



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TURN OVER A NEW LEAF

**Fall 2018
Program Guide
Geneva Family YMCA**

**Session 1
September 10 - October 28**

**Session 2
October 29 - December 23**

ABOUT US

About the Geneva Family YMCA

When you join the Y, you're coming together with men, women and children from your community who are committed to youth development, healthy living and social responsibility.

We know firsthand how difficult it can be to find balance in life. That's why we're here with you everyday, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive.

We do that by encouraging good health and fostering connections with new and old friends through sports, fun and shared interests.

Y Mission Statement

The Geneva Family YMCA is a non-profit, charitable organization dedicated to the development of spirit, mind and body. To achieve this mission, our board of directors, staff and programs will be guided by the following core values: **Caring, Honesty, Respect and Responsibility.**

Geneva YMCA Annual Campaign Fund

We count on the generosity of our members and partners to keep our doors open to those who need a place to go to help them be more healthy, confident, connected and secure. Donations to our Y Annual Campaign can be made by sending your donation to the Y attention: **Geneva YMCA Annual Campaign.**

Code of Conduct

All individuals using the YMCA facilities are expected to conduct themselves in a manner consistent with the character, welfare, best interests and policies of the YMCA. Failure to do so will result in immediate dismissal from the premises and may result in revocation of membership and/or usage privileges.



Facility Hours

Monday - Friday	5:00 am - 9:30 pm
Saturdays	7:00 am - 5:00 pm
Sundays	9:00 am - 5:00 pm

Holiday Hours

Labor Day	CLOSED
Thanksgiving Eve	5:00 am - 6:00 pm
Thanksgiving	9:00 am - Noon
Black Friday	7:00 am - 9:30 pm
Christmas Eve	5:00 am - 2:00 pm
Christmas	CLOSED
December 26, 2018	7:00 am - 9:30 pm
New Years Eve	5:00 am - 2:00 pm
New Years Day	10:00 am - 2:00 pm

For pool operating hours please see the enclosed schedule located in the back of this brochure.

The Y facility areas close at the above times. Members may use the locker rooms at closing but must vacate the building within 15 minutes of closing time.

Guests

YMCA members are encouraged to bring their friends who are not familiar with the YMCA. Guests must show ID, sign in and pay the guest fee.

Youth	1 - 17 yrs	\$5.00
Adult	18 + yrs	\$10.00
Family	2 adults & children under 22	\$15.00

All guests under the age of 12 **MUST** be under the direct supervision of a parent or guardian age 18 or greater when using the facility.

No non members under the age of 18 are permitted in the Wellness Center, Cardio Room or Adult Locker Rooms.

Youth Facility Usage

All children 11 years and under must be under direct supervision of a parent or guardian age 18 or greater when using the facility.

Unsupervised children between the ages of 12 - 17 are permitted in the facility **ONLY** during Open Gym & Open Swim times for no longer than 3 consecutive hours. Unsupervised children will be asked to leave the facility during scheduled program times when Open Gym & Open Swim is unavailable.

Teen members ages 14 - 17 must complete a required Wellness Center Training Class and present their Training ID to use the Wellness Center.

Children ages 12 & 13 may attend group exercise classes with a parent or guardian. At the age of 14 parental supervision is no longer required. **NO** children under the age of 12 may be present in the gym during class times. The instructor reserves the right to request disruptive members to leave any class at anytime.

Wellness Center Age Requirements:

Members ages 12 & 13 must be under direct parent/guardian supervision. Members ages 14-17 must be trained by wellness center staff before using the Wellness Center unsupervised. Non-Members must be 18 years old to use the Wellness Center. **NO EXCEPTIONS. No children under the age of 12 may use the Wellness Center**

MEMBERSHIP FEES

MEMBERSHIP CATEGORY	ANNUAL FEE	MONTHLY FEE	JOINING FEE
FAMILY: Two adults and their children under the age of 22 living in the same household	\$763.50	\$65	\$65
SENIOR CITIZEN FAMILY: Two seniors living in the same household	\$690	\$59	\$55
ADULT: Single person 23 - 61 years old	\$594.50	\$50.75	\$55
SENIOR CITIZEN: Single person over 62 years old	\$530	\$45	\$30
YOUNG ADULT: Single person 18 - 22 years old	\$333	\$28.50	\$25
YOUTH: One child up to age 17	\$186	\$16	\$25

Annual Membership

- Paid annually by cash, check, VISA/MASTERCARD/AMEX or DISCOVER
- Must be renewed annually
- If membership lapses joining fee must be paid again
- All membership fees are non-refundable and non-transferable

Continuous Membership

- Payments through automatic bank draft
- Cancellation requires 30 day written notice prior to bank draft date. Cancellations are not accepted by phone. If you cancel by mail, fax or email, please confirm that the Membership Director has received your cancellation. E-Mail may be sent to sallen@genevafamilyymca.org.
- If membership lapses, joining fee must be paid again
- All membership fees are non-refundable and non-transferable
- The Geneva Family YMCA is not responsible for more than one month's draft if failure to properly notify the YMCA of an error.

Group Exercise Class Punch Cards

Land & Aqua Class Punch Cards:	12 classes	\$65
	18 classes	\$90
	24 classes	\$105

Cycling Cards:

Members	\$40	for 11 classes
Non-Members	\$100	for 11 classes

Financial Assistance

Since it is our intent that no one be denied membership or participation in programs because of an inability to pay, we offer limited financial assistance to those who qualify. Please complete a scholarship application, attach proof of financial situation and a letter of request. Applications may be picked up at the Front Desk. All requests are kept confidential.

A.W.A.Y. Program

Members of the Geneva Family YMCA are welcome at more than 1,000 Y's nationwide. When visiting a participating Y, use of the facilities is free of charge or for no more than half of its guest fee. Please contact the YMCA you are visiting to see if it participates. The Geneva Family YMCA welcomes members of non-Geneva Family YMCAs free of charge 4 times a month. Proof of membership is required.

Carry Your Membership ID Card/Key Tag

It is necessary to present your membership ID card or key tag for admittance to your YMCA. If a member forgets his/her card, the member must verify membership with a photo ID. Membership cards are non-transferable. Any member who lends his/her card or assists a non-member in unauthorized use of the facility subjects their membership to revocation. If a card is lost a \$5 fee will be charged to replace it.

YMCA Multi-Media Policy

YMCA programs and events are often photographed/videotaped for promotional purposes. If you do not wish to be included in YMCA promotional materials, please indicate this to YMCA event and/or program staff. The use of cell phones and other electronic devices are prohibited in ALL locker rooms and restrooms.

Membership and Program Registration

All registration must be done in person. Program days, times, and fees are listed in this brochure. Enrollment in all programs is limited, so members are encouraged to adhere to each registration date. Payment with registration is required at time of sign-up for all programs. Any member registering for a program must have a valid YMCA membership card when registering. YMCA memberships are non-refundable and non-transferable.

Use of Lockers

We request that you use the lockers on a daily basis only. Anyone having valuables is encouraged to bring a lock and lock them in a locker. The YMCA does not assume liability for lost or stolen items. Adult locker rentals are available. Contact the Front Desk for more information. Locks will be cut off when found overnight.

Proper Attire

Gym shoes and athletic attire are required for all gym, and Wellness Center activities. Only non-markable soled shoes may be worn on the Gym floor. Coats and street clothes must be stored in locker rooms or designated areas. Please do not bring them to exercise areas.

Accident Insurance

The YMCA does not carry medical insurance for injuries. The YMCA shall be held harmless for injuries. Participants use the facilities at their own risk.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

CHILD CARE

Preschool



The YMCA Preschool Program builds on children's natural desire to learn new things and become more self-reliant. Children develop a variety of skills through hands-on child centered activities. Our curriculum includes: emergent reading and writing skills, color and shape recognition, number recognition & math skills, seasonal concepts, sign language, health and safety and much, much more!!

Registration is now open for the 2018-19 school year.



Applications and health forms may be picked up at the Front Desk. There is a \$20 non-refundable registration fee and the first month's tuition is due at the time of registration. Enrollment is limited, Min. 10, Max. 20 children). Children must be three and four by December 1st to be eligible for fall enrollment.

3 & 4 Year Old Preschool Program

Monday - Fridays
September 10, 2018- June 14, 2019
8:30 am—11:30 am

Tuition Fees:
Registration Fee - \$20.00

5 Day per Week Option

Members - \$175.00/Month
 Non-Members - \$200.00/Month

3 Day per Week Option

Members - \$125.00/Month
 Non-Members-\$145.00/Month



Childwatch

In order to help parents make full use of the YMCA facility, child care is available for children ages 6 weeks and up. Children are cared for in a safe and nurturing environment while you exercise. Parents must remain in the building and there is a 90 minute maximum time limit for the service.

Caregivers: Joan Carter

Monday - Friday: 8:30 - 11:00 am
Monday - Thursday: 5:00 - 7:45 pm

Fee: Free (Members Only)
Donations appreciated



A date night for you...
 A GREAT NIGHT for your kids!!!
 Once per month, drop your child off at the Y for a night of food, games, and themed activities with our licensed childcare staff, while you take some time to enjoy a little R & R, run errands, or have a date night!

Pre Registration is **REQUIRED**—Children ages 5-11
 Program runs from 6:00pm—9:00pm

October 12, 2018
 November 9, 2018
 December 14, 2018

Family Members: **FREE**
 Youth Members: **\$10**

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

CHILD CARE



Afterschool Care Program 2018 - 19

EFFECTIVE SEPTEMBER 2018

Geneva Family YMCA Afterschool Care is a New York State Licensed program for children in grades K – 6. It involves healthy, constructive activities in a safe, structured environment, while parents are at work. Activities include crafts, group game, individual time, gym time, swim time, outdoor activities and snacks. Children are bussed from North Street School and St. Stephen’s School, as well as walked by YMCA staff from West Street School. Our Kidfit program encourages children to participate in healthy physical and educational activities. Kidzlit is the newest addition to our afterschool activities. Kidzlit encourages children to participate in reading and literacy activities daily.



Regular School Days 2:30 pm – 6:00 pm
Registration Fee \$20 per family
Members Only \$175.00 per month

Monthly payments for all children is required on or before the 1st of the month prior. Payments received after the 1st will incur a \$10 late fee. An autopay option is available, for more information inquire at the Front Desk.

Kids Club Program

Available on most days when the Geneva City Public Schools are closed, **REGISTRATION REQUIRED, PAYMENT IS DUE AT REGISTRATION** space is limited so sign up early and make sure your child is among the first to take part in this exciting updated program. Once registered for any day, failure to attend will result in the appropriate charges for the day. (Minimum of 15 children per day)

Dates:	Columbus Day	10/8/18
	Conference Day	10/26/18
	Veterans Day	11/12/18
	Thanksgiving Break	11/21 /18
	Christmas Break	12/26, 12/27, 12/28/18
		1/2/19, 1/3/19, 1/4/19
	Martin Luther King Day	1/21/19
	February Break	2/18/19 - 2/22/19
	Conference Day	3/15/19
	Spring Break	4/15/19 - 4/19/19

Fee: \$40 per day
 \$30 per day for After School Care Participants

***Registration Fee: \$10**
(waived for after school participants)



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY

Youth Soccer

September 15th - October 27th

Registration begins August 1st



*Please note: NO special requests will be honored after 9/3/2018

Our soccer program focuses on teaching the basic skills of soccer including kicking, passing, dribbling and defense. Games will be played Saturday mornings and one practice will be scheduled per week. Players will also be invited to attend a one day soccer clinic with the Hobart Statesmen Soccer Team during the season.

REGISTRATION IS REQUIRED.

Game Times:	Ages 4-6	10:15 am - 11:15 am
	Ages 7-8	11:30 am - 12:30 pm
	Ages 9 +	9:00 am - 10:00 am

Fee:	Family Members	\$25.00
	Non-Members	\$45.00

Bitty Basketball

January 12th – February 16th

Registration begins November 1st

Our Bitty Basketball program is designed to introduce the game of basketball in a fun, non-threatening atmosphere. Our goal is for every program participant to be successful. Children will learn basic skills such as dribbling, passing, shooting, proper positions and simple offensive plays. The emphasis of our program is placed more on enjoying the sport of basketball, rather than a struggle for first place. Remember, it's always a tie at the Y!!

REGISTRATION IS REQUIRED.



Saturday	Grades K- 1	9:30 AM
	2 - 3	10:30 AM

Fee:	Family Members	\$25.00
	Non-Members	\$45.00



Indoor Boys & Girls Lacrosse

January 13th - March 10th (9 Weeks)

Beginning and experienced players are encouraged to join us for seven one hour lacrosse clinics Sunday evenings at the YMCA. Players will focus on developing stick skills and athletic ability for the upcoming season of outdoor LAX. Scrimmages will be held weekly as well. This is great opportunity to dust the rust off before the spring season. Players must provide their own sticks. Helmets and pads are available at the YMCA.

Sundays	Grades K - 2	Time TBA
	Grades 3 - 6	Time TBA

Fee: FREE For All Participants



American Red Cross' Babysitting Basics class covers a wide range of information that can help new babysitters gain the skills and confidence needed to care for infants and children.

The course includes information on:

- How to care for infants and children
- What to do in an emergency and how to stay safe
- Choosing activities that are age appropriate
 - Recognizing, understanding and handling certain behaviors
- Starting your babysitting business

Recommended for those ages 11 to 15

Saturday, September 22

9:00 am - 3:00 pm

Members	\$40
Non-Members	\$65

(Please bring a bagged lunch)

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY

Mommy & Me Gymnastics (18mths - 3yrs)

A gymnastics class designed for you and your child together. Experience creative movement through weekly obstacle courses to climb, crawl, jump, swing and roll on. Children will learn various skills on equipment sized just for them.

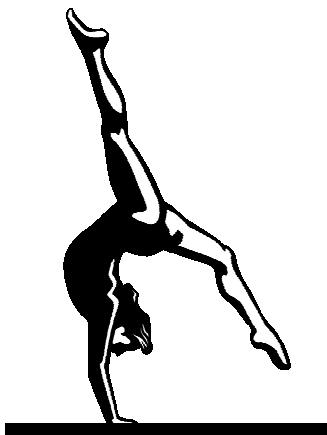
Times: Tuesdays 5:45 - 6:15 pm
Fee: Member \$20
Non-Member \$45

Tiny Tumblers (ages 3 - 4 years old)

A fun beginners gymnastics program that focuses on improving motor skills by introducing strength, flexibility, balance, weight transfer and gymnastic exercise.

Times: Tuesdays 6:15 - 6:45 pm

Fee: Member \$25
Non-Member \$50



Level 1 Gymnastics (ages 5 - 7 & 8 - 13)

Ideal for beginner gymnasts, this class focuses on the fundamentals of gymnastics, dance, strength and flexibility.

Students will learn the following:

- **Floor:** forward, straddle & backwards rolls, cartwheels & bridges body awareness
- **Beam:** walking on high & low beams, forward, sideways, backwards, dip step, step kick & jumps
- **Vault:** running, jumping and squat ons
- **Bars:** pull-over, casting, back hip circles, swinging tuck-ups and pull ups

Times: Thursdays 5:30 - 6:30 pm children ages 5-7
6:30 - 7:30 pm children ages 8-13
Fee: Members \$40
Non-Members \$65



Level 2 Gymnastics (ages 8 - 13)

Learning new skills while perfecting the old will be the focus of this class.

To participate students must be able to perform the following skills:

1. Forward, straddle and backwards rolls
2. Bridge off their head with straight arms
3. Good cartwheel with straight legs

Will learn to do the following:

- **Floor:** one handed cartwheel, round offs, handstands, back bend pull up, back bend kick over & start back hand springs
- **Beam:** forwards, sideways and backwards walk on high beams without help. Dip step, step kick, straight and tuck jumps, forward rolls and hand stand on low beam.
- **Vault:** run with good technique, reach squat reach & straight jump on
- **Bars:** jump to front support, 3 hollow body cast, sole circle, hang on high bar, swing and release.

Times: Thursdays 6:30 - 7:30 pm
Fee: Members \$40
Non-Members \$65



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY



We teach the nationally recognized Y Progressive swim program. We have a staff of certified guards and instructors who are experienced in teaching both children and adults aquatic skills and personal safety. We can teach you to swim whatever your age or ability.

*Classes and times are subject to change/each level is taught individually

* PLEASE NOTE - Children with floatation devices must be accompanied by an adult at all times in the pool area.

Fees::

Members

\$35

Non-Members

\$65

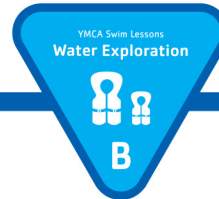
SWIM STARTERS

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 BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

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



2 / WATER MOVEMENT

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

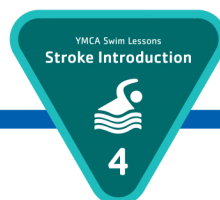


3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than 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.

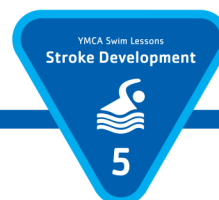
SWIM STROKES

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 LESSONS SWIM TEAM

INFANT AGES 6 MOS – 18 MOS	TODDLER 18 MOS – 3 YRS
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WED 5:30 PM
SAT 10:30 AM



WED 6:00 PM
SAT 11:00 AM

PRESCHOOL 3 YRS – 5 YRS	SCHOOL AGE 6 YRS – 12 YRS
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WED 6:30 PM
WED 7:00 PM
SAT 9:00 AM
SAT 10:00 AM



WED 7:30 PM
SAT 9:30 AM



WED 6:30 PM
WED 7:30 PM
SAT 9:30 AM
SAT 10:00 AM



WED 7:30 PM
SAT 10:00 AM



WED 7:00 PM
SAT 9:00 AM



WED 6:30 PM
SAT 9:30 AM



Instructor
Invite Only



WED 7:00 PM
SAT 9:00 AM



WED 5:30 PM
SAT 10:30 AM



WED 6:00 PM
SAT 11:00 AM

Gators Swim Team

Does your child love to swim and have strong swimming abilities? The YMCA swim team is the next level for them to further challenge their skills. Swim team is a unique sport that allows them to compete on a team as well as individually. Regardless of age or grade level, all participants swim on the same team. They learn about team spirit and setting personal goals. Swimmers compete on local, state and national levels based on their ability. Parents also have the option to allow their children to participate in both home and away meets or elect to simply have them practice with the team. *Pre-requisite: swimmers must be a YMCA member and need to be able to swim 2 lengths of the pool. Coaches will evaluate and assess each swimmer individually and assign groups based on their ability.

There are three classifications of swimmers:

Beginning Swimmers. They will learn to develop the four competitive strokes. Swimmers are encouraged to attend 2 – 3 practices a week.

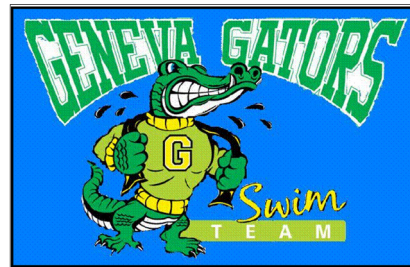
Intermediate Swimmers. This group emphasizes the four strokes, racing starts, turns and beginning competitive swimming. Swimmers are encouraged to swim 3 - 4 practices a week. Swim meet attendance is encouraged.

Advanced/Competitive Swimmers. This is for the serious swimmer. There are practice requirements and swim meet attendance is strongly encouraged. Emphasis is placed on the complete development of a competitive swimmer with goals of high school and college competition. Practice 4 times per week.

Season begins: **September 10, 2018**

Fees:

6 months (September 10 - March 16th)	\$270
9 months (September 10 - June 28th)	\$360
School Swim Team Members	\$150



Challenger Family Open Swim Time

October 6th– November 17th

The Geneva Family YMCA is pleased to offer this after hours Open Swim Time to our Challenger Families! This is a great opportunity to become accustomed to our pool and aquatics environment. Families will enjoy free swim and pool games each Saturday afternoon.

REGISTRATION REQUIRED.

Saturday Afternoon **4:00 - 5:00 pm**
Fee: **Free for all Participants**

HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

POOL USAGE POLICIES:

All children 11 years and under must be under direct supervision of a parent or guardian age 18 or greater when using the pool.

Children ages 12 & 13 may attend aquatic exercise classes with a parent or guardian. At the age of 14 parental supervision is no longer required. NO children under the age of 12 may be present in the pool during class times. The instructor reserves the right to request disruptive participants to leave any class at their discretion.

Absolutely NO lap or open swim is available during program times
i.e. Swim Lessons, classes, swim team.

The lifeguards word is final in all situations.

AQUATIC EXERCISE PROGRAMS

Water Exercise I

This low impact, non-aerobic class is designed to help you maintain your current range of motion, increase your flexibility and help you maintain your muscle tone. This is a great class for those who suffer with arthritis. This is a shallow water class, and no swimming experience is required.

Instructor: Diane Reid

Mon. Wed. & Thurs.

10:30 – 11:30 am



Water Exercise II

A step up from the Water Exercise I class, this class is slightly aerobic with much more muscle movement. Uses muscles in the lower back, hips, legs and upper body. This is a great class for those who suffer with arthritis. This is a shallow water class, and no swimming experience is required.

Instructor: Ellen Ferrara

Tues.

10:30 - 11:30 am

Water Exercise Deep Water

This class is the same as the Shallow Water Exercise II class but is taught in the deep end. Floatation belts are worn to allow participants to exercise without bearing any weight on your hips and joints. If walking or running bothers you, this is the class for you. This is a deep water class, swimming experience suggested.

Instructor: Marcia Maslyn

Mon. Wed. & Fri.

10:00 - 11:00 am



Aqua HIIT

Join us for a total body workout. This class offers a workout for all the muscles using the resistance of the water. It stresses joint mobility and plenty of cardiovascular endurance. All moves can be modified to fit everyone's individual needs. This is a wonderful alternative to land aerobics. Swim experience is not necessary to participate.

Instructor: Arlene Eddington / Tracy Walters

Tuesdays and Thursdays 6:30 – 7:30 pm

AQUATIC EXERCISE SCHEDULE

Monday

10:30 am - 11:30 am - Water Exercise I

10:00 am - 11:00 am - Water Exercise Deep Water

Tuesday

10:30 am - 11:30 am - Water Exercise II

Wednesday

10:30 am - 11:30 am - Water Exercise I

10:00 am - 11:00 am - Water Exercise Deep Water

Thursday

10:30 am - 11:30 am - Water Exercise I

6:30 pm - 7:30 pm - Aqua Fit

Friday

10:00 am - 11:00 am - Water Exercise Deep Water



Lifeguard Training

Have you ever thought about becoming a lifeguard? The Geneva YMCA will soon be offering training courses to gain the certification required to become a professional lifeguard. Upon successful completion of the course, you will be certified in: Lifeguard Training, Waterfront and First Aid, CPR for the Professional Rescuer, and AED usage. Class participants must be 15 years old on or before the last day of class. You must attend all classes to complete the course.

Interested in private Swim Lessons?

Private lessons are designed to serve the need for one on one attention. This instruction is adaptable for all ages and swimming abilities. Ideal for adults and children alike.

Arrangements may be made by contacting the Aquatics Director Kristal Swartley.

jkswartley@gmail.com

Fee: Members	\$25.00 / 30 mins
Non-Members	\$35.00 / 30 mins

HEALTHY LIVING for SENIORS

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS



Silver Sneakers Classic - Muscular Strength & Range of Movement

This class is designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capabilities, physical fitness level and sense of well-being. Entire class may be done in the chair so perfect for individuals who are sedentary, intimidated, unfamiliar with exercise or entering post-rehabilitation programs, and /or those who enjoy a positive social environment.

Instructor: Karen Lynch & Kristal Swartley
Tues. & Thurs. 11:00 – 11:45 am

Silver Sneakers Cardio Class

A class consisting of standing non-impact choreography alternated with standing upper bodywork with hand held weights, elastic tubing with handles and the Silver Sneakers ball. Designed to increase cardiovascular and muscular endurance. Ends with stretching in the chair.

Instructor: Sue Marino & Laura Snook
Mondays 9:30 - 10:15 am
Wednesdays 10:45 – 11:30 am

Silver Sneakers Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Instructor: Karen Lynch
Fridays: 9:30 - 10:15 am



ATTENTION SENIORS AGE 65 AND OLDER!!

THERE ARE MANY WAYS TO PARTICIPATE AT THE Y FOR FREE OR AT A SUBSIDIZED COST:

Senior GOLD CARD:

- FREE to Seniors RESIDING in the City of Geneva and who are at least 65 years of age
- Access is limited to Mondays, Wednesdays and Fridays from 9am—12 Noon ONLY
- Participants MUST present card at the front desk and sign in and out each time they utilize the Y
- Stop in at the front desk for an application

The Senior Gold Card is brought to you by the City of Geneva through an annual renewable grant.

Silver Sneakers:

Do you have MVP or Humana Insurance and are at least 65 years of age? You may qualify for SilverSneakers. SilverSneakers is a fully funded program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health.

Call your insurance company to see if you qualify, order a Silver Sneakers card and start at the Y today!!

Silver and Fit:

In 2018 Seniors 65 years of age and older, with Excellus BC/BS can join a fitness facility for only \$25 per year. Membership runs the calendar year January 1 through December 31.

Call the customer service number on the back of your insurance card and get your FIT ID NUMBER and join the Y today!

Optum Fitness Advantage:

United Healthcare Medicare Advantage Plan members can join the Y with no fee.

Call the customer service number on the back of your insurance card and get your CONFIRMATION ID NUMBER and join the Y today!

AARP Medicare Supplement Program:

This program only services AARP Medicare Supplement through UnitedHealthcare members. UnitedHealthcare will pay up to 50% of your membership fee when you use the Y. *Qualifying members will need to pay 50% of the monthly fee via bank draft.

Call the customer service number on the back of your insurance card and get your CONFIRMATION ID NUMBER and join the Y today!

HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

Rise and Shine It's Interval Time

Jump-start your morning with an hour long workout that is guaranteed to wake you up and get you moving. This class will consist of simple routines that will not overwork your mind at this early morning hour. A strengthening, toning and stretching segment will end the class.

Instructor: Arlene Eddington

Times: Mondays and Fridays 6:15 am - 7:00 am

Cardio Fusion

This class has a little bit of everything . . . kickboxing, cardio ball, step, body sculpting and stretching. After warm up you will be put through intervals of 4 – 5 minute cardio combinations. Cardio balls and tubing are used for body sculpting and abs strengthening, followed by a stretching segment.

Instructor: Arlene Eddington

Times: Saturdays 8:00 am – 9:15 am

Zumba Gold

An easy to follow program that lets you move to the beat at your own speed. Zumba Gold provides modified, low impact moves and easy to follow pacing for a healthy active lifestyle.

Instructor: Sue Marino

Times: Tuesdays 9:30 am - 10:30 am

Zumba Toning

Zumba Toning targets arms, abs and thighs and is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast!

Instructor: Sue Marino

Times: Thursdays 9:30 am - 10:30 am

Total Body Strength (TBS)

This class is designed to increase strength and promote lean muscle gain, giving you a full body workout in just 45 minutes. Building muscle mass increases one's metabolic rate, which can aid in burning fat and maintaining a healthy weight. Perfect for beginner and experienced weight lifters.

Instructor: Sue Marino

Times: Mondays 8:30 am - 9:15 am
Wednesdays 9:30 am - 10:15 am

Kettlebell ****NEW CLASS****

Kettlebell training will build long lean muscles, improve strength and power in the upper body, core and lower body and increase co-ordination, joint mobility and overall endurance. Kettlebell is challenging to both the muscular & cardiovascular systems with dynamic, total body movements.

Instructor: Tina Yanotti

Times: Mondays 5:30 pm - 6:15 pm
Fridays 8:30 am - 9:15 am

X -Celerate / X-FIT HIIT

Rotating sessions, Tif will make sure your body is always in a state of change and progress. Taking X-Celerate is like having your very own personal training session in class! X-Celerate incorporates interval training mixed with weights and is designed to burn fat, tone muscles and improve overall your overall fitness level. X-Fit HIIT is an intense group exercise class mixing callisthenic and body weight exercises with interval training and strength training.

Instructor: Tiffany Sculli

Times: Wednesdays 5:30 pm - 6:30 pm

ZUMBA

Ditch the workout and join the PARTY! Zumba is perfect for everybody and Every Body!! A total workout combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of AWESOME!!

Instructor: Melissa Dolan

Times: Mondays and Wednesdays 6:30 pm – 7:30 pm

Yoga Essentials

Offering an alignment-oriented practice that emphasizes the forms and actions within yoga postures. Traditional asanas are held in accurate alignment. Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body.

Instructors: Carol Lynch, Angie Urbano, Karen Lynch & Susan Srmack

Times:	Carol	Mon. & Wed.	8:30 am – 9:30 am
	Karen	Mondays	6:45 pm - 7:45 pm
	Karen	Tuesday	12:15-12:45 pm
	Nancy	Thursdays	12:15-12:45 pm *
	Karen	Fridays	5:15 pm - 6:00 pm
	Rotates	Saturdays	10:15 am - 11:15 am

Candlelight Yoga

Come enjoy this traditional yoga class held in a candlelit studio. Enjoy the calmness and peace of mind this atmosphere provides – it doesn't get much better than this...Namaste.

Instructor: Karen Lynch

Time: Wednesdays
6:45 pm - 7:45 pm



Pilates / Barre

This class is designed to tone and sculpt your entire body. Slow controlled movements are used to sculpt and shape to give you long lean muscles, improve posture, increase balance & control.

Instructors: Angie Urbano, Karen Lynch & Arlene Eddington

Times:	Karen	Tuesdays	6:45 pm-7:45 pm
	Arlene	Thursdays	6:45 pm-7:45 pm
Yoga-Lates	Angie	Fridays	9:00 am – 10:00 am

Please Note: Children ages 12 & 13 may attend group exercise classes with a parent or guardian.

At the age of 14 parental supervision is no longer required.

NO children under the age of 12 may be present in the gym or cycling studio during class times.

The instructor reserves the right to request disruptive participants to leave any class at their discretion.

HEALTHY LIVING

Improving the nation's health and well-being

HEALTH, WELL-BEING & FITNESS

WELLNESS CENTER HOURS

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

The Expanded YMCA

Wellness Center & Cardio Studio

Live Well... Feel Well... Be Well...

Enhance your physical and mental well being in the wellness center where we take your fitness goals seriously. Whether you are new to health and fitness or have been active your entire life, the YMCA wellness center staff and state of the art equipment can help you move toward meeting your goals for a healthier, more well balanced lifestyle. Our newly designed Cardio Center offers Cardio Theater to help push you through your workouts and our Wellness Center equipment will satisfy every requirement for our members strength training goals. Our professional staff will guide you and assist you in reaching your personal goals of developing healthy habits that will help you live a well balanced lifestyle.



Free Fitness Orientation

All YMCA Members (14 years and older) receive a free one on one appointment with a Wellness Center Staff Member to acquaint you with our workout facility. We will teach you the correct use of strength and cardio equipment, and provide guidance, support and encouragement to help you get started on the right exercise routine to fit your personal needs and schedule. Orientations are by appointment only and can be scheduled at the YMCA Front Desk.

The YMCA recommends that all individuals consult with their physician before beginning a new exercise program.

Personal Training

Personal training provides you with the opportunity to exercise with a highly qualified fitness professional that sincerely cares about helping you reach new heights in fitness. Your Personal Trainer will customize a fitness program that corresponds to your fitness level and goals. After assessing your needs, your trainer will coach and motivate you through effective exercise sessions.

Who needs a Personal Trainer?

Personal training can be valuable to everyone whether you're a beginner or an advanced athlete. Our trainers are qualified to coach you toward specific goals and have helped people in the areas of :

- Overall muscular strength and endurance
- Body fat reductions and weight loss
- Cardiovascular conditioning
- Increase energy and productivity
- Reduce stress
- Sport specific performance training
- Helps control blood pressure, diabetes and other metabolic diseases
- Core stability and strengthening
- Back pain prevention
- Post injury rehabilitation
- Pre/Post natal exercise
- Improves flexibility and agility
- Body building and physique competition
- Promotes self-confidence and high self-esteem

By appointment only. See the Front Desk Staff for more information.

Fee: \$30/Session
\$135/ 5 Sessions

Teen Wellness Center Training Class

The YMCA encourages **teen members** ages 14 - 17 to utilize the Wellness Center after completing a **required** Wellness Center Training Class. A Training ID card will be issued to participants upon completion of the class. Appointment requests can be submitted at the YMCA Front Desk.

***Teens 14 - 17 must present Training ID card to use the Wellness Center.**



HEALTHY LIVING Survivors Thrive!!

Geneva YMCA Thrive to Survive Fitness Recovery Program



This **FREE** 12-week exercise and group support program focuses on improving survivor's physical strength and endurance and empowering them to maintain a healthy, active life.

Participants will be introduced to strength training, aerobic, and flexibility training at a gradual pace as they work with our trained and certified Cancer Recovery Specialists throughout the program. Participants along with nine other survivors, in a small group setting, will focus on building muscle mass and strength, increasing flexibility and endurance, and improving energy levels and self-esteem. In addition to physical benefits, the program also focuses on the emotional well-being of survivors and their families. It provides a supportive community where people impacted by cancer can connect during treatment and beyond.

For more information contact Wellness Director
Laura Snook at the
Geneva Family YMCA
399 William St.
Geneva, NY 14456
315-789-1616
www.genevafamilyymca.org



THRIVE TO SURVIVE

Cancer and Exercise

A growing body of research, including studies by the National Cancer Institute, confirms that exercise offers tremendous benefits to cancer patients. Physical activity may reduce the risk of cancer recurrence and increase survivorship. Exercise can help cancer survivors:

- Reduce fatigue
- Improve muscle strength
- Improve energy levels
- Improve balance
- Increase flexibility and endurance
- Enhance confidence and self-esteem
- Improve mood and overall well-being

GET UP OFF THAT COUCH AND RUN!!



Dates:
Wednesdays
Sept. 12th - Nov. 21st
@ 5:45 pm
&
Saturdays
Sept. 15th - Nov. 17th
@ 8:00 am

Have you ever wanted to run a 5K but didn't think you could? Now you can! Join us in our Couch to 5K program and be on your way to crossing the finish line of your very first 5K!

This 10-week coached program will meet twice a week. You will be given 1-2 additional workouts to be completed on your own during the rest of the week. Registration fee includes a T-Shirt and entry into the Geneva Y's Turkey Trot 5K Fun Run held on Thanksgiving Day.

**All running will be done outside, dress for the weather!*

Program Leaders:

Jenn Srmack
Eric Heieck

Fees:

Members - \$45
Non-Members - \$65

SPECIAL EVENTS



JUSTIFY YOUR PIE !!!! Join us for the Geneva YMCA's Annual Turkey Trot Fun Run

10:00 AM

The annual Turkey Trot takes off from the front door of the YMCA.

Routes include a 5 mile run, 3 mile run, or 2 mile walk.

Fee: \$25 Pre-Sale or \$30 Run Day

Early registration is encouraged.

Thanksgiving Morning Group Fitness Class to Fight Hunger

Thursday November 22nd

9:00 AM

Join Donna and the YMCA Aerobics staff for a special Thanksgiving Day Fitness Class.

(Proceeds to benefit the Geneva Food Pantry)

Donation \$5 for class

Y BIRTHDAY PARTIES



Splash Party

Your child and up to 15 of their friends will enjoy 1 hour in the pool during Open Swim and 1 hour in their own party room. Parties are scheduled for Saturday and Sunday afternoons from 2pm to 4 pm only.

Fee: \$80.00 for YMCA Members
\$120.00 for Non-Members

Splash Party *After-Hours*

Your child and up to 15 of their friends will enjoy 1 hour in the pool exclusive to your group and 1 hour in their own party room. Parties are scheduled for Saturday evenings after 5:00 pm.

Fee: \$120.00 for YMCA Members
\$160.00 for Non-Members

'Splash, Play and Stay *After-Hours*

Your group will arrive after hours on Saturday evening and stay the night! This party includes 2 hours of exclusive swim time, party room, gym, dodgeball and boys and girls locker room usage. Additional fee of \$50.00 per hour will apply for rock wall, bounce house and adult locker rooms. Participants must vacate the Y by 8:00 am Sunday Morning.

Fee: \$500.00 for YMCA Members/Non-Profit Organization
\$600.00 for Non-Members

Please Note: A 50% deposit is due one week before the party date along with the signed rental agreement. For after hours parties, reservation and deposit are due 2 weeks in advance. Party cancellations must be made 48 hours in advance or full payment of party fee is required. All parties are subject to availability.

GENEVA YMCA'S 2ND ANNUAL PUMPKIN PLUNGE!!

October 20th 1:30 PM - 4:00 PM



FALL GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am – 4:45 pm OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 7:00 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
	6:15 – 7:00 am Rise & Shine w/ Arlene				6:15 – 7:00 am Rise & Shine w/ Arlene	
	7:00 – 8:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 9:15 am OPEN GYM	7:00 – 8:15 am OPEN GYM	
	8:30 - 9:15 am TBS w/Sue				8:30-9:15 am Kettlebell w/Tina **NEW CLASS**	8 – 9:15 am Cardio Fusion w/ Arlene
	9:30 - 10:15 am Silver Sneakers	9:30 – 10:30 am Zumba Gold w/ Sue	9:30 - 10:15 am TBS w/ Sue	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers Yoga	9:30am – 4:45 pm OPEN GYM
	10:30 – 11:00 am Preschool Gymnastics	10:30 - 11:00 am OPEN GYM	10:45 – 11:30 am Silver Sneakers	10:30 - 11:00 am OPEN GYM	10:30 – 11:00 am Preschool Gym Time	
	11:00 - Noon OPEN GYM	11:00 - 11:45 am Silver Sneakers	11:30-12:00 OPEN GYM	11:00 – 11:45 am Silver Sneakers	11-Noon OPEN GYM	
	12:00 – 2:30 pm Member Basketball	12:00 - 2:30 pm OPEN GYM	12:00 – 2:30 pm Member Basketball	12:00 – 2:30 pm OPEN GYM	12:00 – 2:30 pm Member Basketball	
	2:30 - 5:30 pm After School Care	2:30 - 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	
	5:30 – 6:15pm Kettlebell w/Tina **NEW CLASS**	5:30 – 6:45 pm Gymnastics	5:30 – 6:30pm Xcelerate / X-FIT HITT w/ Tif	5:30 - 7:45 pm Gymnastics	5:30 - 9:15 pm OPEN GYM	
	6:30 – 7:30 pm Zumba w/ Melissa		6:30 – 7:30 pm Zumba w/ Melissa			
	7:45 - 9:15 pm OPEN GYM	6:45 – 9:15 pm OPEN GYM	7:45 – 9:15 pm OPEN GYM	7:45 – 9:15 pm OPEN GYM		

GROUP EXERCISE SCHEDULE

Monday

5:30 am - 6:00 am TRX Tabata w/ Jessica (in studio)
 6:15 am - 7:00 am - Rise & Shine w/ Arlene
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)
 8:30 am - 9:15 am - TBS w/Sue
 5:30 pm - 6:15 pm - Kettlebell w / Tina
 5:30 pm - 6:30 pm - Cycling w/ Donna (in studio)
 6:30 pm - 7:30 pm - Zumba w/ Melissa
 6:45 pm - 7:45 pm - Yoga w/ Karen (in studio)

Tuesday

5:45 am - 6:45 am Cycling w/ Sarah (in studio)
 9:30 am - 10:30 am - Zumba Gold w/ Sue
 12:15 pm - 12:45 pm - Yoga w/ Karen (in studio)
 5:30 pm - 6:30 pm TRX w/ Tif (in studio)
 6:45 pm - 7:45 pm Barre w/ Karen (in studio)

Wednesday

6:00 am - 6:45 am - Barre w/ Sarah (in studio)
 8:30 am - 9:30 am - Yoga w/ Carol (in studio)
 9:30 am - 10:15 am - TBS w/ Sue
 12:15 pm - 12:45 am *TRX w/ Nancy (in studio)
 5:30 pm - 6:30 pm - X-Celerate / X-FIT HIIT w/Tif
 5:30 pm - 6:30 pm - Cycling w/ Donna (in studio)
 6:30 pm - 7:30 pm - Zumba w/ Melissa
 6:45 pm - 7:45 pm - Candlelight Yoga w/ Karen (in studio)

GROUP EXERCISE SCHEDULE

Thursday

5:45 am - 6:45 am Cycling w/ Jessica (in studio)
 9:30 am - 10:30 am - Zumba Tone w/ Sue
 12:15 pm - 12:45 pm - *Yoga w/ Nancy (in studio)
 5:30 pm - 6:30 pm TRX w/ Tif (in studio)
 6:45 pm - 7:45 pm - Barre w/ Arlene (in studio)

Friday

5:30 am - 6:00 am TRX Tabata w/ Jessica (in studio)
 6:15 am - 7:00 am - Rise & Shine w/ Arlene
 6:15 am - 7:15 am - Cycling w/ Jen
 8:30 am - 9:15 am - Kettlebell w/ Tina
 9:00 am - 10:00 am - Yogalates w/ Angie (in studio)
 5:15 pm - 6:00 pm - Yoga w/ Karen (in studio)

Saturday

8:00 am - 9:15 am - Cardio Fusion w/ Arlene
 9:15 am - 10:15 am - Barre w/ Rotates (in studio)
 10:15 am - 11:15 am - Yoga w/ Rotates (in studio)

**All Class and Program Times, Dates
& Prices are subject to change
by the YMCA at any time.**

Yoga, Pilates, TRX, Cycling Studio Class Schedule *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 - 6:00 am TRX Tabata w/Jessica	5:45-6:45 am Cycling w/Sarah	6:00 - 6:45 am Barre w/ Sarah	5:45 -6:45 am Cycling w/ Jessica	5:30 - 6:00 am TRX Tabata w/Jessica	
					6:15 - 7:15 am Cycling w/Jen	9:15 - 10:00 am Barre Instructor Rotates
	8:30-9:30 am Yoga w/ Carol		8:30-9:30 am Yoga w/ Carol		9:00 - 10:00 am Yoga-lates w/Angie	10:15 - 11:15 am Yoga Instructor Rotates
		12:15-12:45 pm Yoga w/Karen	12:15-12:45 pm TRX w/Nancy *Begins 10/24/18	12:15-12:45 pm Yoga w/Nancy *Begins 10/24/18		
	5:30 pm - 6:30 pm Cycling w// Donna	5:30-6:30 pm TRX w/Tif	5:30 - 6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/Tif	5:15-6:00 pm Yoga w/ Karen	
	6:45-7:45 pm Yoga w/ Karen	6:45 - 7:45 pm Barre w/ Karen	6:45 - 7:45 pm Candlelight Yoga w/Karen	6:45 - 7:45 pm Barre w/Arlene		

Cycling Classes

Sometimes referred to as "Spinning," Indoor Cycling is a fitness class that is performed on stationary bikes to music. Instructors will guide you through an entire biking adventure that will challenge the most fit, but is very modifiable for those that are just starting their fitness journey. You'll have a ton of fun while enjoying a great ride time after time, not to mention burning an enormous amount of calories.

Cycling Fees:

Members \$4.00 per class

Non-Members \$10.00 per class

Temporary Membership Card-Holders must pay Non-Member Price

RESERVATIONS CAN BE MADE AFTER 12:00 PM ON THE DAY BEFORE THE CLASS MEETS

(for ex. Mon. at noon for Tuesday class)

Please bring a towel, bottle of water and arrive 10 minutes before class!

TRX & Barre Classes

TRX - Total Resistance Exercise

TRX, or Total Resistance Exercise, is a suspension training system that allows you to use your own body weight, and gravity for a great strength workout. Using the TRX Suspension Trainer will help you build strength, coordination, flexibility, balance, and joint stability.

TRX TABATA

A Tabata Interval also called a Tabata Sequence is an interval training cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of 4 minutes.

RESERVATIONS CAN BE MADE AFTER 1:00 PM ON THE DAY BEFORE THE CLASS MEETS

(for ex. Mon. at 1pm for Tuesday class)

BARRE

An elegant, but challenging series of Ballet Barre and Pilates postures targeting the thighs, seat and core. These fluid exercises are designed to help you sculpt and tone your waist to a dancer-style

All Class and Program Times, Dates & Prices are subject to change by the YMCA at any time.

FALL POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 am – Noon Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	7:00 – 9:00 am Lap Swim
Noon – 4:45 pm Open Swim	8:30 – 10:00 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:30 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:00 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:30 am 1/2 Open Swim 1/2 Lap Swim	8:30 – 10:00 am 1/2 Open Swim 1/2 Lap Swim	9:00 – 11:30 am *** Swim Lessons
	10:00 – 11:00 am Water Exercise Deep Water		10:00 – 10:30 am Preschool Lessons 10:00 - 11:00 am Water Exercise Deep Water		10:00 – 11:00 am Water Exercise Deep Water	
	10:30 – 11:30 am Water Exercise	10:30 – 11:30 am Water Exercise II	10:30 – 11:30 am Water Exercise I	10:30 – 11:30 am Water Exercise I		
	11:30 am – 1:30 pm Lap Swim	11:30 am–1:30 pm Lap Swim	11:30am–1:15pm Lap Swim	11:30 am–1:15 pm Lap Swim	11:00 am–1:30 pm Lap Swim	11:30am–1:30 pm Lap Swim
	1:30 pm – 4:00 pm Open Swim	1:30 – 3:30 pm Open Swim	1:15 – 2:30 pm *** 2nd Grade Swim Lessons	1:15 – 2:30pm *** 2nd Grade Swim Lessons	1:30 – 4:00 pm Open Swim	1:30–4:00 pm Open Swim
		3:30 – 4:30 pm After School Care 4:30–5:00 Open Swim	2:30-3:30 *** Dundee Swim Lessons	2:30–3:30 Open Swim 3:30 – 4:30 pm After School Care		4:00 - 5:00 pm **Challenger Open Swim 10/6-11/17
	4:00 – 6:30 pm * Swim Team	5:00 - 6:30 pm *Swim Team	3:30 – 5:30 pm * Swim Team	4:30–5:00 Open Swim 5:00- 6:30 pm * Swim Team	4:00 – 6:30 pm * Swim Team	
	6:30 – 8:15 pm Open Swim	6:30 – 7:30 pm Aqua HIIT w/ Arlene	5:30 – 8:00pm *** Swim Lessons	6:30 - 7:30 pm Aqua HIIT w/ Tracy	6:30 – 9:15 pm Open Swim	
		7:30 – 8:15 pm Open Swim		7:30 – 8:15 pm Open Swim		
	8:15 – 9:15 pm Lap Swim	8:15 – 9:15 pm Lap Swim	8:00 – 9:15 pm Lap Swim	8:15 – 9:15 pm Lap Swim		

AQUATIC EXERCISE SCHEDULE

Monday

10:30 am - 11:30 am - Water Exercise I
10:00 am - 11:00 am - Water Exercise Deep Water

Tuesday

10:30 am - 11:30 am - Water Exercise II
6:30 pm - 7:30 pm - Aqua HIIT

Wednesday

10:30 am - 11:30 am - Water Exercise I
10:00 am - 11:00 am - Water Exercise Deep Water

Thursday

10:30 am - 11:30 am - Water Exercise I
6:30 pm - 7:30 pm - Aqua HIIT

Friday

10:00 am - 11:00 am - Water Exercise Deep Water

Please Note:

- * Swim Team begins September 10 and runs through June 2019
- ** Challenger Swim begins Oct. 6th and runs through November 17th

***** The Hot Tub will be CLOSED & there will be NO LAP SWIMMING during After School Care Swim**

Pool will be reserved for Kids Club from 1:30 - 3:00 pm on the following scheduled dates as well as any additional school closings or early dismissal days to be determined :

Columbus Day	10/8/18
Conference Day	10/26/18
Veterans Day	11/12/18
Thanksgiving Break	11/21/18
Christmas Break	12/26, 12/27, 12/28/18
	1/2, 1/3, 1/4/19
Martin Luther King Day	1/21/19
February Break	2/18/19 - 2/22/19
Conference Day	3/15/19
Spring Break	4/15/19 - 4/19/19

***All Class and Program Times,
And Dates are subject to
change at any time.**

The Geneva Family YMCA
Presents:



The

THRILL

of the

HUNT!!



Great for Corporate Team Building!!!

A Scavenger Hunt Fundraiser

to benefit the **NEW Thrive to Survive @ the Y**
Cancer Recovery Fitness Program

Saturday September 29th

5:00 - 9:00 pm

Hunt : 5:00 - 7:00 pm

Dinner, Drinks, Music & Judging: 7:00 - 9:00 pm

\$200/team of 4 - 5 players

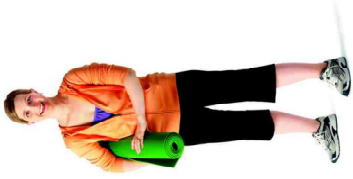
Ages 21 + ONLY

After party includes Dinner, Music, 1 Bottle of Wine per team (to celebrate!) and of course JUDGING!

Register teams by 9/24/18

Teams will be released in order that they registered, the first team to register will be the first team to receive their list and be released from the Y to HUNT.

For more information contact:
The Geneva Family YMCA
399 William St. Geneva
315-789-1616
www.genevafamilyymca.org



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Visit us on Facebook

