



**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

**MAPLEWOOD 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



Meg Switzer,  
Aquatics Director



Sherry Clifford,  
Director of Youth  
Development



Kate Eberts  
Executive Director



Lisa Greer,  
Membership & Annual  
Campaign Director



Tiffany Greer,  
Director of  
Administration



Anja Jabs-Devins  
Health & Wellness  
Coordinator

## THE MAPLEWOOD FAMILY YMCA BOARD MEMBERS

Marcia Jurena, Board Chair  
Khendaijah Barnes  
Mark Lockerby  
Deb Roschetzky  
Carol Schwartz  
Bob Stevenson  
Constance Valk

## THE MAPLEWOOD FAMILY YMCA STAFF

Kate Eberts.....Executive Director  
David Smith..... Building and Grounds Director  
Sherry Clifford..... Youth Development Director  
Lisa Greer..... Membership & Annual Campaign Director  
Tiffany Greer ..... Director of Administration  
Charles Hazlett .....Sports Coordinator  
Anja Jabs-Devins .....Wellness Coordinator  
Meg Switzer..... Aquatics Director

## MAPLEWOOD BRANCH HOURS

5:30am-9:30pm Monday-Friday  
7:00am-3:00pm Saturday  
9:00am-2:00pm Sunday

## MAPLEWOOD HOLIDAY HOURS

Thanksgiving, Nov 22 8:00am-12:00pm  
Christmas Day, Dec 25 Closed  
New Year's 10:00am-2:00pm

## YOUTH HOURS

Youth under age 18 with no parent are allowed in the building as follows:  
2:00pm-8:30pm Monday-Friday  
11:00am-2:00pm Saturday  
11:00am-1:00pm Sunday  
Please Note: All activities cease at times listed above. Locker rooms will close 15 minutes later.

**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

## MEMBERSHIP BENEFITS

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

- Fun/Fit Zone
- Child Watch service during workout/class
- Active Older Adult/Teen Center
- Wellness Center
- ReadyFit – A personalized fitness program
  - Cybex circuit
  - Cardiovascular equipment
  - Weight room
  - Fitness evaluations
- All Group Exercise classes
- Gymnasium
- 25 yard, 6 lane pool with Aqua Fun features
- Sauna/Whirlpool
- Aqua Fit classes
- Locker rooms
- Family Nights
- Reduced program fees and priority registration for classes
- AWAY Program – use of other Ys across the country for no cost or reduced guest fee

## PASSPORT MEMBERSHIP

A passport membership grants you access to all 10 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 13 with a guest must be accompanied by a parent/guardian during their visit. Photo identification is required for all guests 14 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.

## CHILD WATCH HOURS

This service is available only to facility membership or individual person membership. The child needs to be listed as a member. There is a two hour limit per day.

### CHILD WATCH HOURS:

Mon.-Fri. 9:00am-12:pm & 4:30pm-8:15pm  
Sat. 9:00am-12:00pm

## FUN FIT ROOM HOURS:

Mon.-Fri. 4:30pm-8:15pm  
Sat. 9:00am-12:00pm

## ENJOY THESE MAPLEWOOD YMCA FACILITIES

- Family Fun Center – Expanded Child Watch, Fun/Fit Zone
- Expanded Wellness Center – treadmills, stairclimbers, cross trainers, bikes
- Active Older Adult/Teen Center
- Expanded Cybex and free weight room
- Six lane, 25 yard swimming pool with Aqua Fun features
- Sauna, whirlpool
- Gymnasium
- Men's, Women's and Family Locker Rooms
- Multi purpose studio for group exercise and families
- Literacy/Tutoring Center

## AGE REQUIREMENTS

All children ages 7 and under must be accompanied by an adult and/or have a parent or guardian in the facility at all times while using the YMCA.

Children ages 8-12 must be accompanied by an adult unless participating in a supervised youth program or activity including Prime Time Kids. Family Prime Time, including Prime Time Kids, offers opportunities for K-12 year olds to enjoy supervised recreational activities in our facility. These may include unstructured activities such as open gym 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. Pick up a new program brochure at the Member Service Center.

- Wellness Center: 13 years old with orientation; 12 years old with completion of a program with a wellness coach.
- All Group Exercise Classes: 13 years old
- Sauna/Whirlpool: 16 years old
- Lap Swimming: 13 years old or older and successfully passed the deep end test.
- Family Swim: See pg. 7 for age guidelines
- Child Watch: 6 weeks - 6 years old
- Fun/Fit Zone: 7 +
- Pickup Adult Basketball: 19 years old
- Pool: Children 5 years old and under must have an adult member (18 years or older)

IN THE POOL with them at all times.

Children 6-7 years old must have an adult member (18 years or older) ON THE POOL DECK at all times. Children who want to swim in the deep end, must first successfully pass the deep end test.

## LOCKER ROOM USE

We offer three locker room facilities: Women/Girls, Men/Boys, and Family/Special Needs. The Family/Special Needs locker room is a unisex locker room with private changing areas for use by children, families and individuals with special needs. Children over one year of age accompanied by a parent of the opposite sex must use the Family and Special Needs locker room.

## LOCKER USE

Lockers are for daily use only. Members are encouraged to bring a lock to lock their valuables, or may utilize the valuables lock boxes in the lobby. Courtesy lockers are available on the lower level near the Multi Purpose Studio and on the first floor by the Wellness Center. The Maplewood Family YMCA is not responsible for lost or stolen 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 is prohibited throughout our YMCA facilities and grounds. We thank you for your cooperation.

## CELL PHONE AND CAMERA POLICY

The use of cell phones or camera phones is not permitted in the locker rooms, wellness center, gymnasium, and other program areas. Photos and videos may be taken only with the signed permission of YMCA management and all participants being photographed.

## JOINING FEE

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

## NOTE TO MEMBERS

- 30 days notice in writing is required for terminating membership.
- Rejoining: A rejoining fee will be charged for any membership which has been expired for more than 30 days.

# MEMBERSHIP INFORMATION

## FINANCIAL ASSISTANCE/ SCHOLARSHIPS

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

## PAYMENT OPTIONS

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



## CREDITS/REFUNDS

A credit or refund may be issued upon request. Credits may be applied to program fees or annual invoice membership dues and must be used within one year of issue.

**Make-Up Policy:** There will be no make-up classes unless class is cancelled by the YMCA.

**Note:** A \$15.00 service charge will be assessed for any item returned to the YMCA such as, but not limited to: insufficient funds, closed bank account, invalid or incorrect bank account number, invalid or incorrect credit card number. Gift Certificates are for YMCA of Greater Rochester program or services only and cannot be redeemed for cash or refund to a credit card.

## IF YOU'RE NOT A MAPLEWOOD YMCA MEMBER, YOU CAN STILL PARTICIPATE IN Y PROGRAMS.

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

## NATIONWIDE Y MEMBERSHIP

We are dedicated to ensuring our facilities, programs and services are open and welcoming to all. As part of this effort, we are proud to offer our members access to YMCA facilities across the United States that participate in Nationwide Y Membership. This way, our members can use the Y as often as they like, making it easier to achieve their health and wellness goals.

## Membership Fees

UPDATE: Young Adult age has been extended to 29.

CATEGORY	Maplewood	Passport	
	Only	Monthly Fee	Joining Fee
Youth (0 - 18 years)	\$26.00	\$32.00	\$25.00
Young Adult (19 - 29 years)	\$45.00	\$52.00	\$50.00
Adult 30- 59 years)	\$58.00	\$68.00	\$50.00
Senior (60+ years)	\$53.00	\$64.00	\$50.00
Couple	\$79.00	\$94.00	\$75.00
Individual Parent	\$79.00	\$94.00	\$75.00
Family	\$88.00	\$104.50	\$75.00

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

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

## 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.

## Insurance

The Maplewood 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://ffitnessadvantage.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.

**Swim lesson fees will now be drafted monthly. Member \$23- Non-Member \$46**  
**Saturday 9:15-9:50am - Member \$24 - Non-Member \$48**

# SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: • **Swim, float, swim**-sequencing front glide, **roll, back float, roll**, front glide and exit. • Jump, push turn, grab. **Children will be placed in the appropriate stage by Y staff based on their ability.**

**1/WATER ACCLIMATION** Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

**2/WATER MOVEMENT** In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**3/WATER STAMINA** In stage 3, student learn how to swim to safety for a longer distance that in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

**Swim lesson fees will now be drafted monthly. Member \$24- Non-Member \$48**

## Preschool 3-5 yrs. - STAGE 1

Day	Date	Time
Tuesday	monthly enrollment	6:45-7:20pm
Thursday	monthly enrollment	6:15-6:50pm
Saturday	monthly enrollment	9:15-9:50am

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

Day	Date	Time
Tuesday	monthly enrollment	6:45-7:20pm
Thursday	monthly enrollment	7:00-7:35pm
Saturday	monthly enrollment	10:45-11:20am

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

Day	Date	Time
Tuesday	monthly enrollment	6:00-6:35pm
Thursday	monthly enrollment	5:30-6:00pm
Saturday	monthly enrollment	10:00-10:35am

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

Day	Date	Time
Tuesday	monthly enrollment	6:45-7:20pm
Thursday	monthly enrollment	6:15-6:50pm
Saturday	monthly enrollment	10:00-10:35am

# SWIM BASICS

Swim lesson fees will now be drafted monthly. Member \$24- Non-Member \$48

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

Day	Date	Time
Tuesday	monthly enrollment	6:00-6:35pm
Thursday	monthly enrollment	7:00-7:35pm
Saturday	monthly enrollment	9:15-9:50am

# 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.

Swim lesson fees will now be drafted monthly. Member \$24- Non-Member \$48

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

Day	Date	Time
Tuesday	monthly enrollment	7:30-8:05pm
Thursday	monthly enrollment	5:30-6:05pm
Saturday	monthly enrollment	10:45-11:20am

## Teen & Adult 13+- STAGE 4 - STAGE 5 - STAGE 6

Day	Date	Time
Thursday	monthly enrollment	7:30-8:05pm
Saturday	monthly enrollment	9:15-9:50am

# ADDITIONAL AQUATIC PROGRAMS

## FREE SWIM LESSON ASSESSMENT

Take this FREE opportunity to have an assessment of the skill level you or your child have. This one time class will provide you with a one-on-one lesson with one of our finest instructors, followed by assistance in choosing the best lesson for your child. Upon completion of the class, you will register for the next available swim lesson.

## CITY WAVES (Swim Team)

**DID YOU KNOW THE SEASON STARTS IN SEPTEMBER.** First week of practice 9/10/2018. Season runs through mid February

The Maplewood City Waves is a competitive swim team for kids of all ages. Joining the Waves gives your child the opportunity to master individual stroke techniques and skills. Our swim team builds self-discipline, self-respect, team pride, and teaches good sportsmanship. Being a part of the team will help your child become more comfortable with competition and build friendships that last a lifetime.

Meet Information: Swim meets will be on Saturdays throughout the season, parents will need to volunteer at swim meets! Attend the parent meeting to find out more. Friday, September 7th

New parents: 6:15-7:00PM

Returning parents: 7:15-8:00pm

Cost - MUST BE A YMCA MEMBER - \$325 full pay, \$315 additional child, \$305 JV/Varsity swimmers only

Practices - MWF-6:00-8:30pm, Sun-1:00-3:00pm, at Maplewood

REGISTRATION BEGINS AUGUST 1ST

# YOUTH DEVELOPMENT

## Kids Programs

### ZUMBATIC®

Want to exercise and have fun with your kids? An exhilarating workout designed specifically for kids mind and body. You will also get a great workout. For parents and children ages 5 and up.

## Teen Programs

### LEADERS PROGRAM

Leaders Club is a group of teens between the ages of 12 and 18 organized for the purpose of developing youth as leaders and fostering a culture of service. It is also organized for the purpose of providing its members with knowledge and training that will help them to better serve others and to shape a healthy lifestyle themselves. Clubs are formed by students and club themes are driven by students aided by teen advisors. Teens can sign up anytime they want. Program runs September-June at the Maplewood Teen Center.

Day	Time
Thursday	6:00-7:00pm

### HACTIVATE

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

Day	Time
Thursday	5:00-6:00pm

## Child Care and Development

### 2018-2019 Before and After School Programs

Before and After School Programs are offered through the Maplewood Family YMCA for children ages 5-12. We are committed to providing a safe and nurturing experience for your child with plenty of opportunities for growth in spirit, mind and body. Contact your local branch or school district for transportation qualifications.

Our AM care runs from 6:30am until the start of the school day. The after school programs take place from school dismissal time until 6:00pm. Activities include homework time, arts and crafts, special projects, outdoor play, active games and a daily snack. Full day programs are available on school vacation days for an additional fee. (See Vacation Fun Club)

Child Care staff meet regularly to discuss successes and opportunities to meet and surpass parents and participant's expectations. Programs maintain a 1:10 staff to child ratio, and all staff are carefully screened and trained. Our programs

are registered with the New York State Office of Children and Family Services and are a contracted provider for DHS funding for child care. In addition, the Maplewood YMCA site is accredited by Afterschool Works NY. We can help you through the process!

### LIMITED SPACES STILL AVAILABLE. REGISTER TODAY!

Weekly Rates:  
Member AM Care: \$41/Program Member: \$63  
Member PM Care: \$69/Program Member: \$115  
Please call for part-time rates

### VACATION FUN CLUB

For your children ages 5-12, this is a program for your children during school breaks. Activities include active games, arts and crafts, cooking and much more. See branch for dates.

Fees: YMCA Member \$37  
Program Member \$54

### 2018-2019 Preschool Programs

#### UNIVERSAL PRE-KINDERGARTEN

Free Pre-Kindergarten Program for children who reside in the city. Children must be four years old by December 1, 2018. Please call Sherry Clifford at 647-3600 for more information.

#### PRE-KINDERGARTEN WRAP-AROUND CARE

Available Monday-Friday 7:00am - 9:00am and 3:00 - 6:00pm for children enrolled in Universal Pre-K.

Weekly Rate: \$178

Financial assistance is available

#### FULL DAY PRE-SCHOOL

Enroll your three year old in our preschool program. Children will learn basic concepts such as ABC's, colors, shapes and social skills. Help your child take the first steps to a great future. Child must be potty trained. Must be 3 years old by Dec. 1, 2018.

Times: 7:00am-6:00pm

Weekly Rate: \$267

Financial assistance available



# YOUTH DEVELOPMENT

Swimsuits and "Little Swimmer" diapers are required for Parent & child classes.  
Parents must remain in the pool area with children 5 years of age and under.

## PRIVATE SWIM LESSONS

Private swim lessons are available for all ages and abilities! Trained instructors will work one-on-one with you or your child to enhance swimming ability and overcome water fear. Lessons run 30 minutes long and can be scheduled based on pool/instructor availability. Call 277-1659 to schedule. Lessons must be completed within 60 days of registration and no refunds will be given out after lessons have begun.

### 5 PRIVATE LESSONS PACKAGE:

Members: \$89

Program Members: \$178

### 7 PRIVATE LESSONS PACKAGE:

Members: \$122

Program Members: \$244

### SINGLE PRIVATE LESSON:

Members: \$22 each

Program Members: \$44 each

## FAMILY SWIM LESSONS

Is it difficult to schedule the entire family for swim lessons? Now you can swim together while still having the small instructor to student ratio. Students will work with an instructor to develop their current swimming skills. Students will work together to achieve their goals. The group can be made up of children and adults. Max of four students in each group per session. Class will follow the session schedule. For more information or to sign up for a session of lessons, please contact us at 277-1659.

Fees: YMCA Members \$143/8 lessons

Program Members: \$286/8 lessons

Time: by appointment

## Youth Sports Saturday Programming

### FALL - WINTER IDDY BIDDY YOUTH SOCCER

Place: Maplewood YMCA Gym

Times: 10:00am-10:55am

Member: \$46

Non-Member: \$92

### FALL - WINTER IDDY BIDDY YOUTH BASKETBALL

Place: Maplewood YMCA Gym

Times: 11:00am-11:55am

Member: \$46

Non-Member: \$92

## PARENT/CHILD CATCH SAMPLER

Place: Maplewood YMCA Fun Fit

Times: 12:00pm-12:55pm

Member: \$46

Non-Member: \$92

Have a blast, engaging with your child in a multitude of fun games that teach listening skills, functional sports skills and make new friends. Our instructors will lead you and your child through a variety of age-appropriate games and activities that will have your child giggling through the class and leaving with pride showing parents how well they did!

## YOUTH FLAG FOOTBALL

Place: Maplewood YMCA Gym

Times: 12:00pm-12:55pm

Member: \$46

Non-Member: \$92

This class helps children develop fundamental skills and incorporates teamwork through instructional play. Whether it's gaining the confidence that comes from learning to play or building the positive relationships that lead to good sportsmanship and teamwork, participation in sports at the Y is focused on youth development, healthy living, and social responsibility. In addition, participants will learn the rules of the game and engage in team play while having fun.

## SEPTEMBER - NOVEMBER: CITY-WIDE U12 & U15 FLAG FOOTBALL PRACTICE

Place: Maplewood YMCA Gym

Times: 1:00pm-2:00pm

Member: \$65

Non-Member: \$99

Youth Flag Football a co-ed sports program for boys and girls age groups 10 - 12 and 13 - 15. It is designed to provide children with opportunities to engage in competitive games with advanced competition to cultivate team work, sportsmanship, and positive values. The program principal is to highlight winning and losing as a teachable moment on and off the field. Our high-caliber and USA Football certified coaches will prepare children with the skills and conditioning to play at an elite level. Our teams will compete with other teams in a City-Wide league, games and times are TBD however are typically weekdays 6pm-7pm.



# TO BECOME THE BEST TRAIN WITH THE BEST

The YMCA has partnered with the Cleveland Cavaliers to bring you a new program this fall.

Join us from October to June for a program that includes:

- 1 Ticket to Cleveland Cavaliers Game
- Reversible Jersey
- 8 Months of Elite training
- 8 Month Strength Training
- Direct affiliation with NBA and JR. NBA
- Weekly Tutoring
- Invite to our Jr. Leaders and Leaders Program
- Opportunity to earn FREE teen membership

Twice a week for 8 months!

Thursdays at Maplewood

6-7 pm (U12)

7-8 pm (U17)

Saturdays at Carlson

10-11am (U12)

11 am-12 pm (U17)

Games and Tournaments TBD

Co-Ed, Ages 6-17

**Registration opens August 17**

**YMCA Members: \$325, Non-members: \$375**

**Payment plans available**

# HEALTHY LIVING

## COMMUNITY CENTER

Need a place to relax, have fun, and just hang out? The Maplewood YMCA Community Center is the place for Members ages 13+. Designed with Families in mind, you can enjoy Xbox, pool, and many other great activities! M-W Community Center, Thursday Leader Program.

Children 12 and under need to be accompanied by parent.

Day	Time	
Monday-Wed.	4:30pm-8:00pm	Family Center
Thursday	4:30pm-8:00pm	Teen Center

## Adult Group Exercise Programs

All YMCA Group Exercise instructors are certified through the YMCA of the USA and have current CPR. Unless indicated otherwise, all group exercise classes are a Member Benefit.

## 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 assessment, is included with the purchase of Personal Training and is available 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.

## SMALL GROUP PERSONAL TRAINING

Looking for a fun, new way to get personalized results while enjoying the company of others working toward their own fitness goals? Small group training will help you to set your own goals and increase your strength, endurance, and flexibility. Register at member services to be placed on our wait list for small group personal training.

## FAMILIES CAN PLAY AT THE YMCA!

Unless otherwise noted, these services are a benefit of Family and Individual Parent Membership only. Membership card or photo ID is required.

Program	Days	Times	Details
<b>Child Watch</b>			
Child Watch (6 weeks - 6 years)	Monday-Friday Monday-Friday Saturday	9:00am-12:00pm 4:30-8:15pm 9:00am-12:00pm	Our experienced staff will care for your child for up to 2 hours while you are using the facility. Infant care is limited. (Shoes are required.)
<b>Fun Fit Zone</b>			
Ages 7 and up Drop Off or Play Together	Monday-Friday Saturday	4:30-8:15pm 9:00am-12:00pm	Parents are welcome to remain with their children or drop-off. Sneakers required at all times! Limit 2 hours.
<b>Family Swim</b>			
Aqua Fun (all ages)	Friday Saturday	7:30-8:30pm 3:00-5:00pm	Join us for this great family time! Enjoy Family Aqua Fun with our spray features!

Children five years old and under must have an adult member (18 years or older) IN THE POOL with them at all times. Only two children per adult. Parents are required to be in the water and within an arm's reach of any child five and under. Non-swimmers who are not tall enough to stand in the shallow water at arm pit depth must wear a lifejacket if unsupervised. Children 6-7 years old must have an adult member ON THE POOL DECK at all times. Children 8-12 years old must have an adult in the building. 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.

# HEALTHY LIVING

## 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 and 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.

## Mind/Body Programs

### 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 on proper breathing, meditation and relaxation techniques.

### ACTIVE 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. m

## Adult Programs

### SILVERSNEAKERS® SPLASH

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

Fees: YMCA Member Benefit

Program Members: \$86 - all three days

Day	Time
Mon./Wed./Fri.	10:00-11:00am

### AQUA FIT II

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

Fees: YMCA Member Benefit

Program Members \$93/3 days

Day	Time
Monday - Friday	9:00-10:00am
Monday & Wednesday	5:00-6:00pm

### DEEP WATER AQUA FIT

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

Fees: YMCA Member Benefit

Program Members \$45

Day	Time
Tuesday	9:00-10:00am

### WATER KICKBOXING

This class is a high intensity interval workout utilizing well defined movements that include punches, jabs, and kicks. This class concludes with muscle conditioning and flexibility.

Fees: YMCA Member Benefit

Program Members: \$79/two days

Day	Time
Tuesday & Thursday	5:00-6:00pm

### AQUA FIT III

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

Thursday at 9am-10am

YMCA Member Benefit Program Member \$45

# HEALTHY LIVING

## LIFEGUARDING CLASS

Come learn important, lifesaving lifeguard skills. With successful completion of this course, individuals will be certified in lifeguarding, CPR for the Professional Rescuer, AED, and First Aid.

Fees: YMCA Members \$181

Program Members: \$232

Contact Meg Switzer at 271-1659 or Meg.Swtizer@rochesterymca.org

## RECERT FOR LIFEGUARDING

This course is for those who have been certified in lifeguarding and need to recertify. Recertification includes Red Cross Lifeguard, CPR/AED and First Aid review.

Fees: YMCA Members \$106

Program Members: \$107

Contact Meg Switzer at 271-1659 or Meg.Swtizer@rochesterymca.org

## Active Older Adults

### SILVERSNEAKERS® CLASSIC

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

Day	Time
Monday	10:30-11:30am
Wednesday	10:30-11:30am
Friday	10:30-11:30am

### SILVERSNEAKERS® YOGA

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 a final relaxation will promote stress reduction and mental clarity.

Day	Time
Tuesday	10:00-10:55am
Thursday	10:00-10:55am

### 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.

Day	Time
Tuesday	9:00-9:55am

### SILVERSNEAKERS® SPLASH

Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Day	Time
Mon./Wed./Fri.	10:00-11:00am



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!

Day	Time
Tuesday	12:00-12:55pm

# 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 Elm Grove 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.