccer, floor hockey, and T-ball. Age Requirement: 3-5 years old  
Fees: YMCA Members \$44/\$50

Program Members \$88/\$100

Day	Ages	Time
Tues.	3-5	5:30-6:30pm
Thurs.	3-5	1:45-2:45pm
Thurs.	3-5	5:30-6:30pm

## SOCCER SKILLS CLASS

**OFFERED: FALL I, FALL II**

Learn basic soccer skills and fundamentals of team play. Fair play, sportsmanship, and fun will be the focus of these skills classes throughout the session.

Age Requirement: 3-5 years old

Fees: YMCA Members \$50

Program Members \$100

Day	Ages	Time
Wed.	3-5	9:30-10:30am

## Youth Sports

### INSTRUCTIONAL CLASSES 6-12 YEARS OLD

In our classes and leagues, children will work on individual skill development, will learn how to work as a team and will 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, and healthy lifestyle choices.

### BASKETBALL SKILLS CLASS

**OFFERED: FALL I, FALL II, & WINTER**

This class will help develop fundamental basketball and teamwork skills while having fun. All the basics will be covered from dribbling and shooting to passing and defense.

Fees: YMCA Members \$38

Program Members \$76

Day	Ages	Time
Mon.	6-8	4:30-5:30pm

### YOUTH SOCCER SKILLS CLASS

**OFFERED: FALL II, WINTER**

Learn basic soccer skills and fundamentals of team play. Fair play, sportsmanship and fun will be the focus of these skills classes throughout the session.

Fees: YMCA Members \$50

Program Members \$100

Day	Ages	Time
Tue.	6-8	4:30-5:30pm

### BEGINNER KARATE

**OFFERED: FALL I, FALL II, & WINTER**

For those who are brand new to karate. Expose your child to the positive influence of martial arts training with an experienced instructor. This program combines karate instruction with self-discipline, listening skills, and respect for others.

Fees: YMCA Members \$42

Program Members \$76

Day	Ages	Time
Wed.	6-9	5:00-6:00pm

### CROSS COUNTRY PROGRAM

**OFFERED: FALL I**

Join us at the Eastside Family YMCA for another session of our cross country program. The program will run on Saturdays from 10:00-11:00am at the Eastside YMCA. This program is designed for children ages 6-12 with all different skill levels.

Fees: YMCA Members \$63

Program Members \$103

Day	Ages	Time
Sat.	6-12	10:00-11:00am

### INDOOR TRACK

**OFFERED: FALL II, & WINTER**

Indoor track is focused on teaching the fundamentals skills of this diverse sport. Over the course of the program participants will learn stretches to prevent injuries, engage in block starts, proper running form, and more. The group will use the SPC as well as the upstairs track.

Fees: YMCA Members \$63

Program Members \$103

Day	Ages	Time
Sat.	6-12	10:00-11:00am

### NFL FLAG FOOTBALL

**OFFERED: FALL I**

**SEE WEBSITE FOR DATES/TIMES**

The Eastside YMCA is pleased to again offer our NFL Flag Football program. Children will be taught the fundamentals of football: passing, running, and defensive strategy while playing in a fun skills-based league. Jerseys and flags will be provided by the NFL. There will be three weeks of practice followed by seven weeks of games. Required registration forms are available at the Welcome Center. Parents serve as volunteer coaches. Volunteer coaches are needed; please stop by the Welcome Center desk for the application and background check authorization form prior to the

start of the league. The league will be held on the fields at the Eastside Family YMCA.

Fees: YMCA Members \$85

Program Members \$120

Day	Age
Sun.	5-6
Sun.	7-9
Sun.	10-12
Sun.	13-15

## Youth Leagues

### YOUTH OUTDOOR SOCCER LEAGUE

**OFFERED: FALL I**

The YMCA's Youth Outdoor Soccer League is for boys and girls and is designed to teach kids sportsmanship, fair play and the fun of playing soccer. There will be scheduled practices and games. Parents are encouraged to volunteer to serve as coaches. Please stop by at the welcome center to fill out an application and background check. All games and practices will be held at the fields at the Eastside Family YMCA. Fees: YMCA Members \$60

Program Members \$100

Day	Ages	Time
Sat.	4-5	8:45-9:45am
Sat.	6-8	9:55-10:55am

### CO-ED YOUTH BASKETBALL LEAGUE

**OFFERED: FALL I, FALL II**

The YMCA's Youth Basketball League is for boys and girls and is designed to teach kids sportsmanship, fair play, and the joy of practice followed by seven weeks of games. Required registration forms are available at the Welcome Center. Parents serve as volunteer coaches. Volunteer coaches are needed; please stop by the Welcome Center desk for the application and background check authorization form prior to the start of the league.

Fees: YMCA Members \$63

Program Members \$103

Day	Ages	Time
Sat.	5-7	9:00-10:00am
Sat.	5-7	10:10-11:10am
Sat.	8-9	11:20am-12:20pm
Sat.	8-10	12:30-1:30pm
Sat.	9-12	1:40-2:40pm

**Schedule and classes/prices are subject to change without notice. Please visit our website or contact Jacob Kacher at 341-3041 for more information**

# YOUTH DEVELOPMENT



## Eastside Early Education Center

4646 Nine Mile Pt. Rd., Suite 2 • Fairport  
**Ages 6 weeks-5 years**

For more information,  
 please contact:

Ashlee Read  
 Director  
 585-341-3064  
[ashlee.read@rochesterymca.org](mailto:ashlee.read@rochesterymca.org)

Katelyn Qazi  
 Assistant Director  
 585-341-3054  
[katelyn.qazi@rochesterymca.org](mailto:katelyn.qazi@rochesterymca.org)

At the Eastside Early Education Center, we understand that one of the most significant decisions you will make as a parent is choosing a child care provider for your child. It is important to select a setting that supports your family's needs and provides you with peace of mind. As the largest child care provider in Monroe County, the Y offers a child care program with families in mind and creates an environment where your child will thrive.

We encourage you to call us today to schedule a personal tour to see for yourself why the Eastside Early Education Center is the right choice for your family.

### 2018 Eastside Early Education Programs

Program	Description	Weekly Rate
Infants	6 weeks-12 months	\$279
Infants	12-18 months	\$279
Toddlers	18-27 months	\$256
Toddlers	27 months-3 years	\$256
Preschool	3-4 years	\$250
Pre-Kindergarten	4-5 years	\$250

### Center Highlights

- Clean, bright facility with large playgrounds, picnic pavilion, and green space
- Nutritious meals and snacks
- On site enrichment programs
- Intergenerational program
- **Complimentary Y Family Membership with full time enrollment**
- Licensed by the NYS Office of Children and Family Services (OCFS)
- Music and literacy programs
- NYS qualified staff

**Complimentary Y Family Membership with full-time enrollment!**

# YOUTH DEVELOPMENT



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MAKING NEW FRIENDS VACATION FUN CAMPS

Vacation Fun Camps are held on most school holidays and school breaks to offer engaging activities and supervision for campers grades K-7 (5-12yrs)

YMCA Members \$43, Program Members \$60

\*Field Trip - YMCA Members \$54, Program Members \$74

October 8	December 28
October 9	January 21
November 9	January 28
November 12	February 18
November 21	February 19
November 22	February 20
December 26	February 21
December 27	February 22

Themes, Dates and more information  
available at [ymcacampeastside.org](http://ymcacampeastside.org)



# YOUTH DEVELOPMENT

## Before and After School Programs Gananda and Wayne Central School Districts

REGISTRATION IS NOW OPEN. The YMCA of Greater Rochester is one of the largest child care providers in Upstate New York. Through innovative programming such as CATCH and Charter Development, the YMCA offers a safe, healthy environment for your children. As a registered provider through the NYS Office of Children and Family Services, our staff team is well trained in child development and safety. For more information contact The Before and After School Coordinator at 341-4011.



The Eastside YMCA offers before and after school care for the Gananda and Wayne Central School Districts! Children can enjoy safe, fun activities supervised by trained, caring YMCA staff. Children enjoy arts and crafts, sports and games, time to do homework, special themes, and more throughout the school year. Full and part time options are available. Please call 341-4011 for more information.

### Before School Prices (Per Week)

Time: 7:00am- School Begins

	4-5 days	3 days	1-2 days
YMCA Members	\$41	\$31	\$25
Program Participants	\$63	\$47	\$38

### After School Prices (Per Week)

Time: School Dismissal - 6:00pm

	4-5 days	3 days	1-2 days
YMCA Members	\$79	\$60	\$48
Program Members	\$112	\$84	\$67

# Birthday Parties

## CELEBRATE YOUR CHILD'S BIRTHDAY AT THE EASTSIDE FAMILY YMCA

For more information or to book your party, call The Birthday Party Coordinator at 341-4040. Be sure to include: **1)** your full name and phone number **2)** the date(s) in which you are interested.

### Party Options

\*Adventure Center, Pool, Gym, Rockwall or Picnic Pavillion

90 min. party for up to 15 participants

• \$199/memb. • \$249/prog. memb.

2 hour party for up to 15 participants

• \$239/memb. • \$289/prog. memb.

### SATURDAYS AND SUNDAYS

1:30-3:00pm or 1:00-3:00pm

4:00-5:30pm or 4:00-6:00pm

\*Adventure Center or Pool cannot be closed for exclusive use.

### ALL PARTIES INCLUDE:

- Choice of activity
- Two staff members
- Set-up and clean-up
- Two 8' banquet tables and chairs
- Invitations

### YOU PROVIDE

- Decorations
- Food and drinks
- Paper products

### ENHANCEMENTS

- Caterpillar \$30.00
- Gaga Pit \$30.00
- Additional Guest \$5.00/child



# HEALTHY LIVING

## SPC Programs

### TEAM TRAINING FOR MIDDLE SCHOOL & HIGH SCHOOL LEVEL TEAMS

Championships are won when no one is watching. Take your athletic performance to the next level with strength, speed, and agility training with your teammates this off season. Our Strength and Conditioning Team will customize your workout plan and motivate you every step of the way to meet your goals. Groups forming now. Groups of 5-20 athletes.

### BOXING FOR PARKINSON'S DISEASE

According to the National Parkinson Foundation, "exercise can improve gait, balance, tremors, flexibility, grip strength and motor coordination." One-on-One Boxing sessions with our boxing coach can help you function with Parkinson's Disease. Try it today. This is a free program sponsored by the Annual Campaign and given to participants at no additional cost. Both Y members and community members can participate. For registration, please call Christine Walker at 341-3082.

### TRIPLE S: SKILL, STRENGTH + SWEAT

Junior Bootcamp is a fun-style fitness training program designed for tweens and teens looking to kick start or continue their fitness goals. The program combines strength training and cardio endurance in a challenging and fun way.



### PERSONAL TRAINING AND NUTRITION PACKAGE

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

### GRIT™

Formulated by a world-class development team and delivered by highly-skilled, motivating coaches, LES MILLS GRIT™ will train your body harder than ever before, creating an athletic and powerful physique. During this 30-minute workout, set in a team environment, you'll have a great time with the people around you, be supported as you progress, and enjoy the mental and physical benefits that only high intensity training offers.



# HEALTHY LIVING

## YMCA PERSONAL TRAINING

Whether you are just starting out or are an experienced exerciser, our certified Personal Trainers will design an individual program and motivate you to achieve your unique fitness goals. A complete fitness assessment, as listed below, is included with the purchase of personal training. By appointment only.

## SMALL GROUP 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. Group personal training is a great way to receive personal attention, yet also have the camaraderie and support of friends. Registration at the Welcome Center required.

Group Size: 4-10 participants

Times: By appointment

## BUDDY PERSONAL TRAINING

Enjoy working out with a friend or two and a personal trainer. All sessions are completed within the time frame of your program. Discount is determined by quantity purchased at time of registration.

Times: By appointment

## FITNESS ASSESSMENT

An assessment of your current fitness level that includes cardiovascular endurance, muscular strength and endurance, body composition, flexibility, resting heart rate, and blood pressure. Assessments are performed by a certified YMCA Fitness Specialist and take approximately 60 minutes. Registration required.

Times: By appointment. \$40.

## INTRO TO PERSONAL TRAINING

New to personal training? This special offer to first timers includes a consultation and three personal training sessions. One of our certified personal trainers will provide you with an individual plan that's on track with your wellness goals. Contact Mike Avery at 341-3041 to learn more.

## PERSONAL RUNNING COACH

Want to run a 5K or a marathon? We have someone to help! Learn great techniques to become faster, stronger, and fitter.

Contact Christine Walker at 341-3082 to set up an appointment.

## One-on-One

### ONE-ON-ONE GUIDELINES

Please keep these guidelines in mind for the following classes. If you need to cancel, we ask for 24 hours notice; otherwise you may be charged for your appointment. Expiration dates do apply. Ask your trainer for details.

### PILATES, YOGA, AND NUTRITION

You will be working with one of our certified instructors. Our Pilates instructor will assess and correct postural and muscle imbalances. You will learn to integrate core muscles to support the natural alignment of the spine and strengthen muscles.

Our Yoga instructor will guide you through a holistic approach toward exercise helping you to build strength, enhance flexibility, and relax the body and mind.

Our registered dietitian will assist you in developing your own personal nutritional plan and help you achieve your individual goals.

Registration required, please register at the Welcome Center.

## TRIATHLON TRAINING

Are you interested in training for a triathlon? What exactly is a triathlon and how hard is it to train for one? This class will provide information about the general aspects of triathlons, the benefits of improved health and new friends with common interests, and the necessary training to compete in a triathlon next spring. There will also be workshops on bikes and bike equipment, swimming techniques, and running gear. Contact Christine Walker at 341-3082.

## KOKO SMART TRAINER

The 30-minute, all-in-one, total body strength trainer. Koko intuitively customizes each session of your exercise program to your improving strength level so you get maximum results in minimum time. Koko even modifies your workouts as you progress so you never hit plateaus. Koko gives you a one-stop, total body workout. No more wandering from machine to machine, and your custom Koko program is stored on your own Koko Key. Contact our Welcome Center for further details.

## MASSAGE THERAPY

Enjoy a massage that stretches tight muscles and improves soft tissue condition, enabling you to move more freely, improve posture, enhance performance, and aid in recovery, and relive chronic pain. BY APPOINTMENT ONLY. Please contact Christine Walker at 341-3082.

Don't forget - you can use Child Watch\* while you enjoy your massage! See page 11 for schedule.

\*YMCA Member Benefit

For appointment information for these and other Health and Fitness Programs please contact Personal Training Coordinator at 341-3082.

"My YMCA trainer always emits a "you can do it" attitude. She is extremely positive and works hard to encourage and plan workout routines that allow for growth and success. She pushed me to work hard. I am encouraged with my increased balance and strength and leave each session feeling a sense of accomplishment, a good "tiredness" and eagerness to do more next time."

- Karen A.

# HEALTHY LIVING

## PRENATAL/POSTNATAL PERSONAL TRAINING

Are you pregnant and wondering how to change your exercise routine to safely accommodate your growing belly? Or recovering after having a baby and feeling lost as to how to get back to where you were or better? Come to a training session with Carolyn Brooks, NSCA-CPT and Pregnancy Functional Strength Coach to learn how to become a stronger, healthier mom for yourself and your baby.

## SPECIAL PRENATAL NUTRITIONAL PRICING

Eating for two is a delicate balance. Let our registered dietician help you make a plan that fits your dietary needs.

## AQUA PERSONAL TRAINING

Water personal training provides the same benefits as land-based sessions, but water adds resistance to tone and strengthen muscles as it gives buoyancy to reduce impact on joints. It's great for people with arthritis, joint issues, those recovering from injuries, and people who require low-impact rehabilitation. Athletes also can benefit from cross-training in the water.  
By appointment only.

## KICKBOXING/COMBAT CONDITIONING

We have combined our popular Kickboxing class with Combat style strength and conditioning for a full body training experience. There are modifications and progressions for all fitness levels. This is an 8 week class. For more information, please contact Christine Walker at 341-3082 or Christine.walker@rochesterymca.org

## FUNCTIONAL FITNESS FOR ALL

This class is a combination of cardiovascular and strength/resistance with programming modification and progressions for all levels. Program will utilize a variety of modalities to ensure comfort with all areas of the branch. This class is a great way to get started on your health and wellness journey while building relationships with others on the same journey! This is a 4 week class. For more information, please contact Christine Walker at 341-3082 or Christine.walker@rochesterymca.org

## Adult Group Exercise Classes

All YMCA Group Exercise instructors are certified through the YMCA of the USA and are CPR certified. Classes must maintain a minimum of six participants.

### IM=X® PILATES

Integrated Movement Exercise is a program based on Pilates. In a series of exercise sequences you will develop superior core muscle power and postural endurance, which helps to optimize physical performance. Joint stabilization, back strength, and hip flexibility are just some of the benefits you will receive from this unique workout.

### TAI CHI

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

### 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.

### BODYCOMBAT™

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick, and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography. Limited to 35 participants.

### BODYFLOW®

Ideal for anyone and everyone, BODYFLOW® is the yoga-based-class that will improve your mind, your body, and your life. During BODYFLOW® an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all 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.

### 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.

### BODY CONDITIONING

Through non-aerobic exercise, participants work toward developing muscle fitness. Participants will work opposing muscle groups, abs and back, and conclude with flexibility.

### CARDIO DANCE

This dance-inspired cardio class offers the ideal combination of energy, fitness, and fun. With energizing routines that are exciting to follow and madly addictive, this all-levels class explodes into an electrifying workout that will strengthen your heart, lift your spirit, and clear your mind.

### POWER AND PERFORMANCE BOOT CAMP

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

## HEALTH AND FITNESS 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 a program. The YMCA recommends consultation with a physician prior to beginning any exercise program. All Wellness Center staff hold CPR, AED, and First Aid certifications.

# HEALTHY LIVING

## STEP AEROBICS

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

## ADVANCED STEP

This class has more challenging choreography and arm movements. Prior step aerobics experience is recommended. This is an advanced fitness level class.

## YMCA GROUP CYCLE

The instructor takes the class through virtual "mind trip on wheels." This is a fun and challenging mode of exercise that appeals to everyone and will keep you in top physical condition. First come, first served.

## STEP CIRCUIT TRAINING

This class uses timed segments alternating from aerobics (hi/lo impact and/or step) to muscle conditioning activities. The circuit segments provide you with a complete body workout. Muscle conditioning segments may include Resist-A-Balls, hand weights, tubes, and jump ropes.

## CORE CONDITIONING

This class focuses on core strength and body alignment through exercises that target abdominal and low back muscles. Class concludes with flexibility exercises.

## CARDIO TRAINING CAMP

An athletic cardiovascular and strength training class including sports drills and traditional calisthenics. This program is focused on endurance, strength, speed, and power rather than choreography (commonly called "Boot Camp").

## TURBO KICK

The unique Turbo Kick movement patterns, combinations, and techniques work together to give the ultimate cardiovascular workout. Each full-body workout consists of a sport-specific warm up. Higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool down are designed to maximize results and help you have fun at the same time! Turbo Kick allows participants of any fitness level to participate and custom tailor their workouts.

## FREESTYLE BARRE

A challenging yet non-impact conditioning class designed to produce lean bodies. The workout incorporates upper body sculpting, pilates, and abdominal work.



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, such as 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!

## TRX® CIRCUIT TRAINING

An instructor coaches circuit class, timing sections. This is a motivating workout that offers both basic and advanced participants a challenging way to train. All fitness levels welcome.

## SILVERSNEAKERS® CLASSIC

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. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. If needed, a chair is available for seated or standing support.

## SILVERSNEAKERS® CIRCUIT

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

## KICKBOXING

This is a high intensity interval workout utilizing well defined movement including kicks and punches. Class concludes with muscle conditioning and flexibility.

## ENHANCE FITNESS

A evidence-based group exercise program for Active Older Adults at all levels of fitness with a goal of becoming more active and energied. Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility. \*Registration required

## FEELING FIT

Exercise can help reduce some of the effects of aging. This total fitness program allows you to work at a pace that is right for you. The workout combines low-impact aerobics, strength exercises, and flexibility.

## FEELING FIT PLUS

This class allows you to work at a pace that is right for you. The workout combines low impact aerobic exercise, strength exercise, interval training, and flexibility.

## ZUMBA®

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

## TRX BODY BLAST™

Born in the Navy Seals, suspension training body weight exercise develops strength, balance, flexibility, and core stability simultaneously. This class utilizes movements that can be customized to the participant to challenge participants of any ability.

## GENTLE YOGA

This relaxing program offers slow stretching and strengthening of the body to improve posture and focus the mind. The class will include instruction of proper breathing, meditation, and relaxation techniques.

# HEALTHY LIVING

## SILVERSNEAKERS® YOGA

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

## YOGA

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

## ACTIVE YOGA

A program designed to provide a holistic approach to exercise. Yoga poses are used to build strength, cardio-vascular endurance, and enhance flexibility. Participants relieve stress and tension, working inwards while working out.

## SILVER CYCLE

A great cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. You can adjust your workout to match your personal level. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

## Sports

### PICKLEBALL

What is pickleball? It is the fastest growing sport in North America. Pickleball is a combination of tennis and badminton that is played by hitting wiffle balls with light-weight wooden paddles. Played on a badminton court with a 3-foot high net, pickleball can be played in singles and doubles. Pickleball does not require a lot of racket skills, so it is a great lead-up game to tennis for youth is popular with seniors because of the smaller court! Pickleball will be offered on the west side of the gym. Tell your friends and come check us out!

Day	Place	Time
Monday	Full Gym	7:30-9:30am
Monday	West Gym	9:30-10:30am
Tuesday	Full Gym	7:30-9:30am
Wednesday	Full Gym	7:30-9:30am
Wednesday	West Gym	9:30-10:30am
Thursday	West Gym	6:00-10:00pm
(league)		
Friday	Full Gym	2:30-4:30pm
Friday	West Gym	4:30-6:30pm
Sunday	West Gym	4:00-6:00pm
(beginner/family)		

### PICKLEBALL LESSONS

Want to learn how to play pickleball? These lessons are for beginners and newer players to the game. Lessons are once a week for 4 weeks. Register today at the Welcome Desk.

Fees: YMCA Member \$40.00  
 Returning Member \$35.00  
 Program Members \$45.00

Day	Age	Time
Sundays	13+	6:00-7:00pm

### ROCK CLIMBING

With emphasis on safety, we ask that anyone wishing to climb the wall take a 60-minute Safety Certification Class that teaches the basic safety measures of climbing. Upon successful demonstration of climbing skills and knowledge of climbing safety, climbers will then be able to climb during open climbs. Height restrictions may apply as participants must be able to safely fit into a climbing harness.

### ROCK CLIMBING SAFETY CLASS

This short seminar teaches climbing safety for ages 6-99 years and is available on demand whenever staffing and wall capacity allows. No registration is required. Payment is due prior to class instruction and can be made at the front desk. Friday and Saturday during summer.

Fees: Individual \$10  
 Family \$25

### OPEN CLIMB (6+ YEARS)

Climbers may use the rock wall during any scheduled open climb session. Staff are always available to assist. Height restrictions may apply as participants must be able to safely fit into the climbing harness. Please see current schedule at the Rock Climbing Area.

Fee: Member Benefit (Members must complete the safety class to be eligible to participate in open climb.)

School Year Hours

Day	Time
Wednesday	4:30-7:30pm
Thursday	4:30-7:30pm
Friday	4:00-8:00pm
Saturday	10:00am-2:00pm
Sunday	10:00am-2:00pm

## Adult Programs

### ADULT BASKETBALL

Please join us for 4x4 adult basketball on Sunday mornings. We offer 35 years old and up from 7:00-10:00am and 19 years old and up from 10:00am-12:00pm. The gym is monitored at that time and the rules are listed on the sign-in sheet.

Fee: Member Benefit

Day	Age	Time
Sunday	19 and Over	10:00am-12:00pm
Sunday	35 and Over	8:00am-12:00pm

### CO-ED VOLLEYBALL

(16 Years and Older)

Fee: Member Benefit

Day	Time
Tuesday	7:00-10:00pm

## Aquatic Exercise

These classes are available to all YMCA Members as a member benefit.

Program Member Fees:

One class/week \$65  
 Two classes/week \$75  
 Three classes/week \$85  
 Five classes/week \$95

### AQUA FIT I

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

### AQUA FIT II

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

### AQUA FIT III

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

### SUP YOGA

Willing to test your skills? You might fall in or you might not... That's part of the fun and challenge of this class! Wear yoga/fitness clothing that feels comfortable when wet.

# HEALTHY LIVING

## VISIT US AT THE EASTSIDE RESOURCE CENTER!

**MISSION:** To enrich the lives of older adults in spirit, mind, and body through programs and activities that focus on health and well being.



This center is available to all YMCA members 55 years & better! Enjoy educational classes, social and recreational activities, special events, volunteer opportunities, & more.

\*An Eldersource Caremanager is available the second and fourth Wednesday of each month. Karleen Cirulli can provide assistance to active older adults that are in need of services such as financial, health/wellness, caregiver, transportation, assisted living and more.



**HOURS OF OPERATION**  
Monday-Friday from 8:30am-4:00pm

**CONTACT US**  
Nancy Szembrot 585-341-3084  
Karen Caterisano 585-341-3067

### ADDITIONAL OFFERINGS

Please see the Eastside Resource Center Newsletter. Hard copies are available in the Resource Center, at the Eastside Member Service Desk, and at [rochesterymca.org/eastside](http://rochesterymca.org/eastside).

## VOLUNTEERS NEEDED FOR KAY'S COMMUNITY GARDEN!

### Contact Information

Karen Caterisano...341-3067 or email  
[Karen.caterisano@rochesterymca.org](mailto:Karen.caterisano@rochesterymca.org)



Learn  
To  
"Grow"



Please stop  
By the AOA  
Room for  
details

# HEALTHY LIVING

## DEEP WATER AQUAFIT

This cardio class focuses on core stability and spinal alignment while providing a total-body workout in the freedom and support of deep water. Buoyancy belts are provided for support and stability.

## STRETCH AND TONE

Exercises are designed to increase flexibility and range of motion while decreasing stiffness in joints. Designed for those with arthritis, osteoporosis, and other rehabilitation needs, the range of motion is non-stressful and a good way to improve the quality of your everyday life.

## LOOKING FOR A WORKOUT?

Ask the lifeguard for a workout. We have swim workouts for beginners, intermediate, and advanced swimmers.

## WATER WALKING/WATER RUNNING

Thirty minutes of water walking is equal to 2 hours of walking out of water. For a good deep water workout that's easier on the joints, try this. For days and times please refer to our pool schedule.

## AQUATIC SAFETY

### FIRST AID

Learn basic first aid skills necessary to assist an individual in need of medical care. Students will be certified by the American Safety Health Institute. A written exam is required to complete the course.

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

Day	Time
Tuesdays	6:00-10:00pm

### CPR FOR PROFESSIONAL RESCUER AND AED

Learn the skills necessary to perform CPR and use an AED unit. Students will be certified by the American Safety Health Institute with successful completion of the course. Written exam is required to complete the course.

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

Day	Time
Thursdays	6:00-10:00pm

### 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

Dates	Time
Oct 7	9:00am-5:00pm
Nov 23	9:00am-5:00pm
Dec 16	9:00am-5:00pm
Dec 28	9:00am-5:00pm
Feb 22	9:00am-5:00pm

## ONLINE LIFEGUARDING CLASS

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, and Oxygen. Students will need to complete both online and in-person components as follows:

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

Day	Dates	Time
Fri-Sun	Oct 5	5:00-9:00pm
	Oct 6-7	9:00am-5:00pm
Fri-Sun	Nov 23-25	9:00am-5:00pm
Fri-Sun	Dec 21	5:00-9:00pm
	Dec 22-23	9:00am-5:00pm
Wed-Fri	Dec 26-28	9:00am-5:00pm
Wed-Fri	Feb 18-20	9:00am-5:00pm

## LGI (Life Guard Instructor)

This course is designed to certify individuals to teach lifeguarding, CPR, First Aid and Oxygen. Participants must currently be lifeguard certified and must attend all dates of the course. For more information please contact Sean Anne, Aquatics Director, at 341-4024.

Fee: \$250.00

Dates	Time
Jan 2-4	9:00am-5:00pm

\*This course is designed to certify individuals to teach lifeguarding, CPR, First Aid, and Oxygen.

\*This course does include an online section that must be completed prior to the class starting.



## PERSONALIZED WORKOUTS FOR BETTER RESULTS

**PERSONAL TRAINING PACKAGES  
AND SPECIAL OFFERS AVAILABLE**

- 
- **Personal Training Sessions**
  - **Specialized Personal Training**
  - **Semi-Private Personal Training (2-3 people)**
  - **Small Group Personal Training (4-10 people)**
  - **Y Kids Personal Training Package**

**Ask about our introductory offer**

For more information, please visit a member service representative at your local branch or visit our website:

**[rochesterYMCA.org/personal-training](http://rochesterYMCA.org/personal-training)**



# 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.